uvavanyo ekufuneka

WONKE UBANI

alwenze

Kuhle kakhulu ukwazi

TAC
TREATMENT ACTION CAMPAIGN

treat
200 000
by 2006

“Xa ngaba uvavanyo lubonisa ukuba u-positive, oku kuthetha ukuba une-HIV.”

nguJohn Vollenhoven

Ukukhangela ukuba une-HIV kunganzima. Ekuqaleni, unokuba nokutyhwatyhwa luloyiko, umsindo nobutyala. Oku kuqhelekile yintlal’isenzeka. Kodwa ukwazi malunga nemeko yakho ne-HIV kungakunceda ukuphucula impilo yakho.

Kungadlula iminyaka emininzi kakhulu phakathi kwesithuba sokuphila ne-HIV kunye nokuhlasela kwe-AIDS.

- *Kufuneka ufunde kangangoko unako malunga nentsholongwane kunye nendlela echaphazela ngayo umzimba wakho. Zama ukuba utye ngokwaneleyo kwaye wenze nemithambo.*
- *Kufuneka usebenzise ikhondom xa usabelana ngesondo ngelungu langasese lebhinqa okanye ngelungu langasese langemva.*
- *Xa ngaba ukhulelwe kwaye une-HIV, kufuneka ufumane amachiza okuthomalalisa e-antiretroviral kwiklinikhi yakho ukunciphisa umngcipheko wokuba usana lwakho lufumane i-HIV.*

I-AIDS inokuthomalaliseka:

- *Abantu abane-HIV bahlaselwa zizifo ezaziwa ngokuba ngoozungula ichele. Zonke iiklinikhi kufuneka zinikezele ngezithomalaliso zezifo ezingoozungula ichele.*
- *Amachiza okuthomalalisa e-antiretroviral anokunceda abantu abaninzi abahlaselwe yi-AIDS ukuba baphile ubomi obude, besempilweni. Zizithomalalisi zexesha elide, kodwa azinyangi.*
- *Abantu abaninzi abaphila ne-HIV kudla ngokufuneka ukuba basebenzise izithomalalisi ze-antiretroviral emva kweminyaka emininzi. Cela iklinikhi yakho ukuba ikwenze uvavanyo lwe-CD4. Koku okuza kubonisa ukuba ngaba amajoni akho omzimba asempilweni kangakanani na. Xa ngaba i-CD4 count yakho ikufutshane okanye ingaphantsi kwama-200, kufuneka uqalise usebenzise ii-antiretroviral.*

“Xa ngaba uvavanyo lubonisa ukuba u-negative, oku kuthetha ukuba awuna-HIV.”

nguNtombozuko Khwaza

- *Kufuneka usebenzise ikhondom xa ngaba usabelana ngesondo ngelungu langasese lebhinqa okanye ilungu langasese langemva ukunqanda ukosulelwa yintsholongwane.*
- *Xa ngaba ubuthe wabelana ngesondo kutshanje ungasebenzisanga khondom nokuba kungelungu lebhinqa langasese okanye ilungu langasemva, kufuneka uphinde uye kuvavanywa kwakhona emva kweenyanga ezintathu kuba kaloku intsholongwane kunokwenzeka ukuba ibe izimele xa bekusenziwa uvavanyo lokuqala.*
- *Banike inkxaso abantu abaphila ne-HIV kwindawo ohlala kuyo.*

Qhagamshelana ne-TAC ukufumana ulwazi oluthe vetshe:

National office:	021 788 3507
Johannesburg:	011 339 8421
Polokwane:	015 291 5448
Nelspruit:	013 755 2298
Cape Town:	021 447 2593
Khayelitsha:	021 364 5489
Durban:	031 304 3673
Pietermaritzburg:	033 394 0845
Mandeni/Stanger:	083 474 8449
East London:	043 722 2645
Lusikisiki:	039 253 1951

t r e a t
200 000
by 2006

Eyona klinikhi ikufutshane onokufumana kuyo uvavanyo lwe-HIV nothomalaliso yile:

Urhulumente usete ithagethi yokuthomalalisa ngaphezu kwama-200 000 abantu abane-HIV ngoMatshi 2006. Unokumncedisa urhulumente ukufezekisa le njongo ngokuthi uvavanyelwe i-HIV uze ukhuthaze nabahlobo bakho kunye nosapho lwakho ukuba bavavanywe nabo. Xa ngaba kukho umntu omaziyo ohlaselwe yi-AIDS, mncede akwazi ukufumana izithomalalisi eklinikhi okanye esibhedlele.

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IsiXhosa