

II-ARV ZEENTSANA EZISANDUL' UKUZALWA

Ukuze uwanciphise nangakumbi amathuba wokuba usana lwakho lufumane i-HIV:

- Usana lwakho luzakunikwa ithamo leyeza iNevirapine emva kokuba luzelwe.
- Usana lwakho luzakuyisela rhoqo iNevirapine kwezi veki zintandathu emva kokuba luzelwe.

UHLULO LWE-HIV KWIINTSANA

Zonke iintsana ezizelwe ngoomama abane-HIV ziyahlolwa kujongwa i-HIV de zibe neenyanga ezilishumi elinesibhozo ubudala. Oku kuquka:

- Xa lusandul' ukuzalwa;
- kwiiveki ezili-10 luzelwe;
- kwiiveki ezi-6 emva kokuba luyeke ukuncanqa; naxa
- luneenyanga ezili-18 ubudala.

Ukuba iziphumo zosana lwakho zithi une-HIV, luzakuqalisa ukusela ii-ARV ngoko nangoko, noluzakuzisebenzisa ubomi balo bonke.

UKUTYISA USANA LWAKHO NGENDLELA EKHUSELEKILEYO

Xa usela ii-ARV kwaye nentsholongwane idodobe, ukuncancisa kuphela kungayinzuzo kusana lwakho.

Oku kuthetha ukuba uzakuluncancisa ibele kuphela usana lwakho kwezi nyanga zintandathu zokuqala.

Ukuba usana lwakho uyaluncancisa uze ulunike nezinye izinto ezifana nobisi lomgubo, amanzi, isidudu okanye i-gripe water ngaphambi kokuba lubeneenyanga ezintandathu, oku kungabangela usuleleko kwe konyuse nobungozi bokuba usana lwakho lubene-HIV.

Ukuncancisa kuneengenelo ezininzi:

- Ubisi lwebele lukokona kudla kosana kunesondlo.
- Ubisi lwebele lunceda ukomeleza amajoni omzimba wosana lwakho.
- Izibulala-ntsholongwane ezikwibisi lebele zikhusela usana lwakho lungabinakosuleleka zizifo.
- Ukuncancisa kuyaluthuzela usana lwakho luze lwenze ukusondelelana nobudlelane phakathi kwakho nosana lwakho bube luqilima.
- Ukuba intsholongwane ekuwe idodobe, ukuluncancisa kuphela usana lwakho iinyanga ezintandathu zokuqala oko kunciphisa ubungozi bokugqithisela i-HIV kusana lwakho. Thetha nonompilo wakho ukuba unemibuzo malunga nokuncancisa usana lwakho.

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 ukuze ufumanise ngeqela elinika inkxaso kwindawo ohlala kuyo.

Malunga nokufumana iqela elinika inkxaso, yiya ku-BrothersforlifeSA okanye ku-ZAZI. Usengaya naku-www.brothersforlife.mobi okanye ku-www.zazi.org.za

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

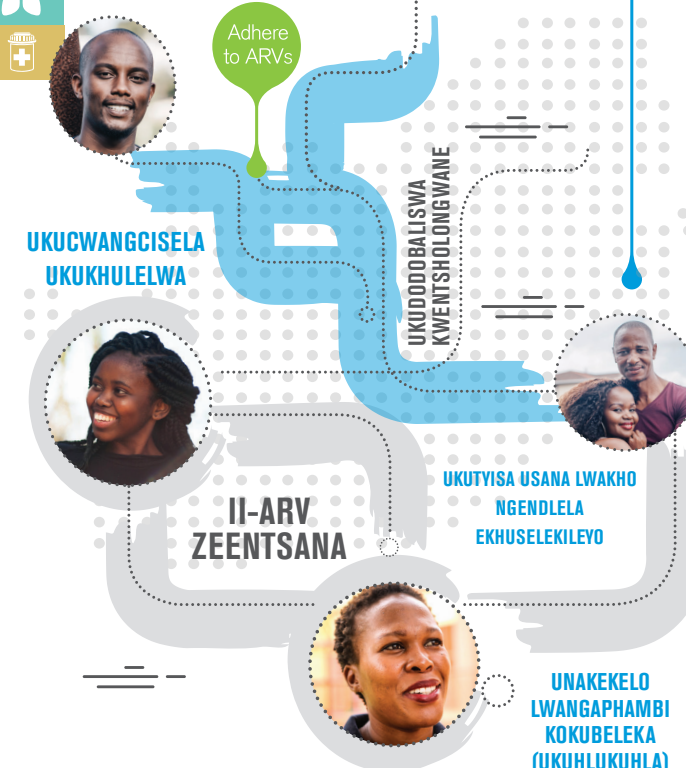
J7571isiXhosa - 0860 PAPRIKA



PMTCT

Qalisa ngee-ARV namhlanje

4 UKUPHILA NE-HIV: NOKUBA NOSANA OLUSEMPILWENI



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



KWENTSHOLONGWANE

Ukuba ukhulelwe okanye uyancancisa, kuzakufuneka ukuba wenziwe uhlolo lwegazi ukujonga umthamo wentsholongwane qho kwiinyanga ezintandathu de umntwana wakho abeneminyaka emibini, ukujonga ukuba ingakanani na i-HIV ekhoyo egazini lakho.

Ukuba umthamo wentsholongwane onawo uphezulu, oku konyusa amathuba wokosulelwa kosana lwakho nge-HIV. Indlela onokwazi ngayo ukugcina umthamo wentsholongwane uphantsi uze ukhusele nosana lwakho kukuba usele ii-ARV zakho njengoko uyalelwe ngunompilo.

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.



Ukukhulelwa kwam okokuqala, ndafumanisa ukuba ndineHIV. Ndasela nje ii-ARV ezimbini okanye ezintathu kuphela ndayeka. Usana lwam lwaluneenyanga ezintlanu ubudala ukusweleka kwalo. Ukukhulelwa kwam okwesibini, ndandisele ndizisele ii-ARV. Ndaqalisa ukuhlukuhla xa ndandineenyanga ezintathu ndikhulelwe kwaye nomthamo wentsholongwane endandinawo wawungabonakali. Ndazibelekela ndifumana usana olungenayo i-HIV."

Annah Mathekga



UKUSELA II-ARV XA UKHULELWE

Zikhuselekile ii-ARV, kuwe nakusana lwakho. Kufanele usizele qho ii-ARV zakho ngeli xesha ukhulelweyo, xa ubeleka naxa uncancisa.

Ukuzinikela ekuseleni ii-ARV zakho kuzakukhokelela ekudodobaleni kwentsholongwane. Oku kuthetha ukuba uzakuhlala usemandleni kwaye usempilweni, kwaye ayakuba mancinci okanye aphele nya amathuba okugqithisele i-HIV kusana lwakho. Kungaba yinto ekhuselekileyo ukuba usana lwakho luphile ngokuncanca kuphela.

Kubalulekile ukuqhubeka uzisele ii-ARV nasemva kokuba ubelekile. Khumbula, wakube uqalile ukusela ii-ARV, kufuneka uzisele ngokomyalelo kanompilo, mihla le, ubomi bakho bonke.

Ukuba uphathwa sisicaphu-caphu okanye uyahlanza ekuseni ngeli xesha ukhulelweyo, thetha nonompilo wakho ngendlela onokwenza ngayo ukuba iipilisi zihlale kwanokuqinisekisa ukuba unyango luyasebenza.

UKUCWANGCISELA UKUKHULELWA

Ukuba wena okanye iqabane lakho nine-HIV, nisenganako ukukhulelwa ngokukhuselekileyo nize nibe nomntwana ongenayo i-HIV.

Ukuba wena neqabane lakho nine-HIV, nisela ii-ARV kwaye nentsholongwane idodobe: nisengakhulelwa ngokuthi nabelane ngesondo ningasebenzisanga khondomu.

Ukuba omnye kuni akanayo i-HIV abe omnye enayo: lo une-HIV makazisele ii-ARV ukuze nomthamo wentsholongwane udodobale. Amathuba okugqithisele i-HIV kwiqabane elingenayo i-HIV okanye emntwaneni azakuba mancinci kakhulu.

Thetha nonompilo wakho malunga nokuba yeyiphi eyona ndlela ingcono yokukhuselela iqabane lakho kunye nosana lwakho.

Oku kuzakuqoka ukusela ii-ARV zakho lize iqabane lakho lona lisele i-PREP, iyeza lokuthintela i-HIV.

UKUTHATHA AMANYATHELO XA UKHULELWE

Enokuba unayo okanye akunayo iHIV, kubalulekile ukuba uye ekliniki uyohlukuhla nje ukuba ucinge ukuba ukhulelwe.

Iintsana zisenokosuleleka yi-HIV kwasesizalweni ngeli xesha ukhulelweyo, xa lubelekwa, okanye xa luncanca. Ukuba uqalisa kwakwinyanga yesithathu ukhulelwe ukusela ii-ARV kwaye uzisele ngale ndlela uyalelwe ngayo ngunompilo wakho, umthamo wentsholongwane uzakube umncinci okanye udodobele xa sele ubeleka. Oku kuzakuwanciphisa kakhulu amathuba wokuba usana luzalwe lune-HIV.

YINTONI EMAYILINDELWE EKLINIKI

- Uzakuhlolwa uze unyangelwe iHIV kunye naziphi na iimeko ezinxulumene nokukhulelwa.
- Ukuba une-HIV, uzakunikwa ululeko neengcebiso malunga nee-ARV kwanokuba ungaluthintela njani na usana lwakho lungafumani i-HIV ngaphambi nangasemva kokuba luzelwe.
- Ungaqalisa ngee-ARV ngoko nangoko, ngaphandle kokuba uneTB, yona efunisa ukuba inyangwe kuqala.
- Ukuba sele uzisele ii-ARV uzakuqhubeka nonyango lwakho.
- Uzakwenziwa uhlolo lobalo lwe-CD4 kunye nolomthamo wentsholongwane ngalo lonke eli xesha ukhulelweyo ukuqinisekisa ukuba unyango luyasebenza kwanokuba intsholongwane idodobele.

UNDWENDWELO LOLANDELELO EKLINIKI

Kubalulekile ukuba uye ekliniki uyohlukuhla kube kasibhozo, ubuncinane, ngaphambi kokuba ubeleke. Oku kuzakwenza kube lula ukuba unompilo wakho akwazi ukuqwalasela impilo yakho nempilo yosana lwakho aze akuncede nangazo naziphi na iingxaki onazo ngeli xesha ukhulelweyo.