

Ingaba akhona amacebo okuncedisana nam ngokuzimisela kunyango?

- Yiba nomxhasi wonyango okanye umhlobo okukhumbuza ngokusela ii-ARVs zakho. Isenokuba ngunkosikazi wakho, umyeni, iqabane okanye nabani na omthembileyo nokhathalayo ngawe.
- Sebenzisa ibhokisi yeepilisi yemihla ngemihla okanye eyeveki. Ngolo hlobo unako ukubona ukuba utsibile ukuthatha iipilisi kusini na.
- Sebenzisa isikhumbuzi sokuthatha iipilisi esikhalayo, isivusi okanye isikhumbuzi kwi fowuni yakho ukukhumbuza ukuthatha iipilisi.
- Qinisekisa ukuba uneepilisi ezaneleyo ukuba uza kuhamba iintsuku.
- Gcina umlinganiselo othile ukulungiselela amaxesha kaxakeka, njengakwindlu yomhlobo.
- Zinxulumanise neqela elinika inkxaso – wabelane nabanye ngolwazi lwakho.
- Ukuthetha phandle kwenza izinto zibe lula!

Zeziphi ii-ARVs ekufanele ndiqale ngazo?

- Kufanele sisebenzise umdibaniso weentlobo ezi-3 zee-ARVs ukuze zithibaze i-HIV.
- Ezi ARVs mhlawumbi zinokuthathwa zizipilisi ezi-3 ezahlukeneyo okanye ziyiNdibaniselwano yeDosi esisiGxina (Fixed Dose Combination – FDC) eyipilisi enye equlethe zonke zo-3 ezi-ARVs.
- Le pilisi inye ineempembelelo ezifanayo nezokuthatha ii-ARVs ezi-3 njengeepilisi ezahlukeneyo kwaye zinceda ukuphucula ukubambelela kunyango kuba kulula ukuthatha ipilisi enye kanye ngemini.
- Ipilisi ye-FDC esiyisebenzisayo okwangoku eMzantsi Afrika yindibaniselwano ye-Tenofovir, Emtricitabine ne-Efavirenz.
- Abanye abantu ngeke bakwazi ukuthatha i-FDC ngenxa yezinye iingxaki ezifana nesifo sesibindi, iingxaki zezintso okanye iimeko zengqondo ezimandundu.
- Ukuba ngaba le yimeko yakho, ugqirha okanye omongikazi wakho uyakumisela indibaniselwano yee-ARVs eyakukusebenzela.
- Khumbula ukuba ii-ARVs azikwazi kusebenza zodwa – yitya kakuhle, ngatshayi, ungaseli kakhulu kwaye ungazisebenzisi iziyobisi.

Uhlolo lingathelo lokuqala lokucwangcisa ikanva lakho – unayo ungenayo i-HIV. Sonke sisemngciphekweni. Wonke umntu uyabelana ngesondo. Kufuneka uzikhusele wena neqabane lakho owabelana nalo ngesondo.

Zihlole. Fumana unyango!

Ukuzikhuselela kwi-HIV

- Ulwaluko lwase sibhedlele lwehlisa umngcipheko wokusuleleka yi Ntsholongwane ka Gawulayo uyokutsho kwii pesenti eziyi 60. Olu lwaluko lolwasimahla kwaye luyafumaneka kwii klinikhi nakwizibhedlele zika rhulumente. Buza kwi Klinikhi yakho ngendawo ekufutshane yolwaluko.
- Ulwaluko lunokhuseleko olungagqibelelanga. Kusafuneka usebenzise iKhondom rhoqo usabelana nge sondo nokuba wolukile.
- Ukunciphisa inani labantu owabelana nabo ngesondo kunciphisa amathuba akho wokufumana i-HIV.
- Ukunxila kuphungula iintloni zakho kuze kwandise amathuba okuzibandakanya kwiintlobo zezini ezinobungozi. Hlisa izinga lakho lokusela utywala.
- Usenokwabelana ngesondo kwaye ungabinayo i-HIV ngokusebenzisa ikhondomu rhoqo usabelana ngesondo.
- Fumana unyango olukhawulezileyo lwalo naluphi na usuleleko okanye incindi kwilungu lakho lobudoda, lobufazi okanye ezimpundu. Oonompilo baqeqeshiwe kwaye bakuqhelile ukubona amalungu esini. Akukho mfuneko yakuba neentloni.

Uhlolo nengcebiso nge-HIV (HCT)

- Kufanele ufumane iingcebiso phambi nasemva kokwenza uhlobo.
- Iingcebiso zikulungiselela iziphumo, ngoko utsho ukwazi ukucinga ukuba iziphumo ezithi unayo okanye awunayo i-HIV ziza kukuchaphazela njani na.

Ukuba ufundenwe unayo i-HIV

- Usenokuphila ubomi obupheleleyo nobesiqhelo, kuquka ukuba nosapho kunye nokufezekisa amaphupha akho.
- Sibulela kwii-ARVs, i-HIV sisifo esingapheliyo esilawulekayo njengesifo seswekile okanye uxinzelelo lwegazi.
- Yenza ubalo lwe-CD4 nohlolo lobungakanani bentsholongwane ukuze wazi ukuba ungaziqalisa nini na ii-ARVs.
- Fumana ulwazi. Cwangcisa ikamva lakho. Thetha nonompilo wakho.
- Funda ipheca lethu elithi “NdineNtsholongwane kaGawulayo, ngoku kuza kwenzekani?”

Zikhusele. Ukhusele nabanye.



isiXhosa



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UNGAZOHLULA II-ARVs

Molweni, igama lam ndinguNokuzola.

Ii-ARVs zibusindisile ubomi bam.

Mandinixelele ukuba njani.



li-ARVs nokomelela komzimba wakho

- Ukomelela kwakho komzimba kwenziwe ngeeseli ezahlukeneyo ezinokunceda ekulweni iNtsholongwane kaGawulayo (i-HIV), iiseli ze-CD4 (ezingamajoni omzimba) zizo ezibalulekileyo.
- I-HIV ibulala amajoni akho omzimba ayinxalenye yokomelela komzimba wakho. Xa oku kusenzeka, uqalisa ukugula.
- Ii-ARVs zinciphisa i-HIV emzimbeni wakho zize zincele ukomelela komzimba wakho kubuyele kwisimo esisiso.
- Xa ISIHILA i-HIV, i-CD4 yakho (amajoni omzimba) iYONYUKA.
- Xa i-CD4 yakho (amajoni omzimba) isonyuka, uyakwazi ukulwa nosuleleko.
- Uza kuqala ubuyise emzimbeni, uzive ubhetele usempilweni kananjalo.

Ukwazi ubalo lamajoni akho omzimba (CD4) kunye nobungakanani beNtsholongwane yakho

- Emva kokuba ufunyenwe uNtsholongwane kaGawulayo (i-HIV) kufuneka wenze ubalo lwe-CD4 nelobungakanani beNtsholongwane.
- Ubalo lwe-CD4 lubala umlinganiselo wenani lamajoni omzimba kwithontsi ngalinye legazi.
- Ukwazi ubalo lwakho lwe-CD4 lukuxelela ukuba kufanele uziqalise nini na ii-ARVs.
- Ubalo lobungakanani bentsholongwane lubala umlinganiselo we-HIV kwithontsi ngalinye legazi.
- Unelungelo lokwenza ubalo lwesibalo se-CD4 qho kwiinyanga ezi-6.
- Unelungelo lokwenza ubalo lobungakanani bentsholongwane qho ngonyaka.

Wonke umntu one-HIV uzakufikelela ekusebenziseni ii-ARVs.



Kufanele ndizisebenzise nini ii-ARVs?

- Uqalisa ukusebenzisa ii-ARVs xa amajoni omzimba wakho (CD4) 500 kwithontsi.
- Ngalinye legazi lakho abanye abantu kufuneka baqale ii-ARVs Xa isibalo sabo se (CD4) singaphuzulu kwama 500. Okanye ukuba ngaba une-TB okanye izigulo zenqanaba lesine kufuneka uqalise ii-ARVs ngaphandle kwesibalo samajoni omzimba wakho.
- Ukuba ngaba ukhulelwe okanye uyancancisa kufuneka ke uqale ukuthatha ii-ARVs ngoko nangoko.
- Abantu abaninzi ababazi ubume babo be-HIV. Bazihlola kuphela xa begula baze baziqalise ii-ARV sele kukade kakhulu.
- Iindaba ezimnandi zezokuba ii-ARVs zingummangaliso! Abantu abebegula kakhulu nguGawulayo (i-AIDS) nabebenobalo lwe-CD4 oluphantsi kakhulu, bakwazile ukubuyela empilweni nakubomi babo besiqhelo.
- Wonke umntu one-HIV uzakufikelela ekusebenziseni ii-ARVs.
- Buza kwiklinikhi yakho ngotshintsho olukhoyo kumgaqo-nkqubo karhulumente ngokuqalisa ukusebenzisa ii-ARV.

Kwenzeka ntoni xa ndiqalisa ukusebenzisa ii-ARVs?

- Ii-ARVs zisebenza ngokunqanda i-HIV ingaziphinda-phindi.
- Xa uqalisa ukusebenzisa ii-ARVs, ubungakanani bentsholongwane buyehla.
- Injongo yee-ARVs kukwehlisa ubungakanani bentsholongwane bube buncinane kakhulu kangokuba bude 'bungabonakali'.
- Ukuba ubungakanani bakho bentsholongwane abubonakali, usenayo i-HIV kwaye usenokulosulela iqabane lakho owabelana nalo ngesondo. Ngoko kufuneka usebenzise ikhondomu ngalo lonke ixesha usabelana ngesondo.

Imiphumela yamachiza

- Abantu abaninzi badla ngokungafumani miphumela kumachiza.
- Abanye badla ngokuba nemiphumela nje engephi. Le iquka irhashalala, ukuhambisa, intloko, isicaphucaphu, ukudinwa nokungalali. Le miphumela idla ngokuphela emva kweenyanga ezyi-3 uqale unyango.
- Abantu abambalwa basenokuba nemiphumela enobungozi obuthe chatha efana naleyo ithi ichaphazele isibindi sakho.
- Inani elincinane labantu linokufumana imiphumela enobungozi kakhulu.
- Yichaze ngoko nangoko yonke imiphumela onayo kumongi wakho.
- Umongi wakho usenokunikela amayeza okunceda kwimiphumela engephi nakuleyo enobungozi.
- Imiphumela enobungozi obuthe chatha isenokoyiswa ngokutshintshwa kwee-ARVs.
- Khumbula: Imiphumela iyabaxeka xa ubalo lwe-CD4 luphantsi kakhulu. Ukuqalisa ii-ARVs ngexesha elifanelekileyo kuzenza zisebenze bhetele kwenzwe nemiphumela ibe mbalwa kakhulu.

Ndingaphila ixesha elingakanani ngee-ARVs?

- Usenokuphila iminyaka ngee-ARVs ngolawulo olululo lonyango nokuzimisela okukuko kunyango.
- Usenokuba nomsebenzi osisigxina, ube nabantwana kunye nobomi besiqhelo xa usebenzisa ii-ARVs!

Kuthetha ukuthini ukuzimisela?

- Ukuzimisela kuthetha ukuthatha amachiza akho ngokwemiyalelo oyifumene kumongi.
- Ukuwathatha amachiza ngexesha elifanelekileyo kukuzimisela oko. Ukuzimisela okukuko kuqinisekisa ukuba umzimba wakho ufumana amachiza oneleyo ukuze alawule i-HIV yakho.

Kwenzeka ntoni ukuba ukuzimisela kuyasilela?

- Ukuba awuzithathi rhoqo ii-ARVs ngexesha elifanelekileyo, ziza kuyeka ukusebenza nokulwa ne-HIV.
- I-HIV yakho iza kuba nenkani kwii-ARVs kwaye uza kugula.
- Le-HIV ineenkani usenokuyiqgithisela komnye umntu othi wabelane naye ngesondo. Ii-ARVs aziyi kusebenza nakuye loo mntu.

Kufanele ndithathe ukuba ii-ARVs imihla yonke gobomi bam. Ndithatha ii-ARVs zam yonke imihla kwaye ndiphila ubomi obububho.

