

Contents: umxholo

Youth and HIV: ULUTSHA NE-HIV (ET page 4-5)	page 2 -3
What is the Governments Plan: LUYINTONI UYILO LUKARHULUMENTE? (ET page 6-7)	page 4-- 5
I took control of my life: NDIYE NDALUTHATHELA KUM ULAWULO LOBOMI BAM (ET page 8) page 6	
Making Safer Sex Fun (ET page 10-11) UKWENZA UKWABELANA NGESONDO OKUKHUSELEKILEYO KUBE MNANDI	page 7-9
Sexually Transmitted Infections USULELO OLUSASAZEKA NGOKWABELANA NGESONDO (ET page 12)	page 10-11
Contraceptive Choices UKHETHO LWEZINTO ZOKUCWANGCISA (ET page 13)	page 12
Pregnancy and Your Choices UKUKHULELWA KWAYE UBE NE-HIV (ET page14-15)	page 13 -15
Youth and Sexual Abuse ULUTSHA NODLAKATHISO NGOKWESONDO (ET Page 16)	page 16-17
Sex School and HIV ISIKOLO, UKWABELANA NGESONDO NE-HIV (ET Page 22-23)	page 18 - 19

Ulutsha-ne-HIV

Jikelele, kuqikelelwa ukuba abantu abasebatsha abazizigidi ezili-10 abaphakathi kweminyaka eli-15 kunye nengama-24 baphila (ne-HIV). Isiqingatha salo lonke usulelo olutsha senzeka kubantu abasebatsha.

Abantu abasebatsha eMzantsi Afrika basengozini ephezulu yokosulelwa yi-HIV. Ngo-2006 ngaphezulu kwesigidi esinye sabo baminyaka iphakathi kwe-18 ukuya kuma-25 yobudala eMzantsi Afrika bebephila ne-HIV. Ngaphandle kophando olubonisa amanqanaba aphezulu okuyiqonda, ulutsha oluninzi lusazifaka emngciphekweni omkhulu owenza ukuba lungakhuseleki kwi-HIV. Ukusetyenziswa kakubi kwezinyobisi kunye nokwabelana ngesondo kwabo besebancinane kubeka ulutsha emngciphekweni omkhulu.

Abantu abadala abaninzi kunye nootitshala baye babe nobunzima bokuthetha ngezokwabelana ngesondo kunye ne-HIV kunye nabantu abasebatsha. Ngexa ngokoPhando lokuziPhatha ngokusemngciphekweni koluTsha lweSizwe olwenziwa ngo-2002, ama-41% abafundi abakumabanga elesi-8, 9, 10 nele-11 bebesabelana ngesondo. Koku, ama-54% abelane ngesondo nangaphezulu komntu omnye kwaye i-16% iye yakhulelwa.

Abasetyhini abasebatsha eMzantsi Afrika basemngciphekweni omkhulu wokufumana i-HIV. Uphando luka-2005 lwafumanisa ukuba i-13% yabasetyhini abangaphezulu kweminyaka emibini xa kuthelekiswa ne-8% yamadoda yayine-HIV. Abasetyhini basengozini enkulu ngenxa yemiba yebhayoloji ngokunjalo neemeko zezoqoqosho kunye nezonxulumano ngamagunya.

Abantu abaninzi abasebatsha bahlala kwiindawo apho iinkonzo zempilo zingahlangabezaniyo neemfuno zabo. Oku kuquka ulutsha lwasemaphandleni, abo bahlala kwimizi eyonganyelwe ngabantwana, abo bahlala ezitalatweni kunye nabanye abahlala kwimimandla enezakhiwo ezilambathayo zempilo.

Kufuneka sidale iinkqubo zothintelo ezisebenzayo zolutsha size sandise amaziko okuvavanya nokunyanga ulutsha.

IMODELI YONYANGO NOTHINTELO KULUTSHA

Zimbini iikliniki zolutsha eKhayelitsha. Kusebenza kuzo abantu abatsha besebenzela abantu abatsha abaphakathi kweminyaka eli-12 ukuya kwengama-30. Abo bamkela abantu ngamavolontiya asemancinane kwaye abongikazi bangaphantsi kweminyaka engama-30. Baxakekile; babona ngaphezulu kwabantu abangama-200 ngosuku.

Abantu abasebatsha bayeza kule kliniki kuba bengenakude bazikhathaze ngokuba abantu abadala okanye abazali babo bazakubabona. Kukwakho nezinto ezenziwa rhoqo ezifana neengxoxo-mpikiswano, ikwayara kunye namaqela emidlalo yedrama oko ke kwenza ukuba ulutsha lukhululeke ukuba luze kwaye luzive lonwabile kwaye lukhululeke ekubeni lubuze imibuzo okanye luvavanywe okanye lunyangwe.

Ikliniki yolutsha ibonelela ngovavanyo kwizifo ezosulela ngokwabelana ngesondo, i-TB ne-HIV. Ulutsha lunokuya lucetyiswe luye nakumaqela axhasanayo kwaye lufumane ulwazi olumalunga nezokwabelana ngesondo, iikhondom, i-HIV, ukukhulelwa nezinto zokucwangcisa

LUYINTONI UYILO LUKARHULUMENTE?

“Abantu abasebatsha abangondoqo kuphela kwikamva loMzantsi Afrika, kodwa bakwangundoqo ekubeni siyahlangabezana nazo na okanye asihlangabezani nazo iinjongo ze-NSP” – uYilo lwesiCwangciso seSizwe se-HIV

UYilo lwesiCwangciso seSizwe se-HIV (NSP) lujolise ekuphuculeni kunye nasekwandiseni ukufundiswa nge-HIV, iinkonzo zolutsha zokuyithintela nokuyinyanga.

Ezinye zeenjongo zoyilo zezi:

- Ukonyusa **imiyalezo kwabo bachola-chola iindaba** engolutsha emalunga ne-HIV, isini kunye nezesondo.
- Ukukhuthaza **ukuvavanyelwa i-HIV**
- **Ukuphumeza ungenelo** ukuze kwehle usulelo lwe-HIV kubantu abasebatsha, ingakumbi kwabasetyhini abasebancinane.
- Ukonyusa ufikelelo **kwiikliniki ezenza ukuba ulutsha lukhululeke.**
- Ukuphuhlisa iinkqubo eziza **kunciphisa ukusetyenziswa kakubi kweziyobisi** ngabantu abasebatsha.
- **Ukukhuthaza iingxoxo** ezimalunga ne-HIV nezokwabelana ngesondo phakathi kwabazali kunye nabantwana.

Oluninzi kolu ngenelo lunokwenziwa lufunekayo ukuze kufikelelwe kwezi njongo luyakwenzeka ezikolweni. Okubaluleke nangakumbi kukuveliswa nokolulwa kwemfundo nge-HIV. I-NSP ijolise ekuphumezeni izakhono zobomi, imfundo nge-HIV nezokwabelana ngesondo kunye neenkqubo zokuthinteleka kwezingama-98% zazo zonke izikolo zabasaqalayo kunye nezamabanga aphakamileyo ngo-2011.

Kuthathelwa ingqalelo inani eliphezulu labafundi abangazigqibiyi izifundo zabo ezikolweni eMzantsi Afrika, kubalulekile ukuba imfundo nge-HIV kunye nezesondo yenzeke nangaphandle kwamagumbi esikolo ngokunjalo. Uphando lubonisa ukuba abantu abasebatsha abasiyekileyo isikolo ngabona kubonakala ngathi banokosulelwa yi-HIV kunabo bahlala esikolweni. I-NSP ijolise ekunyuseni inani leenkqubo ze-HIV kubantu abasebatsha abayekileyo ukufunda. Ikwaxhasa ukuphuhliswa kweenkqubo ezinceda ukugcina abantu abatsha besesikolweni, ingakumbi abo bahlala emaphandleni, ezitalatweni okanye abo bakwimizi eyonganyelwe ngabantwana.

Iikliniki zolutsha ziyeyona ndlela yokwenza ukuba ulutsha lubandakanyeke ngokungaphaya kwiinzame zokuthintela nokunyanga. I-NSP iceba ukonyuka ngama-50% ngo-2008 kwezithili ezinika izibonelelo zolutsha. Ngo-2011, zonke izithili zezempilo kulindeleke ukuba zibe neekliniki zolutsha.

Okuqaqambileyo kwi-NSP kukubaluleka konxibelelwano. Injongo ye-NSP kukuphumeza iinkqubo zokukhathalelwa ngabazali kwabantwana kwizithili zempilo ezingama-90% ngo-2011 ezinceda abazali ukuba bathethe bengafihli nge-HIV nabantwana babo.

Ukutshintsha kokuziphatha kolutsha kunzima. Ukuze kuhlantyezwane nazo iinjongo ze-NSP, ukuzibophelela kuyafunwa kurhulumente, uluntu, ushishino, imibutho yenkolo, amaqela ezemidlalo, iimanyano zootitshala kunye neshishini lezolonwabo. Okubaluleke kakhulu, ulutsha ngokwalo kufuneka luqukwe kwinyathelo ngalinye elithathwayo.

NDIYE NDALUTHATHELA KUM ULAWULO LOBOMI BAM

UNokubonga Yawa uxelela i-Equal Treatment ngokuba kwenzeka njani ukuze ahlale ngokungafihliyo ne-HIV

Ndikhulele eNyanga ndaze ndahamba ndayokuhlala eKhayelitsha ngo-1996. Ngo-2002, xa ndandineminyaka eli-14, ndafumanisa ukuba ndikhulelwe. Xa ndandiyele ukukhulelwa kwam ekliniki, yayilixesha lam lokuqala. Ekliniki ndafundiswa ngokukhulelwa kwam kunye nokuhlala ndisempilweni. Ndagqiba ekubeni ndenze uvavanyo lwe-HIV lwaze lwabuya lusithi ndinayo.

Ndandothuke kakhulu ukuba ndixelele umama wam ngesimo sam se-HIV. Ndandingaqinisekanga ukuba uzakuthini na. Ndathi ndakumxelela wabonisa ukungabi nangxaki. Undinika yonke inkxaso endiyifunayo. Kulo nyaka ndaye ndabeleka umntwana oyintombazana igama lakhe nguSinaye. Ngumntwana ophilileyo ndihlala naye kunye nomama wam kwikhaya lakhe eKhayelitsha. Ngoku ndiphila ngokungafihliyo ne-HIV.

Ngo-2005 ndaye ndaqala ukuziva ndigula kakhulu. Ndaya ekliniki apho yafike yathathwa khona i-CD4 count yam. Yayingaphantsi kwama-200 ndaye ke ndaqala ukuthatha ii-antiretrovirals. Ndithatha i-lamivudine, nevirapine kunye ne-stavudine (d4T).

Andinayo ingxaki yokuzithatha ngexesha ii-antiretrovirals zam. Ukuze ndikhumbule, ndiseta i-alam kwiselula yam. Andinazo iziphumo ebezingalindelekanga kwaye kulo Januwari udlulileyo i-CD4 count yam inyuke yaya kuma-624.

Phambi kokuba ndisixele ndingasifihli isimo sam, abantu ekuhlaleni babehlala bethetha ngam. Ndandingazi ukuba ndandiza kujongana njani naba bantu de ndazimanya ne-TAC ndaze ndomelela

UKWENZA UKUBA UKWABELANA NGESONDO OKUKHUSELEKILEYO KUBE MNANDI

NgabaFundisi boluTsha be-TAC eKhayelitsha abangu Nandipha Mkhosane, Chunyiswa Runeyi, Lucky Dibela, Nokwanda Pani, Asanda Tontsi, Afrika Mthathi, Nomphele Mabokela njengoko ixelwe i-Equal Treatment.

AbaFundisi booNtanga eKhayelitsha bachaza inyani malunga neekhondom kwaye banika icebo ekwenzeni ukwabelana ngesondo okukhuselekileyo kube mnandi kakhulu.

Ukuba ngaba uyabelana ngesondo, ukufaka ikhondom yeyona ndlela ingcono yokuthintela ukuba ufumane i-HIV kunye nezinye ii-STI. Zimbini iintlobo zeekhondom, enye yeyamadoda enye yeyabasetyhini. Iikhondom ezininzi zenziwe ngerabha kwaye zithintela ukudibana kwamadlozi, ulwelo lwelungu langasese lowasetyhini kunye negazi ngexa lokwabelana ngesondo. Iikhondom zamadoda zifakwa kwilungu lendoda elibatyiweyo ngexa ezabasetyhini zifakwa kwilungu langasese lowasetyhini. Kuphela yi-3-4% yabasetyhini abaya kukhulelwa ukuba ngaba bayisebenzisa ngokuchanekileyo ikhondom qho xa besabelana ngesondo.

Icebo lokuSebenzisa iKhondom kubuDlelwane

INkcazo yoku#1: Ndithembele kwisithandwa sam esiyindoda ukuba sindinike imali yeemfuno zam zobuqu, ngoko ngeke ndithi makafake ikhondom. Ixesha elinye endamcela ngalo ukuba ayifake waba nobundlobongela wacinga ukuba ndinesinye isithandwa esiyindoda.

Kwabasetyhini: Zininzi iingozi okuzo xa usabelana ngesondo ngokungakhuselekanga. Ukumcela ukuba afake ikhondom kuyakunikhusela nobabini kwi-HIV nee-STI. Ukuba ngaba ungazama, zama ngokuqale uzimele. Zifundise ukuzifumanela eyakho imali ukuze ungaxhomekeki kakhulu kweyakhe. Elinye icebo iya kuba uze nezakho iikhondom ukuze angabi nasizathu sokungazisebenzisi. Ukuba ngaba ukuphatha gadalala, mxele emapoliseni

Kumadoda: Ukuba nemali akukukhuseli ekubeni ufumane ii-STI okanye i-HIV. Kufuneka uyisebenzise ikhondom xesha ngalinye usabelana ngesondo. Ukuba ngaba uyalwa nesithandwa sakho esiyintombazana, ubundlobongela abusombululi nanye into. Ukusibetha isithandwa sakho

esiyintombazana lulwaphulo-mthetho olo. Eyona ndlela ikukuphela kwayo yokusombulula iingxaki kubudlelwane kukuthetha ngazo.

INkcazo yesi#2: Sikobu budlelwane ixesha elide ngoko ke akusekho mfuneko yokuba sifake ikhondom.

Kusabalulekile ukufaka ikhondom kubudlelwane bexesha elide. Abantu abaninzi banengcinga yokuba ukuba elinye iqabane lizama ukuveza iikhondom oko kuthetha ukuba omnye unelinye iqabane eliyindoda okanye ukuba yindoda uneqabane eliyintombazana. Oku akuyonyani. Ezinye ii-STI, kuqukwa ne-HIV, azinazo iimpawu ezibonakalayo ngoko ke wena okanye iqabane lakho ngeke niqonde ukuba unosulelo. Ngeke kwakhona ukuqinisekise ukuba iqabane lakho linyanisekile kuwe, ingakumbi xa usemncinane.

INkcazo yesi#3: Ndikubudlelwane bowasetyhini othandana nomnye wasetyhini ongabufihliyo. Ingaba kusafuneka ndisebenzise iikhondom?

Akuvamile ukuba ungosulelwa yi-HIV ngokwabelana ngesondo okuphakathi kwabasetyhini. Ukuba ngaba usebenzisa izinto zokudlala zokwabelana ngesondo, ungenza kukhuseleke ngokufaka ikhondom ngqo kwinto leyo yokudlala.

Ii-STI – Sexually Transmitted Infections (USulelo oluSasazeka ngokwabelana ngesondo)

INtsomi yoku#1: Iikhondom zisoloko zibuhlungu xa ndizisebenzisa.

INyani: Abantu abaninzi ekliniki bathi ukwabelana ngesondo ufake ikhondom akuvakali kamnandi, kwaye kude kubange ukuthukuthezeleka okanye kube buhlungu. Zama isithambisi, esikwaziwa ngokuba yi "lube". Olu lwelo lwenza ukuba ikhondom ityibilike ingene kwaye iphume nje ngokulula ukuze kungabikho buhlungu kwaye kube mnandi ngokungaphaya. I-Lube ikwalunge nangakumbi kulwabelwano ngesondo lwasezimpundwini okanye xa ilungu langasese lowasetyhini lomile. Unokuthenga ijeli ye-KY okanye i-aqueous cream ekhemisti okanye ubuze kwikliniki yakho yengingqi ukuba ungayifumana phi na. Ningazama kwakhona ukutshintshana ngeekhondom zamadoda nezabasetyhini (okanye ngokuphendululekileyo). **Ungasebenzisi izithambisi ezinamafutha ezifana ne-vaseline okanye i-baby oil. Ziyayikrazula ikhondom ezi zinto.**

INtsomi yesi#2: Ndiphilile ngoko ke andiyifuni ikhondom.

INyani: Akukhathaliseki nokuba uphile kangakanani na. Nabani na usengozini yokosulelwa yi-HIV okanye i-STI ukuba ngaba wabelana ngesondo ngokungakhuselekanga. Ii-STI ezininzi azinazo iimpawu, ngoko ke nokuba ubonakala uphilile kusenokwenzeka ukuba wosulelekile.

INtsomi yesi#3: Iikhondom zenza ukuba ukwabelana ngesondo ingabikuko okwendalo.

INyani: Ukwabelana ngesondo ngaphandle kwekhondom, "inyama enyameni", kunokuvakala ikokwendalo kodwa uzibeka engozini. Iikhondom nazo zinokuvakala zizezendalo.

INTsomi yesi#4: Ndiylichitha ixesha xa ndisima ndifaka ikhondom. Yenza umsebenzi ube mninzi.

INYANI: Ayingomzamo ongakanani owokufaka ikhondom kunokuphila ne-HIV ne-STI.

INTsomi yesi#5: Andivukelwa xa ndifake ikhondom.

INYANI: Kunokuba nzima ukuvukelwa kwabanye abantu xa besebenzisa ikhondom, ingakumbi ekuqaleni. Zama ukukuthetha neqabane lakho oku kwaye wenze nikhululeke nobabini. Ziqhelanise ngokudlala ngamalungu akho angasese uyifakile ikhondom. Ekugqibeleni uya kuyiqhela. Ukuba ngaba wehlelwa bubunzima obuninzi, kufuneka uqhagamshelane nomongikazi okanye umcebisi. Zama ukonwabela ukwabelana ngesondo ufake ikhondom.

INTsomi yesi#6: Iikhondom azikhuselekanga.

INYANI: Xa zisetyenziswe ngokufanelekileyo iikhondom zithintela ukusasazeka kwe-HIV. Kunyaka ophelileyo, iibhetshi zeekhondom ze-CHOICE zikarhulumente zaye zavunywa zingakhangelwanga kakuhle, kodwa i-South African Bureau of Standards iye yathatha amanyathelo okukuthintela oku ukuba kungaphinde kwenzeke kwakhona.

INTsomi yesi-#7: Iikhondom azikho cool.

INYANI: Ukuba ngaba abahlobo bakho abacingu ukuba ku-cool ukufaka ikhondom, kunokuba nzima ukuyifaka. Yiba yinkokheli: thabatha amanyathelo. Unokuba usindisa ubomi babahlobo bakho ngokubenza baqonde ukuba ukwabelana ngesondo okukhuselekileyo lolona khetho lungcono.

INTsomi yesi#8: Iikhondom zinokuyisasaza i-HIV

INYANI: Obu bubuvuvu. Ukuba zisetyenziswe kakuhle, iikhondom lolona khuselo lungcono kwi-HIV..

Uyisebenzisa njani ikhondom yamadoda

Ikhondom yamadoda ibekwa kwilungu langasese elibatyiweyo lendoda. Ngesandla esinye ucinezela incam yekhondom ukususa umoya uze ushiye isithuba samadlozi. Ngesinye isandla sakho, yivule ikhondom iye ekuqaleni kwelungu lakho langasese lobudoda. Ibhanti eliqinileyo lerhabha ekupheleni kwekhondom linceda ikhondom ukuba ihlale. Emva kokukhupha amadlozi, libambe ilungu langasese lobudoda ngexa uyitsala. Yilahle ikhondom uze usebenzise entsha ukuba wabelana ngesondo kwakhona.

USulelo oluSasazeka ngokwaBelana ngeSondo

Ii-STI zikwenza ukuba ungakhuseleki nangakumbi kwi-HIV. Kubalulekile ukuba uzivavanyelwe. Ukuba ngaba uqala unyango lwe-STI qiniseka ukuba uyalugqiba. Ungalusebenzisi nomnye umntu. Kufuneka uxelele iqabane lakho nge-STI yakho ukuze nalo livavanywe ukuze linyangwe.

Ii-STI eziXhaphakileyo neeMpawu zazo

I-Chlamydia

Iimpawu: Amadoda aye akhuphe into engamanzi okanye engathi lubisi kumalungu awo angasese, kutshise xa echama, kutshise kumngxunya ojikeleze ilungu lobudoda, kunye nobuhlungu okanye ukudumba kwamasende. Abasetyhini banokuphuma ulwelo kumalungu abo angasese, kutshise xa bechama, ubuhlungu emazantsi omqolo, kube buhlungu xa besabelana ngesondo, kunye nokopha kumathuba aphakathi kokuya exesheni. Ukuba ngaba iyekiwe yanganyangwa, inokukwenza ukuba ungabinako ukuba nabantwana.

Ubhobhozo (Gonorrhoea (The Clap))

Iimpawu: Kuyatshisa xa uchama, kubekho igazi kwilindle lakho, umqala obuhlungu kunye nokuphuma kolwelo ezimpundwini. Amadoda aye aphume into eqanda bumhlophe kumalungu awo obudoda kunye namasende adumbileyo okanye abuhlungu. Abasetyhini baphuma ulwelo olungqindilili oluqanda kwilungu langasese lowasetyhini kunye nokopha okungaqhelekanga kwelungu langasese lowasetyhini. Ukuba ngaba ayinyangwa, ingakushiya ungasenako ukufumana abantwana.

I-Vaginitis okanye i-Trichomoniasis

Iimpawu: Iimpawu zale STI zihlala zingacaci. Ukuba ngaba zikhona naziphi na owasetyhini unokuba nelungu langasese lowasetyhini elinuka kakubi okanye elihlangeneyo, nelitshisayo, libe bomvu okanye ukurhawuzelela kwindawo ejikeleze ilungu langasese lowasetyhini. Eyona ndlela ingcono yokuvavanyela i-trichomoniasis kukwenza i-pap smear.

I-Genetal Herpes

Iimpawu: Ukurhawuzelela kwesikhumba okanye amadyunguza ajikeleza amalungu angasese, ukutshisa xa uchama, ubuhlungu xa usabelana ngesondo, kunye namadlala adumbileyo. Unyango lubaluleke kakhulu ingakumbi kwabasetyhini kuba usululelo lungade ludlulele nakwiintsana zabo ngeza bekhulelwe okanye bencancisa.

I-Genital HPV

HPV (human papiloma virus) yintsholongwane ebanga iintsumpa ukuba zivele kwisikhumba sakho kunye nangaphakathi kumlomo wesibekeko, inxenye yesibekeko eqhagamshelana nelungu langasese lowasetyhini. Ezi ntsumpa zinokubanga ukuba kudaleke ukungaqheleki kwiiseli zomlomo wesibekeko kwaye oku kunokukhokelela kumhlaza womlomo wesibekeko. Abasetyhini abane-HIV kungenzeka ukuba bosulelwe yi-HPV. Abasetyhini kufuneka benze uhlolo lomlomo wesibekeko (pap smear) rhoqo ukuze kwenziwe uvavanyo lokungaqheleki.

I-Grabs azinabungozi kodwa i-STI erhawuzelelayo inokunyangwa nge-gamma benzene hexachloride (ethengiswa njenge-Quellada)

Igcushuwa ixhaphakile kwaye inokunyangeka lula, kodwa ukuba iyekiwe ayanyangwa ekugqibeleni inokunganyangeki kwaye ibulale.

INtsomi: Ukufaka igaliksi kunye negwada kwilungu langasese lentombazana kunokuyinyanga i-STI.

INYANI: Indlela ekukuphela kwayo yokunyangwa i-STI kukuba uvavanywe uze ufumane unyango ekliniki.

UKHETHO LWEZINTO ZOKUCWANGCISA

Ngaphandle kwekhondom, zininzi izinto zokucwangcisa ezifumanekayo ezithintela ukukhulelwa. Ukuba ngaba usebenzisa ezi zinto zokucwangcisa ngaphandle kwekhondom, usesengozini yokufumana i-HIV.

Ezitofwayo

Izinto zokucwangcisa ezitofwayo, ngokulula nje ezaziwa njenge "naliti" zifumaneka ngokubanzi kwaye zifumaneka simahla kwiikliniki ezininzi. Eyona naliti isetyenziswa ngokuxhaphakileyo ithatha iiveki ezili-12. Kuphela ngumongikazi okanye ugqirha onokukuhlaba ngale naliti.

Izinto zokucwangcisa ezithathwa ngomlomo (Ipilisi)

Zininzi iintlobo zezinto zokucwangcisa ezithathwa ngomlomo eMzanzi Afrika. Zifumaneka simahla kwiikliniki ezininzi okanye zinokuthengwa ezikhemisti ngaphandle kommiselo. Ezi pilisi zithathwa ngexesha elinye yonke imihla. Zisebenza ngokuba zithintele ukukhutshwa kwamaqanda kwindawo ekuphuma kuyo amaqanda kowasetyhini. Abasetyhini abathatha ii-antiretrovirals kufuneka badibane nogqirha okanye umongikazi phambi kokuba bazithathe iipilisi. Oku kwenziwa kukuba ngamanye amaxesha ipilisi iye ingasebenzi emva kokuba idibene nee-antiretrovirals emzimbeni wakho, oko kukushiya usesisichengeni sokukhulelwa okungafunwayo.

OkokuCwangcisa kweNgxakeko (Morning After Pill) (Ipilisi oyiSela eMva kokwaBelana ngeSondo okungakhuselekanga)

OkokuCwangcisa kweNgxakeko kufuneka kuthathwe kwiiyure ezingama-72 zokwabelana ngesondo ukuthintela ukukhulelwa. Abasetyhini bayithatha emva kokuba bebabelene ngesondo ngokungakhuselekanga, ukuba ngaba bebedlwengulwe okanye ngamanye amaxesha ukuba ngaba bacinga ukuba iye yakrazuka ikhondom. Ezi pilisi zifumaneka simahla ekliniki kunye nasezibhedlele okanye zingathengwa ngaphandle kommiselo ekhemisti.

UNyango lweNgxakeko nge-Antiretroviral (Post Exposure Prophylaxis) (PEP)

I-PEP lunyango lwengxakeko lwe-antiretroviral olunokuthintela ukusasazeka kwe-HIV emva kokwabelana ngesondo ngokungakhuselekanga. Ngokomthetho omtsha, onke amaxhoba odlwengulo anelungelo lokuwafumana la machiza. Uluhlu lwamayeza empilo e-PEP yi-AZT kunye ne-lamivudine iintsuku ezingama-28. Kwizehlo zodlwengulo ezibi eziye zachaphazela umzimba, ichiza lesithathu, i-lopinavir/ritonavir, iyongezwa kuluhlu lwamayeza. I-PEP kufuneka ithathwe kwiiyure ezingama-72 zokudlwengulwa ngangona unokuziqala ngoko nangoko iipilisi.

Umnxeba weNgxakeko weziNto zokuCwangcisa: 0800 246 432

UKUKHULELWA NOKHETHO LWAKHO

Ukwenza ukhetho malunga nomawukwenze emva kokuba ukhulelwe kunzima. Fumana uncedo kumhlobo omthembayo okanye umcebisi: EMzantsi Afrika, uMqulu wamaLungelo oluNtu kuMgaqo-siseko ukunika ukhetho lokusigcina okanye usikhuphe isisu sakho.

Ukumgcina umntwana wakho

Abasetyhini abasebatsha abaninzi bakhetha ukuzigcina iintsana zabo emva kokuba bebhulelwe. Ukuba nosana yimfanelo enzima. Iintsana zifuna inkxaso yezemali, ngokunjalo nexesha elininzi kunye namandla. Kuyacetyiswa ukuba ungabi nosana de ube unemfundo eyaneleyo, ingeniso kunye nenkxaso yokugcina wena kunye nosana nisempilweni. Ukuba ngaba ukhetha ukuba nosana zama ukuhlala esikolweni ukuze ufumane imfundo kwaye uqinisekise ukuba unabahlobo kunye nosapho olunokukunceda. Ukuba ngaba wenze isigqibo sokulugcina usana lwakho cela uvavanyo lwe-HIV ukuze usazi isimo sakho se-HIV.

Ukunikezela ngosana kwabanye abantu

Ukuba ngaba ukhetha ukungalugcini usana kodwa ungafuni ukusikhupha isisu, ungakhetha ukunikezela ngalo usana. Oku kwenzeka xa unikezela ngosana lwakho ukuba luthathwe ngabanye abantu njengomntwana wabo kwi-arhente eyenza lo msebenzi kwaye ke uye uwancame amalungelo akho okuba ngumzali. Uyakufuna ke apha uncedo lwezomthetho kunye nokucetyiswa ukuba ngaba oku kokukhethwa nguwe.

UkuKhupha isisu (Ukuqhomfa)

Abasetyhini abaninzi baye bakhethe ukuzikhupha izisu zabo, oku ngenye indlela kuthiwa kukuqhomfa. Awufuni mvume kuye nakubani na ukuze uqhomfe kwiiveki ezili-12 zokukhulelwa, nokuba umncinane kuneminyaka eli-18. Emva koku, kufuneka uye kugqirha oya kuthi ke yena enze isigqibo sokuba kusakhuselekile na. Emva kweeveki ezinagma-20 kunokuba nzima kakhulu kwaye kungakhuseleki ukuqhomfa. Ukuqhomfa kwenziwa simahla kwiikliniki ezininzi. Awunakude uye kwikliniki engabhaliswanga, engekho mthethweni nengakhuselekanga.

Ukuba ngaba ukuqhomfa kwenziwe kwiiveki zokuqala ezili-12, inkqubo nje ilula. Uyakusela ipilisi eyakukwenza ukuba uye exesheni iintsuku ezili-10. Kufuneka uye ekliniki uyokukhangelwa ngeli xesha ukuqinisekisa ukuba ukopha kokuqhelekileyo. Fumana ukucetyiswa kunye nenkxaso kubahlobo kunye nosapho lwakho ukuba ngaba ukhetha ukuqhomfa.

likliniki ze-Marie Stopes zinika amacebo angaziswayo nayimfihlo kunye nenkxaso kuqhomfo, uvavanyo lwe-HIV, ucwangciso nzala kunye neenkonzo zaphambi kokubeleka: 0800 11 77 85.

Ukukhulelwa kwaye ube ne-HIV

Ayikho imfuno yokuba uzisole okanye ube neentloni ukuba ngaba uvavanyo lubuye lusithi une-HIV ngexa lokukhulelwa kwakho. Ukuba ne-HIV kunye nokukhulelwa akuthethi ukuba wena nomntwana wakho nizakugula. Ngonyango olululo ungahlala usempilweni kwaye uthintele ukuba umntwana wakho afumane intsholongwane.

Ukuba ngaba kufumaniseke ngovavanyo ukuba une-HIV kwaye ukhulelwe:

Fumana ukucetyiswa kunye nalo lonke ulwazi olufunayo nge-HIV, ukukhulelwa kwakho kunye nento ekufuneka ukuba uyenze ukuzigcina wena nosana lwakho nisempilweni

Ukuba ngaba i-CD4 count yakho yakho ingaphantsi kwama-350 okanye ukuba ngaba uyagula ngenxa ye-HIV, kufuneka unikwe unyango lwe-antiretroviral. Luyakuba namayeza amathathu ekufuneka ukuba uwathathe yonke imihla kwaye aya kukunceda ukuba uphile ubomi obude nobunempilo.

Kufuneka unikwe iyeza ekuthiwa yi-AZT ukusukela kwiiveki ezingama-28 zokukhulelwa kwakho de abe umntwana wakho uyazalwa. Kufuneka kwakhona unikwe i-nevirapine ngethuba lokubeleka.

Le yinto ongayenzela usana lwakho:

Kufuneka lufumane i-nevirapine ngoko nangoko emva kokuzalwa

Kufuneka lwenziwe uvavanyo lwe-HIV ekuthiwa yi-PCR kwiiveki ezintandathu.

Kufuneka unikwe ulwazi oluchanekileyo ngokondla umntwana wakho. Uyazikhethela wena ukuba ulunike ubisi lwebele okanye ubisi olungumgubo. Kufuneka ungaluniki zombini kuba oko konyusa ingozi yokuba umntwana wakho afumane i-HIV. Ikliniki yakho kufuneka ikunike ulwazi ukuze wenze ukhetho olulungele wena. Jonga uluhlu lwama-23 lwe-Equal Treatment ngolwazi oluthe vetshe ngokondliwa kwemveku.

Ukuba ngaba umntwana wakho uvavanyo lumfumanisa enayo i-HIV, kufuneka uzame ukufumanisa umntwana wakho ufikelelo kunyango lwe-antiretroviral.

Ukuba ngaba awunangeniso yaneleyo, unalo ilungelo lokufikelela kwimali yenkxaso yomntwana.

Lonke ulwazi olufunayo olumalunga nonyango olufanelekileyo nokhathalelo lwesiqu sakho ngexa lokukhulelwa lunokuba luyafumaneka kwikliniki ekufutshane nawe.

Ilungu le-TAC u-Portia Serote uthetha ne-Equal Treatment malunga nokuqhomfa kwakhe okwanyanzelwayo ngoJanuwari ophelileyo

EQUAL treatment

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U-Portia Serote, ilungu le-TAC lasekuRhuleni, zange anikwe nakuphi na ukuzikhethela. NgoJanuwari ka-2008 wanyanzelwa ukuba aqhomfe. Lwalungekho olunye ukhetho awayenalo kuba waye wagula kakhulu lungekho unyango olufanelekileyo ngexa lokukhulelwa kwakhe. I-CD4 count yakhe yayingaphantsi kwama-200. Wayebuthathaka kakhulu kwaye ngewayeswelekile ukuba wayeqhubile nokukhulelwa kwakhe. U-Portia waziva engcungcuthekiswa kuba wayecebe ukulugcina usana lwakhe.

UluTsha noDlakathiso ngokweSondo

UMzanzi Afrika ungomnye onamazinga aphezulu odlwengulo elizweni. Olu dlakathiso luqala kwiminyaka yakwangoko. Ngaphezulu kwesiqingatha sentsha engamantombazana eyabelana ngesondo athi izithandwa zawo ezingamadoda anyanzela ukuba babelane ngesondo xa bona babengafuni. Ukuba ngaba isithandwa sakho esiyindoda, okanye esiyintombazana okanye nabani na uyakunyanzela ukuba wabelane naye ngesondo okanye wenze naye ezinye izinto zesondo, ludlwengulo olo kwaye lulwaphulo-mthetho.

Umthombo: iNcwadi yezeSondo kaGqirha Eve

UkuSinda emva koDlakathiso ngokweSondo

Ngu-Thamiera Olebe

Ilungu le-TAC u-Thamiera Olebe uthetha ngokusinda emva kodlwengulo kwaye unika amacebo abasetyhini abasebancinane namadoda aye adlakathiswa ngokwesondo.

Xa ndandineminyaka elishumi elinesixhenxe ndihlala eTranskei, ndaye ndadlwengulwa. Umhlaseli wam waye wandosulela ngosulelo olusasazeka ngokwesondo. Kwakubhulungu kwaye kubanga iintloni. Ngeli thuba kwakungekho mntu undixhasayo. Usapho lwam zange lukhathale. Kwakungekho zinkonzo zonyango kunye namapolisa ukuba beve okundeheleleyo.

Ndasokola ukoyisa intlungu yokudlwengulwa kwam ndindedwa. Bekunzima kakhulu kwaye nangoku ndisabuva ubhulungu. Ndiziva ndingakhuselekanga kuba apho ndihlala khona akukhuselekanga. Akukhuselekanga nakwabasetyhini abasebancinane abandijikelezileyo. Xa ndisiva ngolwaphulo-mthetho olujoliswe kubantu abasebancinane, ndiye ndibuve ubhulungu bokudlwengulwa kwam buqala phantsi.

Umyalezo wam kwintombazana nganye esencinane ezamayo ukujongana okanye eye yajongana nodlakathiso ngezondo kukuba ukuzixhasa wena kunzima kakhulu. **Fumana abantu abanokukunceda!** Zama usapho lwakho kunye namanye amalungu oluntu lwakho. Ukongeza, kufuneka uxelele amapolisa uze uye ekliniki msinyane kangangoko unokuba nako.

Yintoni endiyenzayo ukuba ndiyadlwengulwa

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- Khumbula ukuba ayiyompazamo yakho. Unelungelo lokuphathwa ngentlonipho nesidima.
- Phambi kokuba uhlambe funa uncedo. Yiya emapoliseni uyokuluxela ulwaphulo-mthetho uze uye ekliniki.
- I-PEP iyakuwunciphisa umngcipheko wokufumana i-HIV. Umthetho uyaxela ukuba awufuni nombolo yetyala ukuze ufumane i-PEP. Jonga kwiphepha le-13 ngolwazi oluthe vetshe nge-PEP.
- Udlwengulo luyenzakalisa. Kubalulekile ukuba uthethe nomntu onokukumamela kwaye akuxhase emva kodlwengulo.

UmNxeba wokuThintela ubuNdlombongela obuBhekiselwe kwiSini: 0800 150 150

Isikolo, ukwaBelana ngeSondo ne-HIV

Ingaba siwuphatha njani ubhubhane we-HIV kwizikolo zoMzantsi Afrika?

Ngu-Gilad Isaacs

Sebenzisa ikhondom

“Masithethe ngezesondo, sana; Masithethe ngawe nam; Masithethe ngazo zonke izinto ezintle; Kunye nezinto ezimbi ezinokubakhona.” La ngamagama omculo wecwecwe eladumayo ngo-1990 leqela laseMelika lomculo we-pop, emva kweminyaka eli-18 kwaye uvela kwilizwe elikude umyalezo lona ke usabaluleke kakhulu.

Ngokomfundisi ngezesondo ophambili uGqirha Eve, akwenzeki ukuba ufundise nge-HIV ngokusebenzayo ngaphandle kokuthetha ngezokwabelana ngesondo, njengoko imeko isoloko injalo kwizikolo zoMzantsi Afrika. Ukufundisa ngale ndlela, uyacacisa, kwenza ukuba i-HIV ibonakale kuphela njengomba wezonyango endaweni yokuba ibe yileyo idityaniswa ngokubalulekileyo kukhetho lwezokwabelana ngesondo kubantu abatsha.

Ingxoxo-mpikiswano malunga nokuba yintoni emayifundiswe eziklasini malunga ne-HIV nokwabelana ngesondo kudala ijikeleza ingacaci iminyaka emininzi. Ngo-2000, iSebe lezeMpilo lapapasha izikhokelo zokuqhubela phambili ezimalunga nokuba mayiphathwe njani na i-HIV ezikolweni. Ekugqibeleni, ngo-2006, laye lavezwa ikharithulam engezakhono zoBomi.

Ingxaki engundoqo ngoku, ngokwabafundisi bolutsha bezikolo be-TAC, ilele ekuphonyezweni kwekharithulam entsha. Ngokwesiseko, ukufundisa akwenzeki ngendlela ebekufanele ukuba kwenzeke ngayo. Ulutsha alunikwa ulwazi okanye izakhono ukuze lukwazi ukwenza izigqibo ezingcono ngobomi balo.

Uphumeza Runeyi, UmLungelelanisi woluTsha we-Cool kwi-TAC eKhayelitsha, uyacacisa ukuba kukho inani lezizathu zokuba kutheni ingafundiswa ngokufanelekileyo nje ikharithulam. Okokuqala, kukho izithethe zenkolo ezingamandla kunye nezimvo ezingafanelekanga kwizikolo ezininzi ezenza ukuba kube nzima ukuthetha ngezokwabelana ngesondo kwaye kube yinto ekungathethwayo ngayo. Okwesibini, amaQumrhu aLawula iziKolo kunye nabazali banolawulo oluphambili kulo mba wemfundo kwaye basoloko beyithintela ingxoxo evulelekileyo emalunga nezokwabelana

ngesondo. Okokugqibela, urhulumente akasoloko eyixhasa ikharityhulam okanye ezinye iinkqubo esikolweni ezinjongo yazo ikukuphakamisa ukwabelana ngesondo okukhuselekileyo. Umzekelo, ngo-2006, uMphathiswa wezemfundo uNaledi Pandor wakuthintela ukunikwa kweekhondom kwizikolo ezininzi. Isithethi sakhe sacatshulwa sisithi " iikhondom ngeke zinikwe esikolweni kwaye abantwana mabangenzi imifuniso kwimiba yokwabelana ngesondo."

Ngo-2006, amalungu e-TAC eMpuma Koloni aye atyelela izikolo ezili-150 kuzo zozihlanu izithili zempilo zephondo. Kuninzi lwezi zikolo, ootitshala baxela ukuba abaxhotyiswanga ukuba bafundise nge-HIV, ezokwabelana ngesondo kunye nezakhono zobomi. Oku kwenzeka nangona inyani yayikukuba abazali, abantu abasebatsha kunye nootitshala ngokwabo bathi abukho ubungqina obubonisa ukuba imfundo yokuzila ukwabelana ngesondo (eyakhethwa liSebe lezeMpilo) ayisebenzi.

Idata yakutsha nje evela kuphononongo olwenziwe kwi-Afrika ekwi-Sub-Sahara ibonisa ukuba abantu abasebatsha abanayo imfundo yezokwabelana ngesondo ezikolweni zabo kubonakele ukuba banokuzisebenzisa ngokungatshintshiyo iikhondom kunabo bangenayo imfundo enjalo ezikolweni zabo. Okubalulekileyo, iikhondom bezingafikeleleki kulutsha oluninzi kuphononongo.

Ileta eyayingafihlwanga ka-2006 eyayisiya kwi-MEC (iLungu lesiGqeba) yeMfundo yaseMpuma-Koloni ivela kumalungu e-TAC yavala ngomyalezo osabonakala useyinyani nangoku wawusithi, "Izikolo zimele eyona ndawo ifanelekileyo apho kungafakwa khona uthintelo lwe-HIV, ukhathalelo kunye nenkxaso kuba amawaka abantu abasebatsha kunye nootitshala bachitha ngaphezulu kweeyure ezisibhozo zosuku lwabo njengabathabathi nxaxheba abavelelwe ekufundeni. Sibongoza isebe [lezemfundo] ukuba lisebenze ngokungxamisekileyo nangomthetho-siseko ukuba ligxile kweli thuba lifanelekileyo ukuze lifake isandla kakhulu kusabelo lwesizwe lwelizwe lethu kubhubhane kwaye lisindise ubomi."