UKUXOXA NGOCANSI

Ukuthi ulindele ukuya ocansini nomuntu okokuqala, noma unomlingani wocansi oya naye njalo ocansini, ukuxoxa ukhululeke ngezocansi kungenza ubudlewane benu bube obumnandi nobenelisa ngokuthe xaxa.

- Xoxa ngokuthi ufuna ukuba nanhloboni yobudlelwane.
- Xoxa nomlingani wakho ngokuthi yini ekunika intokozo ocansini, noma umkhombise.
- Xoxa ngemingcele yakho nokuthi yini ongayenza nongeke uyenze ocansini.
- Tshela umlingani wakho uma une-HIV noma izifo ezithathelana ngokocansi.
- Yiba nethemba uthathe izinyathelo ezifanele ngokuya ocansini oluphephile.
- Xoxa ngokuthola imithi evimbela i-HIV (i-PREP) uma uzoya ocansini njalo.

IZIFO EZITHATHELANA NGOKOCANSI NE-HIV

Ukuba nesifo esithathelana ngokocansi (i-STI) kungabanga izilonda noma ukudabuka kwesikhumba, okwenza kube lula ukuthi i-HIV ingene emzimbeni futhi kungandisa ubungozi bokuthi uthelele umlingani wakho nge-HIV.

Uma ucabanga ukuthi unesifo esithathelana ngokocansi kumele wenze lokhu:

- Vakashela umtholampilo ukuze uyohlolwa.
- Phuza imithi yakho yezifo ezithathelana ngokocansi njengokomyalelo, qeda ukuphuza imithi, bese uya kukho konke ukuhambela kwakho okuhleliwe.
- Tshela abantu osanda kuya nabo ocansini ukuthi bayohlolwa ukuthi baphile kahle ngokwezocansi, ngoba kungenzeka badinge ukwelashwa nabo.
- Gwema ukuya ocansini (ngisho noma usebenzisa ikhondomu) uze uqede imithi yakho nesisebenzi sezempilo sikutshele ukuthi sekuphephile ukuya ocansini.

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.

J73877Zulu - 0860 PAPRIKA

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UTHANDO NOCANSI

I-PEP

5 UKUPHILA NE-HIV: UTHANDO NOCANSI

zenzele
Ikusasa Elethu

Zibophezele kuma-ARVs

UKWESEKWA

UKUSEBENZISA IZISHIBILIKISI

UKUSEBENZISA AMAKHONDOMU

UKUCINDEZELEKA KWEGCIWANE

UTHANDO NOCANSI

PEPFAR

FPD

UKUHLASELWA KWAMASELI E-CD4

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

UKUTHELELANA NGE-HIV NOCANSI

I-HIV itholakala kokusaluketshezi komzimba okufana nalokhu:

- Igazi;
- Imbewu yowesilisa;
- Uketshezi oluphuma ngaphambi kokuphuma kwesidoda kanye;
- Noketshezi oluphuma esithweni sangasese sowesifazane.

Indlela ejwayeleke kunazo zonke yokuthelelana kwabantu nge-HIV ukuhlangana ngokocansi, lapho lokhu okusaluketshezi kufika ezicutshini ezithambile ezingaphakathi zesitho sangasese sowesifazane noma imbobo yokuzikhulula.

Uma udla ama-ARVs futhi igciwane lakho licindezekile, amathuba okuthi uthelele umlingani wakho nge-HIV ngesikhathi socansi ayancipha kakhulu. Kodwa ukuze avikeleke ngokuthe xaxa, kungcono kakhulu ukusebenzisa ijazi lomkhwenyana (ikhondomu).

“Sinesiqubulo esithi: ‘Uthando ngale kwe-HIV neAIDS.’ Uma ukhonjiswa uthando olunjalo olungenamibandela omunye umuntu, kuyinto emangalisayo kakhulu …akugcini nje ngokukuphakamisela endaweni ehlukile, kukukhombisa ukuthi i-HIV ayilutho ngempela.”

uDorian Basson

UKUTHOKOZELA INDLELA YOKUPHILA YOCANSI OLUNEMPILO

Ngesikhathi uqala ukuthola ukuthi une-HIV, ungaphelelwa umdlandla kwezobudlelwane nocansi ngesikhathi usazama ukwamukela isimo sakho usebenza ekwenzeni ngcono impilo yakho, kodwa bantu abaningi baye bafune ukuthokozela ucansi nobudlelwane futhi ngokuhamba kwesikhathi.

Indlela engcono yokuthokozela ucansi ukwenza lokhu:

- Ukudla ama-ARVs akho ngendlela efanele zonke izinsuku futhi uqinisekise ukuthi igciwane lakho lihlala licindezekile.
- Sebenzisa ikhondomu ngendlela efanele njalo uma uya ocansini.
- Sebenzisa i-dental dam noma ikhondomu esikwe yavulwa ngesikhathi socansi lwasemlonyeni.
- Sebenzisa isishibilikisi esakhiwe ngamanzi noma isilicone ngesikhathi socansi.
- Xoxisana ngokukhululekile nomlingani wakho ngocansi nokuya ocansini oluphephile.

UKUSEBENZISA IZISHIBILIKISI

Isishibilikisi uketshezi noma ijeli egcotshwa ngesikhathi socansi ukwenza isitho sangasese sowesifazane, esowesilisa noma ingemuva kube manzi ngokuthe xaxa.

Izishibilikisi zingenza lokhu:

- Zinciphisa ukukhuhlana futhi zivimbele ukuqhuma kwamakhondomu.
- Zandisa ukunethezeka ngokocansi nobumnandi.
- Zisiza abesilisa ukuthi induku yabo ime isikhathi eside.
- Zisiza abesifazane ukuthi bathokozele ucansi isikhathi eside.

Izishibilikisi ezakhiwe ngamanzi ne-silicone ezifana ne-KY jelly ne-glycerine ***ziphephile ukuthi zingasetshenziswa namakhondomu,*** zizwakala sengathi uketshezi lwemvelo futhi kulula ukuzigeza.

Izishibilikisi ezakhiwe ngowoyela ne-petroleum njengo-Vaseline, i-baby oil, uwoyela wokupheka noma okusaluketshezi kokugcoba emzimbeni ***akuphephile ukuthi kungasetshenziswa namakhondomu*** ngoba kungadabula amakhondomu.

EZIMWENI EZIPHUTHUMAYO

Uma ikhondomu iqhuma ngesikhathi socansi, kufanele wenze lokhu:

- Khipha isitho sowesilisa sangasese ngokushesha bese ufake ikhondomu entsha.
- Thola izimvimbelinzalo zezimo eziphuthumayo (iphilisi eliphuzwa ngemuva kocansi) uma ungasebenzisi ezinye izindlela zokuvimbela inzalo.
- Nobabili kufanele nihlolwe izifo ezithathelana ngokocansi.
- Thola imishanguzo yezimo eziphuthumayo (i-PEP) ukuze uvimbele ukungenwa i-HIV.

I-PEP ukwelashwa ngemishanguzo okuthatha izinsuku ezingama-28 okungavimbela ukungenwa i-HIV kumuntu ongenayo. I-PEP kufanele iphuzwe engakapheli amahora angama-72 (izinsuku ezi-3) ngemuva kokuba sengozini yokungenwa i-HIV futhi isebenza kangcono uma iphuzwe ngokushesha okukhulu.

Ungacela i-PEP kunoma yimuphi umtholampilo noma isibhedlela.

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.