

Ukuhlola
wonke umuntu
akufanele akwenze

Ukwazi isimo sakho
kuzokunika amandla
okuvikela umzimba
wakho impilo yakho
nalabo okanye nabo.



Ekugaleni ukuhlolekwa ingculazi ngathi kuyasabisa, kodwa ukwazi isimo sakho kuzokuvumela ukuthi wenze isinqumo zokuwikela impilo yakho nezimpilo zabantu oya nabo ocansini.

IUma imiphumela ikhombisa ukuthi awuthelekile, ukwazi isimo sakho kuzokusiza ukuthi wenze isinqumo sokuhlale ungatelekile.

Uma imiphumela ikhombisa ukuthi uthelekile, ukwazi isimo sakho kuzokuvumela ukuthi uthole ukwelapheka ukuze uphile isikhathi eside uphile nempilo efanele.

Ukwekhulelwa nesandulela ngculazi

Uma ukhulelwe, ukwazi isimo sakho kubalulekile ekuvikeleni impilo yakho nempilo yengane. Uma uthola ukuthi uthelekile ungathola ukwelashwa ngemishwanguzo (arv) ukwehlisa ubungozi bokuthi ingane itheleleke.

Uma uhlela ukuthi ukhulelwe kumele uqale uhlolwe isandulela ngculazi, ngoba ukuqala ukwelashwa masinya kwehlisa amathuba okuthelela ingane ngesandulela ngculazi. Impilo yakho ihlobene nempilo yengane.

Ngisihlolela kanjani isandulela ngculazi?

Emtholampilo noma esibhedlela ungasihlolela isandulela ngculazi. Imitholampilo nezibhedlela bakubiza nge VCT noma ukululekwa ngokuzikhethela nokuhlola. Ukuvolontiya kusho ukuthi kufanele uzisholo wena ukuthi ufuna ukuhlolwa. Ukwelulekwa kusho ukuthi kumele unikezwe ithuba lokuxoxa ngokuhlolwa nangemiphumela ngumuntu oqeqeshiwe ekululekeni. Ukuhlolwa nemiphumela yakhona kuyimfihlo. Lokhu kusho ukuthi

abasebenzi bezempilo akumele batshele muntu ukuthi uhloliwe noma ukuthi imiphumela itheni.

Ngihlolwa kanjani?

Indlela ejwayelekile yokuhlolwa isandulela ngculazi esetshenziswa eNingizimu ne Afrika ibizwa nge rapid test. Ibandakanya ukujojwa ngenaliti emunweni wakho. Akuthathi ngisho imizuzu engu 30 ukuthi ibuye imiphumela.

Isebenza kanjani indlela yokuhlolwa isandulela ngculazi?

Abasebenzi bezempilo bayakwazi ukubona ukuthi unaso yini isandulela ngculazi ngokubuka isampula legazi lakho babheke amasosha. Amasosha esandulela ngculazi ayimpendulo yomzimba wakho ekuthelelekeni ngesandulela ngculazi. Abantu abanengi bathola amasosha esandulela ngculazi emasontweni ayisithupha kuyela kumasonto ayishumi nambili mase bethelekile.

Isho ukuthini imiphumela?

Uma ukuhlolwa kwakho kukhombisa ukuthi uthelekile, lokho kusho ukuthi unesandulela ngculazi.

Uma ukuhlolwa kwakho kukhombisa ukuthi awuthelekile lokho kusho ukuthi awunaso isandulela ngculazi.

Ukuthola ukuthi unesandulela ngculazi kungaba nzima. Ekuqaleni ungazizwa usaba, udiniwe futhi ushaywa wunembeza. Lokhu kuvamile. Kodwa ukwazi isimo sakho ngesandulela ngculazi kuzokuvumela ukuthi uthole ukwelashwa okudingayo kuthuthukise nempilo yakho.

Uhlolwa nini futhi

Kungathatha izinyanga ezintathu ukuze ukuhlololwa ingculazi kukhombise ukuthi uthelekile. Lokhu kubizwa ngesikhathi sewindi. Uma imiphumela yakho ikhombisa ukuthi awuthelekile kodwa usanda kwenza ucansi lwesibunu noma olwasesinqeni ngaphandle kokusebenzisa ijazi likamkhwenyana

kumele uyohlola futhi emva kwezinyanga ezintathu.

Kubalulekile ukuthi uzihlole njalo (emva kwezinyanga ezintathu kuya kwezizithupha) ukuze uhlale wazi ngesimo sakho. Kufanele futhi usebenzise ijazi likamkhwenyana njalo mawenza ucansi ukuze uzivikele wena nozwana naye esanduleleni ngculaza.

Ngabe imiphumela yokuhlolwa kwami iyangitshela yini imiphumela yomuntu engizwana naye?

Imiphumela yakho ngeke ikutshele isimo somuntu ozwana naye ngoba isandulela ngculazi asitholakali njalo maniya ocansini. Kumele nobabili nisazi isimo senu ukuze nivikele izimpilo zenu. Khuthaza umuntu ozwana naye ukuthi ahambe ayohlolwa nawe.

Ngenzenjani uma ngithola ukuthi ngitheleleke ngesandulela ngculazi?

Uma uthola ukuthi uthelekile, kufanele uvakashela udokotela noma umtholampilo oseduzane nawe. Udokotela noma umhlengikazi kuzofanele ahlale ukuthi ukutheleleka kwakho kukuliphi izinga. Bazokwenza ucwaningo olusemazingene asemtholampilo babheke izifo ezingosomathuba (OIs) nokubalwa kwe CD4 (blood test). Izibonelo zezifo ezingosomathuba isifo sofuba, umdlavuzwa wesitho sangasese nesifo sofuba esingabonakali. Ukubalwa kwe CD4 kukhombisa amandla omzimba wakho.

Uma utheleleke ngesandulela ngculazi, kungaba yizinyanga noma iminyaka ngaphambi kokuthi kukhule kube yingculazi. Amasosha omzimba ayathinteka ethintwa yisandulela ngculazi futhi uma amasosha omzimba enganamandla, makhulu amathuba okuthola izifo ezingosomathuba (OIs) nengculazi. Ukwenza isiqiniseko sokuthi amasosha omzimba ahlale ephilile, umtholampilo uzofuna uqale I- OI prophylaxis (treatment to prevent infections) nama ART (to fight the virus in your body and strengthen your immune system).

Imihlahlandlela kahulumeni incama ukuthi ukwelashwa kuqalwe emvakwesikhathi, uma i- CD4 isiku 200 nangaphansi. I-TAC ikhankasela wonke umuntu one CD4 engu 350 nangaphansi ukuthi aqaliswe imishwangu enconywa yi World Health Organisation.

Kubaluleke kakhulu ukuthi ujoyine iqembu elilulekayo ukuze ufunde ngesandulela ngculazi uphinde ukhulume nabantu abaphila impilo ngokwamukela ukuthi baphila nalelisifo.

Gqugquzela abanye ukuthi bahlolwe!
Thola ukwelashwa masinya ukuze uhlale
uphila ugweme nezifo ezingosomathuba!



National Office 021 422 1700
Khayelitsha District 021 364 5489
Ekurhuleni District 011 873 4130
Mopani District 015 307 3381
Umgungudlovu District 033 394 0845
Gert Sibande District Office 017 811 5085
Lusikisiki District 039 253 1951/2
www.tac.org.za