

COVID-19: Ukuphefumula

Amaphaphu lomoya ohlanzekileyo kwenza ukuphefumula kubelula. Kuyazenzela kodwa ukuphefumula. Umoya esiwuphefumulayo okuthiwa yi (*oxygen*) yiwo okhethwa ngumzimba. Siphinde njalo siwuphefumulele phandle lowo moya kodwa usungenye inhlobo yomoya.

Ngalokho-ke nxa ususenhlungwini kwenza amaphaphu agcwalelane ehluleke lokudonsa umoya. Ehluleke ngitsho lokukhuphela phandle umoya osungcolile ngaphakathi kwesifuba. Ongakwenzake wena yikuthi ubhodabhode endaweni okuyo ukuze welule amaphaphu, njalo welule lomzimba.

Nxa vele usugula, tshintsha indlela zokuhlala, kumbe zokulala ngasonke isikhathi ukuze uphefumule ngcono.

Nxa usugula ungaze walala ngeqolo ngoba ukukhangela phezulu kwenza ungasidonsi kuhle umoya. Lala uvumele ukuguquka komzimba okuvumelana lokuphefumula ngcono.

- Zama ukulala ngesisu kumbe ngecele.
- Faka imiqamelo emibili kumbe emithathu ngaphansi kwesisu ukuze ulale phezukwayo. Usuphefumulela phakathi ngokudonsa umoya ngamakhala, uphinde uwukhuphe lowo moya ngomlomo. Engikutshoyo yiloku: Hotsha ngamakhala. Kupha ngomlomo.
- Uma isifuba sakho sigcwalelana cela omunye atshaye eqolo ngesithende sesandla.
- Ukubhodabhoda endlini uthwele izandla ekhanda lakho kuyancedisa ukuphefumula ngcono lokwelula umzimba.



Ukuzelulu

Ungazelula okwemizuzo elitshumi kusiya kwelitshumi lanhlanu (*10 – 15 minutes*) kabili ngelanga. Phinda kanenginengi ukuze umzimba ujayeke ukweluleka. Lokho kwenza uzizwe usungcono njalo lomzimba usuphefumula umoya ohlanzekileyo.

Lalela ukuphefumula kwakho. (*Feel your breathing*)

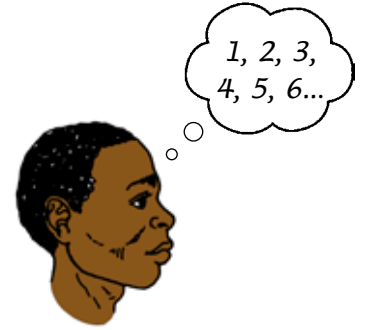
Ongakwenza yilokhu:

- Hlala phansi, kumbe lala ngendlela ofunangayo.
- Beka izandla ngasemhlabulweni embanjeni.
- Donsa-ke umoya ngamakhala ugcwalise isifuba uze uzwe lembambo ziphakama.
- Usungakhupha njalo lowo moya ngomlomo kumbe ngamakhala uze lembambo lesisu kusehla.

Fumbatha umlomo. (*Pursed lips breathing*)

Ukufumbatha umlomo kwenza ungaphefumuleli phezulu.

- Hotsha umoya ngamakhala ubale 1 - - 2 - - 3 ugcwalise isifuba.
- Vuthela umoya ngomlomo angathi utshaya ikhwelo.
- Phinda futhi uhotshe...uvuthele njalo futhi kanengi.



Bamba umphefumulo kancane. (*Small breath holds*)

Indlela enhle enikeza amaphaphu amandla wokusebenza yikuphefumulela phansi ungajahanga. Lokho kuvikela ukungahlaselwa mahlayana yisifo sofuba (*asthma*), njalo lokungahlaselwa ngezinye izifo ezingena ngolaka.

Ongakwenza wena yiloku:

- Donsa kumbe hotsha umoya ngamakhala. Bamba njalo lowo moya uvale lamakhala okwesikatshana ubala 1 - 2—3 - 4 - 5. Vuthela-ke wonke lowo moya phandle. Phinda futhi njalo.
- Kathesi usungaphumula.
- Nxa usuphumule, buyela futhi uhotshe njalo uvuthele.

Ukuphefumula ngokudonsa umoya (*deep breathing*).

Ukuhotsha umoya kuvula isifuba lamaphaphu. Ongakwenza kathathu kusiya kahlanu yiloku:

- Hotsha umoya kancane kancane ngamakhala.
- Bamba-ke lowo moya okwemizuzwana emibili kusiya kwemithathu (*2 - 3 seconds*). Ungaqeda lokho, usungavuthela-ke wonke umoya phandle.

Ukuphefumula ngomlomo (*huffing*).

Ukuphefumula ngomlomo kuncedisa amaphaphu ukuthi avulele umoya ofuthelanayo esifubeni. Ongakwenza yilokhu:

- Qala uhotshele umoya esifubeni. Phinde usuvuthela ngamandla wonke lowo moya ngomsindo othi, 'Huhh!'
- Phinda futhi uhotshe umoya adubana uzakuthi: 'Huhh!' uvule umlomo.

Kodwake nxa ungezwa umsinjwana othile ngesikhathi ukhuza u'Huhh!' kumele ukhwehlele kuhle hatshi ngamandla kumbe ngolaka.



Hleka kumbe hlabela ngoba lokho kuvula amaphaphu ukuze uphefumule kuhle. Yenza imizamo yonke yokuzelula lokuzidudusa ukuze uzizwe usungcono.

