

ENGLISH

Information for new patients in the United Kingdom

All people who are new to the UK are offered tests to look for infections.

Some infections may not make you feel unwell now but could harm you if not found early.

The infections we test for have treatments to cure or control the infection.

The tests and treatments are free.

Information about your tests and your results will not be shared with people, outside the National Health Service (NHS), without your consent.

If you have any of these infections it will not prevent you applying to remain in the UK.

Different areas of the UK offer a different range of tests.

Below is a list of tests offered to most people arriving in the UK for the first time.

Being tested is optional.

We advise tests to protect your health in the future.

Most tests are done by taking a small amount of blood from you, which your body will easily and quickly replace without you coming to any harm.

Some tests require a urine sample.

NDEBELE

Ulwazi kuzigulane ezintsha eUnited Kingdom

Bonke abantu abatsha eUK bayahlowa kudingwa izifo.

Ezinye izifo zingabe zingakwenzi uzizwe ungaphilanga kodwa zingakulimaza nxa zingatholalalanga masinyane.

Izifo esizihlodayo ziyelapheka ukuze ziphele kumbe ukulawula isifo.

Ukuhlolwa kanye lokwelatshwa akubhadalelwa.

Ulwazi mayelana ngokuhlolwa kwakho kanye lemphumela yokuhlolwa kalusoke lwabelwa abantu, abaphandle kwenhlanganiso ebona ngempilakahle yelizwe eyeNational Health Service (NHS), kungela mvumo yakho.

Nxa ulezinye zezifo lezi kakusoke kwakuvimbela ukubhalisela isicelo sokuhlala eUK.

Izindawo ezehlukeneyo eUK zitholisa ukuhlolwa okutshiyeneyo.

Ngaphansi kubhalwe ukuhlolwa okutholiswa inengi labantu abafika eUK okwakuqala.

Ukuhlolwa yikuzikhethela.

Siyacebisa ukuholwa ukuze uvikele impilakahle yakho kwelakusasa.

Ukuhlolwa okunengi kwenziwa ngokuthatha igazanyana kuwe, lona umzimba wakho ongalibuyisela kalula njalo masinyane wena ungazange ube sengozini ethile.

Okunye ukuhlolwa kudinga umchemo.

All new arrivals to the UK have the right to register for a GP (a family doctor who can give you medical help and advice, for free, in your local community).

Tuberculosis

What is it?

Tuberculosis (TB) is an infection caused by bacteria which are released into the air when someone with an infection coughs or sneezes.

Pulmonary TB (in the lungs or throat) is the only form of the illness that is infectious, but TB can affect any part of the body.

If left untreated, TB is a serious illness, but it is curable with antibiotics.

We will ask you questions to assess if you could have active TB.

We may offer you a chest x-ray or other investigations to find out if you have it.

You may not have active (infectious) TB, but you may have been exposed to it in the past ('latent TB').

How could I catch it?

TB spreads between people in the air.

People with TB may not know they are ill at the time and you may have been exposed to the illness without knowing it.

What treatment is available?

TB can be fatal without treatment but can be cured with tablets.

Treatment is usually effective however it lasts at least 6 months and may be longer depending on where TB is found in the body.

Treatment for TB is usually a mixture of 4 antibiotics.

After 2 months of being on this treatment, patients may then be moved on to a course of 2 antibiotics for at least 4 months.

Bonke abafiki abatsha eUK balelungelo lokubhalisa kuGP (udokotela wemuli ungakupha uncedo lokwelatshwa, kungelambhadalo, emphakathini wakho).

Ufuba (Tuberculosis)

Luyini?

Ufuba (TB) yisifo esibangelwa ligcikwane elikhitshelwa emoyeni lapho umuntu olesifo ekhwehlela kumbe ethimula.

I-pulmonary TB (esamaphapheni kumbe emphinjeni) yiwo wodwa umhlobo wokugula othelekayo, kodwa ufuba lungathinta loba yiyiphi ingxenye yomzimba.

Nxa lungatshiywa lungelatshwanga, ufuna yisifo esila mandla, kodwa luyelapheka ngama-antibiotics.

Sizakubuza imibuzo yokucubungula ukuthi ungabe ulofuba olumemethekayo emzimbeni.

Singakutholisa ukuhlolwa nge x-ray yesifuba kumbe okunye ukucutshungulwa ukuze kutholwe ukuthi ulalo.

Ungabe ungelafuba olumemethekayo emzimbeni (oluthelalekayo), kodwa ungabe wathintana lalo esikhathini esadlulayo (ufuba olufihlekileyo).

Ngingaluthola njani?

Ufuba lumemetheka phakathi kwabantu emoyeni.

Abantu abalofuba bengabe bengazi ukuthi bayagula ngesikhathi leso njalo ungabe wathinteka kumkhuhlane lo ungakwazi.

Yikuphi ukwelatshwa okutholakalayo?

Ufuba lungaba yingozi nxa lungelatshwanga kodwa lungelapheka ngamaphilisi.

Ukwelatshwa kwandise ukusebenza kodwa kuthatha inyanga eziyisithupha njalo kungadlulisa sokusiya ngalapho ufuba olutholakale khona emzimbeni.

Ukwelatshwa ufuba kwandise ukuhlanganiswa imithi (antibiotics) emine.

Ngemva kwenyanga ezimbili kokwelatshwa lokhu, izigulane zingasuka zidluliselwe ekwelatshweni ngemithi (antibiotics) emibili okwenyanga ezingaba zine.

In the UK, TB treatment is free to everyone, regardless of immigration status.

Can it be prevented?

If you have latent TB, treatment will prevent you from developing infectious TB.

If you have active (infectious) TB, you should isolate until you are no longer infectious.

This is usually only a few weeks and you will be supported throughout your isolation.

Infections found in your blood

HIV, Hepatitis B and Hepatitis C viruses can pass from person to person through blood, semen or vaginal fluids.

These viruses can pass:

From mother to baby during birth or infancy

By having sex without a condom

By sharing items contaminated with infected blood e.g. needles, or razors.

Hepatitis B

What is it?

Hepatitis B virus can infect the liver.

Many people will clear the virus without treatment, but in some people, the virus can cause liver damage and liver cancer.

In most people it will cause no symptoms so you may not know if you have it.

What treatment is available?

Hepatitis B does not have a cure, but it can be controlled.

If you have a high level of Hepatitis B virus or any liver damage, you will be offered treatment with tablets to control the virus.

E-UK, ukwelatshwa ufuba akubhadalelwa kumuntu wonke, kungelandaba lesimo sokufika elizweni.

Lungavikeleka?

Nxa ulofuba olufihlakeleyo, ukwelatshwa kuzakuvikela ekutholeni ufuba oluthelelwanyayo.

Nxa ulofuba olumemethekayo emzimbeni (oluthelelekayo), kumele uzikhiphe ebantwini kuze kufike isikhathi lapho ongasatheleli khona abanye.

Lokhu kuvame ukuba ngokwamaviki ambalwa njalo uzasekelwa ngesikhathi sonke uwedwa.

Izifo ezitholakala egazini lakho

Amagcikwane eHIV, Hepatitis B kanye leHepatitis C angadlula kumuntu ngamuntu egazini, amanzi obudoda, kumbe amanzi obufazi.

Amagcikwane lawa angadlula: Kusukela kumama esiya emntwaneni ngesikhathi sokubeletha kumbe elusane

Ngokwenza ucansi kungela khondomu Ngokusebenzisa ndawonye izinto ezingcoliswe ngegazi elilegcikwane isibonelo amanalithi, kumbe amaleza.

Hepatitis B

Iyini?

Igcikwane leHepatitis B lingaphambanisa isibindi. Inengi labantu lingalulama igcikwane kungela kwelatshwa, kodwa kwabanye abantu, igcikwane lingabangela ukulimaza isibindi kanye lemrukuzane yesibindi. Kunengi labantu, lingabangela ukuswelakala kwempawu ngakho kawungeke wazi ukuthi ulawo.

Yikuphi ukwelatshwa okutholakalayo?

I-Hepatitis B kayelapheki, kodwa iyalawuleka. Nxa ulezinga eliphezulu legcikwane leHepatitis B kumbe ukulimazeka kwesibindi, uzaphiwa ukwelatshwa ngamaphilisi ukulawula igcikwane.

Treatment can prevent liver failure and liver cancer.

Your doctor or nurse specialist will give you more information about treatment if it is required.

Can it be prevented?

A vaccine to protect you from Hepatitis B is available and is free of charge.

Hepatitis C

What is it?

Hepatitis C is a virus which affects the liver. Many people do not have symptoms until the liver has been significantly damaged. A blood test is the only way to know you have the virus.

What treatment is available?

Hepatitis C can be treated with antiviral tablets over 8–12 weeks. This usually cures the infection. Early treatment will prevent serious complications such as liver damage, liver failure or liver cancer.

Can it be prevented?

There is currently no vaccine or medications available to prevent you being infected with this virus. Being treated for the infection does not prevent you from acquiring it again in future.

Human Immunodeficiency Virus (HIV)

What is it?

Ukwelatshwa kungavikela ukwehluleka ukusebenza kwesibindi kanye lemvukuzane yesibindi. Udokotela wakho kumbe ucwepheshe ongumongikazi wakho uzakupha ulwazi olunengi mayelana lokwelatshwa nxa kufuneka.

Ingavikeleka?

Umuthi wokukuvikela ekutholeni iHepatitis B uyatholakala njalo kawubhadalelwa.

Hepatitis C

Iyini?

I-Hepatitis C ligcikwane elihlasela isibindi. Inengi labantu kalila zimpawu isibindi size silimazeke kakhulu. Ukuhlolwa kwegazi yiyona ndlela kuphela yokwazi ukuthi ulalo igcikwane.

Yikuphi ukwelatshwa okutholakalayo?

I-Hepatitis C ingelapheka ngomuthi ohlasela igcikwane okwamaviki ayisitshiyagalombili kusiya kwalitshumi lambili. Lokhu kuvame ukwelapha isifo. Ukuphangisa ukwelatshwa kuzavikela inkinga ezinkulu ezifana lokulimazeka kwesibindi, ukwehluleka ukusebenza kwesibindi kumbe imvukuzane yesibindi.

Ingavikeleka?

Akula muthi kumbe imithi ekuvikela wena ukuthelelwa igcikwane leli.

Ukwelatshwa isifo lesi akukuvikeli ekuwutholeni futhi kwelakusasa.

Human Immunodeficiency Virus (HIV)

Iyini?

HIV is a virus which over time can affect your immune system, which is your body's ability to protect you from infections.

However, if you have this infection, you can be given treatment which controls the virus. This stops it from causing you harm and prevents you from passing it on to other people.

What treatment is available?

There are different treatments available, usually a single tablet once a day.

This cannot cure the infection but can control the virus so that we can no longer detect it in the blood, and it cannot pass on to other people.

If treatment is started early, you can have a normal life expectancy and your immune system function will stabilise and, in most cases, improve.

Can it be prevented?

There is no vaccine currently available.

If you are at risk of HIV, you can get medication to reduce the risk of infection.

What am I entitled to?

Free HIV treatment and follow-up

If you are found to have acquired HIV this does not affect your right to apply for asylum in the UK

Your HIV status will not affect your right to work in the UK

You will have access to free specialist care with regular, private and confidential follow up from non-hostile and non-judgmental health care professionals.

I-HIV ligcikwane lona elithi ngemva kwesikhathi lingahlasela amasotsha omzimba wakho, wona ayikwenelisa komzimba wakho ukukuvikela emagcikwaneni. Wandise ukungezwa kuhle khonapho khonapho.

You often do not feel unwell straight away.

Kodwa, nxa ulesifo lesi, ungelatshwa khona okulawula igcikwane.

Lokhu kulivikela ekukulimazeni njalo kukuvikela ekulidluliseni kwabanye abantu.

Yikuphi ukwelatshwa okutholakalayo?

Kulendlela zokwelatshwa ezehlukeneyo ezikhona, kuvame ukuba liphilisi elilodwa ngelanga.

Lokhu akungeke kwelapha kwaqeda isifo kodwa kungalawula igcikwane khona singasoke salibamba egazini, njalo kalingeke lalulela kwabanye abantu.

Nxa ukwelatshwa kuphangisa ukuqaliswa, ungaphila impilo ejwayelekileyo njalo amasotsha akho omzimba azalunga njalo, ngazikhathi ezinengi, azathuthuka.

Ingavikeleka?

Akula mithi yokwelapha iqede ekhona kathesi.

Nxa usengozini yegcikwane leHIV, ungathola imithi ukwehlisa ingozi yokuthelelwa.

Ngile lungelo lokutholani?

Ukwelatshwa kungela mbhadalo kwegcikwane leHIV kanye lokulandelela

Nxa utholakala suhlaselwe ligcikwane leHIV lokhu akuphambanisi ilungelo lakho lokubhalisela ukuvikelwa elizweni leUK

Isimo sakho seHIV kasisoke saphambanisa ilungelo lakho lokusebenza eUK

Uzaba lethuba lokufinyelela ukunakekelwa okungabhadalelwayo ngabocwepheshe ngezikhathi ezinengi, ukulandelela okungekho emphakathini njalo okulemfihlo okuvela kobosiyazi bezempilakahle abalomusa njalo abangala kwahlulela.

If you already know you have HIV, it is important that you tell your GP as soon as possible so you can continue treatment and see an infection specialist.

Syphilis

What is it?

Syphilis is a bacterial infection passed through sexual contact.

Symptoms change over time and can include painless sores or ulcers, swollen lymph glands, fever and weight loss.

Symptoms can involve all parts of the body at different stages, but some people do not have any symptoms.

If you have a sexual partner, they will also need to be tested for syphilis and they will be offered testing and treatment.

If you are pregnant and have syphilis, you can pass it onto the baby before it's born and increase the risk of miscarriage, premature birth and stillbirth.

How could I catch it?

You can get syphilis by having vaginal, anal or oral sex with someone who has the infection.

What treatment is available?

Syphilis is curable with antibiotics which are usually given by injection.

You may need to get repeat testing at 6 and 12 weeks after treatment to ensure the infection has been cured.

Can it be prevented?

There is currently no vaccine or medication available to prevent you from getting this infection.

Nxa uvele ukwazi ukuthi ulegcikwane leHIV, kubalulekile ukuthi utshele udokotela wakho ngokuphangisa khona uzaqhubeka ukwelatshwa njalo ubone ucwepheshe wezifo ezithelelwanwayo.

Syphilis

Iyini?

I-Syphilis yisifo esithelelwanwayo segcikwane esithelelwanwa ngezocansi.

Izimpawu ziyatshintsha ngesikhathi njalo zingagoqela izilonda ezingabuhlungu kumbe amalonda, amadlala avuvukileyo, ukutshisa komzimba kanye lokwehla isisindo somzimba.

Izimpawu zingathinta zonke ingxenye zomzimba ngezigaba ezahlukeneyo, kodwa abanye abantu kabalazo izimpawu.

Nxa ulomuntu oya laye emacansini, laye uzadingakala ukuthi ahlolwe isifo se-syphilis njalo uzatholiswa ukuhlolwa lokwelatshwa.

Nxa uzithwele njalo ulesifo se-syphilis, ungathelela usane ngaphambi kokuzalwa njalo wengezele ingozi yokuphuma isisu, ukubeletha umntwana isikhathi singakakwani kumbe ukubeletha umntwana ofileyo.

Ngingayithola njani?

Ungabamba isifo se-syphilis ngokuya emacansini usebenzisa isitho sowesifazane sangasese, umdidi, kumbe ukumumuza isitho somuntu olesifo lesi.

Yikuphi ukwelatshwa okutholakalayo?

I-Syphilis iyelapheka ngomuthi ovame ukuphiwa ngejekiseni.

Ungadinga ukuthi uphinde ukuhlolwa ngamaviki ayisithupha kanye lalitshumi lambili ngemva kokwelatshwa ukuqinisekisa ukuthi igcikwane liyelatshiwe.

Ingavikeleka?

Akula muthi ovikelayo kumbe ijekiseni ekhona yokukuvikela ekutholeni isifo lesi.

Syphilis can be prevented by using condoms when you have sex, and also by getting tested once a year, or if you have a new sexual partner.

Strongyloides

What is it?

Strongyloides is a parasitic worm which usually lives in soil (but is too small to see) and infects you through your skin.

It enters your lungs and intestines through your bloodstream. It can cause skin or digestive symptoms that can come and go.

Some infections can become chronic and last for years or even be fatal.

Tests for Strongyloides include testing different bodily fluids for signs of the worm, such as stool and blood.

How could I catch it?

Walking barefoot in contaminated soil in tropical and subtropical locations or having a weakened immune system can put you at risk of getting Strongyloides infection.

What treatment is available?

Strongyloides is easily treated with an anti-parasitic medication in tablet form.

Can it be prevented?

Strongyloidiasis can't always be prevented.

However not walking barefoot when traveling to warm or tropical climates can reduce your risk of infection.

Schistosomiasis

What is it?

I-syphilis ingavikeleka ngokusebenzisa amakhondomu nxa usiya emacansini, kanye lokuhlolwa kanye ngomnyaka, kumbe nxa ulomuntu omutsha oya laye emacansini.

Strongyloides

Iyini?

I-Strongyloides liwemusi eliyisilwanyana elandise ukuphila enhlabathini (kodwa lincane kakhulu ukulibona) njalo lingena ejwabini lakho.

Lingena kumaphapho lasemathunjini ngegazini lakho. Kungabangela impawu zejwabu kumbe ezokugaya ukudla esiswini ezingabuya njalo zihambe.

Ezinye izifo zingaba lokungelapheki njalo zibe khona okweminyaka kumbe zibangele ukufa.

Ukuhlolwa iStrongyloides kugoqela ukuhlolwa amanzi omzimba ahlukeneyo kudingwa impawu zewemusi, ezifana lothuvi kanye legazi.

Ngingawuthola njani?

Ukuhamba ngenyawo ungaqgokanga zicathulo enhlabathini engcolileyo endaweni etshisayo kakhulu njalo ena izulu elinengi kanye lendaweni elokutshisa lokuqanda okukhulu kumbe ukuba lamasotsha omzimba abuthakathaka kungakufaka engozini yokuthola isifo seStrongyloides.

Yikuphi ukwelatshwa okutholakalayo?

I-Strongyloides yelatshwa lula ngomuthi ongamaphilisi wokulwisa izilwanyana emzimbeni.

Ingavikeleka?

I-Strongyloidiasis kayingeke yahlala ivikeleka. Kodwa, ukungahambi ngenyawo ungaqgokanga zicathulo nxa uvakatshela izindawo ezitshisayo njalo ezimanzi kakhulu kungehlisa ingozi kuwe yokubamba isifo.

Schistosomiasis

Iyini?

Schistosomiasis, sometimes known as bilharzia, is an infection caused by a parasitic worm. The parasite lives in fresh water (such as rivers and lakes) in subtropical and tropical regions.

Symptoms may include a red itchy rash, high temperature, cough, diarrhoea, abdomen and joint pain.

The parasite can remain in the body for many years and cause damage to the bladder, kidneys and liver and some types increase your risk of developing bladder cancer.

Schistosomiasis is usually diagnosed by a blood test but can also be diagnosed by finding parasite eggs in your urine or stool sample.

How could I catch it?

You become infected if you come into contact with contaminated fresh water in subtropical and tropical regions, for example when swimming, paddling or washing.

What treatment is available?

It can be cured with a short course of an anti-parasitic medication.

Sometimes treatments may need to be repeated after a few weeks.

Can it be prevented?

There is currently no vaccine or medication available to prevent you from getting this infection.

People who travel to areas affected by schistosomiasis should avoid swimming, drinking and washing in fresh water that is likely to be contaminated.

Infections detected in your urine

I-Schistosomiasis, kwesinye isikhathi eyaziwa ngokuthi yibilharzia, yisifo esibangelwa liwemusi eliyisilwanyana.

Isilwanyana sihlala emanzini (afana lemifula kumbe amachibi) ezindaweni ezitshisayo njalo ezimanzi kakhulu kanye lezitshisayo ziphinde zigodole kakhulu.

Izimpawu zingagoqela amaqhubu abomvu alumayo, ukutshisa komzimba okukhulu, ukukhwehlela, ukuhuda, ubuhlungu besisu kumbe lapho okuhlangana khona amathambo omzimba.

Isilwanyana singahlala emzimbeni okweminyaka eminengi njalo singabangela ukulimazeka kwesinye, izinso kanye lesibindi njalo kwezinye izikhathi kwengezela ingozi yokuba lemvukuzane yesinye.

Isifo se-schistosomiasis sandise ukubanjwa ngokuhlolwa igazi kodwa ingabanjwa futhi ngokuthola amaqanda ezilwanyana emchemeni kumbe ethuvini bakho obuhloliweyo.

Ngingasithola njani?

Unsibamba nxa ungathintana lamanzi ezindawo ezitshisa kakhulu ziphinde zibe lokugodola kanye lendawo ezitshisa kakhulu zibe lobumanzi, njengomzekeliso nxa ubhukutsha, ugwedla kumbe ukuwatsha.

Yikuphi ukwelatshwa okukhona?

Singelatshwa ngohlelo olufitshane lwemithi elwisana lezilwanyana.

Kwesinye isikhathi ukwelatshwa kungadinga ukuphindwa ngemva kwamaviki ambalwa.

Uvikelela njani?

Okwakathesi akula mithi evikelayo kumbe amajekiseni atholakalayo angakuvikela ekubambeni isifo lesi.

Abantu abahamba ezindaweni ezile-schistosomiasisa kumele bengabhukutshi, benganathi kumbe ukuwatshela emanzini angabe engcoliswe ligcikwane.

Izifo ezitholakala emchemeni wakho

Chlamydia and Gonorrhoea

What is it?

Chlamydia and gonorrhoea are common sexually transmitted bacterial infections.

Symptoms of both include pain when urinating, unusual discharge from the vagina, penis or anus, stomach pain, pain in the testicles or red eyes.

However they can also be asymptomatic (show no symptoms).

The test for chlamydia and gonorrhoea is simple and painless.

It involves swabbing the affected areas (vagina, anus, throat) and/or giving a urine sample.

You can perform the swab yourself and it will be explained to you how to do this at your appointment.

How could I catch it?

They are both passed on through unprotected (without a condom) vaginal, anal or oral sex.

What treatment is available?

Chlamydia and gonorrhoea are treated with antibiotics but if left untreated can be passed on to other sexual partners.

You should avoid having sex for 1 week after you and your partners have been treated.

Some strains of gonorrhoea have become resistant to antibiotics, and you may require repeat testing 3 weeks after treatment to make sure the antibiotics have worked.

Can it be prevented?

Chlamydia and gonorrhoea can be prevented by using condoms when you have sex.

Chlamydia leGonorrhoea

Iyini?

Ichlamydia legonorrhoea yizifo zamagcikwane ezithelelwanayo emacansini.

Izimpawu zokubili zigoqela ubuhlungu nxa uchema, ukukhipha amanzi angajwayelekanga esithweni sangasese sabesifazane, emthondweni wabesilisa kumbe emdidini, ubuhlungu besisu, ubuhlungu emsendeni kumbe amehlo abomvu.

Kodwa, singabe bengatshengisi zimpawu.

Ukuhlolwa ichlamydia kanye legonorrhoea kulula njalo akubuhlungu.

Kugoqela ukuthatha amanzana endawo ezilobuhlungu (isitho sangasese sabesifazana, umdidi, emphinjeni) kanye/ kumbe isifanekiso somchemo.

Ungakwenza lokho wedwa njalo uzachasiselwa ukuthi lokhu kwenzwa njani esikhathini sakho sokubona osiyazi.

Ngingazithola njani?

Kokubili kuthelwana ngezocansi ezingavikelwanga (kungasetshenziswa ikhondomu) eziqhutshwa ngesitho sangasese sabesifazane, ngomdidi kumbe ngomlomo.

Yikuphi ukwelatshwa okutholakalayo?

Ichlamydia legonorrhoea zelatshwa ngemithi yokulwisana kodwa nxa kungatshiywa kungelatshwanga kungathelelwa abanye oya labo emacansini.

Kumele ubalekele ukuya emacansini okweviki eyodwa ngemva kokuthi wena lomunye wakho liyelatshiwe.

Eminye imihlobo yegonorrhoea siyala imithi, njalo ungadingakala ukuthi uphinde ukuhlolwa ngemva kwamaviki amathathu uyelatshiwe ukuqinisekisa ukuthi umuthi wokulwisana usebenzile.

Kungavikeleka?

Ichlamydia legonorrhoea zingavikeleka ngokusebenzisa amakhondomu nxa usemacansini.

Getting tested once a year, or if you have a new sexual partner, can prevent the spread of infection. Testing, treatment and all forms of contraception including condoms are free in the UK. You can get access to them from your GP or local sexual health clinic.

Ukuholwa kanye ngomnyaka, kumbe nxa ulomuntu omutsha oya laye emacansini, kungavikela ukumemetheka kwesifo. Ukuholwa, ukwelatshwa kanye leminye imihlobo yokuvikela egoqela amakhondomu kayibhadalelwa eUK. Ungakufinyelela kudokotela wakho kumbe ekilnika yezempilakahle yemacansinielapho ohlala khona.