



**Ukuba uneNtsholongwane kaGawulayo (HIV), yenza uhlolo lwesifo sephepha (TB). Ukuba unesifo sephepha (TB), yenza uhlolo lweNtsholongwane kaGawulayo (HIV) ngokunjalo!**

## SONKE SISEMNGCIPHEKWENI

- Wonke umntu uyabelana ngesondo. Kufuneka uzikhusele wena neqabane lakho.

## UKUZHUSELA KWI-HIV

- Ulwaluko lwase sibhedlele lwehlisa umngcipheko wokosuleleka yiNtsholongwane kaGawulayo uyokutsho kwiipesenti eziyi-60. Olu lwaluko lolwasimahla kwaye luyafumaneka kwiiklinikhi nakwizibhedlele zikarhulumente. Buza kwi Klinikhi yakho ngendawo ekufutshane yolwaluko.
- Ulwaluko lunokhuseleko olungagqibelelanga. Kusafuneka usebenzise iKhondom rhoqo usabelana nge sondo nokuba wolukile.
- Ukunciphisa inani labantu owabelana nabo ngesondo kunciphisa amathuba akho wokufumana i-HIV.
- Ukusela utywala kuphungula iintloni zakho kuze kwandise amathuba okuzibandakanya kwiintlobano zesini ezinobungozi. Hlisa izinga lakho lokusela utywala.
- Usenokwabelana ngesondo kwaye ungabinayo i-HIV ngokusebenzisa ikhondom rhoqo usabelana ngesondo.
- Fumana unyango olukhawulezileyo lwalo naluphi na usuleleko okanye incindi kwilungu lakho lobudoda, lobufazi okanye ezimpundu. Oonompilo baqeqeshiwe kwaye bakuqhelile ukubona amalungu esini. Akukho mfuneko yakuba neentloni.



**Zikhusele. Ukhusele Nabanye.**

## UHLULO NENGCEBISO NGE-HIV

- Kufuneka ufumane iingcebiso phambi kokwenza uhlolo. Iingcebiso zikulungiselela iziphumo, ngoko utsho ukwazi ukucinga ukuba iziphumo ezithi unayo okanye awunayo i-HIV ziza kukuchaphazela njani na.
- Kufanele uphinde ufumane iingcebiso nasemva kokuba wenze uhlolo.

## UKUBA UFUNYENWE UNAYO I-HIV

- Kufuneka uqalise ii-ARV uze uhlale kuzo ubomi bakho bonke.
- Usenokuphila ubomi obupheleleyo nobesiqhelo, kuquka ukuba nosapho kunye nokufezekisa amaphupha akho.
- Sibulela kwii-ARV, i-HIV sisifo esingapheliyo esilawulekayo njengesifo seswekile okanye uxinzelelo lwegazi.
- Fumana ulwazi. Cwangcisa ikamva lakho. Thetha nonompilo wakho.

## UKUBA UFUNYENWE UNGENAYO I-HIV

- Kholelwa kwelokuba uza kuhlala ungenayo i-HIV. Zikhusele. Khusela nabanye.
- Yenza izicwangciso zokunciphisa ubungozi bokufumana i-HIV.
- Nciphisa inani lamaqabane akho.
- Ukuba uyindoda, cinga ngokoluka. Ulwaluko lwase sibhedlele lunciphisa umngcipheko wendoda wokosuleleka yi Ntsholongwane kaGawulayo ngeepesenti eziyi-60.
- Sebenzisa iKhondom rhoqo usabelana ngesondo - nokuba wolukile.
- Buza iiklinikhi yakho malunga neekhondom zabafazi ezibizwa ngefemindom
- Hlola kwakhona kwiinyanga ezi-6.



**Community Media Trust**

021 788 9163

[www.cmt.org.za](http://www.cmt.org.za) • [www.siyayinqoba.co.za](http://www.siyayinqoba.co.za)



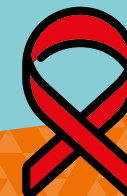
@Siyayinqoba

ISIXHOSA

# NDIFUNYANISWE NDINE-HIV

## NGOKU KUZA KWENZEKANI?

*Masikuxelele ungaphila  
kakuhle kanjani neHIV*



Protect Yourself. Protect Others.

## YABELA NOMNYE UMNTU NGEZI NDABA

- Thetha nomntu onokumthemba. Ukuthula nge-HIV kusenokwenza kube nzima ukuba uqalise ngee-ARV ngexesha elifanelekileyo.
- Ukuziqalisa kade ii-ARV kunokuyonakalisa impilo yakho.
- Emva kokufumanisa ukuba unayo i-HIV kufuneka wenze ubalo lwe-CD4 (iiseli zamajoni omzimba).
- Olu balo lwe-CD4 lukuxelela ukuba womelele kangakanani na umzimba wakho nokuba ungaziqalisa nini na ii-ARV.

## HLOLELA I-TB

- I-TB yenye yosuleleko oluxhaphakileyo kubantu abaphila ne-HIV. Isenokumbulala umntu.
- Ukuyifumanisa kwangethuba nonyango kwenza kube lula ukuyinyanga ngokupheleleyo i-TB.
- Cela ukuhlolwa i-TB. Ukuba unayo i-TB kufuneka uwathathe amachiza akho e-TB mihla le kangangeenyanga ezintandathu.
- Ukungawathathi rhoqo amachiza kusenokuyibuyisa i-TB. Iipilisi zisenokungasebenzi xa uphinda uqalisa unyango.

## YENZA UBALO LWAMAJONI OMZIMBA (CD4 COUNT)

Yenza ubalo lwe-CD4 kwiinyanga ezi-6 rhoqo. Oku kubala inani lamajoni omzimba kwithontsi ngalinye legazi. Cela iiklinikhi yakho ikwenze ubalo lwe-CD4.

- Kufuneka uthathe ii-ARVs ngokukhawuleza wakufumanisa ukuba une-HIV.
- Kuza kufuneka uthathe ii-ARVs ubomi bakho bonke.
- Ukuqalisa ii-ARVs kwangethuba kuthetha ukuba ziza kuba ncinane iziphumo ezingalindelekanga.
- Ungaphila ubomi obude nobusempilweni.

## HLOLA UBUNGAKANANI BAKHO BENTSHOLONGWANE

Kufanele wenze kwakhona nohlolo lobungakanani beNTsholongwane xa ufunyenwe une-HIV. Oku kubala i-HIV efaneka kwithontsi ngalinye legazi. Xa uqalisa ii-ARVs, kubalulekile ukuba usele usenza nobalo lobungakanani bentsholongwane kuba kubonisa indlela ezisebenza ngayo ii-ARVs. Unelungelo lohlolo lobungakanani bentsholongwane olunye ngonyaka.

- Kufanele ubungakanani beNTsholongwane bungabonakali kwisithuba seenyanga ezintandathu uqalise ii-ARVs.
- Ukungabonwa kobungakanani beNTsholongwane kuthetha ukuba uhlolo alukwazi kufumana i-HIV egazini lakho.
- Ukungabonwa kobungakanani beNTsholongwane akuthethi ukuba awusenayo i-HIV. Kuthetha ukuba ii-ARVs ziyasebenza kwaye nomzimba wakho uya usomelela.
- Isekhona i-HIV egazini lakho kwaye isenokubosulela abanye.
- Nciphisa inani lamaqabane akho kwaye usebenzise ikhondomu



**Uhlobo linyathelo lokuqala lokucwangcisa ikamva lakho – nokuba unayo okanye awunayo i-HIV.**

## UNYANGO LWANGETHUBA NOLUSEBENZAYO

- Ukuba une-HIV usenokufumana usuleleko olungenelayo olufana ne-TB, i-trush kunye nesifo sengqele.
- Kulula ukuzinyanga zonke izifo xa zisaqala zingekondeli. Ukuba ufumana unyango kwangethuba, uphila kwakamsinya.
- Unyango lwangethuba lwezifo lukwakunceda ekutheni uhlale womelele kwaye usempilweni.



**Ukuba uziva ugula, musa ukulinda! Yiya eklinikhi uze ufumane unyango ngokukhawulezileyo!**

## ISONDLO

- Yitya ngokwaneleyo. I-HIV ikuphangela ukutya okutyayo. Ukuba kuyenzeka, yitya ngaphezu kokuba uqhele ukwenza.
- Yitya ukutya okunesondlo. Ukutya okunesondlo kokuqhelethe oku:
  - Ii-Prothini (inyama, intlanzi, ezenziwe ngobisi, inkukhu, amaqanda)
  - Ii-Vithamini (iziqhamo nemifuno emitsha)
  - Amandla (umqa, irayis, iitapile)



**Zihlole. Fumana unyango.**

## PHILA UBOMI OBUSEMPILWENI

- Ukuzilongela komzimba kubalulekile – kunceda ekuhlangabezani nonxunguphalo.
- Yeka ukutshaya.
- Musa ukusela utywala. Ukusebenzisa utywala ngendlela efanelekileyo kulungile. Ukusela okugqithisileyo akuyilugelanga impilo yakho. Ukusela utywala kusenokukwenza ulibale ukuthatha ii-ARV zakho okanye amachiza akho e-TB.
- Musa ukusebenzisa iziyobisi zalo naluphi na uhlobo. Iziyobisi zasesitalatweni ezifana ne-tik, i-crack, i-cocaine njl.njl. ziza kukwenza ugule ngokukhawuleza.
- Konwabele ukwabelana ngesondo neqabane lakho, usebenzise ikhondomu ngamaxesha onke.
- Ukuba iqabane lakho nalo line-HIV, usenokosuleleka yi-HIV kwakhona okanye olunye uhlobo lwe-HIV. Oko kusenokukwenza ugule ngokukhawuleza. Sebenzisa ikhondomu ngalo lonke ixesha.



**Qalisa ii-ARVs ngokukhawuleza waku fanyaniswa ukuba une-HIV.**