



# UKUVAKALISA IMEKO



Indlela yokuvakalisa imeko

## 2 UKUPHILA NE-HIV: UKUFUMANA INKXASO



Kutheni enokuxelelwa

Ngubani endinokuxelela



# INKXASO

UKUBAMBELELA



UDODBALALISO  
LWENTSHOLONGWANE

KUTHETHA  
UKUTHINI  
UKUZITYANDA  
IGILA NGEMEKO  
YE HIV

YINTONI  
IMPENDULO  
ELINDELEKILEYO



ISIGQIBO





## I-HIV: IINYANISO EZISISISEKO

I-HIV imele iNtsholongwane yeNtsilelo yokuzikhusela komzimba womntu. Indlela ephambili esasazeka ngayo iHIV kukwabelana i-sex engenakhuselo. Iintsana nazo zingayifumana iHIV koomama bazo abane HIV ngethuba lokukhulelwa, lokubeleka ukanti naxa bencancisa.

## I-SEX ENGANAKHUSELO



## I-HIV EMZIMBENI

I-HIV iyenza buthathaka inkqubo yokuzikhusela komzimba – amandla okuhlanganisele komzimba akhusela umzimba kusuleleko nakwizifo. Iphanga iiseli ze-CD4 iCD4 nenkqubo yokuzikhusela komzimba ize izijike zibe ziifektri zokwandisa iikopi zeHIV.

Kule nkqubo yokwandisa iHIV, iiseli ze-CD4 ayatshabalala. Yakuba ibuthathaka inkqubo yokuzikhusela komzimba, umzimba awukwazi kulwa iintlobo zosuleleko nezifo, ezifana neTB.

## INKQUBO YOKUZIKHUSELA KOMZIMBA IBA BUTHATHAKA



## UKUTHINTELA USULELEKO LWE-HIV

I-HIV ingathinteka ngokwenza i-sex ngokhuselo – ukusebenzisa ikhondomu ngokuchanekileyo ngalo lonke ixesha. Oomama abanentsholongwane yeHIV banokubhalisa kwinkqubo yoThintelo lokuDluliselwa-nguMama-emNtwaneni (Prevention of Mother-Child Transmission - PMTCT), ebandakanya ukusetyenziswa kweART, ukwenza i-sex elinokhuselo nokuncancisa okukhethekileyo. Ukubambelela kwinkqubo yePMTCT kunciphisa ithuba lokudluliselwa kweHIV elusaneni.

## UKWENZA I-SEX ENOKHUSELO

La ncwadana ixhaswe ngokusebenzisa iNombolo yesiVumelwano seNtsebenziswano GHD01932-04 evela kumaZiko aseU.S. oLawulo noThintelo lweZifo. IziquLatho zayo ziloxanduva lwababhali kuphela kwaye azinyanzelekanga kumela zimvo zaseburhulumenteni zamaZiko aseU.S. oLawulo noThintelo lweZifo, iSebo lezeMpilo neeNkonzo zoLuntu okanye urhulumente waseU.S.



***Ndithe tata, 'Ndinentsholongwane yeHIV,' waze wandisondeza kuye nomama wam bandigona bobabini. Okulandelayo abakwenzayo kukundityhilizela kwisangqa sosapho ekhitshini baze bandibeka izandla bandithandazela, babegonana nabo belila. Uluvo olwalusesiswini sam lwalungathi lugqabhuko, ngokungathi kukho into ephumayo, ndasuka ndazi ukuba ndiza kulungelwa.'***

## ITHEMBA

USAPHO



**Shane Petzer**



**Ukuvakalisa imeko kuthetha ukuxelela umntu into ebiyimfihlelo. Kusenokuba nzima ukuvakalisa imeko yokuba wena uphila neHIV, kodwa ukufumana inkxaso kuphambili kunyango lokubambelela nokufikelela kudodobalaliso lwentsholongwane. Ukufumana inkuthazo nenkxaso yokubambelela kunyango nokuya kumathuba otyelelo lwaseklinikhi kuya kuthetha ukuba unyango luya kusebenza. Ukubambelela, okuthetha ukusebenzisa iiARV ngendlela efana ncam naleyo imiselwe ngumsebenzi wokhathalelo lonyango, kunciphisa isixa seHIV egazini nasemzimbeni. Oku kubizwa ngokuthi ludodobalaliso lwentsholongwane. Kukuvumela ukuba uphile ubomi obuzeleyo, nobunempilo entle.**



## Okuthethwa kukuvakalisa imeko yeHIV

**Xa ufumanisa ukuba unentsholongwane yeHIV oko kunokufika njengamava othusa kakhulu. Usenokuziva uneentloni, unesazela okanye ungafuni kuxelela mntu. Usenokuba noloyiko lokungafunwa. Mhlawumbi usenokubaphepha abantu ukuba bangasondeli kuwe okanye noluntu ngokunjalo ngenxa yoloyiko lokucalucalulwa. Ukuyifihla imeko yakho yeHIV, kunokubangela ukuba uyeke ukuya eklinikhi apho ufumana khona unyango lwakho. Nangona ukuvakalisa imeko yakho kunokothusa, ukuxelela umntu omthembileyo, msinyane kwangoko, kunokunceda kakhulu ngenxa yokuba ungafumana uthando, ukwamkeleka kunye nenkxaso.**



**Ndikholisa ukuthi ebantwini, xa usithi chatha ukuthetha ngayo, kuya kuthi chatha nokukhululeka kwakho kuyo. Ngokuya uthetha, ndicinga ukuba uya kuya ngokuyamkela imeko yakho. Nokuba akuxelelanga lonke ihlabathi, kodwa ngathi ungabaxelela abantu abasondele kuwe. Kubhetele ukuthetha, ukuze ufumane uncedo nenkxaso."**

**THETHA  
NGOKUPHANDLE**



**Gugu Xaba**

**UNCEDO, INKXASO**

# Inyathelo elibalulekileyo ukwamkela umhlobo wonyango udodobalaliso lwentsholongwane

## Okuluncedo ngokuvakalisa imeko

*Lilungelo lakho nentando yakho ukwenza isigqibo ngokuthi uyafuna na ukuvakalisa imeko yakho yeHIV okanye akunjalo. Asiyonto inokungxanyelwa nangona ziliqela izinto eziluncedo ngokuvakalisa imeko. Xa unomntu okunika inkxaso oko kuya kwenza ukuba kube lula noko ukuphila neHIV.*

- ✱ *Xa uyivakalisile imeko yakho uze ufumane inkxaso kuba lula noko ukubambelela kunyango nokuzuza udodobalaliso lwentsholongwane.*
- ✱ *Uya kukwazi ukusela iiARV zakho ngokukhululeka. Oku kwenza kube lula ukubambelela kunyango nokuzuza udodobalaliso lwentsholongwane.*
- ✱ *Usenokuba nomhlobo wonyango okuxhasayo nokukhumbuza ngeeARV nangamathuba okuya eklinikhi.*
- ✱ *Ukuba uziva wamkelekile, uxhaswa kwaye uthandwa unethuba elihle lokuphila ixesha elide nobomi bempilo entle. Ukuvakalisa imeko kwakhona kunciphisa umthwalo nenkxalabo yokufihla imeko yakho, oku kuthetha ukuba kunciphisa ithuba lokuphuhla kwezigulo ezinxulumene nenkxalabo njengokunyuka koxinzelelo lwegazi, iinkathazo zokufumana ubuthongo nokudinwa.*



*Namhlanje xa uqwalasela umthwalo wam wentsholongwane, udodobe ngenxa yenkxaso endiyifumanayo. Ukubambelela, ngomnye wemingeni eyiyona mikhulu kuba kuya kubakho ithuba apho uziva ufuna ukuthi: “Susa olu nyango apha. Andisafuni kwanto edibene nepilisi.” Kaloku umlingane wam uza kuba nam andinike ilizwi lenkuthazo. “Khumbula apho uvela khona. Akunakulahla ithemba namhlanje.”*

**UKUNGAHOYI**



**Strike Tshabalala**

**UDODOBALALISO LOMTHWALO WENTSHOLONGWANE**



## Indlela iiARV ezidodobalalisa ngayo iHIV

*Amayeza adodobalalisa okanye alawula iHIV abizwa ngokuba zizichasi zentsholongwane ebuyelelayo (antiretroviral), okanye iiARV, xa kushunqulwa. Kuselwa iiARV ezintathu kunye njengoNyango lweNtsholongwane eBuyelelayo (ART). IiARV zisebenza ngokunqumamisa iHIV ekuphangeri iiseli zomzimba zeCD4 ekwenzeni ezinye iiHIV.*

*Yiloo nto xa ziselwa ngendlela efanelekileyo iiARV, isixa seHIV esemzimbeni sicutheka, nto leyo ethetha ukuba isixa seHIV esegazini nesemzimbeni sinciphile. Kwakhona, ngaxeshanye, inani leCD4 liyenyuka ngokunjalo nenkqubo yokuzikhusela komzimba ibuyelela kwimeko yayo iphinde yomelele kwakhona.*

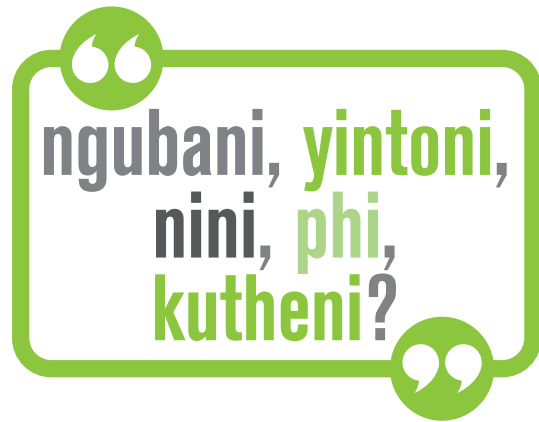
## Izinto eziluncedo ngokusela iiARV

*Wakuba uqalile ukusela iiARV kubalulekile ukuba usoloko uzisela ngendlela ezimiselwe ngayo ncam ngumsebenzi wokhathalelo lwempilo. Oku kubizwa ngokuthi kukubambelela. Ukubambelela kwiiARV kukhokelela kudodobalaliso lwentsholongwane. Oku kwenzeka xa isixa seHIV esegazini sehle kakhulu – ukufikelela kwiikopi zeHIV ezingaphantsi kwama-50 ngemililitha yegazi – kangokokuba ide ingabonakali ngovavanyo lomthwalo wentsholongwane. Oku akuthethi ukuba inyangiwe iHIV kodwa kukho intwana encinane yeHIV egazini. Oku kunceda ngezinto eziliqela:*

- \* *I-HIV ayisayi kuwenzakalisa umzimba, ngamanye amazwi, uya kuphila ubomi obunempilo.*
- \* *Uyancipha umngcipheko wokuphuhla kokumelana namayeza nowokudlulela kunyango olutsha lweHIV lomgca-wesibini, olunokuba neziphumo ezingafunekiyo ezithe chatha.*
- \* *Ayancipha amathuba okudlulisela iHIV kumlingane okwenziwa iseksi naye.*
- \* *Usenokuba nabantwana abangenayo iHIV ngaphandle kokudlulisela intsholongwane kumlingane wakho.*



**Ngolwazi oluthe vetshe ngoNyango lwentsholongwane ebuyelelayo (ART) fumana ikopi yencwadana yeZenzele 'Ukuphila neHIV: uKwenza uNyango luSebenze'.**



## Indlela yokuzityanda igila

*Ukuvakalisa imeko kwenziwa ngokuzithandela kwaye kaninzi kususigqibo somntu esinzima ukwenziwa. Ukuthetha nomcebisi-zingxoxweni eklinikhi kungaluncedo, okanye ungasebenzisa njengesikhokelo imibuzo emihlanu ethi:*

- 1 *Ngubani endinokumxelela*
- 2 *Yintoni endinokumxelela yona futhi ndilindele impendulo enjani response*
- 3 *Ndinokumxela Nini*
- 4 *Ndinokumxelela phi?*
- 5 *Kutheni ndimxelela?*

*Kufuneka ucinge ngendlela ukuvakalisa imeko kunokukuchaphazela ngayo ngokunjalo nomntu omxelelayo. Indlela aphenyula ngayo umntu iya kuxhomekeka kuhlobo lobudlelwane eninabo. Kufuneka uzimisele ukuphendula nayiphi imibuzo okanye iinkxalabo anokuba nayo umntu omxelelayo.*



**Ngolwazi oluthe vetshe ngokubambelela kwiART fumana ikopi yencwadana yeZenzele 'Ukuphila neHIV: Ukufikelela kudodobalaliso lomthwalo weNtsholongwane.**





**Ukuxelela umlingane**

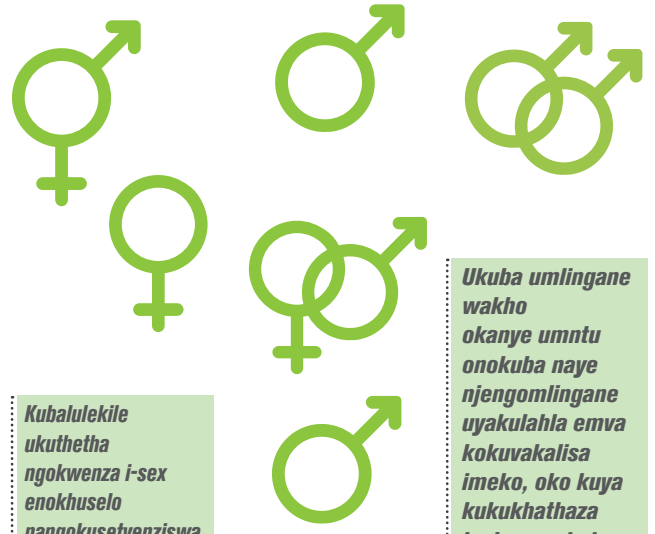
*Ukuxelela abalingane bangoku nabexesha elidlulileyo ngesiphumo sovavanyo esibonisa ubukho beHIV kusenokuba nzima futhi kukhatshwe ziimvakalelo. Nangona kunjalo, um(aba)lingane ufanele akwazi ukuba usenokuba semngciphekweni kwaye kufuneka enze uvavanyo. Kwakhona ukuxelela umlingane wangoku kuya kwenza ukuba nithethe ngokuphandle ngokwenza i-sex enokhuselo.*

*Kuluncedo ukucinga ngendlela umlingane anokuphendula ngayo nento onokuyithetha:*

*Ukuba unobudlelwane bothando, kungenzeka ukuba umlingane wakho uya kukhathazeka kodwa akuxhase.*

*Kusenokuthatha ithuba ukuba umlingane wakho aziqhelanise nokuvakalisa imeko. Usenokucaphuka, azive engcatshiwe kwaye enoloyiko lokuba mhlawumbi anganeHIV. Inyaniso yokuba akumfihlelanga kwaye uye wathembeka isenokunisondeza omnye komnye ngokuthe kratya.*

*Ukuba likhona ithuba lokuba umlingane wakho unokuba nobundlobongela, zidibanise nomsebenzi wokhathalelo lwempilo wakho. Uya kuyazi indlela yokukuxhasa ukuze umelane naloo mingeni.*



*Kubalulekile ukuthetha ngokwenza i-sex enokhuselo nangokusetyenziswa kweenkhondomu nomlingane wakho. Iikhondomu ziya kunganda iHIV neeSTI (iintlobo zosuleleko ezidluliswa ngeseksi). Nokuba umlingane wakho naye unentsholongwane ye-HIV, ukusebenzisa iikhondomu kuya kuthintela usuleleko lweHIV oluziphinda selungasafani nolwakuqala.*

*Ufanele ukumazisa umlingane wakho ukuba ukusebenzisa iiARV kuthetha ukuba iintsholongwane zingadodobala kwaye oku kusenokucutha ithuba lokudluliselwa kweHIV phambili. Kodwa nokuba iintsholongwane zingadodobala, kusabalulekile ukuqhuba ngokusebenzisa iikhondomu.*

*Ukuba umlingane wakho okanye umntu onokuba naye njengomlingane uyakulahla emva kokuvakalisa imeko, oko kuya kukukhathaza kodwa yazi nje kuphela ukuba bacaphukela iHIV ingenguwe ubuqu bakho. Ukwaliwa kwenziwa luloyiko, unqongophalo lolwazi ngeHIV negama elibi kunye nokucalucalulwa ngenxa yeHIV. Wenze into efanelekileyo ngokuyixela imeko. Uya kukwazi ukuba nobudlelwane nomnye umntu.*



## Ukuxelela usapho nabahlobo

*Indlela usapho nabahlobo oluphendula ngayo iya kuxhomekeka kwindlela abazi ngayo ngeHIV. Xa bengenalwazi lubanzi, basenokucinga ukuba umntu abamthandayo seleza kusweleka, okanye bacinge ukuba baza kuba neHIV nabo kuba behlala naye endlwini enye.*

*Kubalulekile kuwe ukuba wazi banzi ngeHIV ukuze ukwazi ukunceda abahlobo nosapho lwakho baziqonde iinyaniso ezisisiseko. Usenakho nokunika usapho nabahlobo bakho iinkcukacha ngeHIV ukuze bazifundele. Amacwecwe olwazi afumaneka eklinikhi.*

### Ufanele:

- ✱ *Ujoyine iqela lenkxaso labantu abaphila neHIV ukunqanda ukuziva ukhethekile.*
- ✱ *Mabayazi into yokuba iHIV ayisosigwebo sentambo.*
- ✱ *Baxelele ngonyango lweeARV ubachazele ukuba ukudodobalalisa intsholongwane kuthetha ukuthi uya kukwazi ukuphila ubomi obupheleleyo, obunempilo entle futhi ube nabantwana abangenayo iHIV ngokunjalo ungayidluliseli intsholongwane nakumlingane ongenayo iHIV.*
- ✱ *Chaza ukuba iHIV ayinakugqithiselwa phambili ngokubolekisana ngeepleyiti okanye iikomityi, okanye ngokugonana nangokuphuzana.*
- ✱ *Chazela ngakumbi abahlobo, ubakhumbuze ukuba imeko yakho yeHIV yeyabucala ngoko ke ubacele ukuba bangaxeleli abanye.*
- ✱ *Mabazi ukuba uludinga kangakanani uthando lwabo nenkxaso ngokunjalo, ngakumbi inkxaso yabo.*



*Intombi ebendithandana nayo yaya kwiimvavanyo. Iziphumo zabuya zingabonisi ntsholongwane, sibulela uThixo, kodwa oko kube sisiphelo sendlela yobudlelwane bethu. Ithe, 'Ezi ziphumo zibonisa ukuba akuzange uthembeke kum. Yiloo nto ugula kangaka.' Kodwa inenekazi endiqale ukuthandana nalo ngowama-2010 liyayiqonda imibandela yeHIV/AIDS. Liyandixhasa kwaye lisoloko lizimisele ukusebenzisana nam."*

UKUQONDA

## UMLINGANE



Strike Tshabalala



## Ukuxelela abantwana abaneHIV ngemeko yabo yeHIV

*Ukuxelela abantwana ukuba baphila neHIV kungaba nzima kakhulu. Luxanduva lwabazali okanye abaniki bokhathalelo abaphambili ukubaxelela ngokuba baphila neHIV. Ukufumana uncedo kumsebenzi wokhathalelo lwempilo onezixhobo namava okusebenza ngabantwana kungaba luncedo olukhulu.*

*Abantwana abanganeno kwi-10: Kude kufike ixesha lokuba umntwana abe neminyaka eli-10 ubudala, ugqaliselo malube sekuqinisekiseni ukuba baqonda ukuba bafanele ukusela unyango lwabo ukuze bahlale besempilweni. Bafanele ukukhuthazwa ukuthetha ngokuthi kuthetha ukuthini kubo ukuphila benokugula. Abantwana banokufundiswa ngeentlobo-ntlobo zeentsholongwane, 'amajoni' akhusela umzimba nangonyango olulwa iintsholongwane ezithile. Akukho mfuneko yokulibiza igama elithi HIV bade babe neminyaka elishumi.*

*Abantwana nolutsha olufikisayo oluneminyaka engaphezu kweli-10: Akuba umntwana eneminyaka eli-10 ubudala okanye ngaphezulu, kubaluleke kakhulu ukuba bazi ukuba baphila neHIV. Bafanele ukuqonda indlela edluliselwa ngakwabanye nelawuleka ngayo. Ulutsha olufikisayo lujongene neenguquko emzimbeni kanti lusenokuba luqalile ngeseksi, ngoko ke kubalulekile ukuba babe nolwazi ngokwenza iseksi ngokhuselo, ngakumbi ukubaluleka kokusebenzisa iikhondomu eziya kuthintela ukudlula kwentsholongwane ngokunjalo neeSTI, okanye ukukhulelwa. Ulutsha olufikisayo lukholisa ukuba nengxaki yokubambelela kwiiARV. Bafanele ukucaciselwa kakuhle ukuba kufuneka balusele ngokuchanekileyo unyango lwabo ukuba bayafuna ukuphila ubomi bethuba elide nobunempilo. Bafanele bazi ukuba banakho ukuthetha ngokuphandle nabazali babo okanye abaniki bokhathalelo nokuthi bafanele ukubaxhasa.*



## Umzali onentsholongwane okanye umniki wokhathalelo exelela umntwana

*Zininzi izizathu zokuba wena njengomzali, ungafuni ukuvakalisa imeko yakho yeHIV emntwaneni okanye ebantwaneni bakho. Kungenzeka ukuba uneentloni okanye unesazela, woyika ukuba abantwana bakho baza kuba nomsindo, ufuna ukubakhusela ekubeni bakhathazeke ngawe, okanye akukakwazi ukuyamkela imeko yakho nawe qobo lwakho.*

*Lingcali ezisebenza ngabantwana zikholelwa ekubeni kuphucuke kakhulu ukuthembeka ebantwaneni bakho kuba mhlawumbi bayayikrokrela into yokuba kukho into engalunganga. Basenokungakhathazeke kakhulu xa benolwazi oluthe kratya ngale meko nangokuthi iyalawuleka.*

*Njengomzali, akunakutyhila konke emntwaneni/ ebantwaneni ngexesha elinye. Yinkqubo engaxheshwayo kwiincoko-ncokwana. Xa ungazi ukuba uza kuqala ngaphi, kunganceda ukuthetha nomsebenzi wokhathalelo lwempilo okanye umcebisi okanye abanye abazali abaxelele abantwana babo. Akukho ndlela ichanekileyo kodwa le yeminye yemibuzo onokuyibuza xa uzilungiselela:*

**Ingaba ndikulungele ukuxelela umntwana wam?**  
*Qala ngokwamkela imeko yakho phambi kokuxelela umntwana okanye abantwana bakho.*

**Ndiza kumxelela kangakanani umntwana wam?**  
*Ubudala bomntwana buya kubonakalisa ukuba ufanele ukuxelelwa kangakanani nokuba unokuxelelwa ntoni. Umzekelo, yeyona nto ilungileyo ukuxelela umntwana omncinane ukuba unento ogula yiyo kodwa ungatsho ukuba uphila neHIV.*

**Ndiza kumxelela njani umntwana wam?**  
*Kufuneka usebenzise ulwimi olufanele ubudala bakhe. Ufanele ukuchaza ukuba iiARV ziza kukugcina usempilweni. Ngaphandle kokuba ugula kakhulu, mxelele umntwana ukuba akuzi kusweleka msinyane.*

**Ingaba ndifuna umntwana wam ukuba akugcine njengehlebo oku?**  
*Nokuba ufuna ukukhusela umntwana wakho kucalucalulo, kona ukulindela ukuba umntwana ayigcine njengehlebo imeko yakho yeHIV kungangumthwalo omkhulu. Ufanele ukubuza umntwana ukuba ukhona na umntu abanokuthanda ukuthetha naye ngalo mba.*



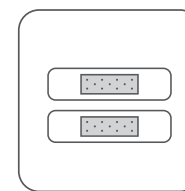
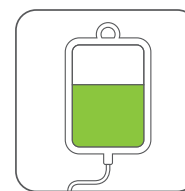


# Mamela yiba novakalelo nobubele sukugweba inkxaso yeemvakalelo

Indlela yokuxhasa umntu ovakalisa imeko yakhe yeHIV

**Ukuba umntu ukuxelela imeko yakhe yeHIV, yenza kanje:**

- ✱ **Mamela.**
- ✱ **Yiba novakalelo nobubele.**
- ✱ **Sukugweba. Ukuziva ugweywa kuya kukhokelela ekubeni loo mntu abe neentloni. Basenokuyeka ukuthetha.**
- ✱ **Xa umbonisa ukuba akunavalo ngemeko yeHIV yomnye umntu oko kuya kumthoba ixhala.**
- ✱ **Baqinisekise ukuba iHIV iyalawuleka futhi ayisosigwebo sentambo.**
- ✱ **Xa bengasebenzisi ziARV bakhuthaze ukuba bafumane unyango ukuze bakwazi ukuba sempilweni futhi baphile ubomi obupheleleyo.**
- ✱ **Banike inkxaso ngokwenza okubonakalayo nangokunika inkxaso yeemvakalelo.**

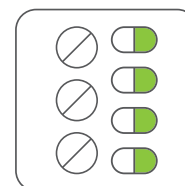
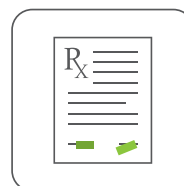


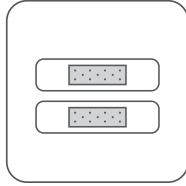
## EZINYE IIMEKO APHO UMNTU ENOKUGELWA UKUBA AVAKALISE OKANYE AFUNE UKUVAKALISA

*Kuya kubakho iimeko ezininzi apho uya kufanela ukuba wenze isigqibo ngokuthi ufuna ukuxelela abanye abantu na ngaphandle kwabo basondele kuwe. Kuyanceda ukubuza imibuzo emihlanu ‘Ngubani, Yintoni, Nini, Phi, Kutheni’ nokucinga ngokuthi ingaba kukho iziphumo zasemthethweni na. Kukho iimeko ezithile apho unokukuthandabuza ukuvakalisa imeko:*

*I-inshorensi yonyango: Unelungelo leinshorensi yonyango kodwa ukuba akuyivakalisi imeko yakho yeHIV xa usayina, usenokungahlawulwa xa ufaka amabango akho. Kuyacetyiswa ukuqwalasela phambi kokusayina ukuba ingaba kukho imigaqo-nkqubo yohlobo olulodwa na ejoliswe ebantwini abaphila neHIV.*

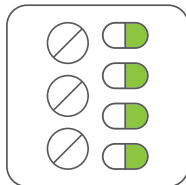
*I-inshorensi yobomi: Phambi kokuthatha ipolisi yeinshorensi yobomi, amanye amaqumrhu aza kukucela ukuba wenze iimvavanyo zempilo, kuquka novavanyo lweHIV. Kodwa ukuba neHIV akuthethi ukuba akusayi kuvunyelwa ukuthatha ipolisi yeinshorensi yobomi. Njengoko abantu abaphila neHIV sebephila ubomi obude noko, ayanda amaqumrhu aselebanika i-inshorensi yobomi. Ukufumanisa ukuba ngawaphi la maqumrhu kuya kuthoba ixhala malunga nokuvakalisa imeko.*





**Amathuba onyango okanye iinkqubo:**  
 Ukuvakalisa imeko yeHIV kwiingcali zokhathalelo lwempilo asiyomfuneko ngokwasemthethweni. Kulindeleke ukuba bahambe ngobulumko. Nangona kunjalo, ukuze kufumaneki olona nyango lubalaseleyo, okufunekayo kukunika ingcali yokhathalelo lwempilo imbali yakho yezonyango epheleleyo.

**Ukufaka isicelo somsebenzi:** Abaqeshi bangoku nabexesha elizayo abavumelekanga ukuba bafune ukwazi imeko yeHIV yomsebenzi nokukucalucalula ngokwemeko yakho yeHIV. Kanti nabasebenzi bokhathalelo lwempilo, abafana nabongi, abanakufane bavakalise imeko yabo.



**Ukuba akuqinisekanga ngokuba ingaba ufanele ukuvakalisa na, uya kutsalela umnxeba kweminye yoncedo engasemva kule ncwadana.**



**Kwakunzima kakhulu ukuqinisekisa abantu bam, uluntu lwamaMuslim, ukuba nokuba kukweyiphi inkolo iHIV inokwenzeka nakubani. Ndiyoyise le meko ngokuthetha ngeyam imeko yeHIV nangona abantu abaninzi bebengafuni ukuba ndivakalise ukuba ndineHIV, ngakumbi iinkokeli zenkolo yethu, iimams.”**

**IBALA ELIBI**



**Fagmedah Miller**

INTETHELELO





## IBAL' ELIBI, UKUQAL'UGWEBE NAMALUNGELO ABANTU ABAPHILA NEHIV

*Ibal' elibi kuxa into anayo umntu, okanye ayenzayo, iphawulwa njengento embi okanye engathandekiyo.*

*Ukuqal' ugwebe luluvo olungathandekiyo olungasekwanga kwisizathu okanye kumava enene.*

*Ucalucalulo yindlela umntu, okanye iqela labantu, abaphawulwa njengabahlukileyo, bephathwa njengabakudidi oluphantsi kunabanye.*

*Ibal' elibi, ukuqal' ugwebe nocalucalulo elinxulumene neHIV malunga nabantu abaphila neHIV lenzeka ngenxa yoloyiko lweHIV, oluvela kunqongophalo lweenkcukacha nolwazi ngale ntsholongwane.*

*Ukuzibek' ibala kuxa abantu ababekw' ibala bekholelwa ekubeni babi okanye abathandeki. Oku kunokwenzeka ebantwini abaneHIV.*

## Ukujongana nobekw' ibala, ukugwetywa nokucalucalulwa

### Kwibanga lobuqu bomntu

#### Ukuba ubekw' ibala ungenza kanje:

- **Ujoyine iqela lenkxaso labantu abaphila neHIV ukunqanda ukuziva ukhethekile.**
- **Uthethe nomcebisi-zingxoxweni ukuba ancede ngokubonisa ukuba le yingxaki yomnye umntu asiyoyakho.**
- **Xelela abantu abakucalucalulayo ukuba oko kukwenza uzive njani.**

### Kwibanga loluntu

**Ukubekw' ibala kaninzi kuvela ngenxa yokoyika okanye yokungabi nalwazi. Ngenxa yoku, amatshantliziyo eHIV akholelwa ekubeni indlela yokuqubisana noku kubekw' ibala yile:**

- **Ukuxhobisa uluntu ngolwazi ngokulunika imfundo.**
- **Vakalisa imeko yakho ngokuphandle ngokunjalo uthethe ngamabali obuqu bakho ukubonisa abantu ukuba ukuphila neHIV kufana nokuphila kwakhe nabani.**



**Ngoko ndandineminyaka eli-18 ndabhala ndenjenje, 'Ileta engafihlisiyo eya kuHIV', ngendlela kwakunciphe ngayo ukuzithemba kwam, indlela obabunciphe ngayo ubuhle bam futhi ndiziva ndingasengomntu ncam ngenxa yale ntsholongwane. Ndayiposela kwikhasi lam leFacebook ndaphinda ndayifunda kunyaka ozayo ngexesha lemibongo. Ndandiqala ukuma phambi koluntu ndivakalisa imeko yam. Uninzi lwabantu lwandinika inkxaso emangalisayo. Abazange bandibek' ibala kwaphela. Ndiyathemba ukuba abababek' ibala nabanye abantu."**

## FUNA UNGEDO



**Saidy Brown**

AWUWEDWANGA



## AMALUNGelo ABANTU ABAPHILA NE-HIV

*IMithetho eYiliweyo yamaLungelo yoMgaqo-siseko waseMzantsi Afrika ikhusela bonke abantu. Oku kuthetha ukuba aBantu abaphila neHIV (PLWHIV) banamalungelo afana naye nabani omnye umntu.*

- \* Abantu be-PLWHIV banelungelo lobomi babucala. Akukho mntu ofanele ukukhupha iinkcukacha ngemeko yakhe nawuphi umntu oneHIV ngaphandle kokuba bayavumelana.*
- \* Aluvunyelwa uvavanyo olwenziwa rhoqo lweHIV ngenjongo yokukhusela umsebenzi ongumkhathaleli wempilo kusuleleko lweHIV olunokubakho.*
- \* Abantu be-PLWHIV banelungelo lokufikelela kunyango lwamayeza nokhathalelo. Kuquka ukhathalelo lwempilo lokufumana abantwana.*
- \* Amabhinqa aneHIV anelungelo lokwenza izigqibo ngokukhulelwa kwabo. Ibhinqa alinakunyanzelwa ukuba linqumamise ukukhulelwa kwalo ngenxa yokuba lineHIV.*
- \* Abantu be-PLWHIV banelungelo lokwenza izigqibo ezichaphazela imitshato yabo nokuba nabantwana. Kufuneka banikwe iinkcukacha namacebiso-zingxoxweni malunga nezi zigqibo.*
- \* Abantu be-PLWHIV banelungelo lokukhetha uhlobo lomsebenzi abafuna ukuwenza. Abanakugxothwa, abanakudendwa okanye balelwe ukungena emsebenzini kuba beneHIV. Akukho mqeshi onokufuna ukuba umfaki-sicelo abe novavanyo lweHIV phambi kokuqeshwa okanye afune ukwazi imeko yakhe.*
- \* Abantwana abaphila neHIV banelungelo lokuya nakwesiphi isikolo.*
- \* Abantu be-PLWHIV banamalungelo afanayo nawawo onke amanye amalungu oluntu lwethu malunga nobonelelo lwezindlu, ukutya, ukhuselo entlalweni, uncedo lonyango nempilontle.*
- \* Nawuphi umntu ophila neHIV unelungelo lokuphila ubomi bakhe ngentlonelo, isidima nenkululeko kulo lonke ucalucalulo nehlazo.*



**Zenzele kwaye usamkele isigulo sakho sokuba neHIV**

**Yazi ukuba akuwedwanga,**

**Yazi ukuba unenkxaso.**

**Unokukhetha ukuphila.**

**Khetha ukuphila kuba unakho.**

**LiARV zikuvumela ukuba uphile ubomi obude nobunempilo entle.**

**Ngoko ke, jonga ngaphaya kwesigulo esifunyaniswe kuwe.**

**Zinikele kwisisombululo sokuphila okunika ithemba.**

**Sungula futhi ubambebele kunyango lweeARV**

**Phila okuphucukileyo. Yenza ugqithise. Khuthaza abanye.**

**Zenzele! Obu bubomi bakho.**

**Abalulekile amaphupha akho neenjongo zakho.**

**Ungaze uzincame ngenxa yesigulo sokuba neHIV.**

**Imeko yakho asisosalathiso sekamva lakho.**

**Musa ukulinda.**

**Akukho xesha linokumoshwa.**

**Ungaphindi uzifihle.**

**Yima nkqo ushiye umzila wenkolelo yakho.**

**Qalisa nonyango namhlanje.**

**Bambelela kunyango nakumathuba otyelelo lwaseklinikhi alandeliswayo.**

**Ayisosohlwayo, sisitshixo esikhokelela kwimpilo nakwikamva lakho**

**Isitshixo esenza ukuba ukwenze konke okukwisiwangcisele sakho.**

**Zenzele! Eli Kamva lelethu!**

**Uluhlu lopapasho oluthi 'Zenzele ukuPhila neHIV'  
luquka iincwadana ezilandelayo:**



**1 UNYANGO**



**2 UKUVAKALISA IMEKO**



**3 UKUBAMBELELA**



**4 PMTCT**



**5 UTHANDO NE-SEX**



**6 ZONDLO NENDLELA YOKUPHILA**



**7 ULUTSHA OLUFIKISAYO NE-HIV**



**8 UKUGUGA NE-HIV**



**9 UKWAZI MALUNGA NE-TB**



**10 WELCOME BACK**

*Ukuba uphila neHIV Akuwedwanga. Unakho ukufumana uncedo nenkxaso. Ukuze ufumane iqela lenkxaso leFacebook bhalela apha [ask@brothersforlife.co.za](mailto:ask@brothersforlife.co.za) okanye thumela kuthi umyalezo ngokusebenzisa ikhasi lethu [www.facebook.com/BrothersforlifeSA](http://www.facebook.com/BrothersforlifeSA) kwaye sinokukwazisa kumcebisi weqela.*

*Unakho nokutyelela apha  
[www.brothersforlife.mobi](http://www.brothersforlife.mobi)  
[www.thefutureisour.co.za](http://www.thefutureisour.co.za)*

*Ukuthola ukwesekwa kwabantu abasebasha nezingane ezikhulakhulile vakashela ku-[www.facebook.com/BWiseHealth](http://www.facebook.com/BWiseHealth)*

*Kukwakho nabacebisi-zingxoxweni abanamava abaninzi abanokukunceda kwimibutho edweliswe ngezantsi. Yonke iminxeba yeyasimahla kwaye abacebisi-zingxoxweni abafumaneka kwijyure ezingama-24 ngosuku.*

*Umnxeba woncedo lweAIDS  
(AIDS Helpline) 0800 012 322 Umnxeba wobomi (Lifeline) 0861 055 555 Umnxeba wabantwana (Childline) 0800 055 555 owabantwana nolutsha olufikisayo oluphantsi kweminyaka eli-17  
Umnxeba ka-MomConnect \*134\*550#*

*Ukuba ukhangela iinkonzo zenkxaso yeHIV nakweyiphi indawo yeli lizwe tyelela apha [www.healthsites.org.za](http://www.healthsites.org.za) ukuze ufumane iqela lenkxaso kwindawo yakho.*

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