

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

Yini i-PrEP?

I-PrEP noma i-pre-exposure prophylaxis yiphilisi eliyinhlanganisela yemishanguzo emibili, i-emtricitabine engama-200 mg kanye ne-tenofovir engama-300 mg.

Kumele ngiliphuze kanjani iphilisi le-PrEP?

Kumele uphuze iphilisi le-PrEP elilodwa ngosuku futhi leli philisi ungaliphuza lihambisane nokudla noma uliphuze lodwa ngaphandle kokudla. Kungaba wusizo ukuphuza iphilisi ngesikhathi esifanayo nsukuzonke ukuze ungakhohlwa ukuliphuza. Uma kwenzeka ukhohlwa ukuphuza iphilisi lakho, liphuze ngokushesha emva kokukhumbula, kodwa-ke ungalokothi uphuze amaphilisi angaphezu kwelilodwa ngosuku.

THINA
SIVISIZUKULWANE
ESILOQEDA
I-HIV

Kungani kumele ngiphuze iphilisi le-PrEP?

I-PrEP iyalekelela ekuvikeleni abantu abangenayo i-HIV ukuze bangatheleleki nge-HIV.

UMA ISETSHENZISWA NSUKUZONKE, IMISHANGUZO

YE-PrEP

IYINDLELA ENGEZIWE ENGASETSHENZISWA NGABANTU ABANGENAYO I-HIV UKUZE BANGATHELELEKI NGENGIWANE

Kumele ngiwagcine kuphi amaphilisi e-PrEP?

Amaphilisi e-PrEP kumele agcinwe endaweni eyomile futhi epholile, kude nalapho kufinyelela khona izingane. Wagcine esitsheni esivaleke ngci.

Yimiphi imithelela engathandeki ebangelwa yileli philisi?

Abanye abantu kungenzeka babone imithelela engathandeki emincane emizimbeni yabo ngenkathi beqala ukudla i-PrEP. Eminingi yale mithethelela iyanyamalala emva kwamaviki ambalwa, ngenkathi imizimba yabo isiqala ukuwajwayela amaphilisi.

Imithelela engathandeki evamile yilena elandelayo: Isicanucanu • Ikhanda elibuhlungu • Ukukhathala • Ukuhlanza • Kanye nokuguquka kothando lokudla

Yini okudingeka ukuba ngiyazi mayelana ne-PrEP?

- Kusemqoka ukuba umuntu ahlololwe i-HIV njalo emva kwezinyanga ezintathu.
- I-PrEP ayiyelaphi i-HIV.
- Kungenzeka i-PrEP ihluleke ukuvimbela ukutheleleka komuntu nge-HIV. I-PrEP iyingxenyane yenhlanganisela yezindlela ezihlukahlukene zokuvimbela i-HIV, ngakho-ke siyakukhuthaza ukuba usebenzise nezinye izindlela eziphephile zokuya ocansini, njengokusebenzisa ikhondomu kanye noketshezi oluyisithambisi.
- Amaphilisi owanikeziwe ngawakho wena wedwa KUPHELA. Ungalokothi wabelane ngawo nomunye umuntu njengoba lokho kungafaka impilo yalowo muntu engozini, kanye nempilo yakho ngokunjalo.

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Uma uzwa noma iyiphi imithelela engajwayelekile emzimbeni wakho noma uzizwa ungaphilile kahle ngenkathi udla amaphilisi e-PrEP, tshela udokotela noma umhlengikazi wakho ngokushesha. Kumele umtshele uma kukhona eminye imithi/amakhambi/amavithamini owadlayo ngoba lokho kungenzeka kube nomthelela kwindlela esebenza ngayo i-PrEP emzimbeni wakho noma kuphazamise ukusebenza kweminye imithi oyidlayo.