

INTETHO NGOLUTSHA: ISIKHOKELO SOKUPHILA IMPILO EYIYO

ISIQULATHO

INGABULA ZIGCAWU

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MASITHEHE NGOLWASULELEKO LOMNTWANA KUNINA

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65. Ndingayifumana njani inkxaso ngokwase mphefulweni?
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68. Ndingenza ntoni ukuba andonwabanga?
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75. Ndingenza njani ukuba abantu base khaya banomona ngenxa yenkxaso endiyifumanayo?
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MASITHEHE NGOKUXELA NGOKUPHANDLE NGESIFO

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81. Ndingayithetha nini lo nto?
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89. Ndingenza kanjani ukuze ndibengumthetheleli ongcono wemfuno zempilo yam?
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NDINGAYAPHI UKUZE NDIFUMANE OLUNYE ULWAZI?

Ingabula zigcawu

Ukuba lulutsha kunzima kodwa kuyachulumancisa kuba maninzi amathuba, ukzikhethela kunye nexesha lasimahla. Awumdingi umntu ozakuxelela ukuba wenze ntoni. Ungazithathela ezakho izigqibo. Ugenza zonke izinto ofuna ukuzenza, indawo ofuna ukuya kuyo, umntu ofuna ukuchitha ixesha kunye naye, izinto ofuna ukuzenza kumabanga wakho aphezulu okanye xa ufuna ukwabelana ngesondo.

Konke oku kungabonakala kungumsebenzi onzima kuba zininzi izinto ekufuneka uthathe izigqibo zakho kuwe kunye noxinizelelo lokwenza izinto ongekakulungeli ukuzenza. Oku kululungele ulutsha oluphila nengculaza kuba bahlal benexhala lokuba olunye ulutsha lunako oko kunxulumene kwingculaza. Yiyo lo nto sense le ncwadi. Siyathemba ukuba izakunceda ukuba uthathe izigqibo ezilungileyo kwaye izakuthi ikunike iingcebiso zokwazi abantu onokufumana kubo iingcebiso.

Masithethe nge-HIV

1. Yintoni i- HIV?

U- HIV umele(Human Immunodeficiency Virus).Esi sisifo esithi silwe namajoni omzimba, athi asincede ukuba sihlale siphilile, senza kubelula emntwini ukuba afumane izifo ezifana nesifo semiphunga (TB). Esi sifo sithi sibangele isigulo esikhulu esibizwa ngokuba yi-AIDS kwaye ibangelwa lulosuleleko oluninzi lwezifo ezahlukeneyo.Kubalulekile ukuba wonke umntu azi ukuba ukhona umahluko phakathi kwe-HIV kunye ne-AIDS.Umntu uyakwazi ukuphila ne-HIV iminyaka emininzi angayifumani i-AIDS.

Xa i-HIV ingena emzimbeni, ibulala amajoni omzimba anceda umzimba ukuze ahlale ephilile.Le ntsholongwane iyaziphinda phinda kaninzi kwaye kulawule yona emzimbeni womntu. yenza umntu kubenzima ukuba umzimba wakhe ulwe nezifo.Nangona kungekho chiza lokunyanga esi sifo, kodwa iingcali kwilizwe jikele zenze amayeza anceda ukuba intsholongwane ingaziphindi kaninzi emzimbeni womntu.

2. Yosulela njani i-HIV?

Kubalulekile ukuba wazi iindlela zokosuleleka kwengculaza nendlela ezingosuleliyo.Ukwazi oku kuzakunceda ukuba ukwazi ukunqanda abanye bangosuleleki.

I-HIV yosulela ngezi ndlela zohlukeneyo zilandelayo:

- Umntwana xa ezalwa ngunina
- Ngokuncancisa
- Ukwabelana okungakhuselekanga
- Ukusebenzisa inaliti enye
- Ukufakwa igazi lomntu onesifo

Awuno kwazi ukosulela okanye wosulelwe ngoku:

- Bolekisana ngezinto zokusela nomntu oneHIV
- Sebenzisaindlu yangasese enye
- Ncamisanaokanye ukubambana ngezandla
- Tyiwazingcongconi
- Tyiwayinja

3. Ndingaphila ubomi obude ukuba ndine-HIV?

Ewe, ngoziphatha kakuhle! Kwaye ungothuka xa unokwazi ukuba izinto okhetha ukuzenza, zizo ezizakubangela ukuba uphile ubomi obude kwaye noboni obuphilileyo bungakhona ngaphezulu kwentsholongwani.

- Thatha amayeza yonke imihla uqiniseke ubona uGqirha wakho umndwendwela oko.
- Zama ukutya iziqhamo nemifuno yonke imihla. okukutya kuyanceda kuba komeleza amajoni omzimba wakho.
- Khetha okulungileyo, ngokuhambela kude kwizinto ezifana notywala necuba, ngokwenza oko wenza umzimba wakho uhlale womelele.
- Lala.Umzimba wakho uyakudinga ukuphumla, ngakumbi xa kusenzeka utshintsho oluninzi xa ululutsha. Ukulala kunceda ukuba umzimba wakho uhlale udlamkile

kwaye nengqondo yakho idlamke.

- Yakha abahlobo. Zifunele umhlobo okanye isizalwane sakho ozakuthi uthethe naso xa ungonwabanga kuba oko kungenza umohluko omkhulu ebomini bakho. Ukuba nomntu wokuthetha kuzakwenza ukuba uzive ungawedwanga.
- Fumana umdlalo owuthandayo kwaye wenze rhoqo nokuba mhlawumbi yibhola yamantombazana, ukufunda incwadi elungileyo, ukumamela umculo okanye uchithe ixesha nabahlobo, yenza izinto ezizakwenza uzive wonwabile.
- Funda ngokuzimisela! Unobomi obukulindileyo oko kuthetha ukuba xa ugqiba amabanga akho aphantsi, kuzakufuneka uqhubekeke okanye ufune umsebenzi. Amnqaku amahle abalulekile kuba enza kubelula ebomini bakho.
- Thandaza. Nangona ubuKhrestu ingeyonto inzima kubantu abaninzi, nokuba yintoni okholelwa kuyo, ukuzinikezela kuThixo kungakunceda kwizinto ezinzima ebomoni bakho.

Masithethe nge-ARVs

4. Zintoni i-ARV?

U-ARVumele u-antiretroviral. Eli gama lisetyenziswa ukuchaza iintlobo zamachiza asetyenziswa ekunqandeni ukuba intsholongwane iziphinda-phinde ze emva koko yenze amajoni akho omzimba afe. Zininzi iindidi zeARVs kwaye uGqirha wakho uthi akhethe ezo zinokuthi zikuncede wena. Uzakuthatha ipilisi ezimbini kathathu ngosuku kwaye kuzakufuneka undwendwele uGqirha kanye kwinyanga ezintathu ukuze akuhlole kwaye aqinisekise ukuba amayeza ayasebenza kakuhle emzimbeni.

Ukongeza kumayeza wakho we-ARVs, uGqirha wakho angathanda ukunika ezinye iintlobo zepilisi ezifana nezezakha mzimba. Ezi pilisi uzinikwa ithuba elide xa inani lezinga lamajoni akho omzimba liphantsi kwaye usebungozini bokosulela abanye abantu. La mayezaanceda ulutsha ukuba afumane izakha mzimba ukuze bahlale besempilweni. Ezi zakha mzimba zinceda ukuba uhlale udlamkile. Njenge-ARVs zakho kubalulekile ukuba ungazilibali yonke imihla.

5. Kokuphi ukugula emandikulindele kwi-ARVs?

Ngamanye amaxesha amayeza angakwenza isikhumba esibi, isisu esibi, utyatyazo okanye izinto ezimbi kwingalo zakho nemilenze. Kubalulekile ukuba uzixele ezi zinto kuGqirha wakho okanye komye umntu wezempilo kuba angakhona amanye amayeza angathi akunike wona anokuthi abengcono kuwe ngaphandle kwala akunika ingxaki. Kwakhona kubalulekile ukuba ubuze kugqirha wakho ukuba ungakwazi ukusela amayeza wakho kunye nokutya. Oko kungakunceda ukuba usele amayeza wakho kwaye uthintele ukuba nesisu esibi.

6. Ingaba i-ARVs ziyayinyanga i-HIV?

Li-ARVs ziyayinyangi i-HIV. Aziyibulali intsholongwane. Zinqanda ukuba ingabinabungozi emzimbeni wakho. Ukuba uthatha i-ARVs zakho njengokuba uGqirha wakho etshilo uzakuqala ukuziva ngcono kuba izinga lentsholongwane emzimbeni wakho liyehla.

7. Kwenzeka ntoni xa uthatha amayeza akho ngamaxesha ohlukileyo kulawo ubuwabekelwe ngugqirha?

Esona sizathu sokuthatha amayeza wakho ngexesha elinye yonke imihla kukuqinisekisa ukuba amayeza ahlale emzimbeni ukuze izinga lesifo lehle emzimbeni. Xa uthatha amayeza ngendlela ethandwa nguwe ungathi ugule.

8. Ndivile ngokuyeka ipilisi kwaye ingalicebo ukuba ziyandigulisa okanye ndidikiwe?

Akufuneki ukuyeka ipilisi ngaphandle kokuba uGqirha wakho ukuthethile oko. Ukuba unengxaki yokuguliswa zipilisi kubalulekile ukuba ukhangele imigaqo yamayeza. Oko kungenza ukuba ugule kwaye ungaphinde uphile kwangoko.

9. Ndithathe i-ARVS unyaka kwaye ngoku ndiziva ndingcono, kutheni kufuneka ndiqhubeke nazo?

I-ARV zenzelwe ukuba umntu azitye naphakade, ayipheli ingculaza emzimbeni wakho. Nokuba amajoni akho omzimba asebenza kakuhle kodwa intsholongwane ikhona, kwaye izakuqalisa ukuziphinda kaninzi emzimbeni wakho. Ukuyeka amayeza kuzakubangela ukuba ugule.

Masithethe ngokulandela imigaqo

10. Kuthetha ukuthini ukulandela imigaqo?

Kuthetha ukuthatha amayeza okanye ipilisi zakho ngokwendlela oxelelwe ngayo, YONKE IMIHLA NAPHAKADE. Ukuze ukwazi ukulandela imigaqo yokutya ipilisi zakho, kufuneka wazi isizathu kunye nendlela yokuzithatha. Amayeza asebenza xa esetyenziswa ngendlela eyiyo yonke imihla. Ukuba ayenziwa imiyalelo kaGqirha, oko kuzobangela ukungasebenzi kwamayeza. Khumbula ukuxelela uGqirha wakho xa kukho izinto ezingalunganga ozivayo okanye ukugula.

11. Kuthetha ukuthini ukwahlulwa kwesiyobisi?

Ukuba ipilisi azithathwa yonke imihla, uzakunika intsholongwane ixesha lokuba yenze into uGqirha ayibiza ngokuba ukwahlulwa kwesiyobisi. Oku kwenzeka xa intsholongwane emzimbeni wakho ikhulile. Ukuba ithe yenzeka lo nto iintsuku ezininzi ngaphandle kokubona okanye ukundwendwela ezempilo, intsholongwane izakulwa namayeza emzimbeni wakho kwaye ibangele ukugula emzimbeni wakho. Nokuba uqalisa ukuthatha ipilisi akuzubakho mahluko, endaweni yoko uzakufana nomntu ongaseli pilisi. Xa sele ugula kakhulu uzakuba nengxaki zesikhumba. Ukuba rhoqo uyakulibala ukutya amayeza akho okanye awufuni kuwatya, intsholongwane izakukhula de ifikelele kwi-AIDS kwaye ingathomalali.

12. Kwenzeka ntoni ukuba ndiphose usuku lalunye? Ingaba intsholongwane iyakhula?

Ewe, intsholongwane iyakhula. Kufanele uqinisekise ukuba awuphoswa suku kwaye usoloko usebenzisa indlela yokutya ipilisi zakho ehlala ikuwe rhoqo..

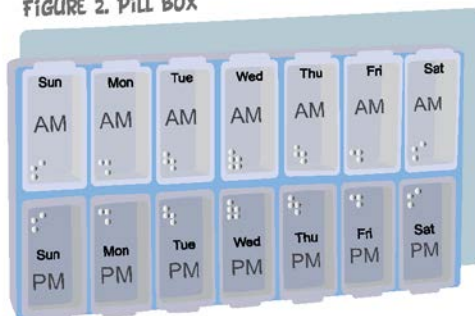
13. Kunzima ukulandela imigaqo ye-ARVs naphakade. Ingaba akhona amanye amacebo?

Ngelishwa akekho amanye amacebo, kodwa ukulandela imigaqo yonyango inzima, Izinto onokuthi uzixhamle ngokulandela imigaqo- ukuphila ubomi obude nobunenzuzo- Ukuba kude ukufunyanweni ziziyobisi. Nje ngenye into ebomini, ibalula nje kanjalo.

Nazi ezinye iindlela ulutshana abangazikhumbula ukuthatha ipilisi imihla yonke. Sebenzisa leyo ekusebenzelayo!

- Ikhalenda yepilisi: ungenza ikhalenda yepilisi ukunceda ugcine umgaq ukuba uwathatha nini amayeza akho (bona Umboniso1). Kudla ngokubakho izithuba ezimbini kusuku ngalunye lwe khalenda, elinye lelokubhala amayeza akho asekuseni kanti elinye lelokubhala amayeza akho angokuhlwa. Ungaxhaxha usuku ngalunye wakugqiba ukusela ipilisi de kuphele inyanga ube ulungele uqalisa elandelayo. Ungayihombisa ikhalenda yakho yepilisi ngemibala, izitikha, imifanekiso. . . noba yintoni na ezakuhumbuzo ukuba uyijonge uze usele ipilisi zakho. Xa ufikelele ekupheleni kwekhalenda yakho, uze uzithi jize ngento ekuvisa kamnandi ukuba uzigqibe zonke ipilisi zakho.

FIGURE 2. PILL BOX



Masithethe ngabahlobo kunye nokuhlala

Xa ufikisa, uye uqalise ukukhula iingcinga ezisekhusini kwaye ungafuna ukugcina amanye amabakala obomi bakho ngaphakathi kuwe. Umzekelo, ungagqiba ukuba uchazele abahlobo abathile ngezinto ezenzeka ekhayeni lakho okanye malunga nokuba uqhuba kanjani na esikolweni. Intsholongwane kaGawulayo ngomnye umba obuthathaka kakhulu emntwini kwaye kunyanzelekile ukuba uzigqibele ukuba ngubani na ofuna kwaye ingubani na ongafuni ukwabelana naye ngolu lwazi.

14. Ndingenza njani xa ndinikwa utywala okanye isiyobusi? Oku kungandichaphazela hlukileyo kwabanye abatsha ngenxa yesigulo sam?

Ukusebenzisa utywala neziyobisi kunganeengxaki ezininzi, ingenza iingxaki ezisondele kwiHIV. Okokuqala ukusebenzisa utywala kunye neziyobisi kungadala iingxaki ezinkulu kwimpilo yakho kwaye zingaphazamisa amayeza akho ukuba asebenze kakuhle kufuneka uthethe noqirha wakho ngamayeza owasebenzisayo nokuba utywala neziyobisi zingawuchaphazela njani na umzimba wakho. Enye into, ukusela utywala nokusebenzisa iziyobisi kungayiphazamisa ingqiqo yakho ze kukwenze ubesecicini lokwabelana ngesondo ngaphandle kokhuseleko. Kwakhona, ukwabelana ngesondo ungakhuselekanga kuyingozi kwimpilo yakho naku lomntu wabelana naye. Ukuba usebenzisa iziyobisi ezitofwa ngeenaliti, usemngciphekweni wokosuleleka zezinye izifo nowokusasaza intsholongwane kaGawulayo ngokubolekisa ngeenaliti. Igazi lingena kwinaliti kwaye xa omnye umntu esebenzisa inaliti engacocekanga, ibanga umngcipheko omkhulu wokusasaza izifo kuba igazi elosulelekileyo lingangena ngqo kwigazi elityhutyha umzimba. Khumbula, ukubolekisa ngeenaliti okanye isirinji nangasiphi na isizathu ingabeka impilo yomntu emngciphekweni omkhulu. Utywala neziyobisi kungachaphazela ubomi bomntu ngokubenza kungabina sizinzo. Ubomu obunjalo bungenza kubenzima ukuya kudibana noonompilo kunye nokusebenzisa amayeza akho. Ukungayi khathaleli kakuhle impilo yakho kukubeka emngciphekweni wokugula kakhulu.

15. Ingaba ukutshaya kuyiphazamisa njani impilo yam? Ndingayeka njani xa nditshaya ngoku?

Unalo ukhetho lokutshaya okanye ungatshayi. Inikhothini yilento yenza icuba libesisiyobisi esikwenza uxhomekeke kuso ukuze uphile kakuhle, kodwa isemthethweni injalo. Yilento inika iintshayi ubumnandi kodwa yenza kubenzima kakhulu ukuyeka ukutshaya. Ukuba ukhetha ukutshaya, kufanele wazi ngongcipheko olukhulu oyibeka kuyo impilo yakho kunye nokuphatheka kakubi onokudala kubantu abakungqongileyo abangatshayiyo. Mhlawumbi sele weva ukuba ukutshaya kungadala umhlaza wemiphunga. Oku kungokuba umdiza namanye amacuba ane "carcinogens" okanye ezizinto zibangela.

Isifo somhlaza esonakalisa imiphunga. Ngaphezu kokuba kudala isifo somhlaza, ukutshaya kungabangela umonakalo ongangakumbi kwimiphunga yakho kukhokhelele kwisifo semiphunga esinganyangekiyo. Ukutshaya akubangi isifo semiphunga sodwa, koko singabanga nesifo sentliziyo kwaye ukuba ubani uyatshaya ekhulelwe, ingabangela

umonakalo o ngathethekiyo kusana olungeka zalwa ngokusuke kunciphise u kufikelela komoya wokuphefumla esibelekweni.

Nazi iingcebiso ukuba uyatshaya kwaye ufuna ukuyeka. Khumbula: UNGAZE UNCAME UKUYEKA!

- Zikhumbuze, mihla le, ngongcipheko ukutshaya oku kuyibeka kuyo impilo yakho.
- Khetha elona xesha lokuyeka likulungeleyo! Ungayeki ngexesha oxakaniseke ngalo ebomini bakho kuba loo nto ingakwenza ubuyele ekutshayeni njengendlela engekho sempilweni yokupholisa intloko. Kwelinye icala, ungaqhubekiki ubeka amangomso ngenxa yezehlo ezibanga ukuxakaniseka kwentloko zisenzeka ngokulandelelana. Ukuba awulichongi usuku okanye ixesha lokuyeka, ungaphela ungayekanga.
- Gcina idayari yokutshaya ukufumanisa ukuba yintoni kanye le ikubangela utshaye. Le nto izaku nceda uqaphele amaxesha anobungozi ze ikwenze uqonde ngcono ukuba lento ikuqhubela ekutshayeni yintonina – sisiqhelo.
- Ukuba abahlobo bakho bayatshaya, baxebele ukuba uyekile ubacele bangakuphi midiza.
- Elithuba uyekile uzakuzibona umane ulingeka urhalela ukutshaya noba kukanye nje qha.
- Kwelithuba ke, funeka uzibambe ungayi kwiindawo apho kunabantu abaninzi abatshayayo. Ezinkanuko ke, okanye ukurhalela umdiza, izakuhamba iphele ethubeni kodwa ungazenzeli nzima ngokuzigweba okwalomzuzu!
- Uzakothuka yimali ozakubanayo ngenxa yokuyeka ukutshaya. Ziwonge ngeelekele okanye izihlangu ezitsha kuba loo nto ikufanele

16. Ukuba ndifuna ithathu okanye ukugqobhoza ndingakwenza njani ngaphandle kokwesulela abanye?

Wonke umntu kufuneka acinge nzulu ngaphambi kokuba agqobhoze okanye abenethathu. Zibuze ukuba ingaba yinto ofuna ukubanayo na emzimbeni wakho naphakade. Ithathu nokugqobhoza umzimba kungenza uchaphazeleko olubi ukuba izinto ezisetyenziswayo azicocwanga kakuhle okanye umntu okwenzayo akalumkanga ngokuvasa izandla zakhe. Esebenzisa iiglavu okanye esusa ubumdaka kwezo nto. Kwaye, ukuba awuyikhathaleli kakuhle ithathu okanye umgqobhozo wakho ingasuleleka ziintsholongwane. Umngcipheko wokusasazeka kwentsholongwane kaGawulayo kunye nokusasazeka kweHepatitis B no C ikhona ukuba izixhobo ezi azihlanjisiswanga ngezibulali ntsholongwane.

Izixhobo zokugqobhoza ulusu kunyanzelekile ukuba zisetyenziswe kanye qha ogqiba zilahlwe okanye zicocwe kwaye zifakwe isibulali ntsholongwane. Ezinye izifo ezosulelayo kunye neengxaki zegazi zingadalwa kukwenza ithathu nokugqobhoza kwaye ziquka ukungcoliseka kwamanye abobuzaza, izifo zolusu, kunye nezifo ezenziwa kukungalungelani nobucwebecwebhe (ijuwelari) okanye yi.ink yokwenza ithathu.

17. Ndingenza njani xa iqabane lizama ukundilimaza enyameni?

Akukho mntu unalungelo lakulimaza nakanjani. Akukho mntu unalungelo lokubetha okanye akubambe nangayiphi na indlela ekwenza uzive ungekho mnandi. Akukho mntu onalungelo

lokunyanzelisa ukuba wabelane ngesondo okanye wenze nayiphi na into ongayithandiyo. Khumbula ubomi bakho bubalulekile. Ukuba umntu uyakulimaza kufuneka ufumane uncedo okanye umke kulo mntu. Ukuba akwenzeki oko udlame luza kuqhubeka Akukho hlobo lwamntu oluye lukhohlakale. Kodwa abanye abantu bangenza izinto ezinokucingisa ukuba bangandlame. Nazi izinto abantu abanako kakhulu ukwenza oko abangakwenza:

- Enomona kakhulu ekwenza owakhe
- Ozama ukususa kubahlobo nosapho
- Ezama ukulawula
- Ukusebenzisa utywala okanye ezinye iziyobisi zezona ziphezulu kwiikhelorizi (amandla)
- Obanomsindo oko
- Owakhe wahlukunyezwa ngaphambili okanye wabona kuhlukunyezwa amalungu nosapho lwakhe.
- Ehleli nje uyalwa
- Onakalise izinto zabantu okanye azibe
- Azibandakanye neqela lemigulukudu okanye iqela labantu elihleli nje lihluke ezana nabatu okanye libagrogisa ngokubahlukumeza.

Musa ukuhlala nabantu abandlongondlongo okanye abangaba nobundlobongela. Ukuba uzibhage usenyuleni, zama ukuhlangula isiqu sakho kuqala. Ukuba oko akwenzeki, zama ukukhupha kule nyule lomntu uqale lengxwabangxwaba ngendlela engakufaki ngozini nangakumbi. Ungacela uncedo nokukhuselwa. Ukuphelisa uyalamano olunobundlobongela kunzima kwaye kunengozi okuhamba nako. Asiyonto unyanzeleke ukuba uyenze wedwa. Chazela umntu omthembileyo omhloniphayo ucele uncedo. Lo ingalilungu losapho, umhlobo, umfundisi-ntsapho, unontlalo-ntle, umfundisi okanye unompilo. Kanti namapolisa angakunceda.

18. Ndingenza ntoni ngokuziva ndehlukile kwabanye abatsha?

Ukuba nentsholongwane kaGawulayo kuthetha ukuba ujongene neyonanto inzima ukodlula zonke oontanga bakho abajongene nazo. Ungaziphawula sele ungcungcutheka kuba ubona ngathi obabo ubomi bulula lee kunobakho. Unganqwenela ukuba nezakho iingxaki bezinoba lula njenge zabo. kubalulekile ukuqonda ukuba ubomi babantu abufani, kungakhona izinto ongazaziyo ngabahlobo bakho abaswantsulisana nazo nabo. Unezinto ezininzi ezifanayo nabanye abantwana abafikisayo: abahlobo, ukujola kunye nokuceba ngekamva olufunayo ebomini bakho. Izinto ezininzi ebomini bakho ziyeelelene nezinto ezisebomini boontanga bakho, lilonke ungafumanisa nifana kakhulu kunokuba ucinga ngamanye amaxesha.

Masithethe ngenyutrishini

Xa ufikisa kubane nguqu eninzi emzimbeni wakho. Ukhula ubemde, uhlumela ebufaneni nasebuntombini. Le nto ayinakwenzeka kakuhle ngaphandle kokuba umzimba wakho ufumane izakha-mzimba ozidinga mihla le. Ukuba nentsholongwane kaGawulayo kukubeka emngciphekweni omkhulu wokukondleki kunomntu ongasulelekanga yilentsholongwane. Intsholongwane le itshintsha indlela umzimba wakho ocola ngayo iswekile, amafutha, iprotheyni, iivithamin neeminerali, nto leyo ikhulisa isidingo sezizakhamzimba. Ukungondleki kunye nentsholongwane kwenza buthathaka amajoni omzimba, nto leyo ingabangela usuleleke lula zizifo ezinobuzaza ezosulelayo. Ungayeka nokukhula oku kwaye nomzimba wakho wehle ebunzimeni bawo. Ungaziva udiniwe, ufumane kunzima ukumamela esikolweni. Kubalulekile ukuba ugqirha wakho okanye unompilo abuphonononge ubude nobunzima bakho rhoqo umndwendwele ze akuse koochwephetshe kwinto etyiwayo okanye inyutrishinisti ukuba kunento ayikrokrelayo.

19. Loluphi uhlobo lokutya endikudingayo ukuze ndityebe okanye ndigcine ubunzima bam obusempilweni?

Izinto ezifana ne:

- Isonka
- Papa
- Isidudu
- Amazimba
- Irayisi
- Amazambane (aswiti okanye aqhelekile)
- I pasta

20. Kokuphi ukutya ekufuneka ndikutyile ukuze ndigcine imisipha yam yomelele?

Ukuba ugqirha okanye umnikezi nkathalo ukuxelela ukuba kufuneka ukhulise imisipha yakho, kufuneka utye ukutya okuphezulu kwiproteyini. Umzekelo woko kutya:

- Inyama
- Intlanzi
- Amaqanda
- Ubisi
- Ilmveliso zobisi (mz.iyogathi nesonka samasi)
- Ibhatha yepinats
- Iimbotyi, iinuts iimbewu

21. Ungathini ngezimuncumuncu kunye nokutya okusisineki?

Njengomntu omtsha kuyathandeka ukutya kwiindawo zokutya okukhawulezileyo nabahlobo bakho. Kufanele ukhumbule ukuba kulungile ukutya oku kutya kungekho mpilweni kanye ethubeni, kodwa ingabiyinto oyenza mihla le. Oku kutya kaloku kunamafutha neswekile enintsi kwaye akunazakhamzimba zingako zokondla umzimba wakho. Ukukutya kancinci nje oku kutya kungakunika iikhalori, nto leyo ingalulutho kuwe phofu koxhomekeka kwiinjongo

zakho zenyutrishini.

22. Ingaba kukhona izakha mzimba okanye imineralizi ezibaluleke zodwa?

Ewe! Izifo ezosulelayo nendlela engalunganga othi umzimba uzisebenzise ngayo ezi zakhamzimba.

- Yeyiphi indlela elungileyo ukufumana izakha mzimba nenyutrishini emzimbeni wam?
- Ukusebenzisa imalithivithamini mihla le yindlela elungileyo yokuqinisekisa ukuba umzimba wakho ufumana izakhamzimba namandla owadingayo. Fanele wazi ke kodwa ukuba ayithabathi ndawo yokutya iivithamini neeminerali. Kwaye, ukuzithatha kunye nokutya kungakwenza ungazivi ugula xa ugqiba ukuzithatha. .
- Iziqhamo nemifuno ziqulathe iivithamini nezakha-mzimba ezininzi, lilonke ke kubalulekile ukuzitya rhoqo.
-

23. Ndingenza ntoni xa ndingaphilanga?

Kulula kubantu abasuleleke yintsholongwane yeHIV ukuba behle emzimbeni. Ukuba unciphile umdla wokutya, unefiva, uyabuyisa, unotyatyazo, okanye izilonda emlonyeni buye behle ubunzima bomzimba. kweli lixa ke udinga ukutya kakhulu uzokonyusa ubunzima bomzimba kwaye ukongeza amafutha ekutyeni kwakho kungakunceda ukongeza amandla. Nazi iingcebiso zokunceda ngeentsuku oziva mnandi ngazo:

Ukuphelelwa ngumdlala ekutyeni

- Yenza ukutya okunikaumdlala kangangoko
- Yitya ukutya okuncinci oko apha emini
- Yitya nosapo lwakho okanye abahlobo
- Faka isosi okanye umgreyivu kukutya okomileyo ukwenza kuvakale ngcono
- Yitya ukutya okufuna uhlafune kancinci
- Zama ungaseli izinto ezimanzi nokutya ziza kuhluthisa, sela ijusi nobisi phakathi kokutya

Ukucatshezulelwa nokugabha

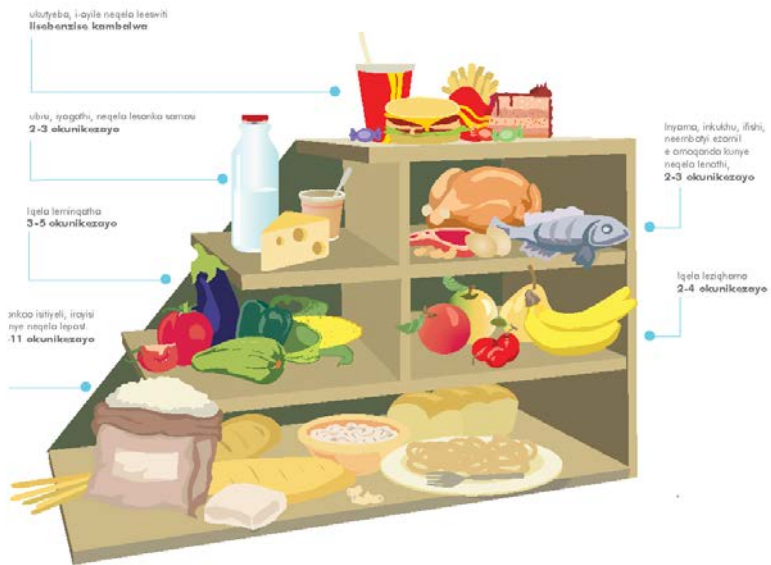
- Yitya ukutya okuncinci kunye neziselo kwaye uzame ukutya oku kutya kuncinci oko phakathi emini.
- Ukutya okubandayo kungalula ukukutya kunokutya okushushu kuba kunuka kakubi kungakugulisa.
- Ukwehlisa ivumba entweni, sika amalimoni phakathi yihlikhile esandleni unukise.
- Ukuba ungakwazi phuma xa kuphekwa inkunku kuba ivumba lingakugulisa.
- Baleka ukutya okuqholiweyo okutyebile, ukuncangathi, okunetyiwa, kunye nomxube wesonka ne- owutsi eyomile.
- Ibhiya yejinja, ijinja yeengcambu, okanye ibiskithi yejinja inceda ukucaphuzela.
- Ugqirha wakho anganamayeza ukunceda nokucaphuzela kunye nokugabha ukuba kuyafuneka.

Ukuqunjelwa

- Yitya ukutya okuphezulu kwifayibha (okufana nesonka esimdaka i-owutsi kunye nombona ekuseni imazimba irayisi emdaka kunye neminqatha neziqhamo ezitsha.
- Sela amanzi amaninzi. Ashushu ngakumbi ekuseni ziyasebenza.
- Ukujima kuyanceda kwakhona xa uziva ufuna.

Ukuhambiseka kakhulu

- Sela amanzi amaninzi ukunqanda ukoma. Unganesiselo seziqhamo ezixutyiweyo, isuphu enetyiwa okanye irayisi.
- Yehlisa ubungakanani bobisi kunye nemveliso yederi ozityayo. Oku kungakurhudisa kakuhlu.
- Yehlisa ukutya ekuphezulu kwifayibha kuba oku kukhuthaza ukuba isisu sakho sikhawuleze.
- Yitya umbona (corn) meal, bananas, and rice.
- Baleka ikhafeyini (isoda, ikofu, neti).
- Yitya ukutya okuncinci rhoqo.
- Yitya ukutya okungatyebanga



Kubuhlungu okanye kunzima ukuginya (umlomo obuhlungu)

- yitya thambileyo, ukutya okunqunqiwe kufuneke uhlafune okwesilwanyana (okt isidudud, amazambane acujiwe, iziqhamo, iqanda, kunye nenyama esiliwe).
- Umkhence ngaphambi kokuba utye. .
- Ukuba umlomo wakho womile, kubaleke ukutya okuncamathelayo phezu komlomo njengeepinathi.
- Kubaleke ukutya okutshisayo okunezipayisi okuphezulu kwi-asidi njenge-orenji, ipayinapile kunye nelemoni.
- Yitya ukutya okufudumele kunokushushu kuba kuza kubalula ukutya

24. Ndingazithathaphi iinkcukacha ezithe xaxe kwinyutrishini ezilungieyo?

Banizni abantu abafumanekayo ukunceda ukuba wenze izigqibo ezizizo malunga nokuba yitya ntoni. Ukuya kwiiklinikhi zasekuhlaleni okanye oogqirha yindlela elungileyo ukufumanisa ukuba ukhetho olwenzayo malunga nokutyayo kulungile na ukuba ungakhonjiswa kwenye into engakhuthaza inyutrishini yakho. Kwiindawo ezininzi kukhona abantu abacebisa ngokutya angakuthumela khona ukuze ufumane uthethathethwano ngenyutrishini.

Masithethe ngojima

25. Kutheni “ukomelela kubaluleke kakhulu kwaye kuthetha ukuthini?”

Mhlawumbi wakhe wayiva intetho ethi “ ndifuna ukomelela” kwiTV, nakwimuvi, okanyekomnye wabahlobo bakho. Ukomelela emzimbeni“ukomelela” okanye “Ukuma kakuhle” kubhekisele ekuphileni ubomi obudlamkile ngaphandle kodinwa kakhulu okanye ugule.Kuba wonke umntu uneentlobo ezahlukene, ukomelela akufani kumntu wonke kwaye kuxhomekeke kumdlu womntu, izinto athanda ukuzenza, kwaye ukuba lixesha elingakanani okanye isikolo abalifunayo ngosuku ngalinye.Izinto ezifana neminyaka yakho okanye ulibhinqa okanye indoda nako kuyachaphazela ubungakanani bokomelela kwakho.Njengokuba siguga, siya singomeleli kakhulu kuba imisipha yethu iya ithamba namathambo ethu athambe. Amadoda, kuba menemisipha emininzi kunye namathambo anzima bangenza amandla amaninzi kwaye bahambe ngakukhawuleza kunamabhinqa.

26. Kukuthiniukuzilolonga? Zeziphi iintobontlobo zokuzilolonga?

Ukuze uhlale womelele, wonke umntu makaqaphele okanye ngamanye amazwi, kufuneke baJIME. Nazi iintobo ezahlukene zokujima ezikhoyo. Kulungile ukwenza ingqokelela yoku njengokuba ziqhubela kumzimba owomelele.

- I-Cardiovascular: yinto ongabe wakhe wayiva njenge “erobhikhs” ezenziwayo, oko kuthetha ukuba ulolongaukubetha kwentliziyo yakhokwenyuke, kwaye kuhambiseigazi kumalungu onke omzimba njengokuba uzisa amandla kunye nemisipha ngaxeshanye. Ukuzilolonga nge -cardiovascular (umz.Ukudanisa, ukubaleka ukudada, kunye nokuqabela ibhayisekile njalo njalo.)kaninzi evekini kokukhusela ukuba ubeneengxaki kwilixa elizayo njengeswekile kunye nezifo zentliziyo.
- Ukuqina komsipha/ ukomelela: ekukwazini komsipha wakho ukuma ixesha elide ekusetyenzisweni KWAYE kuba kubungakanani ukuba umntu angabuphakamisa kubekanye. Unganyusa ukomelela komsipha wakho ngokuphakamisa iintsimbi kodwa oko akucetyiswa kubantwana abangaphantsi kuka
- Ukukhululeka: eligama lithetha ukuba umzimba wakho unga shukuma kangakanani na.Ukushukuma okulungileyo kunganceda ungenzakali kumsipha wakho kunye namaqatha ngexesha
- lokwenza into zomzimba.Oko kungaphumelela okanye kuphuculwe ngokuzelula ngaphambile nasemvenikokuzilolonga kwaye nangokwenza izinto ezikhuthaza ukuba weluleke njengeyoga.

27. Kokuphi ukujima okunceda ukwenza okuninzi enyameni?

Kuninzi ukuxhamla ekuzilolongeni oku kuquka:

- Ikunceda uzive ngcono
- Ukunceda “utshise” amafutha, uphucule ubume benyama kunye nempilo yakho yonke ngenxa yokulawula ubungakanani.
- Incede ukuphucula indlela ome ngayo ngenxa yokuma kwaye nokwakha umsipha oko kuza kujika, kuncede ekugcineni amadla amathambo akho.
- Inceda ukugcina amalungu akho omzimba (njengengqiniba, amadolo, amathanga, kunye namagxa) ekhululekile kwaye ungenzakali.

- Ikunceda wakhe isitamina kunye nokunyamezela oko kukuba wenze intliziyo yakho ihambiseigazi eligcwele ngamandla kumalungu akho kakuhle kwaye oko ulwa uzikhusela kwiintsholongwane.

28. Ndingazama uncedo lwengqondo okanyeemphefumleni?

Ukongeza kukuxhamla emzimbeni, ungothuka ukufunda ukuba kukhona uxhamlo lwengqondonasemoyeni kukuzilolonga nokomelela enyameni. Oko kuquka:

- Inikeza indlela ukuba uncokole netshomi zakho zangoku kwaye nokudibana nabantu abatsha abangangumthombo omhle wokuxhasa kuwe.
- Inikeza ukonwaba okukhulu kuwe kwaye nendlela yokukhulula ingcinezelo kunye nokubambeka okanye ulwe nokudikwa
- Ikuvumela ukuba uzakhele ukuzithemba ngokulwa uloyiko, ujongane neengxakiezintsha, kwaye wakhe ubuchwepheshe obutsha.
- Ukwakha ukukhuthala kunye nendibano, ukuthatha uxanduva, ukuhlonipha kunye nokuzeluleka.

29. Ndingaqala nini nendlela yam yokuzilolonga?

Eyonanto kufuneka uyijongile xa usakha umsebenzi wakho okanye indlela yokuba womelele yeyokuba mawukhethe into ezakuba lula ukuyenza kwaye eza kunikeza okona konwaba.

Nazi iingcebiso ezimbalwa ezingakunceda ugqibe kwiplani yokuzilolonga:

- Yenza uluhlu. Bhala phantsi iinjongo zokuba ufuna ukomelela. Kutheni ufuna ukomelela?
- Cela iingcebiso emntwini onolwazi ngokomelela kwenyama. Lowo ingangu-gqirha wakho, umhlobo, umntu okujimisayo okanye umntu owakhe wafundiswa ngokomelela njengomqeqeshi weembaleki ekholeji okanye kwidyunivesithi.
- Suzama ukwenza okuninzi ngaxeshanye. Qalisa ukwenza into enye okanye ezimbini ngamaxesha amanizni ngeveki kwaye wenyuse ixesha olinikezele ekubeni womelele. Ukusebenza nzima kungakunqanda ekubeni uphumelele kumanqaku ozimisile ukuba uphumelele ngokuveza izinto ezingafuneki zokwenzakala ngokusebenza kakhulu.
- Sukukopa ishedyuli yomntu odlala ibhola ekhatywayo okanye ibhola yomnyazi. Lthatha iminyaka ukuziqeqesha ukuze ukwazi ukwenza njengomdlali ophumeleleyo kwaye oko kungakwenza wenzakale ukuba uyazama.
- Thamba esiqwini sakho. Utshintsho aluzukwenzeka ngobusuku obunye. Kuthatha iiveki neenyanga xa uzinikele ukuba uphume neziphumo ozifunayo kodwa kumele ulinde!

Masithethe ngezesondo

Icandelo lokukhula kukugqiba ukuba, nini, ufuna ukwabelana isondo nabani. Wonke umntu omtsha makazenze ezi zigqibo. Kodwa kuba uHIV isigqibo sakho sineengxaki ezininzi ngempilo yakho kunye nomntu oncuma naye. Isigqibo sokuqala kukugqiba ukuba emphefumleni bakulungele na ukwabelana ngesondo. Ukwenza oko, umntu makacinge ngengozi yokumitha neHIV kuye nezinye izifo ezidluliselwa ngesondo xa esenza isigqibo. La macandelo alandelayo aza kuphendula imibuzo abantu abatsha abaninzi abaneHIV abazibuza yona.

30. Ndingaphila kanjani ukuba umntu akasafuni ukuba ngumfana wam/intombi yama?

- Kufuneke uqonde ubudlelwane khangе busebenze. Kufuneke uqonde ukuba bekutheni ingasebenzi ukuze elandelayo ibengcono.
- Kulungile ukuva kabuhlungu emveni kokwehlukana kodwa suzisizela. Ziqonde ukuba ungumntu olungileyo kwaye ufanelwe kukonwaba
- Qalisa into oyithandayo ikuyekise ukuba ucinga ngokwehlukana
- Thetha nabantu obathembayo ngendlela ova ngayo. Ungafumanisa ukuba bakhe behlukana nabo kwaye bangakunceda!
- Kunoba ujonge into ezimbi zokuba uwedwa, jonga ezintle.
- Mhloniphe omnye umntu kwaye sukunwenisa ubuxoki okanye izinto ezingekhoyo kuba uziva ukhathazekile.
- Noba kwenzekani ungaboze umngcungcuthekise okanye umoyikise umntu ubuncuma naye. Lento ingakwingxaki enkulu emthethweni.

31. Kulungenini ukuncamisa umntu?

Xa uziva usondele kulo mntu imvakalelo eqhelekile uza kufuna ukubancamisa. Ukuncamisa esidleleni kukhuseleke kakhulu. Isikhumba sivala kakhulu. Akukho mntu onentsholongwane ngenxa yokubambana esidlangaleni ngenxa yokuncamisa okomile, ihagi, kunye nokuxhawula isandla. Ukuncamisa uvule umlomo kunomahluko. Kungalula ukuyidlulisela xa unezilonda apho iHIV ingangena khona.

32. Ndazi kanjani ukuba ndisikekile okanye ndinezilondana emlonyeni?

Ukuba uqinisekile ukuba usikekile okanye unezilonda emlonyeni, zama ungancamisi, kude ziphole. Ukuba awuqinisekanga, zama ukujonga. Jonga umlomo wakho okanye usele i-orenji jusi ukuba ubona uphawu okanye uva ukutshisa kuqinisekile ukuba usikekile okanye umlomo wakho ubuhlungu.

33. Ndingazikhusela njani ekufumaneni ezinye izifo?

Kuqhelekile kwaye kulungile ukuba ubenexhala lokosulela omnye umntu ngesifo onaso, kodwa ukukhusela umzimba wakho nako kubalulekile. Ukuba ukhetha ukwabelana ngesondo kubalulekile ukuba uzikhusela ngenxa yezizathu ezininzi. Usengozini yokufumana izifo ezininzi ezisuleleka ngokwabelana ngesondo. Zikho izifo ezingabangela ugule

kakhulu.Ezizifo zezi; isifo sangaphantsi, isifo sotyatyazo, hepatitis B kwakunye no C, i herpesi, isifilisi, i-trichomoniasis, ukudumba ngaphantsi nezinye ingxaki ezibangelwa yintsholongwane ye papiloma (HPV).Ezinye zezi zizifo azinyangeki kwaye zisuleleka nge gazi, iincindi zomzimba kumntu ongu sisi okanye ukudibana kwezikhumba zangaphantsi nezilonda. Ukuba unesifo esosuleleka ngokwabelanange sondo (ukwangezelela kwi ntsholongwane ka gawulayo), amathuba akho okufumana intsholongwane kagawulayo aphindaphindene kathathu ukuya kwisihlanu kunomntu onentsholongwane kagawulayo kuphela.Lonto ithetha ukuba ufumene isifo sangaphantsi kumntu ongenayo intsholongwane kagawulayo usethubeni lokumosulela ngentsholongwane ka gawulayo. Ungagula kakhulu kubalulekile ukukhumbula ukuzikhusela.

Kufuneka uye kwiziko lezempilo ukuba unenye yezimpawu :

- Xa usiva kabuhlungu xa uchama
- Izilonda okanye amadyungudiyungu ngaphantsi
- Ukuhawuzelela ngaphantsi
- Idisitshaji emthubi okanye engathi iluhlaza, inqumbululu okanye inevumba elibi
- Uva kabuhlungu xa wabelana ngesondo
- Unentlungu kumzimba wangasezantsi

Enyeyezimpawuokanyezonke zisondelelenenezifoezifumaneka ngokwabelanangesondo.Ukuba unazo enye yezimpawu kunyanzelekile ukuba ufumane unyango wena neqabane lakho.Xa nikweloxesha lokunyangwa kunyanzelekile ukuba nikhe nithi xha ukwabelana ngesondo.

34. Ndingazikhusela njani mna kwakunye nabanye xa sisabelana ngesondo?

Ikhondomu yeyona ndlela ingcono ukunqanda ukwasulelana ngezifo zangaphantsi nange ntsholongwane ka gawulayo.Ikhondomu zisebenza ngcono ngamathuba anga 88% ukuyotsho ku 97% kunokucwangcisa xa zisetyenziswa ngendlela eyiyo.Kodwa ke ikhona ingozi yokugqabhuka okanye ukuphuma kwe khondomu ngelishesha kusabelwana ngesondo.

35. Ndingayisebenzisa njani ikhondomu yabantu abangamadoda ngendlela efanelekileyo?

Khumbula ayikho indlela elunge ngokugqibeleleyo ukunqanda ukusuleleka kwezifo zangaphantsi kwakunye nentsholongwane ka gawulayo xa kusabelwana ngesondo.Ukungabelani ngesondo yeyona ndlela iphephileyo ongayikhethe.Ukuba ukhethe ukwabelana ngesondo qinisekisa ukuba usebenzisa ikhondomu ngalo lonke ixesha.Enye into ebalulekileyo yeyokuba kufuneka uyazi ukuze ikhondomu isebenze kufuneka isetyenziswe kakuhle. Nantsi indlela yokuyisebenzisa:

- Jonga ukuba iphelelwa nini kwaye ungaze usebenzise ikhondomu ephelelwe lixesha
- Sebenzisa ikhondomu entsha qho xa usabelana ngesondo
- Yivule ngononophelo ulumke ungayikrazuli
- Yifake xa ubudoda bakho buqinile
- Tswikila incamu yekhondomu ukhuphe umoya kwaye uqiniseke ukuba uyolule yayokufika ekugqibeleni
- Ukuba awolukanga ukunqanda ukungagqabhuki kwe khondomu tyhala ijwabu lakho ngasemva phambi kokuba unxibe ikhondomu
- Yijonge ikhondomu xa nisabelana ngesondo ukuqinisekisa ukuba ayiphumanga

okanye ayigqabhukanga

- Xa nigqibile ukwabelana ngesondo yikhulule ikhondomu uyilahle emgqomeni uhlambe izandla.
- Ikhondomu ungayifumana e khemesti nasezivenkileni jikelele
- Kwindawu ezininzi akukho minyaka imiselweyo ukuba umntu anqathenga iikhondomu kwaye ziyafumaneka mahala kumaziko ezempilo

36. Ndithini ukuba ndiyayithanda indoda yam kodwa uyifuni ukusebenzisa ikhondomu?

Thetha neqabane lakho umbuze isizathu sokungafuni ukusebenzisa ikhondomu. Licacisele iqabane lakho ukuba ukusebenzisa ikhondomu kukhuselekile kwaye kunqanda ukusasazeka kwentsholongwane ka gawulayo nezinye izifo zangaphantsi, kwaye xa usebenzisa ikhondomu uye ungabinaxhala, uzive ukhuselekile kwaye ukonwabele ukwabelana ngesondo. Njengomntu obhinqileyo unako ukukhetha ukunxiba ikhondomu yabantu ababhinqileyo. Ukuba iqabane lakho liyala ukuba unxibe ikhondomu yabantu ababhinqileyo mcacisele ukuba anikwazi ukwabelana ngesondo kuba nisengozino yokusuleleka yintsholongwane ka gawulayo. Ewe kuzakubanzima kodwa kufuneka uzikhusele.

37. Ndithini ukuba ikhondomu igqabhukile?

Ukuba ikhondomu igqabhukile nisabelana ngesondo okanye ngempazamo kudibene iincindi zomzimba obuphuma ngaphantsi sukubanaxhala. Ukudibana kobumanzi bomzimba akuthethi ukuba iqabane lakho losulelekile yintsholongwane ka gawulayo kodwa kubalulekile ukuba nithathe onke amayeza eniwanikiweyo ukunqanda usuleleko lwe ntsholongwane ka gawulayo. Ezinye izibhedlele kwakunye namaziko ezempilo angakunika i post – exposure prophylaxis (PEP), ezo zipilisi ezithi zinikwe umntu ukuncedisana namajoni akhe omzimba ukuba alwe lentsholongwane ka gawulayo ingabisahlala emzimbeni wakhe. Ezipilisi kufuneka uzisele kwa ngoko emva kokwabelana ngesondo ngaphandle kokuzikhusela okanye xa ikhondomu igqabhukile, kufuneka uzisele iyure ezingamashumi amabini anesine zingekapheli kodwa kungade kudlule imini ezintathu. I PEP ithatha inyanga apho kufuneka usele indidi zepilisi ezintathu, ezipilisi ikwazizo ezi zithathwa ngabantu abanentsholongwane ka gawulayo.

Xa wabelane ngesondo nomntu onentsholongwane kagawulayo ungayazi kufuneka wenze uvavanyo lwegazi kujongwe ukuba unayo okanye awunayo na intsholongwane ka gawulayo, kuye kufuneka uphinde wenze oluvavanyo emva kweenyanga ezintathu. Ukulinda ezinyanga zintathu kubalulekile kuba iziphumo zingaphuma zisithi umntu akanayo intsholongwane ka gawulayo kube kanti unayo qha ayikabonakali. Oluvavanyo lubizwa ukuba yi “window period” ixesha olisikelweyo emva kosuleleko, ixesha elingangeeveki ezilishumi elinesibini kuba umntu onayo intsholongwane ka gawulayo zingaphuma iziphumo zakhe zisithi akanayo ibe ingekabonakali kuba amajoni akhe omzimba awakahlaseleki yilentsholongwane.

38. Ndingasebenzisa iikhondomu ezimbini ngexesha elinye ukuqinisekisa ngokhuseleko?

UNGAZE USEBENZISE IIKHONDOMU EZIMBINI NGEXESHA ELINYE.

Ukusebenzisa iikhondomu ezimbini ngexesha elinye nokuba yeyamadoda okanye abantu ababhinqileyo kungabangengela ukugqabhuka kwenye yazo okanye zombini iikhondomu ezo. Iikhondomu ezimbini azizokukhusela.

39. Ndingathini ukuba ndinokusulela omnye umntu ngentsholongwane ka gawulayo?

Xa usazi ukuba usulele omnye umntu ngentsholongwane ka gawulayo kunganzima ukuyamkela lonto. Kufuneka uzame ngandlela zonke ukunqanda esisehlo singenzi. Ukuba senzekile kungabanzima kakhulu kuwe. Ungaziva unesazela kodwa ke lonto iqhelekile. Ubuchule kukudibana nonontlalontle okanye ugqirha ongakunceda wena neqabane lakho ngendlela eniziva ngayo aningcambazise ekubeni nifumane namachiza alungileyo.

40. Ngeziphi ezinye iindlela ezikhoyo ezinokunqanda ukukhulelwa?

Eyona ndlela isebenzayo kwaye ikhuselekileyo yokunqanda ukukhulelwa, ukusuleleka kwezifo zangaphantsi ne ntsholongwane ka gawulayo kukungabelani ngesondo. Ukuba umntu uyakunyanzela ukuba nabelane ngesondo, khumbula ukuba lowo ngumzimba wakho unalo ilungelo lokuthi awufuni. Kufuneka uthethe noqirha okanye omnye umntu osebenza kwisebe lezempilo umbuze ngeyiphi indlela elungele wena onokuyithatha ukuzikhusela. Ezindlela zilandelayo azikhuselekanga ukodlula iikhondomu ukunqanda ukusasazeka kwentsholongwane ka gawulayo nezinye izifo zangaphantsi. Ezindlela zingasebenzisana ngcono nokuzikhusela nge khondomu. Iindlela zokunqanda ukukhulelwa zezi zilandelayo:

- Iipilisi zokulawula ukukhulelwa: ezipilisi azincedi ekukhuseleni intsholongwane kagawulayo okanye izifo zangaphantsi. Ezipilisi zinceda ukunqanda ukukhulelwa kuphela. Zisebenza ngokuthi zinqande amaqanda omntu obhinqileyo angayi esibelekweni rhoqo ngenyanga. Ezipilisi zifumaneka ngeendidi ezahlukileyo kwaye zityiwa phakathi kweentsuku ezingamashumi amabini ananye uya kwamashumi amabini anesibhozo. Ezipilisi kufuneka ube kanti uzinikwa ngugqirha kwaye kufuneka uqiniseke ukuba awuphazami kwaye awuphosi suku. Xa uzitya rhoqo ungaphosi suku isiqinisekiso sokuba zingasebenza singangamathuba ayi 97% uya ku 99% ukunqanda ukukhulelwa. Ezipilisi ziyakwazi ukwenza utshintsho emzimbeni womntu (umzekelo: ukutyeba, ukukhula kwamabele, ukuhlamba kancinci, intloko ebuhlungu, ukuziva ngathi ufuna ukugabha, namahlwili egazi) kodwa ke olutshintsho emzimbeni alenzeki kumntu wonke. Ukuba ufuna ukusebenzisa ezipilisi kubalulekile ukuba uthethe no qgirha wakho kuqala kuba iipilisi ozityayo zokuncedisana namajoni akho omzimba zingasebenzisani zezi pilisi.
- Depo – Provera: Idepo – provera ayikukhuseli ekusulelekeni kwintsholongwane ka gawulayo okanye ezinye izifo zangaphantsi. Yona liyeza elitofwa emntwini ngenaliti, ihlala iinyanga ezintathu emzimbeni womntu. Yona I depo – provera imnandi ngokuba akufuneki ubenaxhala lokusela iipilisi imini zonke, kodwa nayo inabo ubungozi notshintsho lomzimba (amathambo angomelelanga, ukutyeba, nokuwa

kwenwele) koko kunyanzelekile uthethe nogqirha wakho kuqala.

- Intrauterine devise (IUDs): I IUDs ayikukhuseli ungasuleleki kwizifo zangaphantsi. I IUDs isebenza kakuhle kwanye ikunika ixesha elidelokunqanda ukungakhulelwa. I-IUDs yinto ethambileyo eyakheke nje ngonobumba u – ethi ifakwe esibelekweni somntu obhinqileyo, ifakwa ngumntu ofundisiweyo ukuyifaka osebenzela iziko lezempilo. Amanye amabhinqa asebenzisa i IUDs aye ahlambe ngendlela engaqhelekanga okanye bahlambe kakhulu ixesha elide babenaso nesiluma.

41. Ndingazikhusela njani xa ndisabelana ngesondo ngomlomo?

Kungenzeka wasuleleke kwizifo zangaphantsi nentsholongwane ka gawulayo xa usabelana ngesondo ngomlomo. Ukuba nguwe ofumana lendlela yokwabelana ngesondo kwiqabane lakho uvuleleke ematheni akhe kuphela. Amathuba okusuleleka nge ntsholongwane ka gawulayo mancinci kakhulu kangangokuba akukho mntu wakhe wasuleleka ngamathe. Khumbula ungazifumana ezinye izifo ezifana ne herpes. Kunyanzelekile ukuba ulumke, kuba igazi nezinye iincidi zomzimba zinganayo le ntsholongwane. Amathuba okusuleleka axhomile:

- Ukuba wena okanye iqabane nisikekile okanye ninezilonda emilonyeni.
- Ukuba iqabanelakho likhuphele incindi yayo yobudoda ngaphakathi emlonyeni
- Ukuba iqabane lakho linesifo sangaphantsi.

Ukuba ukhetha ukwabelana ngesondo ngomlomo sebenzisa ikhondomu kwiqabane eliyindoda kubudoda bakhe. Kuthiwa ukusebenzisa ikhondomu kuyakukhusela ekusulelekeni kwintsholongwane ka gawulayo nezinye izifo zangaphantsi. Ikhondomu azikhuseli ngokugqibeleleyo kodwa inciphisa amathuba okusuleleka iqabane lakho nge ntsholongwane ka gawulayo. Xa ingumntu obhinqileyo ungasebenzisa ikhondomu uyisike kancinci uvale phakathi komlomo nobusisi bakhe. Lonto inciphisa amathuba okungena kwe gazi neencindi zomzimba emlonyeni.

42. Ndingayisasaza intsholongwana kagawulayo ngokwabelana ngesondo ezimpundwini?

Kungenzeka nabani na asuleleke nge ntsholongwane ka gawulayo xa nisabelana ngesondo ezimpundwini, nokuba uyindoda okanye ungomntu obhinqileyo. Kanti ukwabelana ngesondo ezimpundwini yeyona ndlela inobungozi ekusasazeni intsholongwane ka gawulayo nezinye izifo zangaphantsi ngenxa yokusikeka okuthi kwenzeka phakathi ezimpundwini.

Intsholongwane ka gawulayo ifumaneka kwigazi nakwiincindi zomzimba. Ukwabelana ngesondo ezimpundwini ningazikhuselanga kuyingozi kakhulu. Ukuba ukhetha ukwabelana ngesondo ezimpundwini sebenzisa ikhondomi ngalo lonke ixesha. Ngamaxesha amaninzi ikhondomu isebenza kakuhle. Kodwake ikhondomu ingagqabhuka xa nisabelana ngesondo ngempundu. Yiyo lonto ukwabelana ngesondo ezimpundwini kuyingozi.

43. Ukuba ndikhetha ukungabelani ngesondo ndingancedisana njani nemizwa yami?

Ukuba awukafuni ukwabelana ngesondo okanye ucinga ukuba kuyingozi zikhona izinto ongazenza. Ukuba ukunye nomntu omthandayo ukubambana kuphela

kunganonwabisa. Abantu bathanda izinto ezahlukileyo. Abanye abantu bangachitha iiyure ezininzi bebambene izandla, ubuso, okanye baphululane imiqolo. Abanye abantu bayathanda ukuba umntu abathandana naye bamphuze entanyeni okanye amange. Abanye abantu bathanda nje ukungqengqa ecaleni komntu amthandayo. Zininzi izinto eningazenza ezonwabisayo ngaphandle kokwabelana ngesondo. Lonto ininika ithuba lokuba nazane ngcono phambi kokuba nabelane ngesondo.

44. Ukuba ndabelana ngesondo nomnye umntu onayo lentsholongwane ka gawulayo kuyafuneka ndisebenzise ikhondomu?

Ewe kunyanzelekile ukuba uzikhusele xa usabelana ngesondo nomnye umntu onayo intsholongwane ka gawulayo. Kungenzeka inqanaba lalentsholongwane kwi qabane lakho alifani nelakho koko ningaphela nibangela ukugula kuni nobabini. Kungenzeka iqabane lakho alilungelwa lihlobo lweepilisi ozityayo wena, angayigqithisa kuwo lonto ibe kanti wena ezopilisi bezikusebenzela kakuhle. Amanqanaba ahlukileyo entsholongwane kagawulayo angenza ugule kakhulu. Kufuneka nicingele iimpilo zenu nobabini nokuba ninayo intsholongwane ka gawulayo.

45. Kunyanzelekile ukuba ndibenexhala lokusulela abanye abantu nokuba ubume bentsholongwane ka gawulayo emzimbeni wam buncinci?

Siyayazi ukuba ubume bentsholongwane ka gawulayo obuvela kancinci egazini budityaniswa nokuncipha kokusuleleka kwalentsholongwane. Ingxaki asiyazi buncinci kangakanani ubungozi emntwini ngamnye. Enye ingxaki yeyokuba ubume bentsholongwane obukwiincindi zomzimba bahlukile kubume begazi. Ngaphandle kokungabelani kwesondo, ukusebenzisa ikhondomu ngalo lonke ixesha kuyanceda ukunciphisa amathuba okosuleleka.

46. Kulungile ukuba abantu ababhinqileyo babelane ngesondo xa behlamba?

Intsholongwane ka gawulayo ifumaneka xa nisabelana ngesondo ngeencindi zomzimba. Kuba lentsholongwane ifumaneka nangegazi, lonto ithetha ukuba ukwabelana ngesondo xa umntu obhinqileyo ehlamba kuyingozi kodwa akhomntu waziyo kuyingozi kangakanani na. Ngenxa yalonto abantu abaninzi ababhinqileyo baye bangafuni ukubeka ubomi beqabane labo engozini koko bangavumi ukwabelana ngesondo xa behlamba.

47. Ndazi njani xa kufuneka ndiqale ukuya kugqirha wabantu ababhinqileyo?

Utshintsho kumazantsi esibekele somntu obhinqileyo onentsholongwane ka gawulayo luqhelekile. Olutshintsho ludla ngokwenzeka lungabonakali okanye kungabikho zimpawu. Olutshintsho ingaba kukuqala kwesifo somhlaza esibekekweni, singakwazi ukunyangeka xa kusesequcaleni. Ingxaki zesibekele zixhaphakile kubantu ababhinqileyo abaphila ne ntsholongwane kagawulayo. Lonto yenza kubaluleke ukudibana nogqirha wabantu ababhinqileyo kanye ngonyaka. Ingxaki zesibekele ziqala kukuhlamba ngendlela engaqhelekanga uyotsho kwizifo zangaphantsi.

Ukutshintsha kwendlela ohlamba ngayo iqhelekile kuye wonke umntu obhinqileyo kodwa

ixhaphake kakhulu kumntu ophila nentsholongwane kagawulayo. Olutshintsho kungaba kuhlamba manqaphanqapha, ukuhlamba kakhulu okanye kancinci nokuva iintlungu xa uhlamba. Ungayeka konke konke ukuhlamba. Ukubala iintsuku zakho zokuhlamba uzibhale phansti kubalulekile kakhulu. Ngalendlela uyakwazi ukwazi ugqirha wakho xa kukho utshintsho. Kubalulekile ukuba uyazi yintoni eyenza utshintsho ekuhlambeni kwakho. Ingxaki ezininzi zesibekeko ziyakwazi ukungabonakali. Ukuba azinyangwa zingenza amajoni akho omzimba angomeleli. Ukwenza uvavanyo lomzimba rhoqo ngonyaka luyanceda ekubeni ukhawulelane neengxaki zisaqala nokuba awuziva ugula. Ukwazi ingxaki zesibekeko xa isaqala uyinyange yeyona ndlela ilungileyo nencedayo. Uvavanyo lwesibekeko, luvavanyo apho kufakwa into ende ngaphakathi kubufazi bomntu obhinqileyo ukuhlola isifo somhlaza esibekekweni. Uvavanyo lwesibekeko alukhobuhlungu ngaphandle kokuba unesifo sangaphantsi. Uvavanyo lwesibekeko kufuneka ulenze emva kweenyanga ezintandathu okanye ezilishumi elinambini. Ukuba kufumaniseka into engaqhelekanga kuwe ugqirha wakho uyakucebisa ukuba uze rhoqo azokuvavanya.

Kufuneka ubonane nogqirha wabantu ababhinqileyo ukuba wabelana ngesondo, ukuba uva ivumba elingaqhelekanga, ukuhlamba okungaqhelekanga, isiluma, ukurhawuzelela, izilonda okanye uva kabuhlungu xa uchama.

48. Ngeziphi ezinye iziphumo zokukhulelwa usengumntana?

Ukukhulelwa usengumntana kuza neengxaki ikakhulu kwaba banentsholongwane kagawulayo. Kwasekuqaleni ukwabelana ngesondo ningazikhuselanga ibeka wena, iqabane lakho kunye nomntwana engozini yokusuleleka ngentsholongwane ka gawulayo. Kwaye abazali abancinci baye bangakwazi ukuqhubeka bafunde kuba kufuneka bahlale bakhulise umntwana. Abantwana abanabazali abancinci kuxhaphakile ukuba bazalwe phambi kwexesha, bagule okanye basweleke beseziintsana kunabantwana abanabazali abadala kuba kaloku abazali abancinci imizimba yabo ayikakulungeli ukubanomntana kwaye bangakwazi ukufumana inkxaso ekukhuliseni abantwana babo. Enye ingxaki yeyokuba abazali abancinci baye bangakwazi ukuthumela abantwana babo esikolweni kuba nabo abazange bagqibe lonto ikhokelela kukwanda kwabantu abangasebenziyo abahleli bengenzinto. Wena neqabane lakho kunyanzelekile niqale nicinge ngazo zonke eziziphumo phambi kokuba nifune ukuba nomntwana.

Masithethe ngokhuseleko olulungileyo

49. Ngubani ozakuncedakala kukhuseleko olulungileyo?

Bonke abantu abaphila nentsholongwane ka gawulayo kunye namaqabane abo bayakuncedakala kukhuseleko olulungileyo olwaziwa ngokuba “impilo elungileyo, isidima nokhuseleko”. Ukusebenzisa ukhuseleko olulungileyo kunceda ukwakha indlela ozibona ngayo, ukuzithemba nokwazi ukuzikhathalela nokunciphisa ukusasaza intsholongwane ka gawulayo kwabanye abantu. Ukuba uphila impilo elungileyo uzakuziva uphilile ufane nabantu abangenayo intsholongwane ka gawulayo, ufune nokwabelana ngesondo nokuzala abakho abantwana.

50. Lubaluleke ngantoni ukhuseleko olulungileyo?

Ukhuseleko olulungileyo ludibanisa:

- Ukwazi amalungelo akho nje ngomntu ophila nentsholongwane ka gawulayo, ukukhetha ukuba uyafuna ukwabelana ngesondo okanye ubenabantwana abangabakho.
- Ukufumana uncedo nendlela yokuxelela iqabane lakho ngentsholongwane kagawulayo ophila nayo lonto inenza nivumelane ngendlela ephephileyo yokwabelana ngesondo ezakuxolisa nina nobabini ekhuselekileyo ukuba ningasuleli abantwabana benu.

Amalungelo akho nemimiselo yayo:

Unelungelo lokuphila ubomi obude, obukhuselekileyo nobumnandi nokuba uphila nentsholongwane ka gawulayo. Ukuba uphila nentsholongwane ka gawulayo kufuneka uqiniseke ukuba awuyisasazi lentsholongwane kwabanye abantu.

51. Kutheni kufuneka ndilandele ukhuseleko olulungileyo?

Ukhuseleko olulungileyo lukunceda ukuba:

- Ulungise impilo yakho ngokuzikhusela ungasuleleki kwakhona yintsholongwane ka gawulayo.
- Ukwazi ukwenza uvavanyo lwentsholongwane ka gawulayo nabantu ongathetha nabo bakuncede ukwenza izigqibo ngokuphila ubomi obulungileyo.
- Ufumane ulwazi ngokuqala ukutya iipilisi zokuncedisana namajoni akho omzimba nokuba zeziphi iipilisi omawuzitye.
- Xa uqalile ukuzitya ezipilisi kubalulekile ukuba uzitye rhoqo ngamaxesha afanelekileyo.

52. Ndingaphila njani nokhuseleko olulungileyo?

Ukwazisa indlela zokhuseleko ebantwini kunzima nokuba uphila nentsholongwane ka gawulayo okanye awunayo. Abantu abaphila nentsholongwane kagawulayo ingxaki abadibana nazo xa bezama ukuphila ngendlela elungileyo zahlukile. Nazi ezingxaki:

- Ukuthiywa nokujongelwa phantsi: kunganzima ukuba uchaze isimo sakho

sentsholongwane ka gawulayo kwiqabane lakho, lonto kufuneka xa nisabelana ngesondo nizikhusele ngalo lonke ixesha. Ukoyika ukushiya kungakwenza ungaphili ubomi obukhuselekileyo. Abantu abaninzi abaphila nentsholongwane ka gawulayo baye bazithiye ngokwabo. Ukuzithiya kubangelwa kukoyika ukuba abantu bazakubamkela na, abantu abaphila nentsholongwane ka gawulayo banentloni kwaye bazibona bengabalulekanga. Xa uzithiyile uzakuzikhetha ungahlali nabanye abantu okanye ungafuni ukuthetha ngesimo sakho sikagawulayo. Ungakulwa ukuzithiya ngokuthi ufumane umntu ongathetha naye omthembileyo.

- Ukungabinalo ulwazi olulungileyo: ulwazi ngokhuseleko olulungileyo luncinci kuba ukhuseleko kubantu abaphila nentsholongwane ka gawulayo lutsha kubantu abanganayo intsholongwane ka gawulayo. Ukwabelana ngolwazi ngokhuseleko olulungileyo kunganceda ukuqinisekisa ukuba nabanye abantu abaphila nentsholongwane ka gawulayo bayakwazi ukuphila ubomi obuphephileyo.
- Ukunqongophala kwezinto zokuzikhusela: kwamanye amazwe ukufikeleleka kwezinto zokuzikhusela eluntwini kunzima. Abantu abaphila nentsholongwane ka gawulayo kufuneka benze iinzame ukufumana ukhuseleko, inkathalo, namayeza. Zidibanise nezinto ezenzeka ekuhlaleni ekulweni ukufumana uncedo.

53. Manyathelo mani anokuthatyathwa ekuzikhuseleni ngokuluqilima?

Bazi ubume bakho

Ukuzikhusela okuluqilima kuqala ngokuba ufumane iziphumo eziqinisekisa ukuba unesifo sika gawulayo. Ukuvavanyela isifo ugawulayo kubonisa ukuba unoxanduva olokhulu ngobomi b akho kwangobomi babanye abantu abakunqongileyo.

Ukujongana nomcelimngeni wokungamkeleki

Xa usiv a ukuba unesifo siokagawulayo okokuqala unganeengcinga ezingalunganga nezingamkelangobomi bakho. Ingcinga ezifana nokuba uzive ukhathazekile, uzibeka ityalaokanye ungenamdlala wesondo kwakhona. Xa uziva ngoluhlobo kudingeka ukuba uye ebantwini abanokunceda bakunike iingcebiso ukususa umvandedwa wakho.

Buveze ubume bakho

Wakuba wamkele into yokuba unesifo sikagawulayo kubalulekile ukungazifihli, ubaxelele abantu ngobume bakho besifo sika gbawulayo ukuze uzofumana inkxaso kubop.

Funa iinkonzo: ukhuselo, inkathalo, unyango nenkxaso

Ukuba unokufumana unyango, inkathalo kwanenkxaso eluqilima ungaziva ngcono ubuye ubenomdlala wesondo, wokwakha, ubuhlobo, wesondo kwanomdlala wokubanabantwana.

Ukuphila ngendlela efanelekiyo nesmpilweni

Kubalulekile ukuhlala usempilweni xa unesifo sikagawulayo. Nanje ngokuba uqhubeka ufuna inkxaso nezinye iinkonzo, kufuneka indlela ophila ngayo uqiniseke ukuba isempilweni.

Ingomso

Wakuba usamkele isifo, waqalisa nokungena kwiinkonzo ezinokukunceda, unokuqala ukuceba ngengomso lakho ngokwezingongoma zilandelayo:

- Ndingaqala nini ukutya amayeza
- Ndingenza njani ukuze ndifumane inkxaso
- Uzifake kwinkqubo yoplana (uplana ingomso) nosapho lwakho ngokukhululekileyo uxoxa ukhuseleko lwabo kunye nokukhululeka kwabo ukuba uthe wagula okanye imeko yakho iyaqinisa.
- Ukwazi iiminqweno yakho kwanamaphupho akho ebomini, noba ngawemfundo okanye ayingowamfundo.

Ukuxhasa umphakathi

Iindima yakho onokuyidlala ekuhlaleni inkuyilu kakhulu. Ungaabanye abantu ukuba bayokuvavanyela isifo sikagawulayo, badibane nabacebis, ubakhuthaze basamkele isifo sikagawulayo, ubengumhlobo wabo batya amayeza uphinde; kwaye ukhuthaze ukhuseleko olungcono. Ngokuzinikela kwakho ekuhlaleni (umz: ngokomsebenzi, eekuhlaleni nakwikhaya) ungafumanisa ukuba abantu abanentsholongwane yesifo sikagawulayo bangaqhubeka baxabiseke ekuhlaleni kungananzwanga ukuchaphazeleka kwabo.

Iindlela ekhusekileyo yokuzikhusela ibandakanya amazinga amathathu:

- Umntu gamnye ngokwebakala lakhe
- Ibakala labahlali

Ukungenelela komntu ophila ne HIV (PLHIV) kuquka ukuthatha uxanduva lokuziphatha ngendlela ehlisa ulosuleleko, ukuqinisekisa impilo entle yakho neyabanye abantu. Lona ungenelelo lwasekuhlaleni kuquka ukubonisa inkxaso kubantu abaphila ne HIV (PLHIV) ukuba baziphathe ngokusempilweni bekhuselekile. Abenzi-bomthetho bangangenelela ngokuqulunqa imithetho uvumela utshintso, nokukhusela amalungelo abantu abaphila ne-HIV (PLHIV), ukuba bakwazi ukujongana namanye amaxanduva, bonwabele ukufumaneke kwenkonzo eziyinxaso nezifikelekayo ukuze baphile besempilweni.

54. Yintoni enokwenziwa kumgangatho womntu omnye?

Ukuvavanyela isifo sikagawulayo neengcibiso kubalulekile, kuyinxalenye wokuzikhusela, kunceda abantu ukuba babenolwazi lobume babo bathathe amanyathelo alungileyo bokuhlala besempilweni futhi bakhusele izihlobo kunye anabalingane babo. Ukuba uyazi ukuba unentsholongwane yesifo sikagawulayo uyakhuthazwa ukuba udibane nengcibiso ngesifo sikagawulayo kunye nezinye iinkonzo.

Uvavanyo lwesifo sika gawulayo kwanengcibiso zaso

- Kukunceda ukuba uzazi wena kunye nempilo yakho. Wakuzazi unokuzithathela iziqqibop ngempilo yakho
- Isebenza njengennqanaba lokungena ukunqanda, ukunyanga ukukhathala nezinye iinkonzo.
- Yimfihlelo yakho. Oku kuthetha ukuthi akukho mntu unokukwazi ukuba uchaphazelekile ngaphandle kokuba umxelele.
- Kuyafikeleleka kumaziko ezempilo nakwamanye amaziko avavanya isifo sikagawulayo.

Wonke umntu osele esabelana ngesondo kodwa engazi ngobume bakhe ufanele aye

kumaziko ezempilo ukuyovavanyela ugawulayo nokufumana iingcebiso ngaye.

Iingcebiso ezikhuselekileyo zesondo

Kubalulekile ukufikelele nokufuna iindlela ezikhuselekileyo zzengebiso zesondo. Uvavanyo olulandelayo nentetho ikunikeza iithuba lokuqala emveni kokuba ufunyaniswe nengculaza ukuba uthethe ngemvakalelo, iindaba yezempilo, ukhuseleko lwezesondo, ukhuseleko kunye nokhetho lwenkxaso.

Eminyane imiba enokuchaphazelwa xa kusenziwa iingcebiso malunga nesondo zezi:

- Izinto ezonyusa ukusasazeka kwesifo sika gawulayo ngokwabelana ngesondo ungazikhuselanga ezinje nge-STI enokufumaneka kuwe okanye kwiqabane lakho, ukwabelana ngesondo ngokunyanzelwa, ukusetyenziswa kwamayeza ukwenza amalungu angasese omama ukuba ome.
- Ukwazi banzi ngokwabelana ngesondo okukhuselekileyo ukuze kunciphe ukusasazeka kwesifo sikagawulayo lo gama kwelinye icala ulonwabele isondo. Ukwazi ukuba ungazikhusela njani neqabane lakho kwisifo sikagawulayo kuwenza ubenesidima, kukunceda nasekuthetheni ngokwabelana ngesondo okukhuselekileyo kwasekuqaleni..
- Zininzi iindidi zokwabelana ngesondo ngendlela ekhuselekileyo onokuzenza, Ezizezi: kuquka ukubanesondo elingakhuselekanga kunye nokubanesondo elikhuselekile nendoda okanye ibhinqa okanye ngokwabelana ngesondo lomlomo.
- Ukunxibelelana kubalulekile xa uthetha ngendlela ekhuselekileyo yokwabelana ngesondo nomlinga ne wakho. Abacebisi bezokwabelana ngesondo ngendlela efanelekileyo bangakunika iingcebiso ozidingayo nezisombululo.

ABC: Indlela yokuzikhusela kwisifo sikagawulayo

U ABC unendlela ezininzi ongazisebenzisa ekwabeleni ngesondo ngendlela ekhuselekileyo.

- Ukungabelani ngesondo de utshate: Unokucinga ukuba ukungazibandakanyi kwezesondo luhlobo olulungileyo lokuzikhuselam, ko0dwa kubalulekile ukwazi ukuba oku kubaluleke kuphela xa ungazujikela isigqibo. Ukuba isigqibo sakho yasitshintsha kubalulekile ukuzikhusela. Ukungabelani ngesondo de utshate kunokukunceda ekunikeni iithuba lokukhetha xa uqala ukwabelana ngesondo.
- Ukuthembeka kusebenza xa wena uthembekile nomlingane wakho ethembekile, ekuxhasa futhi eyamkele into yokuba unesifo sikagawulayo Ukuba wena nmeqabane lakho niphila phantsi kwesifo sikagawulayo nidinga ukuba nisebenzise ezinye izikhuseleli njenge khondom nezinye
- Kufumniseke ukuba senzo sokuzibandakanya ngesondo nabantu ababini okanye ngaphezulu ngexesha sisona sonyusa izinga lesisifo kwi sub saharamn Afrika. Uninzi lwabantu beliphondo bazibandakanye kulomkhwa kungezonjongo zabo. Esi senzo senyusa izinga lokusasazeka kwesifo sikagawulayo, kuba uba omnye umlingane unentsholongwane yesisifo ze azibandakanye nesondo engazikhuselanga uthelala ababaninzi ngaso.
- Ukusebenzisa ikhondom ngohlobo olulungileyo kubalulekile. Iikhondom zoomama notate zibalulekile ekwehliseni izinga lesifo sikagawulayo xa zisetyenziswa ngendlela efanelekileyo galo lonke ixesha usabelana ngesondo. Kuxhomekeke kuwe nomlingane wakho ukuba yeyiphi intlobo yekhondom nina enifuna ukuyisebenzisa. Abanye abantu bakholelwa ekubeni ikhondom inciphisa umdla wesondo, kodwa kunendlela ngendlela onokuzenza ukuze wonwabe kubudlelwana

bakho nomlingane wakho. likhondom zomama zinceda oomama kuzikhuseleni.

Unyango kwanokuzikhusela

Kubalulekile ukufikeleleka kezonyango kanemnkathalo xa unesisifo nanje ngoko zifana nokuzikhusela. Ukuzikhusela kubandakanya ukuphila ngendlela efanelekileyo nelungileyo nto leyo iquka ingqondo, umzimba kewanomphefumlo.

Inggqondo: Ngokuphila ngendlela efanelekileyo noku sebenzisa izikhuseli ngendlela efanelekileyo kungakwenza udlale indima enkulu ekuhlaleni, kungakwenza uzive ngcono, uzalisekise amaphopho neminqweno yakho.

Umzimba: Ukuzama ukuphila ngendlela efanelekileyo kuquka uku thintela kokosuleleka sisifo sikagawulayo kwakhona, ukunyanga yonke into enokuthetha/sebenzisa ithuba, ukutya ukutya okunempilo, ukujima kwanokubanethuba elaneleyo lokuphumla, ukungaseli okuyeka iziyobisi kwanokutshaya, ukutya amayeza ngendlela efanelekileyo. Zonke ezi zinto zingakwenza uzive uphilile

Umphefumlo: Ngokufumana iindlela zokwehlisa uxinzelelo, uzithembe, uyazi amalungelo akho, uxelel umntu omthandayo nomthembayo ngempilo yakho kwanokufumana inkxaso kungakwenza uzive wonwabile. Ukuzikhusela kunceda ukuba uzithenbe, wonwabe kwaye ubesempilweni. Ukubanomnqweno wokuphila lelinye lechiza elibalulekileyo kumntu ophila nesifo sikagawulayo. Ukuba unomnqweno wokuphila ngeke ubephantsi koxinzelelo, kodwa ungazithemba ngawe kwanomzimba wakho ungakwimo elungileyo.

55. Yintoni enokwenziwa ekuhlaleni?

Inkxaso yasekuhlaleni:

- Njengommi wasekuhlaleni uyayidinga inkxaso yasekuhlaleni ukuze uzokwazi ukukhukhuliswa yiyo. Udinga inkxaso yasekuhlaleni ukuze ukwazi ukwenza izenzo ezilungileyo Inkxaso yabahlobo ibaluleke kakhulu ekuhlaleni. Le nkxaso ngumgangatho apho ungathetha ngengxaki kwanemiceli mingeni yakho ubuye ukhuthaze abanye abanesisifo.
- Abantu abakhathalela abantu besemakhaya babaluleke kakhulu ekuxhaseni abantu abanesisifo nasekukhuthazeni ukwabelana ngesondo okukhuselekileyo, ukuvavanyela I-STI kwanokusebenzisa amayeza. Oku kunokwehlisa ucalucalulo olwenziwa kubantu abanesisifo sikagawulayo nasekukhuthazeni abahlali ukuba babamkele abantu abanesisifo.
- Abahlali ufuneka bazi ukubaluleka kwendima abanokuyidlala kwanoxanduva abanalo ekuxhaseni abantu abachaphazelekileyo. Bangabaxhasa ngokuthatha inxaxheba kumaphulo okulwa nafundisa ngesisifo, ukufundisa abantu ngesisifo, ukunciphisa ucalucalulo nokungamkeleki kwabantu abachaphazelekileyo. Ngokujonga abantu abanesisifo nokubangumzekelo kubo unganceda ekwehliseni uloyiko kuyabantu abanentsholongwane yesifo ugawulayo.
- Limibutho (engekho phantsi kukarhulumente) inganceda ekuxhaseni abantu ngokubafundisa ngogawulayo kwanokubaxhasa kumaphulo asekuhlaleni, nokukwazi ukujongana noxinzelelo.

Masithethe ngoku namaqabane amaninzi

56. Yintoni ukubanamaqabane amaninzi?

I MCPs yintetho ejongiswe koomama nootata abanabalingane ababini nangaphezulu. Ubudlelwane babo kungenzeka kuthathe ixesha elide okanye elifutshane. Oku kuyenzeka nje nakubahlobo babo, ebasebenzini, kwizivakatsi nakwabanye abantu. Ezi zenzo zenyusa ukusasazeka kwesifo sikagawulayo, kuba ukuba omnye umlingane uzibandakanye nesondo elingakhuselekanga enesifo sikagawulayo unokubesulela nabanye.

Izizathu zokubanantu ababini nagaphezulu ziyohlukana. Abanye abantu bawenza lomkhwa ukuzonwabisa lo gama bewenza bejonge ukuzuza imaliezinye izinto eziphathekayo. Abanye bayenza le nto ukuziphindezela kubalingane babo abangathembakalanga okanye xa beshiywe ngabalingane Imibutho yamazwe angaphandle kunye kweli loMzantsi Afrika kunye nerijini zoMzantsi Afrika zifumanise ukuba ukubanabantu ababini nangaphezulu kwabantu kwenyuse izinga lesifo sikagawulayo. Esi snzo kufumaniseke ukuba senziwa kulo lonke eli yaye sesona sibangela ilizwekazi loMzantsi Afrika libenabantu Abaninzi abanesisifo.

57. Kutheni I MCPs isingatha ingozi engaka yokosulela ugawulayo?

Xa abantu besabelana ngesondo ngaphandle kwe dyasi ka mkhwenyana nabalingane abaninzi, bonyusa amathuba okosuleleka sisifo ugawulayo. Ingingqi ezininzi zenza imiceli mingeni ekuqhutyekweni nokusetyenziswa kwe dyasi ka mkhwenyana. Ukunga lingani ngokwesini kongeza ubunzima ekuxoxweni ngokusetyenziswa kwe dyasi ka mkhwenyana. Emva kwe xesha abalingane bacinga ukuba bayazana kwaye bathembene bayibeke ecaleni idyasi ka mkhwenyana. "kodwa undiyakuthanda uba sisizathu sokuyeka ukusebenzisa idyasi ka mkhwenyana. Le yinto enobungozi kakhulu.

Ukwabelana ngesondo ninga zikhuselanga kusoloko kuyingozi kwaye ngokuya uyenza, ubungozi bokosuleleka ngugawulayo buyonyuka. Umlingane ngamnye ubanalo elinye iqabane elisecaleni abelana nalo ndesondo ngaphandle kwe dyasi ka mkhwenyana. Yonke lo nto yenza ukuba ugawulayo ungene kumntu ngamnye.

Xa umntu osuleleke ngu gawulayo, intsholongwane ibaninzi egazini, yenza kube lula kakhulu kuwo ukosulela omnye umlingane. Thatha umzekelo ka Joseph, onomfazi kunye nelinye iqabane. Iqabane losuleleka ngu gawulayo emva kokuba lilale nenye indoda kuba uJoseph eknye nomfazi wakhe. Iqabane lisenokumo sulela ngo gawulayo u Joseph ngelixa besabelana ngesondo ngaphandle kwe gyasi ka mkhwenyana njengoko I virali lodi yakhe izakube iphezulu ngelixesha. U Joseph xasele osulelekile yena uzakuyiqgithisela kumfazi wakhe ukuba balale ngaphandle kwedyasi kamkhwenyana. Ekugqibeleni abantu abathathu bachaphazelekile-Joseph, iqabane lakhe, kunye nomfazi wakhe-baphela bosuleleke ngu gawulayo. ukuba bayaqhubeka ukuba namaqabane amaninzi, baza kuqhubeka bayisasaze kwabanye, ade omnye aqhawule lo chain ngokuthi azikhwebule ekulaleni, athembeke, azikhusele (umz asebenzise idyasi kamkhwenyana).

Masithethe ngolwaluko

58. Luthetha ukuthini ulwaluko olukhuselekileyo?

Ulwaluko olukhuselekileyo, lulwaluko olwenziwe ngoonompilo abaqeqeshiweyo abafana noogqirha okanye omongikazi njengoko bephikisana nolwaluko olwenziwa ngabaluki bezithethe. Ibizwanangokuba lulwaluko lwendoda ezithandeleyo. Ulwaluko olukhuselekileyo lusoloko lunganyanzelisi. Kuba ulwaluko lungundoqo wenzululazi yokutyanda, zikhona ezinye ingozi kodwa xa ulwaluko lwenziwe ngoonompilo abaqeqeshiweyo, ingozi zimbilwa, ezinye ingozi zingathathelwa ingqalelo ngabaqeqeshi ngoko ke akululanga ukuba kubekho ubunzima.

59. Ingaba ulwalu luyandikhusela ekwasulelekeni yi HIV, nasekwasuleleni abanye abantu nge HIV?

Ewe, ulwaluko luyanceda ukukukhusela ekufumaneni i-HIV ngokwabelana ngesondo. i-World Health Organisation ne UNAIDS bafumanise ukuba amadoda olukileyo anamathuba amancinci ekwasulelekeni yi HIV, okanye ukwasulela abanye abantu. Ulwaluko lwamadoda alokho 100% ekukukhuseleni kwi HIV. Ngoko ke nangona walukile kunyanzelekile uqhubekeke usebenzisa ikhandom xa usabelana ngesondo, uneqaba elinye, uthembekile, okanye ungabelani ngesondo.

60. Ingaba “Ulwaluko lwamadoda olukhuselekileyo” luthetha ukuthini?

Ulwaluko olukhuselekileyo lwamadoda luthetha ukuba ulwaluko lwenziwa ngugqirha wezempilo okanya unesi, hayi ingcibi. Lukwabizwa ulwaluko lokuzikhethela. Ulwaluko lwamadoda kufuneka lusoloko lwenziwa ngokuzikhethela komntu.

Kuba ulwaluko ulutyando oluncinci, nobungozi balo luncinci, kodwa ukuba lwenziwe ngu ngqirha okanye inesi eqeqeshiweyo ubungozi balo bubuluncinci kakhulu. Nayiphi na ingxaki onokwenzeka ingasonjululwa ngokukhawulezileyo, ambalwa kakhulu amathuba eengxaki ezinokwenzeka.

61. Ndingayaphi xa ndifuna ulwazi oluphangaleleyo?

Izibhedlela ezininzi ne kilinikhi, noogqirha babucala benza ulwaluko lwamadoda azithandeleyo. Thetha no gqirha wakho, umongikazi okanye oonompilo basekuhlaleni ngenkcukacha ezithe veje.

Masithethe ngokukhusela umama ekosuleleni umntwana Ukukhuseleka ngokuthe ngqo

62. Andisokuze ndikwazi ukuba nabantwana?

Nangona kusoloko kukho ubungozi bokosulela ugawulayo kumlingane nomntwana, ugcwangciso olutsha luqulungiwe ukuhlisa ingozi kubantu abadala abafuna ukuba ngbazali. Ukwenza isisigqibo sokuba nomntwana sibaluleke kakhulu nothatha ingcinga ezininzi elungiselela. Yinto efuna uyxoxe nogqirha wakho kunye nomlingane ngaphambi kokuba wenze isigqibo sokuba nomntwana. Ezi zilandelayo zezinye zezinto ongathi uzicinge phambi kokuba uzame ukuba nomntwana:

- Akukho siqinisekiso sokuba umntwana akazokosuleleka ngugawulayo. Ukosulelwa komntwana ngumama kudla ngokwenzeka xasele kukufuphi okanye ngelixa azalayo, kodwa isenokwenzeka ngelixa ancancisa ngalo.
- Ubungozi bokugqithisa intsholongwane emntwaneni ngelixa umithi naxa ubeleka buninzi, ukuba umama unyuse izinga likagawulayo egazini lakhe namanani amajoni okanye CD4 cells ambalwa.
- Sesinye sezizathu zokuba kutheni kubalulekile ukwazi amajoni wakho nokuba nokuba uyazithabatha okanye awuzithabathi iARVs. Konakona ngokuya amajoni akho enyuka, uye unyuka umlinganiselo wentsholongwane egazini lakho.
- Oomama abanogawulayo abathatha i-antiretroviral medications ngelixa nasemva kokuba bekhulelwe bangahlisa ubungozi bokosulela intsholongwane kubantwana babo ngelixa bezala naxa bencancisa. Ngenxa yalento, oomama abanogawulayo elizweni bakhetha ukuthatha ii-antiretroviral (ARVs) ngelixa bemithi nasemva kokumitha nabantwana bayayifumana intsholongwane. Ugqirha wakho uzozazi ii-ARVs ezimlungelayo umama onogawulayo kwilizwe lakho.
- Abanye oomama bangathatha amayeza kagawulayo ukukhusela impilo emva koko bamithe. Ukuba le nto yenzekile, banako ukuthetha nogqirha babo bangqumshela ubungozi ne noncedo lweziyobisi emntaneni kwaye amayeza afuna ukutshintshintshwa.
- Amazwe eSub-Saharan, Afrika agxile kukhuseleko lokutyisa imveku ngokuyalela.
- Uninzi lomyalelo luthi makungancanciswa kwinyanga ezintandathu zokuqala
- zomntana oyimveku onomama onogawulayo ezinye ziyalela ukuba mntana atyiswe ubisi lwabantwana oluthengiweyo. Onompilo bakho bazakunika umyalelo osemgangathweni osuka kuMphathi wezeMpilo elizweni lakho. Oomama abamithiyo baxoxe ngokulungiselela indlela yokutya kunye nonompilo babo ngaphambi kokuba baleke ukuze bavumelane ngendlela yokondla abazakuyisebenzisa. Ezindaweni apho amanzi kunye nezempilo zinqongopheleleyo akulunganga uncancisa kwinyanga ezintandathu zokuqala nangona ARVs zibonisa ukhuseleko ekukhuseleni ulosulelo likagawulayo nezinye izigulo zemveku ezinje ngezi idiarrhoea kunye (nerespiratory infections). Buza onompilo ukuba awuqinisekanga ukuba alungile na amanzi endawo ohlala kuyo
- Kubalulekile nokuba ukhumbule ukuba ukuyeka ukuncancisa uncancise ititi kwaye emva kwibele yinto ebizwa ngokuba “ngumxube wesondlo”, inyusa izinga lokuba

umntwana asuleleke sisifo ugawulayo. Xa sithetha ngo "mxube wesondlo", siquka nokumnika nayiphi na into eselwayo (siquka amanzi), okanye nakuphi na ukutya okunyanzelekileyo xangaba usondla. Bayalelwe Oomama ukuba bangabaxubeli abantwana ukutya kwinyanga ezintandathu zokuqala ebomini njengoko lo nto inyusa izinga lokosuleleka.

- Emva kwenyanga ezintandathu, umzimba womntwana sele ukulungele kwaye udinga ukutya okuninzi ukuze aqhubeke akhule. Ngoko ke, ukuba umama ugqiba ukubeni aqhubeke nokuncancisa imveku emve kwenyanga ezintandathu, umxube wesondlo (ukuxuba ukutya okunyanzelekileyo kunye namanzi) kulungile ayinabungozi (umzimba womntwana sele ukulungele oko) kwaye iyafuneka khona ukuze umntwana aqhubeke akhule. Jikelele, siyalela ukuba Oomama abanogawulayo babancancise abantwana babo bade babe nenyanga ezilishumi elinambini, baphinde ukutya okunyanzelekileyo.
- I-Caesarean section ingehlisa amathuba okosulela umntwana kodwa buninzi ubungozi bempilo esesichengeni ebandakanye Oomama. Ilali ezininzi zikude nezibhedlele ezingenza I Caesarean sections lento izakuthethwa noGqirha okanye Oonopilo.
- Enye indlela yokuthi ube nomntwana kukuthi amkele umntwana njengowakhe. Abantu abadala abaninzi bacinga ukwamkela abantwana njengababo, ngaphandle kokucingange ngxelo zabo zika gawulayo. Xhumana nabantu abalungile koontlalontle. ukufumana imithetho emayelana nolwamkelo lomntwana njengowakho ilizweni lakho.

63. Kwenzeka ntoni xa ndikhulelwa ndingacingelanga?

Ukuba uye wakhulelwa kubalulekile ukuziphatha kakuhle ukukhusela impilo yomntwana ongekazalwa. Xa ufumanisa ukuba ukhulelwe, kubalulekile ukufumana uncedo lokukhuliswa komntwana kwi-OB/ GYN clinic ukwenzela ukuvavanya kunye neVitamins. Njengokuba unentsholongwane i-HIV, ugqirha wakho angakunika amacebiso okunceda ngasuleli umntwana ngentsholongwane. Into ebizwa ngokuba yi Prevention of mother to child transmission (PMTCT), ukuba ubungacebanga ukukhulelwa, zikhona izinto onokuzenza. Ukukhulelwa ukwishumi elivisayo kunokuba yinto eyoyikisayo kodwa bakhona abantu abanokunceda wenze ukhetho olubalulekileyo kuquka ugqirha wakho. Usenokugqiba ngokunikezela ngosana lwakho okanye uvumele akhuliswe ngabazalana nawe ukuze ude ubesendaweni apho uzokwazi ukumkhathalela ngokwakho umntwana wakho. Xa usenza isigqibo sokuba uyakwazi okanye akukwazi ukumkhulisa umntwana wakho, cingisisa nzulu ngomba wemali, ukumfundisa nendawo enizokuhlala kuyo nokuba ngubani ozakuncedisa ukhulise umntwana. Thetha nabantu abakungqongileyo nobathembileyo ukuze bakunike amacebiso.

64. Zeziphi izinto ezisenokuba yinyani okanye bubuxoki ngePMTCT?

UBUXOKI: Indoda kufuneka ibe nesifo esosulelayo sesondo amaxesha amaninzi ukuze ibonakale iyindoda yokwenene.

INYANISO: i-STIs zibangela ukuba ubene HIV kwaye ukuhlala ufumana i-STIs kunokubangela ufumane ukungazalisi kunye nobuhlolo, ngoko ke akubalulekanga ngamadoda ukuba ne-STIs ukuze abonakale engamadoda okwenene ngokuba ibeka impilo yayo esichengeni kunye nempilo yamaqabane awo.

OKUSEZANTSI: Amadoda afanele azikhusele kwezocantsi ngamaxesha onke abazi ubume bawo nge-HIV.

UBUXOKI: Ukuba iViral Load zomntu okwi-ARVs zingabonakali lomntu akanoyo lentsholongwane yeHIV kwaye akakwazi ukosulela abanye.

INYANISO: Umntu unako ukosulela abanye nokuba iviral load yakhe ayifumaneki. Ezi viral load test zisetyenziswa ekufumaniseni ubungakanani bentsholongwane emzimbeni wakho. Uzohlala unayo le ntsholongwane emzimbeni wakho kuba ayinyangeki.

UBUXOKI: Ubume beqabane lam nge-HIV kuyafana nobam, ngoko ke, ukuba iqabane lam liye langena kwiprogramme ye PMTCT lo nto ithetha ukuba nam ndinayo le ntsholongwane yeHIV.

INYANISO: Yinto eqhelekileyo ukufumanisa ubume beqabane ngeHIV abufani. Kubalulekile ukuba iqabane ngalinye liyokuzijonga ubume balo ngeHIV ngokuba akusoze wazi ukuba ubume benu abufani na.

OKUNGEZANTSI: Ubume beqabane lakho ngeHIV abufani nobakho. Zazi ukuba unjani. Ubuxoki: AZT inceda abakhulelweyo abanale ntsholongwane yeHIV.

INYANISO: AZT kunye nezinye i-antiretroviral ngamachiza ahlisa ukosulela umntwana ngumama xa ekhulelwe, xa ezalwa kunye nokuncancisa. Ayiyiphelisi le ntsholongwane yeHIV/AIDS.

OKUNGEZANTSI: Alikabikho ichiza lokuphelisa le ntsholongwane ye HIV/AIDS.

IMITHI: Kulungile ukunika usana lwam ubisi olweziwayo xa ekhona amanzi acocekileyo okuxuba ngawo kunye nokuncacisa usana lwam xa engekho amanzi acocekileyo

INYANISO: Ukutsintsha ekuncanciseni ukuya kwiBotile uphinde ubuyele ekuncanciseni kwakhona, into ebizwa ngokuba yi-“mixed feeding” lonto inyusa indlela zokuba losuleleke usana lwakho yiHIV kwinyanga zokuqala ezintandathu. emvakwenyanga ezintandathu, xa imiphakathi yosana ikhula, usana luyazifuna ezinye i-Colories ukutyisa okwahlukeneyo abunabungozi kwaye kubalulekile ekukhuleni kosana. Ngoko ukuba usana luyancanca, ukutyisa okwahlukeneyo xa usana lunenyanga ezintandathu kubalulekile ekukhuleni kosona.

UBUXOKI: PMTCT yinto eyenzelwe omama abanosana bodwa.

INYANISO: PMTCT yinto eyenzelwe usapho lonke, oomama, abazali, kunye nabantwana abafuna uncedo lwentsapho ukuze zikwazi ukusebenzisa iinkonzo zePMTCT ngolungelwelwano.

OKUNGEZANTSI: Masabelane ngeembopheleleko.

Ubuxoki: iinkonzo zesondo kunye ne-reproductive zempilo zenzelwe oomama ngokuba banikela ulwalathiso lokuphila kosapho.

INYANISO: Ezinkonzo zenzelwe amadoda nabafazi. Amadoda kufuneka azingenele ezinkonzo ngokuba zilungele impilo yawo, ezamaqabane abo, kunye nempilo yabantwana.

OKUNGEZANTS: PMTCT ngeyo sapho lonke.

IMITHI: Usana lwam alukwazi ukufumana i-HIV ndisitya ii-ARVs.

INYANISO: PMTCT ayikwazi ukwenza umama angalosuleli usana ngalo lonkeixesha, iyawanciphisa amathuba okosulela usana. Abazali abane-HIV kufuneka banikwe ulwazi olufanelekileyo ngaphambi kokuba benze isigqibo sokuba nosana.

IMITHI: Ukuba akuguli lonto ithetha ukuba akunayo intsolongwane ye-HIV.

INYANISO: Eyona ndlela yokwazi ukuba akunayo kukufumanisa kugqira ukuba unayo okanye akunayo.

OKUNGEZANTS: Yazi ukuba impilo yakho injani ngokwenza uvavanyo lwe HIV.

Masithethe ngeeMvakalelo

65. Ndinokulufumana njani uncedo ngeemvakalelo zam?

Abona bantu unokufumana kubo uncedo ngabantu obathembileyo nabakwaziyo kwaye bakwamkele wena neHIV yakho. Amaxesha amaninzi kulula ukuthetha nosapho lwakho, abantu ohlala nobo, ootishala, akanye abahlobo abaziyo ukuba uphila nalentsholongwane yeHIV. Usenako ukuthetha noNontlalontle , ugqira wengqondo okanye indawo enikela uncedo ngezobomi. Basoloko besazi lukhulu nge-HIV banokukunika uncedo oluphambili.Ukuba ukholiwe, unokufumana ukuxola kwindawo okhonza kuyo.

66. Ndingayaphi ukuze ndithethe okanye ndibe phakathi kolunye ulutsha olunalentsolongwane ye-HIV?

Ulutsha oluninzi olunalentsolongwane yeHIV ilufumana lula uncedo xabe phakathi kwabanye abanalentsolongwane ye-HIV. Xa igquba labantu linengxaki enye yokugula baye badibane kunye baze banikelane uncedo , ibizwa ngokuba yiPeer Support group. Eligquba loontanga luncedanayo likhona ngengxa yolutsha olunale ntsholongwane yeHIV.Ukuba ukhethe ukungenela eligquba lolutsha luncedayo, uzodibana nolunye ulutsha olucinga noluvakalelwa njengawe, lusakha ubuhlobo. Ukuba unomdla wokungenelela eligquba lontanga luncedanayo okanye ukuba ufuna ulwazi ngezinye iindawo onoyakuzo, thetha noNontlalondle wakho, umongikazi okanye iindawo ezinikezela uncedo ngempilo ngokuthi ufumane kwindawo ohlala kuyo.

67. Ngoluphi utshintsho endilufumanayo ngendlela endiphathwa ngayo nje ngokuba ndimntsha kwaye ndine-HIV?

Ukuba ubone HIV ubomi bakho bonke, izinto zingatshintsha njengokuba ukhula. Unokufumanisa ukuba abantu bakubuza imibuzo nge-HIV.Ngokomzekelo, xa ungumntana wesikolo uze uyekwindawo yeKlinikhi yoNyango, abanye abantwana basenokungabi namibuzo, kumele ukulungele ukuphendula imibuzo evela kwabo ufunda nabokunye nabahlobo abanokubuza ngale-HIV, okanye ngotshintsho olwenzeka emzimbeni wakho ngengxa yamayenza owasebenzisayo ukuzilungiselela ngalemibuzo inokuthi ikucedo ukwazi ukubahoya.Yiba ngothembekileyo ngendlela ovakalelwa ngayo, kwaye ukhumbule ukuba umzimba wakho ngowakho.Unokuzifumana ufuna ukuxelela abanye abantu ukuba une-HIV, kodwa ungenzi njengokuba wawusenza njengokuba wawusenza usakhula. Kodwa ke usenokuzifumana ufuna uncedo ngaphadle kwentsapho yakho kunye nabanikela ngamachiza. Mkhethe kakhuhle lowo ufuna ukumchazela, uze ulungiselele nendlela azokuvakalelwa ngayo.

68. Kumele ndenze ntoni xandisiva kabuhlungu okanye ndingena vuyo?

Ngamanye amaxesha kulungile ukuva kabuhlungu ukhale. Ezimvakalelo zingaphakathi kuwe kwaye uzakuziva ngamanye amaxesha, kubalulekile ukwazi ukuba iimvakalelo ezinamandla yinto eqhelekileyo kulutaha.Lonke ulutsha lunamaxela luqumbe, luvekabuhlung, liphazamiseke, kunye nokoyika iiHormones zinokuchaphazela umdla wakho, ingakumbi xa ukwixesha elivisayo, ukuva kabuhlungu okanye ukuqumba kuqhelekile, ingakumbi xakusondele ixesha lokuba sexesheni lwamantombazana.Njengokuba ibalulekile

kwaye isebenza ukwazi umzimba wakho, kuhle ukufunda ngeendlela zokuziphatha xunemvakalelo ezibuhlungu. Nazi izinto ezinokunceda uvakalelwe ncono:

- Mamela umculo omthandayo.
- Bhala ngendlela ovakalelwa ngayo, ukubhala umbongo okanye ingoma ovakalelwa ngayo.
- Kunokunceda ukubhalela umhlobo wakho incwadi, ilungulwentsapho, uThixo, umntu owafayo, okanye umntu ongekathethi naye ixeshana, inokwenza uzive ngcono.
- Funda incwadi uze ususe igqondo yakho kwingxaki zakho.
- Bukela umboniso omthandayo nowakumabona kude.
- Zoba okanye wenze umsebenzi wezandla azonceda uveze indlela ovakalelwa ngayo. Nokuba ucinga ukuba awukhomhle kangako lomsebenzi wezandla zakho, kodwa ukuba uwenza ngokusuka entliziyweni nangendlela ovakalelwa ngayo, inokunceda.
- Zilolonge.
- Thandaza.
- Thetha nomntu ovakalelwa ukuba usondele kuye ngendlela oziva ngayo, lento inokwenza uziqonde kakuhle iimvakalelo zakho yaye uqonde ukuba ayinguwe wedwa.

69. Kuthetha ntoni ukuxinezeleka?

Izenokwenzeka ukuba ukhe weva ngegama elithetha ngoxinezeleko. Zininzi iindlela ezichaza okanye iindidi zokuchaza into elithethayo. Kubalulekile ukwazi izinto ezibalulekileyo ezifana nokufa kwelungu lwentsapho, ukungaphumeleli eskolweni, okanye ukungabinampilo kunokwenza abantu bazive “bexinazelekile” okanye bave kabuhlungu kangangexeshana. Lento iqhelekile yaye abantu abaninzi bafumanisa ukuba uxinezeleko luye luphele emvakwexesha. Kubalulekile ukwazi oku ngabanye abantu. uxinezeleko kungayinto enobungozi empilweni yethu. Njenge HIV, uxinezeleko yinto edibene nogqira. Iziphumo kuxa amachiza asengqondweni engasebenzi kakuhle. Uxinezeleko olungaphaya lusenokunyangeka ngokusebenzisa amachiza kagqira. Ukuba akhonto isebenzayo ozama ukuyenza ukuze unciphise ubuhlungu bakho, usenokuba uxinezelekile okanye ufuna uncedo. Xa uxinazelekile ubona ngezizinto:

- Ukuva kabuhlungu okanye ungonwabi ixesha elide
- Ukuziva ungafuni ukwenza izinti oqhele ukuzenza
- Ukungabi namoya wokwenzanto, okanye ukuhlaziyeka, okanye uzive uphakuphaku.
- Ukuziva unetyala okanye okanye ungenathemba ngekamva
- Ukuziva uqumbile
- Ukuhlala ukhathazekile
- Ukufumanisa kunzima ukwenza izigqibo
- Ukuhlala ukhala, ngamanye amaxesha ngaphandle kwesizathu
- Ukuhlala uwedwa ixesha exesha elininzi uphepha abahlobo
- Ukutya kakhulu okanye kancinci. Ukutyeba nokubhitya
- Ukulala ngalo lonke ixesha okanye ungalali
- Ukuziva udikiwe
- Ukuziva ungafuni ukuphila okanye ucinge ngokuzibulala.

Ukuba ucinga ezinye zezizinto zixela indlela ozivangayo, Usenokuba uxinezelekile okanye ufuna uncedo. Ukuthetha noNontlalontle okanye ugqira wengqondo okanye abantu

abaqeqeshelwe ukuthetha nabantu banokunceda. Ungaya nakwi-Clinic yakho okanye oogqiraabanokwazi ukunika ulwazi lokuba ungawafumanaphi uncedo ngamayeza. Ngokudibene nokuncedwa, akhona amachiza aye aboniswa anceda uxinezeleko, kodwa kufuneka athathwe ngokwemilinganiselo enikezelwa ngoogqira. Kubalulekile ukuba ugqira awazi amachiza owasebenzisayo ukuze ungaguli xa uwasebenzisa onke amayeza. Ukuxinezeleka kuxhaphakile kwaye kuyanyangeka. Kodwa, ukuba uyakuyeka, xakubuya kuyagabadela. Ukuba ukuxinezeleka uyakuyeka kunokwenza usebenzise utyala neziyobisi nezinye izinto ezenza abantu bazive zibingamele. Inokubangela ucinge ngokuzibulala, into ebizwa ngokuba yi-“Suicide”.

70. Yintoni endinoyenza xandicinga ngokuzibulala?

Ukuba ucinga ngokuzibulala, kufuneka uthethe nomntu ngendlela elungileyo. Sukuvumela uzive unentloni okanye ucinge abantu bazocinga wohlukile. Oku kusisilumkiso kwaye umntu omthembileyo emele ayazi indlela ovakalelwa ngayo. Xela kwi-Clinic yakho okanye ugqira wakho. Banokudibanisa noNontlalontle okanye ugqira wenqondo abanokujonga ngokungxamisekileyo kwaye bazame ukunceda ngayo nayiphina indlela. Unokuthetha nomntu omthembileyo, ofana nomhlobo, utitshala, utishala oqeqeshelwe ukumamela iingxaki zabafundi, okanye umzali okanye umntu ozalana naye. Khumbula ukuba awuwedwa bakhona abantu abanokunika uncedo. Ukuba nengcinga zokuzibulala unokuncedakala. Sukunikezela ngobomi bakho. Ukuba umhlobo wakho ukuxelela ucinga ngokuzibulala, kubalulekile ukuxelela umntu omkhulu okanye onokunceda ngokukhawuleza. Ungaze ucinge ukuba umhlobo wakho uyadlala.

71. Ndingancedakala njani ukumelana nento yokukhumbula abazali bam okanye izizalwane zam abafayo bebulawa yi-AIDS?

Xa umzali okanye isizalwane sakho sisifa, lonto ingatshintsha ubomi bakho bonke. Kubalulekile ukuxela iimvakalelo zakho ngokufa, nokuzama ukugcinga iinkumbulo zobathandayo ziphila. Ungenza nayiphina into enokwenza ukhumbule abo ubathandayo ezithi zikwenze uzive usondele kubo. Ungabhala neencwadi uxelela abo ubathandayo izinto owawufuna bazive ngaphambi kokuba bafe okanye izinto ofuna bazazi ngobomi bakho kunye nento oyenzayo. Ungathetha ngezinkumbulo zakho kwabo ubathandayo. Ungenza nencwadi enemifanekiso yezikhumbulo zakho ukunye nabo. Kubalulekile ukwazi ukuba usaphila kwaye kufuneka uqhubeka nobomi bakho. Lento inothatha ixesha ukuyiqonda. Qonda ukuba ababantu bazosoloko bekunye nawe kwinkumbulo zakho.

72. Ndingaqhubeka njani ndikhumbula umhlobo obulewe yi-AIDS?

Kubalulekile ukwenza isigqibongendlela ozokhumbula umhlobo wakho, usenokubhala into ngomhlobo wakho, ucinga ngenkumbulo ezibalulekileyo kuwe, okanye ugcine imifanekiso yenu. Ngamanye amaxesha kuyanceda ukuthumela umbalo kwintsapho yomhlobo wakho ubachazela inkumbulo zenu ninobabini okanye indlela ocinga ngayo ngomhlobo wakho. Lento iyinto elungileyo ngawe kunye nentsapho yomhlobo wakho. Zama ukucinga ngendlela umhlobo wakho awayenegalelo empilweni yakho kunye neyabanye abantu kunye nezinto ezibenza bonwabe. Ukuba ucinga ngexesha awayevuya ngayo umhlobo wakho, inokunceda ukhumbule ubomi benu babunjani.

73. Ndingahlala ndibucina njani ubomi bam?

Kubaluleke kakhulu ukubekela imigaqo siseko emide, okanye imigaqo ofuna ukuyifeza enyangeni okanye eminyakeni. Cinga ngezinto ozifunayo ngemfundo yakho, ubuhlobo obenzayo, ikamva, uthando, okanye nantoni ebalulekileyo kuwe. Okulandelayo unokucinga ngendlela onokuyifeza ngawo lemigaqo. Kufuneka uzibekele emifutshane iigaqo, okanye imigaqo onokuyifeza namhlanje, ngomso, okanye kwiveki elandelayo enoba yinto elula efana nokuxelela ozalana nabo izinto ezimnandi okanye uyeke ukusebenzisa utywala nezinyobisi. Zinike umvuzo xuthe wafeza lemigaqo, nokuba ithathe ixesha elingakanani, okanye ukuba wenze into, okanye wenze utshintsho ezokwenza uzive unebhongo ngawe. Kubalulekile ukuhlala usexesheni kunye nokuzivisa kamnandi kangangoko unako ebomini bakho. Lento isenokwenza unbone ukuba ubomi bakho bubaluleke kakhulu kwaye kumele uzivise kamnandi kangangoko.

74. Ningazenzela njani lemigaqo ngam?

Ukuba uyalikhumbula igama, "SMART", inokwenza kubelula ngawe ukukhumbula imigaqo yakho ibengantoni.

Okuthengqo: Qiniseka ukuba imigaqo ilula kwaye ujonge phambili ngezinto ofuna ukuzenza ngobomi bakho. Umzekelo mhlambi ungannqwenela ukuba nosapho lwakho xufikelele 30 ngeminyaka.

Measurable: Ukuba uyayibona indlela kunye nokukwazi ukwenza lemigaqo iphumelele, izokubangela uwaqonde amanyathelo okufuneka uwathathe ukuze uwafe. Umzekelo, ukuba umngaqo wakho kuphumelela kwanokholeji, uzakuzibona usenza inqubela ekubeni uphumelelise imigaqo xugqibe amabanga aphakamileyo.

Efumanekayo: Qiniseka ukuba imigaqo yakho iyafikeleleka. Musa ukuzibekela ukuphoxeka ngokwenza imigaqo engafikeleliyo.

Eyinyaniso: Cingisisa ngendlela ozakuyifeza ngayo lemigaqo ezokuba lula ngawe ukuyilandela. Lonto izokwenza ubenovuyo ekuzifumaneni.

Time-oriented: Yibekele ixesha imigaqo yakho ukunceda uhambe ngayo.

75. Ndenze ntoni xa abafu noda bam bayaqumba okanye babenesikhwele ngezinto endifuna ukuzenza?

Abantwana bakowu, nokuba bane-HIV okanye abanayo, bahleli zizochaphazeleka iimvakalelo zobo ngenxa yesizathu sokuba une-HIV. Basenoba buhlungu ngento enokwenzeka kuwe nokuthi kuzokwenzeka ntoni kubo xungekho. Njengawe, abantakwenu bafuna ukuziva benethemba kunye nokuba nethembela kwikamva. Theta nabantakwenu nge-HIV kunye nobomi bakho. Ukuba abantwana bakoweni bavakalelwa ngathi abahoyekanga kangako, kuyakunceda ukuchitha ixesha kunye nabo uze ubanike ithuba lokwenza izinto abangcono kuzo okanye izinto abathanda ukuzenza. Ukuqhubeka uthetha nabo ngeyona londlela ezakunceda ubuhlobo benu.

76. Ndingenza njani ikuze ndinqande abazali bam okanye abantu abandigcinayo bayikhathelele indawo yam?

Usenokuvakalelwa ngathi abazali okanye abakukhatheleleyo basekukhusela ngokubaxiwyo kwaye bakuphathe ngokwahlukileyo. Kubalulekile ukwazi ukuba bakukhathelele kwaye bayakhathazeka yimpilo yakho kwaye yiyo lonto bezidibanisa kubomi bakho. Kunokuba uqhumbwe okhanye udimamazeke ngakubo xubona ukuba abayikhathethe indawo yakho, zama ukuthetha nabo. Bacacisele ukuba uyayazi badimazekule ngempilo yakho, kodwa uyafuna ukuzimela, ezifana nencwadi okanye uncokole nabahlobo bakho ecaleni. Lento inokubanceda babone ukuba ukhulile ukuba unganazo izinto ezizoba zezakho ebomini.

77. Kuthekani ukuba abazali okanye abandikhatheleleyo bengafuni ndithethe ngesisifo nakubani?

Ezinye intshapho okanye abanikezela uthando benza isigqibo sokugcina iyimfihlelo i-HIV. Usenokungavumelani nesisigqibo, kodwa zikhona izizathu izizathu zokuba kugqitywe njalo. Basenokucingela ukuba abanye abasenokuphatha ngendlela eyahlukileyo okanye bangakwamkeli. Basenokoyika ukohlukana nenxaso esuka kumanyenye amalungu entshapho okanye abahlobo. Basenokukhathazeka ngokulahlekelwa ngumsebenzi okanye okanye ukungamkelwa ngabahlali. Kodwa ke, inokwenza ingqondo isebenze kakhulu kwaye uzive ulilolo ngokugcina lento iyimfihlelo, ingakumbi xa ukhula usibamda. Eyonanto inokunceda unoyenza kuzama ukunxibelelana nentsapho yakho ngento oyifunayo. Ukuba ukhona lomntu ubawela ukumxelela, njengomhlobo okanye utishala, ubacacisele ukuba lomntu angayigcina imvihlo yakho nangendlela onovakalelwa ngcono ngayo xabesazi nge-HIV endiyayo. Ukuba bayaqhubeka bengafuni uthethe ngalento, kubalulekile ukuxoxa phandle ngalomba. Lento inokundanceda ndikwazi ukumelana nokugcina i-HIV iyimfihlo ebantwini, kwaye qiniseka ukuba unaye umntu ozothetha naye ngendlela ovakalelwa ngayo ngokunqamene ne-HIV yakho.

Masithethe ngekuziveza

78. Kutheni umele uthethe ngempilo yakho?

Ukuthetha nge-HIV yakho ayonto ilula kwaye isenokoyikisa, kodwa isenokunika amandla. Naphambi kokuba uthethe ngayo, kubalulekile ukucinga ngalomntu ufuna ukumxelela, njani kwaye nini, kunye ukucinga ngomntu ofuna ukumxelela nendlela anokothuka ngayo. Kubalulekile ukuba ukuthetha ngesisifo kuyaphumelela; ngoko ifuna ukucingisiswa.

Zininzi izinto ongenelwa zizo xa uthethe wathetha nge-HIV onayo:

- Abo bakhuthadayo nabo bakhukhathaleleyo banokwazi ukundikwazi ukundikhuthaza kwaye ikwenza kubelula ukucela uncedo xa ulufuna. Abokuthandayo bekukhuthaza banoku tyalela udlule kumaxesha anzima baze bavuyisane naye xabedulile.
- Ukuba ugcina into isemfihlakalweni isenokuba ngumqobo engqondweni kwaye yongeze emzimbeni. Akukugxwaleka kungancitshiswa ngokuba uye wathetha nge-HIV yakho.
- Njengokuba uthetha uye uxelele abantu obathembayo nabakuthandayo. Nonke ningakwazi ukusebenzanabanye kukunceda uohile ubomi obide, nobusempilweni.
- Xa uyewathetha nge-HIV yakho kwindawo ohlala kuyo uyanceda ekunciphiseni imfihlelo, ukujongwa kakubikunye nokukhethwa xa une-HIV, kwaye uvula amasango ukuze abahlali bakwazi ukhuthaza obantu abaphila ne-HIV (PLHIV) kunye naphakathi kwi-PLHIV.
- Xuthetha ngokuphandle nge-HIV, ezinye ii-PLHIV kwindawo ohlala kuyo zinokulandel ekhondweni lakho zize nazo sithethe ngokuphandle nge-HIV yazo.

79. Ngubani okumele umxelele ngemeko yakho?

Ungagqiba ngoba uveze ubume bakho kubantu abahlukene ngenxa yezizathu ezininzi oko kungaquka:

- Usapho nabahlobo: Ungafumana inkxaso noncedo.
- Iqabane lezesondo: nikwazi ukuba nixoxe ngendlela zokukhusela kunye kwaye niye aye kuthethiswano azivelayo kwaye bavavanye i- (VCT) kunye.
- Abanikezi nkonzo: ukukwazi ukungena kunqando, unyango, inkxaso kunye nenkonzo yokhathalelo, kunye nenkcukacha.
- Iqela le-PLHIV elixhasayo: ukwabelana ngezimvo, impumelelo kunye nemiceli mngeni kwaye ninikane inkxaso.
- Abaqashi kunye nabantu osebenza nabo: bakwazi ukufumana inkxaso yasemsebenzini kunye baxxhamle kwezempilo ezingafumaneka kwindawo yokusebenzela.
- Khumbula ukuba ukuba wena neqabane lakho nobabini niHIV, kulungile ukuba nabelane ngesondo khuselekileyo kwaye ubaleke uphinde nifakane ngeHIV ezahlukeneyo.

80. How do I tell a boyfriend or girlfriend that I am HIV-positive?

Ukuxelala umntu omkhathaleleyo ukuba usulelwe ligciwane leHIV akukho lula. Kodwa kubalulekile ukuba umntu umntu odibana naye emzimbeni nasemathandweni azi ukuba

usulelekile. Yinto elungileyo ukuyenza. Ungoyika ukuba soze afune ukubanawe kwakhona oknaye uza kucaphuka ukuba ugcine imfihlo. Kunzima ukwazi ukuba umntu uza kuthini.

Ukuba uyamthemba umntu ngokuphelele ukubanaye koko kufuneka uthembe lo mntu ngenyaniso. Ukuba lo mntu wenza kakubi, nook ukhusele imilo yakho kunye neyabo ngokubanenyani. Ukuba uyaxoka emntwini osondele kuye ingabuhlungu kwaye ingadina. Ukuba umntu uyakwamkela ukugula kwakho kwaye ufuna uqhubeka nobudlelwane, uza kuziva nook ukhululekile kwaye usondle kulo mntu. Kwaye ukwabelana ngomthwalo ukukhusela wena kungakwenza lula.

Ukulungisa inevu yakho ukuthetha ngesigulo kunganzima kakhulu. Ukuba ucinga iza kunceda, ungabuza unontlalontle okanye abanye banikezi mpilo ukuba babekhona ngexesha lengxoxo. Cinga nokuba ufuna ukuthini kwaye ufuna ukuyitsho njani. Xelela iqabane lakho ukuba ufuna ukuthetha nalo ngento engekho lula kuwe.

Mcacisele ukkuba kubaluleke kangakanani ukuba ukuba ubenenyani kuye. Kungafuneka uthso into efana nale:

“Inzima kakhulu lento kum ukuba mandiyenze kodwa ngaphambi kokuba ubudlelwane bethu buqhubeleke phambili, kukhona izinto ngam endicinga ukuba kuneka uzai. Ndi-HIV kwaye ndizama nzima ukuhlala ndisempilweni. Ndikuxelela kuba nawe ndifuna uhle usempilweni.”

Umntu angaphendula ngemibuzo emininzi ukuba uyifumane njani intsholongwane, iinkcukacha zonyango kwaye ingaba ngubani omnye sele umxelele.

Kufuneka uphendule le mibuzo kwinqanaba apho uziva ukhululekile. Akufuneka ukuba uxele ngaphezu kokuba ufuna. Ulwazi oluhle nika uluvo lokuba ungayidlulisa njani iHIV kwaye ungangayidlulisi njani. Iqabane lakho linganoluvo oluncinci ukuba ukubaneHIV kuthetha ukuthini. Umntu anagadinga ixesha elithile ucinga ngayo. Khuthaza iqabane lakho lizame ukuba afumane iinkcukacha ngokwakhe. Kwazi ukuba unike iqabane lakho ithuba kwaye uvuleke kwiingxoxo. Akulunganga ukuthi,

“NdineHIV ngoku, ngoku uyazi andifuni kuthetha ngayo kwakhona.” Kwaye khumbula ukuba ubudlelwane benu akufuneki ukuba bube buqiniseke kakhulu nibe nithetha ngeHIV. I-HIV ibalulekile, kodwa ayiyo lonto kuphela ngawe. Usenomdla neengcinga.

Khumbuza umntu ukuba usengulamntu omnye ngaphambi kokuba ubaxelela ngesigulo sakho. Faka umntu ebomini bakho ngendlela eniziva nonela ngayo. Thetha ngemvakalelo yakho kwaye ukuba bekunzima kangakanani ukuba wabelane ngezi nkcukacha. Zama ukuba wenze umntu aqonde ukuba ujongene nantoni. Ungakwazi ukucela umntu ukuba angaxeleli mntu malunga nesigulo sakho. Ukhumbuze lo mntu ukuba umthenbile ngezi nkcukacha. Ukuba iqabane lakho lisengozini ngokubane HIV, kufuneka umkhuthaze ayokuvanywa. Ukuba uyaqala okanye uyaqhubeka ukwabelana ngesondo neqabane lakho, ukhuseleko kufuneka luxoxwe ngokupheleleyo. Ingafumaniseka ukuba ayiqhelekanga ukuplana ukuba nabelane ngesondo kwaye ingahlaza ukuxoxa ukuba nisebenzise ikhondom, kodwa khumbula ukhusele impilo yakho neqabane lakho. Ungoyika ukuba iqabane lakho lingaphendula ngodlame xa umxelela ngobume bakho beHIV. Ukuba ebenobungozi kudala, kufuneka kubekhona omnye umntu ongakukhusela okanye uxelele lo mntu esidlangalaleni. Ukuxelela umntu emnxebeni ingayenye indlela. Kufuneka uthathe amanyathelo ukuphuma kubudlelwane obunobungozi kwaye oko kuxoxwa mva encwadini. Ukuba ukhetha ukuxelela umntu uwedwa kwaye baphendule ngobungozi, phuma ngoko nangoko kwaye ucele uncedo.

81. Ndingaziveza nini?

Kulula ukuziveza kwaye wabelane nabanye ngobume bokuba uHIV xa uthe wabamkela ubume bakho kuye nemvakalelo ezingalunganga, woyisa uloyiko, ixhala, umsindo okanye ukungamkeli-oko bantu abaninzi abakuvayo xa befumanisa ukuba baHIV.

Ubunzima ojongana nabo ukwamkela ubume bakho ingaphumela kwithunzi elibi kuwe, aph wenza isigulo sakho sibesisithunzi esibi ngenxa yokucinga kakubi onazo ngeHIV. Isithunzi esibi senza iPLHIV angafuni unyango, ukhathalelo kunye nenxaso abayidingayo kwaye lonto ingaqhubela kwingulo engafunekiyo ngamanye amaxesha ukufa kwangoko.

Ukuze ukwazi kuprekthiza ukuphila kakuhle kunye nonqando lochaphazeleko, kufuneke kuqala wamkele ubume bakho, wazi ukuba iHIV sisigulo esilawulekayo. Ngokwamkela, usendleleni eya empilweni nobomi obude kwaye kuza kubanzima kwabanye bakucalucule.

Zama lamanyathelo alandelayo ukunceda wena kulemeko elungile yethemba kunye nokwamkela:

- Fumana inkukacha ezilungileyo ngeHIV kangangoko unako.
- Jonga umnikezi kwezempilo omthandayo kwaye nomthembayo kwaye uyokujongwa oko.
- Ukuba sele kufuneke uqalise uthathe iiARVs okwangoku, zilungiselele engqondweni xa kuza kufikaixesha.
- Ngena kwiqela elixhasayo labatsha abaphila neHIV wabelane nabo kwaye ufunde kubo.
- Zama ukuthetha nomcebisi malunga nayiphi ingxaki okanye uloyiko onalo, malunga nempilo yakho, ikusasa lakho kunye nekusasa lwabathandayo.

82. Ndingabuveza njani ubume bam?

Qalisa ukufunda oko unako ngeHIV, ukuphila lungileyo kunye nezinye imeko ezisondele. Xa uthe waxhotyiswa lulwazi olulungileyo, ukwazi ngcono ulawula nayiphi ingcinga, ucalucalulo, kunye nobandlululo ongajongana nalo xa uziveza.

Xoxa icebo lakho lokuziveza nomcebisi wakho okanye umnikezi nyango, kwaye ngokuba usenza ukhetho, gcina oku engqondweni:

- Cinga ngaphambi kokuba uziveze kuwonke wonke kuba awunakuze uthathe inkcukacha uzibuyisele umva xa sele ziphume phaya.
- Xa uqinisekile ukuba ukulungele ukuziveza, cinga ngokuba ufuna ukuziveza kubani kuba xa uqala ukuzi veza emntwini kunganzima kakhulu. Kufuneke uqiniseke ukuba umntu oziveza kuye uza kukuqonda kwaye akuxhase.
- Ungayifumanisa ilula ukubuza umntu ukuba akukhapha xa ufuna ukuziveza, ukuze akunikeze inkxaso. Lowo angangumcebisi wakho, ilungu leqela elixhasayo, umhlobo okanye ilungu losapho.
- Xa uyokuziveza kumntu omkhethile, kungalunga ukuba uthathe iimpahla zeHIV uze nazo. Oku kuza kunceda ekucaciseni inyani kwaye nasekuphenduleni imibuzo abanganayo.
- Veza ubume bakho beHIV kwisigqibo sakho kwaye unelungelo lokukhetha kubani kanjani nini ukuba uveze ubume bakho.

83. Ndingafumanisa njani ngeendlela apho ndinganceda abanye bantu baHIV ulutshana olunemibuzo esondele?

Abanye abantu abasebatsha abane HIV bafumana lo mfundiso nenkxaso kubanye ngeHIV iyanceda kakhulu. Ungacinga noba ube 'ngumkhokheli' kubanye abatsha abaphila neHIV abaziva besoyika kwaye bebodwa. Ngaphambi kokuba ukhethe ukuziqhagamshela kulento, kuneke ulungele ukuzisa bantu, abaninzi ongazubazi, wazi ukuba uphila neHIV. Abanye abatsha bonwabela ithuba lokunceda abanye kwaye kwaye babafundise ngokuphila iimpilo ezomelele. Ingabanceda bazive besenza into elungile ngentsholongwane yabo. Buza ugqirha wakho nabanye abanikezi bempilo ukuba uyazi na ngamathuba okungena kubunkokheli babatsha okanye ukukhokhela ulutsha olune HIV.

Masithethe ngenkqubo yokhathalelo

84. Yintoni inkqubo yokhathalelo?

Ukudlula kukhathalelo yinkqubo eqhubekayo yokukulungiselela ukusesela ebuntwaneni okanye eyobintwana ukuya kukhathalelo lwabantu abadala. Kwezinye iisetingi oku kufuna ukutshintsha impilo yabanikezi nkathalo kunye namagumbi ezempilo, kwezinye iisetingi uza kuhlala nabanikezi abanye bezempilo kwi setting enye. ngaphandle kwe setingi, imiphumela emihle yotshintsho yokhathalo ifuna ukuba ujonge ukuba iimfuno zakho ziphunyaziwe ngendlela, nokuba zezempilo, izifundo okanye ezomsebenzi. Utshintho oluhle lwezempilo nalo liyakwazi ukwenza inguqu eya ebudaleni ezifana ziyeelelane nesikolo, umsebenzi kwakunye nosapho ezithi ziwenze lula umthwalo wakho. Nangona ulutsha lumbi lunazofumana mathuba okufumana inkathalo yobutsha kwakunye ne paediatric ebucala, eminye yemithetho kwelicandelo izakuqhuba incedisa wena wenze inguqu ekungquzulaneni ukuziphatha kwe HIV yakho, kwaye ikuvumele ukuba uye uyithathe I antiretroviral therapy” njengomntwana uyithathe okomntu omdala.

85. Ingaba kutheni kufuneka ndidluliselwe kukhathalelo lwabantu abadala?

Njengo mntwana, imfuno zakho zempilo ngesiqhelo zifizekiswa kakuhle ngu gqirha wabantwana okanye kwi kliniki apho abongikazi baqhelene nalo uxanduva loku khathalela izigulana. Njengokuba ukhula, kodwa ke, imfuno zakho zempilo ziye zitshintsha kwaye njengesiqhelo zifune inkathalelo yogqirha wabantu abadala, abazolindela wena ukuba uzinakekele. Lonto ithetha ukuthi kuzakufuneka ukwazi ukuzibuzela imibuzo ngempilo yakho nendlela yokuzinakekela ube ulandela ingcebiso zikagqirha wakho. abantu abaninzi baphela bebatshintsha oogqirha babo bakhangele ugqirha wabantu abadala. Lakufika elixesha, isigulana sidluliselwe (usuka komnye ugqirha uyakomnye) kwaye inguqu yenzekile

86. Kwenzekani xa ndingafuni udluliselo?

Kuqhelekile ukuba uzive unoloyiko okanye ukhathazeke malunga notshintsho ebomini, nokuba yinguqu eyehla xa usuka ebuntwaneni usiya ebuntwini obukhulu, ukusuka kwisikolo samabanga aphezulu usiya edyunivesiti, ukusuka ukuhlala ekhayeni uyokuzimela, okanye ukusuka kugqirha wabantwana usiya kowabadala. Wena, njengabanye abantu abatsha, uzibonele ugqirha othile okanye iqela lezempilo ekukhuleni kwakho, kwaye ungathandubuza uzibone udangele, unomsindo okanye udidekile ngenxa yokohlukana nabantu ababekukhathalele ebuntwaneni bakho. Ungako nokuxhalaba malunga noko kukulindeleyo kwelacala lenguquko. Kubalulekile ukuba wabelane ngee ngcinga nemvakalelo zakho malunga notshintsho nabongi bakho ukuze bakwazi ukukunceda uphumele nakweziphil ingxalabo okanye uloyiko uthi unganalo. Ukuzithetha kwakho ngethuba nabongikazi bakho nakubantu abakuxhasileyo, uzakube womelezekile kwaye unawo amandla okujongana nolotshintsho olo, nokuba lolwasenyameni, utshintsho koo gqirha, kumaziko ezempilo okanye kumaziko engqondo asuka ebuntwaneni ukuya ebudaleni, okanye usuka ekuxhomekekeni uya ekuzimeleni nokuzikhathalela. Kufuneka usebenzisana ngamandla nabongi bakho ubefunda ixesha lobunye kwaye ucwangcise ulungiselela inguqu ezakulungiselela amathuba neengxaki ezi lele

phambili. Ungayifumana iluncedo olukhulu into yokuthetha nabanye abasandula ukungena kwelonqanaba uguqukela kulo, wamkele amacebiso wabo ekuzilungiseleleni nokuphatha olutshintsho uzaluthabatha.

87. Kungafuneka ndidlule njani kugqirha wezobudala?

Abantu abaninzi, ngabula abantwana abaphila nogawulayo, babashiya oogqirha babo okanye lomaziko bawaqhelileyo phakathi kwelonqanaba likhokelela ubudala uyokutsho pha embindini weminyaka emashumi amabini. Ewona mnyaka othi umntu adluliselwe kwelinye iziko lezempilo aye kwelabadala uxhomekeke kwimicelimngeni emithile, balula ukuqiniseka komntu ngotshintsho olo ngokwasemoyeni nokwasempilweni, inqanaba lokukhula, imfono zabo zezempilo, iimeko zobomi (ingaba umntu usendleni evela ekhayeni eya esikolweni okane emsebenzini), iimeko zeinsholensi (ezinye zabucala okanye zikawonke-wonke I insurance ziye zibe nexesha apho umntana akufika kwiminyaka ethile akutshwe), neezinye izizathu. Ekuhambeni kwexesha, kuzakuba sisidingo ufunde ukukhokela ukuze ukhawulelane neezidingo zakho nokuba zezempilo nezinye. Njengesigulana esidala, kuzalindeleka ukuba uthathe uxanduva ngokuzimela ngempilo yakho nokuziphatha.

88. Zeziphi izakhono nolwazi oza kulidinga ukuba ubenobudluliselo olulungileyo?

Zininzi izinto onokuzifunda kwane nezakhono onagazikhulisa ngazo ukuzilungiselela wena ujongane nolotshintsho. Kufuneka kuqala udubane nogqirha wakho nixoxe izakhono ozakuzidinga kwaye nenze isicwangciso sokuba uzakusikhulisa njani kwaye nini. Lengcaciso yolwazi nezakhono "milestone" kwakunye nexesha ozothi ulithabathe ukuze uzifezekise ziza kuba yimfihlelo yakho yotshintsho yesicwangciso. Kufuneka uqale ukusebenza kwesicwangciso msinya, uqale kwiminyaka oselulangayo efananeminyaka elishumi, kungelixesha ongathi uqalise izicwangciso zakho nogqirha wakho, okanye ungaqalisa kwiminyaka emithathu phambi kokuba loonguqu icwangciswa. Kodwa ukuqala isicwangciso sakho mva akufani nokungasenzi! Ngaphantsi ngezinye zolwazi nemibuzo yezakhono ekufuneka uzibekile kwisicwangciso sakho:

- Ingaba uyaziqonda isigulo sakho?
- Ingaba uyaziqonda ezinye iimeko zempilo onazo?
- Ingaba uyazi mawenzini ukuzigcina usempilweni?
- Uyazi ukuba wenze njani ukuhlala ukhuselekile?
- Uyakwazi ukuxoxa kakuhle nogqirha wakho kunye nabanye abanikezi mpilo?
- Ingaba uziva ukhululekile ukubuza ugqirha wakho kunye nabanye abantu abangakhathalela impilo yakho imibuzo ngempilo?
- Ingaba uyakwazi ukusebenzisa iinkonzo zasekuhlaleni?
- Ingaba wenza izinto ezikukhuselayo kwisondo (okt. Ukulwa ukusasazeka kweHIV kwaye uyazikhuselela ukufumana ezinye iintsholongwane okanye okunye okunzima kwiHIV)
- Ingaba uyazifuna iinkcukacha kunye noncedo lokuthetha olufunekayo?
- Ingaba uyagcina itrecki yerekhodi zakho zempilo?
- Ingaba uyaziqonda i-insholensi yakho yempilo kunye neengxaki ezisondele koko?
- Uyakhumbulaukuthatha ukuthatha amayeza ngokwakho?
- Ingaba uyawenza kwaye uyaya kumadinga empilo ngokwakho?
- Ingaba uyakwazi ukuzilungiselela isithuthi sakho kwaye usisebenzise ngokukhuselekileyo?

89. Ndingenza kanjani ukuze ndibengumthetheli ongcono wemfuno zempilo yam?

Into engcono ongayenza ukubaligqwetha elibhetele lempilo yakho kukufunda malunga nokusuleleka ngeHIV kunye nemeko zempilo. Kufuneka uqonde lonke utshintsho neempawu ezenziwa ngamayeza kunye nezenziwa ziiARVs kunye namanye amayeza. Njengokuba usiya ukhula thatha uxanduva kangangoko unako. Ngokuthatha amayeza akho ngaphandle kokuba ukhunjujwe ngomnye umntu ukuba kanjani wathathe nini. Kufuneka uqonde naluphi uvavanyo kufuneka uthathe (igazi-i-xray njalo njalo.) kwaye ukuba zithini iziphumo – ugqirha wakho angakunceda ufunde nzulu ngovavanyo. Ukubangumthetheli wempilo yakho kuthetha ukuba ukwazi impawu ezilumkiso xa udinga uncedo olukhawulezayo nokuba fownela bani ngexesha ofuna oloncedo. Kufuneka uphathe iinkcukacha zakho zokukhawuleza, kunye nekhadi lakho le-inshorensi (ukuba unalo) kunye nezinye iinkcukacha ezibalulekile zempilo. Kufuneka ufuna ukwenza amadinga akho kagqirha kufuneka ubhale yonke imibuzo onayo kagqirha. Ngexesha lokundwendwela kufuneka uthethele phezulu kwaye ubuze yonke imibuzo. Ukuba awuyiqondi impendulo kufuneka ubuze kwakhona. Kufuneka uthethe nogqirha wakho nabanye abakhathalele ezempilo ngobunzima kunye nezihloko ezibuthathaka ezifana nobudlelwane, iziyobisi, kunye nokuplana usapho. Qiniseka ngokucela iikopi zovavanyo lwezempilo kunye neengxelo kwaye ucele ukucaciselwa ukuba awuyiqondi into.

90. Ndingaluthatha njani uxanduva lwenkcukacha zempilo yam?

Ukuthatha ixanduva ngenkcukacha zakho zempilo, kufuneka kuqala uqonde amayeza owathathayo, ukuquka amagama aza nokuba wathathe nini, kunye namanye amayeza owawuqhele uwathatha kwaye nokuba kutheni ugqirha wakho ewatshintsha. Ukuthatha uxanduva lwempilo yakho, kufuneka uqonde amayeza owathathayo, ukuquka amagama awo, xa ufuna ukuwathatha, kunye namanye amayeza wawudla ngowathatha, kwaye ukuba kutheni ugqirha wakho ewatshintshile (njengochaphazelo ecaleni, kunye nongafunwa ngumzimba njalo njalo.). Kufuneka wazi ukuba ifowndelwa njai ifamasi kwaye uwagcwalisa kanjani amayeza akho. Ukuba une-inshorensi yempilo kufuneka uqonde ukuba isebenza njani kunye nemali okufuneka uzibhatela (kunye neplani yokuhlawulela amatyala). Qiniseka ngokugcina uluhlu kunye nedilesi zokuqhagamshela kunye nonikezo lwasekuhlaleni. Kufuneka ugcine incwadi enamayeza akho, imbali yamayeza akho kunye neziphumo zamayeza akho. Ungaphinde ucele ugqirha okanye abanikezi ncedo kwezempilo bakunike isishwankathelo ngamanye amaxesha sibizwa “isishwankathelo esiphathekayo sempilo” kuba ungayiphatha kuwe, ngakumbi xa ufuna ukutshintsha ugqirha. Kufuneka ukwazi ukunika imbali yempilo yakho ngamagama- ungaprithiza ukwenza oko phambi kwesipili!

Masithethe ngengomso

91. Ndingakwazi ukuze ndifumane umsebenzi okanye ndiye e-univesithi?

Ngokunjalo! Landela amaphupha akho. Kubalulekile ukuzibekela amanqaku ebomini kwaye wenze oko ophupha ukwenza ebomini. Ukuba liphupha lakho ukufumana umsebenzi okanye uye edyunivesithi, kengoko akukho sizathu sokuba ungakwenzi oko. Oko usendaweni ongafumana umngangatho, ukuqhubeka nokukhathaela impilo, ngeke kubekho ngxaki. Kufuneke ucebe ingomso eliqhubekayo

92. Ndingalujonga njani usuku oluzayo?

- Hleka yonke imihla.
- Zama ukwenza into enye iintsuku ezahlukeneyo ongazange uzenze ngaphambili. Ukuba awukwazi ukucinga into ezimbini ongazenza kusuku olulandelayo.
- Zonwabise yonke imihla. Ingakukufownela umhlobo, ukufunda incwadi elungile, utye ukutya okuthandayo...kwanto ekwenza uzive wonwabile!
- Yenza into entle uyenzela omnye umntu yonke imihla. Xelala umntu uyamthanda, yiza ekhaya ngexesha, okanye uxelele umhlobo wakho into oyithandayo ngaye
- Qhabeka uphila kwaye ufunda
- Ungaze uphelelwe lithemba

Ndingayaphi ukufumana iinkcukacha ezithe vetshe?

Ngeenkukacha ezithe vetshe ungandwendwe indawo zasekuhlaleni:

- Izibhedlela zika wonke wonkeokanye iiklinikhi
- I-oofisi zikanontlalontle
- Iiklinikhi zesikolo
- Kwiqumrhu lenkozo yabatsha
- Voluntary counselling and testing centre
- Iqela lenxaso ye-PLHIV okanye iqela labalingana nawe.

Nanga amaqumrhu akwizwe lonke ongawafumana eluncedo:

Adolescent AIDS Program
Children's Hospital at Montefiore Medical Center
+1 718-882-0232 www.AdolescentAIDS.org

Advocates for Youth
+1 202-347-5700
www.advocatesforyouth.org and www.youthhiv.org

AIDS Alliance for Children, Youth and Families
+1 202-785-3564 www.aids-alliance.org

Baylor International Pediatric AIDS Initiative (BIPAI)
+1 832-822-1038 www.bipai.org

Elizabeth Glaser Pediatric AIDS Foundation
+1 202-296-9185 www.pedaids.org

Global Network of People Living with HIV/AIDS
+31-20-423 4114 www.gnpplus.net

Global Youth Coalition on HIV/AIDS
+1 917-677-9827 gyca.tigweb.org

[Ezinye iwebhusayithi eziluncedo:](#)

www.thebody.com www.k4health.org/toolkits/alhiv www.aidstar-one.com

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Current Edition (Sub-Saharan Africa):

This guide was originally developed in 2004 by Lori Wiener and Lauren V. Wood. In 2010, the Botswana Teen Club program at the Botswana-Baylor Children's Clinical Centre of Excellence and partners produced an updated guide for HIV-positive teens in Botswana in both English and Setswana, led by Edward Pettitt. The current version of this guide was adapted in 2013 for wider dissemination across countries affected by HIV. It is available in English, French, Portuguese, and Xhosa. The 2013 revisions were led by Edward Pettitt with assistance from Anouk Amzel of the United States Agency for International Development and AIDSTAR-One.

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Publication Development Coordinator : Edward Pettitt

English Revision Coordinator : Julia Rosebush, D.O.

English Revision Assistants: Elizabeth Lowenthal, M.D., Paul Mullan, M.D., Chase O'Brien, Agatha Offorjebu

Setswana Revision Coordinator : Keneilwe Mosepedi

Setswana Revision Assistants: Barney Morake, Rona Letlhogile, Temo Gilika, Malebogo Kedisang, Sethunya Mokgethi, Lesley Seetso, Nametso Jeremiah

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