

Vuk'uzenzele

Uyefulelwa Luphiko Lwahulumende Lwetekuchumana Netekwatisa (i-GCIS)

English/Siswati

Ingongoni 2022

I-PrEP ingayivikela i-HIV

Njengobe iNingizimu Afrika itawube ikhumbula Lilanga Lemhlabha Lengculazi mhla lu-1 Ingongoni kanye neMalanga la-16 Ebushikashi-ki Bekulwa Nebudlova Lobucondziswe Kubulili Lobutsite (i-GBV), kuskela mhla tinge-25 Imphala kuya kumhla ti-10 Ingongoni, i-Vuk'uzenzele ibukisisa budlelwane lobukhona emkhatsini we-GBV ne-HIV / AIDS.

Sikhwama Lesibhekele Budlova Lobucondziswe Kubulili Lobutsite kanye Nekubulawa Kwebasikati (i-GBVF) si-phokophele kucinisekisa kutsi iNingizimu Afrika ikhululekile ayihlangabetani ne-GBVF lecondziswe kubomake; bantwana; besifazane labaya emacasini nebesifazane, labadvuna labaya emacasini nalabadvuna, bantfu lababomphacambili, labantjintjebulili babo bemvelo, bantfu labanetitfo tebulili bobubili, bantfu lababukeka ngalokungakavami, labangafaki temacasi kanye nalabanye (i-LGBTQIA+).

Lesikhwama setfulwa ngu-



Mengameli Cyril Ramaphosa ngeNdlovana nga-2021, kwesekela kuphunyelelisa kweLuhlelo Lwavelonkhe Lwelisubuciko le-GBVF. Ngekuya kwewebhusayithi yalesikhwama, sidlala indzima lebaluleke kakhulu ekwenteni kutsi tingucuko tenteke, ngekuya kwelucwaningo, kucaphelisa kanye nekwekelwa lokubonakalako lokunikwa tinhlango letisebenta ngalokubonakalako ekulweni ne-GBVF.

Lenye yaletinhlangano letesekelwa ngulesikhwama yi-Gugu Dlamini Foundation eKwaZulu-Natal, letfole R250 000 kuSikhwama se-GBVF nga-2022.

Umcondzisi Lomkhulu we-Gugu Dlamini Foundation, Mandisa Mabaso, wasungula lenhlango nga-2010 nge-

muva kwekutsi make wakhe -longasekho emhlabeni Gugu Dlamini - wagcotjwa ngematjewe wate wafa nga-1998 eThekwini ngenca yekutsi wadzalula kutsi une-HIV.

"Lenhlango ihlose kucinisa telulawulo lwendzawo kute kwentiwe ncono indlela yekubukana ne-GBVF, lokubaluleke kakhulu ekuzuzeni lulawulo lwelubhubhane lwe-HIV eNingizimu Afrika," kusho Mabaso.

"Lokunye futsi lehlose kukwentakunciphisa kwesuleleka nge-HIV / AIDS, kukhulisa kufinyelela kutekunakekelwa nekuenta kancono imiphumela yetemphilo yebesifazane nalabadvuna labasulelekile nalabatsintfwa yi-HIV / AIDS," kwasho yena engeta.

Lokwesekelwa ngetimali lokutfolwa ngulenhlangano

kusita bomake nemantfo-
mbatana la-522 255 kanye nemadvodza neba fana labange-900 labavela emindenini letsintfwe yi-GBV kanye nebudlova basekhaya; bantfu labahlukunyetiwe labaphila nekukhubateka; kanye nemmango we-LGBTQIA+, kusho yena Mabaso.

Ngekusho kwe-UNAIDS, etindzaweni letinemtfwalo lomkhulu we-HIV, bomake lababahlukunyetwa be-GBV bahlangabetana nematfuba lamakhulu langafika ku-50% ekwesuleleka nge-HIV. Letinye tizatfu taloku kugagadlela kanye nekwala kwemadvodza kuya emacasini asebantisa lijazi lemkhwenyana.

Yini i-PrEP?

Lenye yetindlela tekuvimba kwesuleleka nge-HIV kunatsa i-Pre-Exposure Prophylaxis (i-PrEP), lokungemaphilisi lanatfwa onkhe emalanga bantfu labane-HIV labasengotini lenkhulu yekwesuleleka nge-HIV, ngekuya emacasini noma ngekusebantisa tidzaka miva lotijova ngato.

NgeNgci, Indvuna Joe Phaahla utsite iNingizimu Afrika inelizinga leliphakeme le-PrEP e-Afrika leseningizimu

yeSahara. Utsite tikhungo tetemphilo lesisekelo tase-Ningizimu Afrika letinge-70%, noma leti-2 419, setifaka i-PrEP lenatfwako kuluhlu lato letinsita letinato.

"Bantfu labanatsa i-PrEP abadzingi kutsi bayinatse timphilo tabo tonkhe, bangakhetsa kuyinatsa ngaso sonkhe sikhatsi uma basengotini yekwesuleleka nge-HIV. Nanoma kunjalo, kute kutsi i-PrEP isebente kahle kakhulu, ifanele kutsi inatfwe onkhe emalanga [ngalesikhatsi]," kucinisekisa Mabaso.

Ifanele kutsi isetjentiswe kanye naletinye tindlela tekuvikela, njengemakhondomu ebesifazane noma alabadvuna, ngoba i-PrEP ayimvikeli umuntfu kuletinye tifo letitsatselwana emacasini kantsi futsi ayisiso sivikelantalo.

Mabaso utsi etimeni lapho khona titsandzani tifuna kuba nemntfwana, i-PrEP ingasita kuvikela kutsi umlingani lote i-HIV angasuleleki nge-HIV kanye nembungu.

Nanoma kunjalo, ekucaleni kwalomnyaka, ku-Siphatsimandla Sase-Ningizimu Afrika Lesilawula

Iyachubeka elikhasini lesi-2



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LIPHEPHANDZABA LAMAHHALA, ALITSENGISWA

Ichubeka isukela elikhasini le-1

Imikhicito Yetemphilo sivume kusetjentiswa kweringi yesitfo sangasese sabomake (i-vaginal ring) njenge-PrEP. Leringi inemutsi losincandzagciwane lobitwangekutsi i-dapivirine futsi ifanele kutsi intjintjwe njalo ngenyanga. Kwengeta, i-PrEP lensha – umjovo lotsatsa tinyanga letimbili usemtimbeni – usa-

lindzele kuvunywa. Utawutsi ungavunywa, bantfu angeke basadzinga kutsi bakhumbele kutsi banatse emaphilisi onkhe emalanga.

Kuya emacasini ngalokuphephile

Lenhlangano ihlose kunciphisa kwesuleleka nge-HIV ngekukhutsata kusetjentiswa kwemakhondomu kanye nekuya emacasini ngalokuphephile.

“Sicela bantfwana nelu-

sha kutsi bangasheshi baye emacansini kute kutsi kube sikhatsi sekutsi bakhone kutitsatsela tincumo letibhahlile naletinemphilo,” kusho Mabaso.

“Siphindze futsi sikhutsate kuya emacansini ngalokuphephile ngekugcizelela kusetjentiswa kwekhondomu nekuba nemlingani wetemacansi munye-vo ngesikhatsi sinye. Kusetjentiswa kwe-tidzakamiva – ikakhulu leto letijovwako – akukhutsatwa

nani ngoba kukhuphula lizinga lekwesuleleka nge-HIV,” kusho yena engeta.

Lenhlangano iphindze futsi ihlomise bantfu labaphila ne-HIV/GBV, labasengotini yekuyitfoli kantsi futsi laba-

tsintfwa ngiyo kutsi bawati emalungelo abo nekutsi futsi bakhone kufinyelela kutinsita tetemtsetfo kuvikela neku-phosela insayeya kunyatselwa kwemalungelo ebantfu. **V**

Kute utfole lwatiso lolubanti nelusito le-Gugu Dlamini Foundation, vakashela ku: www.gugudlaminifoundation.org. Kute utfole lwatiso lolubanti mayelana ne-PrEP, vakashela sikhungo setemphilo lesidvute nawe.

Bomake labane-HIV labamunyasako lokufanele kutsi bakwati

Njengoba iNingizimu Afrika itawube ibungata Lilanga Lemhlaba Lengculazi mhla lu-1 ngeNgongoni, Litiko Letemphilo laKwaZulu-Natal selicaphelise ngekutsi bomake labane-HIV labamunyasako kutsi bacabange ngekumunyisa libele kuphela bantfwana babo tinyanga letisittfupha.

Ngekuya kwelitiko, uma ngabe ungumake lone-HIV kantsi futsi uyamunyisa, kubalulekile kukhulumisana nemeluleki wakho wete-HIV ngetindlela tekumunyisa.

Uma ngabe ukhetsa kumunyisa libele, yenta siciniseko sekutsi umunyisa libele kuphela tinyanga letisittfupha.

Lucwaningo lukhombisa kutsi mancane kakhulu ematfuba ekutsi luswane lungatfoli i-HIV elubisini lwelibe lamake uma ngabe make amunyisa libele kuphela tinyanga letisittfupha.

Kuletinyanga ukhulelwe, kanye nekumunyisa libele, yenta siciniseko sekutsi usebentisa ikhondomu uma uya emacasini kute kutsi uvikele kutsi lesifo siphindze futsi sikungene. Uma ngabe unekinga njengekuba buhlungu kwetingono noma emabele, yenta siciniseko sekutsi usheshe uye emtfolamphilo

uyotfoli lusito.

Litiko lincoma kakhulu kumunyisa libele kuphela ngoba kusita luswane kutsi lube nemasotja emtimbalacinile, kanye nebudlelwane lobucinile emkhatsini wamake nemntfwana. Kumunyisa libele kuphindze futsi kunciphise bungoti bamake bekutsi abe namdlavuta wemabele.

Emanga nemacinsomayelana neukumunyisa

Kunemanga lamanyenti mayelana nekumunyisa libele, litiko-ke liwacitsile lamanga ngekuphendvula lemibuto lelandzelako levame kubutwa bomake labane-HIV kanye nalabo labete i-HIV.

Umbuto: Makhelwane wami utsi kufanele kutsi ngitfole umutsi wekuhlanta sisu semntfwanami. Kubalulekile yini loku?

Imphendvulo: Umtfubi, lokulubisi lwekucala lwelibe le lukhishwa ngemadlala lasemabeleni ngemuva kwekubeleka, luhlanta emangcoliso ekucala-ngca esiswini seluswane. Kute leminyemi loyidzingako yekuhlanta lokungcola ngoba lubisi lwelibe le luhlobile noma-ke luhlantekile, futsi-nje lwenta lucwencwe lolusendlalelo sesisu, lusivikela emagciwaneni.

Umbuto: Emalangen ekucala lambalwa, uma ngabe ngite lubisi lolwenele, ngingamnika umntfwanami emanti kanye naletinye tinhlobo telubisi?

Imphendvulo: Umtfubi nguwo kuphela lodzingwa ngumntfwana. Ufanele kutsi umunyise umntfwana njalo-nje kutsi lubisi lutokhona lwakheka ebeleni - wenta lubisi lolunyenti ngaleyo ndlela. Cela umbelekisi akunike luswane lwakho kungakapheli li-awa lekucala ngemuva kwekubeleka, kute kutsi ubeke luswane lwakho ebeleni. Umntfwanako utawufundza masinyane kutsi ufanele kutsi amunye kanjani futsi-ke loku kutakusita kutsi wente lubisi.

Umbuto: Ngiyamumunyisa umntfwanami, kepha akasutsi. Ngifanele yini kumnika lubisi lwesikotela?

Imphendvulo: Cha, ungenta lubisi lolunyenti ngekutsi uvame kumunyisa umntfwanako.

Nika umntfwana sikhatsi lesenele sekutsi amunye adzimate asutse ngelibe le linye kute wente siciniseko sekutsi umntfwanako utfoli lubisi lwakamuya lubisi lutfolwa ngumntfwana wakho ekucineni kwekumunya. Uma umntfwana amunya kakhulu, ngulapho-ke kwakheka lubisi lolunyenti emabeleni.

Umbuto: Umntfwana ufuna kuhlala njalo-nje amunya mhlawumbe kwentiwa kutsi ngite lubisi lolwenele?

Imphendvulo: Mhlawumbe umntfwana ukhula masinyane, ngako-ke udzinga lubisi lolunyenti. Ngekumunyisa njalo-nje, ungakha lubisi lolwenele lwetidzingo tabo. Lubisi angeke luphele. Yenta kutsi umntfwana abe nesikhatsi lesenele sekumunya - ungamsusi umntfwana ebeleni asamunya. Uma ngabe umntfwana uchamela emanabukeli langetulu kwalasittfupha onkhe emalanga, umunyisa njalo-nje (lokungenani emahlandla la-8 kuya ku-12 ngelilanga), futsi umntfwana ukhula nge-500g njalo ngenyanga, uma kunjalo-ke kusho kutsi unelubisi lolwenele.

Umbuto: Uma ngabe umntfwanami ukhala njalo-nje, yini lokufanele kutsi ngikwente?

Imphendvulo: Thulisa umntfwanako ngekutsi uvame kumbeka ebeleni. Bantfwana badzinga kutsi babe dvutane kakhulu nabomake babo. Kuba segumbini linye kwabomake nebantfwana kutawukhutsata loku. Uma ngabe umntfwana wakho ulambile, womile noma utfukutsele, kumunya libele kutamenelisa. Angeke

kwenteke kutsi uphe umntfwanako kudla ngalokwecile uma ngabe ummunyisa libele kuphela.

Umbuto: Kukahle yini kunika umntfwanako letinye tinatfo?

Imphendvulo: Cha, kunika umntfwanako letinye tinatfo kusho kutsi umntfwanako usematfubeni lamanyenti ekutfoli tifo njengesifo semsheko kanye nenumoniya. Lokunye futsi, uma ngabe umntfwanako unatsa letinye tinatfo, angeke bamunye ngendlela labafanele kutsi bamunye ngayo futsi-ke nawe angeke wakhe lubisi lolwenele emabeleni akho.

Umbuto: Umntfwana akawadzingi yini emanti uma kushisa?

Imphendvulo: Cha, lubisi lwekucala (loluphuma kucala) lunemanti lamanyenti futsi lucedza koma kwemntfwana. Yenta siciniseko sekutsi umunyisa umntfwanako njalo-nje.

Umbuto: Kufanele kutsi ngicale nini kumnika kudla?

Imphendvulo: Ngemuva kwetinyanga letisittfupha, chubeka ummunyise njengasekucaleni, kepha-ke manje sewungacala kumupha nalokunye kudla. Umntfwana ulungela kufuna kucala kufundza ngekudla ngemuva kwetinyanga letisittfupha. **V**

Lolwatiso luniketwe Litiko Letemphilo laKwaZulu-Natal.



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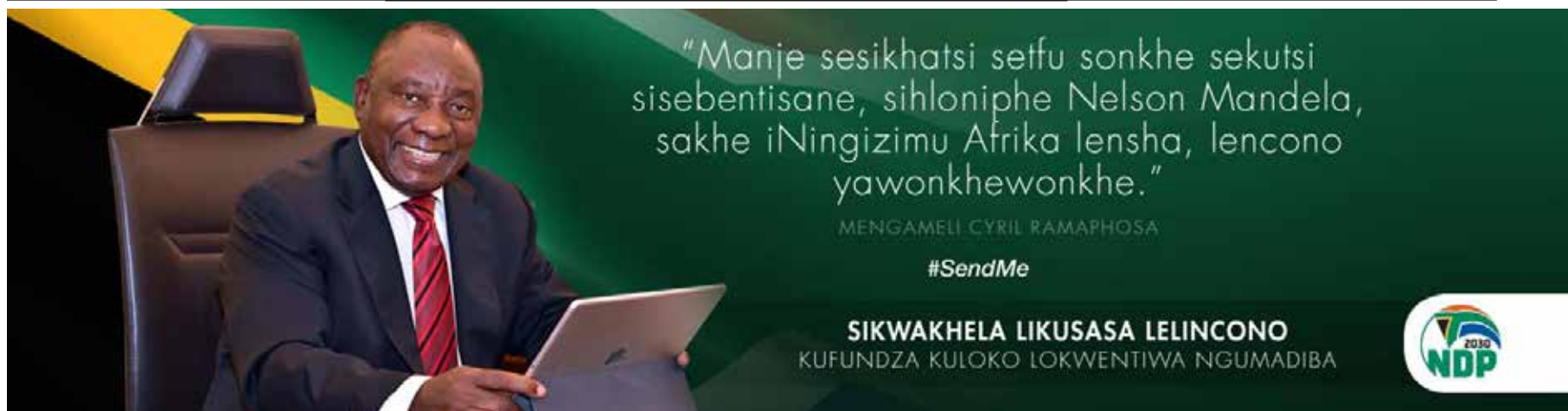


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Tinombolo temisebenti tikhombisa kutsi umnotfo wetfu ucala kuvuka

Eminyakeni lembalwa leye-ndulule, bantfu baseNingizimu Afrika kwadzingeka kutsi babukane nekukhula kancane kanye ne-kwenyuka kwekwe-swelakala kwemisebenti.

Loku kube kubi kakhulu ngenca yelubhubhane lolubhubhisako, kutama kuvukela umbuso ngaKholwane 2021 netikhukhula letine-mandla kuletinye tindzawo taKwaZulu-Natal, eMphumalanga Kapa naseNyakatfo Nshonalanga ekucaleni kwalomnyaka.

Emkhatsini wako konkhe loku, inkinga lenkhulu yagezi ikhule kakhulu, yadala umonakalo emnotfweni kanye nebumatima emakhaya nase-mabhizinisini.

Kantsi, ngisho emkhatsini waletinsayeya letinkhulu kangaka, ummango wetfu nemnotfo kubonakale kucinile. Futsi tinkhomba tikhomba kutsi umnotfo wetfu ukhombisa timphawu tekusimama letinikana litsemba.

Tibalo takamuva tekucashwa, ikakhulukati, tisinika tizatfu telitsemba.

Telubalobalo taseNingizimu Afrika ticophe kwehla kwelizinga lekwe-swelakala kwemisebenti ekoteni yesibili ya-2021. Ngalokuphawulekako, kulinganisa kwabo kukhombisa kutsi sibalo sangempela sebantfu labacashiwe sikhuphukile sesuka kubantfu labatigidzi leti-14.5 ekoteni yesine ya-2021 saya kutigidzi leti-15.5 ngekota yesibili ya-2022. Loku kukhula lokukhutsatako kwemisebenti ledzingeka kakhulu kwisi-



gamu sekucala salomnyaka. Lemisebenti yakhiwa kakhulu kumikhakha yetetinsita temmango netenhlalo, tekuhwebelana, tetimali kanye futsi, ngalokukhulu, wetekwakha.

Kunjalo, kunengi lokusamele kutsi kwentiwe uma sifuna kwenta umtselela lomuhle lobonakalako ezingeni leliphakeme lekwe-swelakala kwemisebenti kulelive.

Ngaso lesi sikhatsi, letibalo tikhomba kutsi tindzawo letibekwa embili teLuhlelo Lwekwakhiwa Kabusha Nekuvuselela Umnotfo - njengekucashwa kwebantfu labanengi, tingucuko kute-mnotfo kanye nekutfutukiswa kwesakhiwanchanti - tinemtselela ekudaleni ematfuba emisebenti.

Njengoba kutfutukiswa kwesakhiwanchanti kanye nekutjalwa kwetimali kungulenyeye yetintfo letibalulekile teluhlelo lwetfu lwekuvuselela kabusha, kukhula kwemisebenti emkhakheni wetekwakha

kuyakhutsata kakhulu.

Sabelomali sangeNdlovana nga-2022 sivete kwenyuka kwetindleko letinge-30% tekusetjentiswa kusakhiwanchanti semmango kuleminyaka lemitsatfu letako safinyelela kutigidzigidzi letinge-R812, uma kucatsaniswa netigidzigidzi letinge-R627 kuleminyaka lemitsatfu leyendlulile.

Ibhodi Yetekutfutukisa Imboni Yetekwakha isandza kuphawula kutsi kube nekukhula kwemiklamo yesakhiwanchanti lechutjwa tinkampani tahulumende letifana ne-Transnet ne-Eskom, nasemadolobheni lamakhulu nangeLitiko Letemisebenti Yemmango Nesakhiwanchanti.

NgeNhlaba, kulomnyaka lesikuwo sibone umnotfo wetfu ubuyela emazingeni ekukhula ngembi kwelubhubhane ngenca yemphumela lomuhle we-GDP ngekota yekucala yemnyaka. Ngalokwetayelekile inhloso kusuka ngalokubonakalako

kulesisekelo lesiphasi, lokungiko-ke sichubeka nekugcila kwetfu ekuhlelweni kabusha kwetakiwo lokungiko lokuchuba kukhula kwe-mnotfo.

Hulumende usandza kushicilela sichibelo lesihlongotwako kute kutsi kususwe umkhawulo wekutfole emalaysense etikhungweni tekuphehla gezi kanye nekukhutsata kutjalwa kwetimali kumiklamo lemikhulu, lesezingeni lelisetulu kute kutsi kwengetwe ngekushesha emandla ekuphehla gezi kugridi. Loku kumelela incophamlandvo emitameni yetfu yekugucula simo selive semandla agezi, lokusidzingo lesibalulekile sekukhula kwemnotfo kanye nekuheha kutjalwa kwetimali.

Kusukela kwamenyetelwa luhlelo lwavelonkhe lwe-temandla ngaKholwane kulomnyaka, singuhulumende besiloku sisebentisana nebadlalindzima labanyenti labehlukene mayelana neku-phunyelelwa nekuhlelwa kabusha kwenchubomgomo. Kusukela sakhuphula umkhawulo wekutfole emalaysensi laba ngemamagawatsi la-100 ngeNhlaba 2021, sekubhaliswe imiklamo letimele lephehla gezi lovuselelekako longetulu kwe-500 MW, lokuneluhlelo lwemiklamo lengetulu kwe-6 000 MW etigabeni letehlukahlukene tetentfutuko.

Inchubo yekuhlelwa kabusha kwetakiwo iyachubeka nekubhalisa inchubekelembili ekusekeleni kukhula kwemnotfo kanye nekuheha batjalitimali.

Kukhula kwemnotfo ngeke kufenzeke futsi ngeke kudaleke

ematfuba emisebenti ngaphandlekwekwentatingucuko letimatima kodvwa letidzingekako letitawukwenta ncono simo sebhizinisi kanye nekutjalwa kwetimali. Lena yindzima yahulumende.

Nanoma kunjalo, kute kutsi imphumelelo icinisekiswe, kutawudzingeka kutsi kube nekumelana emkhatsini wemabhizinisi, basebenti kanye netinhlango temmango hhayi kuphela ngetingucuko letidzingekako, kodvwa ekuhwebelaneni lokudzingekako kute sifeze tinjongo tetfu.

Nanoma-nje umnotfo wetfu utsatsa sikhatsi kusimama futsi neluhlelo lwetfu lwetingucuko selucaliwe, sitawuchubeka nekulandzela umkhakha wetinhlalo tekungenelela kute sisekele kuvulwa kwematfuba emisebenti. Ngekuhambisana netinyatselo letisekela kukhula kwemboni letimele, sitawukwandzisa kucashwa kwemmango futsi sicinisekise kuvikeleka kwemmango kulabo labasengotini kakhulu.

Kukhula kwemisebenti, kanye naletinye timphawu letitsembisako tekusimama, kufanele kusikhutsate kutsi sichubekisele embili netingucuko futsi sisebentise Luhlelo lwetfu Lwekwakha Kabusha Nekuvuselela Umnotfo kute kutsi sivule kutjalwa kwetimali nekukhula kwemnotfo. Kufanele sikhutsate bonkhe balingani betenhlalakahle kutsi basebentisane ngekushesha lokukhulu nangenjongo yekuzuzuka kukhula lokusheshako nekwakha imisebenti leminye leminyenti. **1**