

Ingabe kukhona amathiphu okungisiza ngithathe amaphilisi ngendlela efanele?

- Iba nomuntu okuxhasa ngokuthatha imithi noma umngani okukhumbuzwa ukuthatha imishanguzo yegciwane lengculaza yakho. Kungaba unkosikazi wakho, umkhwenyana wakho, owesilisa ohlekisana naye, owesifazane ohlekisana naye noma ngabe ubani omunye omethembayo futhi onendaba nawe.
- Sebenzisa ibhokisi lamaphilisi nsuku zonke noma ngesonto. Bese uyabheka ukuthi awekho yini ongawaphuzanga.
- Sebenzisa i-pill beeper, iwashi elicushiwe noma ucuphe iwashi kuselula yakho ukuze uzikhumbuze ekuphuzeni amaphilisi.
- Uma uzothatha uhambo lwezinsuku ezimbalwa, yenza isiqinisekiso sokuthi unamaphilisi anele.
- Gcina amanye lapho okungenzeka uwadinge khona uma kunesimo esiphuthumayo, okufana nasendlini yomngani.
- Zibandakanye namaqoqo okuxhasana – ukwabelana nabanye ngokwenzekile kuyasiza.
- Ukungafihli lutho kwenza kube lula!

Imiphi imishanguzo yegciwane lengculaza okumele ngiqale ngayo?

- Kumele sisebenzise izinhlobo ezi-3 ezihlanganisiwe ezehlukene ukuze sicindezele igciwane lesandulela ngculaza.
- La ma-ARV angaphuzwa njengamaphilisi ama-3 ahlukene noma njengeNgxube Yomthamo Ongaguquki (Fixed Dose Combination – FDC) okuyiphilisi elilodwa elinawo womathathu ama-ARV.
- Leli philisi elilodwa linomphumela ofanayo nokuthatha ama-ARV ama-3 njengamaphilisi ahlukene futhi lisiza ukwenza ngcono ukubambelela njengoba kulula nje ukuphuza iphilisi elilodwa kanye ngelanga.
- Iphilisi le-FDC esilisebenzisayo njengamanje eNingizimu Afrika yingxube ye-Tenofovir, Emtricitabine ne-Efavirenz.
- Abanye abantu kungenzeka bangakwazi ukuphuza i-FDC ngenxa yezinye izinkinga ezifana nesifo sesibindi, izinkinga zezinso noma izimo zengqondo ezimbi kakhulu.
- Uma kunjalo kuwe, udokotela wakho noma unesi uzokunika ingxube ehlukelele yama-ARV ezosebenzela wena.
- Khumbula ukuthi imishanguzo yegciwane lengculaza ayikwazi ukusebenza yodwa – yidla kahle, ungabhemi, ungaphuzi kakhulu futhi ungasebenzisi izidakamizwa.

Ukuhlolola igciwane lesandulela ngculaza isingathelo sokuqala sokuhlela ikusasa lakho – negciwane noma ngaphandle kwegciwane lesandulela ngculaza. Sonke sisengozini. Wonke umuntu ugazibandakanya kwezocansi. Udinga ukuzivikela kanye nokuvikela umlingani wakho wocansi.

Thola ukuhlolwa. Thola ukwelashwa!

Ukuvimbela igciwane lesandulela ngculaza

- Ukusoka kwehlisa amathuba okuthetheleka nge-HIV ngamaphesenti angu-60. Ukusoka akukhokhelwa mali kanti kuyenziwa kuyo yonke imitholampila nezibhedlela zika hulumeni. Buza emtholampilo osezuzwe nawe izindawo ezihlelelwe ukusoka.
- Ukusoka kuyingxenywe yokuzivikela. Kusafanele uyisebenzise ikhondomu njalo mangabe uya ocansini noma ngabe usokile.
- Ukwelhlisa inani labantu ozibandakanya kwezocansi nabo kwehlisa amathuba okuthola kwakho igciwane lesandulela ngculaza.
- Ukweqiwa uphuzo kwehlisa ukuvimbela kwakho okuthile futhi kungenyusa izinga lokuziphatha ngokwezocansi okuyingozi. Yehlisa izinga lakho lokuphuza utshwala.
- Ungazibandakanya kwezocansi futhi ungatholi igciwane lesandulela ngculaza ngokusebenzisa ikhondomu ngaso sonke isikhathi.
- Thola ukwelashwa ngaleso sikhathi uma unesifo noma ujongujungu oluphuma esithweni sangasese sabelilisa, esithweni sangasese sabantu besifazane noma ezinzeni. Abasebenzi bezempilo baqeqeshiwe futhi bakujwayele ukubona izitho zangasese. Ayikho into okumele ube namahloni ngayo.

Ukwelulekelwa i-HIV ngokwegqondo nokuhlolwa (HCT)

- Kumele uthole ukwelulekwa ngokwegqondo ngaphambi kokuhlola.
- Ukwelulekwa ngokwegqondo kukulungiselela imiphumela, ukuze ucabange ukuthi imiphumela ebonisa ukuthi unalo noma awunalo igciwane lesandulela ngculaza ingaba nomthelela onjani kuwena.

Uma ukuhlolwa kubonisa ukuthi unegciwane lesandulela ngculaza

- Ungaphila impilo ephelele futhi ejwayelekile, okuhlanganisa nokuba nomndeni kanye nokufeza amaphupho akho.
- Sibonga imishanguzo yegciwane lengculaza, igciwane lesandulela ngculaza selingokugula okumiyo okulawulekayo okufana nesifo sikashukela noma ukunyuka komfutho wegazi.
- Hlola inani lamasosha omzimba kanye nomthamo wegciwane egazini ukuze wazi ukuthi ungayiqala nini imishanguzo yegciwane lengculaza.
- Thola ulwazi. Hlela ikusasa lakho. Khuluma nesisebenzi sezempilo sakho.
- Funda iphamfulethe yethu ethi "Sengihlolwe ngatholwa ngingegciwane lesandulela ngculaza, manje kuzokwenzekani?"

Zivikele. Uvikele nabanye.



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ENGEARV'S UNGALINQOBA!

Sanibona igama lami nginguNokuzola.
Imishanguzo yegciwane lengculaza
yasindisa impilo yami.

Ithi ngikutshele ukuthi kanjani.



isiZulu

Imishanguzo yegciwane lengculaza nezivikeli zakho zomzimba

- Izivikeli zakho zomzimba zenziwe amaseli ahlukene asiza ukulwa negciwane lesandulela ngculaza, amasosha omzimba iwona abaluleke kakhulu.
- Igciwane lesandulela ngculaza libulala amasosha akho omzimba okuyiwona ayinxenye ebaluleke kakhulu yezivikeli zakho zomzimba. Uma lokhu sekwenzeka ube usuqala ukugula.
- Imishanguzo yegciwane lengculaza yehlisa igciwane lesandulela ngculaza emzimbeni wakho futhi lisiza izivikeli zakho zomzimba ukuthi zilulame.
- Ngesikhathi igciwane lesandulela ngculaza LEHLA amasosha akho omzimba AYENYUKA.
- Uma amasosha akho omzimba enyuka ube usukwazi ukulwa nezifo.
- Uzoqala ukukhuphuka isisindo somzimba, uzizwe ungcono futhi ube nempilo.

Ukwazi inani lamasosha akho omzimba kanye nomthamo wegciwane egazini lakho

- Ngemuva kokutholakala ukuthi unegciwane lesandulela ngculaza kumele wenze ukuhlola kokubala inani lamasosha omzimba kanye nomthamo wegciwane egazini.
- Ukuhlolwa kwenani lamasosha omzimba kukala inani lamasosha omzimba econsini ngalinye legazi.
- Ukwazi inani lamasosha akho omzimba kukutshela ukuthi ungayiqala nini imishanguzo yegciwane lengculaza.
- Ukuhlolwa kwakho umthambo wegciwane egazini kukala inani legciwane lesandulela ngculaza econsini ngalinye legazi.
- Unelungelo lokuhlolwa inani lamasosha omzimba njalo ngemuva kwezinyanga eziyi-6.
- Unelungelo lokuhlolwa komthamo wegciwane egazini njalo ngonyaka.

Wonke umuntu onegciwane lesandulela ngculaza ekugcineni uzodinga ukuthatha imishanguzo yegciwane lengculaza.



Kumele ngiqale nini ukusebenzisa ama ARVs?

- Uqala ukudla ama ARVs uma amasosha omzimba engu-500 nangaphansi econsini legazi.
- Abanye abantu kumele baqale ukudla ama ARVs uma amasosha abo omzimba engaphezulu kuka 500. Uma une TB noma unabanye osomathuba abatholakala kusigaba 4 ezigabeni zesandulela ngculaza kumele uqaliswe kuma ARVs noma ngabe angakanani amasosha omzimba.
- Uma ukhulelwe noma uncelisa ibele kufanele uqale ngokushesha ukuphuza ama-ARV.
- Abantu abaningi abasazi isimo sabo ngokuphathelele negciwane lesandulela ngculaza. Bazihlola kuphela uma sebegula bese beqala imishanguzo yegciwane lengculaza sekuhamba isikhathi.
- Izindaba ezinhle ukuthi imishanguzo yegciwane lengculaza iyisimangaliso! Abantu abesebegula kakhulu yisifo sengculaza futhi benenani eliphansi lamasosha omzimba baphinde balulame bathole nempilo.
- Wonke umuntu otholakele enegciwane lesandulela ngculaza ekugcineni kuzodingeka asebenzise imishanguzo yegciwane lengculaza.
- Buza umtholampilo wakho ngezinguqo ezingabe zenziwe kumgomo kahulumeni wokuthi ungaqala nini ukuthatha imishanguzo yegciwane lengculaza.

Kuzokwenzekani uma sengiqala ukuthatha imishanguzo yegciwane lengculaza?

- Imishanguzo yegciwane lengculaza isebenza ngokuyekisa igciwane lesandulela ngculaza ukuthi liziphindaphinde.
- Uma usuqala ukuthatha imishanguzo yegciwane lengculaza umthamo wegciwane egazini UYEHLA.
- Inhlalo yemishanguzo yegciwane lengculaza ukwehlisela PHANSI umthamo wegciwane egazini uze ube inani elincane elibizwa ngokuthi 'alibonakali'.
- Uma umthamo wegciwane egazini ungasabonakali, usenalo igciwane lesandulela ngculaza futhi ungaluliselela igciwane lesandulela ngculaza kumlingani wakho wocansi. Ngakho uzodinga ukusebenzisa ikhondomuni ngaso sonke isikhathi uma uzibandakanya kwezocansi.

Ukungaphathwa kahle imithi emzimbeni

- Abantu abaningi angeke baphathwe kabi imithi emzimbeni.
- Abanye abantu bazophathwa kabi imithi emzimbeni okungatheni. Lokhu kuhlangukisa ukuqubuka kwesikhumba, ukukhishwa isisu, ukuphathwa ikhanda, ukucanuzelwa inhliyo, ukukhathala kanye nokungalali. Isikhathi esiningi lokhu kuyaphela ezinyangeni eziyi-3 zokuqala zokuthatha imithi.
- Abantu abayidanzana bangezwa ukuphathwa kabi emzimbeni okukhulu okufana nokuthinteka kwesibindi.
- Abantu abayidanzana abaphathwa kabi kakhulu imithi emzimbeni yabo.
- Bika KONKE ukungaphatheki kahle emzimbeni imithi kumsebenzi wakho wezempilo ngokushesha.
- Isisebenzi sakho sezempilo singakunika imithi ezosiza ngokungaphatheki kahle emzimbeni okungatheni kanye nokukhulu.
- Ukungaphathwa kahle emzimbeni imithi kunganqotshwa ngokushintsha imishanguzo yegciwane lengculaza.
- Khumbula ukuthi ukungaphathwa kahle imithi kuba kukhulu uma amasosha akho omzimba emancane. Ukuqala imishanguzo yegciwane lengculaza ngesikhathi esifanele kwenza isebenze kangcono futhi nokungaphathi kahle umzimba okunganganani.

Ngingaphila isikhathi esingakanani ngemishanguzo yegciwane lengculaza?

- Ngokunakekelwa ngendlela efanele kwezokwelapha kanye nokuthatha imithi ngendlela efanele kungenzeka uphile iminyaka ngeminyaka ngemishanguzo yegciwane lengculaza.
- Ungasebenza, ube nezingane futhi uphile impilo ejwayelekile ngemishanguzo yegciwane lengculaza!

Kuyini ukuthatha amaphilisi ngendlela efanele?

- Ukuthatha amaphilisi ngendlela efanele kusho ukuthatha amaphilisi ngendlela efana ncimishi naleyo oyitshelwe isisebenzi sezempilo.
- Ukuwathatha ngesikhathi esifanele zonke izinsuku indlela efanele kahle kakhulu yokuthatha amaphilisi akho. Ukuthatha amaphilisi ngendlela efanele kwenza isiqiniseko sokuthi kunomuthi owanele emzimbeni wakho ukuze kulawuleke igciwane lesandulela ngculaza.

Kwenzekani uma ngingathathi amaphilisi ngendlela efanele?

- Uma ungathathi imishanguzo yegciwane lengculaza zonke izinsuku ngesikhathi esifanele, izoyeka ukulwa negciwane lesandulela ngculaza.
- Igciwane lesandulela ngculaza manje alisalawuleki ngemishanguzo yegciwane lengculaza futhi uzobe usuyagula.
- Igciwane lesandulela ngculaza elingasalawuleki lingadluliseleka kumuntu ozibandakanya naye kwezocansi. Imishanguzo yegciwane lengculaza ayizomsebenzela nalowo muntu futhi.

Kufanele ngiphuze ama-ARVs ami zonke izinsuku impilo yami yonke. Ngiphuze ama-ARVs ami zonke izinsuku futhi ngiphile impilo enhle.

