

Timphawu Leticwayisako Letiphutfumako Tekubeleka



Kubulawa yinhloko lokungapheli nome lokuchubekako ngekuhamba kwesikhatsi



Kuyenza nome kuculeka



Imicabango yekutilimata wena nome umntfwanako



Umkhuhlane



Kuntjintja kwekubona kwakho



Kuphefumula kamatima



Buhlungu esifubeni nome kushaya kakhulu kwenhlitiyo



Kuvuvuka kakhulu kwetandla nome kwebuso bakho



Buhlungu lobumatima esiswini lokungakhawuki



Kunyoluka nekuhlanta lokumatima (hhayi njengengulakuseni)



Kuyekela kwemntfwana kunyakata nome kuncipha kwako



Kuvuvuka kwembala wakho, kuba bovu, nome buhlungu bawo



Kopha umsasane nome kuvuta kwalokusamanti emuva kwekukhulelwa



Kopha umsasane nome kuvuta kwalokusamanti ngesikhatsi sekukhulelwa



Kudzinwa lokukhulu



SCAN ME

Nangabe unanome ngukuphi kwaletinkhomba ngesikhatsi usakhulelwe nome ngemuva kwekukhulelwa, tsintsa sisebenti setemphilo utfole lusito masinyane.

Nangabe ungasitfoli sisebenti setemphilo, yani egumbini lalabaphutfunyiswako. Khumbula kusho kutsi ukhulelwe nome bewukhulelwe kuwo lomnyaka lophelile..

FUNDZA KABANTI

<https://obgynsafety.org/urgent-maternal-warning-signs/>

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