

## NGEMVA KOKUSOKA

Nalokha inceba liphola msinya, lingadabuka lula ngombana isikhumba esimagega nenceba sisibaga. Balekela ukuya emsemeni nokudlalisa izitho zakho ngezandla iimveke ezisithandathu ngemva kwe-MMC ukwenza isiqiniseko sokobana inceba liphola ngendlela efaneleko. Nawudabula inceba, lizakuthatha isikhathi eside ukobana liphole, begodu lizakungeza iingozi zokuba nethelelwano kanye neminye imiraro.

Kungenzeka uvukelwe lokha nawupholako, okungenza kube buhlungu. Inengi labobaba lithola bona kuyasiza ukusula isitho sangasese ngamanzi amakhaza namkha ukuphuthela irhwaba ngetjhila elihlanzekileko bese balithathe balibeke esithweni sangasese ukwenzelela bona ungavukelwa. Kuyasiza nokusela amanzi amanengi ukuze ujobe kanengi. Lokhu kuzakusiza ukurhobhisa ukunande uvukelwa.

### limveke 1 neye-2

- Khumbula ukobana uvakatjhele itlinigi elangeni lesi-2 ukobana uzokususwa ibhanditjhi bese elangeni le-7 ukuqinisekisa bona inceba lakho liphola kuhle.
- Yembatha izambatho zangaphasi ezingakubambiko ukobana isitho sakho sangasese sihlale sikhombe ematjhunjina ukukhanda bona singavuvuki.
- Hlanza kuhle ngamanzi nesibha inceba lakho kathathu ngelanga ngemva kobana ibhanditjhi seyisusiwe. Ukwenza isiqiniseko sokobana amanzi ahlanzekile, abilise bese uyavapholisa. Hlanza isikotelo sokuhlamba ozosisebenzisa ngamanzi abilileko.
- **Ungathomi usebenzise okhunyane okusetjenziswa ekhaya okufana neditholi, izinto zokwezesa, amakhambi, ubulongwe, umlotha namkha ezinye izinto encebani lakho.**
- Balekela ukuthabulula umzimba ngendlela engamandla okufana nokuphakamisa izinto, ukugijima, ukudlala ibholo namkha umakhakulwararhwe.
- Balekela ukusebenzela endaweni esilaphazekileko. **Amastitjhi azakuthoma ukuziphumela ngokwawo ngemva kwamalanga ali-10 ukuya kwali-14, lokha inceba nasele lithoma ukuvaleka.**

### limveke 3 neye-4

Amastitjhi azaziphumela bese ungathoma godu ukuthabulula umzimba. Ragela phambili nokuhlwegisa inceba kuhle.

### limveke 5 neye-6

Inceba lizakuzwakala sengathi seliphole kuhle, kodwana isikhumba sisasesibaga begodu sizakudabuka lula, yeke, balekela ukuya emsemeni kanye nokudlalisa izitho ngezandla.

**Imiraro ngemva kokusoka ayikavami, kodwana kwesinye isikhathi kungaba nokopha, ukuvuvuka kanye nobuhlungu. Ngethlogomelo elifaneleko, imiraro le ingalatjhwa lula.**

**Betha umtato namkha uthumele i-Please Call Me enomborweni esimahla yomtato wokusiza we-MMC wama-iri ama-24 we-Right to Care kilenomboro 082 808 6152 nangabe kuneemphakamiso onazo. Iya etlinigi eseduze nawe namkha kudorhoda msinya nangabe utshwenyekile ngencebani lakho.**

## KHUYINI LOKHO UKUSOKA KOBUDODA OKUNGAKWENZIKO

I-MMC ayikhandeli ukuba sidisi kodwana **IPHUNGULA KODWANA AYISUSI** ingozi yokuba nethelelwano lama-STI kanye nele-HIV. Ungaphayeli ngeqadi umuzwakho. Sebenzisa ikhondomu ngaso soke isikhathi nawuya emsemeni, ube nomlingani munye oya naye emsemeni begodu uzihloliwele i-HIV ukobana wazi ubujamo bakho ukuze ukghone ukuthatha iinqunzo ezifaneleko ngepilwakho.

**Ukusoka kobudoda ngokwemedikhali AKUPHUNGULI ingozi yethelwano lakho le-HIV lokha nawuya emsemeni ngemva.**



**Ukusoka kutjho ukuthlogomela ipilo kanakwami ngendlela engithlogomela yami ngakhona. – UTinswalo Mnisi (uneminyaka ema-28 ubudala).**

Imininingwana yetlinigi eseduze nawe namkha yesisebenzi sezamaphilo:



**Ngangisaba bona i-MMC izakuba buhlungu khulu. Nganginamala. Namhlanjesi ngithabile bona ngithethe ikhetho elinepilo mayelana nekusasa lami. – NguBanele Nzima, oneminyaka ema-23 ubudala.**

**Thumela umlayezo ku- “Please Call Me” kilenomboro 082 808 6152 ukufunda khudlwana nge-MMC bese ubhuga isibekisikhathi sakho namhlanjesi.**

Brothers For Life  
www.brothersforlife.org

Right to Care  
www.righttocare.org

J7417K- 0860 PAPRIKA - NDEBELE

# Ukusoka Kobudoda Ngokwemedikhali YAZI AMAQINISO KuPhephile begodu kusiMahla



**UTinswalo Mnisi (uneminyaka ema-28 ubudala), u-Dorh Khumbulani Moyo (uneminyaka ema-42 ubudala) kanye noBanele Nzima (uneminyaka ema-23 ubudala)**

*Mayelana nesikhathisibekiso namkha ukwazi okunengi bethela namkha thumela i-PLEASE CALL ME kilenomboro*

# 082 808 6152



## KHUYINI UKUSOKA KOBUDODA NGOKWEMEDIKHALI?

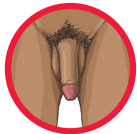
Ukusoka kobudoda ngokwemedikhali (i-MMC) kususwa kwesikhumba esingaphambili esithweni sabobaba sangasese.

Ukuthola iinzuzo ezipheleleko zepilo zokusoka kobudoda ngokwemedikhali kuqakathekile ukobana wazi bona ingabe:

- **awukasoki;**
- **usoke ngokwengceny** – lapha ingceny yesikhumba esiphambili sisusiwe namkha kunomtletlana osikiweko esikhunjeni esingaphambili; namkha
- **usoke ngokupheleleko** – lapha isikhumba soke sangaphambili sisusiwe.

## KUBAYINI KUFANELE NGENZE I-MMC?

Isikhumba esingaphambili sifana nesipontjo esingadosa imilwana engabangela i-HIV, ama-STI, okungilokho inengi lethu elikubiza ngokuthi yidrobho. Lokhu kufaka hlangua ubulwele obubangela amabala emzimbeni (i-herpes), kanye nobulwele obungena ngokuya emsemeni (i-syphilis) kanye nobulwele be-balanitis kanye, ne-phimosi. Ukusoka kunikela inzuzo yobuphilo obunaphakade kibobaba kanye nabalingani babo. Lokhu kufaka hlangua:



Isitho samadoda sangasese esisokileko

- ✓ Ingozi encani yama-STI
- ✓ Ingozi encani yethelwano le-HIV
- ✓ Kulula ukwenza isitho sangasese sihlale sihlanzekile ngemva kokusoka
- ✓ Inengi labomma linyula ukuya emsemeni nabobaba abasokileko
- ✓ Kwehlisa ingozi yekankere yesibeletso kibomma

Ubumbi bokuhlala ungakasoki namkha bokuba nokusoka okungakapheleli ngilobu:



Isitho sangasese esingakasoki

- ✓ Isikhumba esingaphambili sivala ihloko yesitho sakababa sangasese begodu kubudisi ukusenza sihlale sihlanzekile
- ✓ Isikhumba esingaphambili siyagazuka bese sidabuka lula nakuyiwe emsemeni, sinikele i-HIV nama-STI indlela yokungena emzimbeni.
- ✓ Amaseli adosa ama-STI kanye ne-HIV akhona, akhulisa ingozi yethelwano.
- ✓ Kunengozi ekulu yokungaba nomulwana i-human papillomavirus (i-HPV) eyengeza ingozi yokungaba nekankere yesibeletso kibomma.



Isitho sangasese esisoke ngokwengceny

Ngenze ama-MMC adlula ku- 1000 ebizelweni lami begodu nanje ngibufakazi beenzuzo ezinengi zokusoka.  
– U-Dorh Khumbulani Moyo (uneminyaka ema-42 ubudala), umNqophisi wehlelo le-MMC leLungelo lokuTlhogomela.

Thumela i-**PLEASE CALL ME** kilenomboro **082 808 6152** ukwenza isibekisosikhathi.

## IMIBUZO EVANE IBUZWE KANENGI

<b>Izakubiza malini i-MMC?</b>	I-MMC ISIMAHLA komunye nomunye umuntu ohlala eSewula Afrika.
<b>Ingabe kungcono ukwenza i-MMC ehlobo?</b>	Ehlobo namkha ebusika – ungenza i-MMC kwesinye nesinye isikhathi begodu inceba lizakuphola ngendlela efanako, ikani lokha nawuzakuhlala lihlanzekile.
<b>Ingabe i-MMC ibuhlungu?</b>	Inengi labobaba bathi i-MMC ayisibuhlungu khulu kunalokha balindele ngakhona nokobana bangakhona ukukghodhlelela ubuhlungu.
<b>Ingabe ngingayenza i-MMC lokha nangi-HIV phosethivu?</b>	Iye. Omunye nomunye ubaba eSewula Afrika unelungelo lokusoka simahla, ngendlela ephiphileko. Ukuhlolwa i-HIV umuntu angazikhethela kodwana uyayelelisa. Nangabe u-HIV phosethivu, sibawa bona uthome ukusela imithhoga.
<b>Nangabe ngizihlola etlinigi ye-MMC begodu bathola bona ngi-HIV phosethivu, bazangibuyisela ekhaya?</b>	Iinsebenzi zamaphilo zizakuhlola ipilwakho bese ziyakuyelelisa. Bazakuhlolanisa nomuntu ozakuhlathululela ngeenzuzo zokuthoma ukusela imithhoga msinya.
<b>Nangabe ngenze i-MMC, ngizakulova emsebenzini?</b>	Uzakunikelwa isitifikayidi semedikhali esibuya etlinigi ukobana bakunikele amalanga amabili ungayi emsebenzini. Nangabe usebenza endaweni esilaphazekileko namkha wenza umsebenzi obudisi khulu, isisebenzi sezamaphilo singaphakamisa bona uthathe godu amanye amalanga angezelelako begodu sizakunikela isitifikayidi.
<b>Ingabe ngimdala khulu ukobana ngingasoka?</b>	I-MMC yenziwa komunye nomunye umuntu oneminyaka engaphezu kweli-10 ubudala. Akunamuntu omdala khulu ukobana asoke, begodu iinzuzo ziyafana kungakhathaleki bona uneminyaka emingaki.

## KWENZEKANI ETLINIGI YE-MMC?

Yenza isiqiniseko sokobana uyadla ngaphambi kokuza etlinigi. nangabe usele utjwala namkha usebenzise iindakamizwa, angeze sayenza i-MMC. Iza nento esamhlobo kamazisi etlinigi. Nangabe awusiso isakhamuzi seSewula Afrika, iza nomunye nomunye umhlobo kamazisi ofana nephemidi yokubawa ukukhoseliswa namkha ubujamo bokuba mphilali, isitifikayidi sakho samabeletho, namkha iphasipoti.



**Igadango 1:** Uzakutloliswa bese utjengiswa bona uhlale kuphi



**Igadango 2:** Isisebenzi sezamaphilo sizakukhuluma nawe usesiqhemeni mayelana ne-MMC, nokukhanda i-HIV nama-STI.



**Igadango 3:** Uzakuhlangua nomeluleki ozakuhlola i-HIV. Ukuhlola kwenziwa ngokuzithandela kodwana sikhuthaza bona uthathe ilawulo lepilwakho begodu wazi ubujamo bakho. Nangabe uphosethivu, sikweluleka ngokuthoma ukusela imithhoga msinyazana bese sikuthumela emuntwini ozakuyelelisa kilekambiso yoke.



**Igadango 4:** Isisebenzi sezamaphilo sizakuhlola, sihlale ipilwakho zombelele bese ziyakuskrina mayelana nama-STI kanye ne-TB begodu senze nokhunywe ukuhlola okulula ukuqala iingazi zakho, ukubetha kwehliziyo, ukuphufumula netjhukela ukwenza isiqiniseko sokobana uphile kuhle ukobana ungasoka.



**Igadango 5:** Uzakuhlathwa injektjheni ukubulala imizwa yesitho sangasese sakababa. Abobaba bathi lokhu kufana nokuhlathwa liliva namkha kutinyelwa yinyosi. Injektjheni izakwenza bona ungezwa ubuhlungu lokha isisebenzi sezamaphilo esibanduliweko sisenza i-MMC. Ikambiso izakuthatha pheze imizuzu ema-20.



**Igadango 6:** Inceba lakho lizakubhanditjwa, bese iingazi zakho kanye nokubetha kwehliziywakho kuzakuhlolwa godu ukwenza isiqiniseko sokobana yoke into ilungile.



**Igadango 7:** Isisebenzi sezamaphilo sizakunikela amapilisi weenhlungu bese ziyakuhlathululela bona kufanele ulithhogomele njani inceba lakho.



**Igadango 8:** Emalangen amabili ngemva kwekambiso kufanele ubuye etlinigi ukuze kuswe ibhanditjhi begodu kuhlolwe nenceba lakho.



**Igadango 9:** Emalangen alikhomba ngemva kwekambiso kufanele ubuye etlinigi ukobana bayokuhlola.

**IKAMBISO YOKE KUFANELE ITHATHE I-IRI ELINGAPHASI KWELILOWDA**