

## 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 ukukukhumbuza 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 zithomalalise i-HIV.
- Ezi ARVs mhlawumbi zinokuthathwa ziziipilisi ezi-3 ezahlukeneyo okanye ziyiNdibaniselwano yeDosi esisiGxina (Fixed Dose Combination - FDC) eyipilisi enye equlethe zonke zo-3 ezi-ARVs.
- Le pilisi inye inemiphumela efanayo neyokuthatha 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 umongikazi wakho uyakumisela indibaniselwano yee-ARVs eyakukusebenzela.
- Khumbula ukuba ii-ARVs azikwazi kusebenza zodwa - yitya kakuhle, ungaselisi, ungaseli kakhulu kwaye ungazisebenzisi iziyobisi.

## Uhlobo linyathelo lokuqala lokucwangcisa ikamva lakho - unayo ungenayo i-HIV.

### UHLOLO NENGCEBISO NGE-HIV

- 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 UFUNYENWE UNAYO I-HIV

- Kufuneka uqalise ii-ARVs uze uhlale kuzo ubomi bakho bonke.
- Usenokuphila ubomi obupheleleyo nobesiqhelo, kuquka ukuba nosapho kunye nokufezekisa amaphupha akho.
- Sibulela kwii-ARVs, i-HIV sisifo esingapheliyo esilawulekayo njengesifo seswekile okanye uxinzelelo lwegazi.
- Fumana ulwazi. Cwangcisa ikamva lakho. Thetha nonompilo wakho.
- Funda iphetshane lethu elithi "NdineNtsholongwane kaGawulayo, ngoku kuza kwenzekani?"

**Zikhusele. Ukhusele Nabanye.**



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ISIXHOSA

# II-ARVs

## UNGAYOHLULA I-HIV

*Ii-ARVs zibusindisile  
ubomi bakho.  
Mandinixelele ukuba njani.*



Protect Yourself. Protect Others.

## II-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 zinciphe ukomelela komzimba wakho kubuyele kwisimo esisiso.
- Xa ISIHLELA i-HIV, i-CD4 yakho (amajoni omzimba) AYONYUKA, O, O, O.
- Xa i-CD4 yakho (amajoni omzimba) isonyuka, uyakwazi ukulwa nosuleleko.
- Uza kuqala ubuyise emzimbeni, uzive ubhetele usempilweni kananjalo.

## UKWAZI UBALO LWAMAJONI AKHO OMZIMBA (CD4) KUNYE NOBUNGAKANANI BENTSHOLONGWANE YAKHO

- Emva kokuba ufunyenwe uneNtsholongwane kaGawulayo (i-HIV) kufuneka wenze ubalo lwe-CD4 nelobungakanani beNtsholongwane.
- Ubalo lwe-CD4 lubala umlinganiselo wenani lamajoni omzimba kwithontsi ngalinye legazi.
- Ubalo lobungakanani bentsholongwane lubala umlinganiselo we-HIV kwithontsi ngalinye legazi.
- Buza umsebenzi wezempilo wakho malunga nokuba ungalwenza kaninzi kangakanani uvavanyo lobalo lwe-CD4 nobuninzi bentsholongwane.



**Zikhusele. Ukhusele nabanye.  
Zihlole. Fumana unyango!**

## KUFANELE NDIZISEBENZISE NINI II-ARVS?

- Ukuba ufunyaniswe une-HIV, kufuneka uqalise ukuthatha ii-ARVs ngoko nangoko uze uhlale kuzo ubomi bakho bonke.
- Wonke umntu umele azi ubume bakhe be-HIV ukuze afumane unyango kwangethuba ukuze aphile ubomi obude nobusempilweni.
- 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.

## 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, intlolo, isicaphucaphu, ukudinwa nokungalali. Le miphumela idla ngokuphela emva kweenyanga eziyi-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 usenokukunika 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 kwenze nemiphumela ibe mbalwa kakhulu.

## NDINGAPHILA IXESHA ELINGAKANANI NGENE-ARVS?

- Usenokuphila iminyaka ngee-ARVs ngolawulo olululo lonyango nokuzimisela okukoko 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 okukoko 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 uzakugula.
- Le-HIV ineenkani usenokuyigqithisela komnye umntu othi wabelane naye ngesondo. Ii-ARVs aziyi kusebenza nakuye loo mntu.