

KWENZEKA NTONI NGOKONDLA USANA LWAM?

- Ubisi lwebele kokona kutya kugqwesileyo kusana lwakho.
- Kufuneka usana lwakho ungalondli enye into ngaphandle kobisi lwebele kwiinyanga ezintandathu zokuqala (oku kubizwa ukuncancisa qha).
- Isizathu sokuba kuthiwe "kuphela" kungenxa yokuba kufuneka ulondle ngobisi lwebele kuphela usana lwakho kwaye hayi olunye ubisi, ubisi olungumgubo, ukutya okanye amanzi.
- Iyeza ekukuphela kwalo onokulinika usana lwakho lelo umsebenzi wokhathalelo lwempilo akunike lona eklinikhi.
- Kufuneka uqhubeke nokuthatha i-FDC yonke imihla ngeli xesha uncancisa ngalo.
- Emva kweenyanga ezintandathu, kufuneka wongeze okunye ukutya kodwa uqhubekeke nokuncancisa.

UKUBA NGABA UNE-HIV UNGAYIDLULISELA I-HIV KUSANA LWAKHO NGENXA YOKUNCANCISA.

- Ukuthintela i-HIV ekubeni idlulele kusana lwakho KUFUNEKA uqhubeke ukuthatha indibaniselwano enye yepilisi ye-ARV ngexesha lonke usaluncancisa usana lwakho.
- Umsebenzi wokhathalelo lwempilo uyakukuxelela ukuba liqabaza lenevirapine elingakanani ekufuneka ulinike usana lwakho, eliyakuxhomekeka kubunzima bosana lwakho.
- Ngokuncancisa umntwana wakho ubisi lwebele qha, umntwana wakho akanofane agule zizigulo eziquhelekileyo ezifana nesifo sotyatyazo okanye ingqele (nyumoniya).
- Usana lwakho luza kuvavanyelwa i-HIV xa luzalwa. Ukuba une-HIV, kufuneka baqalise ii-ARVS ngoko nangoko.
- Yisa usana lwakho ekliniki xa luneveki ezintandathu luyogonywa.
- Yisa usana lwakho eklinikhi nyanga nganye.
- Kubalulekile ukuba umhlole umntwana wakho ekuzalweni kwakhe uze uphinde umhlole esakugqiba iiveki ezilishumi, uphinde xa iinyanga zilishumi elinesibhozo okanye emveni kweveki ezintandathu emveni kokuba umyekisile ukuncancisa.

NDINGABA NOKUKHULELWA OKUSEMPILWENI KANJANI?

- Yitya ukutya okunesondlo kwaye uzikhathalele.
- Ungaseli utywala okanye utshaye imidiza ngexa ukhulelwe - kuyingozi kwaye kuba neem-pembelelo kuwe kunye nakwimpilo yosana lwakho.
- Buza umsebenzi wokhathalelo lwezempilo wakho malunga neevithamini kunye nezongezo zesondlo ze-ayoni onokuzithatha ngexa lokukhulelwa ukhuthintela ukungabi nagazi (anaemia).
- Sebenzisa ikhondom xesha ngalinye usabelana ngesondo.
- Tyelela iklinikhi yaphambi kokubeleka ngokhangelo lwakho lwarhoqo (okungenani amaxesha amane ngexa lokukhulelwa kwakho) kunye nanini na unazo naziphi na iingxaki ngokukhulelwa kwakho okanye ngempilo yakho jikelele.
- Jonga kwakhona ikhadi losana laseklinikhi (road to health).

INGABA NDIINGAFUMANA EZINYE IZIFO EZINGAMANGENELELA NGENXA YOKUBA NDINE-HIV?

- Ewe, abantu abane-HIV banokuba nolunye usulelo olungena ngenxa yokuba ukhuselo lomzimba lubuthathaka.
 - Ukuba ngaba ufumana ezinye izifo ezingenelelayo ngelishesha ukhulelweyo, linganyuka ithuba lokuba usana lwakho losulelwe yi-HIV.
 - Ezinye izifo ezixhaphakileyo ezinxulunyiswa ne-HIV yi TB. Okanye inyumoniya, i-herpes simplex, i-candidiasis kunye nezinye intlobo zomhlaza.
- ~ Fumana rhoqo uhlobo lwe-TB.
~ Njengenxenywe yeemvavanyo lwegazi olwenziwayo xa ukhulelwe, ukujonga ezinye izifo.
~ Qiniseka ukuba zonke izifo zinyangwa ngokukhawuleza.
~ Ungayeki ukuthatha okanye ungakuphosi ukuthatha ipilisi yakho yonyango lwe-ARV.



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ISIXHOSA

UMAMA OSEMPILWENI, UMNTWANA OSEMPILWENI

**QALISA II-ARVS
NGOKUKHAWULEZA WAKU
FUNYANISWA UKUBA UNE-HIV**

Mandinixelele ukuba njani.



Protect Yourself. Protect Others.

