

IiNdllela zokuThintela i-HIV Zininzi izinto ongazenza ukunciphisa umngcipheko we-HIV wakho okanye oweqabane lakho. Abacebisi bafuna ukukunceda uqonde zonke ezi ndlela zilandelayo zokuthintela i-HIV ukuze ukhethe ukuba yeyiphi i(ii)ndlela ezakusebenzela ngcono:

- **Sebenzisa iringi efakwa ekukwini ye-dapivirine rhoqo**
 - ✓ Uphando lubonise ukuba iringi efakwa ekukwini ye-dapivirine inganciphisa ithuba lowasetyhini kulosulelo lwe-HIV. Ukhuseleko kulosulelo lwe-HIV luphezulu kakhulu xa iringi isetyenziswa ngalo lonke ixesha.
- **Sebenzisa iikhondom rhoqo**
 - ✓ Sebenzisa iikhondom ngokuchanekileyo ngalo lonke ixesha usabelana ngesondo ngekuku, ngomngxuma welindle okanye nimuncana ilungu langasese. Jonga ngasemva kweli phetshana ukuze ufumane iinkcukacha ezithe vetshe ngeekhondom.
- **Sebenzisa i-PrEP eginywayo (umz. i-Truvada)**
 - ✓ I-PrEP eginywayo yindlela yokuthintela i-HIV kubantu abangenayo i-HIV kodwa abasemngciphekweni ophezulu wokosulelwa yi-HIV. I-PrEP eginywayo ibandakanya ukuthatha/ukusela ichiza elithile le-HIVmihla yonke. I-PrEP eginywayo isenokufumaneka okanye ingafumaneki kwindawo ohlala kuyo. Ukuba ivakala iyindlela ongathanda ukuyisebenzisa, thetha nabasebenzi basekliniki uqonde ukuba iyafumaneka na kwindawo ohlala kuyo.
- **Nciphisa inani lamaqabane akho owabelana nawo ngesondo**
 - ✓ Okukona unamaqabane amaninzi, okukona unganeqabane eline-HIV. Ukuba iqabane lakho linamaqabane amaninzi, bakhuthaze ukuba balinciphise eli nani kananjalo. Liyakunciphisa umngcipheko wokufumana i-HIV kuni nonke.
- **Sebenzisa iindlela zokwabelana ngesondo ezinomngcipheko ophantsi**
 - ✓ Ukumuncana amalungu angasese kunomngcipheko ophantsi kakhulu kunesondo lekuku okanye lomngxuma welindle. Abantu abaninzi bacinga ukuba ukwabelana ngesondo ngomngxuma welindle yindlela ekhuselekileyo, kodwa yeyona ndlela inomngcipheko wokwabelana ngesondo yokugqithisa i-HIV.
- **Ukuba unosulelo olufumene ngokwabelana ngesondo (STI), fumana unyango**
 - ✓ Ukuba ne-STI kungandisa umngcipheko wakho wokosulelwa yi-HIV okanye uyigqithisele kwabanye. Nyanzelisa ukuba amaqabane akho avavanywe aze anyangwe nawo.

- **Khuthaza iqabane lakho ukuba livavanyelwe i-HIV**
 - ✓ Thetha neqabane lakho ngovavanyo lwe-HIV ze nivavanywe phambi kokuba nabelane ngesondo. Ukwazi ukuba iqabane lakho line-HIV kunganceda wena ekuthatheni isigqibo sokuba zeziphi iindlela zothintelo ezingasebenza kakhulu kuwe.
- **Khuthaza iqabane lakho ukuba loluke**
 - ✓ Amadoda olukileyo phantse isiqingatha angafumana i-HIV njengamadoda angolukanga. Ulwaluko lwamadoda alukhuseli abasetyhini ukuba bangayifumana i-HIV.
- **Ukuba iqabane lakho line-HIV, likhuthaze ukuba lithobele amayeza alo e-HIV**
 - ✓ Unyango ngamayeza e-HIV (abizwa itheraphi ngezilwi zintsholongwane okanye i-ART ngamafutshane) kunceda abantu abane-HIV baphile ixesha elide, nobomi obunempilo. I-ART ayinakunyanga usulelo lwe-HIV, kodwa inganciphisa ubungakanani be-HIV emzimbeni wakho. Ukuba ne-HIV encinci emzimbeni wakho kunciphisa umngcipheko wokugqithisele kweqabane lakho i-HIV ngexesha lokwabelana ngesondo.



Nangona zonke iindlela zisenokungenzeki kubo bonke abasetyhini, okukona unokwenza ezi zinto zininzi, okukona unokunciphisa ithuba lakho lokufumana i-HIV.

Ulwazi oluThathwe: "The Basics of HIV Prevention." AIDSinfo. AIDSinfo, 15 Sept. 2015. Web. Accessed 18 Dec. 2015.

KuLwazi oloNgezelelweyo ngeeKhondom:

Iikhondom zikhusela usulelo lwe-HIV xa kusabelwana ngesondo lekuku nelomngxuma welindle.

Iringi ye-dapivirine inciphisa umngcipheko we-HIV efunyanwa ngokwabelana ngesondo ngomngxuma welindle. Iringi yayingenzelwanga ukukhusela ukugqithiswa kwe-HIV ngokwabelana ngesondo ngomngxuma welindle kwaye akufanelanga ukuba isetyenziswe kundonci.

Iikhondom ziKhusela ukuKhulelwa neZinye i-STIs.

Ukongeza ekukhuseleni ukuba ungafumani i-HIV, iikhondom zinezinye iinzuzo zempilo. Abanye abantu abathandanayo bakhetha iikhondom njengendlela yabo yocwangciso-ntsapho yokuthintela ukukhulelwa okungacwangciswa.

Xa isetyenziswa rhoqo nangendlela echanekileyo, iikhondom ze-latex ziyeyona ndlela ingcono yokukhusela i-STIs ezinjengegonoriya, iklamidiya okanye i-trichomonas. Zikwanciphisa umngcipheko wezifo zezilonda ezikumalungu angasese, njenge-genital herpes, igcushuwa nechancroid, xa indawo eyosulelekileyo okanye indawo enethuba lokubasesichengeni ikhuselekile. Zinganciphisa umngcipheko wosulelo lwe-genital human papillomavirus (HPV) nezifo ezayanyaniswa ne-HPV (umz. iintsumpa ezikwilungu langasese nomhlaza wesibekeko).

Indlela yokuSebenzisa iikhondom ngokuChanekileyo naRhoqo:

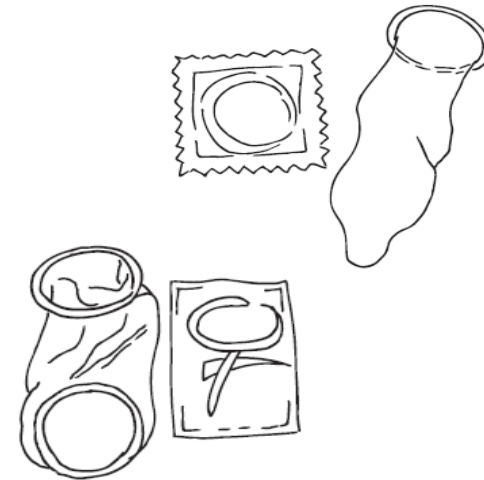
- Sebenzisa ikhondom ngesenzo ngasinye sokwabelana ngesondo (ukumunca ilungu langasese, ukwabelana ngesondo lekuku nangomngxuma welindle).
- Bamba ikhondom ngononophelo ukuze uphephe ukuyonakalisa ngeenzipho, ngamazinyo, okanye ngezinye izinto ezibukhali.
- Faka ikhondom emva kokuba umthondo uthe nkqo naphambi kwakuba uchukumise nalo naliphi na ilungu langasese, ngomlomo okanye ngomngxuma welindle neqabane lakho.
- Qinisekisa ukuthambiseka okwaneleyo ngexesha lokwabelana ngesondo lekuku nelomngxuma welindle, kodwa sebenzisa kuphela izithambiso ezinamanzi (njenge-K-Y Jelly) neekhondom ze-latex. Izithambiso ezine-oli (njenge-Vaseline okanye isithambisi somzimba) ziyakonakalisa iikhondom.
- Ukuthintela ikhondom ukuba ingaphuncuki, qinisa ikhondom phaya kumazantsi omthondo xa uyikhupha ze ukhuphe umthondo ngeli xesha usaqinileyo.

Ulwazi oluThathwe: "Condom Fact Sheet." Centers for Disease Control and Prevention (CDC). CDC, 25 Mar. 2013. Web. Accessed 18 Dec 2015.

HOPE

Out of ASPIRE, there is HOPE

Ulwazi ngeeNdlela zokuThintela i-HIV



Ukuba unemibuzo okanye ufuna ulwazi oluthe vetshe, nceda undwendwele ikliniki yophando.:

