

Kungani ukusebenzisa ngendlela umkhiqizo kubalulekile uma ngikhetha iringi ku HOPE? Ukusebenzisa umkhiqizo ngendlela esezingeni eliphezulu kwakubalulekile kuASPIRE ukuhlola ukuthi iringi enedapirivine ingavikela abesifazane kwi HIV. Ku HOPE, ukusebenzisa umkhiqizo ngendlela esezingeni eliphezulu kubalulekile ngoba kuba nomthelela ezingeni lomuntu lokuzivikela kwiHIV.

Uma ngisebenzisa iringi ngezikhathi zonke, izinga lokuzivikela engizobanalo lingakanani? Siyazi ukuthi ukuvikeleka kwiHIV kuphezulu, uma iringi isetshenziswa ngasosonke isikhathi, kanye nokuthi iringi ayivikeli uma ingasetshenziswa. Kusemqoka ukwazi ukuthi noma uyigqoka njalo iringi, kodwa uma ingahlezi kahle esithweni sakho sangasese sowesifazane, uma usengcupheni yokutheleleka ngeHIV (isibonelo, uma uyikhipha ngesikhathi wenza ucansi), kungenzeka ungavikeleki. Ngesikhathi abacwaningi beqala ukuveza imiphumela yocwaningo lwaASPIRE, babengakabheki ukuthi ukuqikelela kokusetshenziswa kweringi kwaba namuphi umthelela ekusebenzeni kwayo. Manje sekumele bawuhlaziye lombuzo. Imininingwane emisha evela kuASPIRE iveza ukuthi uma iringi isetshenziswa njalo, ukuvikeleka kwiHIV kuba ngamaphesenti awu 75 noma ngaphezulu, futhi uma isetshenziswa ngazo zonke izikhathi, ukuvikeleka kungaba ngamaphesenti angaphezulu kwa 90. Imiphumela yeHOPE izosiza abacwaningi bafunde kangconywana ngezinga lokuvikeleka elitholakala kwiringi uma isetshenziswa ngaso sonke isikhathi.

Kungani ukusebenzisa ngendlela umkhiqizo kubalulekile ocwaningweni lukaHOPE jikelele? Ukusebenzisa umkhiqizo ngendlela esezingeni eliphezulu kwabesifazane abakhetha iringi kuzokwenza ukuthi siqonde kabanzi ngokusebenza kweringi, uma isetshenziswa ngezikhathi zonke. Lolulwazi lubalulekile ukuthi lwaziwe uma ngabe ngesikhathi esizayo sekwethulwa iringi emphakathini.

Kuzokwenzakalani uma nginezi nselelo ekusebenziseni iringi ku HOPE? Abasebenzi bocwaningo luka HOPE bafuna ukuthi wena wenze uhlelo lokuvikela iHIV elifanele impilo yakho. Uma ukhetha iringi bese ubona ukuthi unenkinga ekuyisebenziseni, abeluleki (bocwaningo) bazokweseka ekunqobeni nanoma iziphi izinselelo. Ngisho nanoma unquma ukungayisebenzisi iringi, noma uma ushintsha umqondo ngokusebenzisa iringi, abeluleki bazokusiza bakweseke nganoma iluphi uhlelo lokuvikela iHIV olukhethayo.



Uma umngani noma ilungu lomndeni wami befuna ukusebenzisa iringi? Okwamanje iringi itholakala kuphela kwabesifazane ababambe iqhaza ku HOPE. Kubalulekile ukuthi kungabelwana ngeringi noma kuphiswane ngayo. Abesifazane abangekho ocwaningweni kungenzeka bangatholi ukuhlolwa njalo kweHIV noma kokukhulelwa noma ukunakekelwa njalo kwezempilo. Uma besebenzisa iringi bese beqala beba nezinkinga, kungenzeka bangakwazi ukuthola unakekelo abaludingayo. Iringi ingakuvikela kwiHIV kuphela uma uyisebenzisa njalo, lokhu kuchaza ukuthi ungayiniki abanye abantu.

Ngabe ababambiqhaza abebesebenzisa umkhiqizo ngendlela esezingeni eliphansi kuASPIRE bazovumeleka ukuthi bangenele uHOPE? Bonke ababe bambiqhaza kuASPIRE bazothola ithuba lokuthi bangenele uHOPE. Siyabonga kakhulu kubo bonke ababambiqhaza bakwa-ASPIRE abasibonisile ukuthi iringi iphephile futhi iyasiza ukunciphisa ubongozi beHIV. Siqaphelile ukuthi abanye ababambiqhaza bathola kunzima ukusebenzisa iringi noma bakhetha ukungayisebenzisi. Ku HOPE, sibona ukuthi bonke abake babambiqhaza bafanelwe “ukuqala kabusha”, futhi babenethuba lokwehlisa ubongozi beHIV ngangokunokwenzeka. Ngalokho, sifuna ukunika bonke abake babambiqhaza ithuba lokufinyelela kwiringi kanye nezinye izinzuzo zocwaningo.

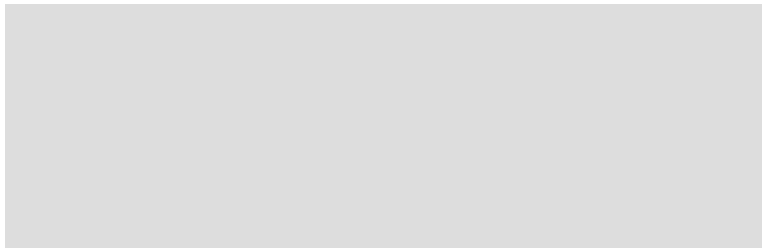
Ngabe iringi isebenza ngokufanayo kubo bonke abesifazane bayo yonke iminyaka? Ngesikhathi sikaASPIRE, abantu besifazane abaneminyaka engaphansi kwa 21 ababenikwe iringi enedapivirine, bathola iHIV ngokufana nalabo abathola iringi engenawo umuthi idaprivine. Kodwa siyazi ukuthi isizathu esikhulu esaba nomthelela ekusebenzeni kweringi kubantu besifazane abasebasha ngesikhathi saASPIRE, kwakungukuthi, abayisebenzisanga iringi njalo ababeyalelwe ngayo. Abacwangingi benza ucwangingo oluqondene nalokhu, ukuqinisekisa ukuthi azikho yini ezinye izizathu ezikhona ezingaba nomthelela

ekusebenzeni kweringi kubantu besifazane abasebasha. Kusemqoka, ukwazi ukuthi bonke abantu besifazane ababambiqhaza



kuASPIRE bazobe sebeneminyaka engaphezu kwa21 ngesikhathi bejoyina ucwangingo uHOPE. Kukuthina njengabasebenzi bocwangingo, ababambiqhaza, kanye nomphakathi, ukuthi sikhulume futhi siseke abantu besifazane abasebasha ngezindlela ezizwakalayo zokuthi bengazithola kanjani futhi bazisebenzise kanjani ngokungaguquki, izindlela zokuvikela iHIV ezilungele uhlobo lwempilo abaluphilayo.

Uma unemibuzo noma udinga ulwazi olwengeziwe, sicela uvakashele eklinikhi yocwangingo:



UKUSEBENZISA NGENDLELA UMKHIQIZO KANYE NOKUVIKELA iHIV kuHOPE

