

Ipheshana Eliqukethe Ulwazi Olusemqoka Mayelana ne-PrEP

Uma isetshenziswa nsukuzonke, imishanguzo ye-PrEP iyindlela engeziwe engasetshenziswa ngabantu abangenayo I-HIV ukuze bangatheleleki ngegiwane

THINA
SIYISIZUKULWANE
ESIZOQEDA
I-HIV

Pre --> kusho ngaphambili
Exposure --> kusho isigameko esibeka umuntu engcupheni yokutheleleka nge-HIV
Prophylaxis --> kusho imishanguzo yokuvimbela ukutheleleka

I-PrEP yindlela entsha futhi ephophile engasetshenziswa ngabantu abangenayo i-HIV ukunciphisa ubungozi bokutheleleka ngegiwane. Imishanguzo ye-PrEP kumele iphuzwe nsukuzonke futhi iyalekelela ekuvimbeleni i-HIV.

Uma isetshenziswa njalo futhi ngendlela ebekiwe, imiphumela iyabonisa ukuthi i-PrEP ibunciphisa ngaphezu kwa-90% ubungozi bokutheleleka kulabo bantu abasengcupheni enkulu yokutheleleka nge-HIV.

I-PrEP ingenye yezindlela ezingasetshenziswa ukuvimbela i-HIV.

Izindlela zokuvimbela i-HIV zibandakanya lokhu:

- Amakhondomu
- I-PrEP (Ukusetshenziswa kwemishanguzo ngaphambi kwesigameko esibeka umuntu engcupheni yokutheleleka)
- Ukwelulekwa ngokwengqondo
- I-PEP (Ukusetshenziswa kwemishanguzo emva kwesigameko esibeka umuntu engcupheni yokutheleleka)
- Indlela enhle yokuphila nokuzinakekela
- Ukwelashelwa ama-STI (Izifo ezithathelwana ngokocansi)
- Ukusokwa kwabesilisa ezikhungweni zezempilo
- Uhlelo lwe-ART kubantu abathandanayo abaphila ne-HIV

Yini umehluko phakathi kwe-PrEP, PEP, kanye ne-ART?

Zontathu lezi zindlela zokwelapha ziqukethe imishanguzo ethakwe ngezihlanganisela ezihlukahlukene ukufezekisa izinhloso ezihlukahlukene:

- I-PrEP yiphilisi eliqukethe imishanguzo emibili yokuvimbela i-HIV, eliphuzwa nsukuzonke ngabantu abangenayo i-HIV ukuze bavimbele ukutheleleka nge-HIV
- Imishanguzo ye-PEP iphuzwa kungakapheli amahora amahora awu-72 emva kwesigameko esibeka umuntu engcupheni yokutheleleka nge-HIV (isib. emva kokudlwengulwa) futhi le mishanguzo iphuzwa kuze kuphele izinsuku eziwu 28 ngenhloso yokuvimbela i-HIV
- I-ART wuhlelo lokwelashwa oluqukethe inhlanganisela yemishanguzo emithathu ephuzwa ngabantu abane-HIV ngenhloso yokudambisa igciwane le-HIV emzimbeni

I-PrEP yenzelwe kuphela abantu abangenayo i-HIV.

I-PrEP iqondiswe ikakhulukazi kulabo bantu abasengcupheni enkulu yokutheleleka nge-HIV.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

Ukuqalisa i-PrEP

First visit:

Ukuvakasha kokuqala:



Umuntu uhlolelwa i-HIV ngokuthi kuthathwe igazi



Umuntu uhlinzekwa ngemishanguzo ye-PrEP azoyiphuza kuze kuphele inyanga

One month visit:

Ukuvakashela emva kwesikhathi esingangenyanga



Umuntu uhlolelwa i-HIV ngokuthi kuthathwe igazi

Umuntu uhlinzekwa ngencwadi yezinyanga ezintathu azoyisebenzisa ukulanda amaphilisi nyangazonke

Monthly visit:

Ukuvakasha nyangazonke:



Sebenzisa incwadi oyinikeziwe ukulanda amaphilisi nyangazonke emtholampilo wakho

Every three months:

Njalo emva kwезinyanga ezintathu:

Kumele uphindele esikhungweni sezempilo ukuze uhlolelwe i-HIV bese unikezwa incwadi entsha yezinyanga ezintathu yokulanda amaphilisi ngaphansi kohlelo lwe-PrEP

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Akubona bonke abantu abanesifiso nesineke sokudla imishanguzo nsukuzonke ukuvimbela i-HIV, kodwa-ke i-PrEP yindlela enhle kakhulu futhi iwusizo oludingeka kakhulu lokuvimbela i-HIV kulabo bantu abasengcupheni enkulu yokutheleleka ngegiwane le-HIV.

I-PrEP idinga ukuba umuntu aphuze imishanguzo yakhe nsukuzonke ngendlela ebekiwe futhi ahlolelwe i-HIV ngokuqhubekayo. Uma kunokwenzeka, kumele le ndlela isetshenziswe ngokuhlanganyela nezinye izindlela zokuvimbela i-HIV. Uma isetshenziswa ngendlela efanele, i-PrEP ingalekelela ekunciphiseni isibalo sabantu abatheleleka nge-HIV nsukuzonke eNingizimu Afrika.

Ngingayitholaphi i-PrEP?

Okwamanje eNingizimu Afrika i-PrEP ihlinzekwa kuphela ezikhungweni ezimbalwa. Uma ubona sengathi usengcupheni yokutheleleka nge-HIV, futhi uma ufuna ukuthola ulwazi oluthe xaxa mayelana ne-PrEP, vakashela noma ushayele ku:

I-PrEP YENZA LOKHU:

ibunciphisa ngo-90% ubungozi bokutheleleka nge-HIV, uma isetshenziswa nsukuzonke, ngendlela efanele

I-PrEP AYIKWENZI LOKHU:

- Ayikuvimbela ukutheleleka ngamanye ama-STI
- Ayikuvimbela ukukhulelwa
- Ayikuvikeli ku-HIV uma uyisebenzise emva kwesigameko esikubeka engcupheni yokutheleleka nge-HIV, i-PrEP isetshenziswa ngaphambi kwesigameko esingakubeka engcupheni yokutheleleka nge-HIV, futhi lokhu kwenzelwa ukunciphisa ubungozi bokutheleleka

Umbhalo osetshenzisiwe: Ulwazi oluqokethwe lapha lucashunwe ku-: https://www.cdc.gov/hiv/pdf/prep_gl_patient_factsheet_prep_english.pdf, prepfacts.org and Mia Malan April 2016 - <http://bhekisisa.org/article/2016-04-21-what-you-need-to-know-about-prep>.