

Ukuhlola okufanele ukuthi

WONKE UMUNTU

akwenze

Kungcono ukwazi



TAC
TREATMENT ACTION CAMPAIGN

treat
200 000
by 2006



“Uma ukuhlolwa kwakho kwe-HIV kuthi positive, lokhu kusho ukuthi unayo i-HIV.”

Ngu-John Vollenhoven

Kungaba nzima ukuthola ukuthi une-HIV. Ekuqaleni ungesaba, uthukuthele futhi uzizwe unecala. Kujwayelekile lokhu. Kodwa ukwazi isimo sakho se-HIV kungakusiza ukuthi impilo yakho uyenze ngcono.

Kungaphela iminyaka eminingi kabi une-HIV kodwa ungakaqali ukuba ne-AIDS ngempela.

- ✔ Kufanele ufunde kabanzi ngegciwane nokuthi liwuphazamisa kanjani umzimba wakho. Kufanele uzame ukuthi udle ngokwanele futhi ujime.
- ✔ Kufanele usebenzise ikhondomu uma uzoya ocansini, noma ngabe usebenzisa izitho zangasese ngaphambili noma ngemuva ukuya ocansini isebenzise ikhondomu.
- ✔ Uma kungukuthi ukhulelwe futhi une-HIV, kufanele uthole imithi eyizidambisi gciwane emtholampilo wakho ukuze unciphise amathuba okuthi umntanakho athole i-HIV.

I-AIDS ingelashwa:

- Abantu abane-HIV bathola izifo ezingena kalula uma unaleli gciwane. Yonke imitholampilo kufanele inikezele ngemithi yokwelapha izifo ezingena kalula uma une-HIV.
- Imithi yokudambisa igciwane ingasiza abantu abaningi asebeqala ukuba ne-AIDS ukuthi baphile isikhathi eside, impilo enemipilo. Lezi zidambisi gciwane imithi yokwelapha isikhathi eside, hhayi yokuqeda isifo.
- Abantu abaningi abane-HIV kuze kudingeke ukuthi baphuze izidambisi gciwane emva kweminyaka eminingi. Buza umtholampilo wakho ngokuhlola i-CD4. Lokhu kuzokutshela ukuthi izivikeli mzimba zakho ziphile kangakanani. Uma kungukuthi isibalo se-CD4 sicishe sibe u-200 noma singaphansi, kufanele uqale ukusebenzisa imithi yokudambisa igciwane.

**“Uma
ukuhlolwa
kwakho kuthi
negative,
lokhu kusho
ukuthi
awunayo i-HIV.”**

Ngu-Ntombozuko Khwaza



- ✔ Kufanele usebenzise ikhondomu uma uya ocansini ukuze ugweme ukuthola igciwane, ikhondomu isebenzise noma ngabe usebenzisa izitho zangasese ngaphambili noma ngemuva.
- ✔ Uma usandokuya ocansini ngaphandle kwekhondomu, kufanele uyokwenza okunye ukuhlolwa emva kwezinyanga ezintathu njengoba kungenzeka ukuthi igciwane alitholakalanga ekuhlolweni kokuqala.
- ✔ Nikeza abantu abane-HIV usizo emphakathini wakini.

Ukuze uthole olunye ulwazi, thinta i-TAC:

Ihhovisi Likazwelonke:	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

treat 200 000 by 2006

Umtholampilo oseduze nawe lapho ongahlolwa futhi welashelwe khona i-HIV yilona:

Uhulumeni uhlose ukwelapha abantu abangaphezu kuka-200 000 abane-HIV ngoMashi 2006. Ungamsiza uhulumeni kule nhloso ngokuthi uhlolwe i-HIV futhi ukhuthaze abangane nomndeni wakho ukuthi nabo bahlolwe. Uma kukhona umuntu omaziyo ogulayo one-AIDS, msiza ngokuthi athole imithi yokwelashwa emtholampilo noma esibhedlela.

