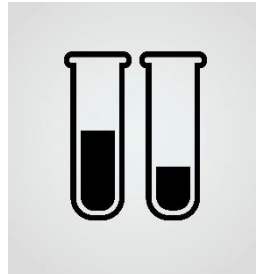


Kuzokwenzakalani uma ngikhethe iringi bese ngibika ukuthi angiyisebenzisi? Ngeke kube nomphumela omubi uma ubika ngokuvulekile ngokusebenzisa iringi, noma ubika ukuthi ube nobunzima noma ukhethe ukungayisebenzisi iringi izikhathi zonke. Ithimba lika HOPE likhona ukuze likusize ukunqoba ubunzima obe nabo ngokusebenzisa iringi, uma kuyindlela oyikhethile yokuvimbela iHIV noma ukukuxhasa ekushintsheni indlela yokuvimbela, uma ucabanga enye into engasebenza kangcono.

Ikuphi ukuhlolwa ozokwenza ngokusebenzisa ngendlela (umkhiqizo) futhi lemiphumela ichaza ukuthini? Sizozoqqa amasampula ambalwa ukuze sikale izinga lokusebenzisa ngendlela nokuthi siqonde kangcono ukuthi iringi isebenza kanjani, kubalwa kanye namaringi asetshenziwe, igazi, izinwele, kanye noketshezi lowesifazane lwangasese. Uma



ukhethe iringi, sizokwabelana nawe imiphumela ebheka ukuthi lingakanani izinga lomkhiqizo wocwaningo (idaprivine) elikhishwe yiringi. Inhloso yokuqoqa leminingwane akukona ukungabaza lokhu wena ositshela khona ngokusebenzisa kwakho iringi noma ukujezisa labo abangasebenzisi ngendlela umkhiqizo. Inhloso yethu ukuthi sikunike imiphumela ezokunika umqondo wezinga lokuvikeleka kwiHIV ongalithola kwiringi. Ngale miphumela, uzokwazi ukwenza izinqumo ezinolwazi ngokuthi uzivikela kanjani kangcono ukugwema ukutheleleka ngeHIV.

Kungani kubalulekile kimi ukuthi ngibike ngokuvulekile ngokusebenzisa iringi?

Ngaphandle kokubika ngokuvulekile mayelana nendlela yokusebenzisa umkhiqizo, kunzima ukuqonda ukuvikela kweringi ngokweqiniso kanye nenzinselelo ezingaba khona ngokusebenzisa iringi. Njengoba sikwazi ukuhlola amasampula nokuthi sithole isilinganiso sokusebenza komkhiqizo, ulwazi olubalulekile kakhulu esingaluthola nge ringi liku babambiqhaza. Izinto ohlangabezane nazo nge ringi zizosinika ulwazi olubalulekile mayelana nokwethulwa okuzayo kwe ringi emphakathini.

Kuthiwani uma ngizwa ngingakhululekile ngokukhuluma ngokusebenzisa iringi kubasebenzi bocwaningo?

Ngesikhathi sika ASPIRE, akubona bonke abesifazane abazizwa bekhululekile ngokutshela abasebenzela ucwaningo uma bengakwazanga ukusebenzisa iringi. Sithemba ukuthi ngokususa okuphathelene nezinto ezingathandeki kuzosiza ukuthi uzizwe ukhululekile ukubika ngokuvulekile kubasebenzi bocwaningo mayelana nezinto ozithandayo ngokuvikela iHIV, kanye nezinto ohlangabezane nazo ekusebenziseni iringi. Ithimba lika HOPE likhona ukukweseka kokukhethayo ukuvimbela iHIV, futhi abeluleki bethu nabahlengikazi bathola ukuqeqeshwa okwengeziwe ukuthi bakusize uzizwe wesekiwe kunoma yisiphi isinqumo osithathayo.



HOPE

Out of ASPIRE, there is HOPE

UKUBIKA OKUVULEKILE KANYE noHOPE

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

