



**HIV,  
KUKHULELWA,  
NEKUTIKHETSELA  
KWAKHO!**

**Lishidi lemaciniso lalabo lasebatawuba batali**

Nangabe utawuba ngumtali, kumele ucabange ngekutsi wena kanye nemlingani wakho kungenteka kutsi nine-HIV. Make lokhulelwe angendlulisela i-HIV kumntfwanakhe ngembi, nangesikhatsi abeleka nome ngemuva kwekubeleka.

Nangabe une-HIV kunetintfo longatenta kute unciphise ingoti yekwenteka kwaloku. Imitfolamphilo lekhona kulolonkhe lelive iniketa tinsita tekunciphisa ingoti yekutsi bomake bendlulisele leligciwane kubantfwana.

Lelishadi lemaciniso litawukwenta uvisise i-HIV nekukhulelwa. Litawuphindze futsi likwente uvisise kutsi ungayivikela kanjani imphilo yakho kanye nemphilo yemntfwanakho.

## NJENGA LOSATAWUBANGUMTALI:

- Ungenta luhlolo lwe-HIV uphindze futsi welulekwe.
- Nangabe une-HIV, ungatfola imitsi lengakwenta uphile sikhatsi lesidze, imphilo lekahle.
- Ungaya emacansini ngalokuphephile, ngekusebentisa ikhondomu.
- Nangabe ungumake lokhulelwe:
  - Ungatikhetsela kuchubeka nekukhulelwa nome usikhiphe lesisu.
  - Ungaya emtfolamphilo walabakhulelwe kute uhlolwe njalo-nje.
- Nangabe ungubabe:
  - Ungesekela umlingani wakho kanye nalatikhetsele kona.
  - Ungelekelela ekukhuliseni umntfwanakho.

## NJENGALOSATAWUBA NGUGOGO NOME MKHULU:

- Ungesekela indvodzana nome indvodzakati yakho kanye naletikhetsele kona.
- Ungakhutsata indvodzana nome indvodzakati yakho kutsi ihlale iphilile.
- Ungafundza nge-HIV.

# YINI LENGATFOLWA NGUMAKE LOKHULELWE LONE-HIV?

I-HIV ligciwane lelibanga i-AIDS. Kute sidzingo sekutisola nome ubenemahloni nangabe ungenwe yi-HIV. Bomake labanyenti labakhulelwe bane-HIV. Nangabe uyasati simo sakho sete-HIV ungakwati kunakekela umntfwanakho kanye nawe.

- Umfolamphilo wakho kumele ukweluleke nge-HIV nangekuhlolwa. Ufanele kutsi uphindze ukunikete kunakekelwa ngekwelashwa lokudzingako wena nemntfwanakho.
- Kumele unikwe umutsi lobitwa ngekutsi yi-AZT kusukela ngemaviki langu-28 ukhulelwe kute kufike sikhatsi sekubeleka. Kumele uphindze futsi unikwe umutsi lobitwa ngekutsi yi-nevirapine nasewuphetfwe ngumhelo. Luswane lwakho lolusandza kubelekwa kumele lutfole isiraphu (luju) lwemutsi i-nevirapine. Loku kutawunciphisa ingoti yekwendlulisela i-HIV kumntfwanakho.
- Ungenta luhlolo lolubitwa ngekutsi kubalwa kwe-CD4. Loku kutawatisa umsiti wakho wetemphilo kanye nawe kutsi emasotja akho emtimba acine kangakanani.
- Nangabe kubalwa kwe-CD4 icishe ibe nome ingaphansi kwa-200 nome nangabe uyagula ngenca ye-HIV, kumele ucaliswe luhlelo lwekwelashwa ngesindzambisigciwane kute kusitakale imphilo yakho. Loku kufaka ekhatsi imitsi yesidzambisigciwane lemitsatfu (ngalesinye sikhatsi lemitsi ihlanganiswa yonkhe ube munye nome kube ngemaphilisi lamabili) lanatfwa onkhe malanga imphilo yakho yonkhe. Lemitsi lena ikusita uphile imphilo lendze futsi lekahle.
- Nangabe ute imali lengenako leyanele, ungatfolela umntfwanakho imali yesibonelelo sebantfwana nasabelekiwe.

## NANGABE UYA ESONTFWENI, LISONTFO LAKHO KUMELE LIKWESEKELE.

**Umfundisi Teboho Klaas** Wemkhandlu Wemasontfo AseNingizimu Afrika utsi:

*Kumele sente kancono imphilo yamake lotetfwele siphindze sivikele kwesuleleka kusuka kumake kuye kumntfwana. Libhayibheli litsi “Kungeke kuphindze kube nemntfwana kuyo loyawuphila emalangana lambalwa ...” (Isaiah 65:20 NIV)*

# YINI LETFOLWA NGUMNTFWANAKHO NANGABE UNE-HIV?

- Umtfolamphilo kumele uhlole umntfwanakho i-HIV nasanemaviki lasitfupha budzala. Umtfolamphilo kumele usebentise luhlolo lolubitwa ngekutsi yi-PCR. Loku kutawuhlola kutsi ngabe ikhona yini i-HIV engatini yakhe.
- Umtfolamphilo kumele ukunikete lwati lolwanele macondzana nekutsi utamondla kanjani umntfwanakho. Kusekutikhetseleni kwakho kutsi umntfwanakho ungamnika lubisi lwesiketela, ifomula nome ummunyise. Akukafaneli kutsi umnikete kokubili ngobe loku kukhulisa ematfuba ekutsi umntfwanakho angatfola i-HIV.
- Nangabe ukhetsa kumunyisa:
  - Lubisi lwelibele lunika umntfwanakho umsoco kunelubisi lwesiketela, kepha kunengoti yekutsi lungamtselela i-HIV.
  - Kumele unike umntfwanakho lubisi lwelibele kuphela futsi hhayi lokunye kudla nome lokusamanti kute kufikele lapho umyekelisa khona kumunya, asanetinyanga letisitfupha budzala.
  - Umtfolamphilo kumele uphindze uhlole umntfwanakho i-HIV nasanetinyanga letingu- 18 budzala.
- Nangabe ukhetsa kumnika lubisi lwesiketela:
  - Umtfolamphilo kumele ukunikete imiyalo yekutsi utamnika njani lubisi lwesiketela.
  - Kumele usebentise lubisi lwesiketela kuphela-nje uma utalukhona futsi ungenta njalo ngekuphepha. Umtfolamphilo wakho kumele ukunike lubisi lwesiketela mahhala, tinyanga letisitfupha.
  - Kumele uyise umntfwanakho emtfolamphilo nangabe uyasheka.
- Nangabe umntfwanakho une-HIV, umtfolamphilo kumele umelaphe ngesidzambisigciwane. Loku kungasita umntfwanakho aphile sikhatsi lesidze futsi aphile imphilo lendze leyetayelekile.

***Umtsetfosisekelo ukuniketa lilungelo lekutitsatsela tincumo macondzana nekubanebantfwana.***

***Uphindze futsi ukunikete lilungelo lekutfola tinsita tetemphilo letimacondzana nekubanebantfwana.***

***Ungawasebentisa lamalungelo kute utsatse tincumo letikulungele kahle kakhulu wena nemntfwanakho.***