

ANNOUNCEMENT FROM THE SOUTH AFRICAN DEPARTMENT OF HEALTH

What are fixed dose combination (FDC) antiretrovirals?

- Fixed dose combination is a combination of two or more ARV drugs in one pill
- The FDC ARV that will be rolled out in South Africa is one ARV pill which contains three drugs.
- The combined one pill ARV has the same effect as taking the three ARVs as separate pills.

What are the Benefits of the One ARV Pill?

- Simple and easy to remember
- Take one ARV pill once a day
- It will reduce the number of tablets you take a day to one ARV pill
- The one ARV pill works the same as taking three ARV pills
- You take one ARV pill once a day

How will you take the One ARV Pill if you need to take ARVs?

- You will take the one ARV pill at the same time every day
- If you forget to take your one ARV pill you must take it even if it is later in the day
- Take your one ARV pill after food
- Do not miss or stop taking your treatment
- If you have any problems with your treatment report to the clinic as soon as possible

Who will get the One ARV Pill ?

- New patients who need ARVs.
- Pregnant women that are HIV positive
- HIV positive women who are breastfeeding
- HIV-positive people who are not able to take the one ARV pill because of a medical condition will be advised by their health provider.
- Over time all patients that can take the one ARV pill will receive it after they have been assessed

For more information call the AIDS helpline 0800 012 322

INHLANGANISELA YOMSHWANGUZO WAMA ARV

Iyini inhlanganisela yomshwanguzo wama ARV?

- Inhlanganisela yamaphilisi amabili noma amathathu yemishwanguzo ye ARV owenziwa iphilisi elilodwa vo.
- Inhlanganisela ye ARV iphilisi elilodwa elizotholakala eNingizimu-Afrika emithathu.
- Ukuphuza inhlanganisela yephilisi elilodwa le ARV kunamandla ngokupheleleyo afana nqwa nokuphuza amaphilisi e ARV amathathu ahlukene.

Ziyini izinzuzo zokuphuza i philisi le ARV elilodwa?

- Kulula kakhulu ukukhumbula ukuliphuza
- Uphuza iphilisi elilodwa ngosuku
- Futhi lizokwehlisa inani lamaphilisi owaphuzayo ngokuphuza iphilisi elilodwa vo ngosuku
- Leliphilisi le ARV elilodwa lisebenza ncamashi njengamaphilisi amathathu eARV

Uzoliphuza kanjani iphilisi le ARV elilodwa uma udinga ukuthatha ama ARV?

- Uphuza iphilisi elilodwa le ARV kanye ngosuku
- Uphuza iphilisi elilodwa le ARV ngesikhathi esifanayo zonke izinsuku
- Uma kwenzeka ukhohlwa ukuphuza iphilisi le ARV elilodwa, lithathe khona ngalo lolosuku
- Phuza iphilisi le ARV njalo ngemuva kokudla
- Ungalokothi uphuthelwe ukuphuza noma uyeke ukuphuza imishwanguzo yakho
- Uma kwenzeka uhlangabezane nezinkinga ngemishwanguzo yakho, thola usizo emtholampilo noma esibhedlela esiseduze nawe

Ngubani ozothola iphilisi le ARV elilodwa na?

- Iziguli eziqalayo futhi ezidinga ama ARV
- Abesifazane abakhulelwe futhi abanesifo sesandulela ngculaza
- Abesifazane abanesifo sesandulela ngculaza abancelisayo
- Abantu abanesandulela ngculaza abangakwazi ukuthi banganikezwa iphilisi le ARV elilodwa ngenxa yezinye izinkinga abanazo ngokwempilo yabo, labo bona bazothola izeluleko emitkolampilo nasezibhedlela.
- Ngesikhathi esizayo, zonke iziguli ezizothatha iphilisi le ARV, zizolithola ngemuva kokuhlolwa

UMA UTINGA ULWAZI NOMA UNEMIBUZO UNGASHAYELA KULE NOMBOLO: 0800 012 322



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

AANKONDIGING VAN DIE DEPARTEMENT VAN GESONDHEID IN SIUD - AFRIKA

Wat is kombinasie antiretrovirale middels?

- Vaste dosis kombinasie (VDK) van twee of meer ARV middels in een middle/tablet.
- Die vaste dosis kombinasie ARV tablet sal in Suid- Afrika begin, waarvan een ARV tablet drie middels bevat.
- Die Vaste dosis kombinasie ARV tablet het dieselfde effek as wanneer die drie middels apart geneem word.

Wat is die voordele van die vaste dosis kombinsie ARV tablet?

- Maklik om te onthou.
- Neem net een ARV tablet, een keer n dag.
- Dit verminder die aantal tablette wat jy n dag in neem na een tablet.
- Die een ARV tablet werk op dieselfde wyse as vorige drie ARV tablette.

Hoe word die vaste dosis kombinsie middle geneem?

- Een vaste dosis kombinasie tablet eenkeer per dag op dieselfde tyd.
- As jy vergeet om jou een vaste dosis kombinasie ARV tablet te neem, moet jy dit dadelik drink sodra jy onthou.
- Moet onder geen omstandighede jou behandeling vergeet of staak nie.
- Indien jy enige probleme met jou behandeling andervind, rapporteer by die kliniek so gou moontlik.

Wie kwalifiseer vir die vaste dosis kombinsie ARV?

- Nuwe patiente wat Antiretrovirale middels nodig het.
- Swanger vrouens wat HIV positief toets.
- HIV positiewe vrouens wat borsvoed.
- Met tyd sal alle patiente wat die vaste dosis kombinasie tablet kan neem, ge-evalueer word, en dan sal die medikasie aan hulle gegee word.
- HIV positiewe mense wat nie die vaste dosis kombinasie tablet kan neem nie, as gevolg van mediese redes, sal deur hulle gesondheidsorg werker geadviseer word.

Indien daar enige vrae is oor die vaste dosis kombinasie antiretrovirale middle, kontak die volgende telefoon nommers: - 0800 012 322