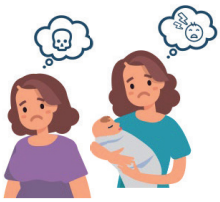
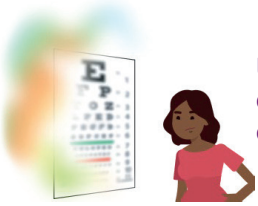
IZIMPAWU EZIPHUTHUMAYO ZESEXWAYISO SOMAMA

Ikhanda elibuhlungu elingapheli noma eliba libi kakhulu ngokuhamba kwesikhathi

Isiyezi noma ukuquleka



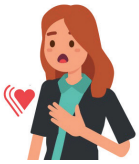
Imicabango mayelana nokuzilimaza wena noma ingane yakho



Ushintsho endleleni obona ngayo

Imfiva

Inkinga yokuphefumula



Ubuhlungu besifuba noma inhliziyo eshaya ngokushesha

Ubuhlungu obukhulu besisu obungapheli

Ukucanuzela kwenhliziyo okukhulu nokuphalaza (hhayi njengokugula kwasekuseni)

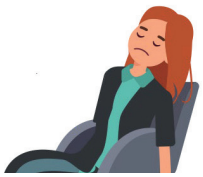
Ukuma kokunyakaza kwengane ukunyakaza kancane

Ukopha esithweni sobulili sowesifazane noma uketshezi oluvuzayo *phakathi* nokukhulelwa

Ukopha esithweni sobulili sowesifazane noma uketshezi oluvuzayo *ngemva* kokukhulelwa

Ukuvuvukala, ububomvu, noma ubuhlungu bomlenze wakho

Ukuvuvukala ngokwedlulele kwezandla noma ubuso bakho



Ukukhathala okukhulu

Uma unesinye salezi zimpawu zokugula ngesikhathi noma ngemva kokukhulelwa, thintana nomhlinzeki wakho wezempilo futhi uthole usizo ngokushesha.

Uma ungakwazi ukumthola umhlinzeki wakho, hamba egumbini lezimo eziphuthumayo. Khumbula ukusho ukuthi ukhulelwe noma ubukhulelwe phakathi nonyaka odlule.

Funda kabanzi: https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs/

Thatha isithombe ukuze ufunde kabanzi

V5 Mandulo 2022

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