

linkcukacha emaziqatshelwe  
ngabo bajonge ukuba ngabazali

# INGculaza, uMitho (ukuKhulelwa) nomawukwazi *xa uthatha isigqibo!*

Xa ufuna ukukhulelwa, khumbula okokuba omnye wenu usenokuba unengculaza. Umama okhulelweyo usenokuyigqithisela emntwaneni wakhe ingculaza xa enayo.

Xa kuthe kanti ke unayo, zininzi izinto onokuthi uzenze ukuthomalalisa ubuzaza bengculaza empilweni yakho.



*Iikliniki kulo lonke eli loMzantsi Afrika zineenkonzozokunceda ukwehlisa amathuba okosulelwa komntwana osesisiswini sikanina ukuba angosulelwa yintsholongwane yengculaza.*

*Olu luhlu lweekcukacha lukhawulelana nawe ukuba ube nokwazi malunga nokukhulelwa xa unengculaza.*

### **Emakuqatshelwe ngulowo uza kuba ngumzali:**

- Usenokwenza uvavanyo lokwazi kubazi ubume bakho mayelana nengculazi yaye ufumane nenkxaso ngokwasemoyeni (inkuthazo). Le nto kuthiwa Luvavanyo lwengculaza nenkuthazo (i-VCT). You can get an HIV test and counselling.
- UKuba unengculaza usenokuwafumana amayeza ekuthiwa zii-ARV, athomalalisa ubuzaza bengculaza utsho uphile ubomi obude.
- Isondo usenokulenza khuselekileyo ngokusebenzisa iikhondom ezifumaneka simahla ezikliniki.

### **Ukuba ungumama okhulelweyo:**

- Sisigqibo sakho ukusikhupha isisu or okanye usibekeke. You can choose to keep or terminate your pregnancy.
- KUFuneka uhambe rhoqo iikliniki yokuhlukhula ekwiliniki enika ezo nkonzozokunceda ukuqinisekisa ukuba usempilweni esemangathweni. You should go to a public antenatal clinic, which is a special clinic for pregnant women, for regular check-ups.

### **Ukuba ungutata:**

- Vavanya nawe igazi lakho khona ukuze uzokokufumana unyanggo kwangethuba. Mnike inkxaso owakwakho okanye umlingane wakho.
- Thatha inxaxheba ekukhuleni umntwana wakho.

### **Ukuba unguMakhulu/Tatomkhulu:**

- Yixhase intombi okanye unyana wakho kwimeko akuyo ngenxa yezigqibo azithatbathileyo.
- Mkhuthaze ukuba ahlale esempilweni.
- Funda banzi ukuze wazi ngengculaza.

## **Uncedo olukhoyo olujoliswe komama abakhulelweyo?**

Intsholongwane yengculazi (HI Virus) yiyo ebangela ukuwohlaka komzimba zizifo ezenziwa yile ntsholongwane(Aids). Sukuthi khunubembe xa uthethe kanti unesi sifo, kuba baninzi oomama abakhulelweyo abanso. Ukuba uyazazi ubume bakho ngokumayelana, kulula ukujongana nempilo yakho neyomntwana.

- Iikliniki kufuneka ikunike iinkonzozokuvavanya ubukho bale ntsholongwane egazini lakho, yaye ikunike inkxaso/ iingcebiso zomoya (VCT). Kufuneka ikunike inkxaso yamayeza efunekayo yakho nomntwana.
- Akho amayeza okuThintela ukosulelwa komntwana osesisebelekeni sikanina ukuba angosulelwa yingculazi ekumzimba kanina (Prevention of Mother to Child Transmission (PMTCT) of HIV), esebenza ngokunciphisa amathuba okosulela umntwana.

## **Lusebenza njani olu Thintelo lokosuleleka (PMTCT)? Ngolu hlobo lulandelayo:**

- Kufuneka unikwe iyeza ekuthiwa yi-AZT (zidovune) kangangeveki eziyi-28 zexesha lokukhulelwa kwakho de uye kubeleka.
- Kufuneka unikwe elinye ekuthiwa yi-Nevarapine xa ulunywa uza kubeleka.
- Ezalwa nje umntwana wakho kufuneka enikwe iyeza i-nevarapine kube kanye jwi zingaphelanga iiyure eziyi-72 (oko kukuthi zingaphelanga iintsuku ezintathu ezelwe umntwana wakho)
- Kuli lungelo lakho ukufumana olu nyango lwe-PMTCT luchazwa apha ngentla. Xa ungalinikwa lufune ngamandla.

## **Kwikliniki yakho usenokufumana ezi nkonzo zilandelayo:**

1. Ugenza uvavanyo lokujonga ubungakanani bamajoni omzimba emzimbeni wakho (CD4 count) olunjongo yalo ikukhangela ukuba umzimba wakho umelana njani na nentsholongwane yengculaza.
2. Ukuba uvavanyo lwakho lubonisa ukuba umyinge wala majoni omzimba wakho ungaphantsi komlinganiselo ka-200, okanye uyagula kufuneka unikwe amayeza okuthomalalisa ubuzaza bayo. Azindidi ezintathu la mayeza; d4T (stavudine), 3TC (lamivudine) ne-nevirapine. Eza ezipilisi yaye kufuneka uwaye ngamaxesha abekiweyo ungaphazami ubomi bakho bonke. Xa usenza njalo uya kuphila ixesha elide usempilweni.
3. Umbutho i-Treatment Action Campaign (TAC) ikumkhankaso wokukhuthaza urhulumente ukuba awakhuphe la mayeza umyinge wamajoni usekwiqondo eliphezule lama-350 hayi elama-200. Oku kuya kuba negalelo ekuphuculeni impilo yabo banengculazi kuba oko kunyusa umyinge kuya kunqanda ukuhlaselwa komzimba zizifo ezingena xa umzimba ubuthathaka (opportunistic infections). Khumbula ngalo lonke ixesha ukuba xa usempilweni wena mama, nosana lwakho luya kuba sempilweni nalo. Thetha nooNompilo bakucebise ngala mayeza kuthiwa zi-ARV xa amajoni omzimba wakho ephakathi kwomyinge wama-350 nama-200.
4. I-TAC ikwakhuthatza iSebe leZempilo ukuba ikuqwalasele ngamandla ukusetyenziswa kwamayeza anqanda usuleleko lomntwana ngunina. Oku kubangelwa lixhala lokuba la mayeza anokungasebenzi ekuthinteleni olu losuleleko xa la mayeza esetyenziswe nje elunywa umzali naxa evela umntwana; yiyo lo nto ke i-TAC ikhuthaza ukuba olu thintelo luncediswe ngokunika I AZT (zidovudine) ne-3TC (Lamivudine) kangangeveki ukwenzela ukunqanda i-nevirapine ingade idangale ingawenzi umsebenzi wayo.
5. Xa ungenayo imali, mhlawumbi ungaphangeli, usenokwenza isicelo sendodla sokondla umntwana wakho akuzalwa kurhulumente kwi-ofisi ekufutshane nawe yakwa – South African Social Security Agency (SASSA), Welfare office or Magistrate's Court.

## **Ukuba uhamba iCawa, nayo mayikuxhase.**

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

Masiphucule impilo yoomama neemveku ngokuthintela ukosuleleka kwabantwana yingculaza esemzimbeni woonina. Ithi iBhayibhile; Makungabikho mntwana uzalwa apile nje iintsuku ezimbalwa; mabaphile ubomi obupheleleyo abantwana (Isaya 65:20)

## **Zintoni ezilungiselelwe umntwana wakho xa unengculazi wena?**

- Umntwana makavavanywe ukuba akanayo na ingculaza xa eneveki ezintandathu (6 weeks). Olu vavanyo mayibe lolo lubizwa njenge- PCR (polymerase chain reaction) ukuqinisekisa ukuba ngenene ngenene akosulelekanga yingculazi.
- Ikloniki mayikunike ulwazi oluqinisekisiweyo ngendlela emawondle ngayo usana. Kukuwe nina wosana ukuzikhethela ukondla usana ngobisi okanye uncancise. Akufunekanga uzisebenzise zombini ezi ndlela kuba oku kungenza osulelelke (abanizni abantu bathanda ukusebenzisa ubisi olungumgubo).

### **Ukuba ukhetha ukuncancisa:**

- Ubisi lukamama lunezondlo ezingaphezulu kunezo zinikwa lolungumgubo ubisi, kodwa kukho ingozi yokuba ukuba unengculaza ubisi oluya emntwaneni lusenokwenzeka ukuba lunentshaolongwane yengculaza enokumasulela.
- Xa unengculaza, yaye ukhetha ukuncancisa, ncancisa nje kuphela ungamniki umntwana olunye uhlobo lobisi okanye ukutya de ziphele iinyanga ezintandathu (six) upheze.
- Maluphindwe luvavanywe yikliniki usana lwakho emva kweenyanga ezili-18.

### **Ukuba ukhetha ukusebenzisa ubisi olungumgubo:**

- Ikloniki mayikunike ingcaciso epheleleyo ngobisi nendlela emawulusebenzise ngayo.
- Sebenzisa ubisi olungumgubo xa uyazi ukuba unganayo indlela yokuluthenga. Nangona kunjalo ikloniki mayikunike ubisi lomntwana simahla (free formula) kangangeenyanga ezintandathu.
- Mse ekloniki umntwana xa athe waba uyahambisa.
- Ukuba umntwana uthe waba klinti wosulelelke yingculaza, ikloniki leyo uhamba kuyo mayimnike amayeza athoba ubuzaza (anti-retrovirals). Oku kungamnceda aphile ubomi obude.

**UMgaqo-siseko welizwe loMzantsi Afrika ikunika ilungelo lokuzenzela izigqibo ezizekho ngobomibakho bosapho. Ikwakunika ilungelo lokuba ukwazi ukufumana iinkonzo zemilo ezinxulumene nokubeleka. Onke la malungelo ungawasebenzisa ekuthatheni isigqibo esisiso ngesiqu sakho nesomntwana wakho. Zicele ezi nkonzo zokuthintela ukosuleleka kosana kwakunye namanye amayeza neenkonzo ezilulutho kwimpilo yakho neyosana lwakho. Oomama abane CD4 count angu 350 nagaphansti mabacelel ukuqalwa inyango ngoko nangoko lento iyakwenza ukuba umama aphile ixehsa elide kawye nomntwana wakhe akhuseleke.**



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