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PEPFAR
U.S. President's Emergency Plan for AIDS Relief

Ukuphila uBomi beMpilo

Incwadana

3

Umyalezo wabanikezi-nkatalo:

Ukuxelela umtwana wakho ngeHIV kungaba nzima kakhulu. Le ncwadana iza kukunceda uthethe nomntwana wakho emva kokuba efundile ngokuba ne-HIV. Le ncwadana yinxalenye yeentetha eziqhelekile oza kubanazo nomntwana wakho. Ingasetyenziswa kubantwana abangaphezulu kweminyaka eli-9 ubudala.

Xa ulungele ukuthetha nomntwana wakho, zama ukuqinisekisa ukuba ukwindawo okhululeke kuyo kwaye nendawo yabucala. Ungacinga ukuba wakuxelela umntwana wakho ngeHIV, kukuphela kwebali. Kodwa bantwana banganeminye imibuzo evelayo emva kokuba benexesha lokucinga ngabakuvileyo.

Khumbula, kulungile xa umtwana wakho ebuza eminye imibuzo ngoko na-ngoko. Kulungile ngamanye amaxesha xa umntwana wakho ebonakala onwabile kwaye ngamanye abonakale ecaphukile, esoyika okanye ethule. Zonke ezi zimvakalelo zeziqhelekileyo yaye abantwana abaninzi abahamba phantsi kwazo bakuva ngeHIV. Into ebaluleke kakhulu kukuba umvumele umntwana wakho abuze imibuzo kwaye umnike inkxaso ayidingayo. Xelela umntwana wakho ngoko na-ngoko ukuba iHIV ayilotyala lamntu.

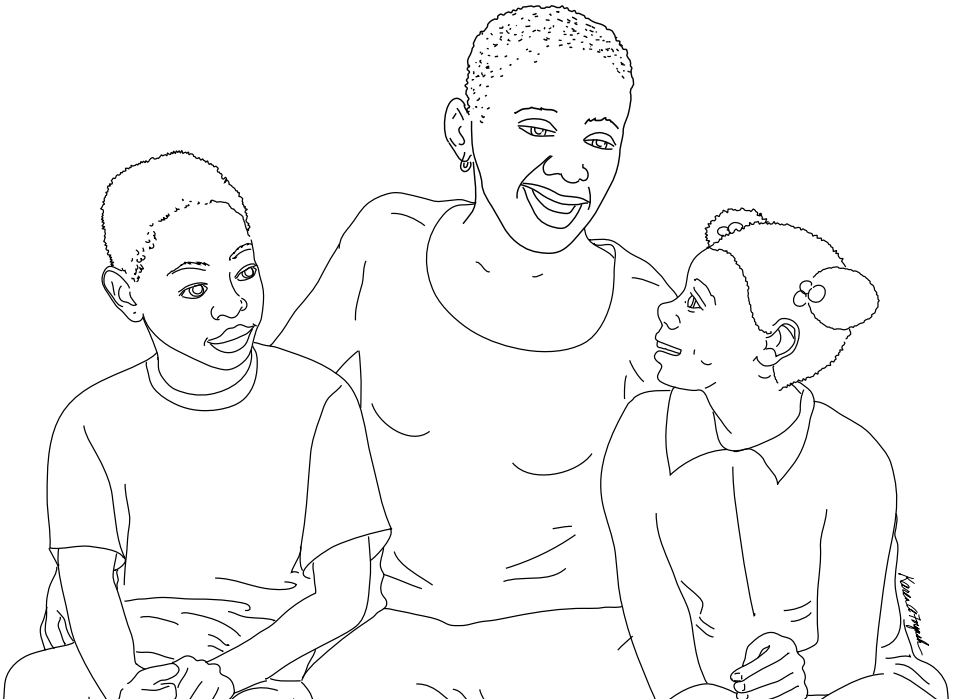
Ukuphila uBomi beMpilo yincwadana yesithathu kwiqela lencwadana ezine. Ezinye iincwadana ezikwiqela ziquka u:

- *Ungazigcina Njani useMpilweni,* incwadana 1
- *Ukwazi Ngesiqu Sam,* incwadana 2
- *Ukuthetha Nabantwana Abasakhulayo,* isikhokhelo semibuzo neempendulo zabantwana abaphila ne-HIV

Abacebisi, oonesi, kunye noogqirha eklinikhi baza kubalapho ukunceda ekuphenduleni imibuzo onayo kwaye bakunike iinkcukaca ukuba uyazidinga.

Usakhumbula xa sifunda *Ungazigcina Njani useMpilweni kunye Nokwazi Ngam?* Uyazikhumbula iintetha zethu nge HIV?

Yeyiphi imibuzo onayo malunga neencwadana okanye ngoko sithe sakuxoxa? Uziva njani ngoku malunga nosulelo lwakho ngeHIV?



Ngamanye amaxesha xa abantwana besiva ukuba bane HIV, babalusizi, boyike, okanye babenomsindo.

Ngamanye amaxesha, bangangathandi ukuthetha okanye badlale nabahlobo. **Konke oku kulungile.**

Ukuba uziva uphantsi, eyona nto ebaluleke kakhulu kukuthetha nam okanye omnye umntu ngokuba uziva njani.

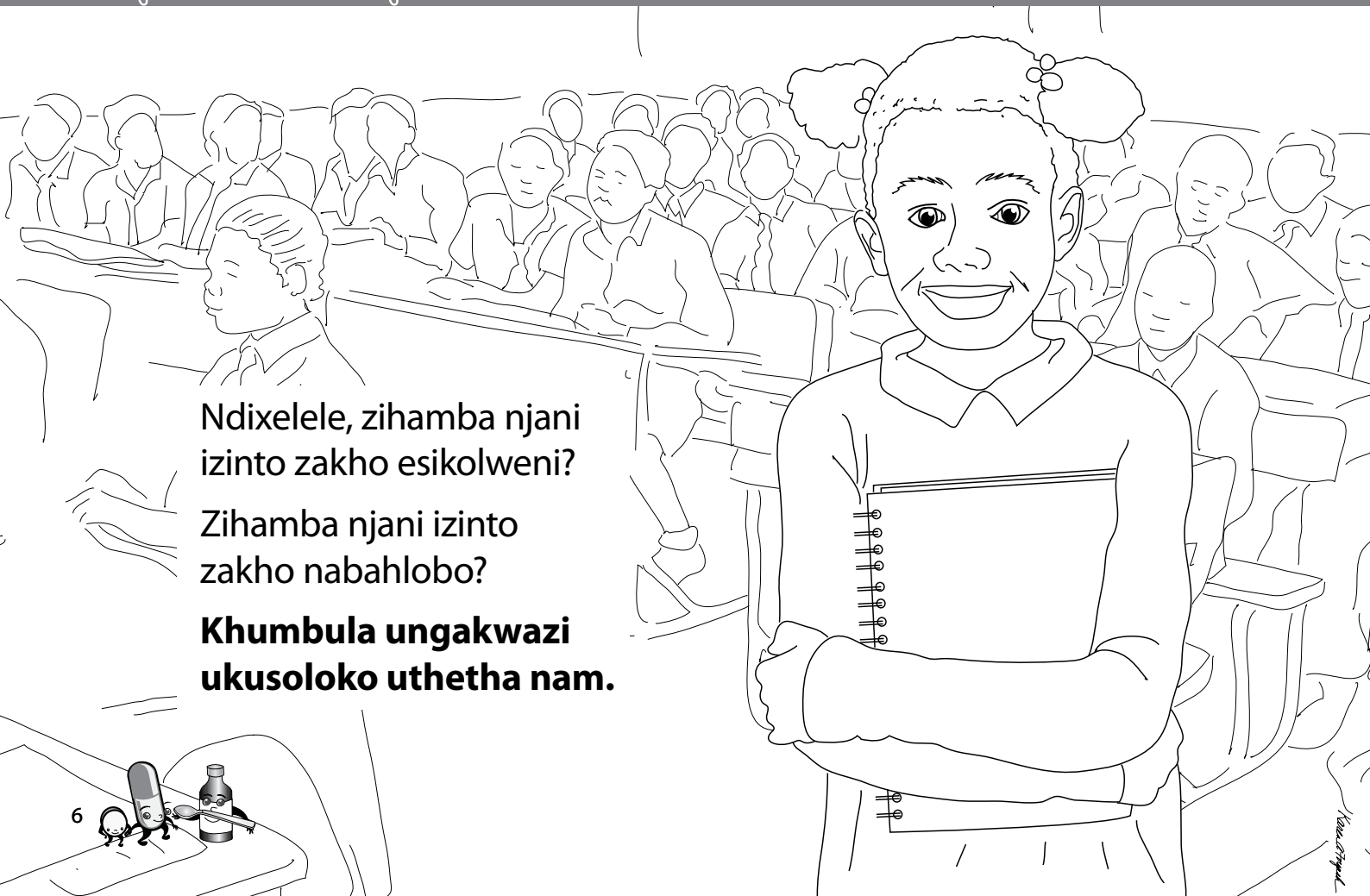
Wakhe waziva umoya wakho uphantsi okanye wakhe wadinga ukuthetha nomntu?

Kunganzima ukuqhubeka nesikolo okanye ezinye izinto emveni kokuba uve ngokuba ne-HIV.

Ukhe uzive unomahluko kwabanye abantwana esikolweni?

Khumbula, yonke into isafana nakuqala. Ungadlala imidlalo, ubenabahlobo, kwaye ufumane umsebenzi kwaye utshate ngenye imini.

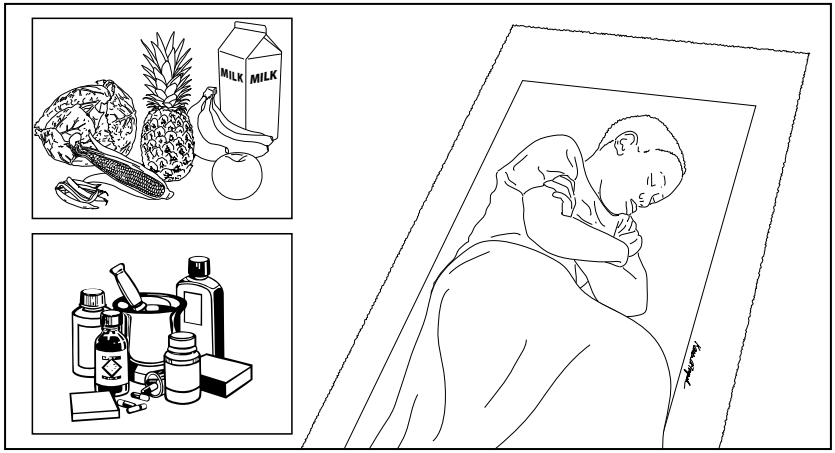
Into ebalulekileyo ngoku kukuba wazi ngesiqu sakho.

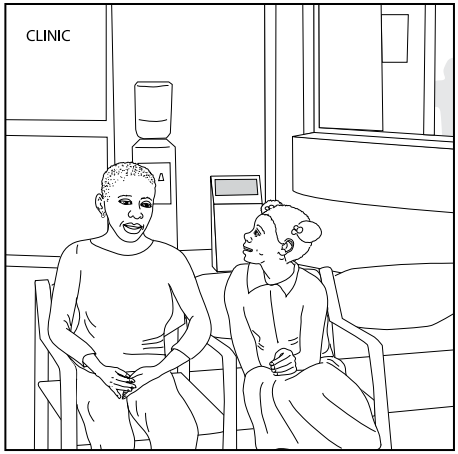


Ndixelele, zihamba njani izinto zakho esikolweni?

Zihamba njani izinto zakho nabahlobo?

Khumbula ungakwazi ukusoloko uthetha nam.



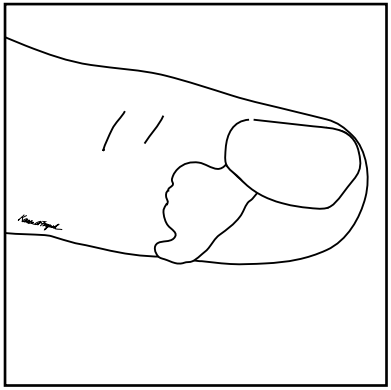


Uyazikhumbula izinto esithethe ngazo ezingakunceda zikugcine usempilweni? Zeziphi ezo zinto?

Yitya ukutya okusegazini, fumana ukulala okwaneleyo, yiya eklinikhi, kwaye uthathe amayeza akho yonke imihla xa ugqirha wakho egqibile ukuba ukulungele oko.

Njengokuba usazi, iHIV ayiyindawo. Njengokuba ukhula, kubalulekile ukuba ukhumbule ukuthatha amayeza akho yonke imihla.

Khumbula ukuba iHIV yintsholongwane ekunzima kakhulu ukuyidlulisela kwabanye abantu.

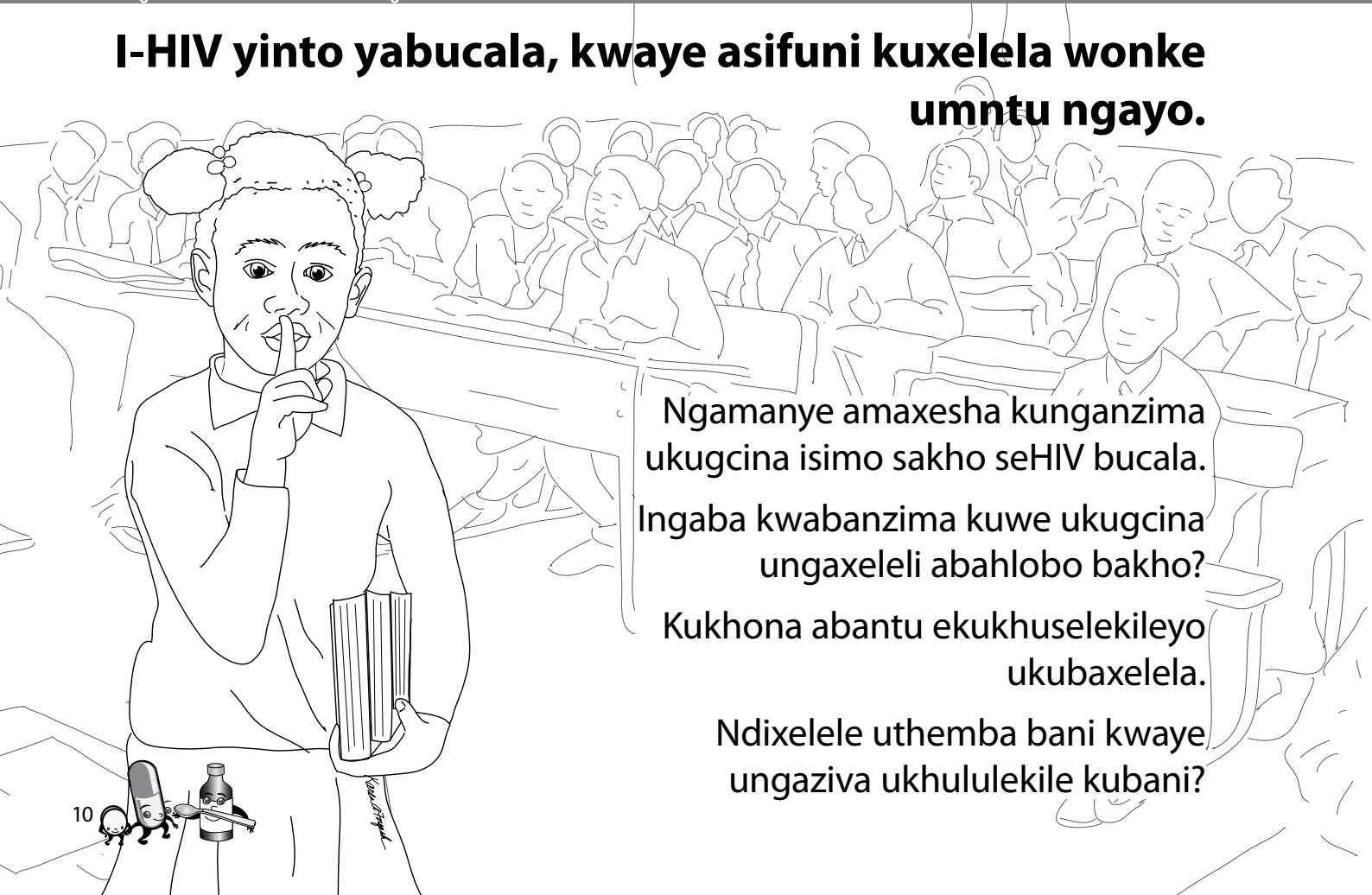


Uyakhumbula ukuba idluliselwa kanjani ukusuka komnye umntu uya komnye?

- Xa igazi lomntu one-HIV lingena kumzimba womnye umntu.
- Kukwabelana ngesondo.
- Ukusuka kumama ukuya emntwaneni mhlawumbi ngexesha lokukhulelwa okanye kubisi lokuncancisa.

Khumbula, awunakunikeza iHIV nakubani ngokusuke ubabambe, ubange, ukudlala imidlalo nabo, ukutya esityeni esinye okanye usebenzise igumbi langasese kunye.

I-HIV yinto yabucala, kwaye asifuni kuxelela wonke umntu ngayo.



Ngamanye amaxesha kunganzima ukugcina isimo sakho seHIV bucala.

Ingaba kwabanzima kuwe ukugcina ungaxeleli abahlobo bakho?

Kukhona abantu ekukhuselekileyo ukubaxelela.

Ndixelele uthemba bani kwaye ungaziva ukhululekile kubani?

Ingaba wakhe waxelela umntu nge meko yakho?

Uye wathini lomntu? Abanye abantu bangaluncedo xa ubaxelela.

Abanye banganomsindo, kodwa khumbula, eli ayilotyala lakho.

Abanye abantu abangayiqondiyo iHIV bangenza ngendlela engafanelekanga xa besiva ukuba umntu unayo.

Ungasoloko uza ukuzokuthetha nam.

Sidibene singalulawula uchaphazeleko lwakho yiHIV.

Into ebalulekileyo kukuthatha amayeza akho, uye eklinikhi, kwaye utye ukutya okusempilweni.

Ndiza kukunceda ukuzigcina usempilweni, kwaye oonesi, oogqirha, kunye nabacebisi baza kunceda nabo.

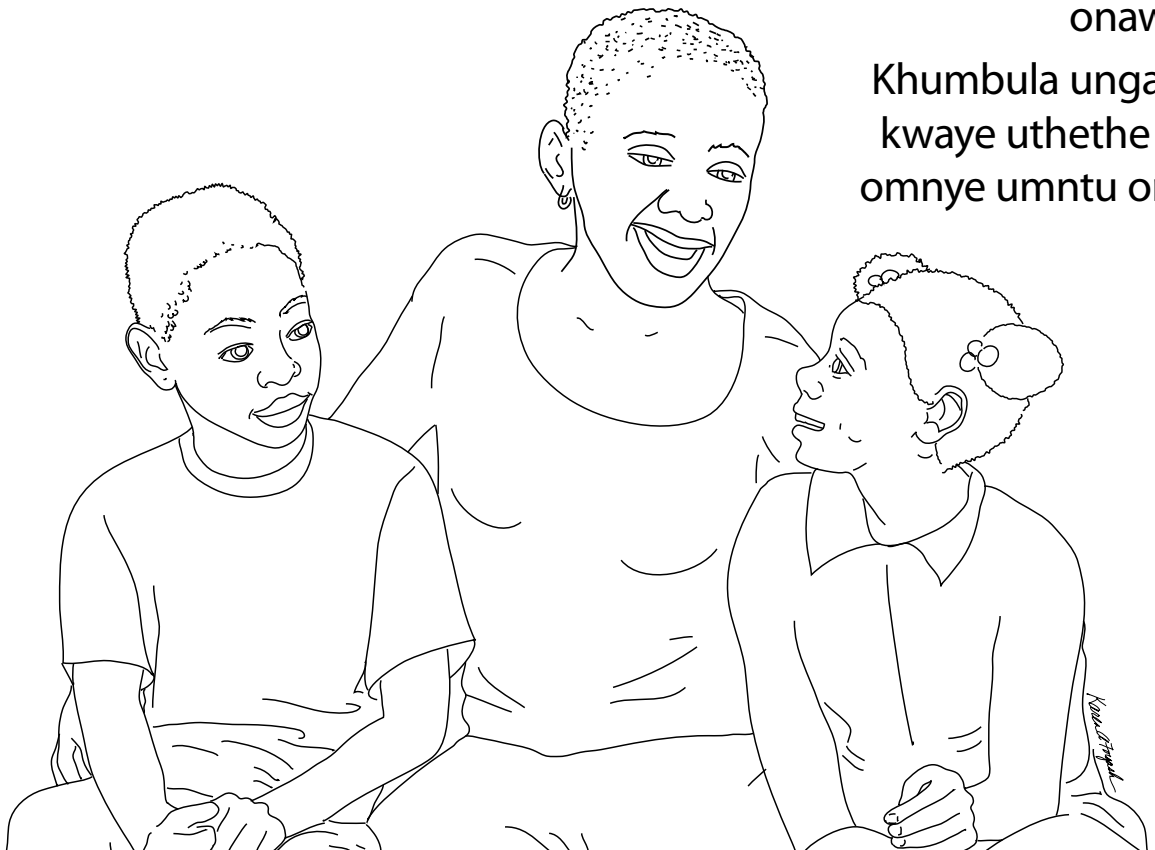
Sidibene, singaqinisekisa ukuba uhlala usempilweni.

Ingaba ucinga ntoni ngalento?

Ingaba unombuzo onawo?

Ingaba ngawaphi amaxhala onawo ngalento?

Khumbula ungasoloko usiza kwaye uthethe nam okanye omnye umntu omthembayo.



lingcinga zam kunye nendlela endiziva ngayo

(Bhala okanye uzobe umfanekiso wokuba uziva njani.)

Umbulelo

Le ncwadana yakhiwe ngo2010 liqela leSouth to South Program for Comprehensive Family HIV Care & noNyango (S2S) kwiDyunivesithi yaseStellembosch eMzantsi Afrika okhokhelwa ngu Janine Clayton, ngaphantsi kwesihloko *Ungazigcina Njani useMpilweni*. Incwadana ka 2010 yakhiwe ngenxaso evela kwi International Center for AIDS Care kunye neeNkqubo zoNyango (ICAP) yeDyunivesithi yaseColombia isikolo saseMailman yoNyango laseKuhlaleni; uphuhliso lwaququzelelwa ngu- François Xavier Bagnoud (FXB) Center, Isikolo sokuNesa, Udyunivesithi yamaYeza kunye nooGqirha bamazinyo eNew Jersey. Incwadi yokuqala yokhiwa ngu Karen A. Forgash. Umxholo wakhiwa ngu- Deanne Samuels, Nikhita Pandian, Leah Pandian, Virginia Allread kunye no Beth Hurley.

Le ncwadana yaphinde yajongwa ngo2012 ukususela kuvukelo lwezinto ezisetyenziswe kuqala. Ukuphinda ijongwe kwakhokhelwa ngu Janine Clayton eS2S ngenxaso ka Virginia Allread eFXB Center, uDana Greeson kwiNxaso yeAIDS noNcedo kwezoBuxhakaxhaka e Resources (AIDSTAR-One) Project, u-Edward Pettitt eBaylor International Pediatric AIDS Initiative (BIPAI), kunye no Anouk Amzel no Sara Bowsky eUnited States Agency for International Development (USAID). Njengeyokuqala, le ncwadana yaqulunqwa ngu Karen A. Forgash.

Olu hlobo oluphindwe lwajongwa lwenziwe lwabakhona ngenxa yenxaso kaMongameli wase U.S Emergency Plan yeAIDS Relief (PEPFAR) ngenxa yeU.S. Agency for International Development (USAID) ngaphantsi kwenombolo yekhontrakthi GHH-I-00-07-00059-00, AIDS Support kunye neTechnical Assistance Resources (AIDSTAR-One) Project, Sector I, Task Order 1. Izimvo zombhali eziboniswe kupapasho azibonisi izimvo zika USAID okanye uRhulumente waseUnited States.

Nceda ndwendwela u- *www.AIDSTAR-One.com* ukukhuphela ikopi yale ncwadana.

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