

What are STIs?

Ama-STIs, noma izifo ezithelelana ngocansi, zisabalala ngokwenza ucansi ngendlela engavikelekile nomuntu one-STI.

Uwathola kanjani ama-STI?

- Ngokwenza ucansi olungavikelekile kanye nokutholana noketshezi locansi noma ama-sexual fluids kanti lokhu (kungaba amalotha esidoda aphuma kungakabi yisikhathi kanye noketshezi lwesitho sangasese sowesifazane) isitho somphambili sowesilisa, isitho sowesivazane, sangemuva umdidi, imbobo yesitho sangasese sowesifazane kanye nomlomo).
- Ngazo zonke izindlela zokuxhumana ngocansi (umdidi, umlomo kanye nesitho sangasese sowesifazane). Zonke izindlela zocansi ezibandakanya uketshezi lomzimba kumele zithathwe ziyingozi.
- Ukusetshenziswa kwamakhondomu kuphungula ukungenwa ngama-STI kodwa akuphephile ngokuphelele ngo 100%, ngisho noma unekhondomu ungatholana nezindawo ezinama-infection zezitho zangasese.
- I-HIV, yivayirasi ebangela i-AIDS, ibuye ibizwe nangokuthi yi-STI kodwa ingabuye isabalale nangegazi kanye nobisi lwebele.

Ama-herpes kuphela asabalala ngokusuka emlonyeni aye emlonyeni lapho abantu beqabulana.

Ngabe ngizivikela kanjani kuma-STIs?

- Ekuqaleni ngeke uzibone izimpawu zama-STI. Kodwa ngisho noma ungawaboni ama-infection, ungawadlulisela kwabanye.
- Ungazivikela wena no-partner wakho kuma-STI, abandakanya i-HIV, uma usebenzisa ikhondomu ngaso sonke isikhathi socansi futhi kwisiwombe

nesiwombe socansi (ucansi lwesitho sangasese sowesifazane noma lwesitho sangemuva).

- Ungathola ama-STI ngokwenza ucansi lomlomo (ngokumunca isitho sangaphambili sowesilisa noma ngokukhotha isitho sangasese sowesifazane).

Izimpawu (signs) nama-symptom

Uma unezinye zalezi zimpawu ezingezansi, bonana nomsebenzi wezempilo ngokushesha:

- I-discharge engavamile kwisitho sangasese sowesifazane, kwisitho sangaphambili sowesilisa noma kwisitho sangemuva umdidi.
- Ukuluma kwezitho zangasese.
- Ubuhlungu laphe uchama.
- Ubuhlungu laphe nenza ucansi.



- Izilonjana kwizitho zangasese.
- Ukuvuvukala kwendlalathi kwimbilaphu (swollen glands in the groin).
- Izinhlungu emazansi nesisu.
- Ukuqubuka nezinsumphu.

Ukwelapha ama-STIs (ngaphandle kwe-HIV)

- Ama-STI amaningi (ngaphandle kwe-HIV) ayelapheka ngokuphuza ama-antibiotic.
- Uma usheshe uye ekiniki futhi welashwa, kulula ukwelapheka ama-infection.
- Ngaso sonke isikhathi qeda yonke imithi onikwa yona ngisho noma uzizwa sengathi i-infection isiphelile.
- Uma uyeka ukuphuza imithi ngaphambi kokuba uyiqede, i-infection ingabuya futhi.
- Musa ukwabelana nabanye ngemithi yakho, ngoba lokhu kusho ukuthi wena noma lowo muntu owabelana naye ngeke nibe nemithi elingene egazini ukwelapha ama-STI.
- Abanye abantu bangabonana nenyanga yesintu – kodwa kumele futhi ubonane nanodokotela.

Yini ubuhlobo phakathi kwama-STI kanye ne-HIV?

- I-HIV, eyivayirasi ebangela i-AIDS, iyi-STI.
- Inkinga enkulu ngama-STI wukuthi enyusa amathuba okungenwa yi-HIV.
- Uma wena une-STI noma u-partner wakho ene-STI kanye ne-HIV, amathuba okudlulisela noma ukuthola i-HIV makhulu kakhulu.
- Ama-STI amaningi abangela ukusikeka noma ukudabuka noma ukuphuka kwesikhumba. Uma u-partner wakho ene-HIV, i-HIV ingangena kalula emzimbeni wakho kulezi zindawo ezisikekile noma ezidabukile esikhumbeni ngesikhathi socansi.
- Ama-discharge e-STI angaba nezinga eliphezulu le-HIV.

Uyithola kanjani i-HIV

Ivayirasi isabalala ngokuxhumana ngokocansi okubandakanya ngesitho sangasese sowesimame (vaginal), isitho sangemuva (anal) nangomlomo (oral), ukungenelana kwegazi (blood to blood contact) kanye nokusuka kumama ukuya enganeni (ngoketshezi lomzimba olufana negazi, uketshezi lwesitho sangasese (vaginal fluid) kanye nobisi lwebele.

Noma ngubani owenza ucansi ngendlela engavikelekile angangenwa yi-HIV kodwa usengozini enkulu uma:

- Unama-partner ege koyedwa.
- Usebenzisa utshwala nezidakamizwa ngoba lokhu kwenza ukuthi umuntu angazithibi (lowers inhibitions) kanye nokwenyusa izinga lendlela yokuziphatha eyingozi ngokocansi.
- Uma usebudlelaneni bokuthengiselana ngocansi ngoba kungenzeka ama-partner engafuni ukusebenzisa amakhondomu.
- Unezifo ezithelelana ngokocansi (sexually transmitted infections (STIs)).
- Usebenzisa izidakamizwa kanye nokwabelana ngezinalithi zezidakamizwa nabanye.
- Uma wenza ucansi olowuqandu-qandu (rough) noma ucansi olomile (dry), okungabangela ukusikeka kanye nokopha. Lokhu kuvumela ivayirasi ingene emzimbeni wakho kalula.

Kungani kubalulekile ukuhlololwa i-HIV?

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

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

Ukuthola ulwazi olubanzi: www.hivsa.com



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



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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-phemfletli 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...

Izifo ezithelelana ngocansi ama-Sexually Transmitted Infections (STIs)

