AMA-ARVS ABANTWANA ABASANDA KUZALWA

Ukuqhubeka unciphise amathuba okusulela i-HIV kumntwana wakho:

- Umntwana wakho uzonikwa isilinganiso somuthi i-Nevirapine ngemuva kokuzalwa.
- Umntwana wakho uzophuza i-Nevirapine zonke izinsuku ngamasonto okuqala ayisithupha ngemuva kokuzalwa.

UKUHLOLA I-HIV KUBANTWANA

Bonke abantwana abazalwa omama abane-HIV bahlolwa i-HIV baze babe nezinyanga eziyi-18 ubudala.

Lokhu kubandakanya:

- Isikhathi ezalwa;
- Amasonto ayi-10 ngemuva kokuzalwa;
- Amasonto ayi-6 ngemuva kokuyeka ukuncelisa; kanye
- Nasezinyangeni zobudala eziyi-18.

Uma umntwana wakho etholakala enegciwane, uzoqala ukudla ama-ARVs ngokushesha, azowadla impilo yakhe yonke.

UKUNCELISA UMNTWANA WAKHO NGENDLELA EPHEPHILE

Uma udla ama-ARVs futhi igciwane lakho licindezekile, ukumncelisa ubisi lwebele kuphela umntwana wakho kungcono kakhulu. Lokhu kusho ukuncelisa umntwana wakho ubisi lwebele kuphela ngezinyanga zokuqala eziyisithupha.

Uma uncelisa umntwana wakho ubisi lwakho lwebele nezinye izinto ezifana nobisi oluthengwayo, amanzi, iphalishi noma i-gripe water ngaphambi kokuthi abe nezinyanga eziyisithupha ubudala, lokhu kungabanga ukungenwa izifo futhi kwandise namathuba okuthi umntwana wakho angenwe i-HIV.

Ukuncelisa ubisi lwebele kunemihlomulo eminingi:

- Ubisi lwebele ukudla kwabantwana okunesondlo kunakho konke.
- Ubisi lwebele lusiza ukwakha amasosha omzimba omntwana wakho.
- Amasosha asobisini lwebele avikela umntwana wakho ekungenweni izifo.
- Ukuncelisa umntwana wakho ubisi lwebele kuyamthulisa futhi kuqinisa ubudlelwano phakathi kwakho nomntwana wakho.
- Uma igciwane lakho licindezekile, ukuncelisa umntwana ubisi lwebele ezinyangeni eziyisithupha zokuqala kunciphisa ubungozi bokumthelela nge-HIV. Xoxisana nomsebenzi wezempilo uma unemibuzo ngokuncelisa umntwana wakho.

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

I-PMTCT

Qala ukusebenzisa ama-ARVs namhlanje

4 UKUPHILA NE-HIV: NOMNTWANA OPHILE KAHLE

zenzele
Ikusasa Elethu

Zibophezele kuma-ARVs

UKUHLELELA UKUKHULELWA

UKUCINDEZELEKA KWEGCIWANE

AMA-ARVS ABATWANA ABANCANE

UKUPHA UMNTWANA UKUDLA NGENDLELA EPHEPHILE

UKUNAKEKELWA NGESIKHATHI SOKUKHULELWA

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. Ukuzibophezela 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

UKUHLOLA INANI LEGCIWANE LE-HIV EGAZINI

Uma ukhulelwe noma uncelisa, uzodinga ukuhlola igazi ukuze uhlole inani legciwane egazini njalo ezinyangeni eziyisithupha umntwana wakho aze abe neminyaka emibili ubudala, ukuze kubhekwe ukuthi izinga le-HIV esegazini lakho lingakanani.

Uma inani legciwane lakho liphezulu, lokhu kwandisa amathuba okuthi umntwana wakho athole i-HIV. Indlela okuyiyona kuphela yokugcina inani legciwane lakho liphansi futhi uvikele umntwana wakho ukudla ama-ARVs njengokomyalelo womsebenzi wezempilo.

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.

“Ngesikhathi ngikhulelwa okokuqala, ngathola ukuthi ngine-HIV. Ngaphuza ama-ARVs kabili noma kathathu ngase ngiwayeka. Umntwana wami wayenezinyanga ezinhlanu ngesikhathi edlula emhlabeni. Uma ngikhulelwa okwesibili, ngase ngidla ama-ARVs vele. Ngaqala ukuhamba umtholampilo (i-ANC) nginezinyanga ezintathu ngikhulelwe futhi inani legciwane egazini lami lase licindezekile. Ngabeletha ngokwemvelo umntwana ongenayo i-HIV.”

u-Annah Mathekga

UKUDLA AMA-ARVS NGESIKHATHI UKHULELWE

Ama-ARVs aphephile kuwena nomntwana wakho ongakazalwa. Kufanele udle ama-ARVs akho zonke izinsuku ngesikhathi sokukhulelwa kwakho, uhelelwa nangesikhathi uncelisa.

Ukuzibophezela kuma-ARVs kuzoholela ekucindezeleni igciwane egazini. Lokhu kusho ukuthi uzohlala unamandla futhi uphilile, futhi amathuba okudlulisela i-HIV kumntwana wakho angaba mancane kuya kwangekho nhlobo. Ukuncelisa umntwana wakho ubisi lwebele kuphela kuzobe kuphephile.

Kubalulekile ukuqhubeka ukudla ama-ARVs akho ngisho nangemuva kokubeletha. Khumbula ukuthi uma usuqalile ukudla ama-ARVs, kufanele uwadle njengokomyalelo womsebenzi wezempilo, nsuku zonke, impilo yakho yonke.

Uma uba nesicanucanu ekuseni futhi ubuyisa ngesikhathi ukhulelwe xoxisana nomsebenzi wezempilo ngendlela ongenza ngayo ukuthi amaphilisi owaphuzile angabuyi futhi uqinisekise ukuthi imishanguzo isasebenza.

UKUHLELELA UKUKHULELWA

Uma wena noma umlingani wakho niphila ne-HIV, ningakwazi ukuhlela ukukhulelwa okuphephile ukuze nibe nomntwana ongenayo i-HIV.

Uma wena nomlingani wakho nine-HIV, nidla ama-ARVs futhi igciwane lenu licindezekile: *ungakhulelwa ngokwemvelo ngokuya ocansini ngaphandle kokusebenzisa ikhondomu.*

Uma umlingani oyedwa ene-HIV kodwa oyedwa engenayo: *umlingani one-HIV kufanele adle ama-ARVs futhi abe nenani legciwane elicindezekile. Kuzoba namathuba amancane kakhulu okusulela i-HIV kumlingani ongenayo noma kumntwana.*

Xoxisana nomsebenzi wakho wezempilo ngendlela engcono kunazo zonke yokuvikela umlingani wakho nomntwana wakho.

Lokhu kuzobandakanya ukudla ama-ARVs akho futhi umlingani wakho angaphuza i-PREP, umuthi wokuvikela ukungenwa i-HIV.

UKUTHATHA IZINYATHELO NGESIKHATHI UKHULELWE

Akukhathalisekile ukuthi une-HIV noma awunayo, kubalulekile ukuya emtholampilo ukuze uthole ukunakekelwa ngesikhathi ukhulelwe (i-ANC) ngokushesha uma uzisola ukuthi ukhulelwe.

Izingane zingathola i-HIV ngesikhathi sokukhulelwa, ngesikhathi sokubelethwa, noma uma zinceliswa. Uma uqala ukudla ama-ARVs ezinyangeni zokuqala ezintathu zokukhulelwa futhi udla imishanguzo ngendlela umsebenzi wezempilo akuyalela ngayo, uzoba nenani legciwane eliphansi egazini noma elicindezekile ngesikhathi ubeletha. Lokhu kuzonciphisa kakhulu amathuba okuthi umntwana azalwe ene-HIV.

ONGAKULINDELA EMTHOLAMPILO

- Uzohlolwa futhi welashelwe i-HIV kanye nazo zonke ezinye izinkinga eziphathelene nokukhulelwa.
- Uma une-HIV, uzothola ukwelulekwa ngama-ARVs nokuthi ungamvikela kanjani umntwana wakho angangenwa i-HIV ngaphambi nangemuva kokuzalwa.
- Ngaphandle uma unesifo sofuba, esidinga ukwelashwa kuqala, ungaqala ukudla ama-ARVs ngokushesha.
- Uma uvele usudla ama-ARVs uzoqhubeka nemishanguzo yakho.
- Uzohlolwa isibalo se-CD4 nenani legciwane le-HIV egazini ngesikhathi sonke sokukhulelwa kwakho ukuze kuqinisekiswe ukuthi imishanguzo iyasebenza, futhi igciwane lakho licindezekile.

UKUVAKASHA KOKULANDELELA EMTHOLAMPILO

Kubalulekile ukuthi uvakashele umtholampilo ukuze uthole ukunakekelwa ngokukhulelwa (i-ANC) okungenani izikhathi eziyisishiyagalombili ngaphambi kokubeletha. Lokhu kuzonika ithuba umsebenzi wakho wezempilo ukuthi sihlole impilo yakho nempilo yomntwana wakho futhi sikusize noma ngaziphi izinkinga ngesikhathi ukhulelwe.