



UNKK NOMAGUGU SIMELANE, UNGQONGQOSHE WEZEMPILLO

SILWA NE-HIV/AIDS NGESIKHATHI SE-COVID-19



ASINCIPHISE UKUBHEBHETHEKA KOBHUBHANE OLUPHINDAPHINDIWE

Namuhla sihlanyela nomhlaba wonke ukubungaza usuku lwe-World Aids Day ngaphansi kwesihloko esithi "Ukusebenzisana ukuqeda ukungalingani, igciwane le-AIDS, igciwane le-TB kanye negciwane le-Covid-19. Hamba uyohlola. Hamba uyogoma. Yidla imishanguzo ngendlela."

Lesi sihloko siyazichaza: phakathi kwegciwane le-HIV/AIDS kanye nele COVID-19, sibhekene nobhubhane oluphindaphindiwe noludinga ukuba sibhukule, sisukume ngokushesha sigweme isibhichongo.

UHulumeni waseNingizimu Afrika kanye nalabo abambisene nabo sebesebenze ngokukhulu ukuzikhandla eminyakeni edlule ukwenza kube lula ukutholakala kwemishanguzo yama-Anti-Retroviral Treatment, adambisa i-HIV.

INingizimu Afrika inabantu abangu 7,7 million abaphila negciwane le-HIV, okwenza libalwe namazwe ahamba phambili ngesibalo sabantu abaphila negciwane le-HIV.

IKwaZulu-Natal ingeyesibili ngokuhamba phambili kwabantu abaphila negciwane le-HIV/AIDS njengoba inesibalo sabantu abangaphezu kuka-2, 061 million, abakulesi simo, kanti izinombolo ezintsha zika 2021 zikhomba ukuthi bangu 42 619 abantu okubikwe ukuthi sebethelelekile kusukela ekuqaleni konyaka.

Njengamanje babalelwa ku 1 632 045 abantu abaphila negciwane le-HIV abangaphansi kohlelo lemishanguzo ye-Anti-Retroviral Treatment lapha esifundazweni sakithi.

UBUNGOZI BEGCIWANE I-COVID-19 EKUBHEKANENI NEGCIWANE LE-HIV/AIDS

Ukubheduka kwegciwane le-Covid-19 sekwandise izingqinamba esibhekene nazo kwaphazamisa nemizamo yokubhekana negciwane le-HIV/AIDS.

Ngenxa yalolu bhubhane, iningi labantu libhekane nenkinga yokungakwazi ukufinyelela ngendlela ezikhungweni zempilo ngenxa yohlelo lukazwelonke lomvalelandlini oluqinile olwethulwa.

Iningi labantu libe nokwesaba ukuthi lizozithola selitheleleka negciwane le-COVID-19 ezibhedlela zethu, nokuyinto eyabe ingenaqiniso futhi eyaba yishwa.

Ngenxa yalokhu, asikwazanga ukuhlola, ukuxilonga nokugcina isibalo esanele sabantu bakithi bedla imishanguzo, ikakhulukazi uma ubheka ubungozi obukhona phakathi kwalamagciwane ele-Covid-19 kanye ne-HIV/AIDS.

Okwenza isimo sethu sibe nzima kakhulu futhi sidinge nokuba sisukume ngokushesha ngokuthi uma abantu abaphila negciwane le-HIV benganakekekile ngendlela, lokho kubabeka engcupheni enkulu yokuxinwa wukugula noma ukufa uma bethetheleleka negciwane le-Covid-19. Ngakho ke kumqoka kakhulu manje kunakuqala ukuba uHulumeni enze imizamo yokuthola bonke labo abaphila negciwane le-HIV ukuze bezobuyiselwa ohlelweni lokudla imishanguzo.

Sithanda ukunxusa bonke labo abekade bengaphansi kohlelo lwe-ART ngaphambilini ukuba bavakashele isikhungo sezempilo esiseduze bacele ukuba babuyiselwe ohlelweni. Akekho ovumeleke ukugxeka noma ukujivaza umuntu oke wayeka ukudla amaphilisi, kepha kumele amubonise, amugqugquzele ngokubaluleka kwakho.

IHLANDLA LESINE: ASIKHUPHULENI AMASOKISI BESE SIZIPHATHA NGENDLELA

Njengesizwe, sonke sinejoka lokuba siziphathe ngendlela efanele, singazitheli ngabandayo njengoba kulindeleke ukuba ihlandla lesine ligadle kabi.

Njengesifundazwe senza konke okusemandleni ukuqinisekisa ukuthi izinhlelo zethu kanye nengqalasizinda yethu yezempilo kukulungele ukubheduka futhi kokuthetheleleka kwabantu nokwaziwa ngokuthi ihlandla lesine. Uhlelo lwethu lokugoma luyaqhubeka nokuletha ithemba lokuthi uma sigoma ngobuningi, singakwazi ukunciphisa ukubhebhethaka kwegciwane le-COVID-19.

Sikhuluma nje, amaphesenti angu 94 abantu esifundazweni i-KwaZulu-Natal bayasazi isimo sabo segciwane le-HIV kanti abangamaphesenti angu-85 abatholwe benegciwane le-HIV badla imishanguzo yabo.

Abangamaphesenti angu-91 abathola imishanguzo sebekwazile ukuthibalalisa amandla egciwane. Njengesifundazwe siyaziqhenya ngomphakathi wase-Eshowe nokuthe ngo-2019 wathola ukuhlonishwa yinhlangano yezizwe i-United Nations ngaphansi kohlelo lwayo lwe- United Nations Joint Programme on HIV and AIDS (UNAIDS) ngokukwazi ukuthola amaphesenti angu-90 kuyona yomithathu iminxa.

Sibonile nangonyaka owedlule iziFunda zoMasipala Umzinyathi, Ugu kanye ne-Harry Gwala zikwazi ukuthola amaphesenti kuyona yomithathu iminxa. Siyafisa ke ukuqhubeka phezu kwalo msebenzi omuhle, kodwa konke lokho kulele ekutheni abantu baziphatha kanjani.

IKHWELO LOKUFANELE KWENZIWE:

Sithanda ukunxusa abantu baKwaZulu-Natal ukuba basilekelele sinqobe impi esibhekene nayo yegciwane le-COVID-19 kanye negciwane le-HIV/AIDS ngokuba benze lezi zinto ezincane nje kodwa ezingenza omukhulu umehluko futhi zisindize nabantu abaningi:

SIYAKUNXUSA UKUBA UGOME: Ukugoma kuphephile futhi kumqoka ngoba kulekelela umzimba ukuba ukwazi ukulwisana negciwane le-COVID-19 uma kwenzeka uthetheleleka. Uma usugomile, mancane kakhulu amathuba okuthi ugule kakhulu, ulaliswe esibhedlela noma ushone ngenxa ye-COVID-19.

HAMBA UYOHLOLELA I-HIV: Kumele sonke sikuqonde ukuthi ukuba negciwane le-HIV akusona isigwebo sentambo. Abantu abaningi abaphila negciwane le-HIV bayakwazi ukuphila kahle basebenze bajabule ngokuthi basebenzise imishanguzo yama-Anti-Retroviral Treatment. Ngakho-ke, kubalulekile ukuba uhlale wazi ukuthi umiphi ngokwe-HIV/AIDS

YISEBENZISE NGENDLELA IMISHANGUZO: Uma isiguli sisebenzisa imishanguzo futhi siyilandela nemigomo yokuyisebenzisa ngendlela, izinga legciwane liyalawuleka. Lokhu kwenza umuntu angaguli kakhulu noma elaliswe esibhedlela, kwehlise namathuba okudlula emhlabeni uma kwenzeka ethetheleleka negciwane le-COVID-19.

UKUZITHIBA NOMA UKUHLELA: Ukuzithiba ocansini noma ukusebenzisa ijazi kuvimbela izifo ezithethelelana ngocansi kanye nokukhulelwa okungahleliwe noma okungenasidingo. Zonke izinsiza zokuhlola umndeni zitholakala mahhala ezikhungweni zezempilo.



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