**Uxwebhu lwemibuzo yokuthotha kokusebenza nokuba nemveliso:
i-Melanoma, V2.0 (WPAI:i-Melanoma)**

Le mibuzo ilandelayo ibuza nendlela i-melanoma yakho ekuchaphazela ngayo ukukwazi kwakho ukwenza imisebenzi yesiqhelo. *Nceda uzalise izikhewu okanye ubiyele ngesangqa inani njengoko kubonisiwe.*

1. Ingaba uyaphangela (uphangelela umvuzo)? \_\_\_\_\_ HAYI \_\_\_\_\_ EWE

 *Xa inguHAYI, phawula uHAYI uze utsibe uye kumbuzo wesi-6.*

Le mibuzo ilandelayo imalunga **neentsuku ezisixhenxe ezidlulileyo** ngaphandle kwanamhlanje.

2. Kwezi ntsuku zisixhenxe zidlulileyo uphose iiyure ezingaphi emsebenzini ngenxa yeengxaki ezayamene ne-melanoma yakho? *Quka iiyure oziphose ngeentsuku zokugula, amatyeli ofike ngawo emva kwexesha, ohambe ngawo ngaphambi kwexesha, njl njl, ngenxa ye-melanoma yakho. Ungaliquki ixesha elilahleke ngethuba uthabatha inxaxheba kolu phando.*

 \_\_\_\_\_ IIYURE

3. Kwezi ntsuku zisixhenxe zidlulileyo, uphose iiyure ezingaphi emsebenzini ngenxa yaso nasiphi na esinye isizathu, njengekhefu, iiholide, ixesha olithabathe ukuze ube yinxalenye yolu phando?

 \_\_\_\_\_ IIYURE

4. Kwezi ntsuku zisixhenxe zidlulileyo, eneneni usebenze iiyure ezingaphi?

 \_\_\_\_\_ IIYURE *(ukuba ngu- “0”, tsiba uye kumbuzo wesi-6)*

5. Kwezi ntsuku zisixhenxe zidlulileyo, i-melanoma yakho ikuchaphazele kangakanani ukubanakho ukuba nemveliso kwakho lo gama ubusebenza?

Cinga iintsuku apho ubungakanani okanye uhlobo lomsebenzi onokuwenza ubunyiniwe, iintsuku apho uphumeze ngaphantsi kunoko ubukufuna, okanye iintsuku apho ungakwazanga ukwenza umsebenzi wakho ngononophelo ngokwesiqhelo. Ukuba i-melanoma iwuchaphazele nje kancinane umsebenzi wakho, khetha inani eliphantsi. Khetha inani eliphezulu xa i-melanoma iwuchaphazele kanobom umsebenzi wakho.

Cinga kuphela ngendlela i-melanoma ekuchaphazele
ngayo ukubanakho kwakho ukuba nemveliso lo gama ubusebenza.

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| I-melanoma khange ibe nafuthe emsebenzini wam |  |  |  |  |  |  |  |  |  |  |  | I-melanoma indithintele ngokupheleleyo ekusebenzeni |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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6. Kwezi ntsuku zisixhenxe zidlulileyo, i-melanoma ikuchaphazele kangakanani ukukwazi kwakho ukwenza imisebenzi yakho yesiqhelo yemihla ngemihla ngaphandle kwaleyo yempangelo?

*Ngemisebenzi yemihla ngemihla sithetha imisebenzi eqhelekileyo oyenzayo njengomsebenzi wasekhaya, ukuyokuthenga, ukukhathalela abantwana, ukuthamba, ukufunda, njl njl. Cinga amaxesha apho ubunyiniwe kubungakanani okanye uhlobo lwemisebenzi onokuyenza kwakunye namaxesha apho uphumeze ngaphantsi kunoko ubufuna. Ukuba i-melanoma iyichaphazele nje kancinane imisebenzi yakho, khetha inani eliphantsi. Khetha inani eliphezulu xa i-melanoma iyichaphazele kanobom imisebenzi yakho.*

Cinga kuphela ngendlela i-melanoma ekuchaphazele
ngayo ukukwazi kwakho ukwenza imisebenzi yakho yesiqhelo yemihla ngemihla
ngaphandle kwaleyo yempangelo.

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| I-melanoma khange ibe nafuthe kwimisebenzi yam yemihla ngemihla |  |  |  |  |  |  |  |  |  |  |  | I-melanoma indithintele ngokupheleleyo ekwenzeni imisebenzi yam yemihla ngemihla |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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