



## Ungayiphendula-na imibuzo elandelayo?

**Kuyini i-HIV?**

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**Kuyini ingculaza**

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**Ithelelwana njani i-HIV?**

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**Ungabe usengozini yokuthola i-HIV na?**

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**Ungazivikela njani ekutholeni igciwane leHIV?**

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**Usuke wanakana ngokuthi uyehlolwa kumbe ulegciwane yini?**

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**Usuke wanakana ngokuthi liyehlolwa ndawonye lesithandwa sakhona?**

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## I-HIV le-AIDS

*Imibuzo lempendulo*



Kuthethwe eCDC

Kubhadale iExpanded Support Programme

## Kanti vele kuyini i-HIV?

Ukuthi HIV, kutsho ukuthi Human Immunodeficiency Virus, oku- ligciwane elibangela i-AIDS. Igciwane leli libulala amasotsha omzimba, lenze umuntu ahlale egula njalonde acine esele-AIDS.

## i-AIDS manje kuyini?

Ukuthi AIDS kutsho ukuthi Acquired Immune Deficiency Syndrome. I-AIDS libizo lemikhuhlane etshiyeneyo ehlasela umuntu uma esebanjwe yiHIV. I-AIDS ivame ukubonakala ngemva kweminyaka umuntu athelelwa i-HIV.

## Ingelatshwa kanjani i-AIDS?

Cha. Emhlabeni ayelapheki i-AIDS

## Umuntu uyithelelwa ngaziphi indlela i-HIV/AIDS?

i-HIV ihlala egazini lomuntu, ibuye itshatshame kuma-sexual fluids kubobaba labomama. Iyatholakala njalo echagweni lwebele likamama. I-HIV ithelwana ngalezi izindlela zona eziyenza imemetheke:

- emacansini (85 to 90 %): Ungathola i-HIV ngokulala lomuntu olayo lingasebenzisanga amakhondomu. Leyi yiyo indlela abantu abanengi abathola ngayo igciwane leHIV eZimbabwe.
- Ekubeletheni, umama ole-HIV uyamthelela umntwana kwezinye izikhathi (10 to 15 %), kumbe futhi ekumnyiseni kwakhe uyanelisa ukumupha i-HIV ngebele.

- Ingathelelwana futhi egazini (1 %): umuntu angayithola i-HIV kudlulisela ngegazi lalowo olayo; lokhu kuvame ikakhulu ku-blood transfusion, kumbe lapho lingene ngesilonda, kumbe njalo ngamanalithi lamajekiseni abekade esetshenziswa ngumuntu olegciwane. Kodwa eZimbabwe igazi liyahlolwa okuzwayo lingakanikwa izigulane ku-Blood transfusion ezibhedlela. Igazi elifunyanwe lileHIV alisetshenziswa ezibhedlela.

## i-HIV ayithelelwana ngalezi izindlela:

- Ukupha igazi (blood donation)
- Ukupheka ndawonye lomuntu olegciwane
- Ukusebenzisa izambuzi (public toilets)
- Ukuhlala-ndlu inye lomuntu olegciwane
- Ukuthinta kumbe ukunakekela umuntu olegciwane
- Ukudla amafrozen
- Iminyane (mosquitoes)
- Ukukhwehlela lokuthimula
- ubuthakathi

## Isithandwa singaba legciwane leHIV omunye waso engelalo-na?

Ngempela kuyenzeka, njalo kuvamile. EZimbabwe kucatshangelwa ukuthi umuntu oyedwa kwabangu-7 abangelalo igciwane isithandwa sakhe silegciwane leHIV. Kodwa labo abakhetha ukuxoxisana mgceke ngeHIV lezithandwa zabo, besebesiyahlolwa, balakho ukuzigcina bevikelekile emikhuhlaneni.

- Ukulala lomuntu olegciwane ungasebenzisanga ikhondomu

- Amadoda labafazi abaya emacansini belengulamakhwa kumbe eminye imikhuhlane yangaphansi bengazange bayelaphise.

- Obaba abaphingayo labomama abaphingisayo

## Wena-ke, awukho engozini yokuthola iHIV?

Nguwe wedwa qha ongaphendula umbuzo lo!Ake unakane ngezenzo ezingakwenza wehlelwe yingozi yeHIV:

- Sewake waya emacansini kungela khondomu yini?
- Sewake wantshintshanisa izithandwa emacansini?
- Kungenzeka ukuthi usuke walala lomuntu olegciwane le-HIV?
- Sewake waba lesiki kumbe eminye imikhuhlane ethelelwana emacansini? Ulayo isiki khathesi kumbe eminye imikhuhlane efana lengulamakhwa?
- Isithandwa sakho olaso khathesi kumbe esakudala sake salala labanye abantu ngaphambilini kokuthandana kwenu?

Uma uphendule wathi 'yebo' embuzweni owodwa kule ephezulu, usengozini yokuba usukewatshebiswa igciwane.

## Ungazivikela njani ukuze ungathelelwa igciwane?

- Yuma ukuthi
  - I-AIDS ludubo oluhlasele indawo ohlala kuyo
  - Indlela oziphatha ngayo, kumbe isithandwa sakho esiziphatha ngayo ingalilethela i-HIV
  - Funda ngezindlela iHIV ememetheka ngazo ube ususebenzisa ulwazi lolo ekuzivikeleni.
- Vikela impilo yakho wenangokwakho
  - Bekezela, ungazitshiphi ngokujaha ukuya emacansini.
  - Ungakalali lomunye, yazi kumbe ulegciwane kumbe hatshi. Hamba uyehlolwa igciwane njalo cela ukwazi isimo somunye wakho.
  - Hlala uthembekile komunye wakho laye ahlale ethembekile kuwe.
  - Lingekeli ukusebenzisa amakhondomu izikhathi zonke.
  - Xoxisana lalowo oya laye emacansini mayelana leHIV - AIDS.
- Thatha amanyathelo!!
  - Bonisana lesithandwa sakho ngokuyahlolwa igciwane le-HIV.
  - Hambani liyehlolwa libone ukuthi impumela kuyini.
  - Sebenzisa impumela yokuhlolwa ukuze uhlele imuli yakho kuhle lekusasa yakho labantwabakho.
  - Bana ngumzekeliso, ungakhonyeli abanye.
  - Xwayisa abanye mayelana le HIV-AIDS. Xwayisa abazali bakho, abangane bakho kanye labantwabakho.
  - Thakazelela abantu abale HIV-AIDS, ubanakekele ngothando.

## Kulabantu abasengozini yeHIV ukwedlula abanye na? Qotho sibili!

- Abantu abazitshaphazayo, abasuka balale labantu abanengi, lalabo abafebayo bona bethethe kumbe beyendile.

- Ontanga abaqala ukuya emacansini labantu abadala khatshana kulabo, abantu mhlawumbe abavele sebethwele igciwane

- Labo abaqala ukuya emacansini bengasebenzisanga ikhondomu, kumbe abatshada bengazange bayehlolwa besebesekela ukusebenzisa amakhondomu.