UKUNAKEKELA UMZIMBA WAKHO

Umzimba wakho ungaba namandla nempilo uma uphuza imishanguzo yakho ngendlela efanele futhi uzinakekela. Ukunakekela umzimba wakho kusho ukuthi kufanele wenze lokhu:

- Zazi ukuthi unamandla futhi ungakwazi ukuphila ne-HIV ngosizo lwemishanguzo.
- Yidla ama-ARVs akho neminye imithi oyinikwe emtholampilo.
- Vakashela umtholampilo ngokulandelela okufanele.
- Hlolwa njalo ukuze uqinisekise ukuthi isibalo sakho se-CD4 siphezulu nokuthi igciwane lakho licindezelekile.
- Yidla ukudla okunempilo futhi uphuze amanzi amaningi.
- Zivocavoce ngokwanele.
- Thola ukuphumula, ukunethezeka nokulala okwanele. Amabhungu namatshisthi adinga ukulala amahora ayi-8 – 10 ngosuku.

Uma uzizwa ugula noma ubona noma yini engahambi kahle emzimbeni wakho, vakashela umtholampilo ngokushesha okukhulu.

UKUPHILA IMPILO YAKHO EGCWELE

Akudingekile ukuthi i-HIV ikuvimbe ukuthi uthokozele impilo. Njenganoma yimuphi umuntu osemusha, ungenza lokhu:

- Zikhiphe uyozithokozisa nabangani.
- Funda futhi uthole umsebenzi wamaphupho akho.
- Yiba nobudlelwane nomuntu omthandayo.

UKUBA NOBUDLELWANE BOCANSI

Uma ucabanga ukuya ocansini, udinga:

- Ukuba nobudlelwane bocansi nomuntu omthandayo futhi ozizwa uphephile uma unaye.
- Ukucabanga ngokuthi ungamtshela kanjani umuntu ofuna ukuya naye ocansini ukuthi une-HIV.
- Ukusebenzisa ikhondomu njalo nangendlela efanele uma uya ocansini.

UKUGWEMA OBUNYE UBUNGOZI

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

- Ukubhema kungandisa ubungozi bokuphathwa isifo sofuba, umdlavuza nezinye izifo zamaphaphu uma uhaqwe i-HIV.
- Ukusebenzisa izidakamizwa notshwala kungaba nomthelela ekukwazini kwakho ukuthatha izinqumo eziphathelene nokuya ocansini oluphephile noma udla imishanguzo futhi kungaba nemithelela yesikhathi eside empilweni yakho ngokwengqondo.
- Utshwala, izidakamizwa nama-ARVs konke kunomthelela esibindini. Ukusebenzisa utshwala nezinye izinto kungandisa amathuba okuba nezinkinga zesibindi.

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

Phila

BROTHERS FOR LIFE

ZAZI

AMABHUNGU NAMATSHITSHI NE-HIV

7 UKUPHILA NE-HIV: AMABHUNGU NAMATSHITSHI ANEMPILO

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

UKWAMUKELA

ISIMO SAKHO SOKUBA NE-HIV

Abanye abantu abasebasha bakuthola kunzima ukwamukela ukuthi bane-HIV. Udinga ukwazi ukuthi i-HIV ikhona ngempela, ukuhlola kunembile, futhi uma une-HIV, ukudla ama-ARVs kuzokusiza ukuthi uhlale uphilile.

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.

“Nganginemiyaka eyi-14 ubudala, ngithathe uhambo lwesikole ngesikhathi ngithola ukwazi ngesimo sami. Ngangingaqondi ngempela ukuthi ngangilithole kanjani igciwane ngoba zange kufike kimi ukuthi mhlawumbe abazali bami kungenzeka ukuthi bashona ngenxa ye-HIV. Ngakho-ke ngavele ngayiziba indaba ye-HIV.”

AMABHUNGU NAMATSHITSHI

uSadie Brown

AMABHUNGU NAMATSHITSHI NOKUDLA AMA-ARVs

Ngoba abantu abasha abane-HIV basakhula, uhlobo namandla emishanguzo kuncike esisindweni sakho, noma isigaba sokukhula. Umsebenzi wakho wezempilo uzothatha isinqumo sokuthi yini ekulungele kunakho konke. Abanye abantu abasebasha bakuthola kunzima ukubhekana nesimo ngesikhathi besuswa kwimishanguzo edliwa abantwana abancane, beshintshela kwimishanguzo yabantu abadala. Xoxisana nomsebenzi wakho wezempilo uma unezinkinga nama-ARVs akho. Uma usuqale ukudla imishangazo, kufanele uzibophezele kuma-ARVs akho, okusho ukuthi udle ama-ARVs akho njengokomyalelo womsebenzi wezempilo, zonke izinsuku, ngaphandle kokweqa isilinganiso noma ukuyeka.

Ukuzibophezela kwimishanguzo yakho kuholela ekucindezelekeni kwegciwane, okusho ukuthi ungathokozela:

- Impilo engcono;
- Izinga lempilo elingcono;
- Amathuba amancane okuthelela umlingani wocansi nge-HIV;
- Ukukwazi ukuthola abantwana abangenayo i-HIV; kanye
- Nempilo ende.

UKUPHUZA IMISHANGUZO NGENDLELA EFANELE

Ukuze uqinisekise ukuthi udla imishanguzo yakho ngendlela efanele futhi ufinyelele ekucindezelekeni kwegciwane kufanele:

- Uthole ulwazi oluningi kangangoba kungenzeka nge-HIV ngokufunda noma ukuxoxa nabanye abantu.
- Xoxisana nomsebenzi wakho wezempilo ngokwelashwa kwakho kanye nezinkinga ongaba nazo ngokudla ama-ARVs.
- Thola ukwesekwa umuntu omdala omethembayo ozokusiza uqonde ukuthi kusho ukuthini ukuba ne-HIV futhi akusize ngokudla imishanguzo.
- Thola indlela yokudla imishanguzo yakho ngesikhathi esisodwa zonke izinsuku.
- Setha i-alamu noma isikhumbuzo kumakhalekhukhwini wakho futhi udle ama-ARVs akho uma likhala.
- Joyina iqembu lamabhungu namatshitshi noma iqembu lokwesekwa labantu abasebasha abaphila ne-HIV.

UKUNAKEKELA IMIZWA YAKHO

Ukwazi ukuthi une-HIV kungakwenza uzizwe unokudideka, ulaka, noma ukuphatheka kabi, futhi ungaba nemibuzo ngokuthi yavela kanjani nokuthi ikusasa lakho likuphatheleni. Ukubhekana nale mizwa kungaba nzima, futhi kungathatha isikhathi ukuthi ukhululeke ngokuthi ukuba ne-HIV kusho ukuthini kuwe.

Ukunakekela imizwa yakho kusho ukuthi kufanele wenze lokhu:

- Thola ukuthi yimiphi imizwa onayo.
- Yamukela indlela ozizwa ngayo futhi uzikhumbuze ukuthi kulungile ukuzizwa ngaleyo ndlela.
- Veza imizwa yakho ngokuxoxa nomuntu omethembayo noma ubhale phansi noma udwebe indlela ozizwa ngayo.
- Zama ukuthola ukuthi yini ebangela ukuphatheka kabi, nokuthi yini engakwenza uzizwe ungcono.
- Cabanga indlela enempilo yokuzinakekela njengokuphumula, ukwelula izinyawo, ukulalela umculo noma ukucela ukusingathwa.
- Cela usizo lochwepheshe emtholampilo uma uzizwa ukuthi awusakwazi ukumelana nesimo.