



UKUBAMBELELA



Bambelela
kwiiARV

3 UKUPHILA NE-HIV (INTSHOLONGWANE): UKUFIKELELA KUDODOBALALISO LOMTHWALO WENTSHOLONGWANE



zenzele
Ikamva leLethu

Zazi
iiARV
zakho

Tyelela
iklinikhi
yakho



LAWULA IZIPHUMO
EZINGAFUNEKIYO



IZINTO EZILUNCEDO
NGOKUBAMBELELA

INKXASO

UDODOBALALISO
LOMTHWALO
WENTSHOLONGWANE



UKUVAKALISA





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 ENGENAKHUSELO

UKUHLASELWA
KWESELI ZE-CD4



I-HIV EMZIMBENI

I-HIV iqoba inkqubo yokuzikhusela komzimba – amandla okuhlenganisela komzimba akhusela umzimba kusuleleko nakwizifo. Iphanga iiseli zeCD4 zenkqubo yokuzikhusela komzimba ize izijike zibe ziifektri ezenza ezinye iikopi zeHIV. Kwinkqubo yokwandisa iHIV kutshabalala iiseli zeCD4. Xa inkqubo yokuzikhusela komzimba ibuthathaka, umzimba awukwazi ukulwa usuleleko nezifo, ezifana neTB.

INKQUBO YOKUZIKHUSELA KOMZIMBA IBA BUTHATHAKA



UKUTHINTELA USULELEKO LWE-HIV

I-HIV ingathinteleka 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.

I-SEX ENOKHUSELO

Le ncwadana ixhaswe ngokusebenzisa iNombolo yesiVumelwano seNtsebenziswano GH001932-04 evela kumaZiko aseU.S. oLawulo noThintelo lweZifo. Iziquatho zayo ziluxanduva lwababhali kuphela kwaye azinyanzelekanga kumela zimbono zaseburhulumenteni zamaZiko aseU.S. oLawulo noThintelo lweZifo, iSebe lezeMpilo neeNkonzo zoLuntu okanye urhulumente waseU.S.



Ndisela ipilisi zam nokuba ndisekhaya okanye akunjalo. Kwakhona ndigcina unyango lwam emotweni ukwenzela xa ndingekho ekhaya ngentsimbi yesi-7. Abantu mababambelele kunyango. Lulo oluyinto enokwenza ukuba uphile ithuba elide.”

PHILA ITHUBA ELIDE



Bheki Mazibuko



Ukubambelela kunyango oluLwa ukuBuyelela kweNtsholongwane (ART), okanye xa usela iiARV ncam ngokwamacebiso omsebenzi wokhathalelo lwempilo, kukhokhelela kudodobalaliso lomthwalo wentsholongwane. Udodobalaliso lomthwalo wentsholongwane lwenzeka xa iiARV zicuthe isixa seHIV emzimbeni kangangokuba ide idodobale ukuze inkqubo yokuzikhusela komzimba ifumane ithuba lokubuyela kwindawo yayo. Kweli banga, iHIV esegazini iba ncinane kangangokuba amathuba okuyidlulisela phambili abe mancianane. Uya kukwazi nokuba nabantwana abangenayo iHIV ngokulandela amacebiso ocwangciso-nzala losapho oluvela kumsebenzi wokhathalelo lonyango. Nangona ukusela iiARV kuvakala njengoxanduva, bambelela kunyango. Xa idodobe iHIV uya kukwazi ukuphila ubomi obunempilo entle nobunengeniso.



Ukubambelela kuNyango

Ukuze iiARV zisebenze kufuneka ukubambelela kuzo kangange 100%. Oku kuthetha:

- Ukungamane unqumamisa ukusela kwakho iiARV.
- Ungaze ube nethamo olitsibayo.
- Ukusela iiARV ngexesha elifanayo yonke imihla. Ukungenzi njalo kubi njengokutsiba ithamo.
- Ukuya kumathuba otyelelo olulandeliswayo lwaseklinikhi nakwiimvavanyo zonyango njengoko ucetyiswa ngumsebenzi wakho wokhathalelo lonyango.
- Kuthintele ukusela amanye amayeza anokuphazamisa iiARV. Kubalulekile ukuxoxa ngamanye amayeza owaselayo nomsebenzi waseklinikhi wokhathalelo lonyango, nokuba ziipilisi nje eziqhelekileyo zeentlungu. Oku kuquka ukuxelela umsebenzi wokhathalelo lonyango ngamayeza esiNtu, izikhuthazi zokhuselo-mzimba, amayeza aselwa entlalweni okuzikhuthaza, okanye utywala.



Kukho ixesha apho endathi, 'Okwaneleyo kwanele ngonyango lwam' – phantse inyanga yonke ngenxa yokungabi nankxaso. Ndaqala ndaba nengxaki yokuginya. Kwaqala kwabakho iingxaki neempawu zeHIV/AIDS – kwadumba imilenze nezinye izinto. I-TB nayo yabuya. Ndandinobunzima bomzimba beekhilogram ezingama-22! Ndaqonda xa kulapho ukuba ayikho enye into endinokuyikhetha ngaphandle kokubambelela kunyango lwam."

INKXASO



Strike Tshabalala

UKUBAMBELELA



Ukubaluleka kwee ARV

Kungani kubalulekile ukubambelela kwiiARV

I-HIV nenkqubo yokuzikhusela komzimba

Inkqubo yokuzikhusela komzimba ikhusela umzimba kusuleleko nakwizifo. I-HIV yintsholongwane eyivayirasi ehlasela neyenza inkqubo yokuzikhusela komzimba ibe buthathaka. Njengesiphumo, akunakukwazi ukulwa nezifo ngezifo, njengeTB.

I-HIV iyenza buthathaka inkqubo yokuzikhusela komzimba ngokuphanga iiseli zeCD4 ezilwa usuleleko kwinkqubo yokuzikhusela komzimba isuke izijike zibe ziifektri zokwandisa amatwatse eHIV. Kule nkqubo yokwandisa i-HIV, iiseli zeCD4 ziyatshatyalaliswa. Oku kuthetha ukuba ngokuya kusanda iHIV, ziya ngokwanda neeseli zeCD4 ezitshabalalayo. Yiloo nto xa umntu eneHIV – ukuba akaseli zi-ARV – linyuka iqondo leHIV egazini lakhe (umThwalo weNtsholongwane wakhe) libe lisiya ngokuncipha inani leCD4 labo.



Into enye ofanele ukuyiqonda, kukuba ukusela iiARV luhambo ofanele ukuluhamba kubo bonke ubomi bakho kanti into abangayiqondiyo abantu kukuba akunakusuka wenze isigqibo sokuba ngengomso akuzi kuzisela iiARV.”

Fagmedah Miller



Indlela iiARV ezidodobalalisa ngayo iHIV

IiAntiretroviral (izichasi-ntsholongwane), okanye iiARV, ngamayeza adodobalalisa okanye alawula iHIV. IiARV ziyindlela esebenzayo kuphela yokulawula usuleleko lweHIV. Akukho nyango lweHIV. Nkqu nabaphilisi kwezomoya abakwazi kuyinyanga iHIV.

IiARV zisebenza ngokunqanda iHIV ekuphanganeni iiseli zeCD4 zenkqubo yokuzikhusela komzimba ekwandiseni iHIV. Oku kuthetha ukuba iiARV zenza izinto ezimbini:

1. Zinqanda iHIV ekwandiseni ezinye iikopi ezingamatwatse ayo.
2. Zinqanda iHIV ekutshabalaliseni iiseli zeCD4 (inkqubo yokuzikhusela komzimba).

Yiloo nto kuthi xa unyango lweHIV luselwa kakuhle: UmThwalo weNtsholongwane uyehla – isixa seHIV esisegazini nasemzimbeni siyancipha – inani leCD4 lona liyenyuka ngokunjalo inkqubo yokuzikhusela komzimba iyabuyela endaweni yayo iphinde ibe namandla.

Ukuze iHIV idodobale kakuhle, kufuneka kuselwe iiARV ezintathu ezahluka-hlukileyo ziselwe kunye njengoNyango lweeARV (ART). Unyango lugxumeka imiqobo endleleni enqanda iHIV ukuqinisekisa ukuba ayinakuphanga iiseli zeCD4.

IiARV ziyinqanda nini HIV:

1. Xa ingena kwiSeli yeCD4;
2. Iphakathi kweseli yeCD4;
3. Seyilungele ukukhupha iikopi ezintsha zeHIV kwiseli yeCD4.



Ngolwazi oluthe vetshe ngoNyango lwesiChasi-ntsholongwane (ART) fumana ikopi yencwadana yeZenzele ethi: 'Ukuphila neHIV: Ukwenza uNyango luSebenze'

amagama, kuthetha ukuthini oku?

Okuthe vetshe ngamagama ezonyango asetyenziswa eklinikhini

Iiseli zeCD4 ziiseli zenkqubo yokuzikhusela komzimba ezilwa usuleleko kwaye zilugqaliselo lweHIV. Xa inani leeCD4 liphezulu oko kuthetha ukuba inkqubo yokuzikhusela komzimba inamandla. Inani lakho leCD4 ungalandisa kuphela ngokubambelela kwiiARV.

Umthwalo wentsholongwane ubhekiselele kwisixa seHIV ekhoyo egazini. Ulinganiswa njengeekopi zeHIV ngemililita yegazi (iikopi/mL). Ukusela iiARV ngexesha, yonke imihla kuthoba umthwalo wentsholongwane ngokukhawuleza okukhulu. Ukuba umntu akaseli nyango okanye unobunzima bokusela iiARV ngendlela efanelekileyo, unokwanda umthwalo wabo wentsholongwane yonke imihla zide iikopi zeHIV zibe sisigidi ngethontsi legazi.

Udodobaliso lomThwalo weNtsholongwane kuxa isixa seHIV egazini sinciphe kakhulu – sade sangaphantsi kweekopi ezingama-50 zeHIV ngemililita yegazi – kangangokuba ude ungabonakali kuvavanyo. Oku akuthethi ukuba inyangiwe iHIV esegazini. Ukuba imithamo yeeARV iyatsitywa okanye iyayekwa, iHIV iya kuthatha ithuba lokuqalisa iifektri kwakhona, iye ngokukhula ngokunjalo ihlasele inkqubo yokuzikhusela komzimba. Udodobaliso lomThwalo weNtsholongwane yinjongo yokusela unyango kwaye lungaphunyezwa kuphela xa iiARV ziselwa ngexesha elifanayo yonke imihla.



limvavanyo ezibalulekileyo zegazi zenziwa kanye ngonyaka, eklinikhi, ukugcina umkhondo wempilo yakho:

Inani leeCD4

- Olu vavanyo lwegazi lulinganisa ukuba zingaphi iiseli zeCD4 ezisegazini.
- Ngokuya liba phezulu inani leCD4, iya ngokomelela inkqubo yokuzikhusela komzimba.
- Iziphumo zeemvavanyo zibalulwa njengeeseli kwikyubhikhi mililitha nganye (iiseli/mm³) zegazi.
- Isiphumo esimalunga nama-500 - 1,500 sibonwa njengesiqhelekileyo.
- Qho xa lincipha inani leeCD4 nge-100, uphinda-phindeka kabini umngcipheko wezigulo ezinxulumene neAIDS.



Uvavanyo lomThwalo weNtsholongwane (Viral Load - VL)

- Luvavanya ukuba ingakanani iHIV esethontsini legazi.
- Iziphumo zinikwa njengeekopi zevayirasi ngemililitha enye yegazi (iikopi/mL).
- Ukuba iikopi zingaphantsi kwama-50 eHIV kwimililitha yegazi, ayinakubonakala kuvavanyo lwegazi. Iziphumo zovavanyo ziya kubuya zisithi intsholongwane 'ayibonakali'. Olu ludodobalaliso lomthwalo wentsholongwane.

- Injongo yonyango ludodobalaliso lomthwalo wentsholongwane. Oku kunokwenzeka kuphela ngokubambelela kwiiARV. Oku akuthethi ukuba unyangekile. Ithetha kuphela ukuba kukho isixa esincinane sentsholongwane egazini lakho nasemzimbeni.

Kuza kufuneka ukuba umane ufumana iimvavanyo zegazi sokuqalile ngonyango, kodwa uvavanyo lomThwalo weNtsholongwane lolona lubalulekileyo lokwazi ukuba ingaba ziyasebenza na iiARV.

- Inani leeCD4 lakho liya kuba ngumlinganiselo wobunjani bempilo yomzimba wakho. Liya kuxelela umsebenzi wokhathalelo lwempilo ukuba ingaba udinga ukuvavanyelwa ezinye izifo okanye izigulo na.
- UMzantsi Afrika unomGaqo-nkqubo woVavanyo nokuNyanga, othetha ukuba xa ubonakala kuvavanyo ukuba unayo iHIV ungaqala ukusela iiARV kwangoko, nokuba lingakanani inani lweCD4 lakho.

Khumbula ukuba iziphumo zeemvavanyo ziya kuchaphazeleka ngale ndlela:

- Xa ungabambelelanga kwiiARV.
- Ngokusuleleka, nokuba ngumkhuhlane nje kuphela. Linda ide inkqubo yokuzikhusela komzimba yomelele ngakumbi ukuze ufumane iimvavanyo zegazi. Ugqirha okanye umongi uya kwenza isigqibo ngokuba ziya kwenziwa nini iimvavanyo.



Ingaba yinyaniso ukuba ekuhambeni kwexesha iiARV zikugulisa nangakumbi?

Namhla iiARV zinomngcipheko ophantsi weziphumo ezingafunekiyo. Ezinye iimeko abafumana amava azo abantu zenzeka ngenxa yeHIV, okanye njengesiphumo sokukhula ngokwemvelo, ingezizo iiARV.

Kuxhomekeke ekubeni usebenzisa eziphi iiARV nokuthi zeziphi iziphumo zazo ezingafunekiyo, kukho nezinye iimvavanyo zegazi ezinokuqukwa eklinikhi, ezifana nezi: ubalo olupheleleyo lwegazi; iimvavanyo zokulinganisa ukusebenza kwesibindi; ukusebenza kwezintso; amaqondo eswekile esegazini; ikholesterol, nokusebenza kwentliziyo. Kanti usenokuhluzelwa iTB, ukukrala kwesibindi kunye nezinye izigulo ezinxulumene neHIV. Umsebenzi wokhathalelo lwempilo eklinikhi uya kwenza isigqibo sokuba ingaba udinga naziphi kwezi mvavanyo zizezinye na.



Kukho ingxaki ekhoyo ethethwa ngabantu abaninzi yokuba xa usela unyango akuyondoda.

Ndibaxelela bonke abantu ukuba ndiyindoda yenene, kuba ndisela unyango.

Ndingaphaya kokuba yindoda kunawe. Kungenzeka ukuba wena uyinkunzi kodwa mna ndiyinkabi. Inkunzi nenkabi zisisilwanyana esinye, kodwa inkabi inamandla athe kratya.”

AMANDLA



Thomas Mashego



Ukumelana neeARV

Xa umntu esaqalisa ukusela iiARV uqalisa kunyango lomgca-wokuqala.

Xa zitsitywa iiARV okanye ziyekwa, iHIV iphinda iphinda-phindeke. Xa iphinda-phindeka iHIV, ijika imilo yayo iziguqu-guqule. I-HIV ngoku iyakwazi ukuqhatha unyango lomgca-wokuqala kuba iiARV aziyiphawuli iHIV entsha. Kuba njalo ukumelana kweHIV nonyango lomgca-wokuqala.

Ngenxa yokuba unyango lomgca-wokuqala alusakwazi kusebenzela ukulawula iHIV, sekufuneka unyango lomgca-wesibini. Ukutsiba okanye ukuyeka unyango lomgca-wesibini kuthetha ukuba iHIV isenokumelana nolu nyango. Unyango lomgca-wesithathu lunobugocigoci ngakumbi, luneziphumo ezingafunekiyo ezithe kratya kwaye lukushiya phantse ungasenanyango unokulukhetha.

Unyango lunokuguqulwa ngokwemiyalelo kagqirha okanye kamongi.

Kungani ndifanele ukusela iiARV zam ngexesha elifanayo ncam yonke imihla?

Ukuba akuziseli iiARV zakho ngexesha elifanayo yonke imihla akusayi kuba neqondo elifanayo leeARV egazini lakho elidingekayo ukuze kulawuleke iHIV. IiARV zishiya umzimba wakho ngokukhawuleza okukhulu. Oku kwenza ukuba kube lula nangakumbi kwiHIV, ekwaziyo ukwenza iibhiliyoni zamatwatse ayo yonke imihla.

Izinto eziluncedo ngokubambelela

Ukubambelela kukhokelela kudodobalaliso lwentsholongwane, oko kuthetha:

- * **Impilo ephucukileyo;**
- * **Umgangatho wobomi ophucukileyo;**
- * **Isakhono sokusebenza ngaphandle kokuthatha iintsuku ezininzi kakhulu zokugula nokungayi emsebenzini;**
- * **Ithuba elinciphileyo lokudlulisela iHIV kumlingane;**

- * **Ukukwazi ukufumana abantwana abangenaHIV ngaphandle kokudlulisela iHIV kumlingane ongenaHIV;**
- * **Ukuphila ubomi obude.**

Kungathiwani ngotywla neeARV?

Ukusela utywala kakhulu akulungelanga nawuphi na umntu. Ukusebenzisa utywala nezinye izinto kunemingcipheko ebantwini abasebenzisa iiARV.

- *Utywala, iziyobisi neeARV zonke zichaphazela isibindi. Ukusebenzisa utywala neziyobisi kusenokwandisa ithuba lokuba neengxaki zesibindi.*
- *Usenokunxila ulibale ukusela iiARV, okanye uhlanze kwixesha elifutshane emva kokusela iiARV.*
- *Ukusebenzisa utywala nezinye izinto kusenokwandisa umngcipheko wokwenza i-sex enganakhuselo.*



Fumana iNkxaso

Ukufumana inkxaso nenkuthazo ngokusela iiARV kuya kukunceda ukuba ubambelele kwaye ufikelele kudodobalaliso lomthwalo wentsholongwane. Xa ufumanisa ukuba unentsholongwane yeHIV, oko kusenokuba ngamava oyikisa futhi othusa kakhulu. Mhlawumbi ungenza isigqibo sokungayivakalisi imeko yakho yeHIV ude ungaziseli iiARV zakho kuba uneentloni, unomvandedwa okanye usoyika ukungafunwa nokucalucalulwa. Ukuxelela umntu onokuthenjwa njengelungu elisondeleyo losapho, utitshala, umfundisi, okanye umsebenzi wokhathalelo lonyango ngemeko yakho yeHV kuya kukunceda ngokuthi uzive uthandwa, wamkelekile futhi uxhaswa.

Ukuvakalisa imeko yintando yakhe umntu ngokwakhe kanti kaninzi kuba sisigqibo esinzima ukusenza. Thetha nomcebisi-zingxoxweni eklinikhi ngoncedo nangesikhokelo.



Ngeenkukacha ezithe vetshe malunga nokuVakalisa imeko fumana ikopi yencwadana yeZenzele ethi 'Ukuphila neHIV: Ukufumana iNkxaso'.



Indlela yokuvakalisa imeko

Ukuvakalisa imeko kwenziwa ngokuzikhethela komntu futhi kaninzi kuba sisigqibo esinzima ukusenza. Ukuthetha nomcebisi-zingxoxweni eklinikh kusenokuba luncedo, okanye ukusebenzisa imibuzo emihlanu njengesikhokelo ethi; Ngubani? Yintoni? Nini? Phi? Kutheni?

Ngubani endinokumxelela?

Yintoni endinokumxelela yona kwaye ndingalindela impendulo enjani?

Ndingamxelela **nini**?

Ndingamxelela **phi**?

Kutheni ndimxelela?

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

Indlela yokuphucula ukubambelela

Nanga amanye amanyathelo onokuwathatha ukuze uphucule ukubambelela kwakho ngokunjalo uphumeze injongo yododobalaliso lwentsholongwane:

- * *Ukufumanisa kangangoko ngeHIV ngokufunda okanye ngokuthetha nabanye.*
- * *Ukuthetha nomsebenzi wokhathalelo lwempilo yakho ngonyango ukuba akuqinisekanga ngeeARV okanye ukuba utsala nzima ngokusebenzisa unyango.*
- * *Ukujoyina okanye ukuqalisa iqela lenkxaso yabantu abaphila neHIV – wona angasekwa kwiiklinikh, ezicaweni, ezikolweni okanye kwiikholeji. Ukuba ubusoloko usebenzisa iiARV kwixesha elingaphezu konyaka kwaye unododobalaliso lwentsholongwane, unakho ukujoyina iklabhu yokubambelela kwiklinikh yakho okanye kuluntu lwakho okanye uthathe iiARV zakho ezipakishwe kwangaphambili kwindawo ezithathwa kuyo ekufuphi nekhaya lakho, efana*

nekhemesti. Thetha nomsebenzi ongumkhathaleli wempilo wakho ukuze ufunde okuthe vetshe ngeeklabhu zokubambelela kunye nezinye iindlela ezahluka-hlukileyo zokulanda amayeza ezigulana ezinozinzozo.

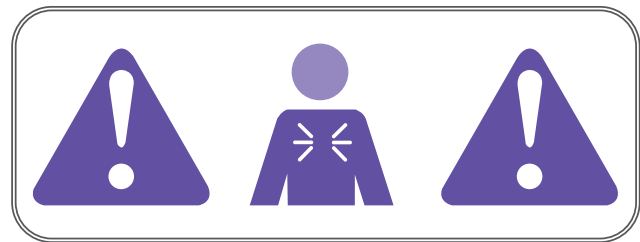
- * *Ukusebenzisa ibhokisi yeepilisi zeentsuku ezisi-7 ukuze ugcine iiARV zilungele ukusetyenziswa. Yenza ixesha kanye ngeveki lokufakela ebhokisini ukwenzela iveki elandelayo.*
- * *Ukuseta ialamu, okanye isikhumbuzi, kwiselfowuni nokusela iiARV kwangoko xa ikhala.*
- * *Ukuseta isikhumbuzi kwiselfowuni okanye ukusebenzisa ikhalenda exhonywa edongeni njengesikhumbuzi malunga nokubuyela eklinikh ukuya kulanda ezinye iiARV kwisithuba seveki phambi kokuphela kwamayeza.*
- * *Ufanele ukugcina iiARV zakho endaweni apho uza kukhumbula khona ukuzisela.*
- * *Ungagcina umthamo omnye okanye emibini yeeARV zakho kuwe ngawo onke amaxesha ukuze uqinisekise ukuba akukho mithamo ongayifumaniyo xa ungakwazi kukoduka uye kusela iiARV zakho.*
- * *Ukukhetha umsebenzi owenziwa yonke imihla ukuze ukuncede ngokukhumbula ukuba usele iiARV zakho, njengokuhlamba amazinyo akho, okanye xa kuqalisa umboniso weTV owuthanda kakhulu.*
- * *Ukugcina incwadana eyidayari yonyango ukuze ungalibali nto. Bhala igama leARV nganye uquke nomthamo, inani leepilisi ofanele ukuzisela, nokuba uzisela nini. Bhala iiARV nganye ngendlela eselwa ngayo. Ukuphengulula idayari kuya kukunceda ngokuchonga amaxesha ekunokwenzeka ukuba uwalibale okusela iiARV zakho.*
- * *Ukwenza ucwangcisele kwangaphambili lweenguquko ezinokwenzeka, njengeempelaveki, ukugoduka okanye ukuya eholideyini. Ufanele ukuqiniseka ukuba uneeARV ezanele lonke ixesha oza kuba ungekho ngalo.*
- * *Ukufumana umhlobo wonyango – umntu onokukhumbuzisa ukuba usele iiARV zakho.*



Ndifanele ukwenza ntoni xa nditsibe umthamo? Sela umthamo owuphosileyo msinyane kangangoko unakho, ngaphandle kokuba seliphantse lafika ixesha lomthamo olandelayo, xa kunjalo wuyeke umthamo owuphosileyo uze uqhube ngokusela iiARV zakho ngokwesiqhelo. Musa ukusela umthamo ophinda-phindwe kabini ukwenzelelela umthamo owuphosileyo!

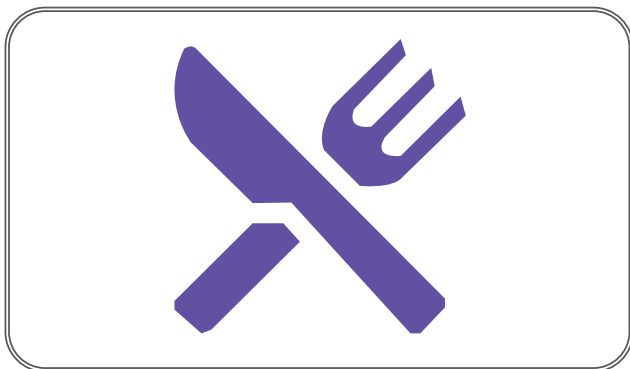
Kuya kwenzeka ntoni ukuba ndiyahlanza emva kokusela umthamo wam? Ukuba uhlanza kwithuba elingaphantsi kweyure emva kokusela iiARV zakho, phinda uwusele loo mthamo kwakhona.

Ingaba ndifanele ukusela iiARV zam nokutya okanye ngaphandle kokutya? Okubalulekileyo kukusela iiARV zakho njengoko ucetyiswe ngumsebenzi wokhathalelo lwempilo wakho.



Ingaba wonke umntu osela iiARV ufumana iziphumo ezingafunekiyo?

Ii-ARV zisenokuba neziphumo ezingafunekiyo. Zahluka-hluka ngokokwahluka kwabantu. Iziphumo ezingafunekiyo zikholisa ukuphela emva kweeveki zokuqala ezimbalwa. Ukuba uneziphumo ezingafunekiyo ezibi eziqhuba iintsuku ezingaphezu kwezisi-7, musa ukuluyeka unyango lwakho. Eyona nto ifunekayo kukuthetha nomsebenzi wokhathalelo lwempilo wakho malunga namanyathelo afanele ukuthathwa kunye namayeza anokukwazi ukulawula iziphumo ezingafunekiyo. Maxa wambi umsebenzi wokhathalelo lwempilo uya kutshintsha iiARV ekuluhlu lonyango afakele eyahlukileyo eyamkelwa bhetele ngumzimba.





Ezi zezona ziphumo zingafunekiyo zixhaphakileyo zeeARV ezifumaneka ezibhedlele naseziklinikhi zethu:

Igama ngokwenzulu lwazi	Igama lentengiso	Isicefecefe (ukufuna ukuhlanya)	Intloko ebuhlungu	Urhudo (Ukuhambisa kwesisu)	Irhathalala yesikhumba	Ukudinwa okugqithisileyo	Isiyezi	Eminye imiqondiso
Abacavir	Ziagen	Ukuziva udinwe kakhulu	X	X	X	X		• Ifiva
Ritonavir	Norvir	X	X	X			X	• Ukuntlontloza okanye ukungabi naluvo ngasemlonyeni
Efavirenz	Sustiva				X		X	• Ukuziva usozela • Iinkathazo zokufumana ubuthongo • Amaphupha angaqhelekanga neenarhmeri • Ukubhideka okanye ukuziva udidekile • Ukungakwazi ukuzikisa ingqondo • Ukudakumba neenguquko zomdla • Ukuba nemibono • Ukulibala • Ukubhideka • Ukuziva 'ulilitye' • Ukuziva wonwabe ngokungaqhelekanga
Emtricitabine	Emtriva	X	X	X	X			• Ukulahla ibala lolusu
Lamivudine	Epivir	X	X		X	X		• Ukungakulangazeleli ukutya • Isisu esilumayo
Lopinavir	Norvir	X		X	X			• Isisu esilumayo • Ukuntlontloza okanye ukungabi naluvo ngasemlonyeni Ukuziva udiwiwe • Iinguquko kwimilo okanye kwindawo apho umzimba wakho uqokelela amafutha khona (ngakumbi ezingalweni, emilenzeni, ebusweni, entanyeni, emabeleni nasesinqeni)
Nevirapine	Viramune	X	X	X	X (ngakumbi isifazi)			• Isisu esilumayo • Iintlungu zezihlunu
Tenofovir	Viread	X	X	X	X		X	• Isisu esilumayo • Iinkathazo zokufumana ubuthongo • Ukudakumba neenguquko zomdla • Ukusasazeka kwamafutha: Iinguquko kwimilo okanye indawo apho amafutha omzimba wakho aqokelelana khona (ngakumbi ezingalweni zakho, emilenzeni, ebusweni, entanyeni, emabeleni nasesinqeni)
UMDIBANISO WOMTHAMO OSISIGXINA (FDC) iiARV = 2 okanye iiARV ezithe kratya kwipilisi e-1								
Emtricitabine + Tenofovir	Truvada	X	X	X	X nokurhawuzela		X	• Ukuziva udakumbile kwaye uxhalabile • Iinkathazo zokufumana ubuthongo • Iintlungu zeejoyinti • Ukusasazeka kwamafutha: Iinguquko kwimilo okanye indawo apho amafutha omzimba wakho aqokelelana khona (ngakumbi ezingalweni zakho, emilenzeni, ebusweni, entanyeni, emabeleni nasesinqeni) • Iinguquko kwibala lolusu lakho kwimiphakathi yezandla okanye ngaphantsi kweenyawo zakho • Ukusasazeka kwamafutha: Iinguquko kwimilo okanye indawo apho amafutha omzimba wakho aqokelelana khona (ngakumbi ezingalweni zakho, emilenzeni, ebusweni, entanyeni, emabeleni nasesinqeni) • Isisu esilumayo • Amaphupha angaqhelekanga • Iintlungu zomqolo
Lopinavir + Ritonavir	Aluvia or Kaletra	X	X			X		• Isisu esilumayo • Ukusasazeka kwamafutha: Iinguquko kwimilo okanye indawo apho amafutha omzimba wakho aqokelelana khona (ngakumbi ezingalweni zakho, emilenzeni, ebusweni, entanyeni, emabeleni nasesinqeni) • Ubuthathaka
Tenofovir + Lamivudine+ Dolutegravir	Kovatrax, Acriptega, Dovimil, TELADO, VOLUTRIP, Telatri, EMDOLTEN, Deltevir	X	X					• Iinkathazo zokufumana ubuthongo



Ukulawula iziphumo ezingafunekiyo

Kukho amayeza okulawula ezinye zeziphumo ezingafunekiyo ezixhaphake malunga neeARV, kodwa kukwakho neentlobo zokutya okanye amanyathelo onokuwathatha anokunceda. Ukuba ufumana amava eziphumo ezingafunekiyo ufanele ukufumana ukhathalelo lonyango msinyane kangangoko kunokwenzeka.

Akufanelanga kusela nawaphi amayeza esiNtu ngaphandle kokuthetha nomsebenzi wokhathalelo lwempilo wakho.

UPHAWU	UNYANGO	AMANYATHELO AFANELE UKULANDELWA
Isicefecefe (ukuziva ugula) okanye ukuhlanya	Unyango olulwa isicefecefe	- Kuphephe ukutya okunamafutha nokuqholwe kakhulu - Yitya ukutya okome njengesonka esiqhotsiweyo - Rhabula iti emnyama - Sela amanzi anejusi yeelamuni
Urhudo (isisu esihambisayo)	Iyeza elinqanda urhudo	- Yitya iibhanana ezivuthwe kakhulu, irayisi okanye isonka esiqhotsiweyo - Luphephe ubisi - Sela amanzi anetyuwa neswekile
Intloko ebuhlungu	Ilipilisi zeentlungu	- Sela amanzi amaninzi - Ngqengqa uze ubeke ilaphu elibandayo ebusweni bakho - Hlikihla amazantsi entloko yakho ngoobhontsi bakho
Irrhashalala yesikhumba	Unyango lwee-histamini	Sebenzisa ucwambu olupholisa ngokwemvelo, ikhalamayini okanye icastor oyile
Ukungakulangazeleli ukutya		- Yitya izidlo ezincinane rhoqo - Yitya iintlobo zokutya ozithandayo nokuba akulambanga - Kuphephe ukutya okungenaxabiso lempilo entle
Isiyezi		Sela iipilisi zakho phambi kokuya kulala nokuya kungqengqa. Abanye abantu abaneenarhmeri bakhetha ukusela iipilisi zabo kusasa ukuze ubuthongo babo bungaphazamiseki. Nokuba kungayiphi indlela ufanele ukuthetha nogqirha wakho ngale meko.
Ukudinwa		- Yiya kulala ngexesha elinye yonke imihla uvuke ngexesha elinye qho kusasa - Musa ukusela utywala

Zidibanise nonyango kwangoko xa usiva oku:

- ✱ **Isisu esihambisa ngokuxhalabisayo esikushiya uziva ubuthathaka futhi unesiyezi kwixesha elingaphezu kweeyure ezingama-24.**
- ✱ **Ukuhlanya okuxhalabisayo okukushiya uziva ubuthathaka kwaye unesiyezi kwixesha elingaphezu kweeyure ezingama-24.**
- ✱ **Ukudinwa okubaxekileyo okukushiya ungakwazi kwenza nto.**
- ✱ **Isiyezi esigqithiseleyo esenza kube nzima ukuma okanye ukuhamba.**
- ✱ **Irrhashalala exhalabisayo enezilonda ezivulekileyo.**



Zenzele kwaye usamkele isigulo sakho esifunyanisiweyo sokuba neHIV

Yazi ukuba akuwedwanga,

Yazi ukuba unenkxaso.

Unakho ukukhetha ukuphila.

Khetha ubomi kuba unakho ukwenza oko.

Ii-ARV ziyakuvumela ukuba uphile ithuba elide futhi ube nobomi bempilo entle.

Ngoko ke, jonga ngaphaya kwesigulo sakho.

Zinikele kwisisombululo sobomi obunethemba.

Qalisa kwaye ubambelele kunyango lweARV.

Phila okuphucukileyo.

Yenza okuthe kratya. Khuthaza abanye.

Zenzele! Bubomi bakho obu.

Okubalulekileyo ngamaphupha akho nemibandela ekugqaliselwe kuyo.

Ungaze uzincame ngenxa yesigulo esifunyanisiweyo seHIV.

Imeko yakho ayalathi ikamva lakho.

Musa ukulinda.

Akukho xesha lokumoshwa.

Musa ukuqhuba ngokuzifihla.

Yima nkqo ushiye umzila wenkoleko yakho.

Qalisa ngonyango namhlanje.

Bambelela kunyango nakumathuba otyelelo lwaseklinikhi olulandeliswayo.

Asisisihlwayo, sisitshixo esikhokelela kwimpilo nekamva lakho.

Isitshixo esenza ukwazi ukwenza yonke into oyicwangciseleyo.

Zenzele! Ikamva lelethu!

**'Zenzele ukuPhila neHIV' luluhlu lopapasho
oluquka 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 okanye thumela kuthi
umyalezo ngokusebenzisa ikhasi lethu [www.facebook.com/
BrothersforlifeSA](https://www.facebook.com/BrothersforlifeSA) kwaye sinokukwazisa kumcebisi weqela.*

*Unakho nokutyelela apha
www.brothersforlife.mobi
www.thefutureisour.co.za*

*Ukuthola ukwesekwa kwabantu abasebasha nezingane
ezikhulakhulile vakashela
ku-www.facebook.com/BWiseHealth*

*Kukwakho nabacebisi-zingxoxweni abanamava abaninzi
abanokukunceda kwimibutho edweliswe ngezantsi.
Yonke iminxeba yeyasimahla kwaye abacebisi-zingxoxweni
abafumaneka kwiiyure 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
ukuze ufumane iqela lenkxaso kwindawo yakho.*

J7571Xh - 0860 PAPRIKA

