

I-ART YESIMANJE YASENINGIZIMU AFRIKA

I-ART UKUKHULELWA NEMPILO YABESIFAZANE

Wonke umuntu one-HIV

kudingeka athathe umshanguzo we-
HIV – obizwa ngokuthi i-antiretroviral
therapy, i-ART noma ama-ARV

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INGABE ABANTU ABANE-HIV

BANGABA NEZINGANE

EZINGENAYO I-HIV?

YEBO!

I-ART ivikela umtanakho ekungenweni yi-HIV lapho ukhulelwe, ubeletha nalapho uncelisa.

Khuluma ngale ndaba nomhlengikazi noma nodokotela wakho.



INGABE IMISHANGUZO

YABESIFAZANE ABAKHULELWE

IYAFANA NEYABANYE ABANTU

ABANE-HIV?

Imithetho yaseNingizimu Afrika manje seyithi wonke umuntu one-HIV makathathe i-ART, kungakhathaliseki ukuthi ingakanani i-CD4 yabo noma umthamo wegciwane kubona.

Lokhu kubandakanya nabesifazane abakhulelwe nabesifazane abafisa ukukhulelwa.

Kunezinye izinto ezimbalwa abesifazane okudingeka bazibheke lapho beqala ukuthatha i-ART noma sebeyithatha kakade.

AMA-ARV AMASHA

ASENINGIZIMU AFRIKA

Siyayishintsha i-ART yokuqala.

I-ART ivame ukuba ama-ARV amathathu ephilisini elilodwa – elibizwa ngokuthi ingxube yomthamo owodwa.



**Ingxube entsha yama-ARV
izoba: i-tenofovir, i-lamivudine
ne-dolutegravir. Le ngxube
yomshanguzo ngezinye izikhathi
ibizwa ngokuthi i-TLD.**

**Ingxube endala yomshanguzo
wokuqala wawungowe-efavirenz.**

**Ukuze ukuthole
kabanzi nge-
TLD, funda
iphepha elithi
“Ukuqalisa
I-ART”.**



I-DOLUTEGRAVIR

NOKUKHULELWA

Ingxube
yomshanguzo
wokuqala
yenziwe nge-
ARV ebizwa
ngokuthi
i-dolutegravir.

Kungase kube
nengozi enkudlwana
kumntwana ongakazalwa
uma umama ekhulelwa
kuyilapho ethatha
i-dolutegravir.





Olunye ucwaningo lwathola ukuthi ziningi izingane ezingakhuli kahle eshubhini lokukhula komntwana esiswini lapho omama bezikhulelwa besathatha i-dolutegravir.

Okusemqoka, lokhu kwenzeka NGAPHAMBI kokuhlala kwesisu. Abesifazane abaqala ukuthatha i-dolutegravir ngemva kokuhlala kwesisu, ababonisanga zinkinga.

Kodwa, lokhu kuvela ocwaningweni olulodwa nje, kungenzeka kwathuka kuhlanguana.

KUYINI UKUKHUBAZEKA

ESHUBHINI LOKUKHULA

KOMNTWANA ESISWINI?

Ishubhu lokukhula komntwana liyilokho okugcina kuwubuchopho, umfunkula, ugebhezi nomgogodla.

Ishubhu lokukhula komntwana liyavaleka ezinsukwini zokuqala ezingu-28 zokukhulelwa – isikhathi abesifazane abaningi abasuke bengakazi ngaso ukuthi bakhulelwe.

Uma lingavaleki ngci ngasizathu simbe, umntwana kuthiwa ukhubazeke eshubhini lokukhula komntwana.





Ukukhubazeka eshubhini
lokukhula kuyahlukahluka,
kusukela kokuncane
kakhulu okulungiseka
kalula, kuya
ekukhubazekeni
okubucayi, ngisho
nasekufeni imbala.

Ngenxa yalokho,
umnyango
wezempilo,
izisebenzi
zezempilo neziguli,
bonke bazithathela
phezulu lezi zingozi.

INGABE KUPHEPHILE

YINI NGOWESIFAZANE

ONE-HIV UKUTHATHA

I-DOLUTEGRAVIR?

YEBO*

Kodwa aqaphele ezinye izinto ezimbalwa.

* Bonke abasifazane abane-HIV kufanele batshelwe ngalokho abakhetha kukho ukuze basizwe bakhethe ingxube ye-ARV efanele lapho benezisebenzi zezempilo.

KUTHIWANI UMA

SENGIKHULELWE

KAKADE?

Uma usukhulelwe kakade futhi uthatha i-ART ye-dolutegravir, uzokhuthazwa ukuba uqhubeke nayo.

Uma ukhulelwe kodwa ungakaqali ukuthatha i-ART, uzokhuthazwa ukuba uthathe ingxube ye-efavirenz.

KUTHIWANI UMA

NGINGAKUFUNI UKUKHULELWA?

Uma ungakufuni ukukhulelwa, futhi usebenzisa izinto zokuvimba inzalo ezisebenzayo, uzokhuthazwa ukuba uthathe ingxube ye-dolutegravir.

Izinto zokuvimba inzalo ezisebenzayo zisho izindlela zesimanje: amakhondomu, amaphilisi, imijovo, ukufakelwa kwento yokuvala noma ukuvalwa kwenzalo.

KUTHIWANI UMA

NGIKUFUNA UKUKHULELWA?

Uma uhlela ukukhulelwa, uzokhuthazwa ukuba uthathe ingxube ye-efavirenz.

QINISEKA UKUTHI

UGCULISEKE KAHLE

NGESINQUMO SAKHO

Ukuhlelela
ukukhulelwa kuyafana
kungakhathaliseki
ukuthi une-HIV
noma awunayo.

Uma kutholakele
ukuthi une-HIV
sewukhulelwe,
ungase udinge
ukwesekwa
okukhulu ngale
kokuqalisa i-ART.





ZINAKEKELE KAHLE

Impilo yakho
nokwelashelwa
kwakho i-HIV
yizona zinto
ezibaluleke
kakhulu
ekuqikeleleni
ukuthi
umntwana
uba
umqemane.



ZAZI KAHLE IZINTO

ONGAKHETHA KUZO

Qikelela ukuthi uzazi kahle izinto ongakhetha kuzo – okubandakanya uhlola ulwazi olufana nalolu olukuleli phepha.

Qikelela ukuthi izisebenzi zezempilo ziyaxoxa nawe ngezinto ongakhetha kuzo nokuthi ziyasihlonipha isinqumo sakho.



Ulwazi Olwenabile

Ungaluthola ulwazi olwenabile (noma
ubuze imibuzo ngemishanguzo)
kulawa mawebhusayithi:

www.tac.org.za & www.i-base.info

