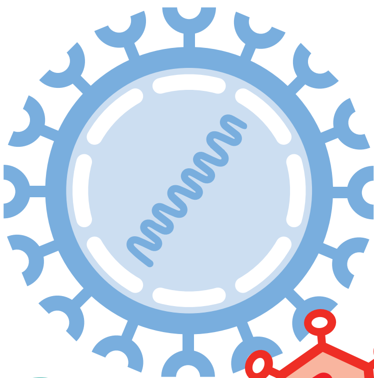
# ngingakhona ukulawula isimo sami sezempilo +

## 1

### Siyini isandulelangculazi?

**Isandulelangculazi** siyigciwane elihlasela amasosha omzimba lawa okumele akuvikele ukuba ungaguli. Uma ngabe igciwane lesandulelangculazi selisemzimbeni wakho alipheli.



## 2

### Libhebhetheka kanjani igciwane lesandulelangculazi?

**Igciwane lesandulelangculazi libhebhetheka ngoketshezi lomzimba oluqukethe igciwane,** isifaniso; igazi, uketshezi locansi kanye nobisi lwebele. Igciwane lesandulelangculazi lingabhebhetheka ngalezindlela ezilandelayo:

- Ukuya ocansini olungavikelekile nomuntu osehaqwe yigciwane lesandulelangculazi
- Ukufakelwa igazi
- Ukwabelana ngezinaliti kanye nemijovo
- Ukukhulelwa, ukubeletha kanye nokuncelisa

## 3

### Yini ingculazi?

**Ingculazi inhlanganisela yezifo ezingosomathuba emzimbeni uma amasosha omzimba engasenamandla noma eyingcosana.** Ngaphandle kwemishanguzo igciwane lesandulelangculazi ligcina seliyingculazi. Ingculazi yisigaba sokugcina sesifo segciwane lesandulelangculazi.

# 4

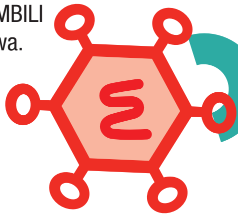
## Ngazi kanjani ukuthi nginesandulelangculazi?

Ukwazi isimo sakho mayelana nesandulelangculazi, kumele uhlolelwe leligciwane kusetshenziswa izinsiza zokuhlolela igciwane lengculazi. Wonke umuntu ohlolelwa igciwane lesandulelangculazi kumele athole ukwalulekwa NGAPHAMBILI NANGEMUVA kokuhlolwa.

# 5

## Silapheka kanjani isandulelangculazi?

Igciwane lesandulelangculazi alikwazi ukulapheka kodwa lingavikelwa ukuthi lingazi phindaphindi ngokuthatha imishanguzo. **Ngakho kubalulekile ukuqhubeka uthathe imishanguzo impilo yakho yonke.**



# 6

## Kusiza ngani ukuqala imishanguzo namhlanje?

Kubalulekile kakhulu ukuqala imishanguzo ngokushesha ukugwema ukugula nokukhubazeka okubangwa ngubuthakathaka kwamasosha emzimbeni. Imishanguzo iyasiza ukuba uphile impilo enhle nende.

# 7

## Ngubani ofanalwe ukuthola imishanguzo?

Bonke abantu abanegciwane lesandulelangculazi bafanele ukuthola imishanguzo **kungakhathaleki ngezinga lamasotsha omzimba, phecelezi iCD4 count.**

# 8

P.A.S.O.P

PREVENT - AVOID - STOP - OVERCOME - PROTECT

## Ngingenza kanjani ukuthi ngiphephe?

**VIKELA** ukungenwa yingculazi futhi ungayidlulisi

**GWEMA** ukuthola izifo ngokuphindelela, ukufa kumama kuya enganeni

**YEKA** izenzo nokuziphatha budedengu

**NQOBA** ukuphila nesandulelangculazi kanye nesigcono/ubandlululo

**ZIVIKELE,** uvikele obathandayo nabanye abantu

SOUTH AFRICANS AND AMERICANS IN PARTNERSHIP TO FIGHT HIV/AIDS
PEPFAR

Don't delay Start ARVs TODAY

THE AURUM INSTITUTE

@theauruminstitute