Isikhokelo solwazi

UVavanyo ekuFuneka luThathwe nguye

Wonke umNtu

Ukwazi isimo sakho kuyakukuxhobisa ukuba ukhusele umzimba wakho, impilo yakho neyamaqabane akho.

TAC
TREATMENT ACTION CAMPAIGN

Kuqala ukwenza uvavanyo lwe-HIV kunokubonakala kusoyikisa, kodwa ukwazi isimo sakho kuyakwenza ukuba wenze izigqibo zokukhusela impilo yakho kunye nempilo yamaqabane akho owabelana nawo ngesondo.

Ukuba ngaba uvavanyo luthi awunayo, ukwazi isimo sakho ke ngoko kuyakukunceda ukuba wenze izigqibo zokuba uhlale ungenayo.

Ukuba ngaba uvavanyo luthi unayo, ukwazi isimo sakho ke ngoko kuyakwenza ukuba ufumane unyango ukuze uphile ubomi obude, obunempilo.

Ukukhulelwa ne-HIV

Ukuba ngaba ukhulelwe, ukwazi isimo sakho kuyimfuneko ukuze ukhusele impilo yakho kunye nempilo yomntwana wakho. Ukuba ngaba uvavanyo luthi unayo i-HIV unokufumana unyango lwe-antiretroviral (antiretroviral treatment) (ART) ukwehlisa ingozi yokuba usana lwakho lube ne-HIV (HIV-positive).

Ukuba ngaba uceba ukukhulelwa kufuneka ke uvavanyelwe i-HIV kuqala, kuba ukuqala unyango kwangoko kwehlisa amathuba okodlulisela i-HIV emntwaneni wakho. Impilo yakho inxulumene ngqo nempilo yomntwana wakho, ngoko ke ngokukhusela impilo yakho ukwakhusela impilo yomntwana wakho.

Ndiyivavanyela njani i-HIV?

Unokucela ukuvavanyelwa i-HIV ekliniki okanye esibhedlele. Iikliniki okanye izibhedlele zinokukubiza oku njenge-VCT okanye ukucetyiswa nokuvavanywa ngokuzithandela (voluntary counselling and testing). Ukuzithandela kuthetha ukuba kufuneka unike imvume esekelwe elwazini ukuze wenziwe uvavanyo lwe-HIV.

Ukucetyiswa kuthetha ukuba uyakuba nethuba lokuxoxa ngovavanyo kunye neziphumo nomcebisi oqeqeshiweyo. Uvavanyo kunye neziphumo zliyimfihlo. Oku kuthetha ukuba abasebenzi ngezempilo bakho kufuneka bangaxeleli nabani na ukuba ulwenzile uvavanyo okanye bezisithini iziphumo.

Ndivavanywa njani?

Olona hlobo luqhelekileyo lovavanyo lwe-HIV olusetyenziswa eMzantsi Afrika kuthiwa luvavanyo lwe-rapid (rapid test). Uvavanyo lwe-rapid lubandakanya ukuhlatywa kuze kuphume igazi emnweni wakho. Kuthatha ngaphantsi kwemizuzu engama-30 ukuba zibuye iziphumo zovavanyo lwe-rapid.

Lusebenza njani uvavanyo lwe-HIV?

Abasebenzi ngezempilo banokwazi ukuba une-HIV ngokujonga isampuli yegazi lakho bejonga izilwa-buhlungu ze-HIV. Izilwa-buhlungu ze-HIV kukusabela komxokomezelo wokugonyeka ekubeni wosulelwe yi-HIV. Abantu abaninzi baye babe nezilwa-buhlungu ze-HIV kwiiveki ezi-6 ukuya kwezili-12 emva kokuba bosulelekile.

Zithetha ntoni iziphumo?

Ukuba uvavanyo luthi unayo (positive), oku kuthetha ukuba une-HIV.

Ukuba ngaba uvavanyo luthi awunayo (negative) oku kuthetha ukuba awunayo i-HIV.

Ukufumanisa ukuba une-HIV kunokuba nzima. Ekuqaleni unokwehlelwa luloyiko, umsindo nobutyala. Oku kuqhelekile. Kodwa ukwazi isimo sakho se-HIV kuyakwenza ukuba ufumane unyango olufunayo kwaye kuphucule impilo yakho.

Ulwenza nini uvavanyo kwakhona

Kuthatha iinyanga eziyokuma kwisithathu ukuba uvavanyo lwe-HIV lubonise ubukho bayo emva kosulelo lwe-HIV. Oku kuthiwa lixesha lokungabonakali kwayo (window period).Ukuba ngaba uvavanyo luthi awunayo kodwa kutsha nje uye wabelana ngesondo kwilungu lobufazi okanye kumva ngaphandle kwekhondom kufuneka ke ngoko wenze olunye uvavanyo kwiinyanga ezintathu.

Kubalulekile ukwenza iimvavanyo ze-HIV rhoqo (qho kwiinyanga ezintathu ukuya kwezintandathu) ukuze uhlale usazi ngesimo sakho. Kufuneka uhlale usebenzisa ikhondom xa usabelana ngesondo ukuzikhusela wena kunye neqabane lakho kusulelo lwe-HIV.

Ingaba uvavanyo lundixelela ukuba siyintoni isimo seqabane lam?

Uvavanyo lwakho aluyi kukuxelela isimo seqabane lakho kuba i-HIV ayosuleli xesha ngalinye usabelana ngesondo. Kufuneka nobabini nizazi izimo zenu ukuze nenze izigqibo zokukhusela impilo yenu kunye nempilo yomnye nomnye. Khuthaza iqabane lakho ukuba liyokuzivavanya kunye nawe.

Ndenza ntoni ukuba ndifumanisa ukuba ndine-HIV (HIV-positive)?

Ukuba ngaba uvavanyo luthi unayo, kufuneka uye kwi-GP yakho okanye kwikliniki yengingqi. Ugqirha okanye umongikazi kuyakufuneka ukuba bahlole ukuba sele luqhubele phambili kangakanani usulelo lwakho lwe-HIV. Bayawukwenza uvavanyo lwezonyango lokujonga usulelo olungenelelayo (opportunistic infections) (OIs) kunye nesibalo se-CD4 (uvavanyo lwegazi). Imizekelo yee-OIs sisifo sephepha, umhlaza womlomo wesibeleko, kunye nenyumoniya yebhaktiriya. Isibalo se-CD4 ngumlinganiso wokugonyeka komzimba wakho.

Ukuba ngaba une-HIV (HIV-positive), inokuba ziinyanga ukuya eminyakeni phambi kokuba ube ne-AIDS. Umxokomezelo wakho wokugonyeka uchatshazelwa yi-HIV kwaye okukhona ubuthathaka umxokomezelo wakho wokugonyeka, kokukhona iphezulu ingozi yokuba nosulelo olungenelelayo (opportunistic infections) (OIs) kunye ne-AIDS. Ukuqinisekisa ukuba umxokomezelo wakho wokugonyeka uhlala usempilweni, ikliniki iza kufuna ukuqala i-OI prophylaxis (unyango oluthintela usulelo) ne-ART (ukulwa intsholongwane esemzimbeni wakho kunye nokomeleza umxokomezelo wakho wokugonyeka).

Izikhokelo zangoku zikarhulumente zenza isincomo sokuba unyango luqalwe mva, xa isibalo se-CD4 yesigulane ingama-200 kunye nangaphantsi. I-TAC iphembelela ukuba bonke abantu abanesibalo se-CD4 esingama-350 kunye nangaphantsi baqalwe kwi-ART, njengoko kusenziwa isincomo soko nguMbutho weMpilo weHlabathi (World Health Organisation).

Kubaluleke kakhulu ukuba uzimanye neqela elicebisayo ukuze ufunde nge-HIV kwaye uthethe nabantu abaphila nesifo ngethemba.

Khuthaza abanye ukuba bavavanywe!

Fumana unyango kwangoko ukuze uhlale uphilile kwaye uthintele usulelo olungenelelayo!

TAC
TREATMENT ACTION CAMPAIGN

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

Designs4development, www.d4d.co.za

IsiXhosa