



# UNYANGO

Izinto eziluncedo ngeART

# 1 UKUPHILA NE-HIV: UKWENZA UNYANGO LUSEBENZE



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UDODBALALISO LWENTSHOLONGWANE

**INKXASO**



**AMACEBISO NGOKUSELA I-ART**

**I-ART YINDLELA EKUPHELA KWAYO YOKULAWULA I-HIV**



**UKUBAMBELELA**



**PEPFAR**  
U.S. President's Emergency Plan for AIDS Relief



**FPD**



## I-HIV: IINYANISO EZISISISEKO

I-HIV imele iNtsholongwane yeNtsilelo yokuzikhusela komzimba womntu. Indlela ephambili esasazeka ngayo iHIV kukwabelana i-sex engenakhuselo. Iintsana nazo zingayifumana iHIV koomama bazo abane HIV ngethuba lokukhulelwa, lokubeleka ukanti naxa bencancisa.

## I-SEX ENGANAKHUSELO



## I-HIV EMZIMBENI

I-HIV iyenza buthathaka inkqubo yokuzikhusela komzimba – amandla okuhlangukisa komzimba akhusela umzimba kusuleleko nakwizifo. Iphanga iiseli ze-CD4 iCD4 nenkqubo yokuzikhusela komzimba ize izijike zibe ziifektri zokwandisa iikopi zeHIV. Kule nkqubo yokwandisa iHIV, iiseli ze-CD4 ayatshabalala. Yakuba ibuthathaka inkqubo yokuzikhusela komzimba, umzimba awukwazi kulwa iintlobo zosuleleko nezifo, ezifana neTB.

## INKQUBO YOKUZIKHUSELA KOMZIMBA IBA BUTHATHAKA



## UKUTHINTELA USULELEKO LWE-HIV

I-HIV ingathinteleka ngokwenza i-sex ngokhuselo – ukusebenzisa ikhondomu ngokuchanekileyo ngalo lonke ixesha. Omama abanentsholongwane yeHIV banokubhalisa kwinkqubo yoThintelo lokuDluliselwa-nguMama-emNtwaneni (Prevention of Mother-Child Transmission - PMTCT), ebandakanya ukusetyenziswa kweART, ukwenza i-sex elinokhuselo nokuncancisa okukhethekileyo. Ukubambelela kwinkqubo yePMTCT kunciphisa ithuba lokudluliselwa kweHIV elusaneni.

## UKWENZA I-SEX ENOKHUSELO

Le ncwadana ixhaswe ngokusebenzisa iNombolo yesiVumelwano seNtsebenziswano GH001932-04 evela kumaZiko aseU.S. oLawulo noThintelo lweZifo. Iziquatho zayo ziluxanduva lwababhali kuphela kwaye azinyanzelekanga kumela zimvo zaseburhulumenteni zamaZiko aseU.S. oLawulo noThintelo lweZifo, iSebe lezeMpilo neeNkonzo zoLuntu okanye urhulumente waseU.S.



Khawuncede uzizame ezi pilisi ze-antiretroviral - ARV). Jonga kum. Yiminyaka emine ndisela unyango kodwa isendim lo. Ngoku ndiyazi ukuba ndizidinga ngenene ezi pilisi. Ndiwubonile umahluko eziwenze ebomini bam nasemzimbeni wam. Ezi pilisi zenze ukuphila neHIV kwaba lula kangako.”

UNYANGO

## IiARV



Saidy Brown



**Unyango lweeARV lunciphisa isixa seHIV emzimbeni ukuze oko kukhokelele kudodobalaliso lomthwalo wentsholongwane. Oku kuthetha ukuba kubakho isixa esiphantsi seHIV emzimbeni. Xa sidodobele isixa sentsholongwane unakho ukonwabela ubomi obunempilo entle nokusebenza kakuhle. Kanti ayehla namathuba okudlulisela iHIV kumlingane wakho. Qalisa namhlanje ukusela iiARV uze uqale ngohambo lwakho oluya ekudodobaleni kwentsholongwane.**



## Unyango lweNtsholongwane ebuyelelayo (iiARV)

Iyeza elidodobalalisa okanye elilawula iHIV libizwa ngokuba zii-antiretroviral okanye iiARV xa kushunqulelwa. Ii-ARV zisebenza ngokunqanda i-HIV ekuphanganeni iiseli zeCD4 xa izandisa. IiARV zenza izinto ezimbini:

1. Zinqanda iHIV ekwenzeni ezinye iikopi zayo;
2. Zinqanda iHIV ekutshabalaliseni iiseli zeCD4 (inkqubo yokuzikhusela komzimba).

Yiloo nto kuthi xa iiARV ziselwa kakuhle, isixa somthwalo wentsholongwane usehla, oko kuthetha ukuba kubakho ukuncipha kweHIV esegazini nasemzimbeni. Ngaxeshanye, inani leCD4 liyenyuka ukuze inkqubo yokuzikhusela komzimba ibuyele endaweni yayo iphinde yomelele kwakhona.

Zininzi iintlobo ezahluka-hlukileyo zeeARV. Ukuze iHIV idodobale kakuhle iyeke ukuziphinda-phinda, kufuneka kuselwe iintlobo ezintathu ezahluka-hlukileyo zeeARV.

Ngamanye amaxesha iiARV ezintathu ezisetyenziselwa ukudodobalalisa iHIV zidityaniswa zibe yipilisi enye eselwa kanye ngosuku, le ibizwa ngokuba ngumDibaniso womThamo oNgxaliweyo (Fixed-Dose Combination - FDC). IiARV ezintathu zinakho ukuselwa njengeepilisi ezimbini okanye ezintathu ezahlukileyo, neziselwa kanye okanye kabini ngosuku.



**Into eyasindisa ubomi bam lunyango. Ukuqala kwam ukusebenzisa unyango, inani leeseli zeCD4 lam laliphantsi kakhulu ngokugqithisileyo. Ndidingasaphakami ebhedini. Kodwa kwinyanga ephelileyo, xa bendiye eklinihki ndifumanise ukuba inani ukuba inani leeseli zeCD4 linyuke ngokugqibeleleyo. Ndiziva ndimtsha kwakhona. Andiziva ngathi ndiyindoda egugileyo esimelela ngentonga njengakuqala. Ndiphilile kwakhona. Akukho nto iya kundinqanda.”**

KHETHA UKUPHILA

## IMPILO



**Thomas Mashego**

**Umdibaniso weeARV ezahluka-hlukileyo ubizwa ngokuthi (yiAntiretroviral Treatment -ART) okanye uluhlu lonyango lweHIV. La mayeza ahlukileyo enza imiqobo endleleni enqanda iHIV ukuqinisekisa ukuba ayiziphangi iiseli zeCD4.**

**LiARV zinqanda iHIV xa:**

- 1. Ingena kwiseli yeCD4;**
- 2. Iphakathi kwiseli yeCD4;**
- 3. Ilungele ukukhupha iikopi ezintsha zeHIV kwiseli yeCD4.**

## Izinto eziluncedo ngee **ARV**

**Ukusela unyango lwakho yonke imihla ngexesha elinye kunokuyidobalalisa iHIV. Ukusela unyango ngokungaqumamiyo nangokuchanekileyo kwaziwa ngokuba kukubambelela – ufanele ukubambelela kuluhlu lonyango lwakho lweeARV. Ukubambelela kwiiARV kukhokelela kudodobalaliso lweentsholongwane. Oku kwenzeka xa isixa seHIV esegazini sehle kakhulu ukufikelela kwiiikopi zeHIV ezingaphantsi kwama-50 zeHIV ngemililiitha yegazi – kangangokuba ide ingabonakali ngovavanyo lomthwalo wentsholongwane. Oku akuthethi ukuba inyangiwe iHIV kodwa kukho intwana encinane yeHIV egazini.**

**Kwenzeka ntoni xa zidodobele iintsholongwane?**

- I-HIV ayiwenzakalisi umzimba, oko kuthetha ukuba unokuphila ubomi obunempilo entle nobunentsebenzo**
- Mncinane umngcipheko wokuphuhla ukumelana neyeza nowokunyanzeleka ukuba kutshintshelwe kunyango lweHIV lomgca-wesibini, nolunokuba neziphumo ezingafunekiyo ngakumbi.**
- Linganeno ithuba lokudlulisela intsholongwane kumlingane ekwenziwa i-sex naye.**
- Kukho ithuba lokuba unganabantwana abangenayo iHIV ngaphandle kokudlulisela iHIV kumlingane wakho.**



**Ngolwazi oluthe vetshe malunga nokubambelela kunyango lweeARV fumana ikopi yeNcwadana yeZenzele 'Ukuphila neHIV: Ukufikelela kuDodobalaliso lomThwalo weNtsholongwane.**

**Fagmedah Miller**



**Ngamanye amaxesha kunzima kakhulu ukusela loo pilisi qho ebusuku. Kubakho umbuzo, ngenene ndinyanzelekile,' kodwa ke ndiye ndikhumbule indlela endandigula ngayo phambi kokuqalisa ukusela iiARV, oko kundenza ndixhume ndiye kuthatha unyango lwam kuba ndiyazi ukuba xa ndingaluseli, ndiya kusweleka phambi kwexesha ngenxa yeHIV."**

**UKUQONDA**

**USAPHO**





*Ukuqalisa ngonyango lweeARV kwangoko, msinyane kangangoko kunokwenzeka emva kokuba kubonakele intsholongwane ngovavanyo, kuthetha ukuba iiARV ziqalisa ukusebenza msinyane nangokukhawuleza phambi kokuba iHIV izenzele unothanda, kuphinde kuthethe ukuba impilo ngokubanzi iza kuba bhetele.*

**Kufuneka  
uqalise  
nini  
ukusela  
iiARV?**



*Ukuqalisa ngonyango kwangoko, ungalindi ukuba mawude ugule okanye ube neempawu yeyona nto ibhetele. UMzantsi Afrika unomgaqo-nkqubo wokuVavanya nokuNyanga, oko kuthetha ukuba xa ubonakele uneHIV kuvavanyo unakho ukuqalisa ngeeARV kwangoko, nokuba inani leeCD4 lingakanani kubalo. Unakho ukuthetha nomsebenzi wokhathalelo lwempilo ukufumanisa ukuba luya kuba yintoni uluhlu lonyango lwakho.*

*Wakuba uqalile ukusebenzisa iiARV, zisele yonke imihla ngexesha elifanayo okanye elinye. Kukuzinikela kwethuba lobomi bonke. Kubalulekile ukungatsibisi nokungayeki ukusela iiARV. Ukutsibisa okanye ukuyeka kungakhokelela ekubeni ukugula kumelane namayeza.*

*Fumana inkxaso xa uqalisa ngonyango. Makubekho ilungu losapho nokuba ngumhlobo onokuba ngumhlobo wonyango lwakho okunika inkxaso. Thetha nomsebenzi wokhathalelo lwempilo wakho xa ungaqinisekanga ukuba unakho ukubambeleka ekuthatheni iiARV zakho.*

**Qalisa ngonyango namhlanje!**

**Ingaba ukuvakalisa imeko yam yokuba neHIV kuya kundinceda ukuba ndibambelele?**

*Ukuxelela umntu omthembayo ofana nelungu losapho osondele kulo, umhlobo, utitshala, umfundisi okanye umsebenzi wokhathalelo lwempilo ngemeko yakho yokuba neHIV kuya kwenza uzive uthandwa, wamkelekile kwaye uxhaswa. Ukuqalisa ngenkxaso nenkuthazo yokusela iiARV kuya kukunceda ukuba ubambelele ngokunjalo ude ufikelele kudodobalaliso lomthwalo wentsholongwane.*

### **Indlela yokuvakalisa imeko**

*Ukuvakalisa imeko kwenziwa ngokuzithandela komntu kwaye kaninzi kuba sisigqibo ekunzima ukusenza. Kungaluncedo ukuthetha nomcebisi-zingxoxweni waseklinikhi okanye ungasebenzisa imibuzo emihlanu njengesikhokelo ethi: Ngubani? Yintoni? Nini? Phi? Kutheni?:*

*Ngubani endinokumxelela*

*Yintoni endinokumxelela yona kwaye ndingalindela impendulo enjani*

*Ndingamxelela nini*

*Ndingamxelela phi*

*Kutheni ndimxelela*

*Kufuneka ucinge ngendlela yokuvakalisa imeko kunokukuchaphazela ngayo wena nomntu omxelelayo. Indlela umntu aza kuphendula ngayo iya kuxhomekeka kubudlelwane eninabo. Kufuneka uzimisele ukuphendula nayiphi imibuzo okanye iinkxalabo anokuba nazo umntu omxelelayo.*



**Ngolwazi oluthe vetshe ngenkxaso nangokuvakalisa kwemeko fumana ikopi yencwadana yeZenzele ethi 'Ukuphila neHIV: Ukufumana inkxaso'.**

## Zazi iiARV zakho

IiARV zinamagama oquko namagama ohlobo, umzekelo, iparacetamol ligama loquko kanti iPanado ligama lohlobo. Kubalulekile ukuwazi umahluko.

Igama loquko lweyeza leARV sisithako okanye yiresiphi eyenziwe ngayo.

Igama lohlobo ligama elithiywa liqumrhu lomxubi wamayeza.

Amaqumrhu amabini ahluka-hlukileyo abaxubi bamayeza anokwenza iARV efanayo ngezithako ezifanayo. Ilelo kuwo liya kunika amagama ohlobo ahluka-hlukileyo. Iyeza linokufumaneka ngemibala okanye iimilo ezahluka-hlukileyo, futhi libekelelwe ngokwahluka-hluka, kodwa libe lenziwe ngesithako esinye. .

Ukuba akuqinisekanga ukuba ingaba uneeARV ezichanekileyo na, buza umsebenzi wokhathalelo lwempilo wakho okanye utsalele umnxeba kuMnxeba woNcedo lweAIDS: 0800 012 322.

**\*\*Eyona nto ibaluleke kakhulu ligama loquko leyeza leARV\*\***

Igama loQuko

**Dolutegravir**  
Abacavir  
Ritonavir  
Efavirenz  
Emtricitabine  
Lamivudine  
Lopinavir  
Nevirapine  
Tenofovir  
Atazanavir

Igama loHlobo

**Tivicay**  
Ziagen  
Norvir  
Sustiva  
Emtriva  
Epivir  
Kaletra  
Viramune  
Viread  
Reyataz

**iiARV ZOMXUBE WETHAMO ELISISIGXINA (FIXED DOSE COMBINATION - FDC)**  
= iiARV ezimbini okanye ngaphezulu kwipilisi e-1l

**Emtricitabine + Tenofovir**

**Truvada**

**Lopinavir + Ritonavir**

**Aluvia of Kaletra**

**Tenofovir + Emtricitabine + Efavirenz**

**Atripla, Atrioza, Odimune, Tribuss, Trutiva**

**Tenofovir + Lamivudine + Dolutegravir**

**Kovatrax, Acryptega, Dovimil, TELADO, VOLUTRIP, Telatri, EMDOLTEN, Deltevir**

## Izintlu zonyango lwe-ART zoMgca- wokuQala

Zininzi iintlobo ezahluka-hlukileyo zeeARV kanti oko kuthetha ukuba kukho izintlu ezahluka-hlukileyo zonyango. Xa uqalisa ukusela iiARV, umsebenzi wokhathalelo wempilo wakho uya kuxoxa nawe ngoluhlu olukufanele kakhulu.

### Izintlu zonyango zabo bonke abantu abasungula iART, abaneminyaka eli-15 nangaphezulu.

Izintlu zabo bonke abantu abanentsholongwane yeHIV ngokovavanyo ziquka:

- > Amabhinqa akhulelweyo nancancisayo
- > Abantu abanokuKrala kwesibindi lohlobo lwe B
- > Abantu abaneTB)

- **Tenofovir (TDF) + Emtricitabine (FTC) + Efavirenz (EFV)**

Zikhohisa ukunikwa njengeeARV ezi-3 kwipilisi e-1 eselwa Kanye ngosuku (FDC)

**OKANYE**

- **Tenofovir (TDF) + Lamivudine (3TC) + Efavirenz (EFV)**
- **Tenofovir (TDF) + Emtricitabine (FTC) + Dolutegravir (DTG)+**

Zifumaneka ukususela ngowama-2019 Ayinakusetyenziswa ngamabhinqa asengakwazi ukukhulelwa (abo bangacwangcisiyo).

Ukuba iEfavirenz ayimlungelanga omnye umntu iya kususwa kufakwe iNevirapine endaweni yayo.

Ukuba iEfavirenz neNevirapine azimlungelanga umntu othile, ziya kususwa kufakwe iLopinavir/ Ritonavir endaweni yazo:

- **Tenofovir (TDF) + Lamivudine (3TC) + Nevirapine (NVP)**

- **Tenofovir (TDF) + Emtricitabine (FTC) + Lopinavir/Ritonavir (LPV/r)**

**OKANYE**

- **Tenofovir (TDF) + Lamivudine (3TC) + Lopinavir/Ritonavir (LPV/r)**

Ukuba iTenofovir ayimlungelanga umntu othile, iya kususwa kufakwe iAbacavir endaweni yayo:

- **Abacavir (ABC) + Lamivudine (3TC) + Efavirenz (EFV)**

**OKANYE**

- **Abacavir (ABC) + Lamivudine (3TC) + Nevirapine (NVP)**



## Amcebiso ngokusela iiARV

*Ukusela iiARV kukuzinikela kwethuba elide lobomi kanti oko kungaba luluvo olothusayo. Kodwa kukho amanyathelo onokuwathatha anokukunceda ukuba uzisele yonke imihla iiARV zakho, ngexesha elinye/ elifanayo, ukuze ilawuleke iHIV ifikelele kudodobalaliso lomthwalo wentsholongwane:*

- *Sebenzisa ibhokisi yeepilisi zeentsuku ezisi-7 ukuze ugcine iiARV kulungiselelo. Zinike ixesha lokufakela ibhokisi kanye ngeveki ukwenzela iveki ekuyiwa kuyo.*
- *Ukuseta ialamu, okanye isikhumbuzi kwiselfowuni nokusela iiARV kwangoko yakukhala.*
- *Ukuseta isikhumbuzi kwiselfowuni okanye ukusebenzisa ikhalenda njengesikhumbuzi sokubuyela eklinikhi ukuya kulanda ezinye iiARV kwiveki ephambi kweyokuphela kwazo.*
- *Ukukhetha umsebenzi owenziwa yonke imihla ukukukhumbuzi ngokusela iiARV, njengokuhlamba amazinyo, okanye xa kuqalisa umboniso weTV okanye kwirediyo owuthanda kakhulu.*
- *Ukugcina idayari yonyango. Bhala igama leARV nganye. Quka nethamo, inani leepilisi ofanele ukuzisela, nokuthi uzisela nini. Bhala iARV nganye eselwayo.*
- *Yenza ucwangcisele lweenguquko ezinokuba ziyeza kwangaphambili, njengeempelaveki, ukugoduka okanye ukuya kwiholide. Qinisekisa ukuba uneeARV eziya kukuthwala ngalo lonke ixesha usaphumile.*
- *Fumana umhlobo wonyango othembekileyo – umntu onokukukhumbuzi ukuba usele iiARV zakho.*
- *Ukuvakalisa imeko – ukuxelela umntu othile ngemeko yakho yeHIV kungakunceda ukuba uzive uthandwa, wamkelekile kwaye uxhaswa.*
- *Thetha nomsebenzi wokhathalelo lwempilo wakho ngonyango xa ungaqinisekanga ngeeARV zakho okanye xa unengxaki yokusela unyango lwakho.*
- *Joyina okanye qalisa iqela lenkxaso labantu abaphila neHIV. Wona angabaseziziklinikhi, ezicaweni, ezikolweni naphakathi koluntu.*
- *Ukuba sowukunyango kwithuba elingaphezu konyaka kwaye umthwalo wentsholongwane udobelele unakho ukungena kwiklabhu yokubambelela kwiklinikhi yakho okanye kuluntu lwakho.*

## Sukuvumela uloyiko lweziphumo ezingafunekiyo lukunqande ekuseleni iiARV zakho

*Abantu abaninzi bayoyika ukusela iiARV kuba beve amabali amabi ngeziphumo ezingafunekiyo zazo. Xa uqalisa ukusela iiARV usenokuba namava eziphumo ezingafunekiyo, kodwa asinguye wonke umntu oba nazo. Abantu abaninzi abasela amayeza afanayo basenokuba namava ahlukileyo eziphumo ezingafunekiyo. Kaninzi iziphumo ezingafunekiyo azisisigxina. Zikhonisa ukuba khona kwiiveki ezimbini ukuya kwezine xa umzimba wakho usaziqhelanisa neeARV. Nokuba zikhona iziphumo ezingafunekiyo, kubalulekile ukungatsibi nokungaziyeki iiARV. Okubalulekileyo kukuthetha nomsebenzi wokhathalelo wempilo wakho malunga namanyathelo owathathayo kunye nonyango olunokunceda ngokulawula iziphumo ezingafunekiyo. Ngamanye amaxesha umsebenzi wokhathalelo lwempilo wakho uya kutshintsha iARV ekuluhlu lonyango afake eyahlukileyo enokuthwalwa phucukileyo ngumzimba wakho ngokokuxhomekeka ekubeni ezo ziphumo zingafunekiyo zinobuzaza obungakanani.*

### Kwenzeka ntoni xa nditsiba ithamo?

*Sela ithamo oliphosileyo msinyane kangangoko kunokwenzeka, ngaphandle kokuba sekuza kufika ixesha lethamo elilandelayo. Xa kunjalo, ithamo elilandelayo maliselwe ukuze unyango luqhube ngokwesiqhelo. Ungaze usele ithamo eliphinda-phindwe kabini kuba ubunethamo oliphosileyo!*

### Kuya kwenzeka ntoni xa ndihlanza emva kokusela iiARV?

*Ukuba uhlanza kwixesha elingangeyure emva kokusela iiARV zakho, liphinde elo thamo kwakhona. Ukuba akupheli ukuhlanza nceda yiya kumongi okanye kugqirha.*

### Ingaba iiARV zifanele ukuselwa nokutya okanye ngaphandle kokutya?

*Okulunge kakhulu kukusela iiARV zakho ngokokucetyiswa kwakho ngumsebenzi wokhathalelo lwempilo wakho.*

Iziphumo  
ezingafunekiyo  
zethuba  
elifutshane  
zinokuquka:

- **Ukudinwa**
- **Isicefecefe (ukuziva ugula)**
- **Ukuhlanza**
- **Ukungakulangazeleli ukutya**
- **Urhudo (isisu esihambisayo)**
- **Intloko ebuhlungu**
- **Ifiva**
- **lintlungu zezihlunu**
- **Isiyezi**
- **Ukuphuthelwa (ukungalali)**
- **Ukuphuthelwa (ukungalali)**

## Ukumelana neeARV

*Ukuphosa unyango – ukutsiba amathamo okanye ukuyeka iiARV – kusenokukhokelela ekumelaneni neyeza. Oku kuthetha ukuba iiARV azisakwazi ukudodobalalisa iHIV. Ukuba iiARV aziselwa kakuhle, iqondo leeARV ezisegazini liyehla ukuze iHIV ithathe elo thuba ukwenza iinguquko kuyo ezinokuqhatha iiARV. Ukuba oku kuyenzeka, kufuneka kuselwe ezinye iiARV, ezi ARV zibizwa ngokuba lunyango lomgca-wesibini. Ukuba usuka umelane nonyango lomgca-wesibini, xa kunjalo kuba nzima ukufumana unyango.*

*Yiloo nto kubalulekile ukubambelela kuluhlu lonyango olumiselweyo.*

*IiARV azikwazi kunyanga iHIV, ezikwenzayo kukudodobalalisa okanye kukuyilawula le ntsholongwane. IiARV ziyindlela ekuphela kwayo yokudodobalalisa usuleleko lweHIV. Ukususela ngoko urhulumente waseMzantsi Afrika wayefaka iiARV ezibhedlela naseziklinikhi, inani labantu abasweleka ngokunxulumene neAIDS lehlile, bambalwa abantu abaguliswa zizigulo ezinxulumene neHIV. Ukuba uvavanyo lubonisa ukuba uneHIV kodwa ube ungaseli ziARV, kufuneka utyelele iiklinikhi uqalise ngonyango namhlanje.*



**Zenzele futhi usamkele isigulo esifunyanisiweyo sokuba uneHIV**

*Yazi ukuba akuwedwanga,*

*Yazi ukuba unenkxaso.*

*Ungazikhethela ukuphila.*

*Khetha ukuphila kuba unakho.*

**IiARV zikuvumela ukuba uphile ubomi bethuba elide nobunempilo entle.**

*Ngoko ke, jonga ngaphaya kwesigulo esifunyenwe ngoxilongo.*

*Ngokunjalo zinikele kwisisombululo sokuhlala ethembeni.*

**Qalisa uze ubambelele kunyango lweeARV.**

*Phila okuphucukileyo. Yenza kangangoko. Khuthaza abanye.*

*Zenzele! Bubomi bakho obu.*

*Amaphupha akho neenjongo abalulekile.*

*Ungaze uwalibale ngenxa yokufunyaniswa kokuba uneHIV.*

**Imeko yakho ayalathi Ikamva lakho.**

*Ungalindi*

*Akukho xesha lokumoshwa.*

*Ungaphindi uzifihle.*

*Yima nkqo futhi ushiye umzila wenkoleko yakho.*

*Qalisa ngonyango namhlanje.*

*Bambelela kunyango nakumathuba otyelelo lwaseklinikhi alandeliswayo.*

*Ayisosohlwayo, sisitshixo esikhokelela kwimpilo nakwikamva lakho.*

*Isitshixo esenza ukuba ukwazi ukwenza konke okucwangciseleyo.*

**Zenzele! Ikamva lelethu!**



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



**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**

**Ukuba uphila neHIV Akuwedwanga. Unakho ukufumana uncedo nenkxaso. Ukuze ufumane iqela lenkxaso leFacebook bhalela apha [ask@brothersforlife.co.za](mailto:ask@brothersforlife.co.za) okanye thumela kuthi umyalezo ngokusebenzisa ikhasi lethu [www.facebook.com/BrothersforlifeSA](http://www.facebook.com/BrothersforlifeSA) kwaye sinokukwazisa kumcebisi weqela. Unakho nokutyelela apha [www.brothersforlife.mobi](http://www.brothersforlife.mobi) [www.thefutureisour.co.za](http://www.thefutureisour.co.za)**

**Ukuthola ukwesekwa kwabantu abasebasha nezingane ezikhulakhulile vakashela [ku-www.facebook.com/BWiseHealth](http://ku-www.facebook.com/BWiseHealth)**

**Kukwakho nabacebisi-zingxoxweni abanamava abaninzi abanokukunceda kwimibutho edweliswe ngezantsi. Yonke iminxeba yeyasimahla kwaye abacebisi-zingxoxweni abafumaneka kwiiyure ezingama-24 ngosuku.**

**Umnxeba woncedo lweAIDS  
(AIDS Helpline) 0800 012 322 Umnxeba wobomi (Lifeline)  
0861 055 555 Umnxeba wabantwana (Childline) 0800  
055 555 owabantwana nolutsha olufikisayo oluphantsi  
kweminyaka eli-17  
Umnxeba ka-MomConnect \*134\*550#**

**Ukuba ukhangela iinkonzo zenkxaso yeHIV nakweyiphi indawo yeli lizwe tyelela apha [www.healthsites.org.za](http://www.healthsites.org.za) ukuze ufumane iqela lenkxaso kwindawo yakho.**

J7571 - 0860 PAFRIKA

