UKUTHETHA MALUNGA NEZESONDO

Enokuba unethemba lokwabelana ngesondo okokuqala nomntu othile, okanye unalo iqabane owabelana nalo ngesondo, ukuthetha phandle ngezesondo kungenza ukuba ubuhlobo benu bunandipheke kwaye kunonelise.

- Thethani malunga nokuba luhlobo luni lobudlelwane enibufunayo.
- Thethani malunga okanye ubonise iqabane ukuba yintoni ekonelisayo xa kusabelwana ngesondo.
- Thethani malunga nokuba yeyiphi imida ekhoyo nokuba yintoni ongayenza nongenakuyenza xa kusabelwana ngesondo.
- Chazela iqabane lakho ukuba unayo i-HIV okanye izifo ezigqithiswa ngokwabelana ngesondo.
- Khululeka uze wenze izinto ezisebenzayo malunga nokwabelana ngesondo ngendlela ekhuselekileyo.
- Thethani malunga nokufumana amayenza okuthintela i-HIV (i-PREP) ukuba nizakwabelana ngesondo rhoqo.

IZIFO EZIGQITHISWA NGOKWABELANA NGESONDO KUNYE NE-HIV

Ukuba nesifo esigqithiswa ngokwabelana ngesondo (i-STI) kusenokudala amaqhakuva okanye ukusikeka kolusu, nto leyo eyenza kube lula ukuba i-HIV ingene emzimbeni kuze konyuse ubungozi bokuba i-HIV uyigqithisele kwiqabane lakho.

Ukuba ucinga ukuba kungenzeka kuthi kanti unaso isifo esigqithiswa ngokwabelana ngesondo kufuneka:

- Uye ekliniki uyokuhlolwa.
- Sela unyango olunikiweyo lwe-STI njengoko uyalelwe, ulugqibe unyango, uze uye kumadinga wolandelelo owacwangciselweyo.
- Lichazele iqabane onalo owabelana nalo ngesondo ukuba nalo luyekuhlolelwa ubume bezempilo ngokwesondo, nanjengoko kusengenzeka ukuba nalo ludinga ukunyangwa.
- Kuphephe ukwabelana ngesondo (nokuba kungekhondomu) de ube ulugqibile unyango kwaye nonompilo wakho abe ukuchazele ukuba kukhuselekile ukuba wabelane ngesondo kwakhona.

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 weeNgcebiso *we-Lifeline* **0861 322 322**
Umnxeba weeNgxaki 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

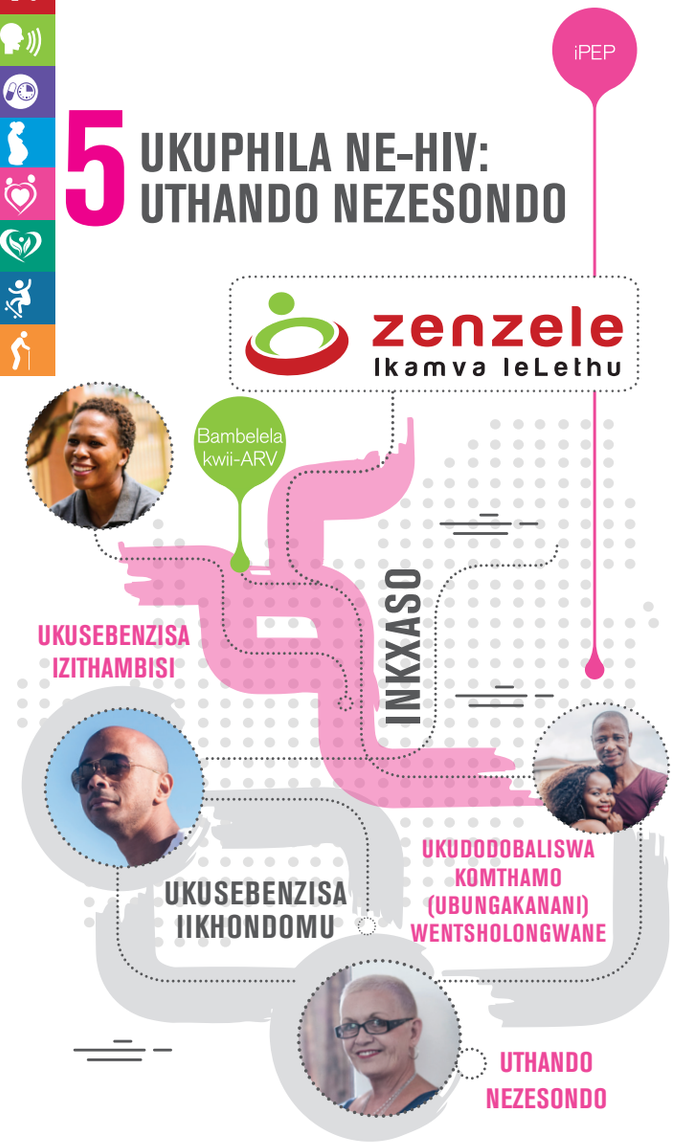
Usenokuzifumana iinkcukacha ezithe vetshe malunga nokuphila ne-HIV nakwamanye amaphetshana eenkcukacha woluhlu lwakwaZenzele.

J7387isiXhosa – 0860 PAPRIKA

Phila · BROTHERS FOR LIFE · ZAZI

UTHANDO NE-SEX

5 UKUPHILA NE-HIV: UTHANDO NEZESONDO



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 ENZIWE 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

UKUNIKEZELANA NGE-HIV KUNYE NEZESONDO

I-HIV ikwiincindi zomzimba ezifana nezi:

- Igazi;
- Incindi yobudoda;
- Amadlozi okuqala kunye;
- Neencindi eziphuma kubufazi.

Eyona ndlela iixhaphakileyo yokugqithiswa kwe-HIV ukusuka komnye isiya komnye kukwabelana ngesondo, apho ezi ncindi zithi zifikelele kwiinyama ezithambileyo ezingaphakathi ebufazini okanye ngaphakathi empundu.

Ukuba- usela ii-ARV kwaye nomthamo wentsholongwane onayo udodobele, amathuba okuba uyigqithisele kwiqabane lakho i-HIVI xa nisabelana ngesondo ambalwa kakhulu. Kodwa ngelokuqinisekisa ukhuseleko, kuhle ukuba nihlale nisebenzisa ikhondomu.

Sinentetha ethi: ‘Uthando olutsiba ngaphaya kwe-HIV ne-AIDS’. Xa ufumana olunjalo ukungabi namida uthando komnye umntu, yimvakalelo emyoli kakhulu… ayikuthathi nje ikubeke emafini, kuloko ikuchazela ukuba i-HIV ayiyonto nje kwaphela.”

Dorian Basson

UKONWABELA UBOMI REZESONDO OBUSEMPILWENI

Xa kusandul’ ukufunyaniswa ukuba une-HIV, usenokuphelelwa ngumdla malunga nokuba neqabane kwanakwezesondo ngeli lixa uzama ukwamkela nale meko yezi ziphumo kwanokujongana nokuphucula impilo yakho, kodwa abantu abaninzi bayafuna ukonwabela ukwabelana ngesondo nokuba neqabane kwakhona.

Eyona ndlela incomekayo yokonwabela ukwabelana ngesondo kukuba:

- Uzisele ii-ARV zakho mihla le uze uqinisekise ukuba intsholongwane ihlala idodobele.
- Usebenzise ikhondomu ngendlela echanekileyo qho usabelana ngesondo.
- Usebenzise into ekuthiwa yi- dental dam okanye ikhondomu evulekileyo qho usabelana ngesondo ngomlomo.
- Usebenzise isithambisi ezisekelwe emanzini okanye kwisilikhoni xa usabelana ngesondo.
- Uthethe phandle neqabane lakho malunga nezesondo kwanokwabelana ngesondo ngendlela ekhuselekileyo.

UKUSEBENZISA IZITHAMBISI

Isithambisi lulwelo okanye ijeli ethanjiswayo xa kusabelwana ngesondo ukwenza ilungu langasese labasetyhini, ilungu langasese lootata okanye impundu zibemanzi.

Izithambisi zisenokwenza ukuba:

- Kunciphe ukukhuhleka kuze kuthintele ukuba iikhondomu zingakrazuki.
- Kongezeleleke ukukhululeka xa nisabelana ngesondo kwaye nikonwabele.
- Amadoda abenokuqinelwa ixesha elide.
- Amabhinqa akonwabele ixesha elide ukwabelana ngesondo.

Izithambisi ezisekelwe emanzi okanye kwisilikhoni ezinje nge-KY jelly kunye neglasarina ***zikhuselekile ukuba zingasetyenziswa neekhondomu,*** zezendalo kwaye kulula ukuba zihlambeke.

Izithambisi ezenziwe nge-oli nepetroliyam njengeVaseline, i-oli yokuthambisa yeentsana, ii-oli zokupheka okanye izithambisi-mzimba, ***akukhuselekanga ukuba zisetyenziswe neekhondomu*** kuba zingazonakalisa iikhondomu.

KWIIMEKO ZIKAXAKEKA

Ukuba ikhondom iyeyakrazuka nisabelana ngesondo, kufuneka:

- Uwukhuphe umthondo ngoko nangoko uze usebenzise enye ikhondomu.
- Fumana ucwangciso-nzala longxamiseko (eselwa kwintsasa elandelayo) ukuba awucwangcisi.
- Nobabini niyekuhlolwa ukuba akukho suleleko olugqithiswa ngokwabelana ngesondo.
- Fumana unyango lwe-HIV longxamiseko (i-PEP) ukuthintela usuleleko lwe-HIV.

I-PEP lunyango lwee-ARV olusetyenziswa iintsuku ezingama-28 oluthintela usuleleko lwe-HIV emntwini ongenayo i-HIV. I-PEP kufuneka ifunyanwe kwiiyure ezingama-72 (iintsuku ezi-3) emva kokuba ubesesichengeni se-HIV kwaye isebenza ngokuyimpumelelo xa iselwe ngokukhawuleza okudibene nokungxama.

Usenokuyicela i-PEP nakweyiphi na ikliniki okanye isibhedlele.

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.