UKUNAKEKELA IMPILO YOMZIMBA WAKHO

Njengokuba ukhula, amajoni omzimba wakho aya esiba buthathaka. Oku kusenokukhokelela kwiingxaki zempilo ezihambelana nokoluphala ezaziwa ngokuba zizifo ezingosuleliyo kwakunye nezinye iimeko zempilo.

Ukulawula i-HIV kwanempilo yakho njengokuba ukhula kuthetha ukuba kufanele:

- Ubeke esweni ikholesteroli yakho, uxinzelelo lwegazi kunye nezinga leswekile esegazini lakho, ezi zingxaki eziqhelekileyo ebantwini abakhulile.
- Thetha nonompilo wakho malunga neempawu ezintsha onazo uze uhlolwe kukhangelwe ezinye izigulo ezintsha.
- Thetha nonompilo wakho malunga neempawu ezintsha onazo uze uhlolwe kukhangelwe ezinye izigulo ezintsha.
- Qinisekisa ukuba uyalazi igama lee-ARV zakho kwanamanye amayeza owaselayo kwanamandla wawo – konke oku kubhaliwe kwiqokobhe okanye ebhotileni.
- Thetha nonompilo wakho ukuqinisekisa ukuba kukhuselekile ukusela ii-ARV zakho namanye amayeza. Amanye amayeza awadibani nee-ARV kwaye asenokwenza ukuba zingasebenzi kakuhle ii-ARV.

UKUZIGCINA UKWISIMO ESINCOMEKAYO NJENGOKUBA USOLUPHALA

Ukuba uyoluphala kwaye une-HIV, kufuneka:

- Uyiqonde into yokuba abantu bazakukujongela ukoluphala oku kuqala, ngaphambi kokuba bazi ngesimo sakho sokuba ne-HIV.
- Uzingce ngokuba ngumntu onguye kwanezinto osele uzenzile ebomini.
- Ufumane iindlela zokuba negalelo kwimpilontle yosapho lwakho neyendawo ohlala kuyo.
- Ufumane iindlela zokuhlala usondelene nabanye abantu ukuze ukuphephe ukuba nomvandedwa.
- Uyilolonge ingqondo yakho ngokuthi ufunde izinto ezintsha.
- Uzigcine udlamkile ngokuthi wenze imisetyenzana oyithandayo esebenzisa umzimba.
- Ujoyine iqela elinika inkxaso labantu abayiqondayo imeko okuyo.
- Ufundise abanye malunga ne-HIV uze uncedise ekutshintsheni indlela abayijonga ngayo i-HIV.

Uluhlu lwamanqaku ashicilelweyo e-'Zenzele – Ukuphila ne-HIV' aquka ezi ncwadana zilandelayo:

1 UNYANGO
2 UKUVAKALISA IMEKO
3 UKUBAMBELELA
4 PMTCT
5 UTHANDO NE-SEX
6 UKONDLEKA NENDLELA YOKUPHILA
7 ABAFIKISAYO NE-HIV
8 UKUFIKELELA EBUDALENI NE-HIV

UKUFUMANA UNCEDO NENKXASO

Ukuba uphila ne-HIV, awuwedwa. Usenokulufumana uncedo nenkxaso oyidingayo xa uyicela. Mininzi imibutho ekunxulumanisa simahla nabacendisi abanamava nabafumaneka imini yonke, iiyure ezingama-24.

Umnxeba we-*AIDS* **0800 012 322**
Iziko loNcedo kuBundlobongela ngokweSini **0800 428 428**
Umnxeba weNgcebiso *we-Lifeline* **0861 322 322**
Umnxeba weNgxaki zokuFun' ukuzibulala **0800 567 567**
OwaBantwana (abangaphantsi kweminyaka elishumi elinesixhenxe) **0800 055 555**
Umnxeba wokuXhatshazwa kweZiyobisi **0800 12 13 14**
i-MomConnect ***134*550#**

Ukuba ufuna iinkonzo zokunika inkxaso malunga neHIV naphi na apha eMzantsi Afrika, yiya ku-www.healthsites.org.za ukuze ufumanise ngeqela elinika inkxaso kwindawo ohlala kuyo.

Malunga nokufumana iqela elinika inkxaso, yiya ku-BrothersforlifeSA okanye ku-ZAZI. Usengaya naku-www.brothersforlife.mobi okanye ku-www.zazi.org.za

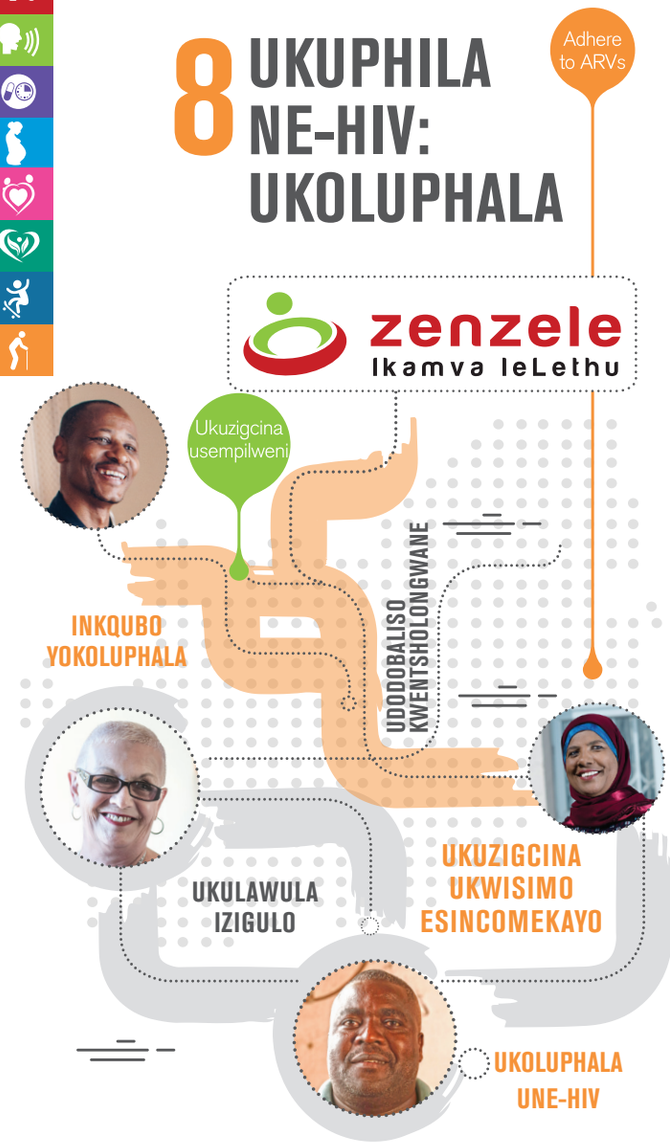
Usenokuzifumana iinkcukacha ezithe vetshe malunga nokuphila ne-HIV nakwamanye amaphetshana eenkcukacha woluhlu lwakwaZenzele.

J7387isiXhosa – 0860 PAPRIKA

Phila
BROTHERS FOR LIFE
ZAZI

UKUFIKELELA EBUDALENI NE-HIV

8 UKUPHILA NE-HIV: UKOLUPHALA



PEPFAR
FPD

UHLASELO LWEESELI ZE-CD4

I-HIV EMZIMBENI

I-HIV yintsholongwane eyenza amajoni omzimba abebuthathaka, la akhusela umzimba wakho kusuleleko nakwizifo. Xa amajoni akho omzimba ebuthathaka, umzimba wakho uthi ungakwazi ukulwa nosuleleko kunye nezifo. Ukuba i-HIV ayinyangwa ngee-ARV, usenokuhlaselwa yingqokelela yezifo ezibizwa ngokuba nguGawulayo (i-AIDS).

AMAJONI OMZIMBA ENZWE BUTHATHAKA

UKUFUMANA UNYANGO LWE-HIV

Unyango olulwa nolwamvila lwentsholongwane kaGawulayo, ii-ARV, ngamayeza ekungawona kuphela akwaziyo ukulawula i-HIV. Ukuzinikela – uzisele ii-ARV njengoko uyalelwe ngunompilo – kunciphisa umthamo weHIV emzimbeni: ubalo lwe-CD4 luyenyuka aze namajoni omzimba olulame. Oku kubizwa ngokuba kukuDodobaliswa kwentsholongwane. Oku akuthethi ukuba i-HIV sele inyangekile, kuthetha ukuba kukho nje intwana ye-HIV egazini, nokuba uzakuba nokunandiphela impilo engcono, kwanokuba mancinci amathuba okuba i-HIV ungayigqithesela komnye umntu.

UKUDODOBALISWA KWENTSHOLONGWANE

I-HIV NENKQUBO YOKOLUPHALA

Ukusela ii-ARV zakho ngokuchanileyo kuzakuwugcina udodobele umthamo wentsholongwane namajoni omzimba wakho omelele. Kukwabalulekile nokuzigcina usempilweni kwaye ukhuthazekile njengokuba uya usoluphala ne-HIV.

Le ncwadana ixhaswe siSivumelwano soBambiswano esinguNombolo GH001932-01 esuka kumaZiko aseMelika okuLawula nokuThintela iZifo. Okuqulethwe apha kuluxanduva lwababhali kuphela kwaye akuthethi ukuba kumele izimvo US Centres for Disease Control and Prevention, iSebe lezeMpilo neeNkonzo zoLuntu, okanye urhulumente waseMelika.

“Kusekuninzi endisafuna ukukwenza. Ndifuna ukubabonisa abantu ukuba usengaphila ne-HIV nokuba umdala kangakanani na. Ukuba sezingqondweni kwanokusela amayeza akho kungakunceda uyenze loo nto.”

Cindy Pivacic

IMIPHUMELA ESECALENI EBANGELWA ZII-ARV NEHLALA IXESHA ELIDE

Ukusela ii-ARV iminyaka emininzi kungabangela imiphumela esecaleni ehlala ixesha elide. Iyohluka ke kumntu ngamnye, kwaye abanye abantu basenokungabi nayo imiphumela ehlala ixesha elide.

Thetha nonompilo wakho malunga neempawu ezintsha onazo ukuze bakuncede ukwazi ukuzilawula. Basenokukunika amayeza amatsha okunyanga le miphumela isecaleni kwaye basenokuyitshintsha inkqubo yakho yee-ARV.

Eminye imiphumela esecaleni isenokulawuleka ngamayeza kunye/okanye ngokwenza utshintsho kwindlela ophila ngayo.

IMIPHUMELA ESECALENI EQHELEKILEYO EBANGELWA ZII-ARV NEHLALA IXESHA ELIDE	IZINTO ONOKUZENZA UKUZE UZIGCINE USEMPILWENI
Isifo seswekile	• Zama ukugcina ubunzima bomzimba wakho busezantsi. • Yitya ukudla okusempilweni. • Zigcine udlamkile. • Yeka ukutshaya.
Ukukrumka kwamathambo (i-ostiyophorowu-sisi)	• Yenza iintshukumo zokuzilolonga ezithwala ubunzima ezifana nokuhamba-hamba, ukubaleka okanye ukonyuka amanqwanqwa (izitepusi). • Yitya kakhulu iziqhamo nemifuno esemitsha. • Yongeza iKhalsiyam neevithamini u-D no-K. • Kulumkele ukuwa. • Phungula uxinzelelo. • Lala ngokwaneleyo.
Iingxaki zezintso	• Yenza uhlolo lokusebenza kwezintso rhoqo. • Sela amanzi kakhulu. • Phungula ityuwa. • Yitya ukudla okusempilweni.
Isifo sentliziyo	• Yitya ukudla okusempilweni. • Zigcine udlamkile. • Yeka ukutshaya. • Phungula uxinzelelo.
Ukonakala kwesibindi	• Yenza uhlolo lokusebenza kwesibindi rhoqo. • Kuphephe ukusebenzisa utywala nezi-yobisi.
Ukuba nekholes-teroli (amafutha egazini) eninzi	• Khetha ukudla okungenamafutha anong-coliseko. • Yitya ukudla okunefayibha eninzi. • Yohlisa izinga lokusela utywala. • Zigcine udlamkile.
Utshintsho kwindle-la umzimba owase-benzisa nowagcina ngayo amafutha	• Yitya ukudla okusempilweni. • Zigcine udlamkile.
Iingxaki zemithambo-luvo (iingxaki zokulala, uxinzelelo, nesiyezi)	• Lala ngokwaneleyo. • Phungula izinga lokusela utywala. • Lolonga ingqondo yakho ngokuthi udlale imidlalo efuna inkumbulo, imidlalo yamag-ama kwanokubhala ngesandla.