

Kungani kubalulekile ukuhlololwa i-HIV?

- Uma une-HIV akusho ukuthi uzovele ugule ngaso lesi sikhathi, okusho ukuthi ungasabalalisa i-HIV kwabanye ngaphambi kokuba wazi isimo sakho nge-HIV.
- Ngeke wakwazi ukubona ukuthi umuntu une-HIV, ukuhlololwa kuphela okungakhombisa lokhu.
- Njenge-diabetes (isifo sikashukela) kanye ne-high blood pressure, i-HIV iyalawuleka ngokuphila impilo enhle (healthy living) kanye nokuphuza imithi (taking treatment). Imithi isebenza kangcono uma uyiphuza kusenesikhathi, uphuza imithi maduzane ngemuva kokutholakala kuhlolo, ungalindi uze ugule kakhulu.
- Ngokwenza uhlolo uzithathela ulawulo nge-health kanye nempilo yakho!
- Ukuhlololwa i-HIV yindlela yokukhombisa uthando nenhlonipho ku-partner wakho kanye nakuwe imbala!

Wonke umuntu kumele azi ngesimo sakhe ukuze akwazi ukunakekela impilo yakhe kanye nokuzivikela nokuvikela abanye abantu ezimpilweni zabo.

Ngubani okumele ahlololwe i-HIV?

- Uma wenze ucansi ngaphandle kokusebenzisa ikhondomu, noma lapho ikhondomu ingasebenzanga kahle khona.
- Uma utholane negazi lomunye umuntu ngaphandle kokuba nezinto zokukuvikela.
- Uma usebenzisa izidakamizwa kanti futhi wabelane nabanye ngezinalithi.
- Uma uthola isisu (ukhulelwa).
- Uma une-HIV kanti futhi uthola ingane (uzala) ngaphandle kokuthola imithi yama-PMTCT, kumele ingane yakho iyohlololwa i-HIV.



- Ingane enceliswa ngumuntu one-HIV.
- Uma unesifo socansi sama-STI (sexually transmitted infection).
- Uma une-TB (tuberculosis).

Yazi amalungelo akho ngokuhlololwa

- Uma uneminyaka engu 12 nengaphezu kwayo, asikho isidingo sokuthola imvume yabazali bakho ukuyokwenza uhlolo lwe-HIV?
- Uhlolo lwenziwa ngasese futhi luyimfihlo kanti nguwe kuphela ongazi imiphumela kanti futhi nguwe kuphela onelungelo lokutshela abanye ngesimo sakho.
- Uhlolo lwe-HIV yisinqumo sakho, kanti futhi kumele unikeze imvume yokuthi uhlolo lwenziwe?
- Akukho onelungelo lokukubandlulula uma une-HIV (HIV-positive) noma ukusebenzisa imiphumela yakho yohlolo lwe-HIV ngendlela engakulimaza noma ukukuphatha kabi?

1. Ukwelulekwa ngaphambi kohlolo (pre-test counselling)

Uzochitha isikhathi nomeluleki (counsellor) ngaphambi kokuhlololwa ukuxoxisana ngokulandelayo:

- Ngokuthi kusho ukuthini ukuhlololwa i-HIV nokuthi lusebenza kanjani uhlolo.
- Kusho ukuthini ukuthola imiphumela ethi unegciwane (positive result).
- Kusho ukuthini ukuthola imiphumela ethi awunalo igciwane (negative result).

Asikho isidingo sokunikeza imvume yokuhlololwa i-HIV kuze kube usuqondisisa kahle ngayo yonke inqubo. Kumele ukhululeke ukubuza imibuzo.

2. Uhlolo lwe-HIV

- Lungenziwa noma kuyiphi ifasilithi yonakekelo lwempilo futhi ezinhlanganweni zemiphakathi eziqeqeshiwe.
- Uhlolo lukhombisa ukuthi ngabe une-HIV noma kawunayo.
- Umsebenzi wezempilo ukuhlaba kancane ekugcineni komunwe wakho.
- Uhlolo lwenziwa masishane futhi alubuhlungu ... kuthatha cishe imizuzu engu 15 ukuthola imiphumela.
- Uma uhlolo lokuqala lubonisa ukuthi ungenwe yigciwane (positive), kuzokwenziwa uhlolo lwesibili ukuqinisekisa imiphumela.



3. Ukwelulekwa ngemuva kohloko (post-test counselling)

Uzothola ukwelulekwa ngemuva kokwenza uhloko ngisho noma ngabe unayo noma awunayo i-HIV. Umeluleki uzokulalela okushoyo kanti futhi azame ukukhuthaza ukuthi ukhulume ngendlela ozizwa ngayo ngemiphumela yohloko. Uma une-HIV, bazokweluleka ukuthi yini okulandelayo okumele ukwenze. Cela ukuhlololwa i-TB.

Khumbula ukuthi abeluleki (ama-counsellor) baqeqeshelwe ukukweluleka kanye nokukusekela. Babuze imibuzo eminingi ngendlela othanda ngayo. Asikho isidingo sokuba namahloni noma ukuphoxeka ngendlela ozizwa ngayo.

Ukuthatha isinyathelo esilandelayo

Uma ungenayo i-HIV, kubaluleke kakhulu ukuthi:

- Wenze uhloko futhi ezinyangeni ezingu 3 ngoba uma usanda kungenwa yivayirasi, akulula ukubona ukuthi ikungenile, kanti futhi kungenzeka ingabonisi kuhloko lokuqala kulesi sikhathi "being in the window period".
- Zivikele wena kanye nabanye kanti futhi ngaso sonke isikhathi yenza ucansi oluvikelekile.

Uma unayo i-HIV, kubaluleke kakhulu ukuthi:

Wenze uhloko lwe-CD4 count

Abasebenzi bezempilo basebenzisa lokhu ukuthola ukuthi ngabe umzimba wakho ulwisana kanjani nesifo. Babala inani lama-CD4 cell (ama-cell alwa nezifo) egazini lakho – lama cell ayingxenywe yamasosha omzimba wakho (immune system), avimbela ukuthi ungaguli.

I- CD4 count emzimbeni womuntu ongenayo i-HIV ayashintsha-shintsha, kodwa avamise ukuba phakathi kuka 600 kanye no 1200.

Qala imithi yama-ARV uma:

- I-CD4 count yakho ingu 500 noma ngaphansi kwaleli nani.
- Uqala ukugula uguliswa yizifo eziphathelele ne-HIV.
- Ukhulelwe noma uncelisa.
- Une-TB.
- Zonke izingane ezine-HIV ezingaphansi kweminyaka engu 5 kumele ziphuze imithi yama-ARV.

Njalo yenza ucansi ngendlela evikelekile ukugwema ukungenwa futhi yivayirasi

Uma une-HIV, ingaphinde ikungene futhi (re-infected), okusho ukuthi imithi yama-ARV esebenze kahle ngesikhathi esedlule ingagcina ingasakwazi ukusebenza kahle, kanti futhi ungasheshe ugule masishane.

Cela ukuhlololwa i-TB.

I-TB ivamise kakhulu kubantu abane-HIV, kungcono ukuthi usheshe wazi isimo sakho se-HIV, ngoba lokhu kuzosiza impilo yakho. I-TB iyelapheka ngokuphelele uma umuntu ephuza kahle ngokufanele imithi.

Ukuthola ulwazi olubanzi: 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 phamfletli noma le ncwajana.



Le phamfletli (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-phantfletli 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...

Ukwelulekwa nge-HIV kanye Nokuhlolwa

