

EMUVA KOKUSOKA

Yize noma inxeba liphola ngokushesha, liklebhuka kalula ngoba isikhumba esiseduze kwenxeba sithambile. Gwema ucansi nokushaya indlwabu amaviki ayisithupha emuva kwe-MMC ukuqinisekisa ukuthi inxeba liphola kahle. Uma inxeba lidabuka, kuzothatha isikhathi eside ukuphola, futhi kungandisa ubungozi bokutheleleka kanye nezinye izinkinga.

Ungase uvukelwe ngesikhathi senqubo yokuphola, okungase kungakuphathi kahle. Iningi lamadoda lithola ukuthi kuyasiza ukusula umphambili ngamanzi abandayo noma ukugoga iqhwa ngendwangu ehlanzekile bese uyifake kumphambili ukuqeda ukuvukelwa. Kuphinde kusize ukuphuza amanzi amaningi ukuze uchame njalo. Lokhu kuzosiza ukuqeda ukuvukelwa.

Amaviki 1 no-2

- Khumbula ukuvakashela emtholampilo ngosuku lwesi-2 ukuze kukhishwe ibhandishi nangosuku lwesi-7 ukuqinisekisa ukuthi inxeba lakho liphola kahle.
- Gqoka impahla yangaphansi ehlanzekile, enganamatheli emzimbeni ukwenza umphambili ungabheki phezulu esiswini ukuvikela ukuvuvukala.
- Hlanza inxeba kathathu ngosuku emuva kokukhishwa kwebhandishi, ngensipho engaxhophi namanzi. Ukuqinisekisa ukuthi amanzi ahlanzekile, wabilise bese uwayeke aphole. Hlanza isitsha ozosisebenzisa ngamanzi abilile.
- **Ungazisebenzisi izinsiza zasekhaya ezinjenge-Dettol, izinto zokugcoba, amakhambi, ubulongwe, umlotha noma ezinye izinto enxebeni lakho.**
- Gwema umsebenzi onzima njengokuphakamisa izinto, ukugijima, ibhola likanobhujuzwayo noma ibhola lombhoxo.
- Gwema ukusebenza ezindaweni ezingcolile. **Izitishi zizoqala ukuziphumela ngokwazo emuva kwezinsuku eziyi-10 - 14, ngenkathi inxeba seliqala ukuvaleka.**

Amasonto ama-3 no-4

Izitishi zizoqala ukuphuma futhi ungaqala ukuzilongela futhi. Qhubeka nokuhlaza inxeba ngokucophelela.

Amasonto ama-5 no-6

Inxeba lizozwakala sengathi lipholile, kodwa isikhumba sisathambile futhi singaklebhuka kalula, ngakho gwema ucansi nokushaya indlwabu.

Izinkinga emuva kokusoka azivamile, kodwa ngenye inkathi kungaba nokopha, ukuvuvukala kanye nobuhlungu. Ngokunakekela okufanele, lezi zinkinga zilashwa kalula.

Shayela noma thumela i-*Please Call Me* kunombolo yosizo yamahhala yamahora angama-24 ye-Right to Care ye-MMC ku- **082 808 6152** uma kukhona okhathazeke ngakho. Iya emtholampilo wakho noma kudokotela ngokuphazima kweso uma ukhathazeke ngenxeba lakho.

OKUNGENZIWA WUKUSOKA KWABANTU BESILISA

I-MMC ayikuvikeli ukukhulelwa futhi **INCIPHISA KODWA AYIBUSUSI** ubungozi bokutheleleka ngama-STI ne-HIV. Ungayeki ukuzinakekela. Sebenzisa ikhondomu njalo uma uya ocansini, iba nomuntu oyedwa oya naye ocansini futhi uhlolele i-HIV ukuze wazi isimo sakho khona uzokwazi ukuthatha isinqumo esiyisonasona ngempilo yakho.

Ukusoka kwabantu besilisa AKUBUNCIPHISI ubungozi bokutheleleka nge-HIV uma uya ocansini bezinqa.



Ukusoka kusho ukunakekela impilo kankosikazi wami njengoba nginakekela eyami.
– Tinswalo Mnisi (oneminyaka engama-28).

Imininingwane yomtholampilo noma yomsebenzi wezempilo wangakini:



Ngangesaba ukuthi i-MMC izoba buhlungu. Akubanga njalo. Namuhla ngiyajabula ukuthi ngakhetha impilo elungele ingomuso lami.
– Banele Nzima, oneminyaka engama-23.

Thumela umyalezo othi “Please Call Me” mahhala ku-082 808 6152 ukufunda kabanzi nge-MMC bese ubekise isikhathi sokufika namuhla.

Brothers For Life
www.brothersforlife.org

Right to Care
www.righttocare.org

J74174 - 0860 PAPPIKA - ZULU

Ukusoka Emtholampilo Kwabantu Besilisa AZI AMAQINISO Kuphephile futhi Kumahhala



UTinswalo Mnisi (oneminyaka engama-28),
uDkt. Khumbulani Moyo (oneminyaka engama-42)
noBanele Nzima (oneminyaka engama-23)

Ukuze uhlele isikhathi sokufika noma ukwazi kwabanzi, shayela noma uthumele i-PLEASE CALL ME

082 808 6152



KUYINI UKUSOKA EMITHOLAMPILO KWABANTU BESILISA?

Ukusoka emtholampilo kwabantu besilisa (i-MMC) kungukususwa ngokuphelele kwejwabu lomphambili.

Ukuze uthole izinzuzo zempilo eziphelele zokusoka emtholampilo kwabantu besilisa kubalulekile ukwazi ukuthi ingabe:

- **awusokiwe;**
- **usokwe ngokungagcwele** – lapho kuyingxenywe yejwabu kuphela esusiwe noma ijwabu lisikiwe kancane; noma
- **usokwe ngokugcwele** – lapho lonke ijwabu lisusiwe.

KUMELE NGIYENZELANI I-MMC?

Ijwabu lifana nesiponji esingaheha amagciwane adala i-HIV, ama-STI, iningi lethu eliwabiza ngokuthi ugcunsula. Lokhu kubandakanya isifo sesikhumba i-herpes, nogcunsula, kanye ne-balanitis kanye, ne-phimosis. Ukusoka kuza nezinzuzo zempilo zengunaphakade emadodeni nabalingani bawo. Lokhu kubandakanya:



Umphambili osokiwe

- ✓ Ubungozi obuncane bama-STI
- ✓ Ubungozi obuncane bokutheleleka nge-HIV
- ✓ Kuba lula ukugcina umphambili uhlanzekile emuva kokusoka
- ✓ Abantu besifazane abaningi bakhetha ukuya ocansini nendoda esokiwe
- ✓ Kuncipha ubungozi bomdlavuzwa wesibeletso kubantu besifazane

Okubi ngokuhlala ungasokile noma ukusoka ngokungagcwele kuyalandela:



Umphambili ongasokiwe

- ✓ Ijwabu limboza isihloko somphambili futhi kunzima kakhulu ukusigcina sihlazekile
- ✓ Ijwabu liyahuzuka futhi liklebhuke kalula ocansini, okwenza i-HIV nama-STI akwazi ukungena emzimbeni



Umphambili osokwe ngokungagcwele

- ✓ Amaseli aheha ama-STI ne-HIV akhona, okunyusa ubungozi bokutheleleka ngezifo
- ✓ Kunamathuba amaningi obungozi bokuthola i-human papillomavirus (i-HPV) okwandisa ubungozi bokuthi abantu besifazane bathole umdlavuzwa wesibeletso



Selokhu ngaqala ukusebenza ngenze ama-MMC angaphezu kwe-1000 futhi ngiwufakazi oqanda ikhanda ngezinzuzo zokusoka.

– UDkt Khumbulani Moyo (oneminyaka engama-42), umqondisi wohlelo lwe-MMC lwe-Right to Care.

Thumela i-PLEASE CALL ME ku-082 808 6152 ukuze uhlele isikhathi sokufika.

IMIBUZO EVAME UKUBUZWA

Izobiza malini i-MMC?	Inqwaba yamadoda ahlala eNingizimu Afrika ikwazi ukuthola i-MMC MAHHALA
Ingabe kungcono ukwenza i-MMC ehlobo?	Ehlobo noma ebusika – manje sewungayenza noma kunini i-MMC futhi inxeba lizophola ngokufanayo, inqobo uma ligcinwe lihlanzekile.
Ingabe i-MMC ibuhlungu?	Amadoda amaningi athi i-MMC ayibuhlungu ngendlela abayilindele futhi bayakwazi ukubhekana nokungakhululeki kalula.
Ngingakwazi ukwenza i-MMC uma ngine-HIV?	Yebo. Noma eyiphi indoda eNingizimu Afrika ifanelwe ukusoka mahhala, nangokuphephile. Ungazikhethelele ukhululeka i-HIV kodwa kwelulekwa ukuthi kwenziwe. Uma une-HIV, siyakunxusa ukuthi uqale ukudla imishanguzo.
Uma ngihlola emtholampilo we-MMC futhi bethola ukuthi ngine-HIV, bazothi mangigoduke?	Ongoti bezempilo bazobheka isimo sakho sempilo jikelele bese bakweluleke. Bazokuxhumanisa nomuntu ozochaza ngezinzuzo zokuqala ukudla imishanguzo ngaleso sikhathi.
Uma ngenza i-MMC, angizukukwazi ukuya emsebenzini?	Uzothola incwadi ewubufakazi bokugula emtholampilo ukuze ungayi emsebenzini izinsuku ezimbili. Uma usebenza endaweni egcwele ukungcola noma wenza umsebenzi okhanda umzimba, ungoti wezempilo angancoma ukuthi uthathe ezinye izinsuku zokwengezela futhi akunike incwadi ewubufakazi bokugula yalezo zinsuku ezengeziwe.
Ingabe sengimdala kakhulu ukuthi ngingasoka?	I-MMC yenziwa kunoma ubani ongaphezu kweminyaka eyi-10. Ukusokwa akukhulelwa, futhi izinzuzo ziyafana noma ngabe uneminyaka emingakhi.

KWENZEKANI EMTHOLAMPILO WE-MMC?

Qinisekisa ukuthi uyadla ngaphambi kokuya emtholampilo. Uma udle amanzi amponjwana noma izidakamizwa, angeke sikwazi ukwenza i-MMC. Fika nomazisi othile emtholampilo. Uma ungesona isakhamuzi saseNingizimu Afrika, phatha noma oluphi uhlobo lukamazisi njengemvume yokubhaca ezweni noma okuvela isimo sakho njengomuntu obalekile ezweni lakhe, isitifiketi sakho sokuzalwa, noma iphasiphothi.



Isigaba 1: Uzobhaliswa futhi ukhunjiswe indawo ozohlala kuyo.



Isigaba 2: Ungoti wezempilo uzokhuluma nawe uneqeqebane labantu mayelana ne-MMC, ukuvikela i-HIV ne-STI.



Isigaba 3: Uzohlangana nomeluleki ozokuhlola i-HIV. Ukuhlola kwenziwa ngokuzinikela kodwa sikukhuthaza ukuthi unakekele impilo yakho futhi usazi isimo sakho. Uma une-HIV, siyakweluleka ngokuqala imishanguzo ngokuphazima kweso futhi sikudlulisele kumuntu ozokweluleka kule nqubo.



Isigaba 4: Ungoti wezempilo uzokuhlola, ahlole isimo sakho sempilo futhi akhululele ama-STI ne-TB kanye nokhululele izinto ezivamile njengomfutho wegazi, ukushaya kwenhliziyo, ukuphefumulo kanye noshukela osegazini ukuqinisekisa ukuthi uphile ngokwanele ukuthi ungasoka.



Isigaba 5: Uzothola umjovo wokwenza umphambili ube ndikindiki. Amadoda athi lokhu kunjengokuhlathsha yiva noma ukuncinzwa inyosi. Umjovo uzokwenza ungabuzwa ubuhlungu ngenkathi ongoti bezempilo abaqeqeshiwe benza i-MMC. Inqubo izothatha isikhathi esilinganiselwa emizuzwini engama-20.



Isigaba 6: Inxeba lakho lizobhandishwa, bese kuhlolwe umfutho wegazi nokushaya kwenhliziyo ngenhloso yokuphinda kuqinisekiswa ukuthi konke kumi ngomumo.



Isigaba 7: Ungoti wezempilo uzokunika amaphilisi ezinhlungu futhi akuchazele ngendlela yokunakekela inxeba lakho.



Isigaba 8: Emuva kwezinsuku ezimbili wenzile i-MMC kumele ubuyeke emtholampilo ukuze kukhishwe ibhandishi futhi kuhlolwe inxeba lakho.



Isigaba 9: Emuva kwezinsuku eziyisikhombisa kumele ubuyeke emtholampilo kohlolwa.

INQUBO IYONKE KUMELE ITHATHE ISIKHATHI ESINGAPHANSI KWEHORA