UKUGCINA ISIMO SENGQONDO SISEMPILWENI

Wakufumanisa ukuba une-HIV usenokuba nexhala malunga nendlela oko kuzakuthi kubuchaphazele ngayo ubomi kwanekamva lakho.

Izinto ezithi zingakuphathi kakuhle zisenokumana zifika zidlule nanini na kolu hambo lwakho ne-HIV.

Fumana umntu onokumthemba uthethe naye ngendlela ovakalelwa ngayo okanye uzifumanele iqela elinik' inkxaso elinabantu abakwiimeko ezibufana nale ukuyo.

Zicelele uncedo ekliniki ukuba uziva ngathi uyoyisakala.

UKUPHEPHA EZINYE IZINTO EZINOBUNGOZI EMPILWENI

Ukusebenzisa icuba, utywala kunye neziyobisi kuyingozi kubantu abaphila ne-HIV:

- Ukutshaya kungabongeza ubungozi bokuba ne-TB (isifo sephepha) kunye nezifo zamaphaphu ukuba ngaba une-HIV.
- Ukusebenzisa iziyobisi notywala kusenokusichaphazela isakhono sakho sokuthatha izigqibo malunga nokwabelana ngesondo ngendlela ekhuselekileyo okanye ukusela unyango lwakho kwaye kusenokukhokelela kwimiphumela eyakuhlala ihleli engqondweni yakho.
- Utywala, iziyobisi nee-ARV, ziyasichaphazela isibindi. Ukusebenzisa utywala kunye nezinye iziyobisi kusenokuwongeza amathuba okuba neengxaki zesibindi.

UKUZILOLONGA NGOKONGEZELELEKILEYO

Ukuzilolonga rhoqo kunganeziphumo ezincomekayo empilweni kuze kukuncede uzive womelele, kuphucule namajoni omzimba wakho, ukwazi ukumelana noxinzelelo kuze kukuncede ukwazi ukuxhathisa kwimiphumela esecaleni ebangelwa zii-ARV.

Fumana indlela yokongeza ixesha lokuzilolonga ngosuku ngokuthi wenze izinto ezilula nezesiqhelo ukuze uzigcine usegazini. Khetha imisetyenzana yokuzilolonga eyonwabisayo nehambelayo nendlela ophila nowenza ngayo izinto.

UKUPHUMLA NGOKWANELEYO

Ukuphumla, ukuphola nokulala zizinto ezibalulekileyo kumntu wonke. Ukuba ungumntu ophila ne-HIV kufuneka uphumle ukuze uvumele amajoni omzimba wakho akwazi ukuthatha amandla, ukwenzel' ukuba ubenamandla okumelana nemingeni yosuku ngalunye.

Abantu abadala kufuneka balale iiyure ezi- 7 – 9 ngobusuku ngabunye. Zama ukwenza ucwangciso uze uyekulala ngexesha elifanayo ubusuku ngabunye.

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 – Inspired to live
BROTHERS FOR LIFE
ZAZI

UKONDLEKA NENDLELA YOKUPHILA

Ukufumana uNyango

6 UKUPHILA NE HIV: ABAFIKISAYO ABASEMPILWENI

zenzele
Ikamva leLethu

Bambelela kwii-ARV

INKXASO

UKUFUMANA UNYANGO

UDODOBALISO LOMTHAMO WENTSHOLONGWANE

UKULANDELA INDLELA YOKUDLA EFANELEKILEYO

UKUPHILA NGOKUSEMPILWENI

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

UKUPHILA NGOKUSEMPILWENI UNE-HIV

Eyona ndlela incomekayo yokuzigcina usempilweni ukuba une-HIV kukuqalisa ngonyango ngoko nangoko, endaweni yokulinda ugule okanye ube neempawu zokugula kuqala. Thetha nonompilo wakho ukuze ufumanise ngesona sicwangciso sonyango sikufaneleyo, nokuba ungayifumana njani inkxaso kwanokuba ungayilawula njani na imiphumela esecaleni, ukwenzel' ukuba ukwazi ukulusebenzisa unyango ngokuchanileyo ubomi bakho bonke.

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.

"Ukuphila ngendlela efanelekileyo kuthetha ukuba sezingqondweni kwaye ubekwisimo esisiso, utye ngokusempilweni, indlela ophila ngayo ibe yefanelekileyo, kwaye uwasele amayeza akho, nee-ARV uzisele rhoqo."

Cindy Pivacic

UBAMBELELA KWII-ARV

Wakuqalisa ukusela ii-ARV kuzakufuneka uzisele mihla le ngexesha elifanayo qho. Oku kukuzinikezela kobomi bakho bonke, kubalulekile ke ukuba ungayeki ukuzisela, ungatsibi nokuba lusuku lunye.

Kuzakufuneka uye rhoqo ekliniki kundwendwelo lolandelelo uye kulanda nee-ARV zakho kuselithuba, ukwenzel' ukuba zingakupheleli. Ukutsiba okanye ukuziyeka ii-ARV zakho kungakhokelela ekuthini amachiza la angasebenzi, apho unyango luthi lungabinakusebenza ekulawuleni i-HIV.

UKUNYANGA IZIFO EZOSULELANAYO

Usenokuhlaselwa zizifo ezosulelanayo ezingenelelayo xa une-HIV, imiphumela esecaleni ebangelwa kukusela ii-ARV okanye ezinye izifo ezosulelanayo eziqhelekileyo.

Ukuba uthe wagula, chazela unompilo wakho ngoko nangoko uze ufumane unyango. Izifo ezosulelanayo ezininzi zinyangeka ngokuyimpumelelo, xa ufumene unyango.

UKUKHETHA UKUPHILA NGOKUSEMPILWENI

Kubantu abaphila ne-HIV, ukuphila ngendlela esempilweni kuyafana nakuye nabani na omnye umntu. kuquka:

- Ukudla izidlo ezinesondlo;
- Ukuzilolonga rhoqo;
- Ukuphumla ngokwaneleyo; kunye
- Nokuzinakekela ngokwasengqondweni nasemphefumlweni.

Ukukhetha ukuphila ngendlela esempilweni kuzakukunceda ukwazi:

- Ukusebenzisa ii-ARV kwaye ulawule nemiphumela esecaleni.
- Ukugcina amajoni omzimba wakho omelele ukwenzel' ukuba akwazi ukulwa ngcono nezifo ezosulelanayo kwanezifo ngokunjalo.
- Ukwehlisa ubungozi bokuqalwa sisifo sentliziyo, isifo seswekile, umhlaza kwanoxinzelelo.
- Ukugcina umzimba wakho ukubunzima obusempilweni.

UKULANDELA INDLELA YOKUDLA EFANELEKILEYO

Ukwenza ukudla neziselo ezisempilweni kungakwenza uzive ngcono kwaye usemandleni. Ukudla ngokusempilweni kuthetha ukuba utya izidlo ezifanelekileyo zesiqhelo, ezisandul' ukwenziwa nezingenazikhemikhali.

Ukuba ukusela ii-ARV kukubangela isicaphu-caphu okanye zenza kubenzima ukuba utye, thetha nonompilo wakho okanye umncwangcisi wendlela yokudla.