

KWENZEKANI NGOKUPHA UMNTWANA WAMI UKUDLA?

- Ubisi lwebele wukudla okungcono kakhulu kumntwana wakho.
- Ipha ingane yakho ubisi lwebele kuphela izinyanga eziyisithupha izelwe. Lokhu kubaluleka.
- Isizathu sokuthi kubizwe "okungaxutshwa nalutho" yingoba kufanele umntwana wakho umuphe ubisi lwebele kuphela futhi kungabi bikho olunye ubisi, ubisi oluthengwayo, ukudla noma amanzi.
- Umuthi kuphela ongawunika ingane yakho yilowo umsebenzi wokunakekelwa kwezempilo akunika wona emtholampilo.
- Kufanele uqhubeke uthatha i-FDC zonke izinsuku inqobo nje uma usancelisa ubisi lwebele.
- Emva kwezinyanga eziyisithupha, kufanele umudlise okunye ukudla, kodwa kufanele uqhubeke umuncelsa ubisi lwebele.

UMA UNE-HIV UNGAYIDLULISELA I-HIV EMNTWANENI WAKHO NGESIKHATHI UMNCELISA IBELE.

- Ukuze uvimbele ukudluliseka i-HIV esuka kuwe iye enganeni yakho KUFANELE uqhubeke nokuthatha iphilisi elilodwa le-ARV eliyinxube uma nje umntwana wakho esancela ibele.
- Umsebenzi wokunakekelwa kwezempilo uzokutshela ukuthi ingane yakho kufanele uyinike isiraphu ye-Nevirapine engakanani, okuzoncika esisindweni somzimba wengane yakho.
- Ngokuncelisa ingane yakho ubisi lwebele kuphela, unciphisa amathuba okuba ithole ukugula lokhu okujwayelekile okufana nokukhishwa isisu (isifo sohudo) nenyumoniya.
- Umntwana wakho uzohlolwa i-HIV lapho ezalwa. Uma kutholakala ukuthi unayo, kumelwe aqalise ama-ARV ngokushesha.
- Thatha ingane yakho uyihambise emtholampilo iyogonywa uma seyinamasonto ayisithupha ubudala.
- Hambisa umntwana wakho emtholampilo nyanga zonke.
- Kubalulekile ukuthi uthathe ingane yakho uyise emtholampilo ukuthi iyophinda ukuhlolwa kwe-HIV uma isinamasonto ayishumi izelwe, uma isinezinyanga ezingu -18 noma emuva kwamasono ayisithupha lapho engasalunceli khona ubisi lwebele.

NGINGABA KANJANI NOKUKHULELWA OKUPHILILE?

- Dlana ukudla okunawo wonke amanani omsoco odingwa wumzimba (balanced diet) futhi uzinakekele.
- Ungabuphuzi utshwala noma ungabhemi usikilidi ngesikhathi ukhulelwe - kuyingozi futhi kuzokuphazamisa futhi kuphazamise nempilo yengane yakho.
- Buza umsebenzi wakho wokunakekelwa kwezempilo gezichibiyeli zokudla zamavithamini neze-iron ongazithatha ngesikhathi ukhulelwe ukuvimbela i-anemiya.
- Sebenzisa ikhondomu ngaso sonke isikhathi uma uya ocansini.
- Vakashela umtholampilo ngaphambi kokubeletha ukuze uthole ukuhlolwa kwakho okuvamile (okungenani kane ngesikhathi ukhulelwe) kanye nanoma nini lapho kukhona izinkinga onazo ngokukhulelwa kwakho noma ngempilo yakho jikelele.
- Hlola ikhadi lomntwana lasemtholampilo (road to health).

NGINGAVELA EZINYE IZIFO NOMA IZIMO NGOBA NGINE-HIV?

- Yebo, abantu abane-HIV bangaba nezifo ezisebenzisa ithuba lokuthi izivikeli zomzimba zibuthakathaka.
 - Uma uba nesifo esinjalo ngesikhathi ukhulelwe, kungandisa amathuba okuthi ingane yakho itheleleke nge-HIV.
 - Esinye sezifo esijwayeleke kakhulu esihambisana ne-HIV yi-TB. Ezinye izifo ezijwayelekile yinyumoniya, i-herpes simplex, i-candidiasis kanye nezinye izinhlobo zezifo zomdlavuza.
- ~ Thola ukuhlolwa i-TB njalo.
~ Njengengxenywe yokuhlolwa kwegazi okwenzawa ngesikhathi ukhulelwe, kungatholakala ezinye izifo.
~ Qiniseka ukuthi zonke izifo zisheshe zelashwe.
~ Ungayeki ukuphuza noma ungeqiwa umthamo wokwelashwa kwakho wama-ARV.



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ISIXHOSA

UMAMA OPHILLE INGANE EPHILILE

QALALISA AMA-ARV NGOKUSHESHA NJE LAPHO UTHOLA UKUTHI UNE-HIV.

*Ithi sikutshele ukuthi
kanjani.*



Protect Yourself. Protect Others.

UMNTWANA OSANDAKUZALWA ANGATHELELEKA KANJANI NGE-HIV?

- Owesifazane one-HIV, angathelela umntwana wakhe nge-HIV. Umntwana osandakuzalwa angatheleleka nge-HIV ngezindlela ezinokwenzeka ezintathu:
 - ~ **Ngaphambi kokubeletha:** esibeletweni
 - ~ **Ngesikhathi sokubeletha:** uma umntwana ezalwa ngomgudu wokubeletha
 - ~ **Ngemuva kokubeletha:** ngesikhathi sokuncelisa ibele

UMNTWANA OSANDAKUZALWA ANGAVIKEL- WA KANJANI EKUTHOLENI UKUTHELELEKA NGE-HIV EVELA KUMAMA ONE-HIV?

Amathuba okuthi umntwana osandakuzalwa athole ukutheleleka nge-HIV okuvela kumama one-HIV mancane kakhulu uma:

- Owesifazane ethatha imithi eyizidambisi gciwane (ama-ARV) ngesikhathi sokukhulelwa kwakhe sonke. Umangabe une-HIV fanele uqale udle imishanguzo yakho (ama-ARVs) ngokushesha ngemuva kokuthola ukuthi uzithwele.
- Owesifazane ethatha ama-ARV ngesikhathi encelisa ingane yakhe ibele. Uma une-HIV kumelwe uthathe ama-ARV lapho uncelisa ibele futhi uwasebenzise ukuphila kwakho konke.
- Ingane ithola i-Nevirapine amasonto ayisithupha ngemuva kokubelethwa. KUFANELE umntwana wakho umnike isiraphu ye-Nevirapine zonke izinsuku amasonto ayisithupha ngemuva kokubelethwa.

IYINI INGXUBEVANGE YAMAPHILISI YOKUDAMBISA I-HIV (FDC)

Isidambisi gciwane esiyinxube yomthamo ongaguquki yiphilisi elilodwa le-ARV eliyinxube. Iphilisi elilodwa le-ARV eliyinxube:

- Ama-ARV ahlukeni amathathu ahlanganise aba yiphilisi elilodwa
- Anomphumela ofanayo njengokuphuza amaphilisi amathathu ahlukeni
- Liwusizo kakhulu futhi kulula ukuliphuza Ngokujwayelekile libizwa ngokuthi i-FDC

UKWELASHWA NGESIDAMBISI GCIWANE ESIYINGXUBE YOMTHAMO ONGAGUQUKI OK- USHA KUZOBASIZA KANJANI ABESIFAZANE ABAKHULELWE KANYE NABANTWANA BABO ABASANDA KUZALWA?

- Abantu besifazane abane-HIV abazithwele bathatha iphilisi elilodwa eliyinxube yama-ARVs ngesikhathi bekhulelwe kanti bayaqhubeka nokulidla leli philisi i-FDC impilo yabo yonke.
- Abantu besifazane abane-HIV abancelisayo kufanele bathathe iphilisi elilodwa eliyinxube yama-ARVs nsuku zonke kanti lelo philisi i-FDC uzolidla impilo yakhe yonke.

NGIYASOLA UKUTHI NGIKHULELWE. KUFANELE NGENZENI?

- Hamba uyovakashela umtholampilo ngokushesha ukuze uqinisekise ukukhulelwa kwakho.
- Bhuka emtholampilo ngokushesha, okungcono emasantweni ayi-14 okuqala ukukhulelwa kwakho.

Emtholampilo, umsebenzi wokunakekelwa kwezempilo:

- ~ Uzokuhlola ukukhulelwa ukuze aqinisekise ukukhulelwa kwakho
- ~ Uzokubhukhela ukuvakasha kwasemtholampilo wangaphambi kokubeletha
- ~ Uzokunikeza Ukwelulekwa Ngokuhlololwa Kwe-HIV (HIV Testing Services (HTS)) ukuze kutholakale isimo sakho se-HIV futhi uhlungelwe i-TB
- ~ Ukwesekwa ukuthi ukwazi ukumukela isimo sakho sokuba ne-HIV ngesikhathi sokukhulelwa nangemuva kokukhulelwa

ANGINAYO I-HIV. KUFANELE NGENZENI?

- Phinda uhlolole i-HIV kanye ne-TB njalo ngezinyanga ezingu-3 - phakathi nesikhathi sokukhulelwa nalapho nje usancelisa umntwana wakho ibele.
- Tshela umlingani wakho ngesimo sakho se-HIV bese umkhuthaza ukuthi naye enze kanjalo.
- Khuthaza umlingani wakho ukuthi ahlolwe i-HIV futhi ahlolole i-TB.
- Sebenzisa ikhondomu ngaso sonke isikhathi uma uya ocansini yize ukhulelwe. Lokhu kuzovimbela ukudluliselwa kwe-HIV kanye nezinye izifo ezidluliswa ngocansi.

NGIHLOLWE NGATHOLAKALA NGINE-HIV. YINI EZOKWENZEKA MANJE?

- Uzonikezwa I-FDC ngosuku ohlolwe watholakala une-HIV ngalo.
- I-FDC iphilisi eliyinxube lizoyenza ngcono impilo yakho futhi livimbele ukuthi umntwana wakho ongakazalwa athole I-HIV.
- Umsebenzi wasemtholampilo uzothatha igazi lokuhlolwa kwaselabhorethri.
- Asikho isidingo sokulinda imiphumela yokuhlolwa ukuthi uqale ukwelashwa ngama-ARV.
- Kufanele ubuyele emtholampilo ngemuva kwesonto elilodwa ukuyothola imiphumela yokuhlolwa kwegazi.
- Umsebenzi wokunakekelwa kwezempilo kungenzeka akushintshe ukwelashwa kwakho ngemuva kokubheka imiphumela yakho yegazi.

UZOYIPHUZA KANJANI IMITHI YOKWELASH- WA NGEZIDAMBISI GCIWANE EZIYINGXUBE YOMTHAMO ONGAGUQUKI - (FDC)?

- Uzophuza iphilisi le-ARV eliyinxube:
 - ~ Kanye ngelanga
 - ~ Zonke izinsuku
 - ~ Impilo yakho yonke.
- Iphilisi elilodwa le-ARV eliyinxube kufanele liphuzwe ngesikhathi esifanayo usuku ngalunye.
- Uma ukhohlwe wumthamo, uphuze lapho ukhumbula KODWA ungaweqi umthamo.
- Ukuphuza ama-ARV zonke izinsuku kuzokusiza ukuthi uhlale uphilile futhi kuzovikela nomntwana wakho.



**Khetha indlela yokuhlela umndeni
ngokushesha bese uqala ukuyisebenzisa
ngaphambi kokuya ocansini nangemuva
kokuzalwa kwengane yakho.**