

## INGABE KUKHONA AMATHIPHU OKUNGISIZA NGITHATHE AMAPHILISI NGENDLELA EFANELE?

- Iba nomuntu okuxhasa ngokuthatha imithi noma umngani okukhumbuza ukuthatha imishanguzo yegciwane lengculaza yakho. Kungaba unkosikazi wakho, umkhwenyana wakho, owesilisa ohlekisana naye, owesifazane ohlekisana naye noma ngabe ubani omunye omethembayo futhi onendaba nawe.
- Sebenzisa ibhokisi lamaphilisi nsuku zonke noma ngesonto. Bese uyabheka ukuthi awekho yini ongaphezulu.
- Sebenzisa i-pill beeper, iwashi elicushiwe noma ucuphe iwashi kuselula yakho ukuze uzikhumbuze ekuphuzeni amaphilisi.
- Uma uzothatha uhambo lwezinsuku ezimbalwa, yenza isiqinisekiso sokuthi unamaphilisi anele.
- Gcina amanye lapho okungenzeka uwadinge khona uma kunesimo esiphuthumayo, okufana nasendlini yomngani.
- Zibandakanye namaqoqo okuxhasana - ukwabelana nabanye ngokwenzekile kuyasiza.
- Ukungafihli lutho kwenza kube lula!

## IMIPHI IMISHANGUZO YEGCIWANE LENGCULAZA OKUMELE NGIQALE NGAYO?

- Kumele sisebenzise izinhlobo ezintathu ezihlanganisiwe ezehlukene ukuze sicindezele igciwane lesandulela ngculaza.
- La ma-ARV angaphuzwa njengamaphilisi amathathu ahlukene noma njengeNgxube Yomthamo Ongaguquki (Fixed Dose Combination - FDC) okuyiphilisi elilodwa elinawo womathathu ama-ARV.
- Leli philisi elilodwa linomphumela ofanayo nokuthatha ama-ARV ama-3 njengamaphilisi ahlukene futhi lisiza ukwenza ngcono ukubambelela njengoba kulula nje ukuphuza iphilisi elilodwa kanye ngelanga.
- Iphilisi le-FDC esilisebenzisayo njengamanje eNingizimu Afrika yingxube ye-Tenofovir, Emtricitabine ne-Efavirenz.
- Abanye abantu kungenzeka bangakwazi ukuphuza i-FDC ngenxa yezinye izinkinga ezifana nesifo sesibindi, izinkinga zezinso noma izimo zengqondo ezimbi kakhulu.
- Uma kunjalo kuwe, udokotela wakho noma unesi uzokunika ingxube ehlukile yama-ARV ezosebenzela wena.
- Khumbula ukuthi imishanguzo yegciwane lengculaza ayikwazi ukusebenza yodwa - yidla kahle, ungaphezulu, ungaphezulu futhi ungaphezulisi izidakamizwa.

**Ukuhlolola igciwane lesandulela ngculaza isinyathelo sokuqala sokuhlela ikusasa lakho - negciwane noma ngaphandle kwegciwane lesandulela ngculaza.**

## UKWELULEKWA NGE HIV NGOKWENGQONDO NOKUHLOLWA

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

## UMA UKUHLOLWA KUBONISA UKUTHI UNEGCIWANE LESANDULELA NGCULAZA

- Kudingeka ukuba uqalise ama-ARV futhi uwasebenzise ukuphila kwakho konke.
- Ungaphila impilo ephelele futhi ejwayelekile, okuhlenganisa nokuba nomndeni kanye nokufeza amaphupho akho.
- Sibonga imishanguzo yegciwane lengculaza, igciwane lesandulela ngculaza selingokugula okumiyo okulawulekayo okufana nesifo sikashukela noma ukunyuka komfutho wegazi.
- Thola ulwazi. Hlela ikusasa lakho. Khuluma nesisebenzi sezempilo sakho.
- Funda iphamfulethe yethu ethi "Sengihlolve ngatholwa ngingegciwane lesandulela ngculaza, manje kuzokwenzekani?"

**Zivikele. Uvikele Nabanye.**



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ISI-ZULU

# NGAMA ARVs

## UNGAYINQOBA-I-HIV

**Imishanguzo yegciwane lengculaza ingasindisa impilo yakho. Ithi sikutshele ukuthi kanjani.**



Protect Yourself. Protect Others.

## IMISHANGUZO YEGCIWANE LENGCULAZA NEZIVIKELI ZAKHO ZOMZIMBA

- Izivikeli zakho zomzimba zenziwe amaseli ahlukeno asiza ukulwa negciwane lesandulela ngculaza, amasosha omzimba iwona abaluleke kakhulu.
- Igciwane lesandulela ngculaza libulala amasosha akho omzimba okuyiwona ayingxenywe ebaluleke kakhulu yezivikeli zakho zomzimba. Uma lokhu sekwenzeka ube usugqala ukugula.
- Imishanguzo yegciwane lengculaza yehlisa igciwane lesandulela ngculaza emzimbeni wakho futhi lisiza izivikeli zakho zomzimba ukuthi zilulame.
- Ngesikhathi igciwane lesandulela ngculaza LEHLA amasosha akho omzimba AYENYUKA.
- Uma amasosha akho omzimba enyuka ube usukwazi ukulwa nezifo.
- Uzoqala ukukhuphuka isisindo somzimba, uzizwe ungccono futhi ube nempilo.

## UKWAZI INANI LAMASOSHA AKHO OMZIMBA KANYE NOMTHAMO WEGCIWANE EGAZINI LAKHO

- Ngemuva kokutholakala ukuthi unegciwane lesandulela ngculaza kumele wenze ukuhlola kokubala inani lamasosha omzimba kanye nomthamo wegciwane egazini.
- Ukuhlolwa kwenani lamasosha omzimba kukala inani lamasosha omzimba econsini ngalinye legazi.
- Ukuhlolwa kwakho umthambo wegciwane egazini kukala inani legciwane lesandulela ngculaza econsini ngalinye legazi.
- Buza nonmpilo wakho ukuthi ungalolwa kangaki i-CD4 count kanye ne-viral load.



**Zivikele. Uvikele nabanye.**  
**Thola ukuhlolwa. Thola ukwelashwa!**

## KUMELE NGIQALE NINI UKUSEBENZISA AMA ARVs?

- Uma uhlolwa kutholakale ukuthi une-HIV, kudingeka ukuba uqalise ukuthatha ama-ARV ngokushesha futhi uqhubeke uwasebenzisa ukuphila kwakho konke.
- Bonke abantu kudingeka basazi isimo sabo se-HIV ukuze bathole ukwelashwa ngokushesha futhi baphile impilo ende, nenempilo.
- Abantu abaningi abasazi isimo sabo ngokuphathelene negciwane lesandulela ngculaza. Bazihlola kuphela uma sebegula bese beqala imishanguzo yegciwane lengculaza sekuhamba isikhathi.
- Izindaba ezinhle ukuthi imishanguzo yegciwane lengculaza iyisimangaliso! Abantu abesebegula kakhulu yisifo sengculaza futhi benenani eliphansi lamasosha omzimba baphinde balulame bathole nempilo.

## KUZOKWENZEKANI UMA SENGIQALA UKUTHATHA IMISHANGUZO YEGCIWANE LENGCULAZA?

- Imishanguzo yegciwane lengculaza isebenza ngokuyekisa igciwane lesandulela ngculaza ukuthi liziphindaphinde.
- Uma usugqala ukuthatha imishanguzo yegciwane lengculaza umthamo wegciwane egazini UYEHLA.
- Inhloso yemishanguzo yegciwane lengculaza ukwehlisa PHANSI umthamo wegciwane egazini uze ube inani elincane elibizwa ngokuthi 'alibonakali'.
- Uma umthamo wegciwane egazini ungasabonakali, usenalo igciwane lesandulela ngculaza futhi ungaluliselela igciwane lesandulela ngculaza kumlingani wakho wocansi. Ngakho uzodinga ukusebenzisa ikhondomu ngaso sonke isikhathi uma uzibandakanya kwezocansi.

## UKUNGAPHATHWA KAHLE IMITHI EMZIMBENI

- Abantu abaningi angeke baphathwe kabi imithi emzimbeni.
- Abanye abantu bazophathwa kabi imithi emzimbeni okungatheni. Lokhu kuhlenganisa ukuqubuka kwesikhumba, ukukhishwa isisu, ukuphathwa ikhanda, ukucanuzelwa inhliziyi, ukukhathala kanye nokungalali. Isikhathi esiningi lokhu kuyaphela ezinyangeni eziyi-3 zokuqala zokuthatha imithi.
- Abantu abayidlanzana bangezwa ukuphathwa kabi emzimbeni okukhulu okufana nokuthinteka kwesibindi.

- Abantu abayidlanzana abaphathwa kabi kakhulu imithi emzimbeni yabo.
- Bika KONKE ukungaphatheki kahle emzimbeni imithi kumsebenzi wakho wezempilo ngokushesha.
- Isisebenzi sakho sezempilo singakunika imithi ezosiza ukungaphatheki kahle emzimbeni okungatheni kanye nokukhulu.
- Ukungaphathwa kahle emzimbeni imithi kunganqotshwa ngokushintsha imishanguzo yegciwane lengculaza.
- Khumbula ukuthi ukungaphathwa kahle imithi kuba kukhulu uma amasosha akho omzimba emancane. Ukuqala imishanguzo yegciwane lengculaza ngesikhathi esifanele kwenza isebenze kangcono futhi nokungaphathi kahle umzimba okungengakanani.

## NGINGAPHILA ISIKHATHI ESINGAKANANI NGEMISHANGUZO YEGCIWANE LENGCULAZA?

- Ngokunakekelwa ngendlela efanele kwezokwelapha kanye nokuthatha imithi ngendlela efanele kungenzeka uphile iminyaka ngeminyaka ngemishanguzo yegciwane lengculaza.
- Ungasebenza, ube nezingane futhi uphile impilo ejwayelekile ngemishanguzo yegciwane lengculaza!

## KUYINI UKUTHATHA AMAPHILISI NGENDLELA EFANELE?

- Ukuthatha amaphilisi ngendlela efanele kusho ukuthatha amaphilisi ngendlela efanele ncmishi naleyo oyitshelwe isisebenzi sezempilo.
- Ukuwathatha ngesikhathi esifanele zonke izinsuku indlela efanele kahle kakhulu yokuthatha amaphilisi akho. Ukuthatha amaphilisi ngendlela efanele kwenza isiqiniseko sokuthi kunomuthi owanele emzimbeni wakho ukuze kulawuleke igciwane lesandulela ngculaza.

## KWENZEKANI UMA NGINGATHATHI AMAPHILISI NGENDLELA EFANELE?

- Uma ungathathi imishanguzo yegciwane lengculaza zonke izinsuku ngesikhathi esifanele, izoyeka ukulwa negciwane lesandulela ngculaza.
- Igciwane lesandulela ngculaza manje alisalawuleki ngemishanguzo yegciwane lengculaza futhi uzobe usuyagula.
- Igciwane lesandulela ngculaza elingasalawuleki lingadluliseleka kumuntu ozibandakanya naye kwezocansi. Imishanguzo yegciwane lengculaza ayizomsebenzela nalowo muntu futhi.