

# IMIGAQO YOKUFKA IRINGI YELUNGU LOBUFAZI

1



Hlamba izandla zakho ngamanzi anesepha uzosule ngelaphu elicocekileyo.



2



Fumana indlela ozoziva ukhululekile xa ufaka iringi.



3



Bamba kwaye ucinezele emacaleni eringi ngaxesha linye. Ungathi uyifumanise ifakeka lula iringi xa ujika uzenza inombholo yesibhozo.



4



Sebenzisa esinye isandla ukuze ubambe ukuvula inyama elapha kwilungu lobufazi.



5



Beka incam yeringi kwilungu lobufazi kwaye usebenzise iminwe ukuyityhala ngomonde ngaphakathi kwilungu lobufazi.



6



Yityhalele kumazanzi omva kangangoko unako. Ukuba iringi yelungu lobufazi ayivakali kakuhle, isenokwenzeka uwuyityhalanga ngokwaneleyo kwilungu lakho lobufazi. Sebenzisa izandla zakho ukutyhala iringi yelungu lobufazi phezulu kangangoko unako kwilungu lakho lobufazi.



7



Ngoku iringi kumele ukuba ikumphezulu welungu lobufazi. Xa ugqibile hlamba izandla zakho. Ukuba unengxaki, tsalela ikloniki okanye iza sikuncede.

# ULWAZI OLUBALULEKILEYO

## Shiya iringi ifakiwe, imini yonke, ntsuku zonke:

Iringi mayigcinwe ingaphakathi ngamaxsha onke kuquka xa usexesheni, uhlamba naxa usabelana ngesondo.



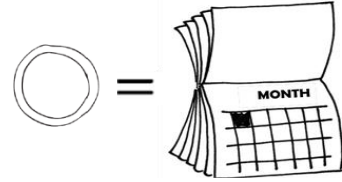
## Ukuba iyawa okanye uyayikhupha:



**Apho kucocekileyo:** Zama ukuyibuyisela iringi kwa ngoko. Yihlambe iringi yeli ngamanzi acocekileyo uze ulandele imigaqo yokuyibuyisela ngaphakathi kwelinye icala kweliphepha.

**Apho kunokungcola** (nje ngakwindlu yangasese okanye phantsi): Ungayibuyiseli ngaphakathi iringi yelungu lobufazi. Endaweni yoko, yifake kwitasi obuyinikiwe uze utsalele ikloniki xa ufumana ithuba.

**Tshintsha:** Emveni kweveki ezine, iringi yelungu lobufazi kufuneka ikhutshe ukuze kufakwe entsha.



**Phepha:** Abasetyhini kufuneka bakuphephe ngalo lonke ixesha ukusebenzisa izicoci zelungu lobufazi, iisepha, izibulali zintsholongwane amachiza phakathi kwilungu lobufazi. Xa usebenzisa iringi, ukusetyenziswa kwezinye izixhobo zelungu lobufazi akukhuthazwa nako. Ezinye iimveliso zelungu lobufazi ezifana neekhondom, izithambisi neetampons kulungile ukuba zisetyenziswe. Thetha nabasebenzi bophando phambi kokuba usebenzise naziphi na iimveliso zelungu lobufazi.

**Sukwabelana:** Musa ukwabelana ngeringi yakho nabanye abafazi.



**Ugcino:** Iiringi ezisetyenzisiweyo nezimdaka kufanele zigcinwe zivalelwe kwibhegi emhlophe oyinikiweyo. Gcina iiringi ezingasetyenziswanga kwipakethe yazo de zisetyenziswe. Musa ukugcina iiringi ezisetyenzisiweyo okanye ezingasetyenziswanga efrijini okanye ngqo elangeni. Zigcine kude ebantwaneni nakwizilo.

**Ezothutho:** Yiza nazo zonke iiringi ezisebenzileyo nezingasebenzanga rhoqo ekliniki. Ngethuba usiza, nceda gcina iringi kuwe ngawo onke amaxesha ukuze zingalahleki.



**Imibuzo okanye Inxalabo:** Abasebenzi bophando bakhona ukuze bakuncede kwaye bakuxhase. Nceda usitsalele phakazi kwamathuba akho otyelelo nangayo na nayiphi imibuzo okanye inkxalabo.