

# ULISEBENZISA KANJANI ITHULUZI IMYLAN ELISEBENZISA IGAZI UKUVIVINYA IGCIWANE LESANDULELA NGCULAZA

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



Single use HIV screening test

Lithuluzi lokuviyiny igciwane lesandulela ngculaza olisisebenzisa kanye kuphela

## UNGAYISEBENZISI UMA

**1** Uma isikhwama esicwebezelayo sidabukile noma iphetelwe

**2** Uma uphuza amakhambi okudambisa ingwane lesandulela ngculazi (ARVs) noma amakhambi ehlisa amathuba okusulelela ligciwane lesandulela ngculaza (PrEP).

**3** Uma wopha isikhathi eside uma ulimele

## NGAPHAMBI KOKUBA UGALE

Uzodinga indawo engasese, ekhanya ngokwanele, into yokugcina isikhathi nephepha langasese lokusula.

**NGAPHANDLE KOKUQALA KUFANELE UFUNDE IMIYALELO NGOKUQOPHELELA FUTHI ULANDELE IMIGOMO NGENDELELA.**

## IZINTO EZIFAKWE NGAPHAKATHI

Ithuluzi lokuviyiny igciwane lesandulela ngculaza iMylan

Ibhodlela elinoketshezi Lokuhlola

Ibhandishi elinoketshezi lotshwala

Isikhwama sokulaha izibi

Imiyalelo Yokusebenzisa (i-IFU)

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## UKULUNGISELELA

**1** Geza izandla ngensipho namanzi ngokuqophelela, uzosule zome.

**2** Khipha zonke izinto ezisesingxotsheni. Beka iphesana lemiyalelo phambikwakho.

**3** Khetha umunye ozowujova. Uzisule lowomunwe ngebhandishi elinoketshezi lotshwala.

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

## UKUFUNDA IMPHUMELA

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\*\*YAZISA UMHLENI WEZEMPILO WAKHO NGENIMPHUMELA\*\*

**AWUNALO IGCIWANE LESANDULELA-NGCULAZA**

Uma kuvela umugqa owodwa ku-C, kuchaza ukuthi awunalo igcinwe lesandulela ngculazi. Akufanele kube nomugqa ku-T.

- ✓ Qhubeka uzihlola ngezikhathi ezithile
- ✓ Uma usengcupheni yokutheleleka ligciwane lesandulela ngculaza phinda uzihlola emuva kwezinyanga ezintathu.
- ✓ Ungaqhubeka ngokuzivikela ekuthelelekeni ligciwane le sandulela ngculaza.

**Sebenzisa ijazi lamkhwanyana**

Cabanga ngamakhambi okuzivikela ekuthelelekeni yigciwane lesandulela ngculaza (PrEP) ukuzivimbela ekuthelelekeni lingciwane lesandulela ngculaza

**Cabanga ngokusoka ngokubulili bezempilo ngokuzithandela**

Shayela inombolo yocingo yamahala engu AIDS helpline 0800 0123 122

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## UKUTHATHWA KWEGAZI

**5** Okokuqala jija inkinobho eluhlaza ibengama-degree awu 90 ngocophelelo.

**6** Uyidontse, uyikhiphe uyilahe.

**7** Beka ithuluzi lokuviyiny phansi phezu kwepeshana lemiyalelo kwihlangothi lwesandla sokudla enzansi.

**8** Cindezela kakhulu ngasemuva kwalendawo oyijovileyo uzothola icons elikhulu legazi.

**9** Shiya ithuluzi lokuviyinya phezukwetafula. **OKUSEMQOKA: UNGALIPHAKAMISI ITHULUSI LOKUVIVINYA.** Bhekisa umunwe wakho ezansi ngobumnene, sondeza uthintise icons legazi emlonyeni weshubhu lize ligcwalile ishubhu yigazi.

**INALITI INGAPHAKATHI**

Lenkinobho emphunga yiyo ozoyisebenzisa ukuzijova.

**ISHUBHU LEGAZI**

**Ungayisebenzisa kanye kuphela.**

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## UKUZIHLOLA

**10** Bamba isivivinyi phezu kwetafula.

**11** Faka amaconsi awu 4 oketshezi lokuhlola emthonjeni.

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

**Bheka ukuthi igazi selihambile kwishubhu laya emthonjeni.**

**NGENDELELA**

Manje phendula ubhekise phansi ishubhu legazi libheke emthonjeni.

Phendula

## UKULAHLA



### 1. HLANZA ZONKE INDAWO LAPHO EKUCHITHEKE KHONA IGAZI:

Kusemqoka ukuthi igazi lipathwe futhi lilahlwe ngokuphepha.



### 2. FAKA ZONKE IZINTO ESINGXOTSHENI SOKULAHLA UDOTI USIVALE NGENDELELA.

### 3. LAHLA ESIKHWAMENI SEMFUCUZA NGOKUHAMBISANA NEMIGOMO YENDAWO.

Sebenzisa umgqomo ojwayelekile, umgodi wokulahlala udoti.

