

ndingakwazi

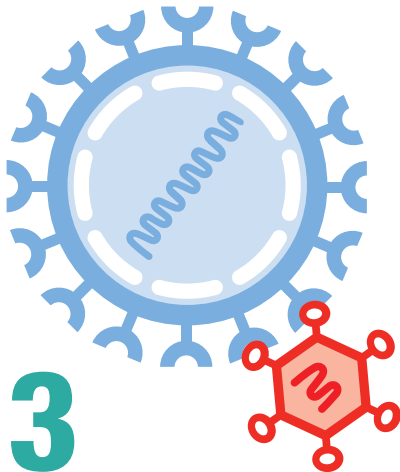
ukuthatha
ulawulo
ngempilo yam



1

Yintoni intsholongwane kagawulayo?

Yintsholongwane ehlasela amajoni omzimba, lawo ekufanele akukhusele ekuguleni. Xa lentsholongwane ingenile emzimbeni ayiphinde iphume.



3

Yintoni isifo sikagawulayo?

Isifo sikagawulayo liqela lezigulo elihlasela umzimba xa amajoni omzimba abuthathaka okanye embalwa.

Ngaphandle kwamachiza azi Antiretrovirals (ARVs), intsholongwane kagawulayo igqibela isisifo sikagawulayo. Isifo sikagawulayo sisimo sokugqibela sokosuleleka ngale ntsholongwane.

2

Yanda kanjani intsholongwane ka gawulayo?

Intsholongwane kagawulayo yanda ngencindi zomzimba ezinalentsholongwane, umzekelo igazi, incindi ezibakho xa kusabelwana ngesondo nobisi lwebele. Intsholongwane kagawulayo yanda ngezindlela zilandelayo:

- » Ukwabelana ngesondo okungakhuselekanga nomntu osenegciwane lika gawulayo
- » Ukunikezelana ngegazi
- » Ukwabelana ngeenaliti
- » Ukukhulelwa, ukubeleka nokuncancisa



4

Ndizokwazi kanjani ukuba ndinentsholongwane kagawulayo?

Ukuze wazi ukuba unayo na intsholongwane kagawulayo, kumele uhlowe nge 'test' eyenzelwe oko. Wonke umntu onentsholongwane kagawulayo kumele afumane ukwelulekwa NGAPHAMBILI NANGEMVA kokuhlolwa.



5

Inyangwa njani intsholongwane kagawulayo?

Ugawulayo akanyangeki kodwa lentsholongwane inganqunqanyiswa ngokuthatha i ARVs. **Kubalulekile ukuba uhlale uthatha i ARVs impilo yakho yonke.**

6

Ziziphi izinto ongazizuka ngokuqala i ARVS namhlanje?

Kubalulekile ukuba uqalise ukuthatha i ARVs ngokukhawuleza ukuze ukhuseleke ekuguleni okubangwa bubuthakathaka bamajoni omzimba. I ARVs zinceda ukuba uphile impilo ende.

7

Ngubani ofanele ukuthatha i ARVs?

Wonke umntu onentsholongwane kagawulayo kufanele athathe i ARVs, **nokuba i CD 4 Count yakhe ingakanani na.**

8

P . S . O . P
PREVENT · AVOID · STOP · OVERCOME · PROTECT

Ndingenza ntoni ukuba ndikhuseleke?

NQANDA ukosuleleka nokosulela abanye

PHEPHA ukuphinda wosuleleke

MISA impilo nezenzo ezinobungozi

YOHLULA ukuphila nentsholongwane kagawulayo nokubekelwa bucala ngabanye

KHUSELA wena, obathandayo kanti nabanye



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