



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

SONKE SISEMNGCIPHEKWENI

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

UKUZHUSELA KWI-HIV

- Ulwaluko lwase sibhedlele lwehlisa umngcipheko wokosuleleka yiNtsholongwane kaGawulayo uyokutsho kwiipresenti eziyi-60. Olu lwaluko lolwasimahla kwaye luyafumaneka kwiiklinikhi nakwizibhedlele zika rhulumente. Buza kwiiklinikhi yakho ngendawo ekufutshane yolwaluko.
- Ulwaluko lunokhuseleko olungagqibelelanga. Kusafuneka usebenzise iKhondom rhoqo usabelana ngesondo nokuba wolukile ukunciphisa amathuba akho wokufumana i-HIV.
- Ukusela utywala kuphungula iintloni zakho kuze kwandise amathuba okuzibandakanya kwiintlobo 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.

UHLOLO 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.
- Kufuneka 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-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?"

UKUBA UFUNYENWE UNGENAYO I-HIV

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



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ISIXHOSA

II-STI

UNGAZINQOBA

**Izifo ezosulela ngokwabelana
ngesondo ziyanyangeka.
Mandinixelele ukuba njani**



Protect Yourself. Protect Others.

IZIFO EZIFUMANEKA NGOK-WABELANA NGESONDO (STIs)

- Ii-STI: lulo naluphi na usuleleko olufumaneka ngokwayamana kwamalungu esini kunye nomntu owosulelekileyo. Oku kuquka ukwabelana ngesondo ngokwesini, ngomlomo okanye ezimpundu. Le yiyo yodwa indlela onokuthi wosuleleke zizifo ezifumaneka ngokwabelana ngesondo.
- Yi-herpes kuphela enokuthi igqithiswe ngokuphuzana ngomlomo.
- IGCushuwa, i-gonorrhoea, i-herpes, i-chlamydia kunye nehepatitis B zonke zii-STIs.
- I-STI nganye ibangelwa yiNtsholongwane eyahlukileyo.
- I-HIV, le ntsholongwane yenza i-AIDS, ikwayi-STI - kodwa yona isenokugqithiswa ngegazi nangobisi lwebele.

ZIKHUSELE

- Usenokuzikhusela wena neqabane lakho owabelana nalo ngesondo kwii-STIs, kuquka i-HIV, ukuba usebenzisa iKhondom qho usabelana ngesondo.
- Ukuba wabelana ngesondo lomlomo ungazikhuselanga (Ukuncancwa kobudoda, ukulencwa kwelungu lobufazi) nomntu one-STI ungosuleleka.
- Kunqabile ukufumana i-HIV ngokwabelana ngesondo lomlomo. Isasazwa ikakhulu ngokwabelana ngesondo lwesini okanye lweempundu olungakhuselekanga.
- Kusenokwenzeka ukuba ukhe wayibona imifanekiso yee-STIs ezoyikekayo ude ucinge ukuba awusokuze wabelane ngesondo nomntu ojongeka olo hlobo! Kumanqanaba okuqala ii-STIs ezininzi azibonakali. Usenokuba nencindi nje engephi ube ungayiqondi loo nto. Kodwa nokuba awuboninto, ii-STIs ziyosulela kakhulu kwaye kulula ukuzigqithisela kwabanye.



Nabanina angazifumana izifo ezifumaneka ngokwabelana ngesondo. Sebenzisa ikhondom ngalo lonke ixesha usabelana ngesondo.

UNYANGO LWEZIFO EZIFUMANEKA NGOKWABELANA NGESONDO (STIs) (NGAPHANDLE KWE-HIV)

- Iindaba ezimnandi zezokuba ii-STIs (ngaphandle kwe-HIV) zinokunyangeka ngokusetyenziswa kwamayeza okubulala intsholongwane (ii-antibiotics).
- Ukuba unayo nayiphi intlobo yencindi, ivumba okanye intlungu kwilungu lobufazi, elobudoda okanye ezimpundu, kufuneka uye kugqirha okanye umongikazi.
- Ukuba ukhawuleze waya eklinikhi ukuya kufumana unyango, luza kukhawuleza lunyangeke usuleleko olo.
- Kufuneka usoloko uwagqiba amayeza owanikiweyo nokuba sele ulubona luphelile usuleleko.
- Ukuba uyayeka ukuwasela amayeza phambi kokuba aphele, lusenokubuyela kwakhona usuleleko.

II-STIs NE-HIV

- Ungaze wabelane ngeepilisi zakho.
- Kulula ukufumana i-HIV ukuba une-STI.
- Incindi edalwa yi-STI iqulethe i-HIV eninzi. Xa usabelana ngesondo nomntu one-HIV okwane-STI, ezi ncindi zisenokosulela nge-HIV.
- I-STI ingakwenza imikrwelo nokukrazuka lwesikhumba. I-HIV isenokungena egazini lakho ngale mikrwelo nokukukrazuka lwesikhumba.
- Ukuba une-HIV kunye ne-herpes, ukwiqondo eliphezulu lokosulela iqabane lakho owabelana nalo ngesondo nge-herpes nangayo i-HIV.
- I-Herpes inokunyangwa ngokusebenzisa i-acyclovir. Kufuneka uqalise ngonyango ngoko nangoko wakube usiva unambuzelelo kwimithambo-luvo ekuxelela ukuba kukho ugqabuko olutsha oluqalayo.
- I-Herpes ihlala ikho emzimbeni wakho nangona sele kungekho zimpawu zayo. Iimpawu zisenokuvula nanini na - nokuba sele ungabelani ngasondo namntu. Ukuba nomkhuhlane, unxunguphalo, ukungatyi ukutya okunesondlo, kunokudala ugqabhuko olutsha.

IZINTO OMAWUZIKHUMBULE

- Nabani na angaba nayo i-STI, ukusukela kuMongameli ukuya kubhishopu!
- Akukho nto ofanela ube neentloni ngayo okanye uyidanele. Umongikazi wakho uqhelile ukujonga amalungu esini kwaye banengqeqesho bayakwazi ukunyanga ii-STIs.
- Ukungazinyangi ii-STIs Kunyusa ubungozi bokufumana i-HIV.
- Ukuba une-HIV, usenokuwasulela amaqabane akho owabelana nawo ngesondo ukuba une-STI enganyangwanga.



I-HIV yiNtsholongwane ekhokelela kwi AIDS esisifo osifumana ngokwabelana ngesondo.



Iindaba ezimnandi zezokuba ii-STIs ezininzi zinokunyangeka. Ukuya kwangethuba eklinikhi kwenza kube lula ukunyangeka.



Sebenzisa ikhondom ngalo lonke ixesha usabelana ngesondo.



Zihlole. Fumana unyango.