

## UKUNAKEKELA UMZIMBA WAKHO

Umzimba wakho usenokomelela kwaye ubesempilweni ukuba uyazisela ii-ARV zakho kwaye nawe uyazinakekela. Ukunakekela umzimba wakho kuthetha ukuba kufanele:

- Uwazi amandla kwanesakho onaso ukuze ukwazi ukumelana nokuphila ne-HIV ngoncedo lwee-ARV.
- Sela ii-ARV zakho kunye nawo nawaphi na amayeza owanikwe ekliniki.
- Yiya ekliniki kundwendwelo lwakho lolandelelo lonke.
- Lwenze uhlobo rhoqo ukuqinisekisa ukuba ubalo lwakho lwe-CD4 luphezulu kwanokuba umthamo wentsholongwane udodobe.
- Yiya ukudla okusempilweni usele namanzi kakhulu.
- Zilolonge kakhulu.
- Fumana ukuphumla, ukuphola kwanokulala ngokwaneleyo. Abafikisayo badinga ukulala iiyure ezi- 8-10 ngosuku.

Ukuba uziva ngathi uyagula okanye uqaphela nantoni na engahambi kakuhle emzimbeni wakho, yiya ekliniki ngoko nangoko.

## UKUBUPHILA UBOMI BAKHO NGOKUPHELELEYO

I-HIV ayidingi ukuba ibumise ubomi bakho ungakwazi ukubonwabela. Njengaye nawuphi na umntu omtsha, ungakwazi:

- Ukuphuma uyokuzonwabisa nabahlobo bakho.
- Ukufunda ufezekise amaphupha akho.
- Ukuba nobuhlobo obukhethekileyo nalowo umthandayo.

## UKUBA NEENTLOBANO NGOKWESINI

Ukuba ucinga ngokwabelana ngesondo, kufuneka:

- Ube neentlobano ngokwesini nomntu omthembayo noziva ukhuselekile xa unaye.
- Ucinge ngendlela onokumchazela ngayo lowo ufuna ukwabelana naye ngesondo ukuba wena une-HIV.
- Uhlale usebenzisa ikhondomu qho nangendlela echanileyo qho nisabelana ngesondo.

## UKUPHEPHA UBUNGOZI OBUBOBUNYE

Ukusebenzisa icuba, utywala nezinyobisi kuyingozi kubantu abaphila ne-HIV:

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

Uluhlu lwamanqaku ashicilelweyo e-'Zenzele – Ukuphila ne-HIV' aquka ezi ncwadana zilandelayo:

	<b>1 UNYANGO</b>	
	<b>2 UKUVAKALISA IMEKO</b>	
	<b>3 UKUBAMBELELA</b>	
	<b>4 PMTCT</b>	
	<b>5 UTHANDO NE-SEX</b>	
	<b>6 UKONDLA NENDLELA YOKUPHILA</b>	
	<b>7 ABAFIKISAYO NE-HIV</b>	
	<b>8 UKUFIKELELA EBUDALENI NE-HIV</b>	

## UKUFUMANA UNGEDO NENKXASO

Ukuba uphila ne-HIV, awuwedwa. Usenokulufumana uncedo nenkxaso oyidingayo xa uyicela. Mininzi imibutho akunxulumanisa simahla nabacandisi 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](http://www.healthsites.org.za) ukuze ufumanise ngeqela elinika inkxaso kwindawo ohlala kuyo.

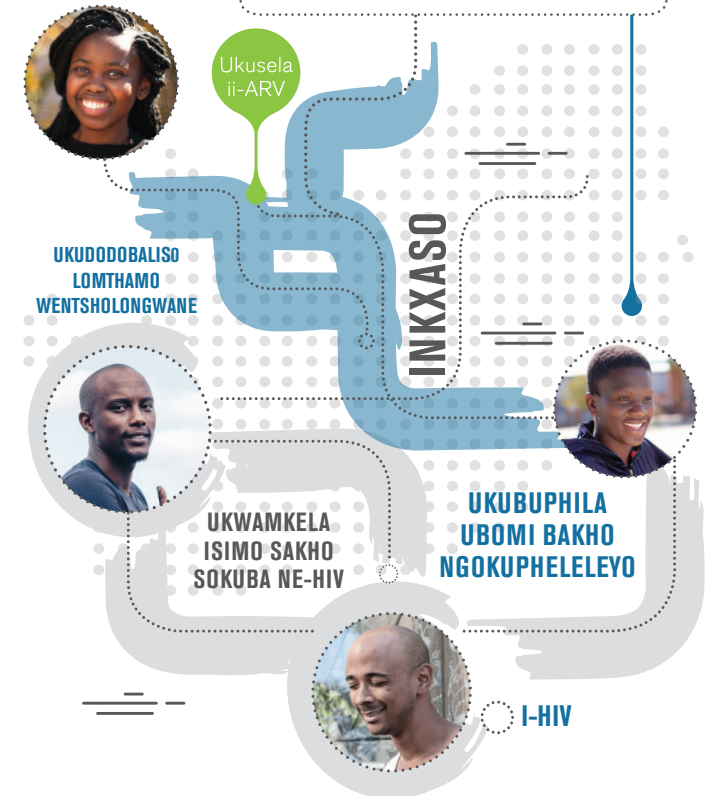
Malunga nokufumana iqela elinika inkxaso, yiya ku-BrothersforlifeSA okanye ku-ZAZI. Usengaya naku-[www.brothersforlife.mobi](http://www.brothersforlife.mobi) okanye ku-[www.zazi.org.za](http://www.zazi.org.za)

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

## ABAFIKISAYO NE-HIV

Bambelela kwii-ARV

## 7 UKUPHILA NE-HIV: ABAFIKISAYO ABASEMPILWENI



UKUDOBALISO LOMTHAMO WENTSHOLONGWANE

Ukusela ii-ARV

INKXASO

UKWAMKELA ISIMO SAKHO SOKUBA NE-HIV

UKUBUPHILA UBOMI BAKHO NGOKUPHELELEYO

I-HIV



J7387isiXhosa - 0860 PAPRIKA

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 ungayiqithesela komnye umntu.

UKUDDOBALISWA KWENTSHOLONGWANE

## UKWAMKELA ISIMO SAKHO SOKUBA NE-HIV

Abanye abantu abatsha bakufumana kunzima ukwamkela ukuba ne-HIV. Kufuneka uvisise ukuba i-HIV yinto ekhoyo, uvavanyo lwayo lunyanisekile, ukuba une-HIV, ukuthatha amachiza ii-ARV kuzakunceda uhlale usempilweni.

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.



Ndandineminyaka eli-14 ubudala, siphume nesikolo ukufumanisa kwam okokuqala malunga nesimo sam. Enyanisweni ndandingaqondi ukuba le ntsholongwane ndiyifumene njani kuba zange ifike nokufika engqondweni yam into yokuba abazali bam bangabe basweleka ngenxa ye-HIV/AIDS. Ngoko ke yonke le nto ye-HIV ndayikhupha engqondweni yam."

Sadie Brown

## UKUSELA II-ARV

Egameni lokuba abantu abatsha basakhula, uhlobo kwanamandla ee-ARV abazifumanayo lusekelwe kubunzima bomzimba wakho, okanye izinga okulo ngokokukhula. Unompilo wakho nguye ozakuthatha isigqibo malunga nokuba kokuphi na okukufaneleyo. Abanye abantu abatsha bakufumana kunzima ukuzilungelelanisa xa besuswa kula nkqubo yee-ARV zabelula besiwa kwinkqubo yabantu abadala. Thetha nonompilo wakho ukuba ufumana ubunzima malunga nee-ARV zakho. Wakube uluqalile unyango, kufuneka uzinikele kwii-ARV zakho, nto leyo ethetha ukuba ii-ARV zakho uzisela ngendlela oyalelwe ngayo ngunompilo, mihla le ungaphosi nelilodwa ithamo kwaye ungaziyeki.

Ukubambelela kunyango lwakho kukhokelela ekuthini udodobale umthamo wentsholongwane, nto leyo ethetha ukuba uzakonwabela:

- Impilo engcono;
- Ubomi obungcono;
- Amathuba ambalwa okuyiqithisa i-HIV kwiqabane owabelana nalo ngesondo;
- Ukuba nabantwana abangenayo i-HIV; kunye
- Nempilonde (ukuphila ixesha elide).

## UKULUSELA NGOKUCHANILEYO UNYANGO LWAKHO

Ukuze uqinisekise ukuba unyango lwakho ulusela ngokuchanileyo uze ukwazi ukudodobalisa intsholongwane, kufuneka:

- Fumanisa kangangoko unako nge-HIV ngokuthi ufunde okanye uthethe nabanye.
- Thetha nonompilo wakho malunga nonyango lwakho kwanangeengxaki onazo malunga nokusela ii-ARV zakho.
- Fumana inkxaso kumntu omdala omethembayo ozakunceda uqonde ukuba ukuba ne-HIV kuthetha ukuthini na aze akuncede usele ii-ARV zakho.
- Zenzele isicwangciso sokusela iipilisi zakho ngaxeshanye mihla le.
- Yenza i-alamu okanye isikhumbuzi esizakukhala kwifowuni yakho ngexesha lokusela ii-ARV zakho.
- Joyina iqela labafikisayo okanye elokunik' inkxaso labantu abatsha abaphila ne-HIV.

## UKUNAKEKELA IIMVAKALELO ZAKHO

Ukwazi ukuba une-HIV kusenokukwenza uzive udidekile, unomsindo, okanye unxunguphele, kwaye usenokuba nemibuzo malunga nokuba ivelaphi kwanokuba kuzakwenzeka ntoni ngekamva lakho. Ukujongana nezi mvakalelo kusenokuba nzima kwaye kuengathatha ixesha elide ngaphambi kokuba uzive ukhululekile malunga nokuba kuthetha ukuthini kuwe ukuba ne-HIV.

Ukunakekela iimvakalelo zakho kuthetha ukuba kufanele:

- Ufumanise ukuba zeziphi iimvakalelo onazo.
- Wamkele indlela ovakalelwa ngayo uze uzikhumbuze ukuba ukuvakalelwa ngolo hlobo kulungile.
- Uvakalise iimvakalelo zakho ngokuthi uthethe nomntu omethembayo okanye uzove indlela ovakalelwa ngayo.
- Uzame ukufumanisa ukuba yintoni ekwenza ungavakalelwa kamnandi, nokuba yintoni ekwenza uvakalelwe kamnandi.
- Ucinge ngendlela esempilweni onokuti uzinakekele ngayo enjengokuphumla, ukuhamba-hamba, ukumamela umculo okanye ukucela ukwanga.
- Ucele uncedo ekliniki ukuba ngaba uva ngathi uyoyisakala.