



**I-HIV,
UKUKHULELWA, KANYE
NOKUZIKHETHELA
KWAKHO!**

Ishidi lamaqiniso lalabo asebezoba abazali

Uma uzoba umzali, kufanele ucabange ukuthi wena noma uphathina wakho kungenzeka abe ne-HIV. Umuntu wesifazane angadlulisa i-HIV enganeni yakhe, ngesikhathi ezala noma emva kokuzala.

Uma une-HIV kunezinto ongazenza ukwehlisa ubungozi balokhu ukuthi benzeke. Imitholampilo ezweni lonke inikeza ngamasevisi okwehlisa ubungozi bokudluliswa kwegciwane ngomama ezinganeni zabo.

Leli shidi lamaqiniso lizokusiza ukuthi uqonde nge-HIV nokukhulelwa. Lizokusiza futhi ukuthi uqonde ukuthi yini ungayenza ukuvikela impilo yakho neyengane yakho.

NJENGOMUNTU OZOBA UMZALI:

- Ungahlololwa i-HIV bese uyelulekwa.
- Uma une-HIV, ungathola imithi ezokwenza uphile isikhathi eside, impilo enempilo.
- Ungenza ucansi oluphephile ngokusebenzisa ikhondomu ngaso sonke isikhathi.
- Uma ungowesifazane okhulelwe:
 - Ungakhetha ukusigcina noma ukusikhipha isisu sakho.
 - Ungaya emtholampilo wabakhulelwe wangakini uyoxukuzwa ngezikhathi ezifanele.
- Uma ungubaba:
 - Ungasaphotha uphathina wakho kulokho akukhethayo.
 - Ungalekelela ekukhulisweni kwengane yakho.

NJENGOMUNTU OZOBA UGOGO/UMKHULU:

- Ungasaphotha indodana noma indodakazi yakho kulokho ekukhethile.
- Ungakhuthaza indodana noma indodakazi yakho ukuthi izigcine inempilo.
- Ungafunda nge-HIV.

YINI ETHOLAKALAYO YABESIFAZANE ABAKHULELWE ABANE-HIV?

I-HIV iyigciwane elidala iNgculaza. Asikho isidingo sokuzisola noma sokuzinyeza uma utheleleke nge-HIV. Abantu besifazane abaningi abakhulelwe bane-HIV. Uma usazi isimo sakho unganakekela impilo yengane yakho neyakho.

- Umtholampilo wakho kufanele ukuhlinzeke ngezululeko nokuhlololwa i-HIV. Kufanele futhi ikuhlinzeke ngemithi yokwelapha oyidingayo nedingwa yingane.
- Kufanele futhi unikwe imithi ebizwa nge-AZT kusukela emasontweni angama-28 ukhulelwe uzo uyobeletha. Kufanele futhi unikwe imithi ebizwa nge-nevirapine uma usuyobeletha. Ingane yakho ezululeke kufanele inikwe umuthi owuketshezi we-nevirapine medicine. Lokhu kuyokwehlisa ubungozi bokudluliswa kwe-HIV enganeni yakho.
- Ungenza uhlolo olubizwa nge-CD4 count. Lokhu kuyokwazisa umsebenzi wezempilo ukuthi amasosha akho omzimba anamandla kangakanani.
- Uma i-CD4 count yakho esondele noma ingaphansi kuka 200 noma uma ugula ngenxa ye-HIV, kufanele unikwe i-antiretroviral treatment yempilo yakho. Lokhu kuqubeka imithi emithathu ye-antiretroviral (ngesinye isikhathi iyahlanganiswa ndawonye noma kube amaphilisi amabili) ethathwa nsukuzonke ukuphila kwakho konke. Le mithi izokusiza uphile isikhathi eside, nempilo enempi.
- Uma ungenalo iholo elanele, ungathola imali eyisibonelelo sikahulumeni i-grant yengane uma isizelwe.

UMA UHAMBAMBA ISONTO, ISONTO LAKHO KUFANELE LIKUSAPHOTHE.

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

Kufanele sithuthukise impilo kamama okhulelwe bese sivikela izifo ezitheleleka zisuka kumama ziya enganeni. Ibhayibheli lithi “Ngeke kube nangane eyozalwa iphile izinsuku ezimbalwa ...” (Isaiah 65:20 NIV)

YINI ETHOLAKALAYO YENGANE YAKHO UMA ENE- HIV?

- Umtholampilo kufanele uhlole ingane i-HIV uma isinamasonto ayisithupha izelwe. Umtholampilo kufanele usebenzise lokho okubizwa nge-PCR test. Lokhu kuzohlola ukuthi ikhona yini i-HIV egazini lengane noma qha.
- Umtholampilo wakho kufanele ukuhlinzeke ngolwazi olungenaphutha ngokuthi ungayincelisa kanjani ingane yakho. Uzikhethela wena ukunika ingane yakho ubisi oluyifoimula kuphela noma ubisi lwebele. Akufanele uyinike kokubili ngoba lokho kunyusa amathuba engane yakho okuthi ithole i-HIV.
- Uma ukhetha ukuyincelisa ibele:
 - Ubisi lwebele lunempilo enganeni yakho kunobisi oluyifoimula , kodwa kunobungozi bokuthi lungathelela ingane nge-HIV.
 - Kufanele ufunze ingane yakho ubisi lwebele kuphela hhayi okunye ukudla noma iziphuzo uze uyeke ukuyinika ubisi lwebele isinezinyanga eziyisithupha.
 - Umtholampilo kufanele iphinde uhlole ingane yakho i-HIV uma isinezinyanga eziyi-18.
- Uma ukhetha ukuyinika ifomula:
 - Umtholampilo kufanele ukuhlinzeke ngemiyalelo yokuthi ungayinika kanjani ingane yakho ifomula.
 - Unganika ingane ifomula kuphela uma unemali yokuyithenga futhi ungakwazi ukuyinika ngokuphephile. Umtholampilo wakho kufanele ukuhlinzeke ngobisi oluyifoimula lwamahhala izinyanga eziyisithupha.
 - Kufanele uyise ingane yakho emtholampilo uma ikhishwa isisu.
- Uma ingane yakho ine-HIV, umtholampilo wakho kufanele ukuhlinzeke nge-antiretroviral treatment. Lokhu kungasiza ingane yakho ukuthi iphile isikhathi eside futhi ibe nempilo ejwayelekile.

Umthethosisekelo ukunika ilungelo lokuthatha izinqumo ngokuzala.

Ukunika ilungelo futhi lokuthola amasevisi okunakekelwa kwezempilo ngokuzala.

Ungawasebenzisa la malungelo ukuthatha izinqumo ezifanele ngawe nengane yakho.