



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

## 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 kwiipesenti eziyi-60. Olu lwaluko lolwasimahla kwaye luyafumaneka kwii klinikhi nakwizibhedlele zikarhulumente. Buza kwi Klinikhi 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 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.**

## 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 we ndoda wokosuleleka yi Ntsholongwane ka Gawulayo ngee pesenti eziyi-60.
- Nciphisa inani lamaqabane akho.
- Sebenzisa iKhondom rhoqo usabelana nge sondo nokuba wolukile.
- Buza iiklinikhi yakho malunga neeKhondom Zabafazi ezibizwa i-femidoms.
- Hlola kwakhona kwiinyanga ezi-6.



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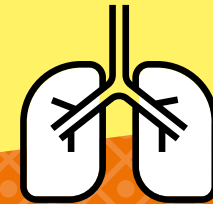
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ISI-XHOSA

# II-TB

## USENOKUYAHLULA

**Mandinixelele ukuba njani.**



Protect Yourself. Protect Others.

## UKUBA UNENYE YEZI MPAWU, KUFUNeka UYE KUHLOLELA i-TB

- Usenokucelwa ukuba unikele ngezikhohlela (into ephuma emqaleni nasemiphungeni).
- Izikhohlela ziza kuthunyelwa ziyokuhlolwa ukuba unayo i-TB kusini na.
- Kusenokwenziwa uhlolo lwe-X-reyi esifubeni.
- Ukuba ibe khona i-TB kwizikhohlela kufuneka uqalise ngonyango lwe-TB nanjengoko unesifo se-TB (ekwabizwa ngokuba yi-TB ephilayo).
- Amanye amaziko anayo i-Gene Xpert ekwaziyo ukubonisa nkcasasana i-TB kwimizuzu nje eyi-90.
- I-TB isenokuzifihla emzimbeni wakho ixesha elide ibe ingazibonakalisi. Xa umzimba wakho ubuthathaka, usuleleko lwe-TB lusenokuzibonakalisa.



**Ukukhohlela okuthatha iiveki ezimbini okanye ngaphezulu?**

**Ukudinwa?**

**Ukubila ebusuku?**

**Ukwehla emzimbeni?**

**HLOLELA i-TB.**

**THATHA AMACHIZA AKHO  
YONKE IMIHILA!**

## UKUNYANGA i-TB

- Iindaba ezimnandi zezokuba i-TB isenokunyangeka kwaye iphele tu. I-TB enganyangwanga iyabulala.
- Xa uqalisa unyango lwe-TB, kufuneka uthathe iipilisi zakho mihla le kangangeenyana ezintandathu. Ukuba utsibisa iintsuku okanye uyeke ukuthatha amachiza akho e-TB, i-TB yakho iza kubuya.
- Emva kokuqalisa amachiza e-TB, uya kuqala ukuziva ngcono emva kweveki nje ezimbalwa. Xa kulapha kufuneka uzikhumbuze ukuba - **ungaze uyeke ukuthatha amachiza akho.** Kufuneka uqhubeke uwathatha amachiza akho iinyanga ezintandathu zonke nokuba sele uziva ngcono.
- Emva kweveki ezimbini zonyango umntu one-TB akasenako ukosulela abanye abantu.

## UKUKHUSELA i-TB

- Ukuvula iifestile nokungenisa ilanga endlini kunceda ekuthinteleni ukusasazeka kwe-TB.
- Hlolela i-TB rhoqo, nokuba awuziva ugula. Isenokuba khona i-TB ingadange ibe iyazibonakalisa.
- Elinye lamachiza asetyenziswayo ukunyangwa i-TB libizwa ngokuba yi-INH. Oonompilo basenokucebisa ngokusetyenziswa kwe-INH ukuthintela i-TB.
- Abantwana kufuneka bagonyelwe i-TB. Olu gonyo aluniki ukhuseleko olupheleleyo, kodwa lunceda ekukhuseleni ezona ntlobo ziyingozi ze-TB.

## UYIFUMANA NJANI i-TB?

- I-TB isasazwa yintsholongwane ekwaziyo ukuphila ngaphandle emzimbeni. Xa umntu one-TB ekhohlela okanye ethimla, intsholongwane ye-TB iyasasazeka emoyeni. Xa uyiphefumlela ngaphakathi, usenokosuleleka yi-TB.

## I-TB ENENKANI KUMACHIZA

- Ukuba awuwathathi ntsuku zonke amachiza akho, I-TB isenokuba nenkani kumachiza owasebenzisayo. Oku kubizwa ngokuba yi-TB Enenkani Kumachiza.
- Ukuba kuyenzeka oku, kufuneka uthathe amachiza abizayo kakhulu nanemiphumela emininzi ngakumbi. Olu hlobo lwe-TB lusenokugqithiselwa kawabanye.
- Oyena nobangela uqhelekileyo we-TB Enenkani Kumachiza kukungagqibi amayeza akho xa une-TB eqhelekileyo.

## I-TB ENGAPHANDLE KWEMIPHUNGA

- I-TB yemiphunga lolona hlobo lwe-TB eluqhelekileyo. Unako ukuyifumana i-TB esuswini, emathanjeni, engqondweni nakwezinye iindawo. Kunzima ukuba oonompilo bakwazi ukuyifumana xa ingaphandle kwemiphunga. Unyango luza kufana nolo lwe-TB yemiphunga, nangona luza kuthatha ixesha elidana.

## I-TB NE-HIV

- Ukuba wosuleleke yi-HIV kufuneka uhlolele i-TB, nanjengoko ithi ixhaphake kubantu abane-HIV.
- Kodwa kufuneka ukhumbule ukuba i-TB isenokubakho nakuye nabani na, nokuba unayo okanye akunayo i-HIV. Ixhaphakile kubantu abane-HIV xa imizimba yabo ibuthathaka.
- Ukuqalisa ii-ARVs kuza kuwomeleza umzimba wakho kuze kuwenze ungangenwa lula yi-TB.
- Ukuba ufunyenwe une Ntsholongwane kaGawulayo kwaye une TB, kufuneka uqalise ii-ARVs nokuba luthini na ubalo lwama joni akho omzimba. Thetha nogqirha wakho ngoku.