



UKUDALULA



Indlela yokudalula

2 UKUPHILA NE-HIV: UKUTHOLA UKWESEKWA



Utshela bani

Kungani ubatshela

UKWESEKWA

UKUZIBOPHEZELA



KUSHO UKUTHINI UKUDALULA I-HIV

IYIPHI IMPENDULO ELINDELEKILE

UKUCINDEZELEKA KWEGCIWANE



ISINQUMO





HIV: AMAQINISO AYISISEKELO

Izinhlamvu zamagama ezithi HIV zimele i-Human Immunodeficient Virus okuyiSandulela Ngculazi. Indlela ephuma phambili yokusulelana nge-HIV ukuya ocansini olungavikelekile. Izingane zingayithola i-HIV kubazali bazo abane-HIV ngenkathi bekhulelwe, bebeletha kanye lalapho bencelisa.

UCANSI OLUNGAVIKELEKILE

UKUHLASELWA
KWAMASELI E-CD4



I-HIV EMZIMBENI

I-HIV yenza amasosha omzimba abe buthakathaka - ngokuthi amandla omzimba okuzilwela avikela umzimba kumagciwane nasezifweni. Iphutha amasosha omzimba amaseli e-CD4 futhi iwenze abe ngabakhqiqizi bamanye amakhophi e-HIV. Enqubweni yokukhizisa amanye ama-HIV, amaseli e-CD4 ayafa. Uma amasosha omzimba ebuthakathaka, umzimba uyehluleka ukulwa namagciwane kanye nezifo, ezinjenge-TB.

AMASOSHA OMZIMBA ABA BUTHAKA



UKUVIKELA UKUSULELEKA NGE-HIV

I-HIV ingavikelwa ukuya ocansini oluvikelekile - usebenzise ikhondomu ngendlela eyiyo ngaso sonke isikhathi. Omama abane-HIV bangabhalisa ohlelweni Lokuvikela Ukudlulisela i-HIV Isuka Kumama Iya Enganeni (Prevention of Mother-to-Child Transmission) (i-PMTCT), olubandakanya ukusebenzisa imishanguzo ama-ART, ukuya ocansini oluvikelekile kanye nokuncelisa ngokukhethekile. Ukuzibophezela ohlelweni i-PMTCT kunciphisa amathuba okudlulisela i-HIV enganeni.

UCANSI OLUKUVIKELEKILE

Le ncwajana yesekwe iSivumelwane Sokusebenzisana esinguNombolo GH001932-04 Sasezikhungweni zase-US Zokulawula Nokuvikela Izifo Okuqokethwe kuyo kukumthwalo wababhali kuphela futhi akumele imibono esemthethweni Yezikhungo zase-US Zokulawula Nokuvikela Izifo, uMnyango Wezempilo kanye Nemisebenzi Eqondene Nabantu noma uhulumeni we-U.S.



Ngathi baba, 'Ngine-HIV,' wabe esezisondeza kimi kanjalo nomama wami bese banganga bebobabili. Okwalandela kwaba ukungingunga ekhishini bese bangibeka izandla bese bangikhulekela, sangana futhi sakhala. Umuzwa engawuzwa esiswini waba njengokuqhuma okuthile, kwaba sengathi kukhona okudedelekile, ngangazi ukuthi ngangingeke ngibe nenkinga."

UMNDENI

ITHEMBA



Shane Petzer



Ukudalula kusho ukutshela umuntu into ebeyigcinwe iyimfihlo. Kungenzeka kuzwakale kunzima ukudalula ukuthi uphila ne-HIV, kodwa ukuthola ukwesekwa kuwukhiye wokuzibophezela kumushanguzo nokufinyelela ekucindezekeleni kwegciwane. Ukuthola ukukhuthazwa nokwesekwa ekuzibophezeleni kumushanguzo kanye nokuya emtholampilo ulandelela kuzodala ukuthi imishanguzo isebenze ngempumelelo. Ukuzibophezela, okusho ukudla ama-ARV ngaso ngqo isikhathi osiyalelwe umsebenzi wezempilo, kunciphisa inani le gciwane le-HIV egazini nasemzimbeni. Lokhu kubizwa ngokucindezeleka kwegciwane. Kukusiza ukuze uphile impilo egcwele nenempilo.



Kusho ukuthini ukudalula isimo se-HIV

Uma uthola ukuthi une-HIV kungaba isimo esethusayo. Kungenzeka uzizwele unamahloni, unecala noma ucasukile ukuthi kukhona umuntu ongamutshela. Ungase usabe ukulaxazwa. Ungase ungathandi ukuthi abantu abasondele nawe noma umphakathi wazi ngoba wesaba ukucwaswa. Ukuze ufihle isimo sakho se-HIV, kumele uyeke ukuya emtholampilo ukuyolanda imishanguzo. Yize ukudalula kungase kwesabise, ukudalula kumuntu omethembayo, zibekwa nje, kungakuhlomulisa ngenxa yenzuzo yothando, ukwamukelwa nokwesekwa.



Ngihlala ngithi kubantu, uma ukhuluma ngakho, yilapho uzizwela ukhululekile khona. Ukuvuleleka kwakho ngesimo, ngicabanga ukuthi yikho okungenza wamukele isimo sakho. Asikho isidingo sokuthi udalulele umhlaba wonke, kodwa kubantu abasondelene nawe. Kungcono ukukhuluma, ukuze ukwazi ukuthola usizo nokwesekwa.”

KHULUMA



Gugu Xaba

USIZO, UKWESEKWA



Isinyathelo esibalulekile ukwamukela umngani okusiza ngemishanguzo ukucindezela igciwane

Izinzuzo zokudalula

Yilungelo lakho futhi ungakhetha ukuthi uthanda ukudalula isimo sakho se-HIV noma cha. Akusiyo into okumele ujahwe ngayo kodwa ziningi izinzuzo zokudalula. Ukuba nomuntu ozokweseka kuzokwenza kube lula ukubhekana nokuphila ne-HIV.

- ✱ *Uma sewudalulile futhi wesekwa kuba lula ukuzibophezela kumushanguzo kanye nokufinyelela ekucindezelekeni kwegciwane.*
- ✱ *Uzokwazi ukudla ama-ARV akho ngenkululeko. Lokhu kuzokwenza kube lula ukuzibophezela kumushanguzo futhi ufinyelele ekucindezelekeni kwegciwane.*
- ✱ *Ungaba nomngani okusiza ngemishanguzo ukuze akwesekwe futhi akukhumbuze ukuthi udle ama-ARV futhi uye emtholampilo ngezikhathi ozimiselwe.*
- ✱ *Uma uzizwela wamukelekile, wesekwa futhi uthandwa usethubeni elihle lokuphila isikhathi eside futhi uphile kahle. Ukudalula kuphinde kunciphise umthwalo kanye nengcindezi yokugcina isimo sakho ngaphakathi, lokhu kusho ukuthi mancane amathuba okuba nezifo ezidalwa incindezi njengomfutho wegazi ophezulu, izinkinga zokulala kanye nokukhathala.*



Namuhla uma ubheka inani legciwane le-HIV kimi, licindezelekile ngenxa yokwesekwa engikutholayo. Ukuzibophezela, kuyinselelo enkulukazi ngoba kuzoba nesikhathi ozofikelwa umuzwa wokuthi: 'Susa le mishanguzo. Angifuni nokuwabona amaphilisi.' Kodwa umlingani wami uzobe ekhona nami futhi engipha amazwi akhuthazayo: Awunakuliphosa ithawula namuhla."

**UKUNGABI
NANDABA**



Strike Tshabalala

UKUCINDEZELEKA KWEGCIWANE



Indlela ama-ARV acindezela i-HIV ngayo

Imithi ecindezela noma elawula i-HIV ibizwa ngokuthi ama-antiretrovirals, noma i-ARV ngamafuphi. Zintathu izinhlobo zama-ARV anhlobonhlobo ezisetshenziswa kanye kanye njengemishanguzo i-Antiretroviral Treatment (ART). Ama-ARV asebenza ukunqanda i-HIV ekulawuleni amaseli e-CD4 omzimba ukuze angayikhiqizi enye i-HIV.

Yingakho uma ama-ARV edliwa ngokufanele, inani legciwane le-HIV emzimbeni lincipha, okusho ukuthi yincane i-HIV egazini nasemzimbeni. Futhi, khona manjalo, isibalo se-CD4 siyakhuphuka, amasosha omzimba asimame aqine futhi.

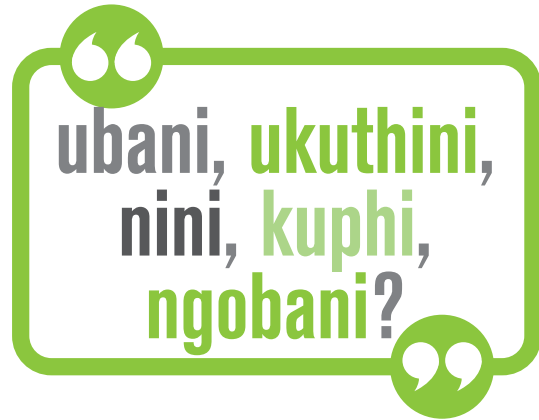
Inzuzo zokudla ama-ARV

Uma sewuqale ukudla ama-ARV kubalulekile ukuhlala uwathatha njengoba uyalelwe umsebenzi wezempilo. Lokhu kubizwa ngokuthi ukuzibophezela. Ukuzibophezela kuma-ARV kuholela ekucindezelekeni kwegciwane. Lokhu kwenzeka lapho inani legciwane le-HIV egazini lehle kakhulu - lifinyelele ngaphansi kwamakhophi e-HIV angama-50. Lokhu akusho ukuthi i-HIV iyalapheka kodwa kusho ukuthi kukhona i-HIV encane egazini. Lokhu kunezinzuzo eziningi:

- * *I-HIV ayizukuwulimaza umzimba, okusho ukuthi ungaphila impilo enemphilo.*
- * *Mancane amathuba okuthi umzimba wenqabe amaphilisi bese kudingeke ukuthi ushintshela kuhlobo lwesibili lwemishanguzo ye-HIV, okungase kugulise ngezinye izindlela.*
- * *Mancane amathuba okusulela umlingani wakho ozibandakanya ocansini naye nge-HIV.*
- * *Ungakwazi ukuthola izingane ezingenayo i-HIV ngaphandle kokusulela umlingani wakho ngegciwane.*



Ukuze uthole olunye ulwazi ngemishanguzo i-Antiretroviral Treatment (ART) thola ikhophi yencwajana iZenzele 'Ukuphila ne-HIV: Ukwenza Imishanguzo Isebenze'.



Indlela yokudalula

Ukudalula kuyinto umuntu okumele azikhethele yona futhi kuyisinqumo esinzima. Ukukhuluma nomeluleki emtholampilo kungaba usizo, noma ungasebenzisa imibuzo elandelayo njengomhlahlandlela:

- 1 *Utshela bani*
- 2 *Umutshela ukuthini futhi iyiphi impendulo elindelekile*
- 3 *Umutshela Nini*
- 4 *Umutshelela kuphi*
- 5 *Kungani ubatshela*

Kumele ucabanga ngokuthi ukudalula kungase kube nomthelela kuwe noma kumuntu omtshelayo. Indlela umuntu aphenhula ngayo izoncika ebudlelwaneni onabo nalowo muntu. Kumele ulindele ukuphendula noma yimuphi umbuzo noma okukhathazayo umuntu omtshelayo angase abe nayo.



Ukuze uthole olunye ulwazi ukuzibophezela ku-ART thola ikhophi yencwajana iZenzele 'Ukuphila ne-HIV: Ukufinyelela Ezingeni Lokucindezeleka Kwegciwane'.



Ukudalula kumlingani

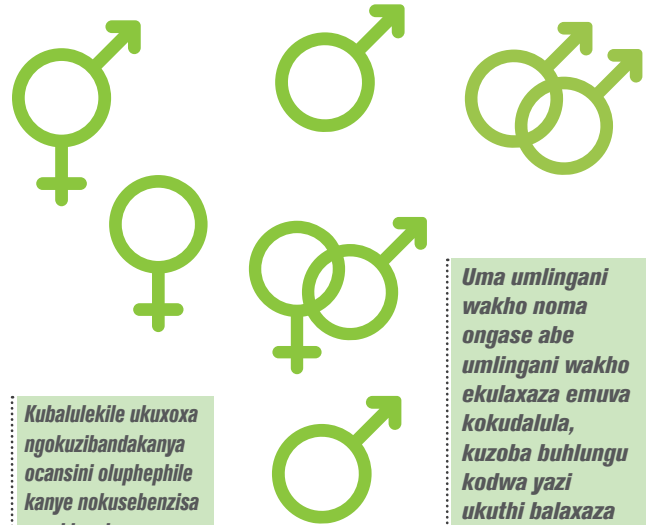
Ukutshela umlingani onaye njengamanje noma owake waba nabo ngaphambilini mayelana nemiphumela yokutholakala une-HIV kungase kube nzima futhi kuthinte imizwa. Nokho, uphathini (ophathini) kumele azi (bazi) ukuthi kungenzeka abe (babe) sengcupheni futhi kumele aye (baye) kohlolwa. Ukudalula kumlingani onaye njengamanje kuzokwenza ukuthi wena kanye nomlingani wakho nikhulume ngokuvulelekile ngokuzibandakanya ocansini oluphephile.

Kuwusizo ukucabanga ngokuthi uphathini wakho angase enze njani nokuthi kumele uthini kuye:

Uma usebudlelwaneni bothando, umlingani wakho angase akhathazeke futhi akweseke.

Kungase kumthathe isikhathi umlingani wakho ukwamukela omdalulele kona. Kungenzeka aphenjule ngolaka, azizwele ekhashelwe futhi esaba ukuthi kungenzeka ukuthi une-HIV. Ukuthi uye wavuleleka futhi wethembeka kungase kunene nisondelane kakhulu ninomlingani wakho.

Uma kungenzeka ukuthi umlingani wakho abe nodlame, bonisana nomsebenzi wezempilo wakho. Uzokwazi ukuthi kumele akweseke kanjani ukuze ubhekane nalezi zinselelo.



Kubalulekile ukuxoxa ngokuzibandakanya ocansini oluphephile kanye nokusebenzisa amakhondomu nomlingani wakho. Amakhondomu azoyinganda i-HIV nama-STI (izifo ezithelelena ngokocansi) ekudlulisekeni ngenkathi niya ocansini. Noma ngabe umlingani wakho naye une-HIV, ukusebenzisa amakhondomu kuzovikela ukudluliseka kabusha kwe-HIV okuza nenye incindezi.

Kumele wazise umlingani wakho ukuthi ukudla ama-ARV kusho ukuthi ungacindezela igciwane futhi kunamathuba amancane okuthi i-HIV isuleleke. Yize kungenzeka ube nokucindezeleka kwegciwane, kusabalulekile ukuqhubeka nokusebenzisa amakhondomu.

Uma umlingani wakho noma ongase abe umlingani wakho ekulaxaza emuva kokudalula, kuzoba buhlungu kodwa yazi ukuthi balaxaza i-HIV hhayi wena njengomuntu. Ukulaxazwa kuhambisana nokwesaba, ukungabi nalwazi nge-HIV kanye nesihlamba nokucwaswa okuzungeze i-HIV. Wenze okufanele ngokudalula. Uzokwazi ukuba nobudlelwano bothando nomunye umuntu.

Ukudalula emndenini nakubangani

Indlela umndeni nabangani ababhekana ngayo nalolu daba kuncike ekutheni bazi kangakanani nge-HIV. Uma bengenalo ulwazi olujulie, bangase bacabange ukuthi othandiweyo wabo uzoshona maduze, noma ukuthi bangase bathole i-HIV ngokuhlala endlini eyodwa nawe.

Kubalulekile ukwazi nge-HIV ukuze ukwazi ukusiza abangani kanye nomndeni wakho baqonde ngamaqiniso ayisisekelo. Ungakwazi nokunika umndeni kanye nabangani ulwazi nge-HIV abangalufunda. Ungathola izincwajana emtholampilo.

Kufanele:

- * WENZE KUBE LULA KODWA UNGESABI UKUVEZA UKUTHI KUBALULEKE KANGAKANANI KUWE.**
- * BAZISE UKUTHI I-HIV AYISONA ISIGWEBO SENTAMBO.**
- * BATSHELE NGEMISHANGUZO AMA-ARV FUTHI UCHAZE UKUTHI UKUCINDEZELEKA KWEGCIWANE KUSHO UKUTHI UZOKWAZI UKUPHILA IMPILO EGcwele, ENEMPILU FUTHI UKWAZI UKUTHOLA IZINGANE EZINGEYONA I-HIV NGAPHANDLE KOKUDLULISELA IGCIWANE KUMLINGANI ONGENAYO I-HIV.**
- * UCHAZE UKUTHI I-HIV AYINAKUDLULISEKA NGOKUSEBENZISA AMAPULETI NOMA IZINKOMISHI EZIZODWA, NOMA UKWANGANA NOMA UKUQABULANA.**
- * IKAKHULUKAZI ABANGANI, UBAKHUMBUZE UKUTHI ISIMO SAKHO SE-HIV SIYIMFIHLO FUTHI UBACELE UKUTHI BANGABATSHALI ABANYE ABANTU.**
- * UBAZISE UKUTHI ULUDINGA KANGAKANANI UTHANDO NOKWESEKWA YIBO, NOKUTHI UTINGE UKUTHI BAKWESEKE KANGAKANANI.**



Intombi yami yaya kohlola. Imiphumela yafika ithi akanalo igciwane, ngibonga uNkulunkulu, kodwa ubudlelwano bethu baphela lapho. Yathi, 'Le miphumela iveza ukuthi bewungathembekile kimi. Yingakho ugula kangaka.' Kodwa owesifazane engithandana naye kusukela ngonyaka ka2010 uyaziqonda izinkinga ze-HIV/AIDS. Uyangeseka futhi uyohlala eseduze kwami."

UKUQONDA

UMLINGANI



Strike Tshabalala



Ukutshela izingane ezine-HIV ngesimo sazo se-HIV

Ukutshela izingane ukuthi ziphila ne-HIV kungaba nzima kakhulu. Kuwumsebenzi wabazali noma ababheki babantwana ukubatshelela ukuthi baphila ne-HIV. Ukuthola usizo kumsebenzi wezempilo onezinsiza kanye nesipiliyoni sokusebenza nezingane kungaba usizo olukhulu.

Izingane ezingaphansi kweminyaka eyi-10: Ize ibe neminyaka eyi-10 ingane, kumele kugxilwe ekuqinisekiseni ukuthi ziyaqonda ukuthi kumele zidle imishanguzo yazo nsuke zonke ukuze zihlale ziphilile. Kumele zikhuthazwe ukuthi zixoxe ngokuthi kusho ukuthini kuzo ukuphila nokugula. Izingane zingafundiswa ngezinhlobo zamagciwane ahlukene, 'amasosha' avikela umzimba kanye nemishanguzo yokulwa namagciwane akhethekile. Asikho isidingo sokuphatha igama elithi HIV zize zibe neminyaka eyi-10.

Izingane kanye nabantwana abakhulile abangaphezu kweminyaka elishumi(10): Uma ingane isineminyaka eyishumi noma ngaphezulu, kuba semqoka kakhulu ukuthi yazi ukuthi iphila ne-HIV. Kumele iqonde ukuthi idluliseka kanjani kanye nokuthi ingalawulwa kanjani. Izingane ezikhulile zibhekana noshintsho emzimbeni futhi zingase zizibandakanye ocansini, ngakho kusemqoka impela ukuthi zizibandakanye ocansini oluphephile, ikakhulukazi ngokusebenzisa amakhondomu azovikela ukudluliseka kwegciwane kanjalo nokuthola ama-STI okuyizifo ezithathelana ngokocansi, noma ukukhulelwa. Izingane ezikhulile zivame ukuba nenkinga ukuzibophezela kuma-ARV. Kumele zitshelwe ngokucace bha ukuthi kumele zidle imishanguzo yazo ngokufanele uma zifuna ukuphila isikhathi eside futhi ziphile kahle. Kumele zazi ukuthi zingaxoxa ngokukhululeka nabazali bazo noma ababheki bazo futhi bakhona ukuze babeseke.



Umzali noma umbheki one-HIV kumele ayitshelwe ingane.

Kunezizathu eziningi zokuthi kungani njengomzali, ungase ungathandi ukudalula isimo se-HIV enganeni noma ezinganeni zakho. Kungase kube yingoba uzizwela unamahloni noma uzizwela unecala, wesaba ukuthi ingane izodinwa, ufuna ukuyivikela ekukhathazekeni ngawe, noma kungenzeka ukuthi wena uqobo usabhekene nobunzima bokwamukela isimo ngokwakho.

Ochwepheshe abasebenza nezingane bakholwa ukuthi kuhle ukwethembeka ezinganeni zakho ngoba kungenzeka ukuthi vele sebezibonele ukuthi kukhona okungahambi kahle. Bangase bakhathazeke kancane uma bazi ngesimo kanye nokuthi singalawuleka.

Njengomzali, akuphoqelekile ukuthi uzidalulele konke ngesikhathi esisodwa izingane. Kuyinqubo ehamba kancane kancane futhi ebandakanya izingxoxo eziningi. Uma ungazi ukuthi uyiqale kanjani inqubo, ukukhuluma nomsebenzi wezempilo noma umeluleki noma abanye abazali abadlulela izingane zabo kungakusiza. Ayikho indlela okuyiyonayona kodwa le ngeminye yemibuzo okumele uyibuze ngenkathi uzilungiselele:

Ingabe sengikulungele ukutshela ingane yami?
Kumele uqale wamukele isimo sakho kuqala ngaphambi kokutshela ingane noma izingane zakho.

Ingabe ingane ngizoyitshela okungakanani?
Iminyaka yengane izoba nomthelela ekutheni uyitshela okungakanani kanye nokuthi uyitshela ukuthini. Isibonelo, kuhle ukutshela ingane esencane ukuthi uphila nokugula kodwa ungasho ukuthi uphila ne-HIV.

Ingabe ngizoyitshela kanjani ingane yami?
Kumele usebenzise ulimi oluhambisana neminyaka yengane. Kumele uchaze ukuthi ama-ARV azokugcina uphilile. Ngaphandle kwalapho uzizwela ugula kakhulu kakhulu, kumele utshelwe ingane ukuthi awuzukushona ngokushesha.

Ingabe ngifuna ingane yami igcine lokhu kuyimfihlo?
Ungase ufise ukuvikela ingane yakho ekucwasweni kodwa ulindela ukuthi ingane yakho igcine isimo sakho se-HIV siyimfihlo kuwumthwalo omkhulu. Kumele ubuze ingena ukuthi ingabe ukhona yini umuntu efisa ukukhuluma naye, ixoxe naye ngalolu lwazi.



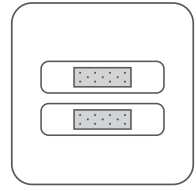
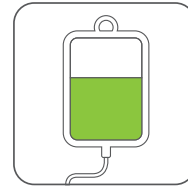
Lalela

Yiba nozwelo futhi ube nomusa ungacwasi weseke isimo somoya

Indlela yokweseka umuntu odalule isimo sakhe se-HIV

Uma umuntu edalula isimo sakhe se-HIV kuwena, kufanele:

- ✱ **Ulalele.**
- ✱ **Ube nozwelo futhi ube nomusa.**
- ✱ **Ungahluleli. Ukuzizwela wahlulelwe kuzoholela ekutheni umuntu azizwele enamahloni. Angase ayeke ukukhuluma.**
- ✱ **Ukuveza ukuthi awusesabi isimo se-HIV somunye umuntu kuzomenza akhululeke.**
- ✱ **Muqinisekise ukuthi iyalawuleka futhi ayisiso isigwebo sentambo.**
- ✱ **Uma engawadli ama-ARV mukhuthaze ukuthi athole imishanguzo ukuze aphile impilo enempilo futhi aphile isikhathi eside.**
- ✱ **Meseke ngokuphathekayo nangokomoya.**



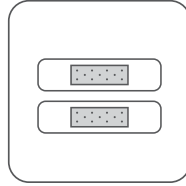
EZINYE IZIMO LAPHO UMUNTU ENGASE AGELWE UKUTHI ADALULE NOMA AFUNE UKUDALULA

Kuzoba nezinkathi eziningi lapho kuzodingeka ukuthi uthathe isinqumo sokuthi ingabe uzodalula na kwabanye abantu abangasondelene nawe. Kuyasiza ukubuza imibuzo emihlanu kanye nokubheka ukuthi ingabe kungase kube nomphumela othinta ezomthetho. Lezi ngezinye zezimo ongase ungabi nesiqiniseko ngokudalula kuzo:

Umshwalense wezokwelashwa: Unelungelo lokuba nomshwalense wezempilo kodwa uma ungasidaluli isimo sakho se-HIV ngenkathi uwuthatha, ungase ungakhokhelwa uma sewufaka isicelo sesinxephezelo. Welulekwa ngokuthi uhlolise ngaphambi kokuwuthatha uma kunamapholisi akhethekile abantu abaphila ne-HIV.

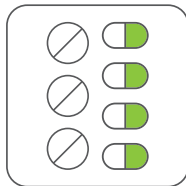
Umshwalense wempilo: Ngaphambi kokunikwa ipholisi yomshwalense wokuphila, ezinye izinkampani zizokucela ukuthi uye kohlolwa ezempilo, okubandakanya ukuhlolwa i-HIV. Kodwa ukuba ne-HIV akusho ukuthi awuzukuvumeleka ukuthi uthathe ipholisi yomshwalense wempilo. Njengoba abantu abaphila ne-HIV bephila isikhathi eside, seziningana izinkampani ezibanika umshwalense wempilo. Ukuthola ukuthi ngeziphil izinkampani lezi kuzosusa ukukhathazeka ngokudalula.





Ukuqashelwa noma izinqubo zemsebenzi wezempilo: Ukudalula isimo se-HIV kumsebenzi wezempilo akuphoqelekile ngokomthetho. Kulindeleke ukuthi baqikelele ngokwabo. Nokho, ukuze uthole ukunakekelwa okuseqophelweni eliphezulu, kuhle ukwazisa umsebenzi wezempilo ngomlando wakho wezempilo ogcwele.

noma bakusasa abavumelekile ukuthi bazi isimo se-HIV somsebenzi noma ukukucwasa ngenxa yesimo se-HIV sakho. Nomsebenzi wezempilo imbala, njengabahlengikazi, akuphoqelekile ukuthi badalule isimo sabo.



Uma ungenasiqiniseko ngokuthi ungathanda na ukudalula, ungashayela enye yezinombolo zosizo olutholakala ngocingo ezibhalwe ngemumva kwale ncwajana.



Kwakunzima impela ukwenza abantu bakithi, umphakathi wamaSulumane, bakholwe ukuthi noma ngabe ungowayiphi inkolo noma ubani angayithola i-HIV. Lokhu ngakunqoba ngokukhuluma ngesimo sami se-HIV yize abantu abaningi babengafuni ukuthi ngikhulume ngokuthi ngine-HIV, ikakhulukazi abaholi bezenkolo, ama-imam."

UKUMELA

ISIHLEMBE



Fagmedah Miller





ISIHAMBISA, UBANDLULULO KANYE NAMALUNGELO ABANTU ABAPHILA NE-HIV

*Isihlamba yilapho into umuntu
anayo, noma ayenzayo, ibekwa ibe
wuphawu olubi.*

*Ubandlululo umoya omubi noma umbono
ongenasisusa esinomqondo noma ukususelwa kulokho
okuke kwenzeka ngempela.*

*Ukucwasa indlela umuntu, noma iqoqo labantu,
abanamekwa izimpawu ezifanayo, bephathwa ngendlela
engaphansi kweyabanye.*

*Isihlamba esihambisana ne-HIV, ubandlululo kanye
nokucwasa abantu abaphila ne-HIV kwenzeka ngenxa
yokuwesaba i-HIV, okudalwa ukungabi nolwazi
olwanele kanye nokwazi ngegcwane.*

*Ukuzifakela isihlamba yilapho abantu abahlanjalazwayo
bekholwa ukuthi babi. Lokhu kungenzeka kubantu
abaphila ne-HIV.*

Ukubhekana nesihlamba, ubandlululo kanye nokucwaswa

Ezingeni lomuntu ngqo

Uma ubekwa isihlamba ungenza okulandelayo:

- ✱ *Ukujoyina iqembu labantu abasekanayo abaphila ne-HIV ukuze ugweme ukukhishelwa ngaphandle.*
- ✱ *Khuluma nomeluleki ukuze asize kubonakale ukuthi lokhu kuyinkinga yomunye umuntu hhayi eyakho.*
- ✱ *Ukutshela abantu abakucwasayo ukuthi lokho kukwenza uphatheke kanjani.*

Ezingeni lomphakathi

Isihlamba sivame ukudalwa ukwesaba noma ukushoda ngolwazi. Ngenxa yalesi sizathu, izishoshovu ze-HIV zikholwa ukuthi indlela yokulwa nesihlamba ukwenza okulandelayo:

- ✱ *Ukuqwashisa umphakathi ngokuwufundisa.*
- ✱ *Ukudalula isimo sakho ngokuvulelekile futhi ukhulume ngezindaba eziphathelele nawe ngqo ukuze ubonise abantu ukuthi abantu abaphila ne-HIV bayafana nabo bonke abanye abantu.*



Ngenkathi ngineminyaka engu -18 ngabhala lo mbhalo, 'Incwadi Evulelekile Engiyiqondise Ku-HIV', ngokuthi ukuzethemba kwami kwakunciphe kangakanani, ukuthi ngangizizwela ngingemuhle ngokwanele futhi ngangizizwela ngingasiye umuntu ngokugcwele ngenxa yegciwane. Ngashicilela ekhasini lami leFacebook futhi ngonyaka olandelayo ngaphinde ngakufunda enkundleni yokuhaywa kwezinkondlo. Ngangiqala ngqo ukuma phambi komphakathi ukudalula isimo sami. Abantu abaningi bangeseka futhi kwakumangalisa. Abangibekanga isihlamba nhlobo. Ngethemba ukuthi abazukubabeka isihlamba nabanye abantu."

THOLA USIZO



Saidy Brown

AWUWEDWA



AMALUNGELO ABANTU ABAPHILA NE-HIV

USomqulu wamalungelo waseNingizimu Afika uvikela bonke abantu. Lokhu kusho ukuthi Abantu Abaphila ne-HIV (People Living With HIV) (ama-PLWHIV) banamalungelo anjengawanoma ubani omunye.

- * Ama-PLWHIV anelungelo lobumfihlo. Akekho umuntu ongakhipha imininigwane nesimo somuntu se-HIV ngaphandle kwemvumo yakhe.*
- * Ukuhlola kwanjalo njalo komuntu ukuthi unayo na i-HIV ngenhloso yokuvikela umsebenzi wezempilo ekuthelelekeni nge-HIV akuvumelekile.*
- * Ama-PLWHIV anelungelo lokwelashwa nokunakekelwa ngokwezempilo. Okumbandakanya ukunakekelwa kwezempilo okuqondene nokuthola izingane.*
- * Abantu besifazane abane-HIV banelungelo lokukhetha maqondana nokukhulelwa kwabo. Umuntu wesifazane akanakuphoqwa ukuthi akhiphe isisu ngenxa yokuthi une-HIV.*
- * Ama-PLWHIV anelungelo lokuthatha izinqumo eziphathelene nemishado yawo kanye nokuthola izingane. Ulwazi nokwelulekwa ngalezi zinqumo kumele kuhlinzekwe.*
- * Ama-PLWHIV anelungelo lokukhetha ukuthi afuna ukwenza msebenzi muni. Akanakuxoshwa, adilizwe noma anganikwa umsebenzi inqobo nje ngoba bene-HIV. Akekho umqashi ongadinga ukuthi umuntu ofake isicelo somsebenzi aqale ahlolelwe i-HIV ngaphambi kokuqashwa noma afune ukwazi isimo sakhe se-HIV.*
- * Izingane eziphila ne-HIV zinelungelo lokuya kunoma yisiphi isikole.*
- * Ama-PLWHIV anamalungelo afanayo okuthola indlu, ukudla, isibonelelo sikahulumeni, usizo kwezempilo nezenhlalakahle njengamanye amalungu omphakathi.*
- * Noma ubani ophila ne-HIV unelungelo lokuphila impilo yakhe ngenhlonipho, ngokuhlonishwa kwesithunzi kanye nangenkululeko ekucwasweni nasekubeni yihlazo.*



Zenzele wena uqobo, wamukele ukutholakala une-HIV

**Yazi ukuthi awuwedwa,
Yazi ukuthi kukhona abakusekayo.**

Ungakhetha ukuphila.

Khetha ukuphila ngoba kungenzeka.

Ama-ARV akusiza ukwazi ukuphila isikhathi eside futhi uphile impilo enempilo.

Ngakho, bheka ngale kokutholakala une-HIV.

Bese uzibophezela esisombululweni sokuphila impilo ubheke okuhle.

Qalisa futhi ulandele imishanguzo engama-ARV

Phila kangcono. Yenza okuningi. Khuthaza abanye.

Zenzele! Impilo yakho le.

Amaphupho nemigomo yakho kubalulekile.

Ungalinge uwalaxaze ngenxa yokutholakala une-HIV.

Isimo sakho asililawuli ikusasa lakho.

Ungalindi.

Asisekho isikhathi sokudlala.

Ungasacasha.

Sukuma ngeqholo, wenze umehluko.

Qala imshanguzo namuhla.

Zibophezele kumshanguzo futhi ulandelele emuva kokuvakashela emtholampilo.

Akusona isijeziso, wukhiye wempilo nekusasa lakho.

Ukhiye okusiza ukwazi ukwenza yonke into oyihlelile.

Zenzele! Ikusasa Elethu

Uchungechunge loshicilelo 'iZenzele Ukuphila ne-HIV' lumbandakanya izincwajana ezilandelayo:



1 UKWELAPHA



2 UKUDALULA



3 UKUZIBOPHEZELA



4 I-PMTCT



5 UTHANDO NOCANSI



**6 UKUDLA OKUNEMPILO KANYE
NENDLELA YOKUPHILA**



**7 IZINGANE ESEZIKHULAKHULILE
KANYE NE-HIV**



8 BOTSOFADI LE HIV



9 UKUQONDA NGESIFO SOFUBA



10 WELCOME BACK

Uma uphila ne-HIV: Awuwedwa. Ungaluthola usizo nokwesekwa. Ukuthola iqogo lokukweseka kuFacebook bhalela ku-ask@brothersforlife.co.za noma usithumelele umyalezo noma uvakashela ikhasi lethu ku-www.facebook.com/BrothersforlifeSA khona sizokwethula kumqondisi weqogo. Ungakwazi nokuvakashela ku-www.brothersforlife.mobi ku-www.thefutureisour.co.za

Ukuthola ukwesekwa kwabantu abasebasha nezingane ezikhulakhulile vakashela ku-www.facebook.com/BWiseHealth

Kukhona nenqwaba yabeluleki abanesipiliyoni abangakusiza ezinhlanganweni ezisohlwini olungezansi. Awukhokhiswa ngokushaya ucingo futhi abeluleki batholakala amahora angu-24 ngosuku.

*I-AIDS Helpline 0800 012 322
I-LifeLine 0861 055 555 Inombolo Yocingo Yezingane
0800 055 555 eyezingane kanye nabantwana
abakhulakhulile abangaphansi kweminyaka engu-17
I-Momconnect *134*550#*

Uma ufuna imisebenzi yokusiza nge-HIV kunoma iyiphi indawo ezweni vakashela ku-www.healthsites.org.za ukuze uthole ukwesekwa endaweni yakho.

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