Ukusoka ngokokwelashwa komuntu wesilisa inqubo yokuhlinzwa elula eyenzelwa ukususa ijwabu langaphambili endukwini wesilisa.

Inqubo manje seyikhona engxenyeni yahulumeni mahala.

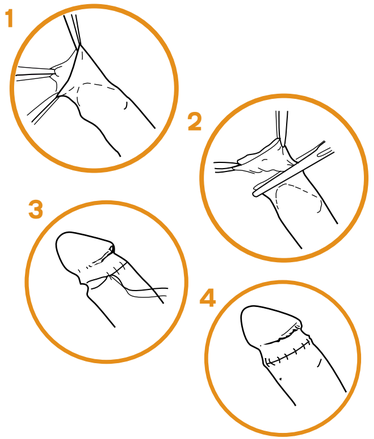
Ukusokwa ngokokwelashwa kunciphisa amathuba okuthi indoda eya ocansini nobulili obehlukile kobayo ithole i-HIV kanye nezinye izifo ezithathelwana ngocansi ama-STI.

Kusokwa kanjani ngokwelashwa ?

Indlela ejwayeleke kakhulu yokusoka ngokokwelashwa kuhulumeni ukusebenzisa indlela esebenzisa izindlawu. Okungajwayelekile, kodwa nakho okuphephile nokusebenza ngempumelelo, izindlela zokusoka ngokuhlinza ukuqaqa ngemuva nokusika ijwabu.

Unikezwa okokubulala izinhlungu uma kwenziwa ukusoka okwenziwa ngezindlawu, bese ijwabu lidonselwa ekhanda lenduku yowesilisa ngezindlawu ezimbili bese ijwabu langaphambili lisikwa kusetshenziswa izindlawu. Kube sekuthungwa amanxeba kuzungezwe induku yowesilisa ukuze kubanjwe isikhumba ukuthi singasuki bese kufakwa ibhandeshi enomuthi.

Ukusokwa komuntu wesilisa ngokokwelashwa ngenye yezinqubo ezejwayeleke kakhulu emhlabeni jikelele futhi nezingxaki azivamile kanti zivamise ukuxazululwa kalula.



Yini izinzuzo zezempilo zokusokwa komuntu wesilisa ngokokwelashwa ?

Uma ungowesilisa oya ocansini nobulili obuhlukile, ukusoka komuntu wesilisa ngokokwelashwa kuzonciphisa amathuba okuthola i-HIV.

Ukuhlola kokwelashwa okuthathu, okwenziwa eKenya, eNingizimu Afrika nase-Uganda, kwakhombisa ukuthi ukusoka ngokokwelashwa kunciphisa ingozi yokuthi indoda ithole i-HIV ngama-50% ukuya kuma-60%.

Kunezinye izinzuzo zezempilo ezibalulekile ezihlanganiswa nokusoka. Lokhu kubandakanya ukuncipshiswa kwengozi yezinye izifo ezisatshalaliswa ngocansi njenge-herpes, ugcunsula kanye negciwane le-papilloma kubantu. (Igciwane le-papilloma kubantu landisa ingozi yesifo somdlavuza wenduku yowesilisa emadodeni kanye nesifo somdlavuza womlomo wesibeletho kwabesifazane.) Ingozi yokuthola izifo zomgudu womchamo ezinganeni, i-phymosis (ukunamathela kwejwabu langaphambili endukwini yowesilisa) kanye ne-balanitis (isifo seyisti senduku yowesilisa) nazo ziyancipha.

Ubani ongasoka ?

Ukusoka kwabantu besilisa ngokokwelashwa kumahala kuhulumeni kubantwana abasandakuzalwa, entsheni engena ebudaleni nakubantu abadala. Ukusoka yinqubo yokuzithandela futhi njalo unelungelo lokwala ukusoka.

Amadoda ane-HIV nawo analo ilungelo lokusoka. Kodwa-ke, amadoda ane-HIV aphilile kuphela njengamanje azovunyelwa ukuthi enze inqubo futhi kuzodingeka ukuthi kuthathwe isibalo sawo se-CD4 futhi abe sesimeni esihle sempilo.

Izingane eziphakathi kweminyaka engu-6 kanye neminyaka engu-7 akufanele basokwe ngoba izibulali zinhlungu (i-anesthesiya ejwayelekile) enikezelwa inqubo iyingozi kakhulu kuleli qembu lobudala.

Amakhondomu wona ?

Kubaluleke kakhulu ukuhlala uzivikela wena uqobo lwakho ngokusebenzisa ikhondomu ngendlela efanele futhi uqhubeke ungayeki emva kokusoka. Umphumela wokuvikela ukusoka ngokokwelashwa okunawo ekunciphiseni ukudlulisa i-HIV mancane kuphela futhi ungasebenza kuphela njengendlela yokuvimbela eyengezayo. Ukusoka akungeni esikhundleni samakhondomu!

Kuzodingeka ukuthi ungayi ocansini amasonto ayisithupha emva kokusoka. Lokhu kwenzelwa ukuthi unikeze inxeba isikhathi sokuphola. Ukuya ocansini ngaphambi kokuba inxeba liphole ngokugcwele kungandisa ingozi yokuthi uthole i-HIV.

Ukuze uthole olunye ulwazi ngokusoka ngokokwelashwa kwabantu besilisa ngokuzithandela, thinta ihhovisi lakho le-TAC eliseduzane nawe kakhulu:

- Elikazwelonke: 021 422 1700
- Khayelitsha: 021 364 5489
- Ekurhuleni: 011 873 4130
- Gert Sibande: 017 811 5085
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- Lusikisiki: 039 253 1951/2
- Umgungundlovu: 033 394 0845

TAC
TREATMENT ACTION CAMPAIGN

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Design and layout by Designsdevelopment-info@d4d.co.za

Ukusoka kuzoyiphazamisa kanjani impilo yakho yocansi?

Kunobufakazi obehlukile ngokuthi ukusoka kukuphazamisa kanjani ukwaneliseka ngokocansi. Ngokujwayelekile, akukho kwehla okukhulu kokwaneliseka okubikwayo.

Ukuhlolwa kokusoka ngokokwelashwa kokuzithandela kwabantu besilisa e-Uganda naseKenya kwaqapha ukwaneliseka ngokocansi - akukho kuncipha okwabikwa ngamadoda ekwanelisekeni ngokocansi.

Ukuhlola kwase-Uganda futhi kwaqapha ukwaneliseka ngokocansi komlingani wesifazane: ama-3% abesifazane abika ukwaneliseka okuncane; ama-57% abika ukuthi akunashintsho ekwanelisekeni ngokocansi kanye nama-40% abika ukuba ngcono ekwanelisekeni ngokocansi emva kokuba abalingani babo besokile.

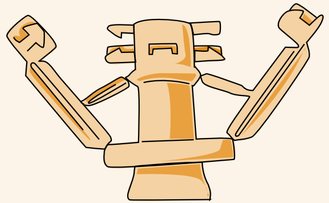
Ukusokwa ngokwendabuko kuqhathaniseka kanjani nokusoka ngokokwelashwa?

Ukusoka kwendabuko akunazo izinzuzo zokuvimbela ezifanayo nezokusoka ngokokwelashwa.

Lokhu kungenxa yokuthi ukusoka kwendabuko, akufani nokusoka ngokokwelashwa, akulisusi njalo ijwabu langaphambili lonke. Amadoda esoke ngokwendabuko asangaphinda futhi abe ohlwini lokusoka ngokokwelashwa. Khuluma nomsebenzi wokunakekelwa kwezempilo ngalokhu.

Futhi, ukusoka ngokwendabuko kaningi akwenziwa ngokuphepha nokuhlanzeka

Yini i-Tara KLamp?



I-TAC ixwayisa ngokusoka kusetshenziswa i- Tara KLamp.

I-Tara KLamp isisetshenziswa sepulasitiki esingaphephile ngezinye izikhathi ebesisetshenziswa Umnyango Wezempilo lapho usoka. Iboshelwa endukwini yowesilisa izinsuku eziyi-7 ukuya kweziyi-shume ijwabu langaphambili lize life bese liwa nayo ikilempu. Ukuhlola okwenziwe nge-Tara Klamp kwathola ukuthi isisetshenziswa asiphephile. Ukuhlola kwasheshe kwamiswa ngenxa yamazinga aphezulu ezehlakalo ezimbi ezazibangwa yi-Tara Klamp. Izehlakalo ezimbi ezibandakanya ukuvuvukala, isihlungu esingena egazini, ukopha kanye nobuhlungu obukhulayo.

Uma uhlela ukusoka ngokokwelashwa, buza umnikezeli wakho wokunakekelwa kwezempilo ukuthi iyiphi indlela ezosetshenziswa. Ungayenqaba i-Tara Klamp futhi ucele indlela yokuhlinzwa ejwayelekile - indlela esebenzisa izindlawu. Indlela esebenzisa izindlawu yaziwa njengephephile yi-World Health Organisation (WHO). I-Tara Klamp ayihlonishwa yi-WHO noma ayinayo imvume yayo.

I-Tara Klamp isetshenziswa kuphela Umnyango Wezempilo KwaZulu-Natal. Asikho esinye isifunda esisebenzisa lesi sisetshenziswa ngenxa yokukhathazeka ngokuphepha.

IsiZulu

UKUSOKA

Okudingeka ukwazi