

Ngingayisebenzisa i-PrEP kanye nezivimbela-kukhulelwa ngokuhlanganyela?

Yebo, i-PrEP ungayisebenzisa ngokuhlanganyela nanoma nhloboni yesivimbela-kukhulelwa.

Ngingabelana ngamaphilisi ami e-PrEP nabanye abantu, njengomlingani wami one-HIV noma ngisebenzise imishanguzo ye-HIV yomunye umuntu?

Kusemqoka ukuba ungalokothi wabelane nomunye umuntu ngamaphilisi akho e-PrEP. Ukusebenzisa imishanguzo yomunye umuntu kungaholela ekutheni umuntu abe nemithelela engathandeki, aphaatheke kabi emzimbeni, imithi ingasebenzi kahle noma azithole eseshodelwa yimishanguzo ngenxa yokwabelana nabanye abantu.



Ingabe i-PrEP inayo imithelela engathandeki?

Abanye abantu kungenzeka babone imithelela engathandeki emincane emizimbeni yabo ngenkathi beqala ukudla i-PrEP. Imithelela engathandeki evamile ibandakanya isicanucanu, ikhanda elibuhlungu, ukukhathala, ukuhlanza, kanye nokuguquka kothando lokudla.

Kubantu abaningi, le mithelela engathandeki iyanyamalala emva kwamaviki ambalwa.



Kwenzekani uma usebenzisa i-PrEP kodwa ube ungumuntu one-HIV?

I-PrEP akumele isetshenziswe njengemishanguzo yokwelapha nokudambisa i-HIV. Abantu abane-HIV badinga inhlanguanisela yemishanguzo emithathu yokudambisa i-HIV, abazoyinikezwa ngumhlengikazi noma ngudokotela, ngokubheka izidingo zabo.

Feb2019.Z2

I-PrEP isebenza kahle uma isetshenziswa ngokuhlanganyela nezinye izindlela zokuvimbela i-HIV. Ayikuvimbeli ukutheleleka ngama-STI

Uma ngisebenzisa i-PrEP, ingabe lokho kusho ukuthi sengingayeka ukusebenzisa amakhondomu uma ngiya ocansini?

I-PrEP yindlela engeziwe yokuvimbela i-HIV futhi uma kunokwenzeka kumele isetshenziswe ngokuhlanganyela namakhondomu. Ukusebenzisa amakhondomu kusalokhu kuyindlela enhle kakhulu yokuvimbela ukutheleleka nge-HIV. Uma esetshenziswa njalo futhi ngendlela efanele, amakhondomu ayakuvikela kuma-STI futhi avimbele nokukhulelwa.

Ingabe ingilungele yini mina i-PrEP?

Akubona bonke abantu abanesifiso nesineke sokudla iphilisi nsukuzonke ukuze bavikeleke ngokuqhubekayo ku-HIV, kodwa-ke i-PrEP yindlela enhle kakhulu yokuvimbela i-HIV kulabo bantu abasengcupheni enkulu yokutheleleka ngegciwane le-HIV. Iningi labantu lingayisebenzisa ngokuphepha i-PrEP, kodwa-ke udokotela noma umhlengikazi kumele abheke ukuthi asikho yini isizathu esingakuvimbela futhi senze ungafaneleki ukusebenzisa i-PrEP.

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 ushaye ku:

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Yini i-PrEP?



I-PrEP isho ukusetshenziswa kwemishanguzo yokuvimbela i-HIV, okwenza ukuba abantu abangenayo i-HIV bangangenwa yi-HIV.

Isebenza kahle kangakanani?

Abantu abangenayo i-HIV abaphuza iphilisi le-PrEP nsukuzonke bangabunciphisa ngama-90% ubungozi bokutheleleka nge-HIV by more than 90%.



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

Zontathu lezi zindlela zokwelapha ziqukethe imishanguzo ethakwe ngezinhlanganisela 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 angama-72 emva kwesigameko esibeka umuntu engcupheni yokutheleleka nge-HIV (isib. emva kokudlwengulwa) futhi le mishanguzo iphuzwa kuze kuphele izinsuku ezingama-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.

Kumele ngiliphuze nini futhi kangaki iphilisi le-PrEP?

Kumele uliphuze kanye ngosuku iphilisi futhi uzame ukuliphuza ngesikhathi esifanayo nsukuzonke. Uma ukhumbula sekwedlule amahora ambalwa emva kwesikhathi esijwayelekile ukuphuza iphilisi kulungile ukuba uliphuze ngaleso sikhathi ozokhumbula ngaso – kodwa khumbula ukuthi kumele uphuze iphilisi elilodwa kuphela ngosuku.

Ingabe Iphephile i-PrEP?

Ubufakazi buyabonisa ukuthi i-PrEP iphephile kakhulu. I-PrEP iphephile ngisho umuntu eyidla notshwala nezidakamizwa, kanjalo nezivimbela-kukhulelwa kanye neminye imithi.

Kuthatha isikhathi esingakanani ngaphambi kokuba i-PrEP iqale ukusebenza ngokuphelele emzimbeni?

Kuthatha isikhathi esingafinyelela ezinsukwini ezingama-7 ngaphambi kokuba uvikeleke ngokuphelele. Iphilisi le-PrEP kumele liphuzwe nsukuzonke!

Ngingatheleleka nge-HIV ngokusebenzisa i-PrEP?

Cha, i-PrEP ngeke neze ikuthelele nge-HIV. Imishanguzo ye-PrEP yenzelwe ukuvimbela i-HIV.

Kwenzekani uma ngikhohlwa ukuphuza iphilisi?

Uma ukhohlwe ukuphuza iphilisi, kumele uliphuze ngokushesha emva kokukhumbula, bese emva kwalokho uqhubeke nokuphuza iphilisi elilodwa nsukuzonke njengenjwayelo. Qinisekisa ukusebenzisa amakhondomu njengendlela eyengeziwe yokuvimbela.

Uma ngisebenzisa i-PrEP, ingabe lokho kusho ukuthi kumele ngiyisebenzise impilo yami yonke?

Cha akunjalo. Kusemqoka ukuba uphuze iphilisi le-PrEP nsukuzonke ngenkathi usabhekene nobungozi bokutheleleka nge-HIV, kodwa uma ubona sengathi abusekho ubungozi obhekene nabo ungaxoxisana nomhlengikazi noma udokotela wakho mayelana nokuyeka ukusebenzisa i-PrEP.

Kuzokwenzekani uma ngiyeka ukusebenzisa i-PrEP?

Uma ubona sengathi asisekho isidingo sokusebenzisa i-PrEP, xoxisana nomhlengikazi noma udokotela wakho mayelana nokuyeka i-PrEP. Uzohlinzekwa ngolwazi lokuthi kumele uqhubeke isikhathi esingakanani nokusebenzisa i-PrEP ngaphambi kokuyeka ukuyisebenzisa ukuze kuqinisekise ukuthi uvikeleke kahle futhi ngokuphelele ngaphambi kokuyiyeka.

Ngingayisebenzisa i-PrEP ubusuku obubodwa nje kuphela bese ngiyiyeka?

Cha. Kumele uphuze iphilisi elilodwa ngosuku okungenani kuze kuphele izinsuku ezingama-7 ngaphambi kokuba uvikeleke ngokuphelele.

Ingabe i-PrEP iyahlinzeka ngokunye ukuvikeleka okwengeziwe?

Cha. Ikuvikela kuphela ekutheleleni nge-HIV. I-PrEP ayikuvimbeli ukukhulelwa futhi ayikuvikeli ekutheleleni ngezinye izifo ezithathelwana ngokocansi.