



Uma utholakele unegciwane lesandulela ngculaza, zihlolele isifo sofuba.
Uma unesifo sofuba, zihlolele negciwane lesandulela ngculaza futhi!

SONKE SISENGOZINI

- Wonke umuntu uyazibandakanya kwezocansi. Udinga ukuzivikela kanye nokuvikela umlingani wakho wocansi.

UKUVIMBELA IGCIWANE LESANDULELA NGCULAZA

- Ukusoka kwehlisa amathuba okuthelaleka nge-HIV ngamaphesenti angu-60. Ukusoka akukhokhelwa mali kanti kuyenziwa kuyo yonke imitholampila nezibhedlela zika hulumeni. Buza emtholampilo eseduze nawe izindawo ezihlelelwe ukusoka.
- Ukusoka kuyingxenye yokuzivikela. Kusafanele uyisebenzise ikhondomu njalo mangabe uya ocansini noma ngabe usokile.
- Ukwehlisa inani labalingani bakho bocansi kunciphisa amathuba okuthola i-HIV.
- 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 uma uzibandakanya kwezocansi.
- Thola imishanguzo ngokushesha uma unoketshezi oluphuma esithweni sakho sangasese, kungaba esowesilisa noma sowesifazane noma endunu. Abezempilo baqeqeshiwe futhi bajwayele ukubona izitho zangasese. Akufanele ube namahloni.



Zivikele. Uvikele Nabanye.

UKWELULEKWA NGE HIV NGOKWENGQONDO NOKUHLOLWA

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

UMA UKUHLOLWA KUBONISA UKUTHI UNEGCIWANE LESANDULELA NGCULAZA

- Kudingeka ukuba uqalise ama-ARV futhi uwasebenzise ukuphila kwakho konke.
- Ungaphila impilo ephelele futhi ejwayelekile, okuhlanganisa nokuba nomndeni kanye nokufeza amaphupho akho.
- Sibonga imishanguzo yegciwane lengculaza, igciwane lesandulela ngculaza selingukugula okumiyo okulawulekayo okufana nesifo sikashukela noma ukunyuka komfutho wegazi (hypertension).
- Thola ulwazi. Hlela ikusasa lakho. Khuluma nesisebenzi sezempilo sakho.

UMA UKUHLOLWA KUBONISA UKUTHI AWUNALO IGCIWANE LESANDULELA NGCULAZA

- Kholwa ukuthi ungahlala ungenalo igciwane lesandulela ngculaza. Zivikele. Uvikele nabanye
- Yenza uhlelo lokunciphisa ingozi yokuthola igciwane lesandulela ngculaza.
- Cabanga ngokusoka uma uyindoda. Ukusoka kwehlisa amathuba okuthelaleka nge-HIV ngamaphesenti angu 60.
- Yehlisa inani labantu ozibandakanya nabo ocansini.
- Sebenzisa ikhondomu njalo mangabe uya ocansini noma ngabe ususokile.
- Buza umtholampilo wakho ngamakhondomu abantu besifazane.
- Hlola futhi ngemuva kwezinyanga eziyi-6.



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ISIZULU

SENGITHOLAKALE NGINE HIV

SEKUZOKWENZAKALANI MANJE?

Ithi sikutshela ukuthi ungaphila kanjani ne-HIV



Protect Yourself. Protect Others.

YABELANA NGALEZI ZINDABA NOMUNYE UMUNTU

- Khuluma nomunye umuntu ongamethemba. Ukuthula ngegciwane lesandulela ngculaza kungenza kube nzima ukuqala imishanguzo yegciwane lengculaza ngesikhathi esifanele.
- Ukuqala imishanguzo yegciwane lengculaza sekuhambe isikhathi kungalimaza impilo yakho.
- Ngemuva kokuthola ukuthi unegciwane lesandulela ngculaza ungathola ukuhlola inani lamasosha omzimba.
- Ukuthi izivikelo zombimba zakho zinamandla kangakanani.

ZIHLOLELE ISIFO SOFUBA

- Isifo sofuba esinye sezifo zabantu abaphila nengciwane lesandulela ngculaza. Singaholela ekushoneni.
- Ukusheshe kutholakale kanye nokwelashwa kwesifo sofuba kwenza kube lula ukusilapha.
- Cela ukuhlolwa isifo sofuba. Uma unesifo sofuba kumele uthathe imithi yakho yesifo sofuba zonke izinsuku izinyanga eziyisithupha.
- Ukungathathi imithi yakho zonke izinsuku kungenza ukuthi isifo sofuba siphinde sibuye. Amaphilisi angangasebenzi uma uphinda uqala futhi.

KUMELE KUBALWE AMASOSHA AKHO OMZIMBA

- Thola ukubalwa kwamasosha akho omzimba njalo ngemuva kwezinyanga eziyi-6. Lokhu ukubalwa kwamaseli amasosha omzimba econsini ngalinye legazi. Buza umtholampilo wakho ngokubalwa kwenani lamasosha akho omzimba.
- Kudingeka uqalise ukuthatha ama-ARV ngokushesha nje lapho uthola ukuthi une-HIV.
- Kuzodingeka uqhubeke uthatha ama-ARV ukuphila kwakho konke.
- Ukuqalisa ama-ARV ngokushesha kuzokwenza imithelela engemihle ibe mincane.
- Ungaphila ukuphila okude nokunempilo.

THOLA UKUHLOLA UMTHAMO WEGCIWANE EGAZINI

Kumele uhlole futhi nomthamo wegciwane egazini uma utholakala ukuthi unegciwane lesandulela ngculaza. Lokhu kubala inani legciwane lesandulela ngculaza econsini ngalinye legazi. Uma usuqala imishanguzo yegciwane lengculaza kuhle futhi ukuhlola umthamo wegciwane egazini ngoba kubonisa ukuthi imishanguzo yegciwane lengculaza isebenza kanjani. Unelungelo lokuthola ukubalwa komthamo wegciwane egazini minyaka yonke.

- Umthamo wakho wegciwane egazini kumele ungabonakali kungakapheli izinyanga eziyisithupha zokuthatha imishanguzo yegciwane lengculaza.
- Ukungabonakali komthamo wegciwane egazini kusho ukuthi ukuhlola angeke kuthole igciwane lesandulela ngculaza egazini lakho.
- Ukungabonakali komthamo wegciwane akusho ukuthi usulaphekile egciwaneni lesandulela ngculaza. Kusho ukuthi imishanguzo yegciwane lengculaza iyasebenza nokuthi izivikeli zomzimba zakho ziya ziba namandla.
- Kusenegciwane lesandulela ngculaza egazini lakho futhi lingathelela abanye.
- Yehlisa inani labantu ozibandakanya nabo kwezocansi futhi sebenzisa ikhondomu ngaso sonke isikhathi uma uzibandakanya kwezocansi.



Ukuhlola isinyathelo sokuqala sokuhlela ikusasa lakho negciwane lesandulela ngculaza noma ngaphandle kwalo.

UKUTHOLAKALA KWESIFO EKUQALENI KANYE NOKWELAPHA OKUSEBENZAYO

- Uma unegciwane lesandulela ngculaza ungathola izifo ezingosomathuba ezifana nesifo sofuba, inkwetthu (thrush) kanye nenyumoniya.
- Kulula ukulapha noma isiphi isifo ekuqaleni singakabi sibi kangako. Uma uthola ukulashwa ekuqaleni ngaso sonke isikhathi uthola ukuba ngcono ngokushesha.
- Ukulashwa ekuqaleni kwesifo kuphinde kukusize ukuhlala unamandla futhi uphilile.



**Uma uzizwa ugula, ungalindi!
Iya emtholampilo uthole ukwelashwa ngaleso sikhathi!**

UKUDLA

- Idla ngokwanele. Igciwane lesandulela ngculaza likuthathela okunye kokudla okudlayo. Uma kungenzeka, ithi ukudla ngaphezu kwalokho ojwayele ukukudla kancane.
- Idla ukudla okunazo zonke izakhi mzimba. Ukudla okunazo zonke izakhi mzimba yilokho okuqukethe:
- Amaphrotheni (inyama, inhlanzi, imikhiqizo yobisi, inkukhu, amaqanda).
- Amavithamini (izithelo ezintsha nemifino).
- Okukunika amandla (uphuthu, ilayisi, amazambane).



Thola ukuhlolwa. Thola ukwelashwa.

PHILA IMPILO EPHILILE

- Ukuzivocavoca kubalulekile - kusiza ukumelana nengcindezi empilweni.
- Yeka ukubhema.
- Ungazitholi weqiwe uphuzo. Utshwala obulingene bulungile. Ukuphuza kakhulu kubi empilweni yakho. Ukuphuza utshwala kungakwenza ukhohlwe ukuthatha imishanguzo yakho yegciwane lengculaza noma imithi yesifo sofuba.
- Ungasebenzisi izidakamizwa zanganoma iluphi uhlobo. Izidakamizwa ezithokala emgaqweni ezifana ne-tik, i-crack, i-cocaine njl. zizokwenza ukuthi ugule ngokushesha.
- Thokozela ukuzibandakanya kwezocansi nomlingani wakho, sebenzisa ikhondomu ngaso sonke isikhathi.
- Uma umlingani wakho naye enegciwane lesandulela ngculaza ungatheleleka igciwane lesandulela ngculaza futhi noma ngolunye uhlobo lwegciwane lesandulela ngculaza. Angakwenza ukuthi ugule ngokushesha. Sebenzisa ikhondomu ngaso sonke isikhathi.



Qalalisa ama-ARV ngokushesha nje lapho uthola ukuthi une-HIV.