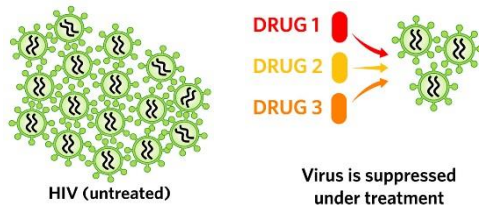


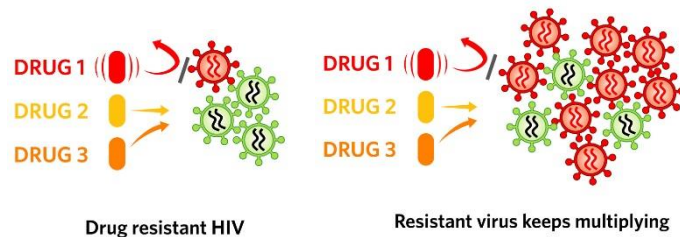
Kukuthini ukungeva?

Xa umntu ethi usuleleke yi HIV, intsholongwane ingena emzimbeni womntu ize iqalise ukuziphindaphinda.

Amayeza asetyenziswa ukunyanga i-HIV abizwa ukuba zizithomalalisi ntsholongwane (i-ARVs). Xa zithathwa kakuhle, i-ARVs zinqanda intsholongwane ekuziphindaphindeneni zize zincele abantu abane-HIV bazive bengcono kwaye baphile ixesha elide. Ukuthatha i-ARVs ngendlela efanelekileyo kudla ngokuthetha ukuthatha amayeza e-ARV awohlukeneyo ama-3, kuba kuthatha ngaphezu kweyeza le-ARV elinye ukunqanda i-HIV ekuziphindaphindeneni.



Noko kunjalo, i-ARVs azigqibelelanga, kwaye ngamanye amaxesha azikwazi kunqanda zonke iintsholongwane ze-HIV ekuziphindaphindeneni. Xa oku kusenzeka, i-HIV ekwazi ukuqhubeka nokuziphindaphinda kuthiwa "ayiva mayeza."



Kutheni ukungasebenzi kwamayeza e-ARV kuyingxaki nje?

Xa kusenzeka ukungasebenzi kwamayeza, umntu kufuneka ayeke ukuthatha i-ARV engasasebenziyo aze aqalise ukuthatha iyeza le-ARV elahlukileyo. Ngenxa yoku, umntu one-HIV engavi mayeza uneendlela ezimbalwa zokukhetha amayeza e-ARV anokuzithatha ukuze zimncede ahlale ephilile. Ukongeza, bangosulela abanye ngentsholongwane engevi mayeza.

Kutheni ukungasebenzi kwamayeza e-ARV kuyinxalabo kolu phononongo lophando?

Iringi efakwa ekukwini iqulathe i-ARV ekuthiwa yi-dapivirine. I-dapivirine isetyenziselwa ukuthintela i-HIV kuphela, kwaye ayisetyenziselwa ukunyanga abantu abosulelwe yi-HIV. Noko kunjalo, ukuba owasetyhinilwe-HIV aze athi gqolo esebenzisa iringi, intsholongwane esemzimbeni wakhe isenokungayiva i-dapivirine namayeza afana ne-ARV asetyenziswa ukunyanga i-HIV okanye ukuthintela usulelo lwe-HIV olusuka kumama luye emntwaneni.

Ukungasebenzi kwamayeza ii ARV kunganqandwa njaningeli xesha kuthathwa inxaxheba kwi-HOPE?

1. Nqanda ufumana I HIV: ___: Ukungasebenzi kwamayeza ARV akunakwenzeka kumntu ongenayo I HIV **Ukungeva amayeza e-ARV akunako ukwenzeka emntwini ongenayo i-HIV.** Zininzi izinto ongazenza ukunciphisa umngcipheko we-HIV:

- Sebenzisa iringi ene-dapivirineefakwa ekukwini rhoqo
- Sebenzisa iikhondom rhoqo
- Sebenzisa i-PrEP eselwayo (umz. i-Truvada)
- Nciphisa inani lamaqabane akho owabelana nawo ngesondo
- Sebenzisa iindlela zokwabelana ngesondo ezinomngcipheko ophantsi
- Ukuba une-STI, fumana unyango
- Khuthaza iqabane lakho ukuba livavanyelwe i-HIV
- Ukuba iqabane lakho line-HIV, bakhuthaze ukuba bathobele amayeza abo e-ARV.

Buza umcebisi wakho malunga ngamaphetshana "angoLwazi ngeNdlela zokuThintela i-HIV" nangeenkukacha ezithe vetshe ngezi ndlela

2. Yenza uVavanyo lwe-HIV lwaRhogo: Uvavanyo lwe-HIV luza kwenziwa kutyelelo lophando ngalunye. Kufanele kanjalo uze ekliniki uvavanyelwe i-HIV ukuba ucinga uye wosuleleka yi -HIV phakathi kotyelelo. Ukuba uvavanyo lubonisa ukuba une-HIV, kubalulekile ukuyeka kwamsinya

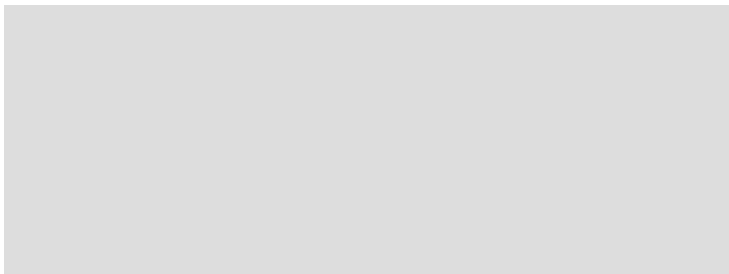
ukusebenzisa iringi efakwa ekukwini ukuze uncede ukuthintela ukungavi (mayeza). Ukuba uphose utyelelo lophando, umthathi-nxaxheba angafumana i-HIV, angayazi, aze aqhubeke nokusebenzisa iringi. Oku kungabangela ukungasebenzi kwamanye amayeza e-ARV.

3. Musa ukwaBelana ngeeRingi ezifakwa eKukwini: Abathathi-nxaxheba abakuphononongo lophando bafumana ukuxilongelwa kwezempilo lwarhoqo neemvavanyo ze-HIV. Abantu abangekho kuphando abalufumani olu xilongo lwezempilo. Aba bantu basenganayo i-HIV, kwaye bangayazi. Ukuba abantu abane-HIV basebenzisa iringi efakwa ekukwini, oku kungabangela ukungeva amanye amayeza e-ARV.

Abasebenzi bophando bakhona ukuze bakuncede.

Abasebenzi bophando bakhona ukuze bakwazise baze bacebise abathathi-nxaxheba bophando, amaqabane abo, namanye amalungu okuhlala malunga nokungasebenzi (kwamayeza) nayo nayiphi na imibuzo okanye iinkxalabo abanganazo.

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



Out of ASPIRE, there is HOPE

Ulwazi malunga nokungasebenzi (kwamayeza)e HIV

