

## Omama abane-HIV bangadlulisela i-HIV ezinganeni zabo

- Ngesikhathi umama ekhulelwe.
- Ngesikhathi sokubeletha (sokuzala).
- Ngobisi lwebele.

## I-PMTCT imele amagama athi-Prevention of Mother-to-Child Transmission (ukuvimbela ukudlulisela i-HIV isuka kumama ukuya enganeni).

*Umama one-HIV angavikela ingane yakhe ukuthi ingangenwa yi-HIV esuka kuye ukuya enganeni yakhe ngokuthi yena kanye nengane yakhe iphuze imithi elwa ne-HIV.*

## Ngisanda kuthola ukuthi ngikhulelwe - kumele ngenzeni manje?

- **Bhuka kusenesikhathi kwikliniki** yendawo yakho yabantu abakhulelwe (lapho nje uqeda ukuthola ukuthi ukhulelwe).
- **Hlolelwa i-HIV** ekliniki yangakini.
- Kumele futhi uyohlololwa nesifo se-TB.

## Uma kuhlolo utholakala ungenayo i-HIV

- Hlolwa njalo kwizinyanga ezingu 3 ngesikhathi ukhulelwe, ngesikhathi sokubeletha/sokuzala, kanti futhi kwiviki lesi 6 ngemuva kokubeletha ingane kanti futhi nasezinyangeni ezingu 3 ngesikhathi uncelisa ingane.
- Kuzomele uqale ukuphuza imithi yama-ARV ngokushesha uma uhlole lwakho oluphindayo luthola ukuthi une-HIV ngesikhathi ukhulelwe noma ngesikhathi uncelisa ibele.
- Uma usanda kungenwa yi-HIV, kungenzeka uhlole lwe-

HIV lungabonisi ukuthi unayo. Lokhu kubizwa ngokuthi yi-window period.

- Khuluma no-partner wakho ngokuhlololwa i-HIV kanye nokwenza ucansi oluvikelekile.
- Zivikele wena nengane yakho kanye nabanye ngokuthi wenze ucansi oluvikelekile, ngoba kusengenzeka ukuthi ungenwe yi-HIV ngesikhathi ukhulelwe.

*Uma une-HIV kumele wenze nohlolo lwe-CD4 count ngalo lolo suku.*

Uhlolo lwe-CD4 count luhlola ukuthola ukuthi ngabe umzimba wakho uqine kangakanani. Lolu hlolo lubala inani lama-CD4 cell (ama-cell alwa nezifo noma 'amasosha') egazini lakho - lana ngama cell ayinxenye yamasosha omzimba wakho (immune system), avimbela ukuthi unganguli.

Izinga levayirasi (viral load) wuhlolo olubala inani le-HIV egazini lakho. Lolu hlolo luvamise ukwenziwa lapho umuntu ephuza imithi yama-ARV.

I-TB, njengezinye izifo, ingenyusa amathuba okungena kwe-HIV enganeni yakho. Lokhu kungoba i-infection (isifo) senyusa izinga levayirasi (viral load) ebese lokhu kwehlisa izinga le-CD4 count.

Ingane ingabuye ithole i-TB nakuwe. Kubalulekile kuthi welaphise onke ama-infection masishane nakhona uphuze imithi yakho kahle ngokuyikho.

## Uhlelo lwe-PMTCT (uma une-HIV)

### Isinyathelo 1: Ukukhulelwa

- Ngalo lolo suku uhloliwe watholakala une-HIV, uzohlololwa ebese uqala ukuphuza iphilisi le-antiretroviral le 3-in-1, kwesinye isikhathi libizwa ngokuthi yi-FDC. I-FDC isho ukuthi-Fixed Dose Combination, kanti ihlanganisa amaphilisi e-antiretroviral (ARV) amathathu kwelilodwa iphilisi.
- I-FDC izoqalwa kunoma yisiphi isigaba sokukhulelwa, kanti futhi iphuza ngabesimame abakhulelwe abane-HIV.
- I-FDC isetshenziselwa impilo yakho, kanti futhi ivikela nengane ekungenweni yi-HIV. Iphilisi elilodwa, kumele liphuze njalo ngesikhathi esifanayo nsuku zonke.
- Uma ungangwazi ukunikizwa iphilisi le-FDC ngenxa yokugula noma ezinye izixaka-xaka, uzonikwa amanye ama-ARV. Bonke abesimame abakhulelwe abane-HIV, kumele baphuze imithi yama-ARV, ngisho noma i-CD4 count yabo ingakanani.
- Uma ubuphuza imithi yama-antiretroviral ngaphambili kokukhulelwa, kuzomele uqhubeke nokuphuza le mithi.
- Uma usuqale ukuphuza le mithi, kuzomele uqhubeke nokuyiphuza impilo yakho yonke. Kubalulekile ukuthi unakekele impilo yakho, uqhubeke nokuphuza imithi kanti futhi ungayeki ngisho noma ingane isizelwe.

### Isinyathelo 2: Ukusikwa zinhlungu kanye nokubeletha

- Uma ubungaphuzi imithi yama-ARV ngesikhathi ukhulelwe, kanti futhi ebese uqalwa zinhlungu zokubeletha, uzonikezwa imithi - ngesikhathi sezinhlungu zokubeletha nangesikhathi ubeletha.
- Uma uphuza imithi yama-ARV, kuzomele uphuze amaphilisi njengokuvamile ngesikhathi sokusikwa zinhlungu zokubeletha, kanye nangesikhathi ubeletha, kanti futhi uzonikezwa namanye ama-ARV.
- Uma uphuza imithi yama-FDC, kuzomele uqhubeke uwaphuze amaphilisi njengokuvamile ngesikhathi sokusikwa zinhlungu zokubeletha, kanye nangesikhathi ubeletha, kanti futhi ngeke wanikezwa amanye ama-ARV.



- Uma ungazi isimo sakho, noma uma esikhathini esidlule sohlolo, watholakala ungenayo i-HIV, kumele uhlolewe ngesikhathi sokusikwa zihlungu zokubeletha noma ngokushesha ngemuva kokubeletha.

### Isinyathelo 3: Ngemuva kokubeletha

- Uma ubuphuza iphilisi le-ARV noma umuthi owodwa we-ARV, kuzomele uqhubeke nokuphuza lokhu impilo yakho yonke.
- Uma ubungaphuzi ama-ARV, kuzomele uqale ngokushesha ngemuva kokubeletha futhi uwaphuze impilo yakho yonke.
- Abesimame akumele bayeke ukuphuza imithi yama-ARV ngemuva kokubeletha, kodwa kumele baqhubeke impilo yabo yonke.

### Isinyathelo 4: Usana

- Kuzo zonke izimo ingane izonikezwa isiraphu ye-Nevirapine lapho izalwa kanti futhi kanye ngosuku emavikini angu 6.
- Ezinye izingane zinganikezwa i-Nevirapine isikhathi eside – bazokutshela ekliniki uma lokhu kuzokwenziwa kanjalo enganeni yakho.
- Ezinye izingane zinganikezwa i-AZT isikhathi eside – bazokutshela ekliniki uma lokhu kuzokwenziwa kanjalo enganeni yakho.
- Abesimame abancelisayo kumele baphuze ama-ARV, kodwa uma uncelisa kodwa ungaphuzi imithi ngenxa yezizathu ezithile, ingane yakho izonikezwa umuthi we-Nevirapine kuze kube yiviki elilodwa ngemuva kokuyeka ukuncelisa ingane.
- Kubaluleke kakhulu kuwe ukuthi uphuze imithi yama-ARV, kanye nokunikeza ingane yakho umuthi we-Nevirapine kanye neminye imithi enikezwe ikliniki/ noma esibhedlela.

**Kubaluleke kakhulu ukuthi ucele ukuthi ingane yakho yenziwe i-test noma uhlolewe i-HIV-PCR kwikliniki yangakini ukuze wazi isimo se-HIV sengane yakho.**

### Isinyathelo 5: Uhlolo lwengane lwe-HIV

- Uma une-HIV, ingane yakho kuzomele ihlolelwe i-HIV ekuzalweni (uhlolewe i-PCR). Kumele ucele imiphumela yohlolo lapho uya ekliniki ukuyobhekwa kwengane ngemuva kokuzalwa, ngisho noma i-test yenziwe esibhedlela.
- Uma ingane yakho inamaviki angu 6, kumele uyihambise esibhedlela noma ekliniki ukuyohlolwa kanye nokugonywa. Ingane yakho izonikezwa i-co-trimoxazole (Bactrim). I-Bactrim izomiswa uma ingane yakho itholakala ingenayo i-HIV kanti futhi ungasayincelisi ibele. I-test yesibili ye-PCR iyokwenziwa enganeni yakho emavikini angu 10 noma kwiviki lesi 14 lapho ubuyela ekliniki – ikliniki izokwazisa ukuthi wenze nini uhlole.
- Kumele ubuyele ekliniki ukuyothola imiphumela yohlolo lwe-PCR. Uma ingane yakho igula, kumele uye ekliniki ngokushesha ngendlela okungakhonakala ngayo, ungalindeli ukubuyela ngosuku obekelwe lona. Uma ingane yakho ine-HIV, izothola imithi ye-HIV (ART) nakhona okumele iqale ukuyiphuza masishane kakhulu ngendlela okungakhonakala ngayo.
- Uma ingane yakho ingenayo i-HIV, kusadingeka ubuyele ekliniki ukuyokwenza olunye uhlole. Lokhu kwenziwa kumaviki ayisithupha ngemuva kokuyeka ukuncelisa ingane kanti futhi ezinyangeni ezingu 18. Lama test abalulekile ukuqinisekisa ngesimo sengane yakho.

**Ukuthola ulwazi olubanzi: [www.hivsa.com](http://www.hivsa.com)**



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ISSUE 1 - OCTOBER 2016

• Abantu abakwizithombe ngama-model kanti futhi abanayo i-HIV noma ezinye izimo ezikhonjiswe kule phamflethi noma le ncwajana.



Le phamflethi (le ncwajana) ithole usizo lwemali ngokusekelwa ngabohlelo oluvela kwi-US President's Emergency Plan for AIDS Relief (PEPFAR) oluvela kwabe-US Agency for International Development ngaphansi kwesivumelwano se-Cooperative Agreement No. AID-674-A-00-08-12-00015 ngabe-Anova Health Institute.

Imibono evezwe kule-Phamflethi akuyona nje kuphela imibono yabe-PEPFAR, USAID noma abe-AHI.

**Abenombolo yosizo kazwelonke i-National AIDS Help Line:  
0800 012 322 (engakhokhelwa)**

**Ungaxhumana nabe-HIVSA ku: Ucingo: +27 11 494 1900**

isi Zulu

**Wena okudingeka ukwazi maqondana...**

# Ukuvikela ukungena kwe-HIV ukusuka kumama ingene enganeni

