

+ UKWELAPHA



Izinzuzo
zama
ART

1 UKUPHILA NE HIV: UKWENZA IMISHANGUZO ISEBENZE



Yazi
ama-ARV
akho

Qala
ama-ARV
namuhla

UKWESEKWA



AMAHINGA
OKUDLA
AMA-ART

I-ART YIYO
KUPHELA INDLELA
YOKULAWULA
I-HIV



UKUZIBOPHEZELA





HIV: AMAQINISO AYISISEKELO

Izinhlamvu zamagama ezithi HIV zimele iHuman Immunodeficienty Virus okuyiSandulela Ngculazi. Indlela ephuma phambili yokusulelana nge-HIV ukuya ocansini olungavikelekile. Izingane zingayithola i-HIV komama bazo abane-HIV ngenkathi bekhulelwe, bebeletha kanye nalapho bencelisa.

UCANSI OLUNGAVIKELEKILE



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 ngabakhiqizi bamanye amakhophi e-HIV. Enqubweni yokukhiqiza amanye ama-HIV, amaseli e-CD4 ayafa. Uma amasosha omzimba ebuthakathaka, umzimba uyehluleka ukulwa namagciwane kanye nezifo, ezinjengesifo sofuba i-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 ama-ART, ukuya ocansini oluphephile kanye nokuncelisa ngokukhethekile. Ukuzibophezela ohlelweni i-PMTCT kunciphisa amathuba okudlulisela i-HIV enganeni.

UCANSI OLUPHEPHILE

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



Sicela uzame le mishanguzo engamaphilisi i-antiretroviral (ARV). Ngibheke. Sekuphele iminyaka emine ngidla imishanguzo futhi ngisaphila. Manje sengiyazi ukuthi kungani ngiwadinga ngempela la maphilisi. Ngiwubonile umehluko awezayo empilweni nasemzimbeni wami. La maphilisi enze ukuphila ne-HIV kwaba lula kakhulu."

UKWELAPHA

Ama-ARV



Saidy Brown



Imishanguzo ama-antiretroviral (ama-ARV) anciphisa inani le gciwane le-HIV emzimbeni okuholela ekucindezelekeni kwegciwane. Lokhu kusho ukuthi kukhona i-HIV encane emzimbeni. Uma ucindezele igciwane ungathokozela impilo enempilo nenempumelelo.

Mancane amathuba okuthi udlulisele i-HIV kumlingani wakho. Qala ukudla ama-ARV namuhla, uqale uhambo lwakho lokucindezela igciwane.



Imishanguzo i-Antiretroviral (ama-ARV)

Imithi ecindezela noma elawula i-HIV ibizwa ngokuthi ama-antiretrovirals noma i-ARV ngamafuphi. Ama-ARV asebenza ukunqanda i-HIV ekulawuleni amaseli e-CD4 omziba ukuze angayikhiqizi enye i-HIV. Ama-ARV enza izinto ezimbili:

- 1. Anqanda i-HIV ekuzenzeleni amanye amakhophi ayo.**
- 2. Anqanda i-HIV ekubulaleni amaseli e-CD4 (amasosha omzimba).**

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

Kukhona izinhlobo ezintathu ezahlukene zama-ARV. Ukucindezela i-HIV ngokufanele nokuyinqanda ekuphindaphindekeni, kunezinhlobo zama-ARV ezintathu ezahlukene okumele zisetshenziswe kanye kanye.

Ngenye inkathi ama-ARV amathathu asetshenziselwa ukucindezela i-HIV ayahlanganiswa abe yiphilisi elilodwa elidliwa kube kanye ngosuku, lokhu kubizwa ngokuthi yi-Fixed Dose Combination (i-FDC). Ama-ARV amathathu asangathathwa ngokwahlukene engamaphilisi amabili noma amathathu, kanye noma kabili ngosuku.



Okwasindisa impilo yami ngamaphilisi. Ngenkathi ngiqala ukudla imishanguzo isibalo se-CD4 sami sasiphansi kakhulu. Ngangilele phansi. Kodwa ngenyanga edlule, ngaya emtholampilo ngathola ukuthi isibalo se-CD4 sami sesinyukile futhi sihle kakhulu. Ngizizwela nginjengomuntu osemusha futhi. Angisazizweli sengathi ngiyikhehla elidondolozelayo njengakuqala. Ngiyaphila futhi. Akukho okuzonginqanda.”

KHETHA UKUPHILA

EZEMPILO



Thomas Mashego

Inhlanguanisela yama-ARV anhlobonhlobo ibizwa ngokuthi imishanguzo i-Antiretroviral Treatment (ART) noma imishanguzo ye-HIV. Imishanguzo ibeka izivimbamzila ezinqanda i-HIV ukuqinisekisa ukuthi iyehluleka ukulawula amaseli e-CD4

Ama-ARV anqanda i-HIV lapho:

- 1. Ingena kumaSeli e-CD4;**
- 2. Engaphakathi kweseli i-CD4;**
- 3. Ilungele ukukhipha amakhophi amasha e-HIV kuseli ye-CD4.**

Izinzuzo zama **ARV**

Ukudla imishanguzo yakho nsuku zonke ngesikhathi esisodwa kucindezela i-HIV. Ukudla imishanguzo ngaphandle kokunqamula nangendlela efanele kubizwa ngokuthi ukuzibophezela - kumele ukuzibophezela kumishanguzo ama-ARV yakho. Ukuzibophezela kuma-ARV kuholela ekucindezelekeni kwegciwane. Lokhu kwenzeka lapho inani legciwane le-HIV egazini behle kakhulu - kwafinyelela ngaphansi kwamakhophi e-HIV angama-50. Lokhu akusho ukuthi i-HIV iyalapheka kodwa kusho ukuthi kukhona i-HIV encane egazini.

Kwenzekani uma sewucindezele igciwane?

- I-HIV ayiwulimazi umzimba, okusho ukuthi ungaphila impilo enemphilo.**
- Mancane amathuba okuthi umzimba wenqabe amaphilisi bese kudingeke ukuthi ushintshela kuhlobo lwesibili lwemishanguzo ye-HIV, okungase kukugulise ngezinye izindlela.**
- Mancane amathuba okusulela umlingani wakho ozimbandakanya ocansini naye nge-HIV.**
- Unethuba lokuba nezingane ezingenayo i-HIV ngaphandle kokudlulisela i-HIV kumlingani ongenayo i-HIV.**



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

Fagmedah Miller



Ngenye inkathi kuba nzima kakhulu ukudla iphilisi njalo ebusuku. Kuba nokuthi, 'ngiphoqelekile vele,' kodwa ngibe sengikhumbula ukuthi ngangigula kangakanani ngaphambi kokuba ngiqale ukudla imishanguzo, bese ngigxume ngidle imithi yami ngoba ngiyazi ukuthi uma ngingayidli, ngizobulawa i-HIV ngokushesha."

UKUQONDA

UMNDENI





Ukuqala imishanguzo ye-ARV ngokushesha, ngenkathi uqeda kuthola ukuthi une-HIV, kusho ukuthi ama-ARV angasebenza ngokushesha ngaphambi kokuba i-HIV ingalawuleki, okusho ukuba nempilo engcono.

Kumele uqale nini ukudla ama-ARV



Ukuqala imishanguzo ngokushesha, ungalindi uze ugule noma ube nezimpawu zokugula kungcono. ENingizimu Afrika kuneNqubomgomo Yokuhlola Nokwelapha, okusho ukuthi uma uhlolwe kwatholakala ukuthi une-HIV ungaqala ukudla ama-ARV ngokushesha, noma ngabe sithini isibalo se-CD4 yakho. Ungaxoxisana nomsebenzi wezempilo wakho ukuze uthole ukuthi ngoluphi uhlobo lomshanguzo ozolusebenzisa.

Uma sewuqale ukudla ama-ARV, kumele uwadle nsuku zonke ngesikhathi esisodwa. Uzozinikela impilo yakho yonke kulokhu. Kubalulekile ukuthi ungeqi noma ungayeki ukudla ama-ARV. Ukweqa noma ukuyeka kungadala ukuthi umzimba wakho ungasawamukeli amaphilisi.

Thola ukusekelwa ukuze uqale imishanguzo. Thola ilungu lomndeni noma umngani ongaba umngani wakho wemishanguzo ukuze akweseke. Xoxisana nomsebenzi wezempilo uma ungenasiqiniseko ngokuthi ungaqhubeka nokudla ama-ARV.

Qala imshanguzo namuhla!

Ingabe ukudalula isimo sami sokuba ne-HIV kuzongisiza ukuzibophelela?

Ukutshela umuntu omethembayo njengelungu lomndeni elisondelele nawe, uthisha, umfundisi noma umsebenzi wezempilo ngesimo sakho sokuba ne-HIV kuzokusiza uzizwele uthandwa, wamukelekile futhi usekelwe. Ukuthola ukwesekwa nokukhuthazwa ukuthi udle ama-ARV kuzokusiza ukuzibophezela futhi ufinyelele ekucindezelekeni kwegciwane.

Indlela yokudalula

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

Utshele bani

Umutshela ukuthini futhi iyiphi impendulo elindelekile

Ubatshela nini

Ubatshela kuphi

Kungani ubatshela

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



Ukuze uthole olunye ulwazi ngokwesekwa nokudalula thola ikhophi yencwajana iZenzele 'Ukuphila ne-HIV: Ukuthola Ukwesekwa'.

Yazi ama-ARV akho

Ama-ARV anagama okuqukethwe kanye namagama ezinhlobo, isibonelo, i-paracetamol iyigama lokuqukethwe bese i-Panado kube igama lohlobo. Kubalulekile ukwazi umehluko.

Igama lokuqukethwe lomuthi wama-ARV yisithako noma iresiphi eyakhiwe ngayo.

Igama lohlobo igama eliqanjwe inkampani eyakha amakhambi.

Kunezinkampani ezimbili ezahlukene ezakha i-ARV efanayo ngezithako ezifanayo. Inkampani ngayinye iziqambela igama le-ARV yayo. Imithi ingaba nemibala engafani noma ukuma, futhi ipakishwe ngezindlela ezahlukene, kodwa izithako eziphakathi ziyefana.

Uma ungenaso isiqiniseko sokuthi ingabe unama-ARV afanele buza umsebenzi wezempilo wakho noma ushayele inombolo yosizo ye-AIDS: 0800 012 322.

** Okubaluleke kakhulu ukuthi igama lokuqukethwe le-ARV **

Igama Lokuqukethwe

Dolutegravir
Abacavir
Ritonavir
Efavirenz
Emtricitabine
Lamivudine
Lopinavir
Nevirapine
Tenofovir
Atazanavir

Igama lohlobo

Tivicay
Ziagen
Norvir
Sustiva
Emtriva
Epivir
Kaletra
Viramune
Viread
Reyataz

UKUDIDIYELWA KWEMISHANGUZO EDLIWAYO I-FIXED DOSE COMBINATION (FDC) AMA-ARV = 2 noma ngaphezulu wama-ARV ephilisini eli-1

Emtricitabine + Tenofovir

Truvada

Lopinavir + Ritonavir

Aluvia of Kaletra

Tenofovir + Emtricitabine + Efavirenz

Atripla, Atrioza, Odimune, Tribuss, Trutiva

Tenofovir + Lamivudine + Dolutegravir

Kovatrax, Acritega, Dovimil, TELADO, VOLUTRIP, Telatri, EMDOLTEN, Deltavir

Uhlobo lokuqala lwama-ART

Kukhona izinhlobo ezintathu ezahlukene zama-ARV okusho ukuthi kunezinhlobo zemishanguzo ezihlukene. Uma uqala ukudla ama-ARV, umsebenzi wezempilo uzoxoxisana nawe ngohlobo olukufanele.

Izinhlobo zemishanguzo zabo bonke abantu abaqala ama-ART, abaneminyaka eyi-15 kuya phezulu.

Izinhlobo ezilungele bonke abantu abahlolwe kwatholakala ukuthi bane-HIV zibandakanye:

- > Abantu abakhulelwe nabancelisayo
- > Abantu abane-Hepatitis B
- > Abantu abanesifo sofuba i-TB

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

Ngokujwayelekile ikhishwa ibe ama-ARV angu-3 ephilisini elilodwa elidliwa kanye ngosuku (FDC)

NOMA

- **Tenofovir (TDF) + Lamivudine (3TC) + Efavirenz (EFV)**

NOMA

- **Tenofovir (TDF) + Emtricitabine (FTC) + Dolutegravir (DTG) +**

Itholakala kusukela ngo-2019

Lokhu akufanele kusetshenziswe abesifazane abasesigabeni sobudala sokuthola abantwana okungenzeka bakhulelwe (abangasebenzisi izindlela zokuhlala umnden).

Uma i-Efavirenz ingamulungele umuntu, indawo yayo izovalwa nge-Nevirapine:

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

Uma i-Efavirenz ne-Nevirapine ingamulungele umuntu, indawo yayo izovalwa nge-Lopinavir/Ritonavir:

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

NOMA

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

Uma i-Tenofovir ingamulungele umuntu, indawo yayo izovalwa nge-Abacavir:

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

NOMA

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



Amaqhinga okudla ama-ARV

Ukudla ama-ARV kuwukuzinikela kwempilo yakho yonke futhi ungase uzizwele ukhungenekela ngesinye isikhathi. Kodwa kukhona izinyathelo zangempela ongazithatha ezingakusiza ukuze udle ama-ARV akho nsuku zonke, ngesikhathi esisodwa, ukuze ugcine i-HIV ilawuleka futhi ifinyelele ekucindezelekeni kwegciwane.

- *Sebenzisa ibhokisi lamaphilisi ezinsuku eziyisikhombisa-(7) ukugcina ama-ARV ehlelekile. Thola isikhathi kanye ngesonto sokugcwalisa ibhokisi wenzela isonto elilandelayo.*
- *Ukucupha i-alamu, noma isikhumbuzi, kuselula bese udle ama-ARV ngaleso sikhathi ekhala ngaso.*
- *Ukuhlela isikhumbuzi kuselula noma ukusebenzisa ikhalenda lasodongeni njengesikhumbuzi sokuphindela emtholampilo ukuyolanda amanye ama-ARV ngesonto elingaphambi kokuphela kwemishanguzo.*
- *Ukukhetha umsebenzi wansuku zonke ozokukhumbuzi ukudla ama-ARV, njengokuxubha amazinyo, noma uma sekuqala uhlelo oluyintandokazi yakho ku-TV noma emsakazweni.*
- *Gcina idayari yemishanguzo. Bhala igama le-ARV ngayinye. Ubhale okumele ukuphuze, isibalo samaphilisi okumele uwaphuze, kanye nokuthi uwaphuze nini. Ubhale ngokuthathwa kwe-ARV ngayinye ngenkathi ithathwa.*
- *Hlela ngaphambi kwesikhathi ushintsho olungase lube khona, njengezimpelasonto, ukugoduka noma ukuvakasha. Kumele uqinisekise ukuthi unama-ARV anele azokwanela isikhathi ozobe ungekho ngaso*
- *Thola umngani okusiza ngemishanguzo - umuntu ongakukhumbuzi ukuthi udle ama-ARV.*
- *Ukudalula - ukutshela umuntu ngesimo sakho se-HIV kungakusiza uzizwele uthandwa, wamukelekile futhi wesekelwe.*
- *Xoxa nomsebenzi wezempilo mayelana nemishanguzo uma ungenasiqiniseko sokuthi ama-ARV akho noma uma wehluleka ukusebenzisa imishanguzo.*
- *Joyina iqembu labantu abasekanayo abaphila ne-HIV. La maqembu angaba semitholampilo, emasontweni, ezikoleni kanye nasemphakathini.*
- *Uma kade udla imishanguzo isikhathi esingangonyaka futhi igciwane selicindezelekile ungajoyina iqembu labazibophelele emtholampilo wangakini noma emphakathini wangakini.*

Ungakuvumeli ukwesaba ukugula okudalwa imishanguzo kukunqande ukudleni ama-ARV.

Abantu abaningi basaba ukudla ama-ARV ngoba bezwa ezindaba ezimbi ngokugula okuvela ngenxa yokudla imishanguzo. Uma uqala ukudla ama-ARV ungase ubhekane nokugula okudalwa imishanguzo, kodwa lokho akwenzeki kubo bonke abantu. Abantu ababili abadla umuthi owodwa bangase babhekane nokuguliswa imishanguzo okuhlukene. Ngokujwayelekile ukugula okudalwa imishanguzo akubi ngokwengunaphakade. Kuvame ukudonsa amasonto amabili kuya kwamane ngenkathi umzimba usajwayela ama-ARV. Noma ngabe ukugula okudalwa imishanguzo kuba khona, kubalulekile ukuthi ungeqi futhi ungayeki ukudla ama-ARV. Kuhlale kakhulu ukuxoxisana nomsebenzi wezempilo mayelana nezinyathelo ezingathathwa kanye nemithi engalawula ukuguliswa imishanguzo. Ngesinye isikhathi umsebenzi wezempilo uzoshintsha uhlobo lwama-ARV akunike olunye oluzozwana nomzimba wakho kuncike ekutheni ukuguliswa imishanguzo kukhulu kangakanani.

Ngenze njani uma ngeqe isikhathi sokudla imishanguzo?

Idda imishanguzo ekweqile ngokuphazima kweso, ngaphandle uma sekusondele isikhathi sokudla elandelayo. Uma kunjalo, kumele udle imishanguzo elandelayo ngendlela ejwayelekile. Ungaphuzi ngokuwabhanqa ukuze uvale isikhala semishanguzo ekweqile!

Ngenza njani uma ngiphalaza emuva kokudla imishanguzo?

Uma uphalaza esikhathini esingaphansi kwehora udle ama-ARV akho, kumele uphinde uwadle. Uma ukuphalaza kuqhubeka sicela ubonane nomhlengikazi noma udokotela.

Ingabe ama-ARV adliwa nokudla noma qha?

Kuhlale kakhulu ukudla ama-ARV akho njengoba uchazwelwe umsebenzi wezempilo.

Ukugula kwesikhashana ngenxa yemishanguzo kungabandakanya okulandelayo:

- Ukukhathala
- Ucanucanu (ukuzizwela ugula)
- Ukuphalaza
- Ukungakuthandi ukudla
- Isifo sohudo (ukukhishwa isisu)
- Ukuphathwa ikhanda
- Ukushisa komzimba
- Ubuhlungu bemisipha
- Inzululwane
- Ukuqwasha (ukungabi nobuthongo)
- Ukushintsha kokuma komzimba

Umzimba wenqaba ama-ARV.

Ukuphuthwa isikhathi semishanguzo - ukweqa noma ukuyeka kungadala ukuthi umzimba wakho ungasawamukela amaphilisi. Lokhu kusho ukuthi ama-ARV angeke asakwazi ukucindezela i-HIV. Uma ama-ARV engadliwa ngokufanele izinga lama-ARV asegazini liyehla bese i-HIV ithathe ithuba lokuzishintsha ukuze lidide ama-ARV. Uma lokhu kwenzeka, kuzodingeka ukuthi udle amanye ama-ARV abizwa ngokuthi uhlobo lwesibili lwemishanguzo. Uma umzimba wakho wenqaba uhlobo lwesibili lwemishanguzo, ukwelashwa kuye kube nzima.

Yingakho kusemqoka ukuzibophezela kuhlobo lwemishanguzo oyimiselwe.

Ama-ARV awanakuyelapha i-HIV, akwazi ukucindezela noma alawule igciwane kuphela. Ama-ARV yiwo kuphela ayindlela esebenzayo yokulawula igciwane i-HIV. Njengoba uhulumeni waseNingizimu Afrika athula ama-ARV ezibhedlela nasemitholampilo, isibalo sabantu ababulawe i-AIDS sehlile, futhi bambalwa abantu abaguliswa izifo ezihambisana ne-HIV. Uma uhloliwe watholakala une-HIV futhi ungakaqali ukusebenzisa ama-ARV, kumele uvakashele emtholampilo, uqale imishanguzo namuhla.



Zenzele wena uqobo, wamukele ukutholakala une-HIV

Azi ukuthi awuwedwa,

Azi ukuthi kukhona abakusekayo.

Ungakhethe ukuphila.

Khetha ukuphila ngoba kungenzeka.

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

Ngakho, bheka ngale kokutholakala une-HIV.

Bese ukuzibophezela esisombululweni sokuphila impilo ubheke okuhle.

Qalisa futhi ulandele imishanguzo engama-ARV.

Phila kangcono. Enza okuningi. Khuthaza abanye.

Zenzele! Impilo yakho le.

Amaphupho nemigomo yakho kubalulekile.

Ungalinge uwalaxaze ngenxa yokutholakala une-HIV.

Isimo sakho asilawuli ikusasa lakho.

Ungalindi.

Asisekho isikhathi sokudlala.

Ungasacasha.

Sukuma ngeqholo, wenze umehluko.

Qala imshanguzo namuhla.

Zibophezele kumishanguzo futhi ulandelele emumva kokuvakashela emtholampilo.

Akusona isijeziso, wukhiye wempilo nekusasa lakho.

Ukhiye okusiza ukwazi ukwenza yonke into oyihlelile.

Zenzele! Ikusasa elethu!

***Iubandakanya 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 iqoqo lokukweseka kuFacebook
bhalela ku-ask@brothersforlife.co.za noma usithumelele
umyalezo noma uvakashela ikhasi lethu ku-www.
facebook.com/BrothersforlifeSA khona sizokwethula
kumqondisi weqoqo. 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.***

J7571 - 0860 PARIKA

