

I-PrEP

THINA
SIVISIZUKULWANE
ESILOQEDA
I-HIV

UMA ISETSHENZISWA NSUKUZONKE,
IMISHANGUZO YE-PrEP IYINDLELA
ENGEZIWE ENGASETSHENZISWA
NGABANTU ABANGENAYO I-HIV UKUZE
BANGATHELELEKI NGENGIWANE



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

**NCIPHISA
NGAMA
UBUNGOZI
BOKUBA
UTHELELEKE
NGE-HIV**



**Abantu abangenayo
i-HIV abaphuza
iphilisi le-PrEP
nsukuzonke
bangabunciphisa
ngama-90% ubungozi
bokutheleleka
nge-HIV**

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THINA
SIKUSIZUKULWANE
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I-HIV

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Ingabe Iphephile i-PrEP?

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



Yini i-PrEP?

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



Kuthatha isikhathi esingakanani ngaphambi kokuba i-PrEP

iqaleukusebenza ngokuphelele emzimbeni?

Kuthatha isikhathi esingafinyelela ezinsukwini eziwu-7 ngaphambi kokuba uvikeleke ngokuphelele.

Iphilisi le-PrEP kumele liphuzwe nsukuzonke!

Ukuvimbela i-HIV

#qeda i-HIV











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

Ukusebenzisa amakhondomu kusalokhu kuyindlela enhle kakhulu yokuvimbela ukuthetheleka nge-HIV. Uma esetshenziswa njalo futhi ngendlela efanele, amakhondomu ayakuvikela kuma-STI futhi avimbele nokukhulelwa.

I-PrEP yindlela engeziwe yokuvimbela i-HIV futhi uma kunokwenzeka kumele isetshenziswe ngokuhlanganyela nezinye izindlela zokuvimbela i-HIV:

Lezi zindlela zokuvimbela i-HIV zingasetshenziswa ngokuhlanganyela, ngokwezidingo nezimo zomuntu ngamunye:

-  Amakhondomu
-  I-PrEP
-  Ukwelulekwa ngokwengqondo
-  I-Post-exposure prophylaxis
-  Indlela enhle yokuphila nokuzinakekela
-  Ukwelashelwa ama-STI
-  Ukusokwa kwabesilisa ezikhungweni zezempilo
-  Uhlelo lwe-ART kubantu abathandanayo abaphila ne-HIV

IMITHELELA
ENGATHANDEKI

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TUJINA
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I-HIV



Ingabe i-PrEP inayo imithelela engathandeki?

Abanye abantu kungenzeka babone imithelela engathandeki emincane emizimbeni yabo ngenkathi beqala ukudla i-PrEP.

Imithelela engathandeki evamile yilena elandelayo:

Isicanucanu, ikhanda elibuhlungu, ukukhathala, ukuhlanza, kanye nokuguquka kothando lokudla.

Kubantu abaningi,
le mithelela
engathandeki
iyanyamalala emva
kwamaviki ambalwa.





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#qeda i-HIV

Ukuqalisa i-PrEP

Ukuvakasha kokuqala :



Umuntu uhlolelwa i-HIV ngokuthi kuthathwe igazi



Umuntu uhlinzekwa ngemishanguzo ye-PrEP azoyiphuza kuze kuphele inyanga

Ukuvakashela esikhungweni sezempilo emva kwesikhathi esingangenyanga:



Umuntu uhlolelwa i-HIV ngokuthi kuthathwe igazi

Umuntu uhlinzekwa ngencwadi yezinyanga ezintathu azoyisebenzisa ukulanda amaphilisi nyangazonke

Ukuvakashela esikhungweni sezempilo nyangazonke:



Sebenzisa incwadi oyinikeziwe ukulanda amaphilisi nyangazonke emtholampilo wakho

Njalo emva kwezinyanga ezintathu:

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



I-PrEP isho ukuthi kumele uphuze iphilisi nsukuzonke futhi uhlolelwe

i-HIV ngokuqhubekayo, futhi lokhu KUMELE UKWENZE NOMAKANJANI, UNGABEKI IZABA NEZIZATHU EZINGEKHO! Uma kunokwenzeka, kumele le ndlela isetshenziswe ngokuhlanganyela nezinye izindlela zokuvimbela i-HIV.

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 kuqinisekiswa 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.

Kwenzekani uma ngikhohlwa ukuphuza iphilisi?

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

I-PrEP AYIKWENZI LOKHU

- **Ayikuvimbela ukuthelaleka ngamanye ama-STI**
- **Ayikuvimbela ukukhulelwa**
- **Ayikuvikela ku-HIV uma uyisebenzise emva kwesigameko esikubeka engcupheni yokuthelaleka nge-HIV, i-PrEP isetshenziswa ngaphambi kwesigameko esingakubeka engcupheni yokuthelaleka nge-HIV, futhi lokhu kwenzelwa ukunciphisa ubungozi bokuthelaleka**

THINA SIVISIZUKULWANE ESILOQEDA I-HIV

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:

www.myprep.co.za