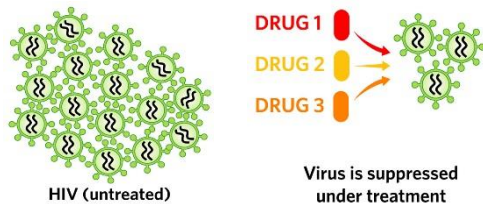


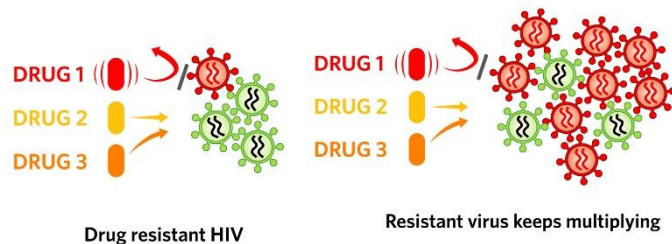
Kuyini ukumelana nemishanguzo yeHIV?

Uma umuntu etheleleka ngeHIV, igciwane lingena emzimbeni womuntu bese liqala ukwenza umfanekiso walo.

Imishanguzo esetshenziselwa ukwelapha iHIV ibizwa ngama antiretrovirals (ARVs). Uma ethathwe ngendlela, ama-ARVs ayalivimba igciwane ukuthi liziphindaphinde bese asiza abantu abaneHIV ukuthi bazizwe bengcono baphile isikhathi eside. Ukuthatha ama-ARVs ngendlela kuvame ukusho ukuthi uthatha izinhlobo eziwu 3 ezihlukene, ngoba kuthatha ngaphezulu komuthi owodwa wama-ARVs ukuvimbela iHIV ukuthi iziphindaphinde.



Nakuba kunjalo ama-ARVs awalungile ngokuphelele, futhi ngezinye izikhathi awakwazi ukumisa wonke amagciwane eHIV ukuthi aziphindaphinde. Uma lokhu kwenzeka, iHIV ikwazi ukuqhubeka ukuziphindaphinda libizwa “ukumelana.”



Kungani ukumelana nemishanguzo yama-ARVs kuyinkinga?

Uma ukumelana nama-ARVs kwenzeka, umuntu udinga ukuyeka ukuthatha ama-ARVs angasasebenzi bese eqala ukuthatha imishanguzo yamaARVs ahlukile. Ngenxa yalokhu, umuntu oneHIV enokumelana unokuzikhethela okumbalwa kwemishanguzo yama-ARVs angawathatha ukusizakala ukuthi bahlezi bephilile. Ngaphezu kwalokho, bangathelela abanye ngaleligciwane elinokumelana.

Kungani ukumelana nemishanguzo yama-ARV's kuyinkathazo kulolucwaningo?

Iringi yesitho sangasese sowesifazane sangaphambili iqukethe ama-ARVs abizwa ngeDapivirine. IDapivirine isetshenziselwa kuphela ukuvikela iHIV, futhi ayisetshenziselwa ukwelapha abantu asebethethelekile ngeHIV. Nokho, uma owesifazane etheleleka ngeHIV futhi elokhu esebenzisa iringi, igciwane emzimbeni wakhe lingaba nokumelana nedapivirine kanye nemishanguzo ecishe ifane nama-ARV asetshenziselwa ukwelapha iHIV noma ukuvimbela ukutheleleka kwengane nomama ngeHIV.

Kungagwenywa kanjani ukumelana nemishanguzo yama-ARV gesikhathi ubambe iqhaza kuHOPE?

1. Gwema Ukuthola iHIV: Ukumelana nemishanguzo yama-ARV ngeke kwenzeke kumuntu ongenayo iHIV. Ziningi izinto ongazenza ukunciphisa ubungozi bokutheleleka ngeHIV:

- Sebenzisa iringi yesitho sangasese sowesifazane sangaphambili enedapivirine njalo
 - Sebenzisa amakhondomu njalo
 - Sebenzisa iPrEP ephuzwayo (e.g. Truvada)
 - Nciphisa isibalo sakho sophathina bocansi
 - Zibandakanye ezindleleni zocansi ezinobungozi obuphansi
 - Uma uneSTI (isifo esithelelana ngokocansi), thola ukwelashwa
 - Gqugquzela uphathina wakho ukuthi ahlolelwe iHIV.
 - Uma uphathina wakho eneHIV, mugqugquzele ukuthi ayithathe ngendlela imishanguzo yakhe yama-ARVs.
- *Buza umeluleki ngezincwajana ezinikezwayo zo “Ulwazi mayelana nezindlela zokuvikela iHIV ongakhetha kuzo” ngolunye ulwazi olwengeziwe kulezindlela.*

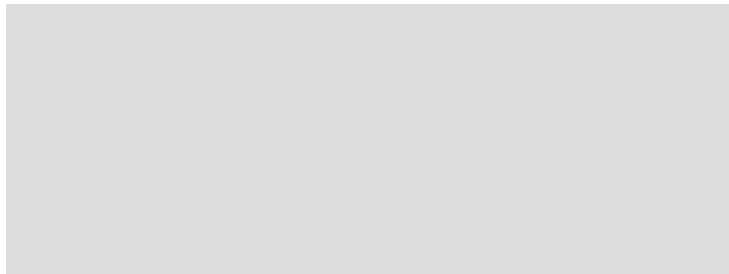
2. Jwayela ukuhlolola iHIV: Ukuhlolwa kweHIV kuzokwenzeka njalo ekuvakasheni kwakho ocwaningweni. Kumele futhi uze eklinikhi uzohlolola iHIV uma ucabanga ukuthi kungahle kube uthelelekile ngeHIV maphakathi nokuvakasha kwakho. Uma ukuhlola kuveza ukuthi uneHIV, kubalulekile ukuyeka ukusebenzisa iringi yesitho sowesifazane sangasese sangaphambili ngokushesha ukusiza ukuvimbela ukumelana. Uma ephuthwa ukuvakasha kocwaningo, umbambiqhaza angase atheleleke ngeHIV angabi nalwazi ngalokhu futhi aqhubeke asebenzise iringi. Lokhu kungabanga ukumelana neminye yemishanguzo yama-ARVs.

3. Ungabelani ngamaringi esitho sowesifazane sangasese sangaphambili: Ababambiqhaza kulolucwaningo bathola njalo ukuhlolwa kwezempilo nokuhlolwa kweHIV. Abantu abangekho ocwaningweni abakutholi lokhu kuhlolwa kwezempilo. Labantu bangaba neHIV futhi bengakwazi lokhu. Uma abantu abaneHIV besebenzisa iringi yesitho sowesifazane sangasese sangaphambili, lokhu kungabanga ukumelana neminye imishanguzo yama-ARVs.

Abasebenzi bocwaningo bakhonela ukukusiza.

Abasebenzi bocwaningo bakhona ukukwazisa nokweluleka ababambiqhaza ocwaningweni, ophathina babo, kanye namanye amalungu omphakathi mayelana nokumelana nemishanguzo yama-ARV kanye nanoma imiphi imibuzo noma ukukhathazeka abangase babe nakho.

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



Ulwazi mayelana
nokumelana
nemishanguzo yeHIV

