

Izindlela zokuvikela iHIV ongakhetha kuzo

Ziningi izinto ongazenza ukunciphisa ubungozi beHIV kuwena nophathina wakho. Abeluleki bafuna ukukusiza ukuthi uqonde zonke izindlela ezilandelayo zokuvikela iHIV ukuze ukhethe ukuthi iziphi izindlela ezizokusebenzela kangcono:

- **Sebenzisa iringi yedapivirine yesitho sowesifazane sangasese sangaphambili ngasonke isikhathi**
 - ✓ Ucwangingo lukhombise ukuthi iringi yedapivirine yesitho sowesifazane sangasese sangaphambili inganciphisa amathuba okutheleleka kwabesifazane ngeHIV. Ukuvikeleka ekuthelelekeni ngeHIV kubasezingeni eliphakeme kakhulu uma iringi isetshenziswa zikhathi zonke.
- **Sebenzisa amakhondomu ngasonke isikhathi**
 - ✓ Sebenzisa ikhondomu ngendlela okuyiyo ngasonke isikhathi uma wenza ucansi lwesitho sangasese sangaphambili sowesifazane, olwesitho sangasese sangemuva kanye nolomlomo. Bheka ingemuva lalelipheshana ngolwazi olwengeziwe ngamakhondomu.
- **Sebenzisa iPrEP ephuzwayo (e.g. Truvada)**
 - ✓ I-PrEP ephuzwayo iyindlela yokuvikela iHIV engakhethwa abantu abangenayo iHIV kodwa abasengcupheni enkulu yokutheleleka ngeHIV. I-PrEP ephuzwayo ibandakanya ukuthatha imishanguzo ethize yeHIV zonke izinsuku. I-PrEP ephuzwayo ingatholakala noma ingangatholakala emphakathini wakho. Uma kuzwakala njengendlela ongathanda ukuyisebenzisa, khuluma nabasebenzi baseklinikhi ngokuthi isiyatholakala yini endaweni yangakini.
- **Nciphisa isibalo sakho sophathina bocansi**
 - ✓ Uma uba nophathina abaningi, kwenza abe maningi amathuba okuthi ube nophathina one HIV. Uma uphathina wakho enophathina abaningi, mugquzule naye ukuthi anciphise lesisibalo futhi. Kuzokwehlisa ubungozi bokutheleleka ngeHIV kunina nonke.
- **Zibandakanye ekuziphatheni kwezocansi okunobungozi obuphansi**
 - ✓ Ucansi lomlomo lunobungozi obuphansi kakhulu kunocansi lwesitho sangasese sangaphambili sowesifazane noma ucansi lwesitho sangasese sangemuva. Abantu abaningi bacabanga ukuthi ucansi lwesitho sangasese sangemuva luyindlela ephiphile abangayikhethe, kodwa empeleni kuwuhlobo locansi elunobungozi kakhulu ekudluliseleni iHIV.

- **Uma unesifo socansi esithelelanayo (STI), thola ukwelashwa**
 - ✓ Ukuba nesifo socansi esithelelanayo kungakhuphula ubungozi bokutheleleka ngeHIV noma ukulisabalalisa kwabanye. Gcizelela ukuthi ophathina bakho bahlolwe futhi belashwe nabo.
- **Gqugquzela uphathina wakho ukuthi ahlolwe iHIV**
 - ✓ Khuluma nophathina wakho ngokuhlola iHIV bese niyahlolwa ngaphambi kokuba nenze ucansi. Ukwazi ukuthi uphathina wakho uneHIV kungakusiza ukuba unqume ukuthi iziphi izindlela zokuvikela ezingase zikusebenzele kangcono.
- **Gqugquzela uphathina wakho ukuthi ayosokwa**
 - ✓ Abesilisa abasokiwe basethubeni eliwuhhafu kunabesilisa abangasokiwe ukuthola igciwane lesandulela ngculazi. Ukusokwa kwabesilisa akubavikeli abesifazane ekutholeni iHIV.
- **Uma uphathina wakho eneHIV, mugquzulele ukuthi asebenzise imishanguzo yakhe yeHIV ngendlela ayalelwe ngayo**
 - ✓ Ukwelashwa ngemishanguzo yeHIV (ebizwa ngama antiretroviral therapy noma kafushane ART) kusiza abantu abaneHIV ukuthi baphile isikhathi eside, nokuphila ngendlela enempilo. Ama-ART awakwelaphi ukutheleleka ngeHIV, kodwa anganciphisa inani leHIV emzimbeni. Ukuba neHIV kancane emzimbeni kunciphisa ubungozi bukaphathina wakho ekudluliseni iHIV ngesikhathi kwenziwa ucansi.



Nakuba zonke izindlela zingeke zikwazi ukwenzeka kubobonke abesifazane, ukwanda kwalezinto ongazenza, ukwanda kokuncipha kwethuba lokuthola iHIV.

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

Ulwazi olwengeziwe mayelana namakhondomu:

Amakhondomu avikela ukuthi ungatheleleki ngeHIV ngokocansi lwesitho sowesifazane sangasese sangaphimbili kanye nocansi lwesitho sangasese sangemuva. Iringi-yedapivirine inciphisa ubungozi bokuthola iHIV ngocansi lwesitho sangasese sangaphambili sowesifazane. Iringi ayakhelwanga ukuvikela ekuthelelekeni ngeHIV ngocansi lwesitho sangasese sangemuva futhi akufanele isetshenziswe esithweni sangasese sangemuva.

Amakhondomu avikela ukukhulelwa kanye nezinye izifo ezithelelana ngokocansi.

Ngaphezu kokuvikela kwiHIV, amakhondomu anezinye izinzuzo zezempilo.

Ezinye izithandani zikhetha amakhondomu njengendlela yokuhlela umndeneni ukuvikela ukukhulelwa okungahlosiwe.

Uma esetshenziswa njalo ngendlela, amakhondomu e-latex ayindlela engcono kakhulu kuvikela kwezinye izifo ezithelelana ngokocansi njenge gonorrhoea, chlamydia, noma trichomonas. Anciphisa futhi ubungozi bezifo zezilonda zesitho sangasese, njenge iherpes yesitho sangasese, syphilis, kanye ne-chancroid, uma indawo ethelelekile noma indawo enethuba lokutheleleka ivikelekile. Anganciphisa ubungozi bokutheleleka nge-human papillomavirus (HPV) kanye nezifo ezihlangene ne-HPV (e.g., izinsumpa zesitho sangasese kanye nomdlavuza wesibebeletho).

Angasetshenziswa kanjani ngendlela nangezikhathi zonke amakhondomu:

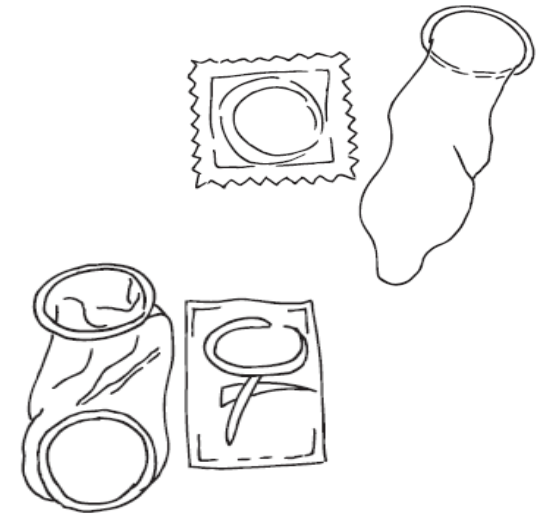
- Sebenzisa ikhondomu entsha ngesenzo ngasinye socansi (lomlomo, lwesitho sangasese sowesifazane sangaphambili kanye nolwesitho sangasese sangemuva).
- Iphathe kahle ikhondomu ukugwema ukuyilimaza ngezinzapho, amazinyo, kanye nezinye izinto ezicijile.
- Faka ikhondomu emva kokuba isitho sangasese sangaphambili sowesilisa sesivukelwe nangaphambi kwanoma ikuphi ukuthintana ngezitho sangasese, umlomo, noma isitho sangasese sangemuva nophathina wakho.
- Qinisekisa ukuthi ubumanzi banele ngesikhathi wenza ucansi lwesitho sowesifazane sangasese sangaphambili kanye nocansi lwesitho sangasese sangemuva, kodwa sebenzisa isithambisi esinesisekelo samanzi (njenge K-Y Jelly) kanye namakhondomu e-latex. Izithambisi ezinesisekelo samafutha (njenge Vaseline noma iloshini yomzimba) kungawalimaza amakhondomu.
- Ukugwema ikhondomu ukuthi ishibilike iphume, ibambe iqine emsukweni wesitho sowesilisa sangasese sangaphambili ngesikhathi ukhipha, bese ukhipha isitho sowesilisa sangasese sangaphambili ngesikhathi sisavukelwe.

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

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Ulwazi mayelana nezindlela zokuvikela iHIV ongakhetha kuzo



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

