



# UKUTHETHA MALUNGA NEZESONDO

Enokuba unethemba lokwabelana ngesondo okokuqala nomntu othile, okanye unalo iqabane owabelana nalo ngesondo, ukuthetha phandle ngezesondo kungenza ukuba ubuhlobo benu bunandipheke kwaye kunonelise.

- Thethani malunga nokuba luhlobo luni lobudlelwane enibufunayo.
- Thethani malunga okanye ubonise iqabane ukuba yintoni ekonelisayo xa kusabelwana ngesondo.
- Thethani malunga nokuba yeyiphi imida ekhoyo nokuba yintoni ongayenza nongenakuyenza xa kusabelwana ngesondo.
- Chazela iqabane lakho ukuba unayo i-HIV okanye izifo ezigqithiswa ngokwabelana ngesondo.
- Khululeka uze wenze izinto ezisebenzayo malunga nokwabelana ngesondo ngendlela ekhuselekileyo.
- Thethani malunga nokufumana amayenza okuthintela i-HIV (i-PEP) ukuba nizakwabelana ngesondo rhoqo.

## IZIFO EZIGQITHISWA NGOKWABELANA NGESONDO KUNYE NE-HIV

Ukuba nesifo esigqithiswa ngokwabelana ngesondo (i-STI) kusenokudala amaqhakuva okanye ukusikeka kolusu, nto leyo eyenza kube lula ukuba i-HIV ingene emzimbeni kuze konyuse ubungozi bokuba i-HIV uyigqithisele kwiqabane lakho.

Ukuba ucinga ukuba kungenzeka kuthi kanti unaso isifo esigqithiswa ngokwabelana ngesondo kufuneka:

- Uye ekliniki uyokuhlolwa.
- Sela unyango olunikiweyo lwe-STI njengoko uyalelwe, ulugqibe unyango, uze uye kumadinga wolandelelo owacwangciselweyo.
- Lichazele iqabane onalo owabelana nalo ngesondo ukuba nalo luyekuhlolwa ubume bezempilo ngokwesondo, nanjengoko kusenzeka ukuba nalo ludinga ukunyanga.
- Kuphephe ukwabelana ngesondo (nokuba kungekhondomu) de ube ulugqibile unyango kwaye nonompilo wakho abe ukuchazele ukuba kukhuselekile ukuba wabelane ngesondo kwakhona.

Uluhlu lwamanqaku ashicilelweyo e-'Zenzele - Ukuphila ne-HIV' aquka ezi ncwadana zilandelayo:

+ /	1 UNYANGO	+ /
)))	2 UKUVAKALISA IMEKO	)))
🔄	3 UKUBAMBELELA	🔄
👤	4 PMTCT	👤
📖	5 UTHANDO NE-SEX	📖
👤	6 ZONDLO NENDLELA YOKUPHILA	👤
👤	7 ULUTSHA OLUFIKISAYO NE-HIV	👤
👤	8 UKUGUGA NE-HIV	👤
👤	9 UKWAZI MALUNGA NE-TB	👤
+	10 WELCOME BACK	+

### UKUFUMANA UNGEDO NENKXASO

Ukuba uphila ne-HIV, awuwedwa. Usenokulufumana uncedo nenkxaso oyidingayo xa uyicela. Mininzi imibutho ekunxulumanisa simahla nabacandisi abanamava nabafumaneka imini yonke, liyure ezingama-24.

Umnxeba we-AIDS 0800 012 322  
 Iziko loNcedo kuBundlobongela ngokweSini 0800 428 428  
 Umnxeba weeNgcebiso we-Lifeline 0861 322 322  
 Umnxeba weeNgxaki zokuFun' ukuzibulala 0800 567 567  
 OwaBantwana (abangaphantsi kweminyaka elishumi elinesixhenxe) 0800 055 555  
 Umnxeba wokuXhatshazwa kweZiyobisi 0800 12 13 14  
 i-MomConnect \*134\*550#

Ukuba ufuna iinkonzo zokunika inkxaso malunga neHIV naphi na apha eMzantsi Afrika, yiya ku-[www.healthsites.org.za](http://www.healthsites.org.za) ukuze ufumanise ngeqela elinika inkxaso kwindawo ohlala kuyo.

Malunga nokufumana iqela elinika inkxaso, yiya ku-BrothersforlifeSA okanye ku-ZAZI. Usengaya naku-[www.brothersforlife.mobi](http://www.brothersforlife.mobi) okanye ku-[www.zazi.org.za](http://www.zazi.org.za)

Usenokuzifumana iinkcukacha ezithe vetshe malunga nokuphila ne-HIV nakwamanye amaphetshana eenkcukacha woluhlu lwakwaZenzele.

J7571siXhosa - 0860 PAPRIKA



## UTHANDO NE-SEX

# 5 UKUPHILA NE-HIV: UTHANDO NEZESONDO



UHLASELO  
LWEESELI ZE-CD4



## I-HIV EMZIMBENI

I-HIV yintsholongwane eyenza amajoni omzimba abebuthathaka, la akhusela umzimba wakho kusuleleko nakwizifo. Xa amajoni akho omzimba ebuthathaka, umzimba wakho uthi ungakwazi ukulwa nosuleleko kunye nezifo. Ukuba i-HIV ayinyangwa ngee-ARV, usenokuhlaselwa yingqokelela yezifo ezibizwa ngokuba nguGawulayo (i-AIDS).

AMAJONI UMZIMBA ENZIWE BUTHATHAKA



## UKUFUMANA UNYANGO LWE-HIV

Unyango olulwa nolwamvila lwentsholongwane kaGawulayo, ii-ARV, ngamayeza ekungawona kuphela akwaziyo ukulawula i-HIV. Ukuzinikela – uzisele ii-ARV njengoko uyalelwe ngunompilo – kunciphisa umthamo weHIV emzimbeni: ubalo lwe-CD4 luyenyuka aze namajoni omzimba olulame. Oku kubizwa ngokuba kukuDodobaliswa kwentsholongwane. Oku akuthethi ukuba i-HIV sele inyangekile, kuthetha ukuba kukho nje intwana ye-HIV egazini, nokuba uzakuba nokunandiphela impilo engcono, kwanokuba mancinci amathuba okuba i-HIV ungayigqithesela komnye umntu.

UKUDODOBALISWA KWENTSHOLONGWANE

## UKUNIKEZELANA NGE-HIV KUNYE NEZESONDO

I-HIV ikwiincindi zomzimba ezifana nezi:

- Igazi;
- Incindi yobudoda;
- Amadlozi okuqala kunye;
- Neencindi eziphuma kubufazi.

Eyona ndlela iixhaphakileyo yokugqithiswa kwe-HIV ukusuka komnye isiya komnye kukwabelana ngesondo, apho ezi ncindi zithi zifikelele kwiinyama ezithambileyo ezingaphakathi ebufazini okanye ngaphakathi empundu.

Ukuba- usela ii-ARV kwaye nomthamo wentsholongwane onayo udodobe, amathuba okuba uyigqithisele kwiqabane lakho i-HIV xa nisabelana ngesondo ambalwa kakhulu. Kodwa ngelokuqinisekisa ukhuseleko, kuhle ukuba nihlale nisebenzisa ikhondomu.



Sinentetha ethi: 'Uthando olutsiba ngaphaya kwe-HIV ne-AIDS'. Xa ufumana olunjalo ukungabi namida uthando komnye umntu, yimvakalelo emyoli kakhulu... ayikuthathi nje ikubeke emafini, kuloko ikuchazela ukuba i-HIV ayiyonto nje kwaphela."

Dorian Basson



## UKONWABELA UBOMI BEZESONDO OBUSEMPILWENI

Xa kusandul' ukufunyaniswa ukuba une-HIV, usenokuphelelwa ngumdla malunga nokuba neqabane kwanakwezondo ngeli lixa uzama ukwamkela nale meko yezi ziphumo kwanokujongana nokuphucula impilo yakho, kodwa abantu abaninzi bayafuna ukonwabela ukwabelana ngesondo nokuba neqabane kwakhona.

Eyona ndlela incomekayo yokonwabela ukwabelana ngesondo kukuba:

- Uzisele ii-ARV zakho miha le uze uqinisekise ukuba intsholongwane ihlala idodobe.
- Usebenzise ikhondomu ngendlela echanekileyo qho usabelana ngesondo.
- Usebenzise into ekuthiwa yi- dental dam okanye ikhondomu evulekileyo qho usabelana ngesondo ngomlomo.
- Usebenzise isithambisi ezisekelwe emanzini okanye kwisilikhoni xa usabelana ngesondo.
- Uthethe phandle neqabane lakho malunga nezesondo kwanokwabelana ngesondo ngendlela ekhuselekileyo.

## UKUSEBENZISA IZITHAMBISI

Isithambisi lulwelo okanye ijeli ethanjiswayo xa kusabelwana ngesondo ukwenza ilungu langasese labasetyhini, ilungu langasese lootata okanye impundu zibemanzi.

Izithambisi zisenokwenza ukuba:

- Kunciphe ukukhuleka kuze kuthintele ukuba iikhondomu zingakrazuki.
- Kongezeleleke ukukhululeka xa nisabelana ngesondo kwaye nikonwabele.
- Amadoda abenokuqinelwa ixesha elide.
- Amabhinqa akonwabele ixesha elide ukwabelana ngesondo.

Izithambisi ezisekelwe emanzi okanye kwisilikhoni ezinje nge-KY jelly kunye neglasarina zikhuselekile ukuba zingasetyenziswa neekhondomu, zezendalo kwaye kulula ukuba zihlambeke.

Izithambisi ezenziwe nge-oli nepetroliyam njengeVaseline, i-oli yokuthambisa yeentsana, ii-oli zokupheka okanye izithambisi-mzimba, akukhuselekanga ukuba zisetyenziswe neekhondomu kuba zingazonakalisa iikhondomu.

## KWIIMEKO ZIKAXAKEKA

Ukuba ikhondom iyeyakrazuka nisabelana ngesondo, kufuneka:

- Ukwukuphe umthondo ngoko nangoko uze usebenzise enye ikhondomu.
- Fumana ucwangciso-nzala longxamiseko (eselwa kwintsasa elandelayo) ukuba awucwangcisi.
- Nobabini niyekuhlolwa ukuba akukho suleleko olugqithiswa ngokwabelana ngesondo.
- Fumana unyango lwe-HIV longxamiseko (i-PEP) ukuthintela usuleleko lwe-HIV.

I-PEP lunyango lwee-ARV olusetyenziswa iintsuku ezingama-28 oluthintela usuleleko lwe-HIV emntwini ongenayo i-HIV. I-PEP kufuneka ifunyanwe kwiinyure ezingama-72 (iintsuku ezi-3) emva kokuba ubesesichengeni se-HIV kwaye isebenza ngokuyimpumelelo xa iselwe ngokukhawuleza okudibene nokungxama.

Usenokuyicela i-PEP nakweyiphi na iikliniki okanye isibhedlele.

Le ncwadana ixhaswe siSivumelwano soBambiswano esinguNombolo GH001932-04 esuka kumaZiko aseMelika okuLawula nokuThintela iZifo. Okuqulethwe apha kuluxanduva lwababhali kuphela kwaye akuthethi ukuba kumele izimvo US Centres for Disease Control and Prevention, iSebe lezeMpilo neeNkonzo zoLuntu, okanye urhulumente waseMelika.