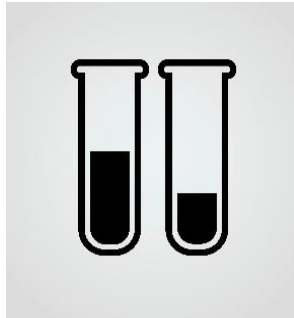


**Kuza kwenzeka ntoni ukuba ndikhetha i-iringi kwaye ndichaze ukuba andiyisebenzisi?** Akuyi kubakho ziphumo zibi ngokuchaza ngokunyanisekileyo malunga nokusebenzisa i-iringi, nokuba uchaza ukuba unemingeni okanye ukhethe ukungasebenzisi i-iringi ngalo lonke ixesha. Iqela lika-HOPE likhona ukukunceda udlulise imingeni ekusebenziseni i-iringi, ukuba leyo yindlela yokuzikhusela kwi-HIV oyikhethayo, okanye ikuxhase ukutshintsha indlela yokhuseleko, ukuba ucinga enye into ingasebenza ngcono.

**Loluphi uhlobo enizakulenza kusetyenziso ngokomyalelo kwaye zithetha ntoni ezi ziphumo?**

Siza kuqokelela isampuli eziliqela ukulinganisa usetyenziso ngokomyalelo kunye nokuqonda kangcono ukuba isebenza njani i-iringi, kuquka neeringi ezisebenzileyo, igazi, iinwele, kunye nolwelo lwelungu lobufazi. Ukuba ukhetha i-iringi, siza kwabelana nawe ngeziphumo ezibonisa umlinganiselo wechiza lophando (dapivirine) elikhutshweyo kwiringi. Injongo yokuqokelela olu lwazi ayikokuthandabuza into osixelela yona ngokusebenzisa kwakho i-iringi okanye ukohlwaya abo bangayisebenzisi ngokomyalelo. Injongo yethu ngokwabelana nawe ngezi ziphumo kukunika umbono ophangaleleyo wezinga lokhuseleko lwe-HIV ongaba uyalufumana kwiringi. Ngezi ziphumo, uya kukwazi ukwenza isigqibo esinolwazi malunga nokungazi bandakanyi kulosuleleko lwe-HIV okugqwesileyo.



**Kutheni kubalulekile kum ukuba ndichaze ngokuphandle ngokusebenzisa kwam i-iringi?** Ngaphandle kokuchaza ngokuphandle kosetyenziso ngokomyalelo, kunzima ukuqonda ukhuseleko lokwenene lweringi kwakunye nemingeni elindelekileyo yokusetyenziswa kweringi. Ngexa sikwazi ukuhlola iisampulu sifumane noqikelelo losetyenziso ngokomyalelo, olona lwazi lubaluleke kakhulu esinokulufumana malunga nokusetyenziswa kweringi lusuka kubathathi-nxaxheba buqu. Ulwazi

lwakho malunga neringi lunganika ulwazi olubalulekileyo lokwaziswa kweringi lwexa elizayo ekuhlaleni.

**Kuza kwenzeka ntoni ukuba ndiziva ndingakhululekanga ukuthetha ngokusebenzisa kwam iringi nabasebenzi bophando?**

Ngexa lika-ASPIRE, hayi wonke umfazi ebeziva ekhululekile ukuxelela abasebenzi xa bebengenakho ukusebenzisa i-iringi. Siyathemba ukuba ukukhupha iziphumo zeenkxalabo ezimbi kuza kukunceda uzive ukhululekile ukuchaza ngokuphandle ukhuselo lwakho lwe-HIV olukhethayo nolwazi lokusebenzisa i-iringi kubasebenzi bophando. Iqela lika-HOPE lilapha ukuxhasa ukhethe lwakho lokukhusela i-HIV, kwaye abacebisi bethu nabongikazi bafumana uqeqesho olongezelelweyo ukunceda wena uzive uxhasiwe kuso nasiphi na isigqibo osithathayo.





## INGXELO EPHANDLE & HOPE

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

