

HIV NE AIDS

Community Education Booklet

2007





SAHLUKO SEKUCALA

EMACINISO NGE HIV NE AIDS

1.1 Yini I HIV

I HIV luhlobo lolutsite lweligciwane, loluhlasela emasotja emtimba we muntfu ngemuva kwekutsi lingene engatini yakhe. Leligciwane litfolakala emantini laphuma emtimbeni wemuntfu lokungaba:

- Yingati
- Emakhanuka
- Nelubisi lwelibebe

1.2 Yini I AIDS

I AIDS yinhlanganisela yetifo letihlasela umtimba ngesikhatsi emasotja ehluleka kuvikela lomtimba

1.3 Itfolakala kanjani i-HIV

- Ngekulalana nemuntfu loneligciwane le HIV ungakativikeli
- Ngekutsintsana nengati lene HIV
- Umuntfwana angayitfoli I HIV kumake wakhe asesiswini, nakabelekwa
- noma elubisini lwelubele.

1.4 Tindlela longeke utfole ngato i-HIV

- Kulunywa yimbuzulwane
- Kudla ndzawonye
- Kuchawulana
- Ngekuhlala, nekudlala nemuntfu lone HIV



1.5 Kwentekani uma- i-HIV seyingenile emtimbeni

Tifo njengemkhuhlane Tihlasela

Umtimba emasotja emtimba

Alwa nemkhuhlane

Avikela umtimba



Lapha i-HIV

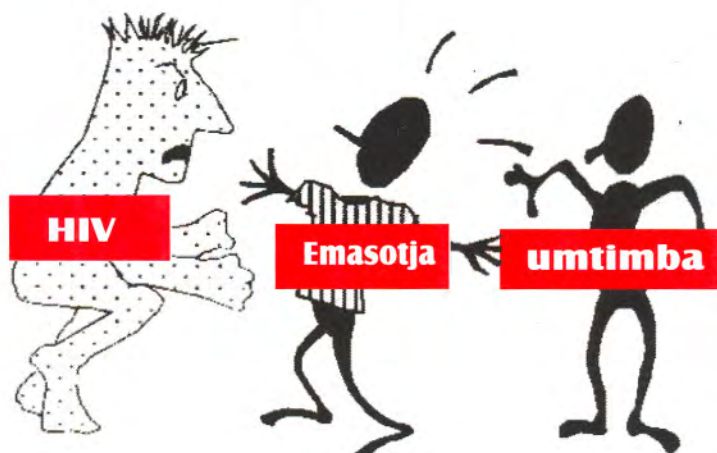
Ingena emtimbeni

Icala kuhlasela

Emasotja emtimba



Emasotja ayabona kutsi angeke avikele umtimba kuHIV





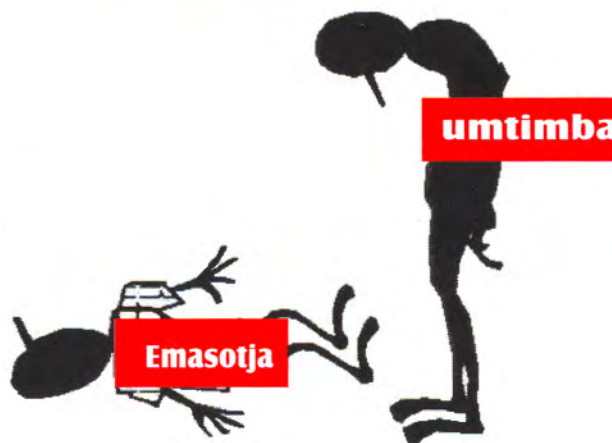
Emasotja aphelelwa Ngemandla ekulwa neHIV



Emasotja emtimba

Ayehluleka kulwa

Umtimba usala ute umvikeli

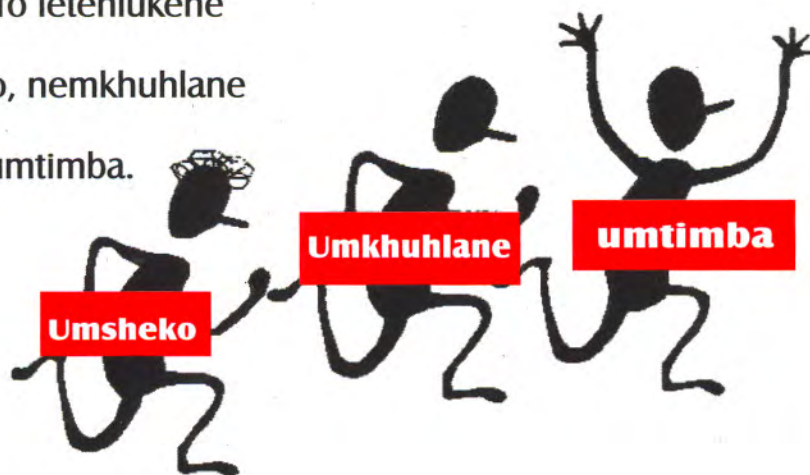


Manje umtimba sewute emasotja,

Ekuwuvikela. Tifo letehlukene

Nje ngemsheko, nemkhuhlane

Bese tihlasela umtimba.



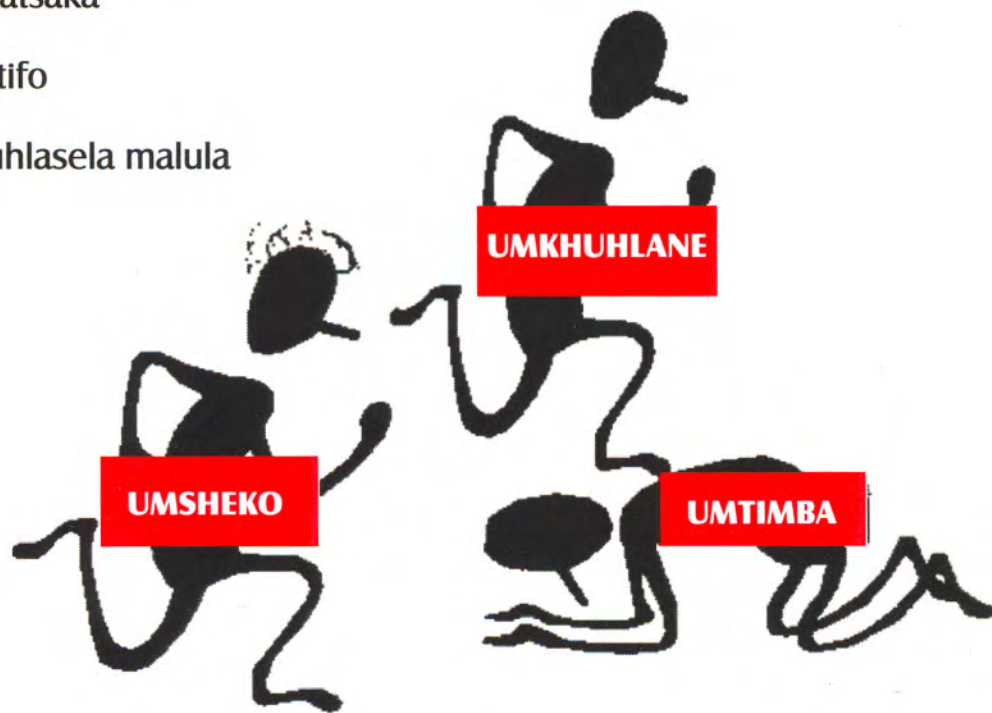


Ekugcineni umtimba

Ubutsakatsaka

Tonkhe tifo

Tingawuhlasela malula



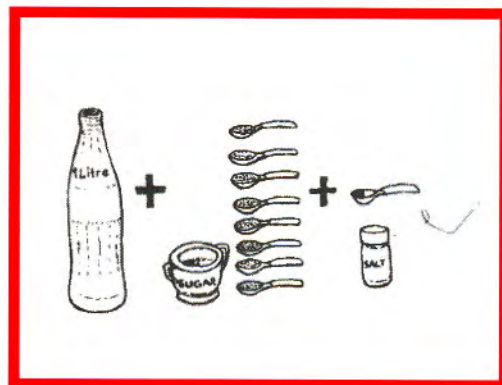


SAHLUKO SESIBILI

Tifo Letivamile Letitsatsa Ematfomo

2.1 Kushisa

- Natsisa logulako emanti lamanyenti lafaka ekhatsi lentiwe ngaswayi nashukela
- Mukhumule lokungamungetela kushisa
- Mutfobe ngemanti labutfukutfuku
- Mushayise ngemoya



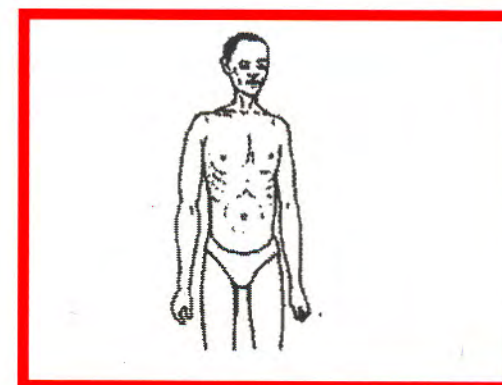
2.2 Umsheko

Logulako usheka emahlandla lengca kulamatsatfu noma ngetulu:-

- Munatsise emanti aswayi nashukela, sinatfo setitselo lesite shukela, ORS, i suphu noma emanti e rice (labanye bayasitakala).
- Logulako akadle kudla lokubiliwe, lokutsambile lokudlekako.



Lokuyingoti lulwimi lolomile, sikhumba lesomile, emehlo lashone ekhatsi, nekushisa nekuhlanta kwalogulako, nemsheko lohambisana nengati.

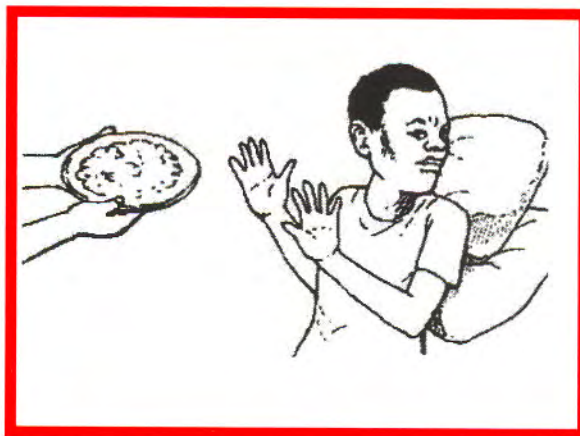




2.3 Tinkinga temlomo

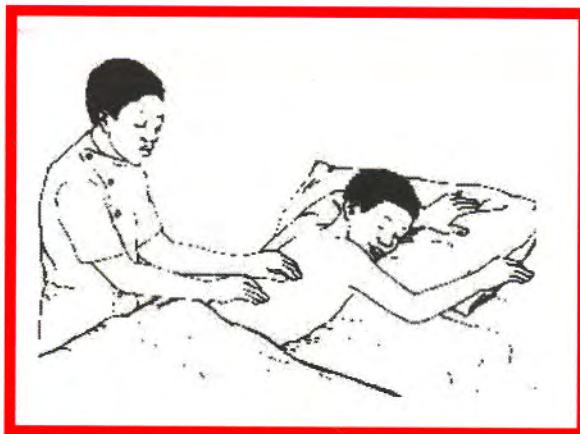
Logulako akahlukuhle ngemanti labutfukutfu lanaswayi (sebentisa hhafu we thisipunu yaswayi, emantini lagcwele inkomishi). Nakungebuhlungu angamunya emanti elilamula.

Akadle kudla lokutsambile nje ngemazambane labondziwe nobe lipalishi lelitsambile. Angasebentisa emanti atamatisi nakuvuma Akadle kudla lokungakafakwa tinongo letibabako Nakubuhlungu umphimbo akasebentise straw nakadla



2.4 Kunenkentela Kwenhlitiyo nekuhlanta

Logulako akadle kudla lakuvumako lokute emafutsa kube nemaseko lamatsatfu Vikela liphunga lelingabanga kuhlanta



2.5 Inhloko lebuhlungu

Cela lusito lwemaphilisi lehlisa buhlungu. Khumbula kutsi logulako uma anatsa emaphilisi nobe umutsi angayekeli kungakasho betemphilo. Logulako abesendzaweni lepholile lete umsindvo

2.6 Kukhwehlela nekuba nenkinga yekuphefumula

Shintja indlela lalele ngayo kutoshukumiseka kancane umtimba Muhlalise ngetibunu umsekele ngemucamelolo ngemuva kushaye umoya lapho akhona. Uma akwenhlela acindzitele kancane lapho kunetimbambo khona, kwehlisa



2.7 Tinkinga tesikhumba

- Gcina sikhumba somile futsi sihlobile. Mugeze bese umushayisa ngemoya uma sikhumba silunywa.
- Yenta siciniseko sekutsi uyakwati kusebentisa emanti lafakwe magazini kumgeza nakanetilondza. Kubalulekile kutfolala lusito ungakacali kusebentisa lamanti.

2.8 Sifuba sengati (TB)

- Ligciwane lelibanga lesifuba sengati litselelwana ngekutifola emoyeni. Kungaba kukhwehlela noma kutsimula ungavali umulomo kani unalo leligciwane.
- Kubalulekile kutsi loyo lone TB ahlole ligciwane le HIV, noma ane HIV ahlole I TB.
- Lone TB akahlale lapho kushaya khona umoya
- Sikhwehlela salogulako silahlwe ngendlela lengiyo, Kubalulekile kulandzela umtsetfo wekunatsa emaphilisi.



2.9 Tifo tabo gcunsula

Nakuvela lokungakejwayeleki etitfweni tangansense hamba uye emtfolampilo. Kungaba tilondza, tinsumpe, kulunywa, nekuchecha lokungakejwayeleki lokungahle kube neliphunga.



SAHLUKO SESITSATFU

Kuvikela Kutsatselwana Kweligciwane Le HIV

- Kubalulekile kutsi logulako apopole ligciwane le HIV, bese uyatigcina angenalo uma lingakatfolakali engatini; Noma uma analo angalendluliseli kulomunye. Akatigcine ngekungalali sanhlobo
- Akasebentise i condom uma alalana nalomunye
Aketsembeke kulatsandzana naye
Ligciwane lingendluliselwa kumntfwana
Imphilo iyachubeka noma unalo ligciwane le HIV
Vikela logulako nawe utivikele, ningatselelani emagciwane enu

SAHLUKO SESINE

Kunakekela logulela ekhaya

- Kubalulekile kutsi logulako ahlale ahlobile emtimbeni nasemlonyeni, awashelwe netingubo lalala ngato.
- Tibi tilahlwe ngendlela lefanele kunciphisa tifo letitsatselwanako
- Lokungcoliswe sigulane akuwashwe nje jik (1:6) noma kubiliswe.
- Logulako ashintjwe indlela lalele ngayo kuvikela tilondza letingavela ngekulala ngeluhlongotsi lunye.
- Uma anesilondza asivalwe ngemabhandishi noma indwangu lehlobile umtimba uhlale womile.
Sebentisa emagloves nakufanele uma unaka loyo logulako fana uma anetilondza, umbhandisha.

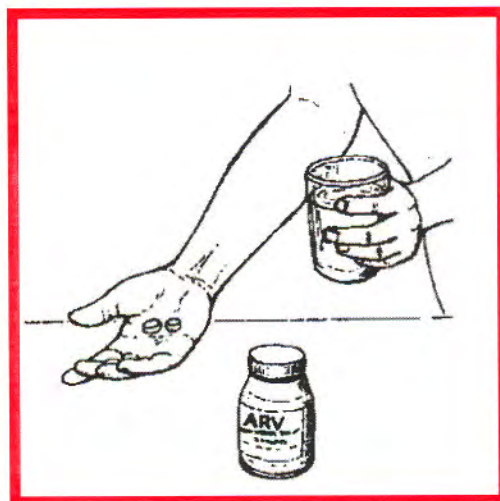


SAHLUKO SESIHLANU

Kwati ngemaphilisi (ARV's) Latsintsibalisa ligciwane I-HIV

5.1 Yini ema ARVs ?

Ema ARVs maphilisi latsintsibalisa ligciwane le HIV emtimbeni, ehlisa kwandza kwe HIV, emasotja lavikela umtimba atfole litfuba lekutalana bese ayakhona kulwa naletinye tifo letichakelako emtimbeni. Lamaphilisi akayelaphi I HIV.



5.2 Asebenta njani ema ARVs?

Ema ARVs asebenta ngetigaba letintsatfu letehlukene, kungako kumcoka kutsatsa leteluleko letehlukene laniketwa tona betemphilo lona logulako.

5.3 Anatfwa njani ema ARVs

- Anatfwa ngekulandzela imitsetfo lotjelwe yona betemphilo:
- Onkhe emalanga
- Ngesikhatsi sinye latikhetsele sona logulako
- Kunatsa linani lelingilo

5.4 Kugwama kwe HIV

Uma logulako angalandzeli imitsetfo yekunatfwa kwema ARVs I HIV iyagwama bese angasasebenti kahle, aze agcine angasasebenti sanhlobo (Kugwama). **KUMCOKA KUGWEMA KUGWAMA.** Uma sekwentekile kuba lukhuni kusitakala kahle.



SAHLUKO SESITFUPHA

Luhlelo lwekuvikela umntfwana ku HIV langiyitfolo kunina

Tindlela langatfolo ngato i-HIV umntfwana:

1. Asesiswini senina.
2. Naka belekwa.
3. Naka munya.

Tindlela tekuvikela i-HIV

1. Make lotetfwele akati simo sakhe se HIV.
2. Make lone HIV kumele anatse emaphilisi e HIV nakatetfwele nangesikhatsi abeleka.
3. Luswane emvakwekubelekwa, kumele lunatse emaphilisi e HIV.
4. Make lotetfwele kumele abelekele emtfolaphilo.
5. Tfolo kwelulekwa ngekondla umntfwana.

Umlayeto lomcoka

- * yati simo sakho nesaloyo lotsandzana naye, ningakenti sincumo sekutala umntfwana.
- * Nase utetfwele kumcoka kutsi wati simo sakho ngekushesha kute usitakale.
- * Lusito nge tindhlelo te HIV luyatfolakala kuletindzawo letilandzelako.

- 1. SNAP / NERCHA**
- 2. E Clinic lesedvute**
- 3. Emitfolamphilo ya hulumende**
- 4. Tindhlangano letisebenta nge HIV emimangweni**
- 5. Bagcugcuteli.**

