

**Yebo loba hatshi**

- Inengi labantu likholwa izinto ezingayisizo mayelana lezamacansini:
- Abesifazane abasakhulayo bacabanga ukuthi amadoda asekhulile mhlawumbe athethayo avikelekile ku HIV. Abakhumbuli ukuthi amadoda la angabe ake athandana labantu abanengi kudala okwabafaka engozini yokuthola iHIV lanxa nje belomfazi oyedwa.
- Amadoda asekhulile acabanga ukuthi abafazi abasakhulayo bavikelekile. Abakunanzeleli ukuthi abesintwana laba bangabe babasengozini yokuthola iHIV ngenxa yokuthandana lamanye amadoda asekhulile lanxa bengakahlangani emacansini okwesikhathi eside.
- Abantu bakholwa ukuthi ukuya emacansini labantu abedlula oyedwa akusiyongozi ngaphandle nxa lowo alala laye eyesifebe. Ukulala labantu abedlula oyedwa ngasikhathi sinye kuyingozi kakhulu ikakhulu kulabo abangasebenzisi amakhondomu.

**Zikhethele indlela enhle ngempilo yakho.**

Njengoba ususazi ukuthi yikuphi okukufaka engozini.

**Kukhona ongakwenza okufana lalokhu:**

- ungakhetha ukuthi ungayi emacansini uze ubone ukuthi usukhulile njalo usuzimisele kukho
- Ukungayi emacansini labantu abatshiyeneyo.
- Nxa ungekho ethandweni okwakhathesi, yazi isimo sakho seHIV ungakathandani lomuntu njalo ufune ukwazi isimo salowo ozakhetha ukuthandana laye (ukuyahlolwa iHIV lilobabili yindlela enhle kakhulu langesikhathi lingakathathani loba selithethene).
- Bonisanani lomunye wakho ukuthi lizazivikela njani kuHIV.
- Zinikeleni ukuthi lizathembeka omunye komunye sikhathi sonke.
- Woba leqiniso lokusebenzisa amakhondomu ngendlela eqondileyo sikhathi sonke.

**Uyadinga usizo?**

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

NAC Head Office	04-791171
Harare:	04-708070
Bulawayo:	09-884077
Manicaland:	020-64324
Midlands:	054-220084
Mashonaland West:	067-22741
Mashonaland East:	079-22008
Mashonaland Central:	011878935
Matebeleland North:	09-882943
Matebeleland South:	084-22631
Masvingo:	039-262097



**Wena legcikwane le HIV**  
 Umbono omutsha ngengozi yeHIV  
**obhekane layo**

Kubhadale iExpanded Support Programme

Thola ulwazi kulolugwalo mayelana lamathuba okuthola iHIV lendlela ongazivikela ngazo

**Osuvele ukwazi**

Usulolwazi olunengi mayelana le HIV. Uyakwazi ukuthi ulakho ukuthola iHIV ngokuhlangana emacansini ungazivikelanga. Uyakwazi ukuthi iAIDS ngumkhuhlane osubhahile emulini ezinengi kuleli. Njalo uyakwazi ukuthi iHIV ilwisana lamasotsha omzimba kancane kancane. Uyakwazi ukuthi iHIV ligcikwane eliphila emizimbeni yethu okwesikhathi eside ibe isibangela umkhuhlane we AIDS. Uyakwazi ukuthi nxa umuntu ole AIDS engatholanga ukwelatshwa ngama ARVs ucina esifa

**Kodwa nanzi ezinye izinto eziphatelane le HIV kanye le AIDS ongabe ungazazi**

Ingcitshi zokudinga ulwazi sezazise ukuthi:

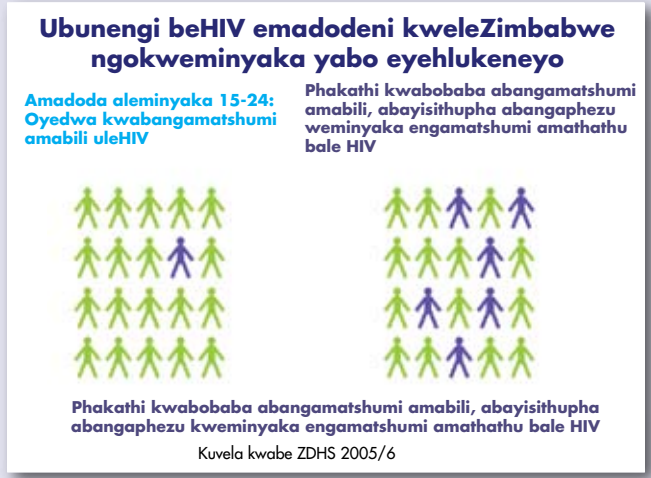
- Lanxa umuntu engathola igcikwane le HIV ngasikhathi sonke sokuhlangana emacansini ungazivikelanga amathuba okuthi umuntu akuthelele iHIV manengi nxa lowo oleHIV elamagcikwane amanengi kakhulu egazini lakhe.
- Ungathola amagcikwane eHIV, ayaqala ukuzalana ngesiqubu esikhulu kakhulu ngesikhathi usanda kuthola iHIV umzimba wakho 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 libeselisanda njalo emzimbeni wakho.

**Okufuneka ukwazi yikuthi:**

- Ngenyanga ezintathu zakuqala uthole igcikwane leHIV yiso isikhathi lapho amagcikwane eHIV lapho emanengi kakhulu emzimbeni wakho (kodwa wena awukunanzeleli.)
- Ngalesisikhathi yikho okwande ukuthelelwa abanye.
- Nxa ungaya emacansini lomuntu osanda kubanjwa ligcikwane leHIV ungazivikelanga ulakho ukukuthelela iHIV ngesiphangiphangi.

**Ulwazi oluqakathekileyo kwabasakhulayo!**

Ichart elitshengisa inani ekhulwini labesilisa abale HIV kuleli kusiya ngeminyaka yabo



- Kuyabonakala ukuthi omama abanengi bathola iHIV bengakafikisi iminyaka engamatshumi amabili lane kanti njalo kulabo asebephezu kwamatshumi amabili lanhlanu inani labolingaphezulu.

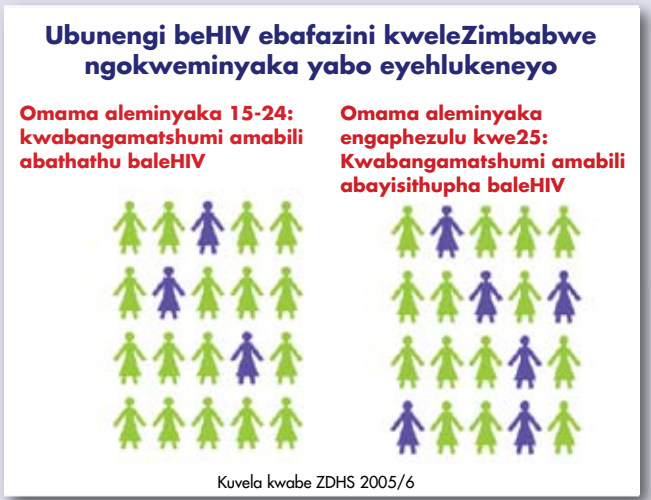
Lokhu kutsho ukuthi:

- Nxa oyalaye emacansini engumuntu okutshiye ngemnyaka eminengi angabe sewake waya emacansini labanye engakathandani lawe. Yikho angabe sewake wazifaka engozini yokuthola igcikwane leHIV
- Inengi labesifazana abasakhulayo lithola iHIV lingakafikisi iminyaka engamatshumi amabili lane. Abantu abasanda kuthola igcikwane le HIV balakho ukuthelela abanye.
- Ukuya emacansini lingazivikelanga kuyingozi ngaphandle kokuba lisazi izimo zenu zeHIV, lithembakele kumbe lisebenzise amakhondomu.

**Ukuhlangana emacansini lendoda eleminyaka eyedlula amatshumi amathathu ungazivikelanga njalo ungazi isimo sayo seHIV kuyingozi ephindwe kasithupha ukwedlula oleminyaka engaphansi kwamatshumi amabili lane.**

**Ulwazi oluqakathekileyo emajaheni!**

Ichart elitshengisa inani ekhulwini labafazi abasakhulayo abaleHIV kuleli kusiya ngeminyaka yabo



- Kuyabonakala ukuthi amanye amadoda alayo iHIV kodwa inani elinengi kulabo elileHIV litholakala kulabo abaleminyaka engamatshumi amabili lanhlanu kusiyaphezulu.

Lokhu kutsho ukuthi:

- Othandana laye omdala kakhulu kulawe angabe sewake waba labanye athandana labo okungabe kwamfaka engozini yokuthola iHIV
- Ukuhlangana emacansini lendoda eleminyaka engaphezu kwamatshumii amathathu kuyingozi ephindwe kasithupha yokuthola iHIV kulokuhlangana lendoda eleminyaka engaphansi kwamatshumi amabili lane.
- Ukuya emacansini lingazivikelanga kuyingozi ngaphandle kokuba lisazi izimo zenu zeHIV, lithembakele kumbe lisebenzise amakhondomu.

**Khumbula ukuthi:** ukuyahlolwa iHIV ngesikhathi liqala ukuthandana lanxa lingakathathani yinto enhle kakhulu.