

Pho njengoba sengake ngaya emacansini ngingazivikelanga?

Abantu abanengi abakwazi ukuthi phakathi kwababili abathandanayo kuyenzeka ukuthi oyedwa abe legcikwane leHIV omunye engelalo. Lokhu kwaziwa ngokuthi yi **DISCORDANCE**. Lokhu kuyenzeka lanxa abantu sebake bahlangana emacansini bengazivikelanga.

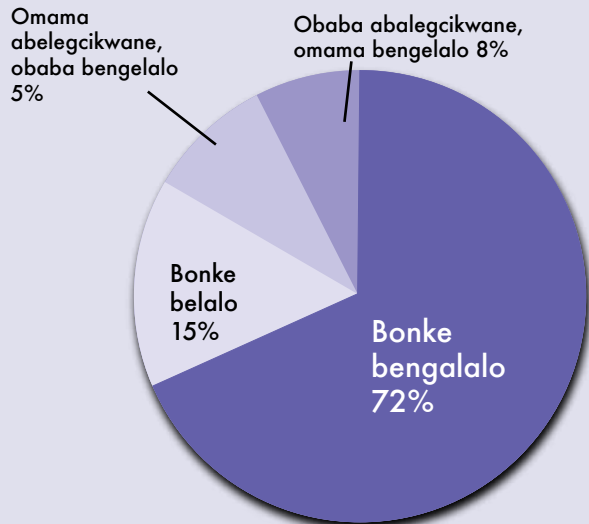
Nansi ingcazelo:

Asithi mhlawumbe uye emacansini lomuntu owabanjwa iHIV kunyanga eziyisithupha ezedluleyo. Lowomuntu uyabe elenani eliphansi le HIV ngakho awuyitholi masinya iHIV.

KODWA: nxa ungaqhubekela phambili ulala lalowomuntu lingazivikelanga uyacina uthola iHIV. Ngakho ke:

- kumele uzivikele lanxa sowake wahlangana laye emacansini ungazivikelanga.
- hlolwani igcikwane leHIV lobabili.

Kuleli lizwe, phakathi kwezithandani eziyisikhombisa esisodwa silabantu abalesimo esitshiyeneyo se HIV.



Kuyini ongakwenza?

- Xoxani mayelana ngengozi zokuthola iHIV lomunye wakho.
- Nxa kungela othandana laye okwakhathesi yazi isimo sakho seHIV lesalowo ozathandana laye. Kuqakathekile ukuthi lihambe liyehlolwa lingakaqalisi ukuya emacansini. Kungcono ukuthi lihambe lonke
- Xoxisana lomunye wakho ukuthi uzazivikela njani kugcikwane leHIV.

Ungakhetha phakathi kwalokhu:

- Ukungahlangani emacansini lize liyehlolwa iHIV njalo selizizwa selizimisele.
- Thembakalani ekuthandaneni kwenu (nxa oyedwa wenu loba lonke lile HIV sebenzisani amakhondomu ngaso sonke isikhathi nxa lihlalanga emacansini).
- Sebenzisani amakhondomu awabafazi loba awamadoda. Khumbulani ukuthi ayenelisa ukuvikela ukuthelelana iHIV nxa esetshenziswe kuhle njalo ngasikhathi sonke.

Q: Pho njengoba ngithethe isithembo?

A: Lokhu kujwayelekile. Kodwa akutsho ukuthi usuphuzile ukuthatha inyathelo. Uyenelisa ukukhuluma labomkakho lihambe liyehlolwa iHIV. Cabanga ngengozi zokuthola iHIV, uzinikele ekuzivikeleni.

Uyadinga usizo?

Nxa ufisa ukwazi okunengi, vakatshela kwabezempilakahle abaseduze lawe kumbe abe "National Aids Council" abaseduze lawe.

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Ukuba loyedwa othandana laye yinto enhle



Kubhadale iExpanded Support Programme

Q: Yindaba abantu abanengi bele HIV?

A: Esinye sezizatho salokhu yikuthi abantu baya emacansini labantu abedlula oyedwa ngasikhathi sinye. Lokhu yikho okubangela ukuthi abantu abebengelayo iHIV bayithole kuleli.

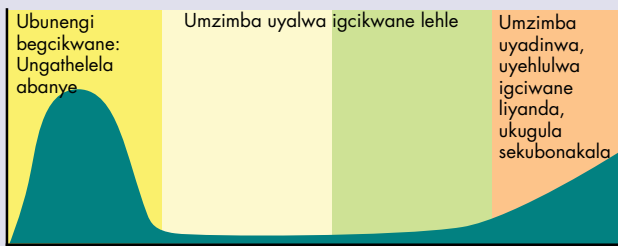
Okwaziwayo mayelana le HIV: Okutsha lokudala

- Igcikwane le HIV litholakala emanzini omzimba atshiyeneyo njalo lithelwana ngokuhlangana emacansini ungazivikelanga.
- Kunzima ukuthi ubone ukuthi umuntu ulalo yini igcikwane le HIV ngokumkhangela nje kuphela. Ukuthi ukwazi kumele umuntu ayehlolwa.
- Ngemva kokuhlaselwa igcikwane kuthatha inyanga ezintathu ukuthi umzimba wenze amasotsha okulwisana leHIV ngemva kokuyithola.
- Nxa kuhlolwa I HIV egazini lakho kukhangelwa lawomasotsha. Kunyanga ezintathu zakuqala uhlaselwe yiHIV amasotsha la kawabonakali ngakho akweneliseki ukuthi kukhanye ukuthi ulalo loba hatshi igcikwane leHIV.

Ingcitshi zolwazi lwe - HIV:

- Lanxa umuntu engathola igcikwane le HIV ngasosonke isikhathi sokuhlangana emacansini abantu bengazivikelanga amathuba okuthi umuntu akuthelele iHIV manengi nxa lowo olayo elamagcikwane amanengi kakhulu egazini lakhe.
- Amagcikwane eHIV azalana ngesiqubu esikhulu kakhulu ngesikhathi esanda kuhlasela umzimba wakho ngoba uyabe ungakenzi amasotsha amanengi okuzivikela.
- Umzimba wakho ungavele wenze amasotsha okulwisana le HIV inani lamagcikwane e HIV emzimbeni wakho liyehla okweminyaka engafika kwemihlanu kusiya kwelitshumi. Ngemva kwalokho umzimba uyaphelelwa ngamandla okulwa ubusugula kakhulu njalo lenani le HIV beselisanda njalo emzimbeni wakho.

Umfanekiso olandelayo utshengisa ukuthi inani le HIV liguquka njani emzimbeni kusukela ngesikhathi ulithola uze ube le AIDS.



Kuvela kwabe: UNFPA Zimbabwe based on Galvin, S.R. & Cohen, M.S. (2004)

Okufuneka ukwazi yikuthi

- Ngenyanga ezintathu zakuqala uhlaselwe igcikwane le HIV yiso isikhathi lapho amagcikwane e HIV amanengi kakhulu khona emzimbeni wakho (kodwa wena awukunanzeleli.)
- Ngalesisikhathi yikho lapho okulengozi kakhulu khona yokuthelela abanye
- Nxa ungaya emacansini lomuntu osanda kuhlaselwa igcikwane le HIV ungazivikelanga ulakho ukuthelelwa iHIV masinya.

Izindlela abantu abaya ngazo emacansini. Lengazi ekuzimmetheyo

- Loba abantu besazi ukuthi ukuya emacansini labantu abatshiyeneyo ngasikhathi sinye kuyingozi, bacabanga ukuthi labo abayalabo emacansini ngalesosikhathi abakho engozini.

Ezinye indlela eziyingozi abantu abaya ngazo emacansini yilezi:

- Ukuba lezithandwa ezinengi ngasikhathi sinye.
- Ukuya emacansini labanye abantu ngaphandle komtshado osekusaziwa ngokuthi "small house".
- Ukuthatha isithembo.
- Abanye abantu bangabe bethandana lomuntu oyedwa ngasikhathi sinye kodwa bethintshatshintsha ngemva kwesikhathi esifitshane.

Zonke lezi indlela eziqanjweyo ziyengezelela amathuba okuthi umuntu athelelwe loba athelele abanye iHIV

Khumbula: Ukuthi lanxa wena uthandana lomuntu oyedwa kodwa yena engaziphathanga usengozini.

Kungani kuyingozi enkulu ukuya emacansini labantu abatshiyeneyo ngasikhathi sinye?

Kunjalo ngoba ubayingxenywe yalabo abangaziphathanga. Loba nje wena ungabe ulala lababili kuphela usengozini yokuthelelwa imikhuhlane yalabo abanye abahlangana labo ohlangana labo emacansini nxa bengathembekanga.

Uyabona kumfanekiso ongaphansi ukuthi loba uHenry loAlbert bethandana labantu ababili kuphela, uJack ulabathathu ingxenye yesigaba isengozini yomkhuhlane ngenxa yalokhu.

Lokhu kutsho ukuthi:

- Lanxa nje wena ungahlangani emacansini lalabo abahlangana lesithandwa sakho lawe usengozini yomkhuhlane
- Nxa oyedwa phakathi kwalabo abahlangana bebanengi ehlaselwa yi HIV kulula ukuthi bonke abahlanganayo bayithelelane.
- Njengoba uzalala labantu abatshiyeneyo kungakedluli inyanga ezintathu kutsho ukuthi bonke ohlangana labo bazakuyithatha kuwe.

Ubulembu bezemacansini

