

Usomachiza wakho:



Uyafikeleka



Unako ukukunika amayeza kanye nolwazi malunga ngamayeza akho



Uyinxalenye yeqela elisebenzela ukukhathalela impilo nempilontle yakho



Unako ukukunika ukhathalelo lwempilo olusemgangathweni kuwe kanye nakusapho lwakho



Unako ukukunika iingcebiso ngokuphila ngokusempilweni



Unako ukukunika iingcebiso ngogonyo kanye neenkonzo zocwangciso ntsapho



Unokukunda uhlolwe kwaye uvavanywe



Unako ukukunika uncedo ngokuzikhathalela kanye noncedo lokuqala

Rakhemisi wa gago:



O a hwetšagala



A ka fa dihlare le tshedimošo ka ga dihlare tša gago



Ke karolo ya seholpha seo se šomago go hlokomela maphelo a gago le go phela gabotse ga gago



A ka fa wena le lapa la gago tlhokomelo ya maphelo ya boleng



A ka fa keletšo ka ga go phela gabotse



A ka fa keletšo ka meento le ditirelo tša peakanyo ya lapa



A ka go thuša gore o lekolwe le go dirwa diteko



A ka fa thušo ka ga go ihlokomela le thušo ya pele

Xa ufunu uncedo kanye nolunye ulwazi qhagamshelana:

- USokhemesti wakho onobuhlobo;
- Iklinikhya kaho ekufutshane;
- Isibhedlele sakho esikufutshane.

Go hwetša thušo le tshedimošo ka botlalo kgokagana le:

- Rakhemisi wa gago wa botho;
- Kliniki ya gago ya kgauswi;
- Bookelo bja gago bja kgauswi.

September is Pharmacy Month

Think Pharmacy



Quality Healthcare for All

English

Your Pharmacist:



Is accessible



Can provide medicine and information about your medicines



Is part of a team that works to look after your health and well-being



Can offer quality health care for you and your family



Can provide advice on healthy living



Can provide advice on immunisation and family planning services



Can help you get screened and tested



Can provide help with self-care and first aid

Jou apteker:



Is toeganklik



Kan jou van medikasie en inligting oor jou medikasie voorsien



Is deel van 'n span wat werk omsien na jou gesondheid en welstand



Kan kwaliteitsgesondheidsorg vir jou en jou gesin bied



Kan jou van advies oor 'n gesonde leefstyl voorsien



Kan jou van advies oor inenting en gesinsbeplanningsdienste voorsien



Kan jou help om geavalueer en getoets te word



Kan hulp verleen met selfversorging en noodhulp

Usokhemisi wakho:



Uyatholakala



Uyakwazi ukukunikeza imithi nolwazi olumayelana nemithi yakho



Uyingxene yethimba elinakekela impilo nenhlalakahle yakho



Uyakwazi ukuhlinzeka wena nomndeni wakho ngonakele-lompilo olusezingeni eliphezulu



Uyakwazi ukukuyala mayelana nokuphila ngokunempil



Uyakwazi ukukuyala mayelana namasevisi okugoma nokuhlela umndeni



Uyakwazi ukukusiza mayelana nokuhlungelwa nokuhlolelwa izifo



Uyakwazi ukukusiza mayelana nokuzinakekela nangosizo lokuqala

For help and more information contact:

- Your friendly pharmacist;
- Your nearest clinic;
- Your nearest hospital.

Vir hulp en meer inligting, kontak:

- U vriendelike apteker;
- U naaste kliniek;
- U naaste hospitaal.

Ukuze uthole usizo nolwazi oluthe xaxa, xhumana:

- Nosokhemisi wakho onesihe;
- Nomtholampilo wangakini;
- Nesibhedlela sangakini.

Rakhemisi wavho:



U a swikelelea



A nga ɻetshedza mishonga na vhuñanzi nga ha mishonga yavho



Ndi muraðo wa tshigwada tshi ne tsha shuma u ɻhogomela mutakalo wavho



A nga ɻea ndondolo ya mutakalo ya maðhakheni kha vhone na muña wavho



A nga ɻetshedza ngeletshedzo nga ha kutshilele ku re na mutakalo



A nga tsivhudza nga ha u haela na tshumelo dla vhuteamuta



A nga vha thusa u ɻoliwa na u itwa ndingo



A nga ɻetshedza thuso nga ha u ði ɻhogomela na thusothanzi

Usokhemisi wakho:



Uyatholakala



Uyakwazi ukukunikeza imithi nolwazi olumayelana nemithi yakho



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Uyakwazi ukukusiza mayelana nokuzinakekela nangosizo lokuqala

U itela u wana thuso na vhuñwe vhuñanzi, kha vha kwame:

- Rakhemisi wavho wavhudí;
- Kiliniki yavho ya tsini;
- Vhuongelo havho ha tsini.

Ukuze uthole usizo nolwazi oluthe xaxa, xhumana:

- Nosokhemisi wakho onesihe;
- Nomtholampilo wangakini;
- Nesibhedlela sangakini.

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Can provide advice on healthy living



Can provide advice on immunisation and family planning services



Can help you get screened and tested



Can provide help with self-care and first aid

Rakhemisi wa hao:



O fumaneha habonolo



A ka fana ka meriana le tlhahisolededing mabapi le bophelo ba hao bo bottle le boiketlo



Ke karolo ya seholpha se tlhokomelang bophelo ba hao bo bottle le boiketlo



A ka fa wena le balelapa la hao tlhokomelo ya bophelo ya maemo



A ka fana ka keletso mabapi le ho phela bophelo bo bottle



A ka fana ka keletso mabapi le ho entelwa mafu le ditshebeletso tsa theroy ya malapa



A ka o thusa hore o itlhokomele le ho etsa liteko



A ka o thusa ka ho itlhokomela le ka thuso ya pele

Rakhemisi wa gago:



O a fitlhelesega



A ka go naya meriana le tshedimosetso ka meriana ya gago



Ke mongwe wa ba ba tlhokomelang boitekanelo le botsogo jwa gago



A ka naya wena le ba lelapa la gago tlhokomelo ya boitekanelo ya bolenong jwa kwa godimo



A ka go naya kgakololo ka go tshela ka boitekanelo



A ka go naya kgakololo ka tsa meento le thulaganyo ya lelapa



A ka go thusa go tlholwa le go dira diteko



A ka go naya thuso ka tsa go itlhokomela le tsa thuso ya potlako

For help and more information contact:

- Your friendly pharmacist;
- Your nearest clinic;
- Your nearest hospital.

Hore o fumane thuso le dintlha tse eketsehileng ikopanye le:

- Setsebi sa hao sa meriana sa botswalle;
- Tleliniki e haufi le wena;
- Sepetlele se haufi le wena.

Go bona thuso le tshedimosetso go ya pele ik golaganye le:

- Rakhemisi wa gago yo o botsalano;
- Tliniki e e gaufi le wena;
- Bookelo jo bo gaufi le wena.

Usokhemisi wakho:



Uyatholakala



Angakunikela imitjhoga kune
nelwazi ngemitjhoga yakho



Uyingcenyе yesiqhema esisebenza
ngokutjheja ipilo yakho nokondleka
kwakho



Anganikela wena nomndenakho
itlhogomelo lezamaphilo eliphezulu



Angakunikela isiyeleliso ngokuphila
kuhle



Angakunikela isiyeleliso
ngokugonywa kune nelwazi
mayelana nokuhlela umndeni



Angakusiza lokha nakumele
uhlolwe umulwana othileko



Angakunikela iinyeveliso
ngokuzithgomela kune
nangesizo lokuthoma

Rakhemisi wa gago:



O a hwetšagala



A ka fa dihlare le tshedimošo ka ga
dihlare tša gago



Ke karolo ya seholpha seo se
šomago go hlokomela maphelo a
gago le go phela gabotse ga gago



A ka fa wena le lapa la gago
tlhokomelo ya maphelo ya boleng



A ka fa keletšo ka ga go phela
gabotse



A ka fa keletšo ka meento le ditirelo
tša peakanyo ya lapa



A ka go thuša gore o lekolwe le go
dirwa diteko



A ka fa thušo ka ga go ihlokomela le
thušo ya pele

Nawufuna isizo nelwazi elinengi thintana:

- Nosokhemisi wakho onomusa;
- Netlinigi eseduze nawe;
- Nesibhedlela esiseduze nawe.

Go hwetša thušo le tshedimošo ka botlalo
kgokagana le:

- Rakhemisi wa gago wa botho;
- Kliniki ya gago ya kgauswi;
- Bookelo bja gago bja kgauswi.

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	Can help you get screened and tested
	Can provide help with self-care and first aid

Mukhemisi wa wena:

	Wa fikeleka
	A ngika murhi na vuxokoxoko hi mayelana na mirhi ya wena
	I xiphemu xa xipano lexi tirhaka ku hlayisa rihanyo na ku hanya kahle ka wena
	A ngika nhlayso wa rihanyo wa risima eka wena na ndyangu wa wena
	A ngika switsundzuxo hi rihanyo leri nene
	A ngika switsundzuxo hi vukorhokeri bya nsawutiso na bya nkunguhato
	A ngaku pfuna ku hlierwa no kamberiwa
	A ngika mpfuno hi matihlayselo na xilamulelamhangu

Sokhemisi wakho:

	Kuyafinyeleka kuye
	Angakuniketa imitsi kanye nelwati ngemitsi yakho
	Uyincenyelitsimba lelisebenta kunakekela imphilo kanye nenhlalakahle yakho
	Anganiketa wena nemndeni wakho kunakekelwa ngetemphilo lokusezingeni leliphakeme
	Angakweluleka ngekuphila kahle
	Angakweluleka ngekugoma kanye nekuhlela umndeni
	Angakusita kutsi uclongwe uphindze uhlolwe
	Angakusita ngetindlela tekutinakekela nelusito lwekulala

For help and more information contact:

- Your friendly pharmacist;
- Your nearest clinic;
- Your nearest hospital.

Ku kuma ku pfuniwa na vuxokoxoko byo tala tihanganise na:

- N'wakhemisi wa wena loyi a ngika vunghana;
- Tliliniki ya le kusuhi na wena;
- Xibedhlele ya le kusuhi na wena.

Kutfola lusito nelwati lolwenetiwe tsintsa:

- Sokhemisi wakho longumngani;
- Umtfolamphilo losedvute nawe;
- Sibhedlela lesisedvute new.