

ULISEBENZISA KANJANI ITHULUZI IMYLAN ELISEBENZISA IGAZI UKUVIVINYA IGCIWANE LESANDULELA NGCULAZA

Uma udinga ulwazi oluningi ngokuzihlola,
xhumana ne-AIDS-Helpline 0800 012 322

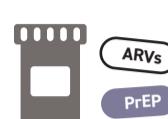


Lithulizi lokuvivinya igciwane lesandulela nculaza olisibenzisa kanye kuphela

UNGAYISEBENZISI UMA



Uma isikhwama esicwebezelayo sidabukile noma iphelele
uma uphuza amakhambi okudambisa ingiwane lesandulela nculazi (ARVs) noma amakhambi ehlisa amathuba okusukuleta ligciwane lesandulela nculaza(PrEP).



Uma wopha isikhathi eside uma ulimele

NGAPHAMBI KOKUBA UGALE



Uzodinga indawo engasene, ekhanya ngokwanele, into yokugcina isikhathi nephapha langasese lokusa.

NGAPHANDLE KOKUQALA KUFANELE UFUNDE IMIYALELO NGOKUQOPHELELA FUTHI ULANDELE IMIGOMO NGENDLELA.

IZINTO EZIFAKWE NGAPHAKATHI



Ithulizi lokuzihlola igciwane lesandulela nculaza iMylan



Ibhodleta elinoketshezi Lokuhlola
Ibandishi elinoketshezi lotshwala
Isikhwama sokulahlha izibi

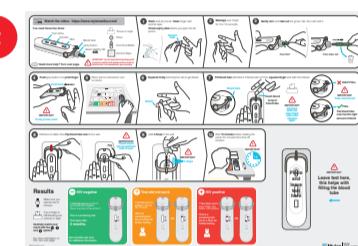
Imiyalelo Yokusebenzisa (i-IFU)

1

UKULUNGISELELA



Geza izandla ngensipho namanzi ngokuqophela, uzosule zome.



Khipha zonke izesingesxotsheni.
Beka iphesana temiyaalelo phambikwaho.



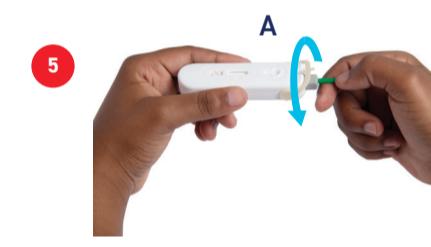
Khetha umunye ozowujova.
Uzisule lowomunwe ngebandishi elinoketshezi lotshwala.



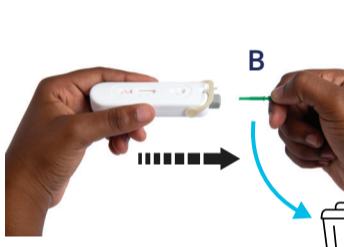
Bhucunga lowo munwe imizuzwana emi-5 kuya kweyi-10.

2

UKUTHATHWA KWEGAZI



Okokuqala jija inkinobho eluhlaza
ibengama-degree awu 90 ngocopelelo.



Uyidontse, uyikhipe uylahle.



Beka lenkinobho empunga kulomunwe
owuhlanzile, ucindzele kakhulu uze
uzwe into ethi qhafa futhi uwue ukuthi
ujovekile.



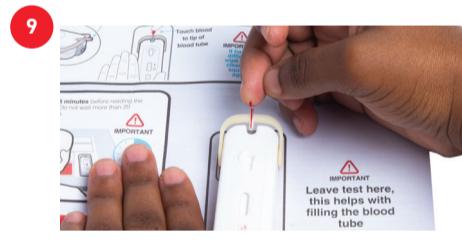
Lenkinobho empunga yiyo
ozoyisebenzisa ukuzijova.
Ungayisebenzisa kanye kuphela.



Beka ithulusi lokuvivinya phansi phezu
kwepheshana temiyalelo kwihlangothi
lwesanda sokudla enzansi.



Cindezela kakhulu ngasemuva
kwalendawo oyijovileyo uzothola
icons elikhulu legazi.



**Shiya ithulusi lokuvivinya phezukwetafula.
OKUSEMOKA: UNGALIPHAKAMISI
ITHULUSI LOKUVIVINYA.**

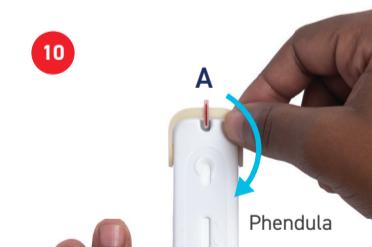
Bhekisa umunye wakho ezansi ngobumnene,
sondeza uthintse icons legazi emlonenyi
weshubhu lize ligcwale ishubhu yigazi.



ISHUBHU LEGAZI

3

UKUZHLOLA



Bamba isivivinyi phezu kwetafula.



Manje phendula ubhekise phansi
ishubhu legazi libheke emthonjeni.



Faka amaconsi awu
4 oketshezi lokuhlola emthonjeni.



Linda imizuzu ewu-15
ngaphambi kokufunda imphumela.
**Ungalindi ngaphezu
kwemizuzu ewu-20.**

UKULAHLA



1. HLANTA ZONKE INDAWO LAPHO EKUCHITHEKE KHONA IGAZI:

Kusemqoka ukuthi igazi liphathe
futhi lilahlwe ngokuphepha.



2. FAKA ZONKE IZINTO ESINGXOTSHENI SOKULAHLA UDOTI USIVALE NGENDLELA.

3. LAHLA ESIKHWAMENI SEMFUCUZA NGOKUHAMBISANA NEMIGOMO YENDAWO.

Sebenzisa umgqomo ojwayelekile,
umgodi wokulahlha udoti.



UKUFUNDA IMIPHUMELA

YAZISA UMHLINZEKI WEZEMPILO WAKHO NGEMIPHUMELA



AWUNALO IGCIWANE LESANDULELA-NGCULAZA



Uma kuvela umugga owodwa ku-C, kuchaza ukuthi
awunalo igciwne lesandulela nculazi. Akufanele
kube nomugqa ku-T.



Qhubeka uzhlola
ngezikhathi ezithile



Uma usengcupheni yokutheleka
ligciwane lesandulela nculaza phinda uzhlole emuva
kwezinyanga ezintathu.



Ungaghube ka ngokuzivikela ekuthelekeni
ligciwane le sandulela nculaza.



Sebenzisa ijazi lamkhwenyana
cabanga ngamakhambi okuzivikela
ekuthelekeni igciwane lesandulela nculaza(PrEP)
ukuzivimbela ekuthelekeni lingciwane lesandulela nculaza



Cabanga ngokusuka
ngokobulili bezempilo
ngokuzithandela



Shayela inombolo yocingo
yamahala engu AIDS helpline
0800 0123 122



UNALO IGCIWANE LESANDULELA NGCULAZA



Uma kuvela imigga emibili, noma ayiggamile kahle,
unegciwane lesandulela nculaza.



Vakashela emtholampilo
ngokushesa uzohlolwa
ukuqinisekisa imiphumela.



ASIVIVINYI ASISEBENZANGA



Uma kungekho mugqa ovelayo ku-C,
isivivinyo asisebenzanga.



Vakashela emtholampilo
oseduzane nawe uzohlolwa
ngumsebenzi wezempi.

****KHUMBULA! GQUGQUZELA UMLINGANI WAKHO UKUTHI
LIVAVANYWE IGCIWANE LESANDULELA NGCULAZA****