

I-TB NE-HIV

Uma uphila ne-HIV futhi une-TB, kuthiwa ungenwe izifo zombili. I-TB ingesinye sezifo ezijwayeleke kakhulu ezihlasela abantu abane-HIV. Uma umthamo wegciwane lakho uphezulu namasosha omzimba wakho ebuthakathaka, kunamathuba amaningi kakhulu okungenwa i-TB. Kodwa, uma uqala ukudla imithi yakho ye-HIV ngokushesha ngemuva kokuhlola watholakala unegciwane le-HIV futhi uzibophezele kuma-ARV – umthamo wakho wegciwane uyacindezeleka futhi amasosha akho omzimba azoqina futhi abe nempilo – amathuba akho okungenwa i-HIV angancipha. Ukudla imithi yokuvikela i-TB kanye nama-ARV akho kuzonciphisa ngokwengeziwe ubungozi bokungenwa i-TB.

I-TB ENGELAPHEKI KALULA NGENMITHI (I-MDR-TB NE-XDR-TB)

Uma ungazibophezeli emithini yakho; uphutha noma weqa izilinganiso, noma ungayidli eminye yemithi enqunye, amagciwane e-TB emzimbeni wakho azofunda ukuthi ayikohlise noma ayibalekele kanjani imithi esetshenziselwa ukwelapha i-TB futhi yona izogcina isinenkani uma yelashwa. Lokhu kusho ukuthi imithi ye-TB ngeke isasebenza ukubulala amagciwane e-TB futhi uzoqala i-TB Engelapheki Kalula Ngenmithi.

Kunezinhlangothi ezimbili ze-TB engelapheki kalula ngenmithi, i-multiple drug resistant TB (i-MDR-TB) ne-extensively drug resistant TB (i-XDR TB). Lezi yizinhlobo ze-TB eziyingozi kakhulu futhi zingadluliselwa kwabanye abantu. Yingakho abantu abaningi bengenwa i-DR-TB.

Kunzima kakhulu ukwelapha i-MDR-TB ne-XDR-TB, ukwelashwa kungathatha izinyanga eziyisishiyagalolunye kuya eminyakeni emibili, noma ngisho isikhathi esingaba side kunaleso futhi inemithelela eseceleni ebucayi kakhulu. Ukuzibophezela kubalulekile ukuze imithi isebenze ngempumelelo. Izisebenzi zokunakekelwa kwezempilo eziqeqeshiwe kufanele zinqume ukuthi ukwelashwa nge-LTBI kuyadingeka yini kubantu abasondelene kakhulu neziguli ze-TB enenkani futhi abasebungozini obukhulu.

UKUVIKELA UKUSABALALA KWE-TB.

Ukuze kuncishiswe ukuchayeka kumagciwane e-TB, lezi zenzo ezilandelayo kufanele zenziwe njalo uma kungenzeka:

- Hlala uvule amawindi endlini yakho, ezakhiweni zomphakathi nawezithuthi zomphakathi ukuze kungene futhi kujikeleze umoya omusha.
- Vala umlomo wakho uma ukhwehlela noma uthimulele emkhonweni wakho wangenhla noma indololwane, indwangu. Gwema ukukhwehlelela ezandleni zakho. Geza izandla zakho njalo uma ukhwehlelela ezandleni.
- Abantu abangenwe i-TB kufanele:
 - Balale bodwa, egunjini elinomoya owanele;
 - Bafake imaskhi uma bephakathi kwabanye abantu; futhi
 - Bachithe isikhathi esincane ngangokunokwenzeka ezindaweni ezinabantu abaningi.

Uhlu lwezincwadi "i-Zenzele Ukuphila ne-HIV" lubandakanya lezi zincwajana ezilandelayo:

+	1 UKWELAPHA	+
🗣️	2 UKUDALULA	🗣️
👤	3 UKUZIBOPHEZELE	👤
👶	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	+

UKUTHOLA USIZO NOKWESEKWA

Uma uphila ne-HIV, awuwedwa. Ungaluthola usizo nokwesekwa okudingayo uma ucela. Izinhlangano eziningi ungazishayela ucingo mahala uxoxisane nabeluleki abanesipiliyoni abatholakala amahora angama-24 ngosuku.

- I-AIDS Helpline 0800 012 322
- I-Gender-based Violence Command Centre 0800 428 428
- I-Lifeline Counselling Line 0861 322 322
- I-Suicide Crisis Line 0800 567 567
- I-Childline (ngaphansi kweminyaka eyi-17) 0800 055 555
- I-Substance Abuse Line 0800 12 13 14
- I-MomConnect *134*550#

Uma ufuna izinsizakalo zokwesekwa ze-HIV noma yikuphi eNingizimu Afrika vakashela lapha www.healthsites.org.za ukuze uthole iqembu elingakweseka endaweni yakho.

Ukuze uthole iqembu elingakweseka ku-Facebook, vakashela i-BrothersforlifeSA noma i-ZAZI. Ungavakashela futhi i-www.brothersforlife.mobi noma i-www.zazi.org.za

Ungathola ulwazi oluthe xaxa ngokuphila ne-HIV kwezinye izincwajana ohlwini lweZenzele.



UKUQONDA NGESIFO SOFUBA

9 UKUPHILA NE-HIV: UKUQONDA NGESIFO SOFUBA

Zibophezele kuma-ARV



Ukuhlala uphile kahle

UKWESEKWA

ISIFO SOFUBA NE-HIV



J757IZulu - 0860 PAPRIKA

UKUHLASELWA
KWAMASELI E-CD4



I-HIV EMZIMBENI

I-HIV igciwane eliqeda amandla amasosha omzimba, avikela umzimba wakho ekungenweni amagciwane nezifo. Uma amasosha omzimba wakho ebuthaka, umzimba wakho awukwazi ukulwa ukungenwa amagciwane nezifo. Uma i-HIV ingelashwa ngama-ARV ungathola inhlenganisela yezifo ebizwa Ngengculazi (i-AIDS).

AMASOSHA OMZIMBA ABA BUTHAKA



UKWELASHELWA I-HIV

Imishanguzo (ama-ARV) yimithi okuyiyona ndlela kuphela yokulawula i-HIV. Ukuzibophezelela kuyona – ukudla ama-ARV njengokomyalelo womsebenzi wezempilo – kunciphisa ubungako be-HIV emzimbeni: isibalo se-CD4 siyakhuphuka futhi. Lokhu kubizwa ngokuthi ukucindezeleka kwegciwane. Lokhu akusho ukuthi i-HIV isilaphekile, kusho ukuthi kunomthamo omncane we-HIV egazini, nokuthi uzothokozela impilo engcono, nokuthi kunamathuba amancane okuthelala omunye umuntu nge-HIV.

UKUCINDEZELAKA KWEGCIWANE



SIYINI ISIFO SOFUBA?

Isifo sofuba noma i-TB okuyigama elijwayelekile ebizwa ngalo, isifo esibangwa igciwane elibizwa nge-*Mycobacterium tuberculosis* elingena emzimbeni lihamba ngomoya futhi lijwayele ukuhlaselelwa amaphaphu. Lisabalala ngomoya lapho umuntu one-TB ethimula, ekhwehlela, ekhuluma, ekhwifa, noma ecula. Noma ubani ophefumula lo moya angayithola i-TB. Iyisifo esibucayi kodwa iyelapheka.

Le ncwajana yesekwe iSivumelwano Sokusebenzisana esinguNombolo GH001932-04 Sasezikhungweni zase-US Zokulawula Nokuvikela Izifo. Okuqukethwe kuyo kuwumthwalo wababhali kuphela futhi akumele imibono esemthethweni yezikhungo ye-US Centers for Disease Control, uMnyango Wezempilo kanye Nemisebenzi Eqondene Nabantu noma uhulumeni we-U.S.



Ekuqaleni ngangidla imithi ye-TB neye-HIV. Isikhumba sami sasiqubuka. Kwakuba sengathi isikhumba sami siyaxebuka. Izinyawo zami zaziluma kakhulu ngaphansi. Ngangingakwazi ngisho ukugqoka izicathulo. Uma iphevumnti ishisa kakhulu, ngangingakuzwa lokho nhlobo kodwa futhi uma nginyathela itshe elincane nje, ubuhlungu babungabekezeleleki. Kodwa ngaqala ukukhuluphala futhi. Ngaqala ukuzizwa sengathi ngiyimina futhi. Ngase ngiyiqedile imithi ye-TB kodwa ngaqhubeka nama-ARV.”



Thomas Mashego

IZIMPAWU NEZIBONAKALISO ZOKUNGENWA IGGIWANE I-E-TB

- Izimpawu nezibonakaliso ezijwayelekile ze-TB zifaka:**
- Ukukhwehlela okuqhubeka amasonto amathathu noma ngaphezulu futhi kwesinye isikhathi ukukhwehlela igazi;
 - Ubuhlungu esifubeni;
 - Ukunciphisa emzimbeni okuzumayo;
 - Ukuzizwa ukhathele kakhulu;
 - Imfiva;
 - Ukujuluka ebusuku;
 - Ukuthuthumela okubangwa amakhaza;
 - Ukungakuthandi ukudla.

WAZI KANJANI UKUTHI UNE-TB?

Akubona bonke abantu abangenwe i-TB ababa nezibonakaliso. Ukuze uthole ukuthi une-TB, uzodinga ukuhlolwa emtholampilo. Ukuze uhlolelwe i-TB, uyocelelwa ukuthi ukhiphe isikhwehlela/amafinyila azohlelwa amagciwane e-TB elabhorethri. Uma kutholakala amagciwane e-TB esikhwehleleni sakho, uzoqala ukwelashelwa i-TB. Kwesinye isikhathi kuzokwenziwa i-xray ukuze kubonakale ukuthi ikhona yini i-TB emaphashini akho.

YINI IMITHI YOKUVIKELA I-TB FUTHI KUNGANI KUFANELE NGIYINDLE?

Imithi Yokuvikela i-TB imithi edliwa ama-PLHIV ukuze bavikele ukuqala kwe-TB. Ukudla imithi evikela i-TB kuzokwehlisa amathuba okuqala kwe-TB esebenzayo nokugula. Bonke abantu abaphila ne-HIV basebungozini obukhulu ngokuthe xaxa bokuqalwa i-TB esebenzayo futhi kufanele badle imithi yokuvikela i-TB njengengxenye yephakheji egcwele yokunakekela ngaphansi kweso lesisebenzi sezempilo esiqeqeshiwe.

YIZIPHI IZINKETHO ZEMITHI YOKUVIKELA I-TB EZIKHONA?

I-Isoniazid noma i-INH iwona Umuthi Wokuvikela i-TB ojwayelekile eNingizimu Afrika. Isebenza kahle kakhulu ekuvikeleni i-TB kodwa kumele idliwe nsuku zonke izinyanga eziyi-6 kuya kweziyi-12. Ihlala inikezwa kanye no-vithamini B6. Kunemithi Emisha Yokuvikela i-TB emakethe ebizwa, nge-3HP, enconywa njengengasetshenziswa esikhundleni se-INH kubantu abadala nabantwana. I-3HP idliwa kanye ngeviki amaviki ayi-12. I-Isoniazid ne-rifampicin izinyanga ezi-3 (i-3RH), inconyelwa ukusetshenziswa abantwana namabhungu namatshitshi <15. Yiya esikhungweni sakho sokunakekelwa kwezempilo esiseduze sokunakekelwa kwezempilo/emtholampilo ukuze uqale ukudla imithi yakho yokuvikela i-TB.

UKWELASHWA KWE-TB

I-TB ingelashwa futhi iphele ngokusebenzisa inhlenganisela yezibulali-magciwane ezibulala amagciwane e-TB, izinyanga eziyisithupha kuya kweziyishumi nambili. Lokhu kubandakanya uhlelo lokwelashwa olugcwele izinyanga zokuqala ezimbili kusetshenziswa imithi emine ehlukeni: i-isoniazid, i-rifampicin, i-pyrazinamide ne-ethambutol; nokwelashwa okuqhubekayo ezinyangeni ezine ezilandelayo nge-isoniazid ne-ethambutol.

Isisebenzi sakho Sokunakekelwa Kwezempilo sizokutshela ukuthi uyidle kanjani imithi yakho ye-TB nama-ARV akho. Kubalulekile ukudla imithi yakho njengoba unqunyelwe isisebenzi sakho sokunakekelwa kwezempilo nokuhambela umtholampilo kokulandelela. Noma ngabe usuzizwa ungonono uma usuqale ukudla imithi ye-TB, udinga ukuqedela isikhathi sakho semithi osinqunyelwe.

Isisebenzi sakho Sokunakekelwa Kwezempilo sizokutshela ukuthi ungayeka nini ukudla imithi. Ungayeki ukudla imithi yakho uze utshelwe ngokwenze njalo isisebenzi sakho sokunakekelwa kwezempilo.

IMITHI ELELA ESECELENI YEMITHI YE-TB

Imithi ye-TB inemithelala eseceleni ethile, kodwa ivamise ukuphela emavikini okuqala amalwa. Imithelala eseceleni ejwayelekile yemithi ye-TB yile:

- Ukuzizwa sengathi ufuna ukubuyisa;
- Ukuzizwa unesiyenzi;
- Ukuqubuka kwesikhumba;
- Ukuzwa sengathi uyahlathshwa noma uyasha ezinyaweni;
- Ukungakuthandi ukudla;
- Ukuzizwa sengathi unomkhuhlane noma imfiva;
- Uma ungomunye wabantu ababa namehlo aphuzi noma isikhumba esiphuzi (i-jaundice); bonana nodokotela ngokushesha.