

**Ikhasi lolwazi labazoba abazali**

# **Igciwane** lesandulela ngculazi, *ukukhulelwa nezinqumo!*

**Uma uzoba umzali, kumele ucabange ukuthi wena noma umlingani wakho ningaba nesandulela ngculazi. Umuntu wesifazane okhulelwe engadlulisela igciwane lesandulela ngculazi enganeni yakhe ngaphambi kokuba izalwe, ngenkathi izalwa noma isizelwe.**

**Uma unegciwane lesandulela ngculazi zikhona izinto ongazenza ukunciphisa ubungozi bokwenzeka kwalokhu.**



## *Imitholampilo ezweni lonke inikeza ngosizo lokwehlisa ubungozi bokudlulisela igciwane enganeni yakho.*

*Lelikhasi lokwazi lizokusiza ukuthi uqonde igciwane lesandulela ngculazi nokukhulelwa. Lizophinde likusize ukuthi uqondisise ukuthi yini ongayenza ukuvikela impilo yakho neyengane yakho.*

### **Njengomuntu ozoba umzali:**

- Ungathola ukuhlolwa kwegciwane lesandulela ngculazi nokululekwa. Umtholampilo wakho ungalubiza lolusizo nge VCT, okuyigama elifikiziwe elimele u voluntary counselling and testing phecelezi ukuzunikela ukuba ululekwe uphinde uhlolwe.
- Uma unegciwane lesandulela ngculazi, ungathola imithi ebizwa ngokuthi imishwanguzo (antiretrovirals) ezokulekelela ukuthi uphile isikhathi eside unempilo.
- Ungenza ucansi oluphephile ngokusebenzisa ijazi lomkhwenyana.

### **Uma ungowesifazane okhulelwe:**

- Ungakhetha ukusigcina isisu noma usikhiphe.
- Kumele uye emtholampilo womphakathi wabakhulelwe, okuwumtholampilo okhethekile wabesifazane abakhulelwe ukuze bahlolwe njalo.

### **Uma ungubaba:**

- Kumele uxhase umlingani wakho kanye nezinqumo zakhe.
- Kumele ulekelele ekukhuliseni ingane yakho

### **Njengomuntu ozoba nomzukulu:**

- Kumele uxhase indodakazi yakho noma indodana yakho ezinqumeni zakhe.
- Kumele ukhuthaze indodakazi yakho noma indodana yakho ukuthi ihlale iphilile.
- Kumele ufunde ngegciwane lesandulela ngculazi.

## **Yini ekhona eyowesifazane okhulelwe onegciwane lesandulela ngculazi?**

Igciwane lesandulela ngculazi igciwane elibanga ingculazi. Ungazigxeki noma uzizwe unamahloni uma ungenwe igciwane lesandulela ngculazi. Abesifazane abaningi abakhulelwe banegciwane lesandulela ngculazi. Uma usazi isimo sakho ungakwazi ukunakekela impilo yakho neyengane yakho.

- Umtholampilo wakho kumele ukunike ukwelulekwa ngegciwane lesandulela ngculazi nokuhlolwa (VCT). Kufanele likunike ukulashwa okudinga uwe nengane yakho.
- Lokwelashwa kubandakanya ukuvimbela ukuvikela ukudluliselwa kwegciwane lesandulela ngculazi enganeni (PMTCT), okuzolekelela ukunciphisa amathuba okuthi wena udlulisele igciwane lesandulela ngculazi enganeni yakho.

## I-PMTCT isebenza kanje:

- Kumele unikezwe umuthi obizwa ngokuthi i- AZT (zidovudine) kusukela emavikini angu 28 ukhulelwe kuze kube yisikhathi lapho uteta khona.
- Kumele unikezwe futhi omunye umuthi obizwa ngokuthi i-nevirapine uma usubeletha.
- Ingane yakho esanda kuzalwa kumele ithole i-nevirapine syrup. Lomuthi kumele unikezwe emvakwamahora awu 72 hours izelwe.
- Kuyilungelo lakho ukuthola i-PMTCT futhi kumele uyicele emtholampilo wakho uma bengakuniki.

## Emtholampilo wakho ungenza nalokhu okulandelayo:

1. Ungenza uhlobo olubizwa ngokuthi i-CD4 count. Lokhu kuzokwazisa wena nomsizi wezempilo ukuthi aqine kangakanani amasosha omzimba wakho.
2. Uma i-CD4 count yakho iseduze noma ingaphansi kuka 200, noma uma ugula ngenxa yegciwane lesandulela ngculazi, kumele unikezwe imishwanguzo yempilo yakho. Umuthi wakho uzoba nezinhlobo ezintathu zemishwanguzo ebizwa ngokuthi i-d4T (stavudine), 3TC (lamivudine) kanye ne nevirapine. Lemithi iza yonke isephilisini elilodwa noma emaphilisini amabili ozowaphuza nsukuzonke impilo yakho yonke. Lemithi inceda wena ukuthi uphile isikhathi eside usenempilo.
3. I- TAC ikhankasela uhulumeni ukuthi aqale ukunikeza abantu abanegciwane lesandulela ngculazi imishwanguzo abaku CD4 count eku 350 hhayi u 200. Lokhu kwenza kube ngcono kubantu abane sandulela ngculaza ukuthi baphile isikhathi eside, ukuvikela impilo zabo nokuvimbela izifo ezingosomathuba. Ngasonke isikhathi khumbula ukuthi okungcono kuwe kungcono futhi nasempilweni yengane yakho ngakho khuluma nomsizi wezempilo yakho ngokuqala imishwanguzo umangabe i-CD4 count yakho isingaphansi kuka 350 kodwa ingaphezulu kuka 200.
4. I- TAC ikhulumela umnyango wezempilo ukuba ufake i-‘the tail’ ezinhlelweni ze-PMTCT. Isizathu salokhu ukuthi isilinganiso esisodwa semishwanguzo ngesikhathi sokubeletha kungadala ukuthi umzimba kamama ungayimukeli imishwanguzo futhi kunciphisa izinhlobo zoncendo ongazithola. Iviki lokuthatha i-AZT (zidovudine) ne 3TC (lamivudine) emva kokubeletha kunganciphisa amathuba okuthi umzimba wamukele imishwanguzo.
5. Uma unganayo imali eyanele, ungafaka isicelo sokuthi umxhaso wesondlo sengane yakho uma isizelwe, lesosicelo ungasenza emahhovisi aduzane abizwa ngokuthi i- South African Social Security Agency (SASSA), emahhovisi ezenhlalakahle noma enkantolo kamantshi.

## Uma uhamba isonto, isonto lakho kumele likuxhase.

Umfundisi Teboho Klaas woMkhandlu wamaSonto ase Ningizimu ne Africa uthi:

Kufanele sithuthukise izindawo eziphatelene nempilo zomama bezingane bese sivikela ukudluliselwa kwegciwane lesandulela ngculazi ezinganeni. Ibhayibheli lithi “*Ngeke kusabakhona usana oluzophila kodwa izinsukwana*” (Isaiah 65:20 NIV)

## **Yini ekhona engasiza ingane uma unegciwane lesandulela ngculazi?**

- Umtholampilo kumele uhlole ingane yakho ukuthi inalo yini igciwane lesandulela ngculazi uma ingane yakho isinamaviki ayisithupha izelwe. Lomtholampilo kumele usebenzise uhlolo olubizwa ngokuthi i-PCR (polymerase chain reaction). Lokhu kuzohlola ukuthi ngabe likhona igciwane lengculazi egazini lakhe.
- Umtholampilo wakho kumele ukunikeze imininingwane okuyonayona okuthi ingane yakho kumele uyondle kanjani. Kuyisinqumo sakho ukuthi ingane yakho uyinikeze ubisi olusethinini noma uyincelise. Akufanele uyinikeze kokubili ngoba kunyusa amathuba okuthi ingane yakho ithole igciwane lesandulela ngculazi.

### **Uma uketha ukuncelisa:**

- Ubisi lwebele lunomsoco kunobisi olusethinini, kodwa kunobungozi bokuthi ingane yakho ingathola igciwane lesandulela ngculazi ngoba likhona igciwane lengculazi obisini lwebele lowesifazane onegciwane lesandulela ngculazi.
- Kumele uncelise ingane yakho ubisi lwebele kuphela hhayo okunye ukudla noma izinto eziwuketshezi bese uyekela ukuncelisa ingane yakho uma isinezinyanga eziyisithupha.
- Umtholampilo kumele uhlole ingane yakho futhi ukuthi ayinalo igciwane lesandulela ngculazi uma isinezinyanga eziwu 18.

### **Uma ukhetha ukuyondla ngokudla okusemathinini:**

- Umtholampilo kumele ukunikeze imininingwane yokuthi kumele uyondle kanjani ingane yakho ngokudla okusemathinini.
- Kumele uyondle ukudla okusemathinini uma uzokwazi ukukuthenga futhi uma ungakwenza lokho ngendlela ephaphile. Umtholampilo wakho kumele ukunike ukudla kwamathini mahhala izinyanga eziyisithupha.
- Kumele uyise ingane yakho emtholampilo uma ihuda.
- Uma ingane yakho inegciwane lesandulela ngculazi, umtholampilo wakho kumele uyinikeze imishwanguzo. Lokhu kungasiza ingane yakho ukuthi iphile isikhathi eside futhi ihlale iphilile.

**Umthethosisekelo unikeza ilungelo lokuthatha isinqumo ngokuba nezingane.**

**Uphinde ukunikeze ilungelo lokuthola usizo ngokunakekelwa kwezitho zokuzala. Ungawasebenzisa lamalungelo ukuzithathela wena kanye nengane yakho izinqumo.**

**Kumele ulicele usizo lwe- PMTCT neminye imithi ebalulekile kanye nosizo lwezempilo olwakho nolwengane yakho ukuvikela impilo yakho.**



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