



I-HIV,
UKUKHULELWA,
KUNYE
NOKUZIKHETHELA
IZIGQIBO ZAKHO!

Iphepha elineenkukacha labantu abaza kuba ngabazali

Ukuba ngaba uza kuba ngumzali, umele ukuba ucinge ngokuba wena okanye iqabane lakho lisenokuba line-HIV. Ibhinqa elikhulelweyo inako ukugqithisela intsholongwane ye-HIV emntwaneni walo ngaphambi kokuba libeleke, ngethuba libeleka okanye emva kokuba sele libelekile.

Ukuba ngaba une-HIV, zikhona izinto onokuzenza ukucutha umngcipheko wokuba kwenzeke oku. Iikliniki elizweni liphela ziyabonelela ngeenkonzo zokucutha umngcipheko wokuba oomama bosulele abantwana babo ngale ntsholongwane.

Eli phepha leenkukacha liza kukunceda ukuba uqonde nge-HIV nokukhulelwa. Liza kukunceda nokuba uqonde ukuba yintoni na onokuyenza ukukhusela impilo yakho kunye naleyo yomntwana wakho.

NJENGOMNTU OZA KUBA NGUMZALI:

- Unako ukuba ungalolelwa i-HIV kwaye ufumane ingcebiso.
- Ukuba ngaba une-HIV, unako ukufumana amayeza okukunceda ukuba uphile ixesha elide, kwaye ube nobomi obunempilo efanelekileyo.
- Unako ukuba ungazikhusela ngokuthi usoloko usebenzisa ikhondom xa ulala nomntu nize nabelane ngesondo.
- Ukuba ngaba ulibhinqa elikhulelweyo:
 - Unako ukukhetha ukuba ungaqhubeka nokukhulelwa okanye usikhuphe isisu.
 - Unako ukuba ungaya kwikliniki kawonke-wonke yezokubelekisa umane hlolwa isisu rhoqo.
- Ukuba ngaba ungutata:
 - Ungalixhasa iqabane lakho ulixhase nakwizigqibo elizikhethileyo.
 - Ungancedisa ukukhulisa umntwana wakho.

NJENGOMNTU OZA KUBA NGUMAKHULU OKANYE UTATOMKHULU:

- Unako ukumxhasa unyana wakho okanye intombi yakho umxhase nakwizigqibo azithathileyo.
- Unako ukuba ungamkhuthaza unyana wakho okanye intombi yakho ukuba ihlale isempilweni.
- Ungafunda nge-HIV.

LOLUPHI UNCEDO OLUFUMANEKAYO KUMABHINQA AKHULELWEYO ANE-HIV?

I-HIV yintsholongwane ebangela uGawulayo (AIDS). Akukho mfuneko yokuba uzibeke ityala okanye uzive uneentloni ukuba ngaba wosulelekile yi-HIV. Maninzi amabhinqa akhulelweyo ane-HIV. Ukuba uyasazi isimo sakho malunga nale ntsholongwane, unako ukuba ungayinophela impilo yomtwana wakho kunye naleyo yakho.

- Iikliniki yakho kumele ukuba ikucebise nge-HIV nangokukuhlola. Kumele nokuba ikubonelele ngononophelo lwamayeza eniwadingayo wena nosana lwakho.
- Umele ukuba unikwe iyeza elibizwa i-AZT ukususela kwiiveki ezingama-28 zokukhulelwa kwakho ude ubeleke. Umele ukuba unikwe nelinye iyeza elibizwa i-nevirapine xa ulunywa. Usana lwakho oluzelweyo lumele ukuba lunikwe umxube weyeza i-nevirapine. Oku kuza kucutha umngcipheko wokuba umosulele umntwana wakho nge-HIV.
- Unako ukuhlolwa ngohlolo olubizwa isibalo se-CD4 (CD4 count). Olu hlolo luza kulichazela igosa lezempilo kunye nawe ukuba amajoni omzimba wakho omelele kangakanani na.
- Ukuba ngaba isibalo se-CD4 sakho sisondele okanye singaphantsi kwama-200 okanye uyagula ngenxa ye-HIV, umele ukuba unikwe nyango lwee- antiretrovirals ukunceda impilo yakho. Olu nyango lwenziwe ngamachiza ee-antiretrovirals amathathu (ngamanye amaxesha adityanisiwe kwipilisi enye okanye kwiipilisi ezimbini) eziselwa yonke imihla ubomi bakho bonke. La mayeza aza kukunceda ukuba uphile ubomi obude nobunempilo engcono.
- Ukuba ngaba awamkeli mali yaneleyo, unako ukuba ungafumana inkxaso yesibonelelo somntwana akuba ezelwe umntwana.

UKUBA NGABA UYAYIHAMBA ICAWWE, ICAWE YAKHO IMELE UKUBA IKUXHASE.

UMfundisi Teboho Klaas we-South African Council of Churches uthi:

Kumele ukuba siyiphucule impilo yoomama kwaye sithintele ukosulelwa kwabantwana

ngoonina. IBhayibhile ithi “Akuyi kuba savela khona usana oluneentsuku ...” (ku-Isaya 65:20

NIV)

LOLUPHI UNCEDO OLUNOKUFUNYANWA NGUMNTWANA WAKHO UKUBA NGABA WENA UNE-HIV?

- Ikliniki kumele ukuba iluhlole usana lwakho ukuba lunayo kusini na intsholongwane kaGawulayo, i-HIV, lwakuba luneenyanga ezintandathu. Ikliniki kumele ukuba isebenzise uhlobo lokuhlola olwaziwa njenge -PCR test. Olu hlolo lukhangela ukuba ingaba ikhona na i-HIV egazini losana.
- Ikliniki yakho kumele ukuba ikunike ulwazi oluchanekileyo malunga nokuba umele ulutyise kanjani na usana lwakho. Kukuwe ukukhetha ukuba ulunike ubisi olungumgubo lwabantwana kuphela usana lwakho okanye uluncancise ngebele kuphela. Akumelanga ukuba ulutyise ngazo zombini ezi ntlobo zikhankanyiweyo usana kuba ukukwenza oku kwandisa amathuba okuba usana lwakho lufumane i-HIV.
- Ukuba ngaba ukhetha ukuluncancisa ibele:
 - Ubusi lwebele lunesondlo elusaneni lwakho ngaphezu kwebisi olungumgubo, kodwa kukho ingozi yokuba ubisi lwebele lusenokulosulela nge-HIV usana lwakho.
 - Umele ukuba uluncancise ubisi lwebele kuphela usana lwakho ungaluphi okanye ukutya okanye ezinye izinto eziselwayo ude uyeke ukuluncancisa lwakuba luneenyanga ezintandathu.
 - Ikliniki kumele ukuba iluhlolele i-HIV kwakhona usana lwakho xa luneenyanga ezili-18.
- Ukuba ngaba ukhetha ukuluselisa ubisi olungumgubo usana:
 - Ikliniki kumele ukuba ikunike imiyalelo yokuba ulusebenzisa njani na ubisi olungumgubo xa uncancisa ngalo.
 - Umele ukuba uncancise ngobisi olungumgubo kuphela ukuba ngaba unako ukuluthenga kwaye unako ukulusebenzisa ngokukhuselekileyo. Ikliniki yakho kumele ukuba ikunike ubisi olungumgubo simahla kangangexesha eliziinyanga ezintandathu.
 - Umele ukuba uluse ekliniki usana lwakho xa lunesisu esihambisayo.
- Ukuba ngaba umntwana wakho une-HIV, ikliniki yakho imele ukuba imnike unyango lwamachiza ii-antiretrovirals. Oku kungalunceda ukuba luphile ixesha elide nokuba liphile ubomi obunempilo engcono usana lwakho.

UMgaqo-siseko ukunika ilungelo lokuba uzigqibele ngokuzala.

Ukwakunika nelungelo lokufikelela kwiinkonzo zononophelo lwempilo enxulumene nezokuzala.

Ungawasebenzisa la malungelo ukuthabatha ezona zigqibo zikufaneleyo wena nosana lwakho.