UKUZIGCINA UPHILILE ENGQONDWENI

Uma uthola ukuthi une-HIV ungaba nokukhathazeka ngomthelela wayo empilweni yakho nekusasa lakho.

Izinto ezahlukene ezikukhathazayo kungenzeka zifike zidlule ngezikhathi ezahlukene zokuphila ne-HIV.

Thola umuntu omethembayo ongaxoxa naye ngendlela ozizwa ngayo noma uthole iqembu lokwesekana labanye abantu ababhekene nokufanayo nesimo sakho.

Cela usizo lochwepheshe emtholampilo uma uzizwa ukuthi awukwazi ukubhekana nesimo.

UKUGWEMA OBUNYE UBUNGOZI BEMPILO

Ukusebenzisa ugwayi, utshwala nezidakamizwa kunobungozi kubantu abaphila ne-HIV:

- Ukubhema kungandisa ubungozi bokungenwa isifo sofuba nezinye izifo zamaphaphu uma une-HIV.
- Ukusebenzisa izidakamizwa notshwala kungaba nomthelela ekuthatheni izinqumo zokuya ocansini oluphephile noma udla imishanguzo futhi kungaba nemiphumela engemihle isikhathi eside empilweni yakho ngokwengqondo.
- Utshwala, izidakamizwa namaARVs konke kunomthelela esibindini. Ukusebenzisa utshwala nezinye izinto kungandisa amathuba okuba nezinkinga zesibindi.

UKUZIVOCAVOCA NGOKUTHE XAXA

Ukuzivocavoca njalo kungaba nemiphumela emihle yempilo futhi kukusize ukuthi uzizwe unamandla, kuqinise amasosha akho omzimba, ukubhekana nengcindezi futhi kukusize nokuthi ukwazi ukumelana nokugula okudalwa imishanguzo.

Thola indlela yokufaka ukuzivocavoca ezintweni ozenza zonke izinsuku ngokwenza izinto ezilula, ezenziwa nsuku zonke ukuze uhlale unyakazisa umzimba. Khetha indlela yokuzivocavoca ozoyithokozela ezohambelana nendlela yakho yokuphila.

UKUTHOLA UKUPHUMULA OKWANELE

Ukuphumula, ukunethezeka nokulala kubalulekile kubo bonke abantu. Uma uphila ne-HIV udinga ukunika amasosha akho omzimba isikhathi sokuthola amandla, ukuze ube nomdlandla wokubhekana nezinselelo zansuku zonke.

Abantu abadala kufanele bathole amahora ayi-7-9 okulala ngosuku. Zama ukwenza izinto ngendlela eyodwa futhi ulale ngesikhathi esisodwa njalo ngobusuku.

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

UKUDLA NENDLELA YOKUPHILA

Ukuthola Ukwelashwa

6 UKUPHILA NE-HIV: UKUHLALA UPHILE KAHLE FUTHI UTHOKOZILE

zenzele Ikusasa Elethu

Zibophezele kuma-ARVs

UKUTHOLA UKUPHUMULA OKWANELE

UKWESEKWA

UKUDLA NGENDLELA EFANELE

UKUCINDEZELEKA KWEGCIWANE

INDLELA YOKUPHILA ENEMPILO

PEPFAR

FPD

I-HIV EMZIMBENI

UKUHLASELWA KWAMASELI E-CD4

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

UKUPHILA KAHLE NE-HIV

Indlela engcono kunazo zonke yokuhlala uphile kahle uma une-HIV ukuqala imishanguzo ngokushesha okukhulu, kunokuthi ulinde uze uqale ukugula noma ukhombise izimpawu. Xoxisana nomsebenzi wakho wezempilo ukuze uthole uhlelo lomushanguzo olukufanele, ngendlela yokuthola ukwesekwa nendlela yokubhekana nokugula okudalwa imishanguzo , ukuze ukwazi ukudla umishanguzo ngendlela efanele impilo yakho yonke.

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.

“Ukuphila kahle kusho ukuba nomqondo owamukelayo nesimo sengqondo esifanele, ukudla ukudla okunempilo, indlela yokuphila efanele, ukudla imishanguzo yakho, udle ama-ARVs akho njalo.”

uCindy Pivacic

UKUZIBOPHEZELA KUMA-ARVS

Uma usuqalile ukudla ama-ARVs kufanele uwaphuze zonke izinsuku ngesikhathi esifanayo. Yinto okufanele uzinikele kuyona impilo yakho yonke. Kubalulekile ukuthi ungaseqi isikhathi sokudla ama-ARVs noma uwayeke, ngisho nangosuku olulodwa.

Kufanele uhlale uvakashela umtholampilo ngokulandela imiyalelo futhi ulande imishanguzo yakho ngesikhathi, ukuze ingakupheleli. Ukweqa noma ukuyeka ukudla ama-ARVs akho kungadala ukuthi umzimba wakho ungasawamukeli amaphilisi, lapho imishanguzo ingasakwazi ukulawula i-HIV.

UKWELAPHA IZIFO

Kungenzeka uphathwe izifo ezingosomathuba ezihlobene ne-HIV, ukugula okudalwa imishanguzo noma ezinye izifo ezijwayelekile.

Uma kwenzeka ugula, tshela umsebenzi wakho wezempilo ngokushesha uthole ukwelashwa. Ngokuphuza imithi, izifo eziningi zingelapheka ngokuyimpumelelo.

UKUKHETHA INDLELA YOKUPHILA ENEMPILO

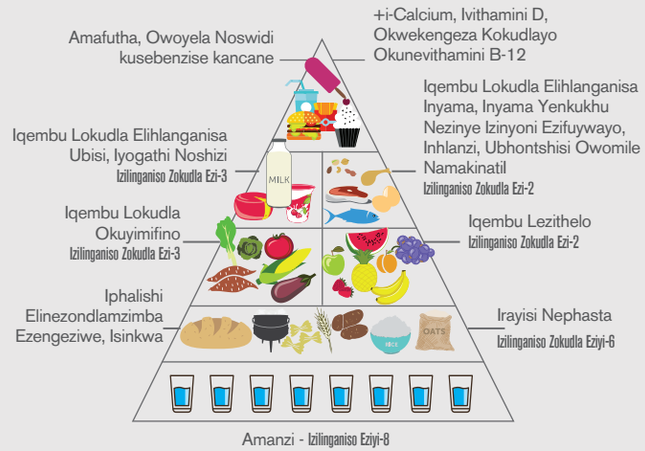
Kubantu abane-HIV, indlela yokuphila enempilo iyafana neyabanye abantu. Ibandakanya lokhu:

- Ukudla ukudla okunempilo;
- Ukuzivocavoca njalo;
- Ukuthola ukuphumula okwanele; kanye
- Nokuzinakekela ngokwengqondo nangokwemizwa.

Ukukhetha indlela yokuphila enempilo kuzokusiza kulokhu:

- Ukugayeka kwemishanguzo emzimbeni nokubhekana nanoma yikuphi ukugula okudalwa imishanguzo.
- Ukugcina amasosha akho omzimba enamandla ukuze alwe nokungenwa amagciwane nezifo kangcono.
- Kwehlisa ubungozi bakho bokuqalwa isifo senhliziyo, isifo sikashukela, imidlavuza nomfutho wegazi ophezulu.
- Ukufinyelela nokuhlala unesisindo somuntu ophile kahle.

UKUDLA NGENDLELA EFANELE

Ukukhetha ukudla neziphuzo ezinempilo kungakwenza uzizwe ungcono futhi ube namandla ngokuthe xaxa. Ukudla ngendlela enempilo kusho ukuba nokudla okunazo zonke izakhamzimba, okusha futhi okungaguquliwe esimweni sakho semvelo.

Uma uthola ukuthi ukudla ama-ARVs kukwenza ube nesicanucanu noma kube nzima ukudla, xoxisana nomsebenzi wakho wezempilo noma umeluleki wezokudla okunempilo.