UKUZINAKEKELA UKUZE UPHILE KAHLE EMZIMBENI WAKHO

Ngesikhathi ukhula, amasosha omzimba wakho aya ngokuba buthakathaka. Lokhu kungaholela ezinkingeni eziphathelene nokuguga ezaziwa ngokuthi izifo ezingathathelani (ama-NCD) nezinye izimo zempilo.

Ukulawula i-HIV nempilo yakho ngesikhathi ukhula kusho ukuthi kufanele:

- Uqaphe izinga lakho lekholesteroli, umfutho wegazi noshukela, lezi izinkinga ezijwayelekile kubantu asebebadala.
- Uxoxisane nomsebenzi wakho wezempilo ngezimpawu ezintsha bese uhlolwa izifo ezintsha.
- Utshele umsebenzi wakho wezempilo ngemithi yakho yonke nokunye kokwengeza kokusekela impilo yakho okusebenzisayo.
- Uqinisekise ukuthi uyalazi igama lama-ARVs akho kanye neminye imithi oyiphuzayo namandla esilinganiso sayo - lokhu kubhalwe ephaketheni noma ibhodlela.
- Xoxisana nomsebenzi wakho wezempilo ukuze uqinisekise ukuthi kuphephile ukudla ama-ARVs akho uwahlanganise neminye imithi. Eminye imithi kungenzeka ingahlangani kahle nama-ARVs futhi ingehlisa ukusebenza kwawo.

UKUHLALELA ETHEMBENI NGESIKHATHI UGUGA

Uma uguga futhi uphila ne-HIV, kufanele:

- Wazi ukuthi abantu bazokubona njengomuntu omdala kuqala, ngaphambi kokuthi bazi ngesimo sakho se-HIV.
- Uziqhenye ngobuwena nezinto ozifezile empilweni.
- Uthole izindlela zokufaka isandla ekuphileni kahle komndeni wakho nomphakathi wangakini.
- Uthole izindlela zokuhlala uxhumene nabanye abantu ukuze ungabi nesizungu.
- Uxukuze umqondo wakho ngokufunda izinto ezintsha.
- Uhlale unyakazisa umzimba ngokuzivocavoca ngendlela ozoyithokozela.
- Ujoyine iqembu lokwesekana elinabanye abakuqondayo ukuthi ubhekene nani.
- Ufundise abanye nge-HIV futhi usize ukushintsha indlela ababona ngayo i-HIV.

Uhlu lwezincwadi “i-Zenzele Ukuphila ne- HIV” lubandakanya lezi zincwajana 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. UKUKHULA NE-HIV

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.

J7387Zulu - 0860 PAPRIKA

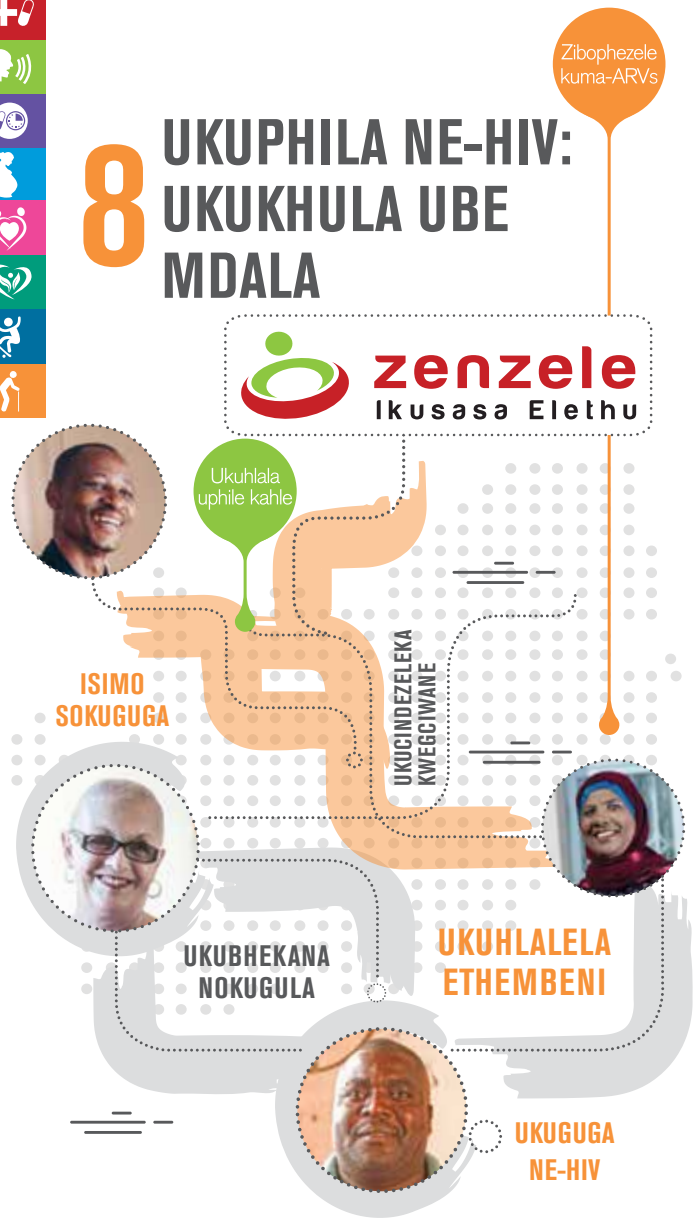
Phila

BROTHERS FOR LIFE

ZAZI

UKUGUGA NE-HIV

8 UKUPHILA NE-HIV: UKUKHULA UBE MDALA



PEPFAR

FPD

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-ARVs ungathola inhlanganisela 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-ARVs njengokomyalelo womsebenzi wezempilo – kunciphisa ubungako be-HIV emzimbeni: isibalo se-CD4 siyakhuphuka futhi amasosha omzimba asimame abe namandla 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 okuthelela omunye umuntu nge-HIV.

UKUCINDEZELAKA KWEGCIWANE

I-HIV NESIMO SOKUGUGA

Ukudla ama-ARVs akho ngendlela efanele kuzogcina inani legciwane lakho licindezelekile namasosha akho omzimba enamandla. Kubalulekile futhi ukuthi uhlale uphile kahle futhi ukhuthazekile ngesikhathi ukhula ne-HIV.

Le ncwajana yesekwe iSivumelwano Sokusebenzisana esinguNombolo GH001932-01 Sasezikhungweni zase-US Zokulawula Nokuvikela Izifo. Okuqukethwe kuyo kuwuthwalo wababhali kuphela futhi akumele imibono esemthethweni yezikhungo ye-US Centers for Disease Control, uMnyango Wezempilo kanye Nemisebenzi Eqondene Nabantu noma uhulumeni we-U.S.

“Kusekhona okuningi okufanele ngikwenze. Ngifuna ukukhombisa abantu ukuthi akukhathalekile ukuthi umdala kangakanani, ungaphila isikhathi eside ne-HIV. Ukuba nomqondo owamukelayo nokuphuza imithi yakho kungakusiza ukuthi ukwenze lokho.”

uCindy Pivacic

UKUGULA OKUDALWA AMA-ARVS KWESIKHATHI ESIDE

Ukudla ama-ARVs iminyaka eminingi kungakugulisa isikhathi eside. Ukuguliswa ama-ARVs kuhlukana kumuntu nomuntu, futhi abanye abantu kungenzeka bangabi nokuguliswa imishanguzo kwesikhathi eside.

Xoxisana nomsebenzi wakho wezempilo ngezimpawu ezintsha ukuze akusize ukuthi ubhekane nazo. Angakunika imithi emisha ukuze kwelashwe lo kugula futhi singashintsha uhlelo lwemishanguzo yakho.

Okunye ukugula kungalawuleka ngemithi kanye/noma ngokushintsha indlela ophila ngayo.

UKUGULISWA AMA-ARVS KWESIKHATHI ESIDE OKWEJWAYELEKILE	IZINTO ONGAZENZA UKUZE UHLALE UPHILILE
Isifo Sikashukela	• Zama ukuthi isisindo sakho sihlale siphansi. • Yidla ukudla okunempilo. • Hlala unyakazisa umzimba. • Yeka ukubhema.
Ukuba buthakathaka kwamathambo (i-osteoporosis)	• Zivocavoce ngendlela ethwala isisindo sakho njengokwelula izinyawo, ukugijima noma ukukhuphuka ngezitebhisi. • Yidla izithelo nemifino emisha ngokuthe xaxa. • Yandisa i-calcium namavithamini D no K. • Qaphela ukuthi ungawi. • Nciphisa ingcindezi. • Lala ngokuthe xaxa.
Izinkinga zezinso	• Hlola ukusebenza kwezinso njalo. • Phuza amanzi amaningi. • Yehlisa isilinganiso sikasawoti. • Yidla ukudla okunempilo.
Isifo senhliziyo	• Yidla ukudla okunempilo. • Hlala unyakazisa umzimba. • Yeka ukubhema. • Yehlisa ingcindezi.
Ukonakala kwesibindi	• Hlola ukusebenza kwesibindi njalo. • Gwema utshwala nezidakamizwa.
Ikholesteroli ephezulu	• Khetha ukudla okunamafutha angalungile amancane. • Yidla ukudla okunefayibha eningi ngokuthe xaxa. • Nciphisa utshwala. • Hlala unyakazisa umzimba.
Ushintsho endleleni umzimba osebenzisa futhi ugcine ngayo amafutha.	• Yidla ukudla okunempilo. • Hlala unyakazisa umzimba.
Izinkinga zohlelo lwemizwa (izinkinga ngokulala, ukhwantalala, nesiyezi)	• Lala ngokuthe xaxa. • Yehlisa ukuphuza utshwala. • Xukuza umqondo wakho ngokudlala imidlalo yokukhumbula, imidlalo yamagama nokubhala ngesandla.