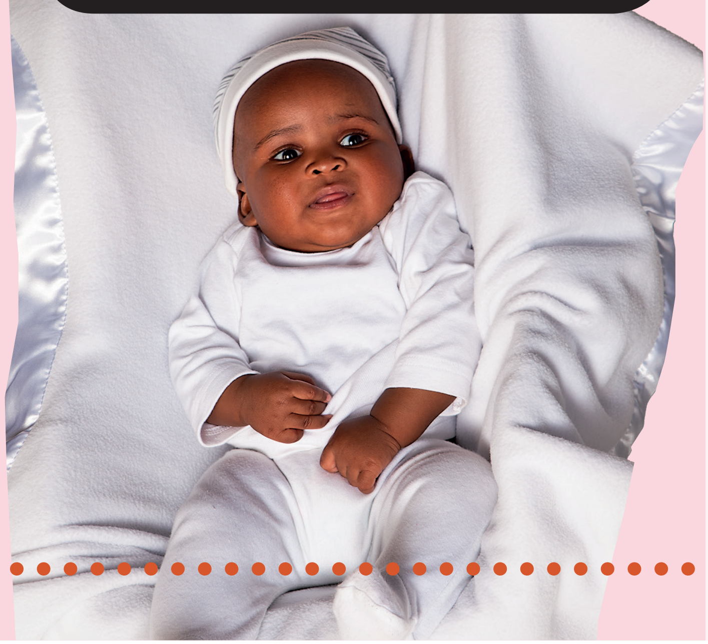
Zonke izingane ezizalwa komama abane-HIV kumele zihlolelwe i-HIV

Ngabe ingane ihlolwa nini ukuhlolelwa i-HIV?

- Ezinye izingane zizohlolelwa i-HIV ekuzalweni (udokotela wakho noma unesi, uzokutshela uma ingane yakho kudingeke ukuthi ihlolwe).
- Uma ingane yakho inamaviki angu 6 ubudala (lokhu kwenziwa ezinganeni ezizalwa komama abane-HIV).
- Kumaviki angu 6 ngemuva kokuyekisa ukuncelisa ibele.
- Ezinyangeni ezingu-18.
- Ezinye izingane zizodinga ukuhlolelwa i-HIV ngezinye izikhathi, isibonelo, emavikini angu 16 ngemuva kokuzalwa. Udokotela wakho noma unesi, uzokutshela uma ingane yakho idinga ukwenziwa amanye ama-test. Njalo thola ulwazi ngokuthi ingane yakho kumele ihlolwe nini.

Imiphumela yohlolo kumele ilandwe ekliniki phakathi kweviki lokuqala ukuya kwelesibili ngemuva kokwenza uhlolo noma i-test.



Kwenzekani uma imiphumela yohlolo ibonisa ukuthi ingane ayinayo i-HIV?

- Khumbula ukluthi uma ingane itholakala kuhlolo ingenayo i-HIV kuhlolo lokuqala, kusadingeka ukuthi uqaphele lapho udlisa ingane yakho, uyinike imithi owanikezwa yona ekliniki/ noma esibhedlela kanye nokuyihambisa ukuthi ihlale iyohlolwa njalo.
- Uma ingane yakho yahlolelwa i-HIV ekuzalweni, kanti yatholakala ingenayo, uhlolo kumele luphinde lwenziwe emavikini angu 6.
- Uma imiphumela ibonisa ukuthi ingane ayinayo i-HIV kuhlolo lwayo emavikini angu 6, uhlolo lwe-HIV kumele luphinde lwenziwe futhi emavikini angu 6 ngemuva kokuba iyekile ukuncela ibele.
- Uma isaphinde ibonisa ukungabi nayo i-HIV futhi, uhlolo kumele luphinde lwenziwe futhi ezinyangeni ezingu 18.

Kwenzekani uma imiphumela yohlolo ibonisa ukuthi ingane ine-HIV?

- Uma imiphumela yohlolo lwengane ibonisa ukuba ne-HIV kunoma yinini, ingane izonikezwa imithi yama-antiretroviral treatment ngokushesha. Izophuza lemithi impilo yayo yonke.
- Izinsana ezincane kanye nezingane ezingaphansi kweminyaka engu 5 ubudala, kumele zisheshe ziqale ukunikezwa imithi ngokushesha.

Ingane encane inikezwa isiraphu ye-Nevirapine

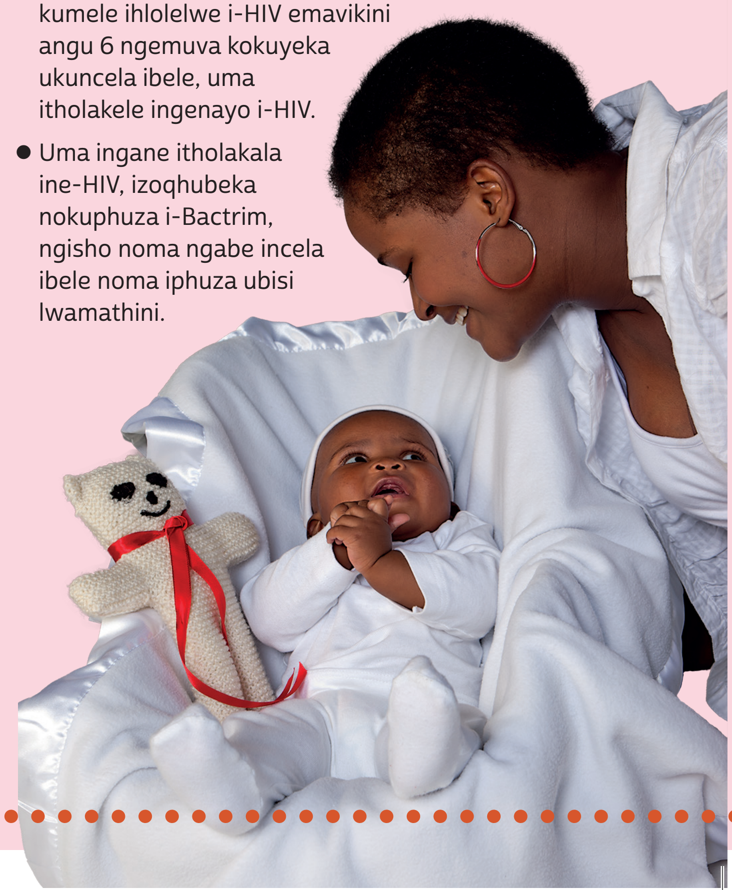
- Zonke izingane ezizalwa komama abane-HIV, zinikezwa isiraphu ekuzalweni.
- Ezinye izingane zinganikezwa nomuthi we-AZT kanye nesiraphu ye-Nevirapine. Udokotela noma unesi uzokutshela ukuthi kumele unikeze ingane yakho muphi umuthi.
- Udokotela noma unesi uzokutshela ukuthi unikeze ingane i-Nevirapine noma eminye imithi. I-Nevirapine, izomiswa enganeni kumaviki angu 6, kodwa kungenzeka inikezwe isikhathi eside ukwedlula lesi kwezinye izingane. Izingane eziphuza ubisi lwamathini zizonikezwa iNevirapine amaviki angu 6. Omama abaqale ukuphuza imithi yama-antiretrorival (isibonelo, i-FDC) amaviki angu 4 ngaphambi kokuzalwa kwengane, kanti futhi ene-viral load ephansi, nayo kuzomele iyeke ukuphuza isiraphu ye-Nevirapine kumaviki angu 6.
- Uma uphuzisa ingane i-Nevirapine isikhathi esingaphezu kwamaviki angu 6, hlola kumsebenzi wezempilo ukuthi kumele ungezele umthamo ewuphuzayo kangakanani njengoba ingane iya ikhula.

Ingane encane enikezwa isiraphu ye-Bactrim

- Isiraphu ye-Bactrim iqalwa kumaviki angu 6 ingane izelwe, ezinganeni ezizalwa komama abane-HIV ukuvimbela amanye ama-infection ukungena enganeni.

Ngabe i-Bactrim kumele inikezwe isikhathi esingakanani?

- Uma ingane idla ubisi lwethini kanti futhi ingenayo i-HIV, i-Bactrim izomiswa.
- Uma ingane incela ibele, kumele iqhubeke nokuphuza i-Bactrim kuze kube isiyekile ukuncela ibele kanti futhi kumele ihlolelwe i-HIV emavikini angu 6 ngemuva kokuyeka ukuncela ibele, uma itholakele ingenayo i-HIV.
- Uma ingane itholakala ine-HIV, izoqhubeka nokuphuza i-Bactrim, ngisho noma ngabe incela ibele noma iphuza ubisi lwamathini.



Uma ingane yakho ine-HIV, izokwelashwa. Lokhu kungaqala ngokushesha ngendlela okungakhonakala ngayo. Lokhu kuzokwenza ukuthi ingane yakho ihlale iqinile futhi inempilo.

Ngabe yini ukuncelisa ibele lodwa kuphela?

Ukuncelisa ibele lodwa kuphela kuchazwa njengobisi lwebele, olungaxutshwa nokunye ukudla (okufana namanzi, ujuzi, nobisi olungelona olwebele, akunaphalishi, akuna-yoghurt noma okunye ukudla okuthambile), ngaphandle kwemithi enikezwe ngudokotela/noma umsebenzi wonakekelo lwezempilo lapho kudingeka imithi.

Ngabe yini inzuzo ebalulekile yokuncelisa ibele enganeni ?

- Ubisi lwebele luhlinzeka ngezakhamzimba ingane ezidingayo ukuze ikhule ithuthuke ezinyangeni zokuqala eziyisithupha, kanti futhi ubisi lwebele luyaqhubeka ukuhlinzeka ingane ngezakhamzimba ingane ezidingayo ukusukela ezinyangeni ezingu 6 ukuya kwezingu 12.
- Ubisi lwebele luqukethe ama-antibodies asiza ukwakha amasosha omzimba engane, kanti lokhu kuvikela ingane kwizifo ezifana nohhudo kanye nenyumoniya.
- Izingane ezinceliswe ibele azivamile ukuba nama-infection obunzima bokuphefumula kanye nawokuphathwa zindlebe kunalezo eziphuza ubisi lwamathini.
- Ubisi lwebele luqukethe izakhamzimba ezibalulekile ezenza ukuthi ingaphakathi lamathumbu nesisu kuhlale kuqinile kanti lokhu kusiza ukuphungula amathuba okungenwa ngama-infection.
- I-colostrum noma isithubi (ubisi lokuqala ingane elithola ebeleni ngemuva kokuzalwa, luthathwa njengesivikeli nogonyo lokuqala lwengane. Lolu bisi lokuqala lunama-substance avikelayo kanti futhi lubaluleke kakhulu enganeni esanda kuphuma esibelethweni lapho ebivikeleke khona manje esihlangana nawo wonke ama-infection okokuqala kwisimo sangaphandle kwesibeletho.
- Ingane ngeke yathola lokhu kuvikeleka kunoma yiyiphi enye inhlobo yokudla ngaphandle kobisi lwebele.
- Ubisi lwebele yindlela engcono kunazo zonke yokondla ingane kanti futhi isipho esibaluleke kunazo zonke umama wengane angasinikeza ingane yakhe ukuqala impilo ihlomele ukuvikeleka nokusinda kwizifo kanye nama-infection.

Ukuthola ulwazi olubanzi: **www.hivsa.com**

www.choma.co.za
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• 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) oluvele 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...

Ukusa ingane yakho kuhlolo lwe-HIV (PCR)