



# Izindlela zokuvikela iHIV

## Indlela yokweluleka egxile kumbambi qhaza

# Ukuzela ukungenela





Ngíyawkwemukela...

...Ngíyabonga!

# Ukwelulekwa kwe HOPE

**Ukukhetha:** Ukukusiza ukhethe indlela yokuvikela iHIV ehambisana nawe

**Ukukhuluma ngokukhululeka:** ngesinqumo sokusebenzisa iringi noma ezinye izindlela zokuvikela iHIV

# Ukukusiza ukhethe


Akubo bonke abantu besifazane abafuna ukusebenzisa iringi

Ekuhlanganeni kwethu sizo...

Khuluma nge ringi noma ngezinye izindlela ozikhethile zokuvikela iHIV

Kusiza ukhethe indlela ekulungele yokuvikela iHIV

Kusiza ulungise indlela oyikhethile



**ngikutshele  
ngenani  
lomuthi**

# Ukukhuluma ngokukhululekile

## Ngizo

- Lalela ngolwazi lwakho lokusebenzisa iiringi noma ngezinye izindlela zokuvikela iHIV
- Kusiza unqobe ubunzima ohlangabezana nabo ekuvikeleni iHIV
- Kusiza uhlale ungenayo iHIV



## Angeke ngiku...

- Jaje
- Phoqe ukuthi usebenzise iiringi

# Olunye ucwaningo lwe ringi

Ngitshele ngesinqumo sakho sokungenela lolucwaningo...

Iziphi izinzuzo owazithola ngokubamba iqhaza kwi ASPIRE?

Iziphi izinzuzo obona ukuthi uzozithola ngokubamba iqhaza kwi HOPE?



Uzweni ngemiphumela yakwi ASPIRE??



# Imiphumela emikhulu yakwi ASPIRE

- ✓ Iringi ingehlisa kakhulu amathuba okutheleleka nge HIV kumuntu wesifazane
- ✓ Ukuvikeleka kukhulu uma iRingi isetshenziswa ngaso sonke isikhathi
- ✓ Iringi ayivikeli uma ingasetshenziswa
- ✓ Iringi iphephile kakhulu ukusetshenziswa

# Iringi?

“Yebo, ngiyafuna ukusebenzisa iRingi”

“Cha, angifuni ukusebenzisa iRingi”

“Mhlawumbe, angikakaqiniseki”



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Ngitshele ngesinqumo sakho

# Ulwazi lwakho lwe Ringi

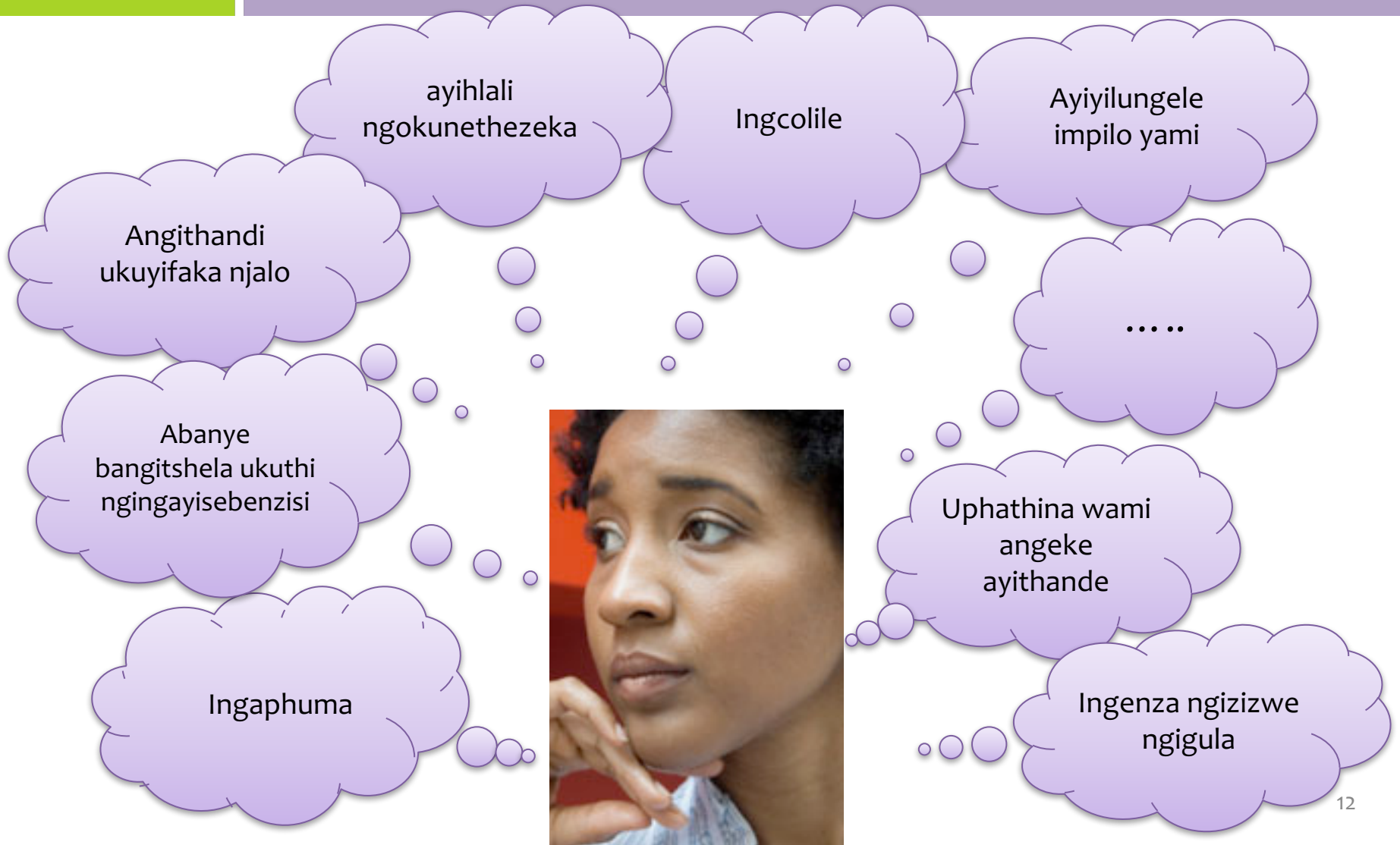
Yini eyakusiza ngokusebenzisa iRingi kwi ASPIRE?

Ibuphi ubunzima owabunqoba?

Uzimisele ngokuyisebenzisa kanjani iRingi

kulolucwaningo?

# Ukukhathazeka nge Ringi



# Izindlela zokuvikela iHIV

Sebenzisa iRingi njalo

Sebenzisa amakhondomu njalo

Khuthaza uphathina ukuthi asoke

Sebenzisa iPrEP ephuzwayo



Uma uphathina wakho ene HIV, mkhuthaze asebenzise ama ARV

Khuthaza uphathina ukuthi ahlolwe iHIV

Lapha izifo zocansi

Yehlisa inani lo-phathina bezocansi

Yenza izinto ezinobungozi obuncane ngokocansi

# Izinqumo zakho zokuvikela iHIV

Uzimisele ngokuthi lezindlela ozikhethile zokuvikela iHIV uzozisebenzisa kanjani?

Ungenza njani ukuqinisekisa ukuthi uphumelele ekusebenziseni izindlela ozikhethile?

# Izingqinamba ekuvikeleni iHIV

.....

kunzima  
ukukhuluma  
nophathina  
wami

angihlali  
nginama  
khondomu

ngiyakhohlwa  
ukusebenzisa  
amakhondomu

ngangithathekile  
ngalowomzuzu  
ngingacabangi

uphathina  
wami  
akazimisele

ngangikade  
ngiphuza  
ngingacabangi



# Isikali sokubaluleka

Esikalini sika 0 kuya ku 10 lapho u0 echaza ukuthi akubalulekile neze u10 kubaluleke kakhulu, Kubaluleke kangakanani kuwe ukusebenzisa lezindlela ozikhethile ukugwema ukutheleleka nge HIV?

0	1	2	3	4	5	6	7	8	9	10

**Akubalulekile  
neze**

**Kubaluleke  
kakhulu**

Iziphi izizathu ezenza ukuthi ukhethe leyonamba ungakhethi u0 noma u1?



# Isikali sokuzethemba

Esikalini sika 0 kuya ku 10 lapho u0 echaza ukuthi angizethembi neze u10 ngizethemba kakhulu, uzethemba kangakanani ukuthi uzokwazi ukusebenzisa lezindlela zokuvikela iHIV ozikhethile njalo?

0	1	2	3	4	5	6	7	8	9	10

Angizethembi  
neze

Ngizethemba  
kakhulu

Kwenziwa yini ukuthi ukhethe leyo namba ungakhethi u0 noma u1?

Yini engasiza ukuthi leyo namba inyuke?

Ungakwenza kanjani lokho?



Kukhona okunye ofuna sikhulume ngakho  
namhlanje?...

...nge Ringi?

...ngezinye izindlela zokuvikela iHIV ozikhethile?

# Ngokuvakasha okulandelayo

Sihlangana nini futhi?  
Siyokwenzani?

Khumbula:

Buyisa iRingi yakho

Kusukela enyangeni yesithathu ngiyobe  
sengikutshela ngenani lomuthi

# Ukuvakasha kokulandelela

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Izinyanga 1, 2, 3, 6, 9



Ngiyakwemukela... ..Ngiyabonga!

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Ingxoxo yethu namhlanje

# Ukufeza okuphokophelele kuke kube nzima

## Ukuphumelela



- Usebenzile, uphumelele kulokhu obukuphokophelele!
- Uma ufisa singaxoxa ngokuthi ungaqhubeka kanjani nokuphumelela

## Ukuphoxeka

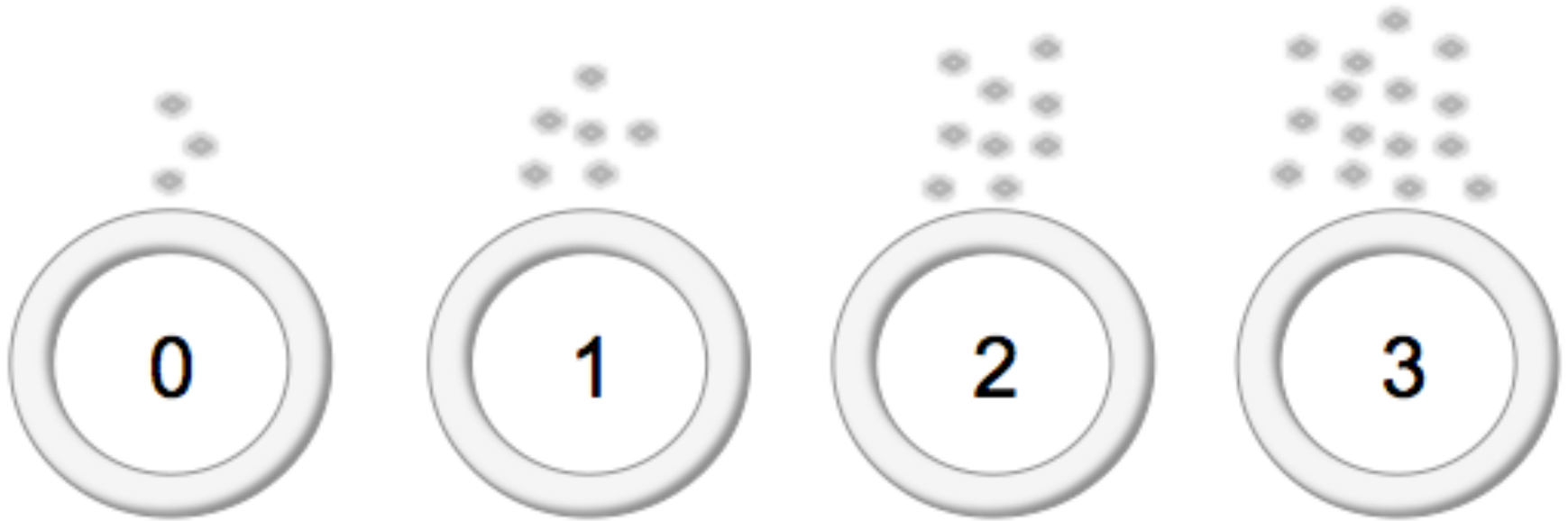


- Ungakhathazeki, angizile ukuzokujaja
- Uma uthanda, singasebenzisana sithole inxazululo

# Izinga lomuthi eRingini

Ukusebenzisa  
okuphansi

Ukusebenzisa  
okuphakeme



Akukho  
ukuvikeleka

Ukuvikeleka  
okuphezulu

# Khumbula...

Imiphumela yenani lomuthi ayiqinisekisewe ngokuphelele

Sikwazisa ngemiphumela ukuze...

- Ube nolwazi mayelana nenani lokuvikeleka olitholayo eRingingi
- Ukukusiza ukhethe ukuthi ufuna ukusebenzisa iRingingi ngokwahlukile ukuze uthole ukuvikeleka kwi HIV okuthe xaxa

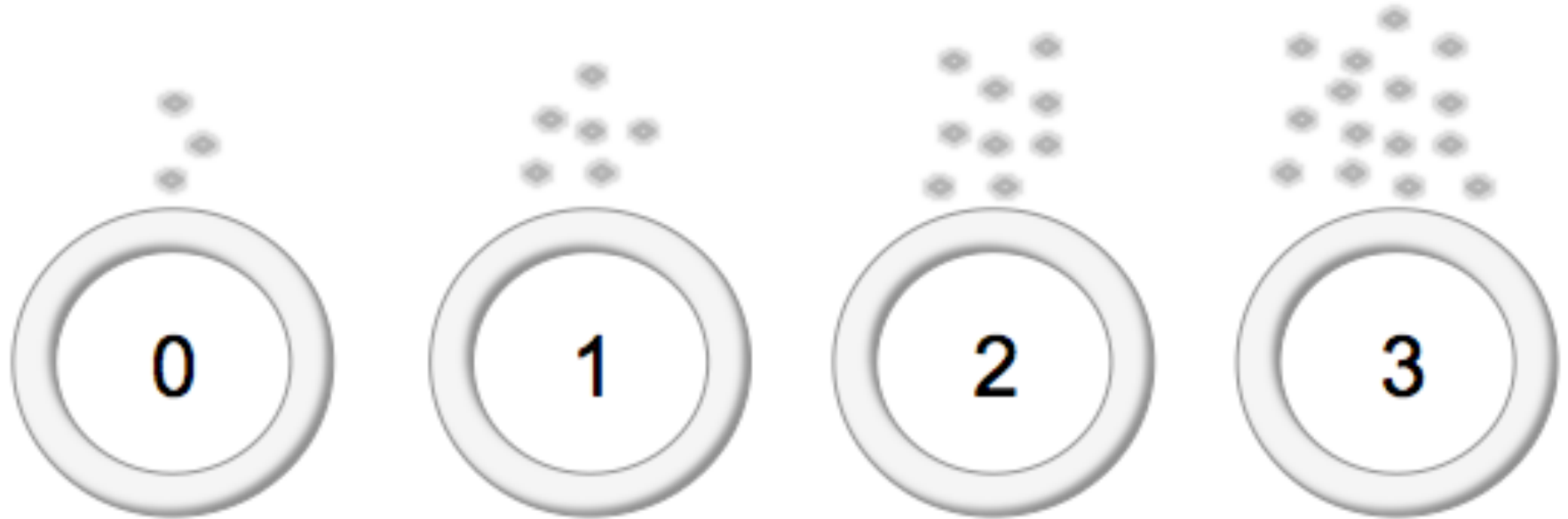
Kukuwe ukuthi ufuna ukwenzani ngalolulwazi



# Izinga lakho lokuvikeleka

Akukho  
ukuvikeleka

Ukuvikeleka  
okuphezulu



Ucabangani ngalokhu?

Uzizwa kanjani mayelana nezinga lokuvikeleka olitholile eRingini?  
Kuchazani lokhu kuwe mayelana nokuhlala ungatheleleki nge HIV?

# Iziphi izinhlelo zokuvikela iHIV owawuzikhethile kuqala?

Sebenzisa iRingi njalo

Sebenzisa amakhondomu njalo

Khuthaza uphathina ukuthi asoke

Sebenzisa iPrEP ephuzwayo



Uma uphathina wakho ene HIV, mkhuthaze asebenzise ama ARV

Khuthaza uphathina ukuthi ahlolwe iHIV

Lapha izifo zocansi

Yehlisa inani lo-phathina bezocansi

Yenza izinto ezinobungozi obuncane ngokocansi

# Landelela

Izinto zihambe kanjani ngendlela yakho yokuvimbela iHIV?

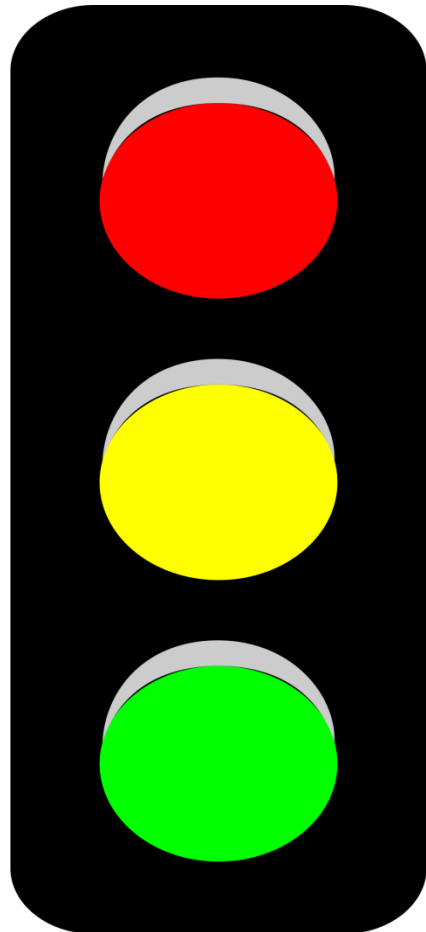
Yini esebenzile?

Yini engasebenzanga?

Ibuphi ubunzima ohlangane nabo?

Ubunqobe kanjani?

# Ukuzizwa ngohlelo lokuvikela olukhethile

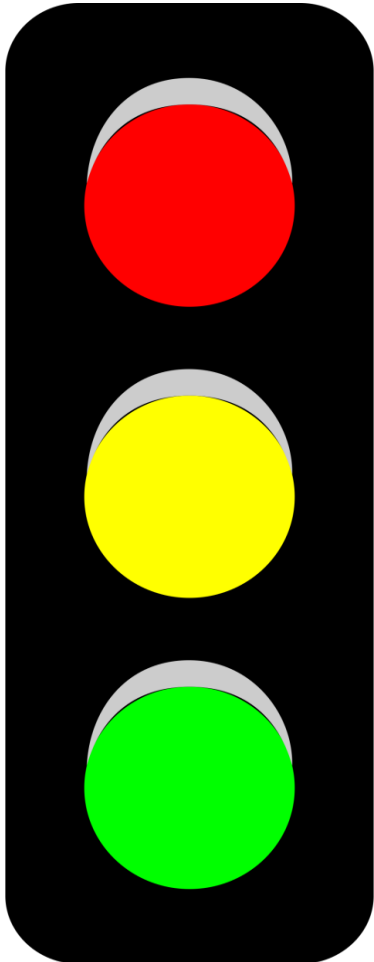


Uhlelo lwami alusebenzanga. Ngidinga ukwenza into ehlukile nje impela ukuze ngizivikele kwi HIV.

Uhlelo lwami belu nje-nje. Ngidinga ukushintsha ezinye izinto ukuze ngizivikele kangcono kwi HIV

Uhlelo lwami luhambe kahle impela, kumele nje ngiqhubeke ngenze lokhu engikwenzayo ukuze ngizivikele kwi HIV

# Ukunqoba izihibe



Iziphi ezinye izindlela zokuvikela iHIV ezingakusebenzela kangcono?

Ungenza njani ukuze lendlela ibe impumelelo kuwe?

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Iziphi izihibe odinga ukuzinqoba ukuze uphumelele?

Yini ongayenza ngokuhlukile ukuze uphumelele?

Kulokuhlangana kwethu yini esingayenza ukukusiza uphumelele?

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Yini ekwenze uphumelele ohlelweni lwakho?

Yini ongayenza ukuze uqhubeke ngokuphumelela nohlelo lwakho?

# Ukulungisela amasonto azayo

Ikhona into eyenzekayo kulamasonto ambalwa ezayo engaphazamisa uhlelo lwakho lokuvikela iHIV?



# Isikali sokuzethemba

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Angizethembi  
neze

Ngizethemba  
kakhulu

Kwenziwa yini ukuthi ukhethhe leyo namba ungakhethi u0 noma u1?  
Yini engasiza ukuthi leyo namba inyuke?  
Ungakwenza kanjani lokho?



Kukhona okunye ofuna sikhulume ngakho  
namhlanje?...

...nge Ringi?

...ngezinye izindlela zokuvikela iHIV ozikhethile?



# Ngokuvakasha okulandelayo

Sihlangana nini futhi?  
Siyokwenzani?

Khumbula:

Buyisa iRingi yakho

Kusukela enyangeni yesithathu ngiyobe  
sengikutshela ngenani lomuthi

# Vala ingxoxo

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Inyanga ka 12



Ngiyakwemukela... ..Ngiyabonga!

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Ingxoxo yethu namhlanje

# Ukufeza okuphokophelele kuke kube nzima

## Ukuphumelela



- Usebenzile, uphumelele kulokhu obukuphokophelele!
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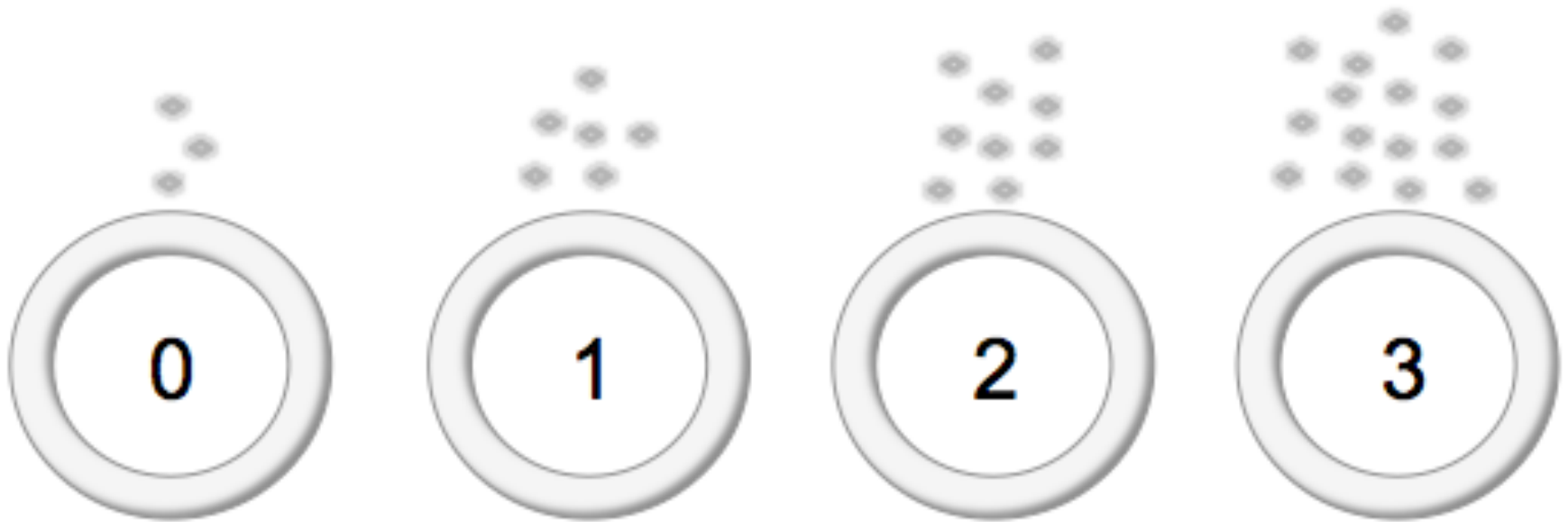


- Ungakhathazeki, angizile ukuzokujaja
- Uma uthanda, singasebenzisana sithole inxazululo

# Izinga lomuthi eRingini

Ukusebenzisa  
okuphansi

Ukusebenzisa  
okuphakeme



Akukho  
ukuvikeleka

Ukuvikeleka  
okuphezulu

# Khumbula...

Imiphumela yenani lomuthi ayiqinisekisewe  
ngokuphelele

Sikwazisa ngemiphumela ukuze...

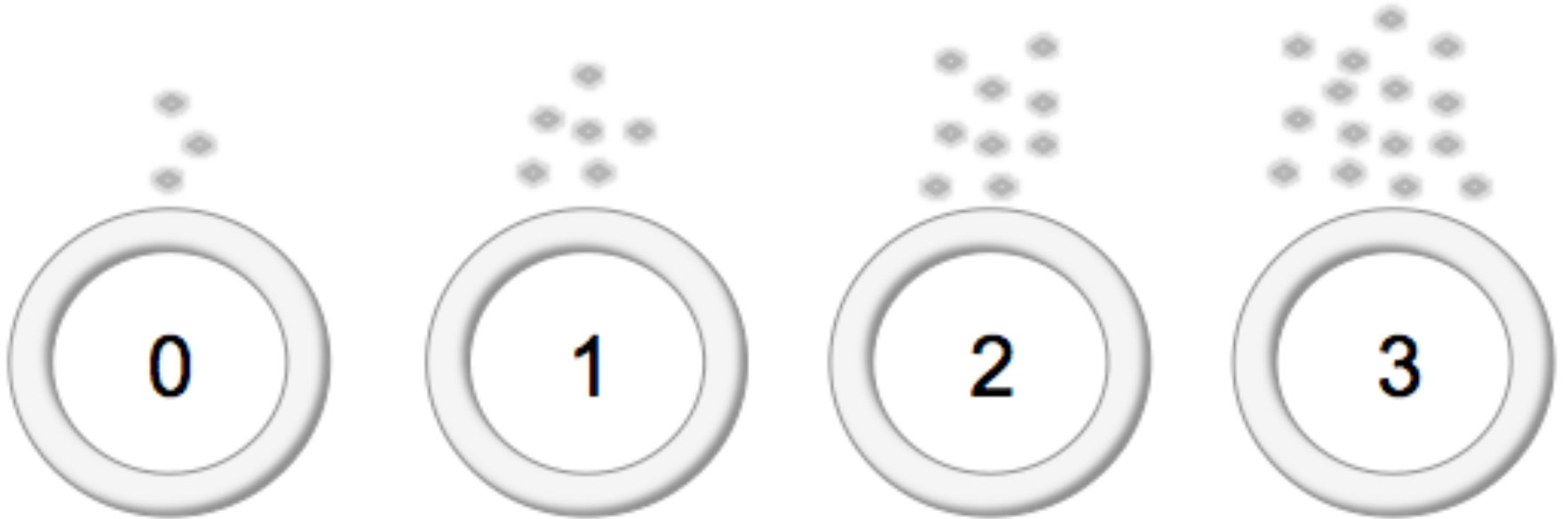
- Ube nolwazi mayelana nenani lokuvikeleka olutholayo eRingingini

Kukuwe ukuthi ufuna ukwenzani ngalolulwazi

# Izinga lakho lokuvikeleka

Akukho  
ukuvikeleka

Ukuvikeleka  
okuphezulu



Ucabangani ngalokhu?  
Uzizwa kanjani mayelana nezinga lokuvikeleka olitholile eRingini?

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# Landelela

Izinto zihambe kanjani ngendlela yakho yokuvimbela iHIV?

Yini esebenzile?

Yini engasebenzanga?

**Cabanga emuva...**

Iziphi izindlela zokuvikela iHIV azakusebenzela kangcono ngesikhathi socwaningo?

# Ekuqhubekeleni phambili uzosebenzisani ukuzivikela?



# Izindlela zokuvikela iHIV zakusasa

Uzimisele ngokuzisebenzisa kanjani izindlela ozikhethike zokuvikela?

- Uzokwenzenjani ukuqinisekisa ukuthi uyaphumelela?

- Iziphi izingqinamba ongahlabangezana nazo, ungeza njani ukuzinqoba?

# Isikali sokuzethemba

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Angizethembi  
neze

Ngizethemba  
kakhulu

Kwenziwa yini ukuthi ukhethe leyo namba ungakhethi u0 noma u1?  
Yini engasiza ukuthi leyo namba inyuke?  
Ungakwenza kanjani lokho?



Kukhona okunye ofuna sikhulume ngakho  
namhlanje?...

# Ngiyabonga!!!!

- Ngobambiswano lwakho ocwaningweni
- Ukufuna ukukhuluma ngokuvulelekile
- Ukubamba kwakho iqhaza ekusizeni ukwehlisa izinga labantu besifazane abatheleleke nge HIV lapha eAfrica



Ngiyabonga!