



UNKK NOMAGUGU SIMELANE
UNGQONGQOSHE WEZEMPILO

UNGAKWAZI UKUGWEMA UKUTHELELEKA NGE-HIV NGOKUSEBENZISA UHLELO

LWE → PREP

Sekunesikhathi eside abantu abasengcupheni yokutheleleka ngeciwane lengculazi bebhekene nokutheleleka ngeciwane ngaphandle kwezinto eziningi zokukwazi ukuzivikela kodwa bethembele kuphela ezintweni ezifana nejazi lomkhwenyana (condom) kanye nohlelo lwe-Post-Exposure Prophylaxis emuva kwezigameko zocansi.

Kepha manje usizo olusha noluphephile seluyatholakala. Manje seluyatholakala uhlelo lokugwema ukutheleleka ngeciwane le-HIV kulabo abangenalo igciwane olwaziwa nge-Pre-Exposure Prophylaxis (PrEP).

NGABE YINI PrEP FUTHI ISEBENZA KANJANI?

Uhlelo lwe-PrEP yingxubevange yemishanguzo elwisana negciwane le-HIV neqinisekisa ukuthi labo abangenalo igciwane le-HIV bayakwazi ukugwema ukutheleleka nge-HIV.

Ukuze imishanguzo yohlelo lwe-PrEP isebenze ngendlela, kumele uqikelele ukuthi uyithatha kanye ngosuku futhi ngesikhathi esifanayo. Ungakwazi nokuyisebenzisa ngesikhathi ongajwayele ngaso kepha kumele uqikelele ukuthi ngosuku uyaliphuza iphilisi elilodwa. Lomshanguzo wakwa-PrEP kumele usetshenziswe njalo ngosuku kanti uqala ukuwuthatha izinsuku eziyisikhombisa ngaphambi kokuthi uye ocansini.

Abantu abangenalo igciwane le-HIV abasebenzisa uhlelo lwe-PrEP nsukuzonke bayakwazi ukunciphisa amathuba okutheleleka ngeciwane le-HIV ngamaphesenti angu 90.

Kodwa uma umuntu esethelekile ngeciwane le-HIV kumele nakanjani asebenzise imishanguzo yama-Anti-Retroviral Treatment impilo yakhe yonke ukuze aphile kahle nakade.

Lolu hlelo lwe-PrEP luvulelekile nakubantu besilisa abazibandakanya nezocansi nabanye abesilisa kanjalo nakubantu besifazane. Abantu abangenalo igciwane le-HIV kepha abanabalingani abanegciwane le-HIV futhi abangayisebenzisi imishanguzo bathathwa njengabantu abasengcupheni enkulu yokutheleleka ngeciwane.

Uhlelo lwe-PrEP ludinga ukuba kuqikelele ukusetshenziswa kwemishanguzo njalo ngosuku kanye nokuhlolela igciwane le-HIV njalo emuva kwesikhathi. Uma kwenzeka, kumele lusetshenziswe ndawonye kanye nezinye izindlela ezikhona zokugwema ukutheleleka ngeciwane le-HIV.

Uma isetshenziswe ngendlela, lolu hlelo lwe-PrEP ludlala indima emqoka ukuleleleka ukunciphisa izibalo zabantu abaphila negciwane le-HIV eNingizimu Afrika.

UKUGULA OKUNGATHENI OKUNGABA KHONA

Kungenzeka abanye abantu babhekane nokugula okungatheni uma beqala uhlelo lwe-PrEP. Ukugula okuvamisile kuba yilokhu okulandelayo:

- Ukucanuzela kwenhliziyo
- Ikhandu
- Ukukhathala
- Isifo sohudo
- Ukukhishwa isisu
- Ukhwantalala
- Amaphupho angajwayelekile
- Ukuphalaza
- Utwayi
- Izinkinga zokulala
- Ushintsho endleleni odla ngayo

Kuvame ukuba lezi zimpawu zinyamalale kubantu abaningi emuva kwamasono ambalwa.

Uma uzwa ukuthi awusekho engcupheni yokutheleleka ngeciwane le-HIV, ungakhuluma nomsizi wezempilo mayelana nokuyeka ukusebenzisa uhlelo lwe-PrEP.

UKUSEBENZISA NGENDLELA IMISHANGUZO KUBALULEKILE

Uma ukhohlwe ukuphuza iphilisi lakho kumele uliphuze ngokushesha uphinde uqhubeke nokuliphuza ngendlela nsukuzonke.

Uhlelo lwe-PrEP luyahlinzekwa nakubantu besilisa: labo abazibandakanya nezocansi nabanye besilisa, anjenge LGBTQI, abantu abangathelekile ngeciwane le-HIV abanabalingani abangayisebenzisi ngendlela imishanguzo bathathwa njengabantu abasengcupheni enkulu yokutheleleka ngeciwane.

Hlakanipha, usungakwazi ukugwema ukutheleleka ngeciwane le-HIV uphinde ukwazi nokugwemba igciwane le-Covid-19. Asinqobe lezi zifo ezibhuqabhuqa abantu. Vakashela umtholampilo noma ubuze udokotela wakho mayenalana ne-PrEP noma uvakashela www.myprep.co.za



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