

# ZIYINI IZIQONDISO EZINTSHA ZOKWELAPHA NGEZIDAMBISI GCIWANE?

Ukuqala i-ART esibalweni se-CD4 esingu-350 kunciphisa ukufa kanye nezifo ezingena ngentuba. Kulandela isimemezelo sikaMongameli Jacob Zuma ngoSuku Lwengculazi Lomhlaba 2009, ngo-Ephreli 2010 amanye amaqembu azokwazi ukusheshe athole imithi yokwelashwa.

## UBANI OZOSHESHE ATHOLE IMITHI YOKWELASHWA?



### Abantu abanakho kokubili i-HIV/TB

Uma une-HIV futhi une-TB, kufanele unikwe i-ART ngokushesha lapho isibalo se-CD4 yakho siba ngaphansi kwama-350. Ukuthola ukwelashwa kulesi sigaba esisekuqaleni kuzosiza umzimba wakho ukuthi uhlale uphilile futhi ulwe nezifo ezingena ngentuba. Ngokuvamile, umsebenzi wokunakekela ezempilo uzokuqalisa izidambisigciwane emasontweni ambalwa emva kokuqala imithi ye-TB. Yazi isimo sakho se-TB/HIV ukuze uzosheshe uthole ukwelashwa.



### Abesifazane abakhulelwe

Uma ukhulelwe futhi unesibalo se-CD4 esingaphansi kuka-350, kufanele unikwe ukwelashwa okuphindwe kathathu nge-ART ngokushesha. Lokhu kwenzelwa impilo yakho kodwa futhi nokuvimbela ukudlulela kwe-HIV emntwaneni wakho.

Uma ukhulelwe futhi isibalo se-CD4 yakho singaphezu kwama-350, kufanele ungene ohlelweni lokwelashwa olubizwa nge-PMTCT ukusuka esontweni lesi-14 lokukhulelwa kuzekube kuphela esigabeni sesithathu (amasonto angama-24). Hlolelwa i-HIV ukuze uthole ukusheshe welashwe nokuvikela impilo yakho kanye neyengane yakho.



### Izingane ezisandakuzalwa

Uma ingane yakho ingaphansi konyaka owodwa ubudala futhi ine-HIV kufanele inikwe i-ART ngokushesha. Uma ingane yakho ine-HIV, isheshe iqala ukwelashwa kungandiswa amathuba ezingane okuphila ngama-75%. Ukwazi isimo sengane yakho kudingekile ukuze isheshe ithole ukwelashwa. Cela ukuthi ingane yakho inikezwe ukuhlolwa kwe-PCR emasontweni ayisithupha ukuze uthole isimo sayo.

## ZIYINI IZIQONDISO EZINTSHA ZOKWELAPHA?

Ngaphansi kweziqondiso ezintsha zoKwelulekwa Ngokwengqondo kwe-HIV kanye Nokuhlola (HIV Counselling and Testing (HCT)), kufanele unikezwe ukuhlolwa kwe-HIV ngokuyinjwayelo uma ungena endaweni yezempilo kahulumeni. Yize ukuhlolwa kwe-HIV kufanele kwenziwe injwayelo, ungeke walelwe ukuthola izinsizakalo zokunakekela impilo ngoba wale ukuhlolwa. Kodwa-ke, ukwala ukuhlolwa kumisa ukufinyelela ekwelashweni ngezidambisi gciwane, ukuvimbela i-TB, futhi kukubeka ezingozini ezingenasidingo zezifo, umdlavuzi kanye nokunye ukugula, uma ulinda isikhathi eside. Ukwazi isimo sakho kubalulekile ekuvikeleni impilo yakho kanye nempilo yabalingani bakho bocansi.

