Incwadi yokubonelela Abakhubazekileyo/abaneziphene noqeqesho lweHIV/AIDS



“Ukumanyana kuMlo kwiBala leiHIV nokuKhubazeka”

Abantu abaKhubazekileyo baseMzantsi Afrika



DAISY　Consortium **Xhosa**



Ingabula-zigcawu

Umbutho olwela amalungelo abantu abakhubazekileyo ngabaNtu baseMzantsi Afrika abaKhubazekileyo uzimisele ukula ukungaqukwa nezigulo ezibandakanyekileyo ekukho phakathi kwazo, izothe ngalo nobangela wokukhubazeka, amandla abantu abakhubazekileyo, indlela abajongwa ngayo abantu abakhubazekileyo indlela ababandakanyeke ngayo kwimisebenzi eyenziwa ekuhlaleni nendlela abaziphilisa ngayo, benza eli galelo lilandelayo ngale ncwadi ngemeko yesibetho senxele likaKhetsekile nezifo eziqhubeka zindlandlathekisa ibutho labantu ngokubanzi.

Ukungaxengaxengi kwimotho/ isiko labo elithi: “Akukho Nto kuFanele yeNzelwe Thina Ngaphandle kweThu”, okanye ngolwasemzini singayibeka ngolu hlobo “Nothing About Us Without Us”, abo banegalelo kule ncwadi benza isibongozo kumabali abo ngokuthi benze into equka bonke neendlela zethu zokulwa nendlala nezifo nokukhethwa kwemiba engokwentlalo ephembelela ukungananzwa kwibutho loluntu ngokubanzi nto leyo ethe yabangela abantu abakhubazekileyo bachaneka kwiNtsholongwane kaGawulayo noGawulayo (HIV/Aids), isifo sengcongconi nesifo sephepha (TB). Njengabo bonke oonozakuzaku abalwela amalungelo oluntu abantu abakhubazekileyo, bayabongoza ngawabo amava okuphila ejamelene ne-HIV/AIDS lo ngumyalezo o-ethe-ethe oqulethwe yile ncwadi ebonisa uvelwano kubo bonke abanebango ukuba ngokuyintlanganisela kuliwe lo bhubhane we-HIV/Aids. Bathi abantu abakhubazekileyo abaselula nabakhulileyo nabasetyhini bafanele babe nako ukufumana inkcazelo kwaye bafanele banikele izisombululo bangakhethwa.

I-DPSA kunye namalungu ayo bayagaya ukuxhobisa ukoyisa imiba yokukhubazeka nokulwelwa ukuba baqukwe, bahlanganiswe babe nebango kuyo yonke iwimicimbi yasekuhlaleni ephathelele uluntu abahlala kulo, bame nxamnye nakuphina ukungabandakanywa, ukutyeshelwa nokubantamo lukhuni ngabo oku kuquka indlala nezifo. Enye ingxaki abajamelene nayo ebomini babo iquka imiqobo ebavalela ukuba bangabi nanxaxheba kwizibonelelo, iinkonzo nezakhiwo ezenzelwe ukunceda, ukukhusela nokukhuthaza uluntu eqhubeka njalo ibenza basoloko besamkela nokuba bathenge inkcazelo engafanelekanga nokuba bagxijilwe ukuba basokole kwiimeko egadalala. Ngale ncwadi abantu abakhubezekileyo bathi bona imeko yabo yesini ayithinteli okanye inyange i-HIV/Aids njengoko oku kuthe kwenzeka kwezinye iindawo. Imeko yabo yesini ifanele ifane naye nawuphina umntu ophilileyo kungekhona ukuba ibe liyeza elinyanga abo basulelweyo bafanele baphathwe ngentlonelo, ngothando nangesidima.

Njengee-DPSA, siqhubeka sisenza uphando noqeqesho nge-HIV/Aids sizame ukunyanga abo bathi basulelwa. Sibongoza ukuba kunikelwe inkxaso noluleko kubo bobabini abo bosulelweyo nabasulelayo nokubonisa inkalo eyimfihlo namalungelo okuqhubana neZiko leMpilo neentsapho zalo xa kuqhutywana nemiba ye-HIV/Aids.

Ngemiceli mngeni esijamelene nawo, sizinikele ekubeni sifumane yonke into enokuba luncedo kwaye sidlale indima enokudlalwa nguye wonke ubani ukulwa lobhubhani uyiHIV/Aids, imfundo yasesidlangalaleni ukuphaphamisa abantu le yimicimbi ekufanele siyinikwe sonke ukuze isinike sonke ithemba lokuba nakanjani siya kuze sisincothule nengcambu esi sibetho se-HIV/Aids. Masizimisele ukuba siqhube sisebenza nzima ukubaxhasa abo basifunayo nezibonelelo ezininzi ukuze kungenelwe isizwe sethu.

Kanye njengoko sasitshilo kumashumi eminyaka eyedlulayo “Akukho Nto enokweNzelwa Thina Ngaphandle Kwethu” “Nothing About Us Without Us”, siyaqhuba sihlaba ikhwelo kubantu abakhubazekileyo kulwazi nokuxhotyiswa, inkcazelo nezibonelelo izinto ezinokuzisa isisombululo.

NguLewis Nzimande – Usihlalo kwaZwelonke wabaNtu abaKhubazekileyo eMzantsi Afrika.

Intshayelelo

Le ncwadi sisikhokelo somntu wonke ofuna ukufundisa nokunika inkcazo nge-HIV/AIDS nokukhubazeka. Ayenzelwanga kuphela abantu abakhubazekileyo, kunoko yenzelwe wonke ubani ofuna ukwazi ngakumbi ngemiba aze abelane ngayo ngokulumkisa abanye ngezinto ezintsha.

Akwenzeki ngalo lonke ixesha ukuva abantu abakhubazekileyo bethetha ngesini nange-HIV/AIDS. Kodwa inyaniso kukuba i-HIV/AIDS iyasichaphazela sonke nokuba sikhubazekile okanye akunjalo.

Inkoliso yabantakwethu nodadewethu abakhubazekileyo (nabangakhubazekanga) bayafa zizigulo ezihlobene ne-AIDS Ukuthula kwethu kuya kwenza kuphela izinto zibe mbi ngakumbi. Kufuneka isibindi ukuthetha nge-HIV/AIDS kodwa ukuba namandla noburharha oko kunokwenza umahluko umkhulu kwimpilo zabantu. Eneneni kona, kungokuthi ufumane imfundo, ukufundisa abanye ukuba ubomi bunokusindiswa buze butyetyiswe. Siyathemba ke ukuba le ncwadi iya kukunika le nkcazelo, ikukhuthaze ize ikunike neengcamango ozifunayo ukuze uphumelele kulo mzabalazo.

Le ncwadi yayingenako ukuphumelela ngaphandle kwaba bantu bamangalisayo. Umbulelo omkhulu udluliselwa kwaba bantu ngabanye balandelayo:

**UGillian Burrows** – uMalathisi woPhuhliso wePhondo (Ntshona Koloni) –ngoncedo lwakhe nomcebisi kuyo yonke iprojekthi; **uMzolisi ka Toni** – uSosiba Jikelele weDPSA – ngokuvumela le projekthi; **uBulelani Mvotho** – ngoncedo lwakhe necebiso lakhe; ngoncedo lwakhe olubalulekileyo necebiso; **Marusia Truchan-Tataryn** – izakhono zakhe zokuphicotha; **Mzwandile Gcaza** – Encedisa kulawulo (Western Cape) – ukhuthazo lakhe nokuxhasa ngobugcisa; **Buyile Vava** – DYSA (Western Cape) – ngokusinika uluvo lwakhe uvele njengo “Vuyo”; **uCebesile Ndebele** - DYSA (Gauteng) ngokuvela njengo“Nandi”; **Ndenzeli-Nceba Bojanyana** – DYSA (USihlalo kaZwelonke) – ngokuvela njengo “nompilo worker”; **Emily Ntuli** – UMongameli woPhuhliso lwePhondo (Mpumalanga) no Ivy Tshabalala ngokuvela njengo “nompilo ohlebayo.”

Sikwathanda ukuthi maz’enethole kule mibutho ilandelayo ngokusivumela ukuba sisebenzise amacandelo athile ezipapasho zawo kule ncwadi yethu: I-The Treatment Action Campaign: HIV *in our lives*, 2003; *Pregnancy and HIV/AIDS: A Practical Guide*, 2001 and *Mother to Child*, akukho mhla; Project Literacy: *Positive People: Managing HIV/AIDS in the workplace*, 2001; Soul City: *HIV and AIDS User Guide*, 2002 ne-and the Hesparian Foundation: *HIV, Health and Your Community: A guide for action*, 2001.

Myroslava Tataryn – *Editor*

*Le ncwadi ithe yaba nokwenzeka ngokubonelelwa ngemali evela kwabakwa-the Uni-City: HIV/Aids/TB City Health Directorate*

Iziqulatho

Ingabula-zigcawu p. i

Intshayelelo p. iii

1. 1.Intshayelelo kwiHIV/AIDS nokukhubazeka p. 1
2. 2. Imeko yethu yesini p. 5
3. 3. Abasetyhini ne-HIV/AIDS p. 8
4. 4. HIV Bayoloji p. 13
5. 5. Ukhuseleko p. 21
6. 6. Ukuhlola i-HIV p. 30
7. 7. Ukuphila neHIV/AIDS p. 34
8. 8. Izothe nokuCalucalulwa; kwiindawo zengqesho nemiba engokomthetho p. 42
9. 9.
10. Ukudlulisela kukaNina emNtwaneni (MTCT) p. 46
11. 10. Ukusasaza iLizwi p. 50
12. 11. Uqhagamshelwano p. 63

Izibonelelo p. 65

Amagqabaza okuvala p. 66

**ISAHLUKO 1**

Intshayelo kwi-HIV/AIDS nokuKhubazeka

Kwesi sahluko fumanisa uze uxoxe…

1. • Unxibelelwano phakathi kwe-HIV nokuKhubazeka
2. • Amabakala okuba sesichengeni kwabantu abakhubazekileyo

*Amagama abalulekileyo*

*IHIV: Human immunodeficiency virus. Intsholongwane ebangela iAIDS.i*

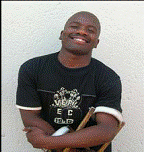
*AIDS: Acquired Immune Deficiency Syndrome or Acquired ImmunoDeficiency Syndrome. Iqela lezifo ezibangelwa yiHuman Immunodeficiency Virus okanye iHIV.ii*

*Ukukhubazeka: Ukukhubazeka yimiqobo okanye ukusikelwa umda kwimisebenzi eyenziwa luluntu ethi ibe negalelo elincinane okanye engababandakanyiyo abantu abaneziphene ngaloo ndlela bangaqukwa kwimisebenzi eyenzela uluntu.*

Okokuqala, masazise uVuyo, umfo owathi wakhutyazwa yipoliyo kwiminyaka yakhe eselula kwaye ngoku uhamba ngeentonga ibe usebenza kwindawo yochweyo yokhuseleko apho kuthungwa iingxowa zamalaphu, iimpahla nezinye ii-oda. Ngoku uthandana noNandi osisithulu kwasekuzalweni iii

Vuyo: Molweni! Igama lam ndinguVuyo…

Nandi: Mna ke ninguNandi…



Vuyo: Ibali lethu liya kukukhokela kule ncwadi. Siyathemba ukuba iya kuthi yenze kube lula ukufunda ngoGawulayo nentsholongwane yakhe oko kukuthi i-HIV/AIDS. Kodwa ukuba kuho inxalenye ethile ongayiqondiyo musa ukuba nentloni ukubuza othile ukuba akucacise ngakumbi. Ungaze uzive unentloni ukubuza imibuzo!

Ukuba unokucinga nje ngoku, into nje yokuba ndihamba ngeentonga, nto leyo ethetha nje ukuba ndineengalo eziqinileyo nezihlunu ezikhulu, kwaye ukuba sisithulu kukaNandi loo nto ithetha ukuba uneemvakalelo ngomculo endaweni yokuwuva! Le nto inokusuka isenze nje sibe ngabantu abakhethekileyo ababangela umdla! Ubuthulu buthetha nje ukuba uneemvakalelo zomculo kunokuba awuve! Le nto inokusenza nje abantu abakhethekileyo nababanga umdla! Kodwa kuno, sityatyekwa ngokuba neziphene kudla ngokwenza abanye bacinge ukuba bayayazi indlela esiyiyo; bacinga ukuba ngenye indlela sinexabiso eliphantsi. Bawubhudile ke umhlola. Abantu baneentlobo ezahlukeneyo zemizimba, into esiyityabeka ngokuba kukhubezeka ingaba ziindlela nje eziqhelekileyo zemizimba eza kubayiyo. Inyaniso yile ukuba baqhubeka bebaphatha ngale ndlela abanye oko kunokubangela abantu abaninzi bakhubazeka indlela esilwakha ngayo uluntu lethu loo nto isenokubangela ukukhubazeka kwimizimba eminzi!

Phulaphula nje oku.

**Ukukhubazeka noPhuhliso: Zinxulumene ngantoni?iv**

Abantu abakhubazekileyo baphakathi kwabona bantu bahlwempuzekileyo, abalizothe nabajongelwa phantsi ngabo bonke abemi behlabathi. Ukukhubazeka nendlala zingumjikelezo obuhlungu.

Iimeko zobuhlwempu ezifana nokungondleki ukukwazi ukufikelela iinkonzo zezempilo okanye indlela yokhuseleko neemko zemisebenzi izinto ezithile ezathi zenzeka emntwini ukususela ekuzalweni de kuse ekwaluphaleni. Zikho ke kananjalo izinto eziyimiqobo kwezempilo inkonzo zovuselelo, imfundo nomsebenzi, nezinye iinkalo zezoqoqosho nobomi basekuhlaleni zinokuba ngumgibe ebantwini kumjikelezo wobuhlwempu (Elwan 1999).

Vuyo: Ndime emgceni kwisibhedlele sasekuhlaleni, ndiphulaphule umongikazi ethetha nge-HIV/AIDS. Le nto ibaluleke kakhulu kum, kuba ndidikiwe kukucalulwa kuba ndikhubazekile. Ndifanele ndilwe nomkhethe osingqongileyo kwezoqoqosho, ezempilo, kwimiba engesini—kwanakwimiba enge-HIV/AIDS. Ndinemibuzo emininzi…

Vuyo *(Emangalisiwe)*: “Sisi, ngoku ndineminyaka engama-27 ubudala, ndineminyaka engama-20 ndikhubazekile. Ndinemibuzo emininzi ngemiba yokukhubazeka ne-HIV/AIDS kuba okoko yathi yabonwa apha eMzantsi Afrika iinkqubo ezininzi ezifundisayo zenzelwe ukuthintela ukusasazeka kwale ntsholongwane, sekunjalo, andikaze ndive kukho umntu othetha ngabantu abakhubazekileyo, ndingasathethi ke ngeencwadi zokufunda ukuba ababoni kakuhle! Le nto indenza ndifikelele kwisigqibo sokuba, ngabantu abangakhubazekanga kuphela abanokusulelwa yile ntsholongwane kwaye abo bakhubazekileyo bagonyekile kuyo. Eneneni uluntu lukholelwa ukuba ngenxa yokuba sikhubazekile asinakubasesichengeni sokusulelwa sesi sifo ngaba kunjalo? Ndicela uxolo ngokukubetha emlonyeni kwintetho yethu kodwa nje ndifuna ukucacelwa kuloo ndawo. Ngaba sisesichengeni sokusulelwa yi-HIV/AIDS? Ungake undinike nje imingcipheko yokuba sesichengeni? Ndingake ndabelane nawe ngoku? Mna nesithandwa sam sobabini sikhubazekile, usisithulu kwaye mna ndihamba ngeentonga kodwa siyakwazi ukwabelana ngesondo…angakanani amathuba okuba sinokusuleleka? Ngoku ke khawucinge nje ngezintlobo sokukhubazeka...”

Nantsi into endiyifunde kumbonisi:

Ngaba abantu abakhubazekile basesichengeni sokusulelwa yiHIV? v

Amaxesha amaninzi abantu ngabanye abakhubazekileyo abaqukwa kwizinto zokuthintela i-HIV ne-AIDS neenzame zokuba bafikelele ngenxa yokuba kucingelwa ukuba bona ababelani ngesondo ngoko ke abekho sichengeni sokusulelwa yi-HIV. Uhlolisiso lweHlabathi lonke kubantu abaKhubazekeleyo nge-HIV/AIDS olwaqhutywa yiYunivesiti yaseYale kunye neBhanki yeHlabathi lwafumanisa ukuba olu qikelelo luwubhudile umhlola. Abantu abakhubazekileyo basemngciphekweni nangakumbi ekusulelweni yiHIV. Ngokomzekelo, abafikisayo nabakhulileyo abakhubazekileyo nabalingane babo bayafana nabo bangabalingane babo abangakhubazekanga ababelana ngesondo. Ngaba ke abantu abakhubazekileyo banako ukufikelelwa ngeenkonzo zokunyamekela nezokuthintela? vi

Ukufikelela abantu ngabanye abakhubazekileyo ngemiyalezo ye-HIV ne-AIDS, ikliniki yokukhathalela neyokuzalisa iinkonzo zempilo ijongene nemiceli mngeni ekhethekileyo. Kwanaxa imiyalezo ye-AIDS ifikelela kubantu abakhubazekileyo, izinga lemfundo liphantsi imfundo esikelwe umda yenza ukuba imiyalezo entsonkothileyo ingafikeleli kubo. Imfundo ibalulekile ukuze uqonde imiyalezo ye-HIV. Uyiguqulela kubani ukuba atshintshe isimilo sakhe. Kodwa imfundo leyo ayinako ukuyahlula yonke imiqobo; imiyalezo yeHIV nonxibelelwano zidla ngokungafikeleli kubantu abangaboniyo okanye abazizithulu nenkonzo yezempilo namaziko akafikelelwa ngabantu abaneziphene emzimbeni.

Okokugqibela, abantu ngabanye abakhubazekileyo kumazwe amaninzi banike iingxelo ezingasiwaso xa zifanele zifikelele kumaziko ohlolo lwe-HIV okanye kwiikliniki ze-AIDS rhoqo, kwabo bakhubazekileyo.

Abantu banikela ingxelo yokuba bayagoduswa ngabasebenzi basezikliniki bathi abantu abakhubazekileyo “abanako ukufumana uGawulayo/AIDS”. cannot get AIDS”. Apho unyango lweAIDS lunqongopheleyo nalapho iinkonzo nenkxaso yabantu ngabanye abaneHIV okanye iAIDS basikelwe umda, abantu ngabanye abanokukhubezeka okusendlelni babekwe kuludwe labo Bantu baseza kunyanyekelwa.

Vuyo: Ngaba unako ukundinceda ngokundiphendulela le mibuzo ngoku?

Isahluko 1 Imibuzo:

1. 1. Yintoni thina bantu abakhubazekileyo ethi isibeke esichengeni ngakumbi sokosulelwa yi-HIV?

2. Kutheni le nto singeva nto kakhulu nge-HIV kubantu abakhubazekileyo?

3. Yintoni esithintelayo ukuba singafumani nkcazelo efanelekileyo ngokusulelwa yi-HIV/AIDS nokuyinyanga?

**ISAHLUKO 2**

• Ukwabelana kwethu ngeSondo

1. • Isondo nokukhubazeka
2. • Ulutsha nokukhubazeka

*Amagama abalulekileyo*

***Isondo:*** *Oku kubhekiselwa kukwenzana ngokoqobo, ngokwengqondo, intlalo, iimvakalelo nobumoya bomntu. Ikwadlulisela nesini, indima yesini, ukwazi isini, ukhetho olungokwesini, indlela yokuhlala, ukuchaphazeleka emzimbeni, imvakalelo nempilo yokomoya.vii*

***Ukudlakathiswa ngokwesondo:*** *Nakuphina ukuphathwa kakubi ngokwesondo unyanzeliswa, le nto ibandakanya ukuphathwa ngendlela engafanelekanga, kwilungu langasese lowasetyhini, ukungenwa kumva, okanye isini somlomo, ukuba neentlobano zokwazana, ukuthi phantsi ngodlwengulo, ukuzama ukudlwengula, ukuxhaphaza umntwana. Ukuziphatha kakubi ngesini, ngokubona, okanye nantonina enyanzelisa ukunyanzelisa umntu ukuba ulale naye okanye ukunika ingqalelo kuye.viii*

***Udlwengulo:****Kukunyanzelisa/ukudlakathisa ubani ukuba ulale naye ngenkani engavumi. Ngentetho ethe ngqo kukumngena kwilungu lakhe langasese okanye kumva ngaphandle kwemvume yexhoba elo.*

Nandi: Sabanela ngento yonke, Vuyo, sithandwa sam, kodwa ukuthetha ngale nto kubantu basemzini kundixuxuzelisa isisu Hee-hee!

Vuyo: Ndiyazi ukuba uthetha ukuthini, kodwa ukuyaneka ngokusesikweni le nto ngokuphathelene nimiba ye-HIV/AIDS phakathi kwabantu abakhubazekileyo, sifanele sithethe ngesini nangokwabelana ngesondo. Le yinxalenye yobomi! Kodwa, ukuthetha ngesini ngabantu abakhubazekileyo loo nto ibisoloko “iyindaba yakwamkhozi” kangangethuba elide. Lo mba ububethwa nje ngoyaba ngamaqela ethu abantu nemibutho yabantu abakhubazekileyo kodwa ke njengokuba sithetha nge-HIV/AIDS nabantu abakhubazekileyo sifanele sibandakanye nezihloko ezingesini. Nangona oku kuya kwenza abantu banonwabi, inikela ithuba elihle lokufunda! Kwaye khumbula ukuba ezinye izinto zinokuyenza lula yonke nje le nto…

Ngenxa yokuthi cwaka ngokubanzi ngokuphathelele isini nokukhubazeka, uninzi lwethu, njengabantu abaneziphene emzimbeni, sinokukufumanisa kunzima ngakumbi kunabahlobo bethu abangakhubazekanga ukuba sixoxe ngesini sethu kunye namaqabane ethu okanye abo basinyamekelayo, ukuthethana ngesini. Okanye ukufumana inkcazelo ngezempilo kwiindawo ezinyamekelayo.

Nalu olunye ucelo mngeni esinokuluqwalasela okanye abantu osebenza nabo abasenokukthetha. …

**Usenokuba nemvakalelo yokuba abantu abaneziphene emzimbeni abafanelanga bathethe ngesini.** ix

Wonke ubani unesini ukususela ekuzalweni de anabele uqaqaqa. Ukuba nesini akuthethi ukuthi wabelana ngesondo. Isini sibandakanya indlela abantu abavakalelwa ngayo ngabo, imizimba yabo indlela imizimba esabela ngayo xa betsaleleka kwabanye ngeemvakalelo, ukongezelela kukhetho lokuzala, yiba nenkcazelo neenkonzo ezihlangabezana neemfuno zakho ufanele uphathwe ngentlonipho nangesidima.

**Usenokuba semngcipheko ngakumbi kudlakathiso lwesini**x

Wonke ubani unelungelo lokuba akhululeke kugonyamelo, udlakathiso ngokwesondo nobundlobongela. Kungakhathaliseki imeko yalowo ukunyamekelayo, ugqirha okanye ilungu lentsapho, unelungelo lokuthe “Hayi” kwaye loo nto ifanele ihlonelwe.

**Usenokuba nexhala lokuba akakho umntu oya kuze atsaleleke kuwe ngenxa yokuba ukhubazekile.xi**

Liyinyaniso lona elokuba siphila kwihlabathi eliqwalasela izinto ezisikelwe umda elithetha “ngokutsaleleka”. Njengokuba abantu bekhula, abanye abantu babanomdla kwiimpawu zobuntu (ukukhathala, uburharha, ubukrelekrele, ukunyaniseka njl) kunembonakalo yobuqu ngokukhethekileyo. Ngaphandle kwabo bathi abantu baphila namacelo mngeni ngaba ushushu? Ukuzithemba isiqu sakho ngokwenene ngeempawu ezibalaseleyo umntu anokuba nazo.



Icebiso likaMama:

Ukuba ukufumanisa kunzima ngawe ukufumana umlingane ngenxa yokuba ukhubazekile, eso ayisosizathu sokuba uziphosele kulwalamano lokuxhaphaza. Ungazikhohlisi “oku kulunge njengokufumana”. Leyo asiyonyaniso! Zihlonele wena nomzimba wakho nabanye mabenze okufanayo! xii

Nandi: Ndineminyaka engama-22 ubudala kwaye ndisisiThulu. Umalume wam esihlala naye ubephindaphinda ukundidlwengula. Le nto ibiqhubeka isenzeka yonke imihla xa umama engekho esemsebenzini. Ubesenza ngathi uyandinyamekela abe esenza la manyala kum. Bekunzima kum ukumxelela umama le nto kuba akayazi intetho yezandla umama. Wakwandigrogrisa ngokuthi ukuba ndingaze ndiyixele le nto uya kubiza abahlobo bakhe basidlwengule baze basibulale sobabini. Akukho apho ndandinokubalekela khona kuba ndandihlala endlwini lonke ixesha ndingaze ndivunyelwe ukuba ndidlale nabanye abantwana. Le nto yothusa ngokwenene kodwa yona le inkcazelo enge-AIDS indenza ndihlale ndineengcinga ezoyikisayo…

Nandi: Unako ukundinceda uphendule le mibuzo ngoku?

Isahluko 2 imibuzo:

1. 1. Ukungafundi kwabantwana abakhubazekileyo kuwandisa njani amathuba okuba semngciphekweni wokosulelwa yiHIV?
2. 2. Kutheni le nto ibalulekile kulutsha olukhubazekileyo, eneneni, kubantu abakhubazekileyo bonke, ukuze bathethe ngokukhululekileyo ngokwabelana ngesondo?
3. **3.** Yeyiphi imiqobo ekufuneka luyisusile ulutsha olukhubazekileyo ngokuphathelene ezesondo?

*UHendrietta Bogopane-Zulu unika ingxelo ngezizathu ezibangela ulutsha olukhubazekileyo ukuba lube sesichengeni sokwasulelwa yi-HIV. UNdoqo kukubafundisa. Ngoko ke ukujolisa kwimfundo yolutsha olukhubazekileyo kwenziwe umgudu okhethekileyo kubaluleke kakhulu.* 1

1. • Ulutsha olukhubazekileyo alunayo inkcazelo ngokuphathelene nemeko yalo yesini
2. • Abazali badla ngokwala ukwamkela ukuba abantwana babo abakhubazekileyo bakhule ngokwesini
3. • “Izikolo ezikhethekileyo” zidla ngokungafundisi ngezakhono zobomi nangeenkqubo zemfundo yezempilo
4. • Ulutsha olukhubazekileyo ludla ngokuba ngamakheswa koontanga balo, ngokukodwa olo lungakhubazekanga
5. • Inkoliso yolutsha olukhubazekileyo alufundanga
6. • Ulutsha oluninzi olukhubazekileyo alunazo izinto eziziimfihlo luxhomekeka kakhulu kwabo balunyamekelayo, loo nto ithetha ukuba baneendlela ezimbalwa zokuzikhusela kuxhatshazo nokuvinjwa amalungelo alo okuba nobudlelane nolunye ulutsha

**ISAHLUKO 3**

Abasetyhini kunye ne-HIV/AIDS

1. • Abasetyhini ngokukhethekileyo basemngciphekweni wokosulelwa yi-HIV
2. • Indlela isini esiwachaphazela ngayo amava ethu nge-HIV neAIDS

*Amagama abalulekileyo*

***Isini:****Xa kuthethwa ngesini kubhekiselwa kwimisebenzi yasekuhlaleni yabasetyhini namadoda kuluntu.*

*Ukuxhomekeka ngemeko yoqoqosho: Kukuxhomekeka komnye umntu ukuze uphile. Le nto isenokubangela ukuba ube semngciphekweni kanobom kw-iHIV kuba abantu abathile baxhomekeke kumntu othile okanye kumaqabane abo ukuze baphile, nangenkxaso loo nto isikela umda nokuba bazenzele izigqibo zabo nokuthethathethana ngegunya.*

***Ukucocwa ngabo bangazani nandoda:*** *Kukho intsomi eyingozi engokucocwa ngabantu abangazani nandoda kwabo bane-HIV okanye ezinye ii-STI loo nto ithetha ukuba zingaphela xa benokuthi balale nomntu ongazani nandoda. Kukwakho nenkolo yokuba ukwabelana ngesondo nomntu okhubazekileyo emzimbeni nasengqondweni kunokunyanga i-HIV. Le ntsomi lulwimi etywaleni, kodwa abanye abantu basayikholelwa, isibeka engozini thina bantu bakhubazekileyo.*

Nandi: Namhlanje xa ndikhangela ndicinga ngabasetyhini abaninzi abakwimeko efana neyam kuba injalo ngenxa yokungaboni, ukungeva nokungabi nangqondo okanye ngenye indlela. Sinokubakhulula njani? Kuba de kube ngoku andikasiqondi isihelegu esandihlelayo. Kukubamba ngazibini nje kwiqabane lam uVuyo, othe waba ngumthombo wenkuthazo nentuthuzelo, kuba namhlanje ndinokwabelana ngezi zinto nawe. Amadoda afanele akhusele abasetyhini abakhubazekileyo okanye akunjalo sifanele sizive sikhuselekile xa bekunye nathi. Ukuba uVuyo iqabane lam lakwenza oko, ndivakalelwa ukuba onke amanye amadoda anako nawo.

Imbi kakhulu into yokuba ukuba ngowasetyhini kuthethe ukuba semngciphekweni wokosulelwa yi-HIV! Nazi ezinye iingongoma ezibalulekileyo endake ndazifunda:

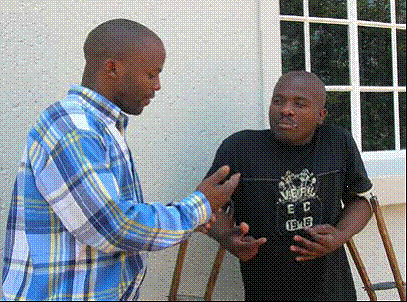
Abasetyhini ne-HIV ne-AIDS*xiii*

Ngexa bobanini owasetyhini nendoda besenokuba nayo i-HIV ukuba babelana ngesondo ngokungakhuselekanga, eli icandelo lijolisa kwabasetyhini ngenxa yezi zizathu:

1. • Abasetyhini abaninzi eMzantsi Afrika kunamadoda bane-HIV
2. • I-HIV isasazeka kakhulu ngesondo phakathi kwamadoda nabasetyhini
3. • Abasetyhini banako ukwabelana ngesondo ngokukhuselekileyo (babelane ngesondo ngekhondom) ukuba iqabane liyavumelana noko. Inkoliso yabsetyhini ayikwazi ukuwaphembelela amaqabane awo ukusebenzisa ikhondom.

Ibachaphazela njani abasetyhini i-HIV ne-AIDS?xiv

1. • Kwiinkcubeko ezininzi abasetyhini bathathwa njengabangabalulekanga kunamadoda. Abakwazi ukunyanzelisa izinto kumadoda. Ngokomzekelo, abanako ukucela amadoda asebenzise iikhondom.
2. • Ngokuqhelekileyo abasetyhinifazi bafumana imali encinane kunamadoda. Loo nto ithetha ukuba bayaxhomekeka. Basenokungabinayo imali yokuya ekliniki ukuze bafumane iikhondom nokunyanyekelwa ngempilo.
3. • Xa abantu begula yi-AIDS, ngokuqhelekileyo ngabasetyhini ababanyamekelayo. Ukunyamekela umntu ogula kakhulu kuyaxinzela loo nto ithetha ukuba abasetyhini aba banomsebenzi ongakumbi abafanele bawenze.
4. • Abasetyhini bajongana nogrogriso lokudlwengulwa nokudlakathiswa ngesondo. Loo nto ithetha ukuba basemngciphekweni ingakumbi wokufumana i-HIV neAIDS.
5. • Abasetyhini badla ngokufumanisa ukuba bane-HIV besakube bekhulelwe. Eli iba lixesha elibuhlungu kubo kuba intsholongwane ye-HIV isenokudlulela elusaneni ebudeni bokukhulelwa, ukubeleka nokondliwa ngebele.
6. • Ngenxa yokuba ifunyaniswa ngale ndlela abasetyhini basoloko begxekwa ngokuba ngabo “abazisa” i-HIV ne-AIDS entsatsheni. Kodwa uphando lubonisa ukuba inkoliso yabasetyhini yabelana ngesondo neqabane elinye kuphela. Loo nto ke ithetha ukuba inkoliso yabasetyhini abane-HIV bayifumana kubayeni babo okanye amaqabane.



Vuyo: Ngaba kuyinyaniso na ukuba nangaphandle kokudlwengulwa okanye ukuxhatshazwa abasetyhini basesichengeni esikhulu sokusulelwa?

UNompilo: Kunjalo kanye. Kukho izizathu zentlalo nezebhayoloji ezibonisa isizathu sokuba abasetyhini bachanabeke kakhulu. Abasetyhini bona abakhubazekileyo ngabona basemngciphekweni ngakumbi kuba bathwele nento ekuthiwa "luxanduva oluphindaphindiweyo" –uxanduva lokukhubazeka nokuba ngowasetyhini kuluntu olungazihloneliyo ezo zinto.

Kodwa ke okokuqala make sixoxe ngezizathu zokuba bonke abasetyhini benethuba elingakumbi lokuba basulelwe yiHIV, xa bethelekiswa namadoda. Umhlobo wethu kwi-Project Literacyxv uyicacisa ngale ndlela ilandelayo:

Abasetyhini ababelana ngesondo namadoda basesichengeni sokufumana i-HIV/AIDS kuba iindonga zelungu langasese zinokukrazuka lula kwaye nangenxa yokuba idlozi lendoda lihlala emzimbeni womfazi emva kokuba bethe babelana ngesondo, iba nexesha elingakumbi lokubasulela.

Kuluntu oluninzi abasetyhini ngokuba ngabona bathwaxwa kwanobom sesi sibetho se-AIDS. Nazi ezinye izizathu ezibangela le nto:

1. • Kukho izinto eziliqela ezibeka abasetyhini imiqobo yokuba bafundiswe ngcono kwaye le ikwachaphazela indlela abazi ngayo nge-HIV/AIDS.
2. • Abasetyhini banamathuba ambalwa kunamadoda ukuba bafumane imfundo kwaye baxhomekeke ngakumbi emadodeni ngemali nangokhuseleko. Oko kusenokuthetha ukuba baxhomekeke ngakumbi kuba abanamali alukho ukhuseleko. Ngoko ke abanamandla okulawula ulwalamano labo.
3. • Inkoliso yabasetyhini kufuneka iye kukha amanzi, izenzele ukutya, ingenise imali kwaye inyamekele iintsapho zayo. Ukuba kukho umntu othile kwintsapho othi agule, ngokuqhelekileyo iya kuba ngowasetyhini oya kuthi athwale ukubopheleleka lokumnyamekela nokumonga.
4. • Ukuba owasetyhini uyagula, oku kunokubangela uxinzelelo ingakumbi ngokukodwa kubomi bakhe kuba kuba unembopheleleko zekhaya ezininzi. • Abasetyhini abaninzi abakwazi ukuzenzela ukhetho olubalulekileyo lokuba babelana nini ngesondo kwaye baqiniseka njani ukuba babelana nghesondo ngokukhuselekileyo.

Kwangaxeshanye ezimbopheleleko ziba mbi ngakumbi ke kwabasetyhini abakhubazekileyo kuba …

… abasetyhini abakhubazekileyo babanemiqobo nangokomsebenzi ngoko ke bayaxhomekeka ngokwezoqoqosho badla ngokuba ngamaxesha amaninzi babe nokwabelana ngesondo olugakhuselekanga kuba befuna ukuzinza kwimeko yezoqoqosho.

…uhlolisiso lubonisa ukuba abasetyhini abakhubazekileyo banokuba namaqabane amaninzi ngenxa yoxinzelelo olubangelwa zezentlalo ngamadoda ukuba angahlali nabasetyhini abakhubazekileyo.

…ukuxhomekeka kwabasetyhini abakhubazekileyo kubantu ababanyamekelayo kubabeka kwesingakumbi isichenge sodlwengulo nokuxhatshazwa ngokwesini.

…intsomi yo“kucocwa ngongazani nandoda” iquka intsomi exhaphakileyo ykudlwengulwa kwabasetyhini abakhubazekileyo kuba kusithiwa banokunyanga amadoda kwi-AIDS. Nalo olu lulwimi etywaleni.

Vuyo: Yaza yambi ke noko le meko, sinokwenza ntoni?

Nandi: Ndicinga ukuba nantonina eyenziwayo eyona nto ibalulekileyo ngenkqubo nganye eyenziwayo, iprojekithi, okanye ucweyo ngokuphathelele i-HIV/AIDS nokukhubazeke zithethe ngokungalingani ngokwesini. Phulaphula zikuxelele indwalutho zeHlabathi eziphandayoxvii :

**Zinaba ngomba wokungalingani ngokwesini.** Ukuba ngowasetyhini okhubazekileyo kubeka esichengeni esongezelelekileyo. Abasetyhini abakhubazekileyo bajonana nomceli mngeni okhethekileyo wokuthintela ukosulelwa yi-HIV, kuba ngenxa yesichenge sabo sogonyamelo ngokwesini, ukungabinakho ukufumana iinkonzo zokunyamekela impilo nokungazi indlela yokudluliselwa kwe-HIV kunina iye kusana. Abasetyhini abakhubazekileyo abafundanga inkoliso yabo xa bethelekiswa nabo bangakhubazekanga, abanamsebenzi wengqesho okanye bajongelwe phantsi emisebenzini. Ngenxa yocalulo neli zothe, ababasetyhini basenokuba nolwalamano olungazinzanga nasemtshatweni. La mabakala ngokwentlalo noqoqosho enza kube nzima ukufikelela kwabasetyhini abakhubazekileyo kwimiyalezo ye-HIV nto leyo ebangela anciphe amathuba okuthethana ngesini esikhuselekileyo.

Nandi: Abahlobo bethu be-Soul Cityxviii banamacebiso ngakumbi ngeendlela abanokuthi bobabini abasetyhini namadoda bazincede ukuzikhusela kwi-HIV …

*U-Hendrietta Bogopane-Zulu uxoxa ngezizathu ezingakumbi ezibangela abasetyhini abakhubazekileyo babesesichengeni esingakumbi sokufumana i-HIV…*

1. • Abasetyhini abakhubazekileyo basenokuba ngamahlwempu baze bangondleki kunabahlobo babo abangakhubazekanga.
2. • Abasetyhini abakhubazekileyo basenokungafundi kunokuba benjalo abangakhubazekanga nto leyo ebangela ukuba kubenzima ngakumbi ngabo ukufumana inkcazelo ngokhuseleko ngesini nezempilo yandisa namathuba okuxhomekeka kumaqabane, bangabinakho ukuthetha kakhulu nangokusetyenziswa kwekhondom.
3. • Abasetyhini abakhubazekileyo akwenzeki babekho kwikliniki yempilo ecibisa ngenzala ngenxa yezizathu eziliqela eziquka, ezi:

o abasebenzi abanesimo sengqondo esingalunganga njengoko bebona owasetyhini okhubazekileyo njengengo “yokulalwa” kwaye ngoko,

“abavunyelwa ” ukuba babelane ngesondo okanye bakhulelwe

o ukungakwazi ukungena kwizakhiwo eziphakamileyo nemigca emide, njl.

o ukungabikho kwenkcazelo yonxibelelwano neziThulu, abangaboniyo

Abangaboniyo-bengeva nabaphazamiseke engqondweni abasetyhini abakwimeko yokunyanyekelwa.

Yintoni abasetyhini abanokuthi bayenze ukuzikhusela kwi-HIV ne-AIDS?

Abasetyhini banoku:

1. • Funda ngakumbi ukungakumbi nge-HIV ne-AIDS.
2. • Thetha nabahlobo bakho, nabantwana bakho nabahlobo bakho nge-HIV ne-AIDS.
3. • Sebenzisa iikhondom ngalo lonke ixesha usabelana ngesondo – ukuba banako.
4. • Ngalo lonke ixesha hlala uphethe iikhondom ukuze bona nabayeni namaqabane abo bazisebenzise ngalo lonke ixesha.
5. • Thetha ngogonyamelo kwabasetyhini.
6. • Baxhase abanye abasetyhini.

Yintoni enokwenziwa ngamadoda ukukhusela abasetyhini kwi-HIV ne-AIDS?

Amadoda anokukhusela amaqabane abo kwezesondo kwi-HIV ne-AIDS ngokuthabatha amanyathelo ezesondo akhuselekileyo kulo lonke ulwalamano lwabo.

Amadoda anoku:

1. • Khusela abasetyhini babo namantombazana athandana nawo ngokusoloko enxiba iikhondom xa esabelana ngesondo. Bafanele bakhuthaze abasetyhini nabantwana bathethe nabo ngokukhululekileyo ngesondo, nocwangciso ntsapho ne-HIV ne-AIDS.
2. • Bathabathe ukuzibophelela kucwangciso ntsapho nokukhusela onke amaqabane abo ezesondo kwi-HIV ne-AIDS.
3. • Bathethe namanye amadoda nge-HIV ne-AIDS. Basenokubakhuthaza ukuba basoloko beqwalasela bakhuseleke xa besabelana ngesondo ukuze abasetyhini ababelana nabo ngesondo nabo bakhuseleke.
4. • Bathethe ngokuphandle ngogonyamelo olwenziwa kwabasetyhini.

**Vuyo**: Le ke into indenza ndizive ndingcono noko, kuba sinokuthi sifunde ngale nkcazelo size sizame ukuyenza kunye. Make sixoxe ngale mibuzo:

Isahluko 3 Imibuzo:

1. 1. Ngaba kukuzibophelela kwabasetyhini ukuqinisekisa ukuba abantwana bakhuselekile kwi-HIV? Ikwa kukuzibophelela kweqabane lakhe akunjalo?
2. 2. Ngaba abasetyhini banalo ilungelo lokuthi “Hayi” kwisondo?

3. Ucinga ukukba kufanele kwenziwe ntoni ukutshintsha uluntu iintsapho nelwalamano ukuvumela abasetyhini ukuba balawule imizimba yabo nobomi babo?

**ISAHLUKO 4**

IBhayoloji ye-HIV

1. • Yintoni i-HIV
2. • Yintoni i-AIDS
3. • Ibangelwa yintoni i-HIV ne-AIDS umahluko kwezinye izifo
4. • I-HIV ne-AIDS indlela ezisigulisa ngayo

*Amagama abalulekileyo*

***Intsholongwane:*** *Into encinane enambuzelayo efuna ezinye iiseli ukuze iqhame.xix*

***Ibhakteriya:*** *Iibhaktheriya ezininzi. Iintsholongwane ekuthiwa ziibhaktheriya azibonakali ngamehlo enyama zibonwa ngomatshini ekuthiwa yi-microscope. Iintsholongwane ezininzi ibhaktheria zibangela isifo.xx*

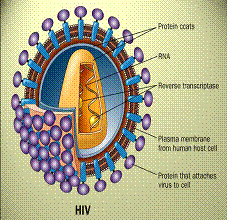
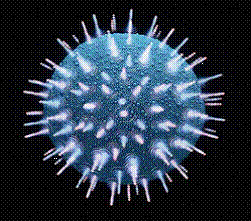
***Izakha mzimba****: iiproteyini ezincinane ezenzeka emzimbeni zenziwa yinkqubo yokulwa izifo ( “amajoni omzimba” ethu) ayaqonda kwaye anceda ukulwa nezinto ezisecaleni nokungcola emzimbeni.xxi*

***Iiseli:*** *Iyunithi encinane esebenzayo yezinto ezinambuzelayo eziphilayo.xxii*

***Iseli ze-CD4:*** *Iiseli zegazi eliMhlophe zihlanganisa inkqubo yokulwa nezifo. Iiseli ze-CD4 ziyachaphazeleka (kwaye kamva ziyatshatyalaliswa) yiHIV.xxiii*

***Ukusuleleka okukwizinga eliphezulu:*** *Ukusulelwa okwenzeka ngalo lonke ixesha kubantu abaphila ne-HIV ne-AIDS ngenxa yokuba ngenxa yobuthathaka beenqkubo ezilwa izifo. Kungokulandela ezi ntlobo zokusulelwa ngoogqirha ngokuzicalula ukuhambela phambili kokusulelwa yi-HIV, ngokusekelwe kuMbutho wezeMpilo weHlabathi. Ikwanokubizwa ngokuba yi- OIs okanye izifo ezilindela ithuba.*

***Inkqubo yokulwa isiFo****: “Amajoni omzimba.” Wethu. Inkqubo ekhuselayo nxamnye nezinto ezingaqhelekanga nezinto. Inkqubo yempilo elwa izifo ithi isikhusele kwizifo ezininzi zemihla ngemihla!*



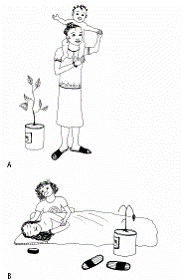
Vuyo: Akakho umntu Nandi onako ukuyibona ngeliso lenyama intsholongwane okanye iiseli zemizimba yethu, kodwa ngokuqinisekileyo zinamandla kwaye sifanele siyazi indlela ezisebenza ngayo ukuze sikwazi ukuzikhusela ekuguleni.

Nandi: Uyaqonda na Vuyo? Cinga nje ngabahlobo bakho emsebenzini abangaboniyo, njengoSipho…wazi into eninzi ngaphandle kokusebenzisa amehlo!!!

**Yintoni iHIV?xxv**



Igama iHIV limela i“human immunodeficiency virus”: “umntu” ngenxa yokuba intsholongwane inokubangela isifo kuphela emntwini; “ukunqongophala kwezilwi zifo” ngenxa yokuba inkqubo elwa izifo, edla ngokukhusela umntu kwisifo, iba buthathaka; “intsholongwane (ivirus) njengazo zonke iintsholongwane, i-HIV yinto encinane ephilayo ehlasela izinto eziphilayo izisebenzisele ukuziphinda-phinda yona ngokwayo. I-HIV ibangela i-AIDS (acquired immune deficiency syndrome). I-AIDS liqela lezifo ezibakhona emntwini xa inkqubo yokulwa izifo yonakaliswe yi-HIV. Inkoliso yabantu abane-HIV iziva isempilweni kwiminyaka yokuqala embalwa emva kokuba ifumene le ntsholongwane, kodwa kamva bayagula yi-AIDS.

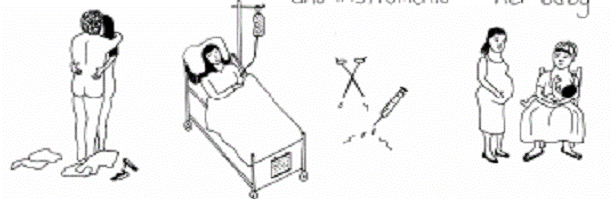


Iintsholongwane (viruses) zizinto ezincinane, ezincinanene zingaphantsi nakwiibaktheria ezibangela isifo sephepha (TB) okanye ikholera. Zixhaphakile kangangokuba ziyaqhubeka zisaziwa bonke ubomi bethu amaxesha amaninzi. Iintsholongwane zibangela umkhuhlane oqhelekileyo, ipoliyo, imasisi, uqilikwane okanye imfuxane. Ezi ziintsholongwane ezisasazeka ngenxa yokukhohlela, ukuthimla, okanye ukuphatha. I-HIV yona yohlukile. Nangona iyintsholongwane, ayinako ukusasazeka ngenye yezi ndlela. I-HIV inokusasaseka kuphela ngokwabelana ngesondo, igazi, iinaliti ezingcolileyo nezinye izixhobo, nokudlulisela kunina kusana olungekazalwa okanye usana olusebenzisa ubisi lwebele. (Bona iSahluko *8 sale Ncwadi ukufumana inkcazelo engakumbi yokudlulisela kukanina kusana).*

Iintsholongwane kunzima ukuzinyanga ngamayeza. Azincedwa ngamayeza asebenzayo ukulwa neebaktheriya; kwanzibulala-ntsholongwane ezinamandla nee-penicillin okanye i-tetracycline azisebenzi kuzo. I-HIV luhlobo oluthile olukhethekileyo lwentsholongwane ekuthiwa yi-retrovirus. Iyaziphinda-phinda ngeendlela ezahlukeneyo kunezinye iintsholongwane ezininzi; ngenxa yoku, kunzima kakhulu ukuyinyanga. Eyona ndlela ingcono yokunqumamisa ukusasazeka kwezi ntsholongwane nezifo ezibangelayo kukuthintela abantu bangasulelwa kwindawo yokuqala. Unako ukunqumamisa ukusulelwa kweentsholongwane njengemasisi ngokusebenzisa isitofu. I-HIV yahlukile kuba akukho sitofu siyincedayo. Kodwa ukutshintsha isimilo kunako ukunqumamisa ukusasazeka kwesi sifo. Ngokomzekelo, ukuhlamba izandla xa uvela kwindlu yangaselese kunokuwanciphisa amathuba okuba udlulisele urhudo kwabanye abantu. Ukutshintsha izimilo kukwanokunqumamisa ukusasazeka kwe-HIV.

**ISASAZEKA NJANI INTSHOLONGWANE KAGAWULAYO**

**Ngokwabelana ngesondo                                             igazi                                 iinaliti nezixhobo ezingcolileyo            Isuka kumama isiya emtwaneni**

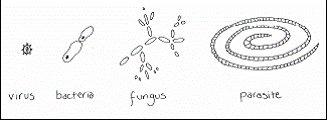


Nandi: "Sithandwa, ndicinga ukuba nkufanele ndikuqwalasele oko bekuthethwa ngumlingane wasekiniki. Ndiqalisa ukukoyika oko kwenzeka kum. Usakhumbula ukuba ndaka ndakuxelelela indlela umalume awandidlwengula ngayo? Kumngcwabo wakhe kunyaka ophelileyo baye bakhankanya indlela esiyelelene ngayo kwi-HIV isigulo esabangela ukufa kwakhe".

Vuyo: "Ndiyabona, kufuneka sazi ukuba yintoni kanye, ziziphi iindlela ezinokubangela ukuba umntu asuleleke yi-HIV/AIDS … Ngokutsho kwela nenekazi zintathu kuphela ezi ndlela. Kwaye ngokwenene, kwezi ncwadana kuthethwa izinto ezifanayo: isini esingakhuselwanga, ukudluliselwa konina kumntwana notofelo gazi. “ngoko ndicinga ukuba ukususela ngoku uya phambili sifanele sisebenzise ikhondom, uyavumelana nam mlingani?”

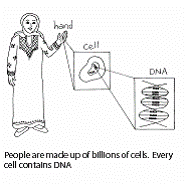
Nandi: "Mhm...Ndiyavuma".

Inkqubo elwa izifoxxvi



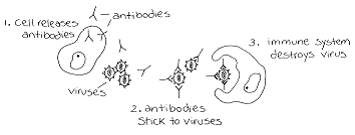
“Ukugonyeka” kuthetha ukukhuseleka. Inkqubo ekhuselayo isebenza ukulwa izinto ezihlaselayo njengeentsholongwane (njengezo zibangela ipoliyo), ibhaktheriya(njengezo zibangela isifo sephepha), ezizizidleleli (njengezo zibangela isifo seengcongconi), ukungunda (ezo zibangela isifo esasulelayo se-yeast). Izinambuzane zinokubachaphazela abantu zibangele isifo nokufa.

Inkqubo elwa izifo yenziwe ziintlobo ezahlukeneyo zeeseli. Iiseli ziinxenye ezincinane ezisemzimbeni womntu zincinane azinako ukubonwa ngamehlo enyama ngaphandle kwe-microscope. Umzimba wenziwe zizigidi ngezigidi zeeseli. Nganye idlala indima eyahlukileyo; ezinye iiseli zenza ithambo, ezinye zenza isihlunu ezinye zenza inkqubo yokulwa izifo.



Iiseli zenkqubo yokulwa izifo, njengezinye iiseli zomzimba, zinesazulu ekuthiwa yi-nucleus. Le nucleus, okanye “oondlunkulu” beseli, baqulethe i-DNA (deoxyribonucleic acid), okanye iiseli zemfuza. Le nucleus isebenza njengomlawuli weeseli elawula zonke izinto ezenzekayo. Ixelela iseli ukuba ifanele yenze into entsha efunwa ngumzimba okanye xa ufanele

yenze enye iseli. Kumntu ngamnye iiseli ze-DNA zonke ziyafana. Iseli nganye isebenzisa iinxenye ezahlukeneyo ze-DNA ukukhokela kwimisebenzi yayo. Ukuba inkqubo elwa nezifo idibana nento esuka ngaphandle emzimbeni, yenza izinto ezincinane (ezibonwa ngesibonisi imicroscope) eyenziwe ngeeproteyini ebiza ngokuba zizakhamziba. Ezi zilwa nabahlaseli aba batshabalalisa inkqubo elwa izifo.

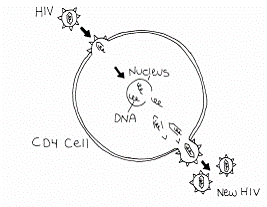


Iproteyini ethile ekhethekileyo ekuthiwa yi-CD4 iphawula la maveza-ndlebe kwiseli ezilwa nezifo, izenze zahluke kwezinye iiseli ezilwa nezifo. Iiseli ze-CD4 zikwabizwa ngokuba ziseli ezincedayo zii-T, kuba umzimba uyazithumela ukuba zikhusele kula mavezandlebe azintsholongwane. Noko ke, i-HIV ingena kwiiseli ezine-CD4. Ngamanye amazwi iiseli ze-CD4 zihlaselwa kwayintsholongwane ekwanye, i-HIV, ezizama ukukhusela nxamnye nayo. Le yingxaki enzulu ngakumbi, kuba umzimba ufuna iiseli ze-CD4 ukuzikhusela kwizifo.

Kungenxa yoko le nto abantu abane-HIV badla ngokugula ngenxa yezinto eziphilayo abantu nje ngokuqhelekileyo abadla ngokulwa nazo. Ibaktheriya, ungundo nezinye iintsholongwane nezincukuthu ezimfimfitha igazi zithabatha “ithuba” lokusulela umntu onenkqubo elwa izifo ebuthathaka. Izifo ezingenelelayo zibizwa ngokuba “kukusulelwa okusebenzisa amathuba okanye ngelasemzini “opportunistic infections,” kwaye zinokubulala ubani nge-HIV.

HIV engaphakathi kwiselixxvii

Xa i-HIV ingena ngaphakathi emzimbeni, ikhangela iiseli ze-CD4. Xa ifumana iseli y-CD4, ibambelela kwiseli engene kuyo. Isakube ingaphakathi, i-HIV ifumana i-DNA ekwisazulu seeseli. I-HIV iyaziphinda-phinda ngokusuka kwi-DNA yenze izinto zeseli. Le kopi ke ngoko ithi izifihle kwiiseli ze-CD4 yeDNA. Isakube izifihle ngokuphumelelayo kwiseli ye-DNA, i-HIV isenokwenza izinto ezimbini. Inokuhlala ithe cwaka kwiseli, okanye ijike iiseli ze-DNA ize isebenzise umatshini wokuziphinda-phinda ngokwayo. Ukwenza ezi kopi isebenzisa iiproteyini ezibizwa ngokuba yi-reverse transcriptase. Iqalise ukuzizala, inokwenza amawaka e-HIV ezintsha. Ezi ntsholongwane zintsha zishiya iseli kwaye zingene kwezinye iseli ze-CD4 kwaye into enye iyenzeka kwakhona



Xa i-HIV ilele ngaphakathi kweseli ze-DNA, ayikho indlela umzimba onokuzigxotha ngayo. I-HIV ithi izifihle kangangokuba umzimba ungayazi nokuba ikhona. La mandla okuzifihla abangela ukuba i-HIV isasazeke emzimbeni. Ukongezelela ekuziphinda-phindeni kwiiseli ezichaphazelekayo, i-HIV inenye indlela yokuzenza ibe ninzi. Xa iseli igqiba ukuba lixesha lokwenza enye iseli yenza i-HIV ne-DNA nayo ngokwayo. Ixesha ngalinye iseli entsha isenzeka, HIV nayo iyenzeka. Ngenxa yokuba ayikho indlela elula yokuxela umahluko phakathi kwe-DNA ephuma kwi-HIV ne-DNA ephuma kwiiseli zomzimba, akukho mayeza anokuyisusa ngokupheleleyo le ntsholongwane ize ingasibulali kwanathi.

**Kutheni le nto abantu abaphila neHIV befumana izigulo ezininzi nje?xxviii**

Unako ukugula ukuba iintsholongwane zingena emzimbeni wakho. Iintsholongwane zincinane kangangokuba umntu akanako ukuzibona, kodwa zisoloko zikho iintsholongwane apho sikhoyo. Zikho emoyeni, emanzini, ekutyeni, kwizindlu zangasese. Zisenokubakho kwizandla ezingahlanjwanga, ukukhohlela komntu, incindi ekumalungu esini okanye igazi. Isikhumba sakho sikhusela umzimba wakho kwiintsholongwane ezininzi.

Noko ke, iintsholongwane zinako ukungena emzimbeni xa uzikrwempa, xa uphefumla, usela, usidla okanye usabelana ngesondo ngaphandle kwekhondom. I-TB yenye intsholongwane enokungena emzimbeni. I-Meningitis, pneumonia nerhashalala yeminye imizekelo. Zisakuba iintsholongwane zingaphakathi emzimbeni wakho igazi linendlela yokuqaphela iintsholongwane lize lilwe nazo. Iiseli ezikhethekileyo ezisegazini kuthiwa ziseli zegazi ezimhlophe ziyakwenza oku. Le ndlela ibizwa ngokuba yinkqubo yokulwa izifo. Kungeso sizathu le nto kusithiwa yi-Human Immunodeficiency Virus: Immunodeficiency kuthetha ukuba inkqubo yokulwa izifo yenziwe buthathaka.

Vuyo: "Ngoko ke khawundixelele kutheni ke le nto le ntsholongwane inamandla kangaka okubulala abantu abaninzi kangaka? Kwaye umntu unokuphila njani nale ntsholongwne ithuba elidana?"

                                                                             UNompilo: "Uyabona, eyona mfihlelo kumandla ayo kukuhlasela inkqubo yokulwa izifo, leyo ke ngamajoni omziba wethu asikhusela kwiibakteria, iintsholongwane ezilimazayo, njl. Izinto eziphilayo zisenza sigule. Ngoko ke iyazibulala ngokuthe ngcembe, ivulela ithuba lokuba kuhlasele ezi zifo, zenze imizimba yethu ukuba ibe buthathaka de wonke umzimba unikezele kuzo zonke iintlobo zokugula"



"Ngoko ke ukuphila nentsholongwane, ungabi naxhala, landela indlela efanelekileyo; yiya ekliniki, yitya ukutya okunempilo, yenza umthambo rhoqo ukwenza umzimba wakho womelele, kwaye ukuba ufumana unyango bambelela kulo, kukho ezinye kodwa le yeminye imizekelo embalwa.”

Yintoni i-AIDS?xxix

Asinguye wonke umntu ophila ne-HIV one-AIDS. I-AIDS ibonisa ukuba usele uhambele phambili kwisigulo se-HIV kwaye kwaye ngoku ufuna amayeza e-antiretroviral. Izifo ezihlobene ne-HIV zohlulwa zibe ngamanqanaba amane. Ukuba unesigulo esikwinqanaba lesine ukwane-AIDS. Nangona kungekho nyango lwe-HIV, inkoliso yezigulo ezizalana ne-HIV zinako ukunyangwa. Ekubeni unokufumana izigulo ezininzi ezahluneyo, ogqirha bathi iimpawu ezalatha into engamanga kakuhle emzimbeni (syndrome). Ngoko ke eli gama lithi-AIDS lifutshanisiweyo lithetha- Acquired Immune Deficiency Syndrome.

**Ukuhambela phambili kwe-HIVxxx**

I-HIV sisifo esithi esingapheliyo. Usakuba unayo, unayo ubomi bakho bonke. Inokuthabatha ukusuka kwiminyaka emibini ukusa kwelishumi ukususela ekusulelweni de ugule okokuqala. Eli xesha linomahluko kubantu ngabanye. Kubalulekile ukuqwalasela ukuba sele ihambele phambili kangakananiHIV. Le nto inceda abongikazi nogqirha ukuba bagqibe ukuba ufanele uqalise ukusebenzisa amayeza afana ne-cotrimoxazole okanye ii-antiretrovirals. Okukhona uyinyamekela impilo yakho kokukhona uyakuphila ixesha elide usempilweni. Inkqubo ye-The World Health Organisation Staging System iyasebenza ukuqwalasela ukuqhubela phambili kwe-HIV. Abongikazi noogqirha banokucalula isifo sakho se-HIV kwizinga elithile emva kokubuza ngeengxaki zakho zangaphambili xa bekuxilonga.

*NGAWAPHI amanqanaba*

**Inqanaba 1:** Un-eHIV, kodwa akukabikho zimpawu, ngaphandle nje kokuba mhlawumbi zizigulo nje ezingephi, xa usandula ukusulelwa. Akunazigulo ziphathelene ne-HIV kwiminyaka emihlanu eyadlulayo. Abanye abantu banokugula ngakumbi xa besandula ukusuleleka. Le kuthiwa ngelasemzini lusulelo lokuqala lwe-HIV (primary HIV infection.) Lixesha eqalisayo i-HIV ukusebenza emzimbeni wakho nenkqubo yakho yokulwa izifo izama ukubona nokulwa nzima nayo. Ne-HIV ilwa nzima oku kwayo, le nto ke isenokukugulisa. Abanye abantu basenokuba namadlala adumbileyo entanyeni, umkhuhlane, itonsillitis, urhudo, nemeko ye-PCP Pneumonia enqabileyo. Noko ke, le nto ithi iphele emva kweentsuku ezi4-5 ngoko ke abantu abayinanzi le nto. Ukuba wenza uhlolo lobuNinzi bentsholongwane ngeli xesha, uya kufumanisa ukuba ixhomile kakhulu, kwaye iCD4 count inokuhla kancinane. Noko ke, emva kwethutyana ubuninzi bentsholongwane buthi behle kwaye iCD4 count ithi ukuxhoma. Emva kweminyaka emininzi emva koko usenokungafumani zigulo zingoondoqo.

**Inqanaba lesi-2:** Une-HIV kwaye unezigulo ezingephi. Ezi ziquka isifo sesikhumba, umkhuhlane, ii-tonsillitis nokuchaphazeleka endlebeni.

**Inqanaba lesi 3:** Usenokuba wehle ngaphantsi kwe-10% emzimbeni. Uthi ugule lurhudo, ubushushu ngaphezulu kwenyanga, amaqhakuva emlonyeni nasemqaleni i-pneumonia okanye i-TB yemiphunga.

**Inqanaba lesi-4**: Xa ufikelela kwinqanaba lesi-4, libizwa ngokuba yi-AIDS. Isigulo sabantu kuphela abaneenkqubo zokulwa izifo ezibuthatha ka banokubekwa kweli izinga. Le nto iquka i-PCP pneumonia, toxoplasmosis ne-stroke, isospora norhudo i-cryptococcal meningitis. Izigulo abantu abantu abaphila ne-HIV abazifumanayo ezizingisileyo zibekwa kweli zinga.

Nandi: Heyi ininzi into umntu ayifundileyo! Ukuphendula le mibuzo kuya kusinceda ukuba sikhumbule iingongoma ezingundoqo.

Isahluko 4 Imibuzo:

1. 1. Ukucacisa umahluko phakathi kwe-HIV ne-AIDS kumntu ohleli kufuphi nawe.
2. 2. Sinokwenza ntoni, ukuba siphila ne-HIV, ukwenza imizimba yethu yomelele?
3. 3. Yintoni inkqubo yethu yokukhusela izifo kwaye kutheni ibalulekile nje?

**ISAHLUKO 5**

* **Uthintelo**
* **Ukuzila**
* **Ukwabelana ngesondo okuKhuselekileyo**
* **Iikhondom**
* **Imiyalelo yenyathelo ngalinye lokusebenzisa ikhondom**

*Amagama abalulekileyo*

***Ukuzila:*** *Ukungabelani ngesondo.*

*Ikhondom (Amadoda/Abasetyhini): Unwebu olunthintelayo olusetyenziswa ukugquma ilungu langasese lamadoda(ikhondom yamadoda) okanye ingxowa yeplasitiki ebekwa kwilingu langasese labasetyhini(ikhondom yabasetyhini) ngaphambi kokubaneentlobano zesond, ukuzikhusela ukuzala, ukosulelana ng- STI, njenge-HIV, ngokuthi zinthintele ukudibana kolwelo zamalungu okuzala.*

***Into Yokuthambisa:*** *Naluphi na ulwelo olusetyenziswa ukuthambisa umphandle wekhondom kuthintelwa ukukhuhlana phakathi neentlobano zesondo. Iikhondom ngokuqhelekileyo zithanjisiwe ukuze kuthintelwe ukukrazuka phakathi kweentlobano zesondo kodwa izithambisi ezingakumbi zinokuqatywa, kodwa zizithambisi ezisekelwe emanzani ezinjenge K-Y jeli okanye amathe angasetyenziswa kwiikhondom zamadoda.*

***IiNdibano zeSondo eziKhuselekileyo:*** *Iindibano zesondo ekungenakukwenzeka ukosulela nge-HIV, njengokuphulula amaphambili nokuphuzana okumileyo.*

***IiNdibano zeSondo eziKhuselekileyo****: Iindibano zesondo ezingosulela nge-HIV ngezinga eliphantsi, njengeendibano zesondo kwilungu langasese lowasetyhini kunxitywe ikhondom kunye neendibano zesondo zomlomo.*

***STD okanye STI:*** *Izifo ezidluliselwa ngeendibano zesondo okaye ezasulelayo. Kubhekiselwa kuzo zonke izifo ezasulelayo ezidluliselwa ngeendibano zesondo. Imizekelo yazo ubhobhozo,, i-HIV,ihephesi , igcushuwa ne-HIV*.

Nandi: Heyi sithandwa sam, siye savumelana ukuba sisebenzise ikhondom ngalo lonke ixesa sisabelana ngesondo kwaye kukho okungakumbi ukuthintela ukusulelwa yi-HIV kunokusebenzisa nje ikhondom. Ukongeza, ndifunda ngeekhondoms ukuba azisebenzi nge-100% ngokuphumelelayo.

Vuyo: Kunjalo kanye wena sithandwa sam, bendigqiba kufunda nje ngoko ukuba iikhondom yindlela ephumelelayo yokuthintela i-HIV ukuba ingakosuleli ngexesha lokwabelana ngesondo, lo gama nje zisetyenziswa ngendlela efanelekileyo. Kubalulekile ukuba siyazi indlela yokuzisebenzisa ngokufanelekileyo siqiniseke ukuba azikrazuki okanye zityibilike, sizenze zingabi nokuthembeka. Kodwa uchan’ucwethe, kukho iindlela ezizezinye zokuthintela kunokusebenzisa nje iikhondom.

Ukuzila kunye

neendlela zokuthintela

Xa ukhangela iindlelo zokuthintela ukusulelwa yi-HIV kubalulekile ukukhumbula ukuba ekuphela kwendlela enye yokuqinisekisa ukuba akunakuze wasuleleke kukuqhelisela *kukuzila,* ngamanye amazwi ukungabelani ngesondo konke konke.

Ungaze uzive uxinzelelwa ngoontanga okanye ngabalingane ukuba wabelane ngesondo. Ungaziva uneentloni okanye usoyika ukuthi “Hayi!” ufanele uwuhlonele umzimba wakho nesondo sakho. Isondo asinto efanele ingxanyelwe okanye kwabelwane ngayo nabanina.

Khumbula kaloku ukuba zikho ezinye iindlela ezininzi zokunandipha ukuba kunye nabanye ngokubabonisa umsa ngaphandle kokwabelana ngesondo.



Icebiso likaMama:

Akukho nto imbi ukulinda de ube nolwalamano apho uya kuthi wabelane uxoxe ngezinto ngokukhululekileyo nomlingane onokumthemba. Sekunjalo, kulungile ukulinda de wazi ukuba usele ukulungele. xxxiii

Usakube uziva ukulungele, nokuba uyamthemba umlingane wakho kuhle ukuba niye kuhlolwa i-HIV kwaye sekunjalo uthabathe la manyathelo abalulekileyo ukunciphisa ingozi yokusuleleka yi-HIV okanye ezinye ii-STI.

Iindlela zokunciphisa iingozi zokusulelwa yi-HIV/AIDS ziquka:

* 1. • Ukunciphisa inani labalingane besondo
  2. • Ukulinda de ufikelele ebuntwini obudala ukuba ungumntu oselula
  3. • Ukungabelani ngeenaliti ezitofwe ngeziyobisi, ukugqobhoza iindlebe, okanye imizobo eyenziwa emzimbeni (tattoo) njl.
  4. • Ukusuka kwizinto ezinegazi unganxibe iglavu xa uphatha igazi labantu okanye/ulwelo obuphuma emzimbeni.
  5. • Iindibano zesondo ezingakhuselekanga, kuquka ukungasebenzisi iikhondom

Kudla ngokuba nzima okanye ayenzeki ukuba abasetyhini abaninzi bathethathene nabalingane babo ngokukhuseleka kwezesondo ngenxa yemeko yezentlalo neyoqoqosho yokuxhomekeka emadodeni. Ukuqonda ukuba le yantlukwano ngegunya ayamkelekanga sinokufumana iindlela zokuzixhathisa. Ukuthintela ukusuleleka ngokwabelana ngezixhobo zokutofela iziyobisi:

Abantu abatofela iziyobisi, okanye abanabalingane babo abasesichengeni sokufumana i-HIV. Eyona ndlela ingcono kwabo basebenzisi beziyobisi kukunciphisa amathuba okungabelani ngeenaliti nesirinji, nokuphepha ukuxuba iziyobisi kwinkonxa eniyisebenzisa kunye, njengamacephe neziciko zeebhotile.

Isondo elikhuselekileyo

Isondo elikhuselekileyo liquka ukuqhelisela ukunciphisa ukuba sesichengeni sokusulelwa zizifo ezidluliselwa ngendibano yesondo, kuquka i-HIV. Isondo elikhuselekileyo liyayinciphisa kodwa aliyiphelisi ngokupheleleyo le ngozi. Nangona zisebenza kakhulu iikhondom, ukugqabhuka nokutyibilika kungenzeka, ngokukodwa xa iikhondom zisetyenziswa ngendlela engachanekanga.

Luluphi olona hlobo lesondo lusengozini?

Ukungakhuseleki ngasemva isondo elenzeka kwilungu langasese lowasetyhini nomntu osele osulelekile kubeka esichengeni sokusulelwa sisifo. Isondo lomva liyingozi kakhulu kuba linokuphumela kukukrazuka okanye imikrwelo kundonci.

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Ziziphi ezinye iindlela zesondo elikhuselekileyo?

Esiphantsi kakhulu esingekho ngozini:

Isondo lomlomo kwindoda enxibe ikhondom

Isondo lomlomo kowasetyhini ofake ishiti lelatex okanye iplastiki ukubopha

Ukuncamisa kakhulu

Ukuvuselela isondo usebenzisa isandla komnye umntu

Ukuhlikihla

Ukuphulula amaphambili

Ingozi ekwizinga eliphantsi:

Umva okanye ilungu lowasetyhini langasese lokuzala usebenzisa ikhondom yamadoda okanye yabasetyhini

Ukuthethana ngokwabelana ngesondo okukhuselekileyo

Ukuthethana ngokukhuseleka kokwabelana ngesondo kunokuba yinkqubo enzima kakhulu kubalingane. Ngokukodwa abasetyhini, ngenxa yokungalingani ngesini abanawo amandla okwala indibano yesondo, bakufumanisa kunzima okanye leyo yinto engenakwenzeka kwaphela, ukuba bathethane ngokwabelana ngesondo okukhuselekileyo kunye namaqabane abo. Amaqabane asenokunxibelelanisa isondo elikhuselekileyo nokungathambeki lo nto ingenza basabele ngendlela embi, okanye nangogonyamelo.

**Ukuthethana ngokusebenzisa ikhondom kunokwamkelwa:**

* 1. • Qwalasela iindlela zokuwothula lo mba kwiqabane lakho ngendlela engasongeliyo
  2. • Ukuchonga nokuqhelisela iingxoxo ngokusetyenziswa kwekhondom neendlela asabela ngayo amaqabanae ngezingxengxezo zokungasebenzisi iikhondom
  3. • Ukuqhelisela ukuba nesibindi
  4. • Ukuchonga iindlela zokunxibelelana namaqabane ngokungqalileyo ngokomzekelo, inkcazelo okanye uluncwadi lwasekliniki, ukubeka iikhondom kwindawo ezibonakalayo okanye ukuxubusha ngeemeko zabanye

**IIKHONDOM**



Iikhondom zamadoda zenziwe ngelatex okanye ipolyurethane kwaye ayikwazi ukuphumela iHIV okanye nakuphina ukusulelwa okudluliselwa ngesini. Ngokusebenzisa rhoqo nangokuzingisileyo ngokuchanekileyo iikhondom zinokusebenza kakuhle kakhulu ukulwa i-HIV nezinye izifo ezidluliselwa ngeendibano zesondo ezosulelayo nokukhulelwa.

Ukusilela kwekhondom kunokwenzeka ngenxa yokuba isetyenziswe ngendlela engachanekanga, kunokuba igqabhukile yona ngokwayo .

Iikhondom zabasetyhini zenziwe ngento ebizwa ngokuba yi-olyurethane kwaye idlozi alinako ukuphumela okanye i-HIV xa isetyenziswa kakuhle.

Enye into elunge ngayo le yabasetyhini xa ithelekiswa nekhondom yamadoda bubukhulu nendlela emile ngayo iyakwazi ukugubungela ummandla omkhulu, kuquka namanye amalungu angasese angaphandle.

Iintsomi nokungathandi ukusebenzisa iikhondom kuquka:

* 1. • Ukusebenzisa ikhondom kunxityelelwanisa nokungazali okanye umsebenzi wesondo
  2. • Iikhondom zezeqela elithile, abantu abanjalo abasulelwe zizifo ezasulelayo, abasebenzi abathengisa ngesondo nabathingi babo, amajoni, okanye abafikisayo
  3. • Ikhondom zigqabhuka lula
  4. •I-HIV inako ukuphumela ngaphaya kwekhondom
  5. • Icebiso lokusebenzisa ikhondom ngumlingane kutheka ukuba umlingane omsulwa utyhola umlingane ukuba akathembekanga

Ukusasaza ezi ntsomi kusasaza isifo.

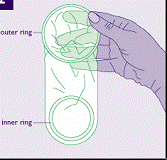
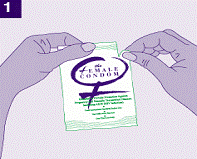
Zifundise wena nabanye!

Vuyo: Yonke le nkcazelo ingentla iza kuthi ivela kumaZantsi e-Afrika “ Amanyathelo eprojekthi elandelayo”. Le projekthi ibandakanya ukuqokelelwa kwemiqulu ekhuthazayo nemiboniso bhanyabhanya emifutshane ngendlela abantu nemibutho abaqhubana ngayo ne-HIV/AIDS namhlanje. Ukongezelela kule nkcazelo engemiboniso bhanyabhanya kukho enye inkcazelo eninzi ngemiba yeHIV/AIDS kwi-website yabo (http://www.dayzero.co.za/steps/). Ndiyifumanise iyiprojekthi ebangela umdla. Ukuba ukhe wanalo ithuba, hlolisisa iwebsite yabo; uya kuyifumanisa ibangela umdla nawe!

Ngoku ke, masibuyele emsebenzini. Kubalulekile ngathi ukwazi indlela yokunxiba iikhondom kakuhle ukuze sizokuqinisekisa ukuba isikhusela kakuhle singasulelwa yi-HIV nezinye ii-STI. Ngoko ke makhe sikhangele kule mifanekiso ilandelayo. Kwaye ke nceda, ungoyikiswa yile mifanekiso; ngenxa yolwazi nempilo yethu sifanele sicacelwe ngawo onke amanyathelo okunxiba iikhondom nokuzikhulula.

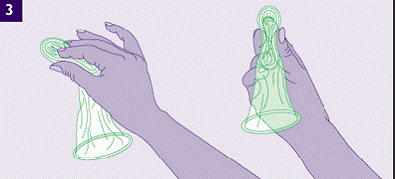
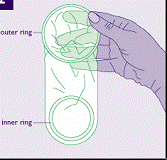
Nandi: Kulungile ke, makhe sikhangele ikhondom yabasetyhini kuqala…

**Isetyenziswa kanjani ikhondom yabasetyhini?**

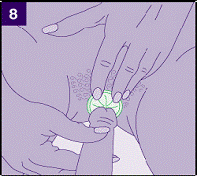
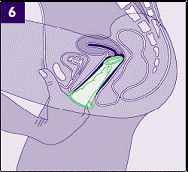
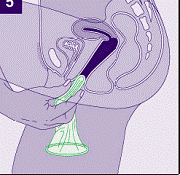


Indlela yokusebenzisa ikhondom yabasetyhini kakuhlexxxv:

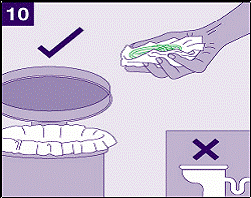
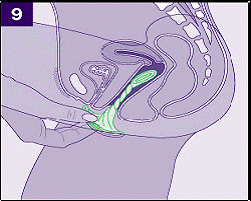
* 1. 1. Vula ipakethe yekhondom yabasetyhini kakuhle ngocoselelo; krazula umntla kwipakethi leyo, Musa ukusebenzisa izikere okanye imela xa uyivula.
  2. 2. Isangqa esi singaphandle sigquma umphakathi welungu langasese lowasetyhini. Isangqa sangaphakathi sinceda ukubamba ishiti ebudeni bokwabelana ngesondo.



* 1. 3. Ngexa ubambe iKhondom yabasetyhini ekuvaleni ekugqibeleni, bamba isangqa esingaphakathi usicudise ngobhontsi ngomnwe wesibini okanye owesithathu ukuze ibe nde ize ibe banzi.
  2. 4. Khetha indawo efanelekileyo yokuyifaka-ngxabalaza, phakamisa omnye umlenze okanye lala phantsi.



* 1. 5. Ngobunono yifake esi sangqa ngaphakathi kwilungu langasese. Yive ingena ngaphakathi uyifake ihlale endaweni yayo.
  2. 6. Beka umnwe umnwe ophakathi ngaphakathi kwikhondom, kwaye uyityhale isangqa esi singaphakathi kangangoko kunokwenzeka apho sinokufikelela khona. Qiniseka ukuba ishiti li ayijijeki. Isangqa esi sifanele sihlale kwilungu langasese.
  3. 7. Ngoku ke ikhondom yabasetyhini ibekiwe kwaye ilungele ukusetyenziswa ngumlingane.
  4. 8. Xa sele ulungile ngobunono khokela ilungu langasese leqabane lakho kumngxunya ngesandla sakho ukuqinisekisa ukuba ingena ngendlela efanelekileyo – qiniseka ukuba ilungu langasese lendoda aliungeni ecaleni, phakathi kweshiti le neendonga zelungu langasese.

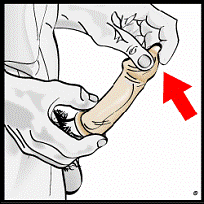
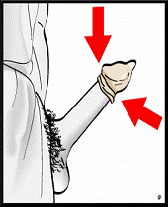
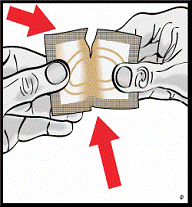


1. 9. Ukukhulula ikhondom yabasetyhini, jija isangqa ngaphandle uze uyitsale ngobunono uyikhuphele ngaphandle.
2. 10. Yisongele epakethini okanye kwitissue, uze uyilahlele emgqomeni. Musa ukuyifaka kwindlu yangasese.

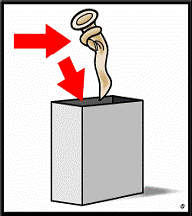
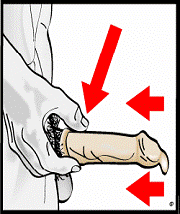
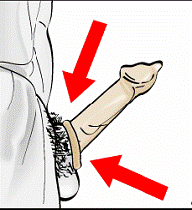
Nandi: Ukusebenzisa ikhondom yabasetyhini kubonakala noko kungantsonkothathanga, kunokunceda ukuqhelisela ukufaka enye amaxesha ambalwa ngaphambi kokuba uyisebenzise ngokwenene. Into entle ngayo ikhondom le yabasetyhini iyasivumela thina bafazi sibe nokulawula indlela yokusebenzisa ikhondom. Kodwa ke ingxaki kwezi khondom zabasetyhini azifumaneki lula njengoko kunjalo kwezamadoda. Le yenye indlela yocalucalulo esifanele siyilwele. *(Bona isahluko 11 ukufumana inkcazelo engakumbi ngokulungiselela ugayo)*

Vuyo: Okwangoku iikhondom zamadoda zezona kulula ukuzifumana. Eneneni, unako ukuzifumana ngesisa kwiikliniki nakwamanye amaziko oluntu neendawo ekusetyenzelwa kuzo. Ngaba zikho iikhondom endaweni osebenza kuyo? Mhlawumbi le yinto engenye esifanele singene kuyo! Kodwa ke okwangoku, makhe sijonge nje ukuba sinokuzisebenzisa kanjani ngokuchanekileyo. …

**Isetyenziswa kanjani ikhondom yamadoda**



* 1. 1. Yivule kakuhle ipakethe.
  2. 2. Beka ikhondom ngasekupheleni kwelungu langasese.
  3. 3. Wunyanzele umphambili lo wekhondom ukuze kuphume umoya osekupheleni.
  4. 4. Yilule ikhondom ngendlela elimi ngayo ilungu langasese lendoda.



* 1. 5. Emva kokuba uchithile amadlozi, bamba incopho yekhondom uyitsale kumlingane wakho.
  2. 6. Qhina ikhondom esebenzileyo uyilahlele kwinkonxa ekhuselekileyo.

1. Nanga amanye amacebo angaphaya okusebenzisa ngokuphumelelayo iikhondom zamadodaxxxvii:
   1. • Ngalo lonke ixesha cudisa umphambili ngaphambi kokuba uyolule. Iikhondom ezi zinako ukukrazuka ukuba azicudiswanga ngaphambili kuze kukhutshwe amaqamza omoya. (Ndithe ucudise ungakrazuli ngoko ke nifanele niqaphele ngezo nzipho zinde manenekazi!)
   2. • Sebenzisa into yokuthambisa enamanzi ngokomzekelo ijeli ye-Jelly kunye neekhondom. Izinto zokuthambisa ezinjengevasilina okanye ioli zinokuyenza buthathaka ikhondom.
   3. • Indoda ifanele ilikhuphe ilungu langasese layo kwiqabane layo ibambe incopho yekhondom ngokukhawuleza emva kokwabelana ngesondoi. Oku kuthintela ukumuncuka nokuvuzela kwiqabane lakho.
   4. • Iikhondom zifanele zigcinwe kwindayo epholileyo eyomileyo. Nangona kucebiseka ukuphatha ikhondom naphina apho ukhoyo kwaye hlala ulungile, kwaye umntu ufanele akuphephe ukuzibeka kwiindawo ezishushu kwisipaji okanye kwindawo ehlala iglasi. Ubushushu bunokuyenza iKondom zifanele zigcinwe ukuba ezinye zibonakala zokwomeko entle.
   5. • Iikhondom eziphelelwe lixesha. Iikhondom eziphelelwe lixesha umele ke oko kubhalwe kwibhokisi okanye wiphepha elo elisongela ikhondom. Inkoliso yeekhondom iba kwimeko entle iminyaka emi-3- kwimi-5.
   6. •Ikhondom ekudidi oluphakathi ziyayilingana inkoliso yamadoda. Ezinye iinkampani zineekhondom ezinkulu kunezinye. Ikhondom ekumlinganiselo ophakathi inokolulelwa kukhakhayi lomntu ngoko ke inkulu ngokwaneleyo ukulingana zonke iintlobo zema;ungu angasese amadoda!
   7. • Ikhondom inokusetyenziswa kube kanye.

Imibuzo yesahluko:

* 1. 1. Yeyiphi imisebenzi yesondo enengozi encinane okanye engenayo kwaphela ingozi yokusulelwa yi-HIV?
  2. 2. Ziziphi iintlobo zezithambisi ezinokusetyenziswa kwiikhondom zamadoda? Kwikhondom zabasetyhini?
  3. 3. Buza umntu ngaphandle kwakho le mibuzo ukuba yinyaniso okanye bubuxoki *(yonke iyinyanisoe)*:
  4. • I-HIV inako ukudluliselwa ngesondo lomlomo
  5. • Isondo lomva liyingozi ngakumbi kunesondo lelingu langasese labasetyhini
  6. • Iikhondom zabasetyhini zifuna uqeqesho olungaphaya kunezamadoda
  7. • I-HIV ayinako ukudlulela ngaphaya kwekhondom

Nandi: Ngoku ke, sithandwa sam Vuyo, singahamba?

..

**ISAHLUKO 6**

Uhlolo lweHIV

* 1. • Izizathu zokuya kuhlolwa
  2. • Indlela olusebenza ngayo uhlolo
  3. • Imfihlo

*Amagama abalulekileyo*

***Ukufunyanwa unesifo ngokwenene****: Xa uhlolo lunentsholongwane kwaye nomndu abe nesifo athe wahlolelwa sona.xxxviii*

***Ukungabi naso ngenene:*** *Xa uhlolo lubonisa ukuba umntu akanayo intsholongwane isifo athe wahlolwa sona.xxxix*

***Ukungabi nesiFo ngokwenene:*** *Xa umntu ethe wahlolwa wafunyanwa enesifo kodwa lo mntu akanaso isifo athe wasihlolwa.xl*

***Ukungabinaso ngobuxoki:*** *Xa umntu ethe wahlolwa kwafunyanwa ukuba akanaso isiFo kanti lo mntu unaso isifo athe wasihlolwa. xli*

***Imfihlo****:Ukuhlonela imfihlo. Ukugcina iziphumo zohlolo nenye inkcazelo iphakathi kwakho naloo mntu ukungayityili imfihlo (yalowo uhloliweyo) kumntu lowo athi amchazele (umluleki, ngokomzekelo); ungaze wabelane ngenkcazelo nangaye nawuphina omnye umntu ngaphandle kwemvume yomntu ohlolwayo.*

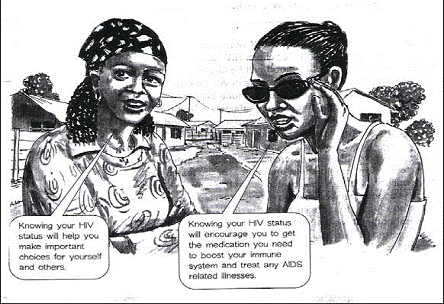
Vuyo: Ngenye imini ndakha ndaxoxa ngesihloko sokuhlolelwa iHIV kunye nabahlobo bam abakhubazekileyo. Bonke babeka izingxengxezo kodwa kuphela mnye owathi wathimba ingqalelo yam. Abanye baphila inxalenye yobomi babo bengakhubazekanga bakhubazeka besakube bekhulile ngeminyaka. Kungoku nje basalwa neziqu zabo kunzima ukwamkela isimo. Le nto yongezelela umthwalo ongakumbi kwiintsapho zabo ukuba bebefunyenwe bene-HIV ngaphezu kokukhubazeka kwabo. Ngoko ke bathi unotshe ngekhe baye kolo hlolo bona.

Nangona bambi babo bafunyenwe bekhubazekile kwasekuzalweni bayasokola abamkelwa ziintsapho zabo. Banokuba lusizi kakhulu xa benokufumana isimo sabo, baxhalabele kakhulu ukuba banokufunyanwa kuba besenokuhlekwa. Abantu bathi, “Yenzeka njani ukuba lo umntu abene-HIV kodwa esazi ukuba ukhubazekile?” Ngoko ke, lilonke bathi kungcono ngomntu okhubazekileyo ukuba angazihluphi ngokuya kuhlolwa.

Mna ke, ndizakulenza uhlolo, ngenxa yempilo yam nekaNandi kwanangenjongo yokubonisa ukuba nabani na unokulenza uhlolo. Kungakhathaliseki ukuba ukhubazekile okanye akunjalo, i-HIV ayinabuso namehlo okubona ukuba singobani na.

Nandi: Yinto entle ukuyenza, kodwa yenziwa njani? Yintoni ukumele siyazi?

Vuyo: Masiqwalasele le nkcazelo esuka kubahlobo bethu abakwi-Project



Ukuzilungiselela uhlolo lweHIV

Uhlolo lwe-HIV alusosinyanzelo nto leyo ethatha ukuba akukho mntu ovumelekileyo ukuba angakuhlola ngaphandle kwemvume yakho. Imvume esekelwe elwazini luthetha ukuba uyazi ukuba uhlolelwa i-HIV kwaye uvuma ukuhlolwa nokuba kungokutsho ngamazwi okanye kungokubhala phantsi uze usayine. Nakuphi na ukuhlolelwa i-HIV kumele kwenziwe kukho imvume esekelwe elwazini; kungekunjalo, amalungelo omntu ayaxhatshazwa. Lo mntu ukuhlolayo umele akuchazele ngohlolo. Phambi kokwenza uhlolo, lomntu ukuhlolayo okanye umcebisi umele axoxe nawe ngoko ngeziphumo usenokukuthetha. Oku kubizwa ukuba lucebiso lwaphambi kohlolo. Ucebiso phambi kohlolo lumele lwenziwe ukuze umntu azixhobele kakuhle iziphumo zohlolo olunokuthi une-HIV. Umele kwakhona ufumane ucebiso lwasemva kohlolo. Le nto ithetha ukuba la mntu ebekuhlola umele axoxe iziphumo zohlolo lwakho kunye nawe, akuxelele ukuba umele uphinde uhlolwe na kwakhona kungenjalo ancokole nawe ngesimo sakho. Kubalulekile ukuba umntu abe nako ukufumana ithuba lesibini lokuhlolwa ukuze aqiniseke ngokupheleleyo ngemiphumo.

Kukho iintlobo ezahlukeneyo zokuhlola i-HIV ezifumanekayo kwaye ezinye zichanekile kunezinye. Ukuy’okuhlolwa okwesihlandlo sesibini kuyakunceda ukukwazi ukuqiniseka ngesimo seHIV sakho.

Kuthetha ukuthini ukuba neHIV?

Xa iziphumo zohlolo lwakho zisithi une-HIV oko kuthetha ukuba unentsholongwane ye-HIV egazini lakho. Uhlolo lwe-HIV alukwazi ukuchaza ukuba uyifumene nini le ntsholongwane. Eyona ndlela ixhaphakileyo yokufumana lentsholongwane kukuba neendibano zesondo ngaphandle kokusebenzisa ikhondom. Oku kungenzeka nakothandana naye ukuba nje awusebenzisi ikhondom. Ukuba ulale nabantu abanizi uwusoze wazi ukuba uyifumane kubani. Oku akubalulekanga. Okubalulekileyo kukuba wena ungayidluliseli kwabanye.

Ziziphi izinto zokwazi isimo sakho seHIV? xlv

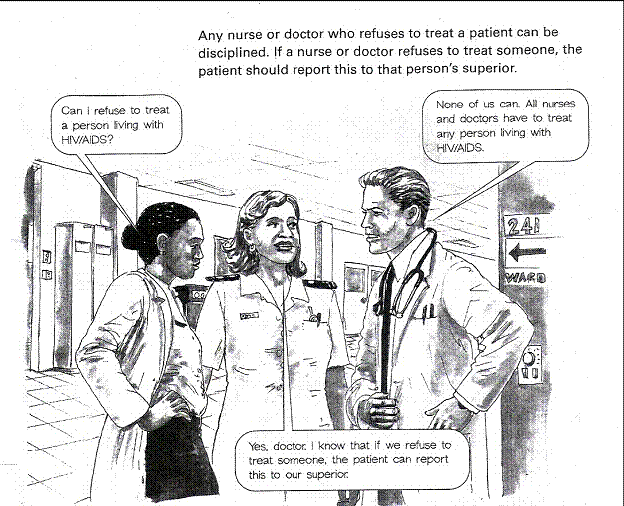
Xa iziphumo zohlolo lwakho zisithi une-HIV okanye awunayo i-HIV, sithi eso sisimo se-HIV sakho. Xa iqabane lakho lingenayo i-HIV loo nto ithetha ukuba akanayo i-HIV ngesosihlandlo. Oku kumele kunikhuthaze ukuba nisebenzise ikhondom lonke ixesha. Iziphumo ezithi awuna HIV azithethi ukuba awusoze ubenayo.Ithatha phantse iinyanga ezintathu emva kokuba umntu eyifumene phambi kokuba ivele xa ihlolwa.

Xa i-HIV ivela ibalulothuko, kodwa kungcono ukwazi. Zininzi izinto ongazenza:

* Fumana amacebiso malunga nokuphila ne-HIV. Zidibanise nemibutho yokunceda i-HIV.
* Yitya ukutya okunezondlo. Yitya ubuncinci kathathu ngosuku. Yitya iziqhamo nokutya okukhawulezileyo phakathi namaxesha okutya.
* Yenze imithambo rhoqo.
* Yonwaba, phulaphula umculo, yiya kwimiboniso bhanyabhanya, hambela abahlobo kodwa buphephe utywala nokutshaya.
* Yiya eklinikhi rhoqo. Fumana unyango lwezifo ezihlobene ne-HIV. Ukuthatha amayeza rhoqo kuthintela iizifo ezininzi.
* Ungalikhusela iqabane lakho ngokusebenzisa iikhondom.
* Funda ngakumbi nge-HIV. Zilungiselele ukusebenzisa amayeza ubomi bakho bonke.
* Ukuba ukholiwe, zidibanise nabantu bonqulo lwakho.
* Zikhathalele wena. Khathalela abanye.

**Ngubani owazi isimo sakhoxlvii**

Iziphumo zohlolo lwe-HIV ziyimfihlo, nto leyo ethetha ukuba nguwe kunye nalo mntu ozakube ekupha iziphumo abayakwazi isimo sakho se-HIV. Akekho omnye umntu ovumelekileyo ukwazi ngesimo se-HIV sakho, ngaphandle kokuba wea ugqibe ukuba ubaxelele. Ukuba umntu obekuhlola uchazela abanye abantu ngesimo se-HIV sakho wophula umthetho. Isimo se-HIV sakho ssakho wedwa asidibananga nganto nomsebenzi wakho. Ukuba umqeshi wakho wazi isimo sakho se-HIV aze axelele abanye abantu ngaphandle kwemvume yakho okanye ngaphandle kwemvumelwano, naye waphula umthetho..



Vuyo: Ngoku ndinezinto endizakuzichazela abahlobo bam aboyika ukuya kuhlolwa! Ndiyazi ukuba akuz'ukuba lula ukuboyisela. Ukuba nje ungandiphendulela lemibuzo ilandelayo ndiqinisekile ukuba ndiyakuziva ndixhobe ngokwaneleyo.

Isahluko sesi-6 imibuzo:

* 1. 1. Dwelisa izizathu ezi-5 zokuyohlola i-IHIV.
  2. 2. Chaza ukuba kutheni kubalulekile ukufumana ukucetyiswa ngaphambi nangasemva kohlolo?
  3. 3. Kuthetha ukuthini ukuva ukuba ukuhlolelwa i-IHIV kuyimfihlo?

1. Xela izizathu ezihlanu (5 ) zokuya kuhlola intsholongwane kagawulayo?
2. Chaza ukuba kubaluleke njani ukucetyiswa ngaphambi nangemva kokuhlolwa?
3. Kuthetha ukuthini , ukuthi ukuhlolelwa intsholongwane kagawulayo kuyimfihlo ?

**ISAHLUKO 7**

Ukuphila ne-HIV/AIDS

* 1. • Yintoni ofanele uyenze ukuba une-HIV
  2. • Izinto ofanele uzikhumbule ukuba omnye wabantu abasondele kuwe une-HIV
  3. • Ulwazi oluthile ngeendlela zonyango

Amagama abalulekileyo

**ARVs:** AntiRetroViral Drugs. Nasiphina isiyobisi esisebenza nxamnye neretrovirus. Ngokomzekelo, iHIV yiretrovirus nezidovudine (AZT) sisiyobisi ekuthiwa yiantiretroviral drug.

**OIs:** Usulelo olungenelelayo (Opportunistic Infections). Izigulo ezibangelwa yintsholongwane ephila ingabangeli sifo kwinkqubo eqhelekileyo elwa isifo.xlix Kwakhona maxa wambi isenokubizw ngokuba yiSecondary Infections (Jonga isahluko 4).

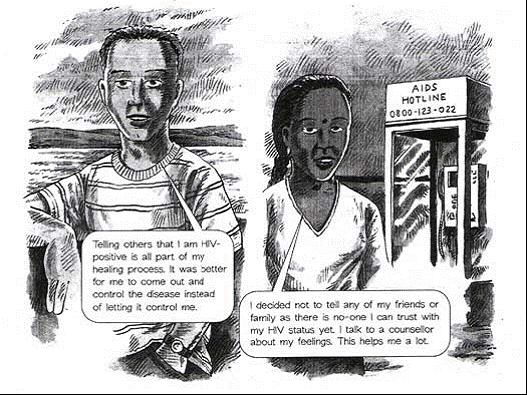
**I-TB**: Isifo sephepha (Tuberculosis). Esi sibangelwa yintsholongwane ekuthiwa yi-Mycobacterium tuberculosis. Le ixhaphakile kakhulu apha eMzantsi Afrika ngokukodwa eNtshona Koloni, sona esi sifo sibakho kubantu abane-HIV nabangenayo. Noko ke, ukunyangwa i-TB ngokudwa kubantu abane-HIV kubalulekile, kuba yenza buthathaka iinkqubo ezilwa nezifo.

UNandi, ebudeni bokukhulelwa kwakhe wafumananisa ukuba une-HIV. Xa exelela uVuyo, wothuka waza woyika. UNandi uyamkhuthaza ukuba naye enze uhlolo. Okothusayo kukuba iziphumo zathi akanayo. Akazazi ukuba ufanele enze ntoni udidekile unesiqabu nexhala. Uthi kuye uhlolo makube lunempazamo. Ukususela ukuba waqalisa ukulala noNandi abazange basebenzise zikhondom. Wacetyiswa ngabasebenzi basekliniki ukuba abuye emva kweenyanga ezi-3 azokuqinisekisa.

Vuyo: Andiyikholelwa le nto! UNandi akazange agule nosuku olunye oko sabakunye akabonisi zimpawu zakugula ngaphandle kwezo zokukhulelwa.

Nandi: Nam sithandwa sam andifuni kuyikholelwa le nto. Ndiziva ndingumdlali othile kumdlalo we*Soul City*!

Vuyo *(Ethetha noNandi)*: Sana lwam, akukho nto iza kutshintsha. Ndiya kuqhubeka ndikuthanda, ekuguleni nasempilweni; eneneni kona akubonakali ugula kum. Ndiza kukuxhasa nosana lwethu olusendleleni. UVuyo no Nandi: Kodwa senza ntoni ke ngoku?



Sihlala sinolwazil

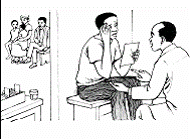
Ukuba uzifumanisa une-HIV zinike ixesha lokuyamkela loo nto usebenzele kuzo zonke iimvakalelo zokothuka, ukucaphuka, ukungakholwa ukuyika eziza nokufunda izinto ezibalulekileyo ukwaziwa apha ebomini.

Xa sele ulungile thetha nomntu oziva ukhululekile ukuthetha naye kwaye omthembayo. Zama ukuthetha nomntu kusapho lwakho okanye umhlobo oyaziyo noyiqondayo i-HIV/AIDS kwaye ongayi kuze azixele iimfihlo kwabanye abantu. Umcebisi okwikliniki ekufuphi ngomnye umntu onokumtsalela kuncedo lwe-AIDS onokuba luncedo. Abavumelekanga ukuxelela abanye abantu into obaxelele yona.

Ukuba uziva ukhululekile ukuba ungathetha ngemeko yakho ye-HIV, unako ukuzikhethela ukuba uxelele abanye abantu– abantu obaziyo kanti nabanye ukuba bazi, oku kunokukhuthaza abanye abantu abaphila ne-HIV/AIDS baze bazokuthetha nawe. Mhlawumbi, unokude ulungiselele iqela lenkxaso kuluntu lakowenu okanye emsebenzini kubantu usenzela abantu abaphila ne-HIV/AIDS kwaye/okanye iintsapho zabo.

Kwiveki yokuqala usakube ufunyaniswe uneHIVli

# **.**



I-HIV ibutshintsha ngokupheleleyo ubomi bakho. Noko ke, ungabi naxhala. Nazi izikhokelo ezimbalwa kwiveki yokuqala usakuba ufunyanisiwe. Unelungelo kwiimvakalelo zakho. Xoxa ngazo nomcebisi wakho.

**USUKU LOKU-1:** **Lawula isimo**

Yensa isigqibo ngezinto ezintle oza kuzenza usuku lonke. Usenokugqiba kwelokuba uwouke iinwele zomhlobo wakho, ukuphekela umntwana isidlo esikhethekileyo, ukuphulaphula umculo okhethekileyo, ukuya kwenza umthambo, ukuya kukhaba ibhola okanye ukuya kubaleka. Nokuba yintonina oyenzayo musa ukuya ekhaya ufike ungenzi nto.. Hlala uxakekile, ubomi buyaqhubeka.

**USUKU LESI-2:** **Buyela ekliniki ufumane ukucetyiswa okungaphaya**

Umcebisi wakho, umongikazi okanye ugqirha basenokuba bathethe kakukhulu nawe besakube bekunike iziphumo zakho ze-HIV. Ungaziva kakubi kuba ubungakwazi nokuphulaphula ngenxa yokothuka. Buyela kwikliniki yakho kusuku olulandelayo uze ubuze imibuzo onayo. Lo nto iya kunika umcebisi okanye umongikazi ithemba kuba uphinde wabuyela kubo. Baya kuziva bekhuthazekile bachithe ixesha elingaphaya nawe. Ngoku ufanele ukhululeke ngakumbi ukwazi ukukuqonda ngakumbi oko bakutshoyo. Khumbula: Unelungelo kwiimvakalelo zakho nenkxalabo. Ungabi neentloni ngazo. Xoxa ngazo nomcebiso wakho.

**USUKU LWESI-3: Ngokugula nokoyika**



Ukujongana nokugula kunzima. Sonke siyathanda ukuzimela size somelele. Noko ke, ukuba uziva ubuthathaka zama ukuvumela abahlobo okanye usapho lwakho lukuncede. Oku kuza kubenza nabo bazive bekhululekile. Phumla ebhedini iintsuku ezimbalwa. Le nto iya kukunceda ukuba uphile. Bazise emsebenzini ukuba uzakuphumla. Ungazivi unetyala kuba ungayanga emsebenzini. Khumbula uza kusebenza ngokukhuthala emsebenzini xa uphilile. Abantu abaninzi bayayoyika. IHIV ikwenza woyike ukufa. Banoloyiko lokuba kuya kwenzeka ntoni kubantwana babo nakwabo babathandayo ukuba banokufa. Abanye abantu banoloyiko lalo bhubhane okanye ukucalulwa. Zama ukungacingi kakhulu ngendlela abaza kusabela ngayo abanye. Kunoko cinga ngempilo yakho ubeke umoya phantsi. Ukuba uyagula ngexesha lonyango, le nto ibangelwa zizigulo ezingenelelayo, ezinako ukunyangeka. Usenokuba ne-TB, inyumoniya, urhudo okanye ezinye izifo ezinyangekayo. I-HIV inokuthabatha ukuya kwiminyaka esibhozo ukuba ide ibe yiAIDS.

**USUKU LWESI- 4: Thetha nomhlobo okanye usapho lwakho**



Ukuthetha nomnye umntu nge-HIV kuya kukunceda ukuba ukwazi ukumelana neemvakalelo zakho. Maxa wambi kulula ukuthetha okokuqala nomntu ongasondelanga kakhulu kuwe, kodwa onokumthemba. Noko ke, usapho lwakho lukwazi kakuhle kwaye luziqonda izinto ozifunato. Ngoko ke kulungile ukuba

unokuthetha nelungu losapho. Kunyanzelekile ukuba uthethe neqabane lakho lezesondo. Le into ayilulanga. Noko ke, okukona usima kokona kuya kusibanzima. Yiba nesibindi uthethe. Ukuba akwazi ukuba ufanele wenze ntoni thabatha eli qabane lakho uye ekliniki uze ucele umcebisi akuncede.

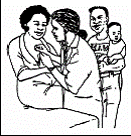
**USUKU LWESI-5: Ngenela iqela elixhasayo**

Abanye abantu abaphila ne-HIV baya kukuqonda ngcono. Kwaye bahamba le ndlela uyihambayo. Baphulaphule njengoko bebalisa awabo amava aya kukunceda aze aphendule imibuzo emininzi yakho. Uza kuba nokuthemba uze ungabi namathandabuzo. Kukho amaqela axhasayo kwiikliniki ezifanayo. Ukuba akukho qela lixhasayo kwindawo ohlala kuyo unokuqalisa elinye nomcebisi wakho.

**USUKU LWESI- 6: Ukuhlala usempilweni, kwenzekani ngezesondo?**

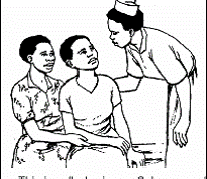
Asikho isizathu sokuba usapho lwakho loyike ukuba uza kulosulela nge-HIV. Akukho ngozi kubo ukuba bahlale nawe endlwini nisebenzise ibhafu enye, indlu yangasese nitye kunye nisebenzise nezitya kunye. Kwaneqabane lakho alikho ngozini. Unokwabelana ngesondo uphile nje ngokuqhelekileyo. Lo gama nje usebenzisa iikhondom, akekho umntu onokumosulela nge-HIV. Unako ukutya lonke uhlobo lokutya ubufudula ulutya. Qiniseka ke kodwa ukuba utya rhoqo. Zama ukuqiniseka ukuba utya kathathu ngemini kunye neziqhamo okanye iyoghathi okanye amasi okanye amarhewu phakathi kwamaxesha okutya. Kuphephe ukusela utywala, iwayini, izipiriti, ibhiya, njl. Ukuba uyintshayi zama ukuyeka okanye unciphise. Zinike ixesha lokwenza umthambo nokuphumla. Chitha ixesha elibalulekileyo nabahlobo nosapho. Bunandiphe ubomi uze ube nebhongo ngento oyenzayo.

**USUKU LWESI- 7: Fumana inkcazelo engaphaya ngezinto ezinyanga i-HIV**



Kule mihla yethu i-HIV inokunyangwa njengesifo seswekile. Ufanele uthabathe amayeza ubomi bakho bonke, kodwa aya kukugcina uphilile. La mayeza abizwa ngokuba zii-antiretrovirals okanye ii-ARV. Kuphela ngabantu esele sihambele phambili isifo se-HIV abawafunano. Xoxa ngawo nogqirha wakho. Mbuze ukuba sele ukweliphi na inqanaba le-HIV unokuliqwalasela njani.

*Ucalulo ezikliniki?lii*



Iikliniki nezibhedlele azivumelekanga ukuba zikunike inkonzo yodidi lwesibini kuba nje ufunyaniswe une-HIV. Kambe ke, urhulumente wethu ukhuphe iTshata yamaLungelo oluNtu ethetha phandle isithi. Wonke ubani unelungelo kwiinkonzo zonyango nolungiselelo kwiimfuno ezikhethekileyo kwizigulane eziphila ne-HIV okanye i-AIDS. Noko ke, kubakho ucalulo ezikliniki. Onompilo abaninzi zange balufumane uqeqesho lokunyamekela abantu abane-HIV.

Ngoko ke, abazi ukuba abantu abaphila ne-HIV bafanele bafumane uncedo olufanayo nolwabanye abantu abaphethwe zezinye izigulo. Abanye abasebenzi kwezi zibhedlele bathabatha ezi zibonelelo ngokungathi zezabo. Abaqondi ukuba ezi zibonelelo kufanele zinikwe uluntu oluzifuna ngakumbi. Musa ukuyamkela into yokuba unompilo akuxelele ukuba akukho nto inokwenziwa. Isoloko ikho into abanokukwenzela yona. Okukona ugula, kokukona benokwenza into ngaloo nto. Ukuba unemvakalelo yokuba uye waphathwa kakubi nceda uthethe nomcebisi wakho okanye thetha nomongikazi omkhulu ophetheyo. Uze ubhale phantsi isikhalo sakho



**Icebiso likMama:**

Ngaba wakha wafumana iingxaki kwizibhedlele uzama ukufumana iinkonzo ezilungiselelwe abantu abakhubazekileyo? Qalisa ukusebenzela kwisisombululo ngokuthi uxoxe iingxaki nomongikazi omkhulu ophetheyo. Mhlawumbi iinguqu ezincinane zingabenza lula ubomi kubo bonke abantu abakhubazekileyo.

esibhedlele.

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*Ngaba ndifuna ipolisi yomngcwabo?liv*

Kubalulekile ukuba ubenelifa. Kodwa ngaphambi kokuba ungxamele ukungena kooomasingcwabane, khumbula ukuba ukuhlala usempilweni kokona kungcono kunokuba uqwalasele ukufa njengento eza kuqala.

*Ngawaphi amayeza ekufanele ndiwathabathe?lv*

I-HIV sisigulo sobomi bonke. Ekuqaleni usenokungazidingi iipilisi konke konke. Noko ke, ukuba uziva ugula, umongikazi okanye ugqirha ufanele akuxilonge akunike amayeza afanelekileyo. Abantu abaphila ne-HIV bafumana izifo ezininzi ezahlukeneyo kunye ne-HIV. Ezi zigulo kuthiwa zizigulo ezingenelelayo (opportunistic infections). Ukuba une-TB, ufanele ufumane amayeza e-TB. Ukuba unorhudo, ufanele ufumane icebiso ngokusebenzisa isiselo esenziwe nge-glucose, ukuba kunyanzelekile, fumana amayeza athile.

*Ziintoni ii-antiretrovirals?lvi*

Ii-antiretrovirals kuphela kwamayeza anokulibazisa ukuziphindaphinda kwentsholongwane ye-HIV ukuba iziphindaphinde emzimbeni wakho. Ngale ndlela zinako ukukhusela inkqubo yakho elwa nezifo. Akucetyiswa ukuba usebenzise ii-antiretrovirals ngexa i-HIV isebuthathaka. Xoxa nogqirha wakho ngexesha elifanelekileyo lokusebenzisa ii-antiretrovirals. Funa ukuhlala usazi ngeendlela ezikhethekileyo zokufumana ii-antiretrovirals xa uzifuna. Usakuba uziqalisile ufanele uqwalaselwe. Olu lunyango lobomi bonke. Ixabiso lee-antiretrovirals liphezulu kakhulu ngoko ke azifumaneki kwezinye iikliniki. Abasetyhini abakhulelweyo bakwafanele basebenzise ii- antiretrovirals ukukhusela umntwana angosulelwa yi-HIV ngexesha lokuzalwa. I-nevirapine okanye i-AZT ngamayeza e-antiretroviral axhaphakileyo asetyenziselwa ngokukodwa ukunciphisa ingozi. Ukunyanga i-HIV ufanele uthabathe umxube wazo zontathu ii-antiretrovirals. Le indlela isenokusebenza ngokuphumelelayo kunokusebenzisa i-antiretroviral enye okanye ezimbini. Sithetha nje kukho iintlobo ezilishumi elinesihlanu ezahlukeneyo zee-antiretrovirals ezikhoyo eMzantsi Afrika. Zahlulwa zibe ziindidi ezintathu: i-the nukes, non-nukes neeprotease inhibitors (PIs). Omnye umxube odumileyo ngulo: d4T, 3TC ne-Nevirapine okanye i-AZT, ddI ne-Efavirenz.

Nandi: Ndifunde lukhulu ngezi antiretrovirals ngeentetho neposta nakumaphephandaba kuvakala ngathi ngokwenene akukhuselekanga ukuzisebenzisa konke konke! Kanti kwakhona kubonakala ngathi zinokunceda ngokwenene; ngamanye amaxesha ndisuke ndidideke ingqondo!

Vuyo: Nam lo ndisuke ndidideke ngalo mba kodwa namhlanje oku ndike ndeva udliwano ndlebe kunomathotholo olundenze ndacacelwa ngakumbi zizinto. Beluthetha ngendlela yonke into eliyeza eba neziphumo ebezingalindelekanga ngayo, nokuba ngamachizai kasokhemesti okanye amayeza esintu.

Into ebalulekileyo kukuba sifunde ngamachiza nangeziphumo ebezingalindelekanga ezinokwenzeka ngaphambi kokuqalisa ukuwathabatha. Kwaye ukuba sifumana iziphumo ebezingalindelekenga kubalulekile ukuba sizixele kugqirha wethu okanye ekliniki ukuze batshintshe unyango, ukuba kunokwenzeka.

Vuyo: Ndisoloko ndisima ekliniki ngalo lonke ixesha ndifumane inkcazelo ngamayeza asetyenziswayo ukunyanga izifo ezingenelelayo ezifunyanwa ngabantu abane-HIV ne-AIDS ngexesha elithile kubomi babo. Ukuba uyafunda uza kubona ukuba akukho mfuneko yokuba intsonkothe kangaka konke konke…

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| Medicines regularly used by  people living with HIV |

lvii

Nalu uludwe lwamayeza asetyenziswa rhoqo ngabantu abaphila ne-HIV neziphumo ebezingalindelekanga. Kuphela ligama leyeza elinikiweyo, kungekhona igama lentengiso. Qhagamshelana nomongikazi okanye ugqirha.

lviii

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| --- | --- | --- | --- | --- | --- |
| Iyeza | Ukulisebenzisa | | | | Iziphumo ebezingalindelekanga ezisenokuba khona |
| Iyeza leentsholongwane | | | Xa ufumana amayeza asekliniki akubi nazingxaki akukho ngozi konke konke. | | |
| Iipilisi ze-TB-umxube | | Okokuqala i-TB | | Ixesha lesibini i-TB | |
| iRifampicin, INH, PZA, Ethambutol | Qala 2 iinyanga i | | Qala 3 iinyanga | | Irhashalala, ukuhlanza iperipheral neuropathy, ukulimala kwesibindi, umchamo omdaka omthubi |
| IRifampicin, INH | | Iinyanga ezi-4 zokugqibela | | Iyafana nale ingentla | |
| IRifampicin, INH, Ethambutol | | Iinyanga ezi-5 zokugqibela | | Iyafana nale ingentla | |
| Streptomycin (injection) | Ayifuneki | | Iinyanga ezi-First 2 zokuqala | | Irhashalala, ukungeva, ukusilela kwezintso |
| INH | Ukuthintela i-TB | | | | iPeripheral neuropathy, ingxaki yesibini, irhashlalala |
| Cotrimoxazole | Ukuthintela iPCP pneumonia  Isixa esikhulu sokunyanga nxamnye norhudo | | | | Irhalalala ukurhawuzela ukuba le yingxaki sebenzisa kunoko iDapsone |
| Amoxycillin | Izinto ezininzi ezasulelalayo, umz. Isifuba. | | | | Zingasetyenziswa ngabantu abanokwalisa kwiPenicillin. |
| Flucloxacillin | Ukusuleleka kwesikhumba | | | |  |
| Penicillin (inaliti) | Syphilis | | | | Kuba neziphumo ezibi kakhulu ukwalisa. Ungazisebenzisa ukuba wakha waba ngerhashalala ebangelwa kukwalisa ngenxa yokusebenzisa i-Penicillin, Flucloxacillin okanye iAmoxycillin before. |
| Erythromycin | Yisebenzise xa unokwalisa kwiPenicillin | | | | Iinkantsi, ukuhlanza, urhudo |
| Doxycycline | STD – Chlamidia | | | | Isicaphucaphu nokuhlanza, irhashalala esikhumbeni. |
| Ciprofloxacin | STD – Gonorrhoea Urhudo olunegazi | | | |  |
| Metronidazole  Chronic diarrhoea | STD – Trichomonas  Yithabathe nokutya | | | | Ukugabha okuxhaphakileyo. Ukukuphepha |
| Clotrimazole (vaginally) | Irhashalala kumlomo welungu langasese okanye ukurhawuzelela. Irhashalala emlonyeni okanye ukurhawuzelela | | | | Zimbalwa |
| Nystatin (mouth medicine) |  | | | | Ezimbalwa azifunxwa ligazi |

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| --- | --- | --- |
| Amphotericin B okanye Miconazole (oral medicines) | Irhashalala engapheliyo emlonyeni | Zimbalwa azifunxwa ligazi |
| Fluconazole | Irhashalala emlonyeni nasemqaleni irhashalala ngakumlomo welungu langasese okanye kwilungu lanmgasese ngokwalo. | Hlanza, urhudo, irhashalala  iCryptococcal meningitis |
| Griseofulvin | Ukungunda ukusuleleka kwesikhumba, iintloko okanye iinzipho | Irhashalala, ukugabha norhudo. Ungazisebenzisi ekukhulelweni, zenzakalisa iiseli zedlozi |
| Mebendazole | Zonke iintshulube zamathumbu; Ukuthintela – zithatyathwa rhoqo ngeenyanga ezi-6 | Isisu esibuhlungu, urhudo |
| Aciclovir | iHerpes neShingles/isifo sesikhumba | Intloko ebuhlungu, ukuhlanza |
| Artemether/Lumefantrine | Isifo seengcongconi | Iingxaki zentliziyo |
| Antiretrovirals (triple therapy) | Isifo seHIV xasele ihambele phambili | Irhashalala, ukugabha, urhudo, ukugodola, ingxaki yesibindi |
| Amanye amayeza | | |
| Amitriptyline | IPeripheral neuropathy okanye uxinzelelo | Ukoma komlomo, ukubetha kwentliziyo okuqhelekileyo, ukungalali (maxa wambi kungcono ekubeni ukulala kufuneka) |
| Paracetamol | Intlungu okanye ubushushu | ukuyisebenzisa ngokugqith’emgceni kubangela kakhulu kubangela ityhefu esibindini, izilonda emathunjini, ukuba nesizunguzane, ukuminxana kwesifuba, irhashalala |
| Diclofenac, Indomethacin, Ibuprofen, | Ukuba buhlungu kwamalungu ngokukodwa izihlunu |  |
| Codeine okanye iMist Morphine | Iintlungu ezizingisileyo, urhudo, ukukhohlela | Ukuqhineka, isiyezi |
| Promethazine | Ukwalisa, ukurhawuzela | Ukozela, isicaphucaphu |
| Metoclopramide | Ukuhlanza nesicaphucaphu | Ukungakwazi ukulawula ukushukuma kolwini okanye ubuso, ukozela, ukuxhuzula, ukubona luzizi, ukoma komlomo |
| Loperamide | Urhudo oluzingisileyo |  |
| Ferrous salt neFolic acid | Ukugodola, ukungabiko kwe-ayoni egazini | Isicaphucaphu, urhudo, ilindle elimnyama |
| Vitamin B Complex | IYeza elikwenza uzive ungcono | Isicaphucaphu, ukugabha |
| Pyridoxine | iPeripheral neuropathy | Noko ke, inokubangela iperipheral neuropathy |
| Vitamin A and Vitamin C | Ikhusela nxamnye nokusulwelwa | neNtloko ebuhlungu, ukugabha norhudo, iingxaki zemithambo luvo, ukonakala kwesibindi, amatye ezintso. |
| Medroxyprogesterone okanye Norethisterone (isitofu) | Ithentela ukukhulelwa | Ukuba sexesheni ngendlela engaqhelekanga, ukutyeba |

**lix**

Vuyo: Ubuncinane ngoku siyazi ukuba siya kuyaphi xa sisuka apho. Ngaba unako ukusinceda sithabathe inyathelo elilandelayo ngokuphendula le mibuzo ilandelayo?

Isahluko 7 imibuzo:

1. 1. Biza abantu okanye iindawo kuluntu lakowenu onokuthetha nabo ngemeko yakho ye-HIV njengemfihlo.
2. 2. Nika ezinye izinto onelungelo lazo(onelungelo kuzo) kwimeko yokunyanyekelwa kwezempilo.
3. **3.** Yintoni othe wayifunda kumava akho ngokukhubazeka enokukunceda okanye umntu omaziyo one-HIV.

## ISAHLUKO 8

Ukubekwa Amabala Nokucalulwa;

Imiba Yasemsebenzini Neyomthetho

1. • Iindlela abantu ababacalula ngazo abantu abane-HIV
2. • Amalungelo abantu angakhethi kuthi umntu une-HIV okanye akanayo okanye ukuba nesiphene
3. • Izinto onokuzenza ukuqiniseka ukuba amalungelo akho ayahlonitshwa

Amagama abalulekileyo

Ukubekwa amabala: yinto eyona igama lomntu. Xa abantu bengathandi into ethile, ngokukodwa ukuba oko kukumdlel’ indlala umntu; ukubeka ibala kukuphatha umntu okanye into ngokuyigxeka uyidlel’ indlala. lx Ngokomzekelo, “Abantu abafanele babekwe amabala ngenxa yeziphene abanazo”.

Ikhethe: Kukugweba umntu okanye iqela labantu qatha ngenxa yokuqhutywa kukungazi okanye yeengcamango eziqhelekileyo.lxi

Ingcamango Eqhelekileyo: Ukucingela okanye ukukholelwa ukuba bonke abantu beqela elithile bayafana.

Ucalulo: Kukuphatha umntu othile ngendlela eyahlukileyo ngenxa yebala, unqulo, isizwe, uhlanga alulo, ubudala, oko anokukwazi ukukwenza ngomzimba wakhe, ubuni, icala athambekele kulo kwisondo, okanye naziphi na ezinye iimpawu. Ucalulo sisenzo esisekelwe kwikhethe lomntu.

Xa sibuyela ekliniki, kukho abasebenzi bezempilo ababini abahlebayo emva kokufumanisa ukuba uVuyo noNandi baza kufumana umntwana. Kubo le yinto emangalisa kakhulu kwa ukuyicinga: ukuba abantu ababini abaneziphene banokuthandana baze babe nomntwana!



UNosipho: (amehlo akhe evuleke kakhulu kwaye ebeke esinye isandla sakhe emlonyeni) “Andiyikholelwa into endiyibone ngala wam, Ntombi, owasetyhini osisithulu okhulelweyo,

esenziwa nzima lela phela lihamba ngeentonga. Lo mhlaba uyatshintsha ndiyakuxelela, nezinja ziza kumithisa iikati kungekudala, uza kubona wena!”

UNtombi: *(eqhwaba izandla)* “Yhuu,…akukho nto ingenakwenzeka kule mihla. Into endingayiqondiyo kukuba ukhulelwa njani lo sisi esaxhomekeke ekuncedweni ngabantu! Owu bethu, olo sizana lwendoda oluhamba ngeentonga…kuza kufuneka ajonge isiqu sakhe nesentokazi yakhe esiSithulu kuba kufuneka incedwe ukuze iphile kulo mhlaba, ukukhwela iteksi, ukuya kuthenga ngamaxesha athile kodwa …le yona???



UNosipho: “Usana…awu bantu, ingathi olo sana lungangafani nabo”.

UNtombi: “Indoda yakhe kuza kufuneka ibe ngathi iyaqinisa ukusebenza oku ngoku…kuza kufuneka iye naye ekliniki ngalo lonke Ixesha esiya…mna andikwazi tu ukuthetha ngezandla!”

Isigaba A: Ukucalulwa

Ngexesha ndixelela umhlobo wam emnxebeni ukuba ndinentsholongwane kagawulayo wathi ukuba ebekufutshane ngaba undibulala ngokwakhe.

Isigaba B: Isenzo sokucalula

Kwaba nzima ukuxelela utata. Waba nomsindo wathi ndihlazise usapho wathi ndingaxeleli mntu.

Isigaba C: Ukwenza okulungileyo

Utata waba nomsindo kakhulu akuva ukuba ndinentsholongwane kagawulayo. Kwamthatha iinyanga ezimbini ukwamkela kodwa ngoku sendixhasa.

Isigaba D:  Isenzo sokucalula

Umqeshi wam wathi makuhlolwe igazi. Iziphumo zathi ndinentsholongwane kagawulayo. Abantu endisebenza nabo beva baqala ke ukundicalula. Ekugqibeleni ndabona kungcono ukuba ndihambe emsebenzini.

Isigaba B: Ukwenza okulungileyo

Ukwazisa abasebenzi kwaba nzima. Ekuqaleni abaninzi abathandanga ukuthetha nam. Ngethamsanqa bakwazi ukuguqula ingqondo yam emva kokufika owafundisa ngogawulayo (AIDS).

### Imithetho yeendawo zokusebenza

**Mnu Nkomo**: (Ungumphathi osisithuli) “Hayi ke sisi ungayithatha ikhefu lokukhulelwa izokuba ziinyanga ezi-6. Ungabuya nanini xa uziva sowungcono uzoqala umsebenzi kwakhona. Kodwa kukho into enye encinane endizothanda ukuba uyazi njengoba usazi isimo sethu apha, inxenye yomthetho wethu ithi, “Xa ungasebenzanga awurholi”. Oko kuthetha ukuthi ukuthi awuwuhlawulwa xa ungasebenzanga. Lowo mthetho usebenza kubo bonke abaseebnzi bethu, hayi kuwe kuphela. Ngoko ke kufanele sivumelane ngento enye akukho ntoo inkampani engakwenzela yona, xa uyeka. Akukho nto emthethweni wethu ethetha ngamakhefu ahlawulelwayo

**Nandi:** “Uthi ndiva kakuhle? Okuthethayo akuhambisani nomthetho waseMzantsi Afrika wabasebenzi! Ndinelungelo lokuhlawulwa xa ndithathe ikhefu lokukhulelwa, xa ndigula, ikhefu labasebenzi nokunye. Wena kubo bonke abantu ngeke undixelele loo nto! Xa lenkampani isebenza ngokungekho emthethweni ingayazi imithetho yeenkampani, ingahambisani nemithetho neemeko ezilawula iinkampani, ingawahloniphi amalungelo abasebenzi bayo, seyilixesha lokuba ivezwe obala ukuze abantu bayazi ukuba ayikho emthethweni ixhaphaza amalungelo abasebenzi. Kusasa sizokhuphela abeendaba ingxelo ephathelene nezi meko “

**Kutheni kukho imigaqo-nkqubo yeendawo zokusebenza ne-HIV/AIDS?**

Imigaqo-nkquboo yeezindawo zokusebenza iveza iindlela ezingathathwa ukunciphisa ukusasazeka kwe-HIV/AIDS.

* Ukubeka kucace ukuzibophelela nokusebenzisana.
* Ukuqinisekisa ukuthobela umthetho welizwe.
* Ukucacisa indlela ekumele baziphathe ngayo abasebenzi xa sebenayo intsholongwane okanye bengenayo.
* Ukunika isikhokelo abaphathi nabalawuli benkampani.
* Unceda abasebenzi abaphila ne-HIV/AIDS ukuba baqonde ngokukhathalelwa abaza kukufumana, ukuze beze ngokuzithandela ukuzovavanywa igazi.
* Unceda ukumisa nokunqanda ukusasazeka kwentsholongwane ngokuba bazikhusele.
* Unceda oosomashishini ukuba bavavanyelwe i-HIV/AIDS nobungozi bayo ukuze balondoloze imali.

Umgaqo-nkqubo wasemsebenzini udibanisa iinkqubo zokhuselo, ukukhathalela amalungelo kwaye kujongwe nemeko yeendawo zokusebenza uhlanganisa iinkqubo zokukhusela kwi-HIV/AIDS. Kungenzeka kwakhona ukuba kubekho umthetho ohambelana nokhuseleko, ngezempilo neemeko zokusebenza.

*Nandi*: Ukuba bendingekaze ngive ngamalungelo endinawo, abanye abantu ngaba bandiphatha ngendlela umalume awayendiphethe ngayo ndisesemncinane. Xa singafunda ukuzimela, simele nabanye, sizakuphumelela ukuzenzela uluntu lwabantu abavuyela ukuhlonitshwa.

Nantsi imibuzo esingayicinga:

**Isahluko 8: Imibuzo**

1. Kokuphi ukufana kokuthathela phantsi abajongene nako nakuphi ukujongela phantsi ababhekene nako abakhubazekileyo, nabo abakuluntu abajongene ne-HIV/AIDS? Yintoni umahluko?
2. Singalusebenzisa kanjani ulwazi lwethu lokujongelwa phantsi njengabantu abakhubazekile, ukwamkela abo bantu sebephila ne-HIV/AIDS eluntwini?
3. Amanyathelo ethu thina ngabanye nemibutho yethu yabantu abakhubazekile sibeka ngaphandle abaphila ne-HIV/AIDS, singenza ntoni ukwamkela nokuxhasa **PLWA** sisebenzele ukuphelisa oku kujongelwa phantsi eluntwini?
4. Ungathanda ukuba uphathwe kanjani xa kufumaniseka ukuba une-HIV?
5. Ingaba ukucalulwa okujongene nabantu abane-HIV/AIDS kuyafana okanye kohlukile koko kwakusenziwa ngabantu abamhlophe ngexesha localulo?

**ISAHLUKO 9**

UkoSulelwa komNtwana NguMama

(MTCT)

1. • Indlela i-HIV esuka ngayo kumama iye emntwaneni
2. • Ukuthintela ukudluliselwa kwe-HIV isuka kumama isiya emntwaneni
3. • Amalungelo Oomama

*Amagama abalulekileyo*

***I-PMTCT:*** *Ukuthintela Ukosulelwa Komntwana Ngumama. Kukho inkqubo karhulumente efumaneka mahala koomama baseMzantsi Afrika abane-HIV. Xa bebhaliswe kule nkqubo banikwa inkcazelo efunekayo, amayeza nobisi lwabantwana olufunekayo ukuze banciphise kakhulu amathuba okosulela okanye okudlulisela intsholongwane ye-HIV kusana lwabo.*

***I-AZT:*** *Ikwabizwa ngokuba yi-Zidovudine. Eli liyeza le-antiretroviral (ARV – bona Isahluko 7) elilwa ne-HIV ngokuthintela i-HIV ukuba ingaziphindaphindi. Lelinye lamayeza anikwa oomama abakhulelweyo abane-HIV njengenxalenye yenkqubo ye-PMTCT.*

*I-Nevaropine: Yenye i-ARV esetyenziswa njengenxalenye yenkqubo ye-PMTCT.*

Kusesibhedlele apho uVuyo eye kwikliniki yangaphambi kokubeleka kunye noNandi:

UVuyo: (ebhekisa kumsebenzi wezempilo) “Khawutsho ke ngoku mongikazi, ingaba lo mntwana wosulelekile? Kuza kwenzeka ntoni ukuba wosulelekile? Andifuni kulahlekelwa ngumntwana wam, torho…”

Umsebenzi wezeMpilo: “Hayi, usana luphile qete kwaye alukosulelekanga. Amajoni omzimba walo asenamandla kodwa ke loo nto ayithethi kuthi aluyi kosuleleka. Ngethamsanqa sinenkqubo apha ekliniki enceda ekuthinteleni ukudluliselwa kwentsholongwane isuka kumama isiya kusana, ngoko iqabane lakho liya kungena kule nkqubo. Umcebisi uya kubafundisa ngazo zonke iingozi zokosulelwa yi-HIV kwabantwana.”

UVuyo: (ephefumlela phezulu) “Whuuuuuh!!!…….kwatsho kwee qabu ndakuva loo nto, ngoku ndiziva bhetele.”

**UKUKHULELWA**

Lukhetho lwakho ukuba nomntwana okanye ukungabi naye. Unelungelo lokukhetha enoba une-HIV okanye awunayo kwaye enoba unesiphene okanye awunaso.

Ngokwahlukileyo kuNandi, oneqabane elimxhasayo nelimkhathaleleyo, asingabo bonke abasetyhini abagqiba kwelokuba bakhulelwe. Ukuba akufuni kuba nosana, kwaye ubona kuselithuba ukuba ukhulelwe, unokukuphelisa oko kukhulelwa (T.O.P.) Oko kukukhupha isisu okwenziwa ngoogqirha ekliniki. Ukuba uneenyanga ezingaphezu kwezintathu ukhulelwe ixesha likushiyile. Ukuba ugula kakhulu unokuyenza loo nto de kube ziinyanga ezintlanu ukhulelwe. Ukuba sele ushiywe lixesha ukuba wenze i-T.O.P. yikhumbule loo nto ukuze ukwazi ukucebisa udade wenu oza emva kwakho.lxv

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Icebiso likaMama:

Ukuba uzilungiselele, ukuba nosana kungaba yinto enomvuzo nentle kungakhathaliseki ukuba unesiphene okanye i-HIV okanye akunjalo. Kodwa ke, kubalulekile ukwenza ukhetho olunengqondo njengokuyeka ukutshaya nokusela utywala, ukuya kwikliniki yangaphambi kokubeleka ukuze uhlolwe nokuba nenxaxheba kwinkqubo ye-PMTCT ukuba une-HIV ukuze umntwana wakho umnike ithuba elingcono.

I-HIV inokudluliselwa kusana ebudeni bokukhulelwa, ebudeni bokubeleka naxa encanciswa, kufuneka sicinge ngeyona ndlela ilungileyo yokunyanga kuwo onke la manqanaba: lxvi

Ebudeni bokukhulelwa:

Zimbalwa iintsana ezosulelwa ebudeni bokukhulelwa ngokwako. Kodwa ke, indlela ophila ngayo ubomi bakho ngexesha okhulelwe ngalo inokunceda ekunciphiseni ingozi ebudeni bokubeleka okanye ukuncacisa. Eli lixesha apho kubaluleke kakhulu ukutya kakuhle, ukuzigcina usempilweni nokuphepha ukuphinda wosulelwe yi-HIV. Unelungelo lokucela nelokunikwa inkcazo ngeengozi nangeenzuzo zako nakuphi na ukuhlolwa kokukhula kosana esibelekweni.

Amandla akho okulwa izigulo afanele ahlolwe hleze kuthi kanti kufuneka ufumane amayeza athintela izifo ezininzi ezinokuhlasela abantu abane-HIV. Ufanele unyangwe ngokukhawuleza ukuba uyosuleleka, ukuze uphephe ukwenzakalisa usana olusakhulayo.

Kufuneka unikwe inkcazo engokubaluleka kokutya kakuhle. Ukutya izinto ezingenasondlo nokutyeba kunokwandisa amathuba okufumana umntwana ngaphambi kwexesha okanye okuba nomntwana onobunzima obungaphantsi kobuqhelekileyo, nto leyo eya kukhulisa amathuba okudlulisela i-HIV.

Kufuneka uxelelwe zonke iingozi neenzuzo ezaziwayo zalo naluphi na unyango olunikwayo.

Ukubeleka

Ukusebenzisa amayeza athintela ukosulelwa komntwana ngunina kunokuwanciphisa amathuba okosulela usana lwakho aye kutsho kufutshane nama-50%.

Unyango olunconyelwayo sithethanje ukuze kuthintelwe ukosulelwa komntwana ngunina lolu:

1. • I-AZT (Zidovudine): Umlinganiselo wama-300mg uwunikwa kabini ngosuku ukususela kwiiveki ezingama-36 ukhulelwe. La mayeza uyawasela. Xa ubeleka umele unikwe ama-300mg qho emva kweeyure ezi-3. Usana lwakho lufanele lunikwe umlinganiselo ongamanzi we-4mg/kg, kabini ngosuku kangangeentsuku ezisi-7.
2. • I-Nevirapine: Sithethanje olu lolona nyango lungabizi kakhulu emalini noluphumelelayo. Umlinganiselo omnye wama-200mg uwunikwa xa uqalisa ukubeleka kuze emva koko kunikwe usana lwakho isiraphu yeNevirapine ezii-0,6 mls (2mg/kg) kwiiyure ezingama-72 luzelwe.
3. • Omabini la mayeza akayongozi kuwe nakumntwana wakho, kwaye abhalisiwe kweli loMzantsi Afrika.
4. • Kubalulekile ukuphawula ukuba la mayeza akakuthinteli ngokupheleleyo ukosulelwa komntwana wakho kodwa anciphisa ingozi. Umele uthathe isigqibo sokuba uwasebenzise okanye ungawasebenzisi
5. • Kwanokuba uyawathatha la mayeza, isekho ingozi yokuba usana lwakho losulelwe ngokuncancisa. Thetha nogqirha wakho okanye nomongikazi ngeendlela ezikhuselekileyo zokutyisa usana lwakho.

Emva kokuba usana luzelwe

Ukuba une-HIV, usana lwakho kufanele lunikwe iyeza ekuthiwa yi-cotrimoxazole (elikwabizwa ngokuba yi-*Bactrim* okanye i-*Septrin*), ukususela xa luneeveki ezine de lube nonyaka. Ukuba usana lwakho lufunyaniswa lungenayo i-HIV emva konyaka, inokuyekwa i-*cotrimoxozole*.

Ukutyisa umntwana ukutya okukhethekileyo kuyeyona ndlela ilungileyo yokuthintela ukosulelwa emva kokuba ezelwe. Oomama abane-HIV bafanele bacele ubisi lokutyisa abantwana, iibhotile zokubatyisa kunye nenkcazelo engeendlela ezikhuselekileyo zokutyisa iintsana. Ukuba uhlala kwindawo apho kungekho manzi acocekileyo, okanye akukwazi ukusoloko uwafudumeza amanzi, okanye uhlala kwiindawo apho iimeko zingekho ntle, into ethetha ukuba kukho izifo ezininzi nobumdaka obunokuba yingozi kwimpilo yeentsana, mhlawumbi kunokuba yinto ekhuselekileyo ukuncancisa. Loo nto ibangelwa kukuba ubisi lukamama luneevithamini neeproteni ezinokunceda ekulweni nezigulo zendalo. Kodwa, ukuba ugqiba kwelokuba uncancise, umele wazi ukubaluleka kokuba *kuphela* (ngamanye amazwi usana luncance kuphela, ungaluniki nkqu namanzi la) kangangeenyanga ezintandathu uze emva koko uyeke ngokupheleleyo ukuluncancisa.

Zonke iintsana ezizelwe ngoomama abane-HIV zifanele zihlolwe rhoqo ngamaxesha athile de zibe neenyanga ezili-18.

**Iingongoma omele uzikhumbule …**

1. • Limele ilungelo lakho lokufumana inkcazelo – kwaye ukuphumeze ukubopheleleka kwakho ngokwazisa nabanye.
2. • Lisebenzise ilungelo lakho lokuhlolwa i-HIV nelokufumana ukucertyiswa – uze ukuthwale ukubopheleleka kweakho neziphumo.
3. • Hamba uye kuhlolwa rhoqo ukuze ufumane inkcazelo namacebiso ngokhetho onalo lonyango.
4. • Zikhusele wena neqabane/namaqabane akho ukuze ungosulelwa okanye ungaphindi wosulelwe, ngokwabelana ngesondo ngendlela ekhuselekileyo.
5. • Ukuba une-HIV kwaye ukhulelwe, sebenzisa ilungelo lakho lokufumana inkcazelo namacebiso okhetho onalo lonyango ukuze uzigcine usempilweni kangangoko kunokwenzeka wena nosana lwakho.
6. • Ukuba akunayo i-HIV, hlala unjalo. Zikhusele wena neqabane/namaqabane akho ngokwabelana ngesondo ngendlela ekhuselekileyo.

UNandi: Bendingenakuyazi into yokuba imeko yam inganika ithemba ngolu hlobo! Ndiyavuya kuba unontlalontle namaqabane ethu e-Treatment Action Campaign eye asinika le nkcazelo. Ndifuna ukuxelela abanye ngayo yonke into esiyifundileyo – ngokukhawuleza nje akuba umntwana ekhule ngokwaneleyo!

Isahluko 9 Imibuzo:

1. Zeziphi iindlela eziphambili i-HIV edluliselwa ngazo isuka kumama isiya kusana?

2. Yintoni enokwenziwa ukuthintela ukosulelwa kosana ngunina?

1. **3.** Ukuba umama une-HIV kudla ngokucebiseka ukuba asebenzise ubisi lwabantwana ukutyisa usana lwakhe kunokuba aluncancise. Cacisa imeko apho kungenakwenziwa oku kuyo.

**ISAHLUKO 10**

Ukusasaza Umyalezo

1. • Ukuqhuba ucweyo
2. • Ukuququzelela iphulo
3. • Ukubhala imiyalezo eya kwabeendaba
4. • Ukwenza izibhengezo ezibhaliweyo

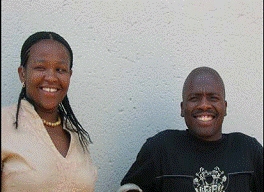
*Amagama abalulekileyo:*

***Iphulo:*** *Uluhlu lwezinto ezicetyiweyo eziza kwenziwa ukuze kufikelelwe kwisimphumo okanye injongo ethile.*

***Umququzelelii:*** *Umntu oncedayo, owalathisa nokhuthaza ukufunda nokuba negalelo ebudeni besifundo, intlanganiso yokufundisa okanye intlanganiso.*

***Ukuphucula****: Kukwenza into nje ungayicebanga. Kuthetha Ukwenza idrama, umdaniso okanye ukucula ingoma entsha ngeloo xesha, uvumele ukuba ilunge njengoko isiya phambili, usabela kwiimfuno nakwindlela abaphulaphuli nabanye abantu abenza loo nto nabo abasabela ngayo.*

***Imiyalezo eya kwabeendaba:*** *Umyalezo obhaliweyo okanye orekhodiweyo oya kubantu abasebenza kumajelo eendaba ngenjongo yokukhupha isaziso ngento egqalwa njengeya kuba ziindaba ezibalulekileyo. Ngokuqhelekileyo, iye ithunyelwe ngeposi okanye ngefeksi kubahleli bamaphephandaba, beencwadi, bezikhululo zikanomathotholo, bezikhululo zikamabonakude kwaye/okanye kubuxhakaxhaka bezikhululo zoomabonakude.lxvii*



UVuyo: Mna noNandi, siyathanda ukuncokola ngendlela izinto ezisihambela kakuhle ngayo ngenxa yemfundo esiyifumeneyo. Sifuna ukwazi indlela esinokuthi ngayo, kwixesha elizayo, sibe ngabafundisi abangcono babanye abantu. Unokufunda kunye nathi indlela yokusasaza inkcazelo elungileyo nokuphelisa ucalulo lwakudala!

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| Ziziphi iiprojekthi ezisebenzayo? |
| Iinkqubo zempilo zabahlali eziphumelelayo zidla ngokuba nezi zinto zifana ngazo:  Ziqala kancinci ziye zikhula, njengoko iimfuno nezinto abanazo abahlali zikhula kwaye zitshintsha.  Zibandakanya abahlali kuzo zonke iinxalenye zomsebenzi, ukususela ekucebeni ukuya kutsho ekuhloleni.  Kucelwa abahlali ukuba babe negalelo emsebenzini.  Kusetyenziswa iinkokeli ezinomdla ongundoqo ekusebenzeleni abahlali, hayi ekunyukeni kwabo emisebenzini okanye ekwenzeni imali.  Abantu abalawula ezi nkqubo baye bazamkele iimbono ezintsha kwaye bazifanise neemfuno ezitshintshayo zabo bancedwa yiloo projekthi.  Abantu ababandakanyekileyo abacingi ngempilo njengokuthintela nokunyanga izifo; bacinga ngeemfuno zomntu ngamnye kwezentlalo, kwiimvakalelo, nasemzimbeni. |

Ukuqhuba iintlanganiso zokufundisa

Ukuthetha nabafundi bakho ngesondo nange-HIV ne-AIDSlxviii

Bonke abafundi abakwiqela lakho banokuba neembono ezahlukeneyo ngesondo nangendlela yokuziphatha kwezesondo. Njengamququzeleli wemfundo nge-HIV ne-AIDS, kubalulekile ukuba ungazami ukunyanzelisa izimvo zakho kwiqela. Abantu abakwiqela banelungelo lokuba nezimvo nokhetho lwabo. Ukuba ude uthethe ngezakho izimvo, xelela iqela lakho ukuba ezo zizimvo zakho. Abanye abantu basenokuba neembono ezahlukileyo.

Nazi ezinye izinto onokuzithetha ukuze ube neembono nezimvo ezahlukeneyo kwiqela lakho:

1. • “Khumbulani ke ukuba izinto esizithetha apha zizinto zabantu kwaye ziyimfihlo. Siyathemba ukuba akakho apha phakathi kwethu oza kuthetha ngazo ngaphandle kweli gumbi.”
2. • “Asisoloko sivumelana nento ethethwayo, kodwa masizihloniphe izinto ezithethwa ngabantu bonke.”
3. • “Ukuba kukho into ofuna ukuyithetha, kodwa awufuni kuthetha ngayo kweli qela, nceda uzive ukhululekile ukuthetha nam emva kwale klasi.”
4. • “Abaninzi apha kuthi abathethi ngesondo. Kodwa i-HIV ne-AIDS ziyasinyanzela ukuba sithethe ngokuba nesondo ngendlela ekhuselekileyo namaqabane ethu ukuba le yekuphela kwendlela amaqabane ethu nabantwana bethu kube leyo kuphela kwendlela esinokuzikhusela ngayo.”

57

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| Umyalezo wakho nge-HIV |
| Nasi isiseko sawo nawuphi na umyalezo wokuthintela i-HIV. Xa usenza umyalezo wakho, cinga ngawo, kwaye ucinge nangabantu ofuna ukuba ufikelele kubo:  **Iziqulatho**: into ethethwayo.  **Ukunikezelwa:** indlela umyalezo obekwa ngayo, nendawo (umzekelo, kwisibhengezo esibhaliweyo, kwisibhengezo, okanye kunomathotholo).  **Imvakalo-zwi:** imeko odluliselwa kuyo (uvuyo, uloyiko, ukhuthazo, ukujonga njengento ebalulekileyo, njl.).  **Iinzuzo**: into aya kuyifumana umntu ngokufunda le nkcazelo. |

Sifunda njani?lxix

Eyona ndlela ilungileyo yokufunda into kukuyenza. Inkoliso yabantu ifunda ukuba ngamafama ngokusebenza emasimini, kunokuba ikufunde encwadini. Abantu banokufunda nangokuncokola, okanye ukufunda, okanye ukuva icebiso labanye abantu.

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Abona bafundisi balungileyo bayababandakanya abantu kwaye bakhuthaza izimvo ezintsha. Abababhidisi abantu okanye babenze bazive bezizidenge kuba bengazazi izinto okanye bekholelwa izinto ezingeyonyaniso

Abafundisi abalungileyo ababadiki abantu, kuba xa abantu bediniwekruqukile baya kulifulathela ithuba lokufunda. Kuthiwa ukufundisa kakuhle kukutsala iimbono zabafundi, hayi ukubafaka iimbono. Ukwabelana nabafundi ngenkcazelo kuyindlela engcono yokuba unontlalontle afundise.

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| Iprojekthi engumzekelo: Ukufundisa abasetyhini abakhulelweyo ngokusasazeka kwe-HIV |
| Chaza ukuba ngoobani iqela lakho: Ngabasetyhini abasexabisweni lokuba nabantwana kwikliniki yasekuhlaleni.  Chaza iinjongo zakho: Ekupheleni koqeqesho, abasetyhini abakwiqela baya kwazi ukuba i-HIV inokudluliseka isuka kumama isiya kusana ebudeni bokukhulelwa, bokubeleka, naxa encancisa.  Yenza izinto oza kuzisebenzisa: Yakha iseshini yokuqeqesha oomama abalinde ekliniki yemizuzu elishumi. Yenza izinto zokufundisa ngokubonisa, ezinjengezibhengezo ezibhaliweyo, ukuze ucacise ezinye iingcamango. Shukuxa iindlela i-HIV enokudluliselwa ngayo kwiintsana noko kunokwenziwa ngoomama ukuyithintela ukuba ingasasazeki.  Hlola iprojekthi: Emva kweseshini, buza imibuzo kwabasetyhini abeze ekliniki ngendlela i-HIV esasazeka ngayo. Baya kukuxelela oko baye bakufunda okanye abakufunda nendlela onokuphucula ngayo uqeqesho lwakho. |

**Ngoobani ofuna ukuthetha nabo?**

Ngaphambi kokuba uqalise iseshini yokuqeqesha, cinga ngabantu abaza kuba nenxaxheba.

Qiniseka ukuba wonke umntu uza kukwazi ukufikelela kwindawo oza kuqhuba kuyo iseshini …



Ngaba abantu abahamba ngezitulo ezinamavili okanye ngeentonga baza kuza?

Ngaba zikho iindlela zezitulo ezinamavili? Iilifti? Ngaba kuyafikeleleka kumagumbi okuhlambela?

Ngaba bakho abantu abaZizithulu abaza kuba nenxaxheba?

Ngaba zikho iitoliki zeNtetho Yezandla ekufuneka zimenywe?

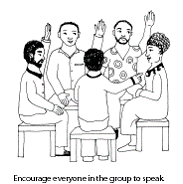
Ngaba bakho abantu abaziimfama abaza kuba nenxaxheba? Ngaba amaphepha kuza kufuneka abhalwe ngombhalo wamaqhuqhuva (Braille)?

Zifumanise kuselithuba iimfuno zazo baza kuba nenxaxheba ukuze uqiniseke ukuba olo suku luza kuba luhle kuye wonke umntu!

Ukuqalisa iseshonilxx

Indlela oyiseka ngayo iseshoni yenza umahluko. Ukuhlala ngesangqa yindlela elula yokubandakanya wonke umntu. Xa nihleli ngesangqa bonke abantu bayabonana ebusweni. Abantu banokwabelana ngeembono lula, kunokuba kubekho abaphulaphuli nomfundisi nje kuphela.

Xa uhleli kumgangatho omnye neqela, unceda abantu bazive bekhululekile ukuba baveze izimvo zabo kuwe.



Kamva, ngokukodwa ukuba iqela likhulu, unokubahlula babe ngamaqela amancinane. Loo maqela anokwandula afundisane. Cela iqela elincinane ngalinye ukuba lifundise iqela elikhulu ngezona zinto zibalulekileyo amalungu alo aye afundisana zona. Qala iseshoni yokuqala ngokucacisa oko ukucebele olo suku. Emva koko cela abantu ukuba bazazise.

Ukuzazisa kunceda abantu bazive bekhululekile ukuba bancokolisane.

Unokubabuza abantu ngoko sele bekuvile ngendlela i-HIV esasazeka ngayo nangendlela abantu abagula ngayo ngenxa yale ntsholongwane, nangawo nawaphi na amava abaye bawafumana kwi-HIV. Le nto iya kubonisa oko abantu abakwiqela banomdla kakhulu kulo noko bafuna ukukufunda; uya kutsho wazi ukuba umele uqale phi ukuveza iimbono ezintsha. Le nto inceda wonke umntu akhululeke ukuthetha neqela. Okubaluleke nangakumbi kukuba, ukushukuxa le miba kwenza iqela liqonde ukuba abantu baneenkolelo ezingafaniyo kwaye banamava angafaniyo nge-HIV ne-AIDS.

Xa umntu eqalisa ukuthetha, nabanye badla ngokungenelela. Imvakalelo yokuthembana nokusebenzisana inokwakheka kuba wonke umntu uziva ekhululekile ukuba athethe. Kubalulekile ukuthembana. Ukuthetha nge-HIV kuthetha ukuthetha ngesondo, ngeziyobisi, nangeminye imiba entununtunu. Ekuqaleni, kulula ukuba iqela liphendule imibuzo jikelele engenzi abantu bazive bengakhululekanga. Emva kokuthetha ngesondo nange-HIV ngendlela ephangaleleyo, abantu baya kukhululeka ukuba bathethe ngawabo amava.

Qwalasela indlela oyibuza ngayo imibuzo. Imibuzo efuna impendulo enye ayiyondlela igqwesileyo yokuqalisa ingxoxo.

Ngokomzekelo, xa ubuza iqela umbuzo othi “Ngaba wonke umntu olapha uyisebenzisa njalo ikhondom?” impendulo iya kuthi “ewe” okanye “hayi” baze abo bangazisebenzisiyo bazive benetyala ngokutsho njalo. Kunoko, unokubuza uthi, “Kutheni iikhondom zisebenza ekulweni i-HIV?” Imibuzo efuna impendulo ezininzi njengalo yenza abantu bathethe kwaye bavele izimvo zabo.

Phawula abantu abathethayo eqeleni.

Abantu abaneentloni abathethi kakhulu. Kwezinye iindawo ngabantu abadala abanegunya elikhulu, ngoko abantu abasebatsha basenokungafuni kuthetha izinto abazicingayo. Kwezinye iindawo, kwenzeka okuchaseneyo noku. Kokubini iingcamango zabantu abasebatsha nabantu abadala zibalulekile ukuze kufundwe nge-HIV. Kwiindawo ezininzi abasetyhini abadli ngakuthetha kakhulu xa bekumaqela anamadoda kunaxa bekumaqela anabasetyhini. Le nto iba yingxaki kuba iimbono zabasetyhini zibalulekileyo xa kuthethwa nge-AIDS, kwaye amadoda nabasetyhini kufuneka bathethe kunye nge-HIV.

Omnye weyona misebenzi ibalulekileyo ekuqhubeni iseshini yokuqeqesha kukunceda bonke abantu ukuba baveze izimvo zabo.

Buza umntu ngamnye oseqeleni umbuzo ngaxa lithile ebudeni boqeqesho. Musa ukoyika xa kuthulekile. Ubuncinane vumela ukuba kudlule imizuzwana emithathu ulinde ukuba kubekho umntu ophendulayo—loo nto inokungabi mnandi ekuqaleni, kodwa abantu abangakumbi baya kuveza izimvo zakhe xa becinga ukuba ulinde

ukuva kubo. Ngamanye amaxesha unokucela abantu abangathethiyo ukuba ibe ngabo abaphethe ingxoxo. Into ebalulekileyo kukuzama ukuveza iimbono ezahlukeneyo.

|  |
| --- |
| Ebudeni nasemva kweseshini yoqeqesho |
| Ebudeni boqeqesho  Ekuqaleni kweklasi nganye, chaza oko ukucebileyo kolo suku.  Cela iqela ukuba libeke imithetho eza kulawula iseshini. Nantsi eminye imizekelo:  Akukho mntu ufanele anyanzelwe ukuba achaze iimvakalelo zakhe okanye iimbono angathandiyo ukuzichaza.  Makuhlonelwe iimbono zabo bonke abantu kwimiba yesondo. Mayamkelwe into yokuba iimbono namava azifani.  Makucaciswe umahluko phakathi kokuthi “Ndikholelwa” nokuthi “Kuyinyaniso”.  Mazigcinwe ziyimfihlo izinto. Gxininisa ukuba akukho mntu ufanele athethe ngeemvakalelo okanye ngamava abanye abantu ngaphandle kweqela.  Hlola indlela oluqhuba ngayo uqeqesho:  Buza abantu ukuba yinto bebefuna ukuyifunda na le bayifundayo.  Ukuba asiyiyo, cela amacebiso endlela enokutshintshwa ngayo iseshini yokuqeqesha ukuze ibe bhetele. Ngaba kufanele kuthethwe ngemiba eyahlukileyo? Ngaba uqeqesho lufanele lunikelwe ngendlela eyahlukileyo?  Emva koqeqesho  Xubusha iindlela abantu abanokufunda okungakumbi ngako bebodwa.  Makubekho ixesha lokuxubusha uqeqesho:  Buza abantu abakwiqela ukuba bacinga ntoni ngeseshoni nangeendlela zokuyiphucula; thetha ngempumelelo nangeengxaki.  Amalungu eqela makahlengahlengise iseshini elandelayo. |

UVuyo: Ukufundisa abantu kufuneka kungabi kukuma nje phambi kweqela uze uthethe kuphela. Zikho iindlela ezahlukeneyo zokubandakanya abantu kwintlanganiso yokuqeqesha. Qhuba ufunda ukuze uve ezinye iimbono ezivela kubahlobo bethu kwi-Hesparian Foundationlxxi…

**Ukuphakelana izimvo**

“Ukuphakelana izimvo” kuxa iqela labantu lihlanganisana ukuze liphane izimvo ngendlela yokucombulula ingxaki. Xa niphakelana izimvo, bhalani phantsi iimpendulo ukuze abantu bazibone.

Thethani nichaze ukuba ziziphi iimbono ezizezona ziluncedo nize nilandelise ngezo zibonakala zilungile.

Ekupheleni, shukuxani iimpendulo nize ninikane imisebenzi eza kwenziwe ngentsasa elandelayo. Ninokusebenzisa ukuphakelana ngezimvo ukufumanisa ingxaki nokufuna isicombululo.

Ukusebenzisa imifanekiso

Abaqeqeshi abaninzi basebenzisa imifanekiso njengendlela yokuqalisa ingxubusho eqeleni. Imifanekiso iluncedo kakhulu kubantu abangakwaziyo ukufunda, kodwa inokunceda wonke umntu.

Ukubuza iqela ukuba umfanekiso uthetha ntoni kulo kunokuvelisa iimbono ezahlukeneyo.

Umntu ngamnye makaxelele wonke umntu oko akubonayo. Ulumkele ukuchaza loo mfanekiso ngaphambi kokuba uve izimvo zakhe wonke umntu; umntu ngamnye makazicingele.

**Ukusebenzisa ukudlalwa kweendima**

Xa kudlalwa indima, abantu baye badlale indima yomlinganiswa okwimeko enzima baze baze balinganise iingxaki eziqhelekileyo ebomini. Le nto inceda abantu abalinganisayo nabantu ababukeleyo bajongane nezabo iingxaki. Ukudlalwa kweendima kwenza abantu balungele kwaye baqhelisele oko baya kukuthetha okanye baya kukwenza ngexesha elinzima; iimeko zibonakala zizezokwenene. Iimeko ezininzi ezibonakali zinzima xa usiva zibaliswa, kodwa xa zilinganiswa ngoxa iqela libukele zinokutsho zivele iingxaki ezivela ebomini. Ukudlalwa kweendima kwenza abantu bacinge ngezicombululo zezi ngxaki.

UNandi: Kwaye Vuyo, ungalibali ukubaxelela ukuba ukudlalwa kweendima kuluhlobo olunye lwemidlalo yeqonga. Zininzi ezinye iintlobo ezinokusetyenziswa kwiintlanganiso zokufundisa.

UVuyo: Unyanisile, Nandi. Nazi ezinyelxxii…

**Ukuphucula imeko**

Ukuphucula imeko kukhuthaza ukuthethisana, ukushukuxa izinto nokuba nenxaxheba. Izifundo ezibalulekileyo ziquka indlela abantu abanokusebenzisana ngayo ukuze bakhe amabali baze bawajike abe ziidrama. Eli cebo liqinisekisa ukuba bonke abantu baba nethuba elilinganayo nokuba ibali *lelomntu wonke* kunokuba ibe lelomntu omnye.

Abantu banikwa umxholo baze balinganise idrama eyenzeke ngokwenene. Abo banenxaxheba bahlola indlela abaye benza ngayo izinto xa bebelinganisa kumdlalo baze babuze le mibuzo:

1. • Bekutheni ukuze umdlali othile aze aziphathe ngendlela enze ngayo?
2. • Ziziphi ezinye zezinto eziye zaqikelelwa ngokuya ngokwendima yobuni?
3. • Kutheni thina njengabalinganisi siye senza ngala ndlela?

**Ukubalisa Ibali Njengeqela**

Xa *kubaliswa ibali njengeqela,* iqela linokwahlulwa libe ngamaqela alawulekayo abantu abathathu kwiqela ngalinye. Iqela elincinane ngalinye libaliselana ibali lalo. La maqela ayadibana aze abalise ibali lawo kwabo banenxaxheba. Ekugqibeleni, onke amaqela ayadibana ayile ibali elinye. Eli cebo libethelela ukubaluleka kokuxoxa izinto ezibalulekileyo kunye.

**“Ukluhlala phambili”**

Xa ehlala phambili umdlaliuye aqhubeke elinganisa ngexa abaphulaphuli becelwa ukuba bambuze imibuzo. Ngokomzekelo, kunokubuzwa le mibuzo ilandelayo: “Ungubani kulo mdlalo? Yena unokuphendula athi: “Ndingowasetyhini osandul’ ukutshata kwaye ndifumanise ukuba ndinentsholongwane. Ndicinga ukuba ngumyeni wam ondosulele ngale ntsholongwane.” Omnye umntu unokubuza: “Wenza njani ukuhlangabezana nale nto?” Umququzeleli woqeqesho ucela abantu abahlukeneyo ukuba bahlale kwindawo apho baza “kuhlala phambili” kwaye ukhuthaza abo banenxaxheba ukuba babe negalelo kule nkqubo.

**Ukulinganisa**

Ekulinganiseni, kuye kuthethwane nabo banenxaxheba ngemeko efanele ilinganiswe, ngokomzekelo, esibhedlele apho umguli axela ingxaki yakhe kugqirha ofanele akwazi ukucacisela abo banenxaxheba ukuba yintoni ingxaki. Imibuzo enokuxutyushwa iquka le:

1. • Yintoni eyenzekayo kumdlalo wokuxelisa?
2. • Ngaba abantu baneendlela ezahlukeneyo abazitolika ngayo izinto?
3. • Ziziphi iimvakalelo eziveliswayo?
4. • Yintoni ebe namandla?
5. • Ngawaphi amacebiso eninawo okuphucula?

Ibhokisi yezixhobo zomququzeleli

Njengomuquzeleli kuluncedo ukuzama ukugcina zonke izinto zakho ndawonye ukuhlala ulungele iiseshoni. Usenokufuna ukuquka ezi zinto zilandelayo kwi “kit” yakho:

1. • Ucwangciso losuku
2. • IHandouts/ Okanye amanqaku oza kuwadlulisela
3. • Iswotshi okanye ifoni ukugcina ixesha
4. • IFlip tshati
5. • Amasiba iikoki, amasiba nepensile
6. • IiPosta
7. • Ikhondoms

Lo ngumzekelo wocweyo losuku olunye olutshayelelayo kwimiba ye-HIV nokuKhubazeka iyilelwe iqela elincinane lolutsha olukhubazekileyo. Ukuba kunokwenzeka okuqulethwe apho kunokunwetyelwa kwiintsuku ezimbalwa ukuvumela ixesha elingakumbi ukuxoxa ngezihloko nemihla emifutshane…

**Isampuli ye-Ajenda**

**9h00:** Ulwamkelo noLindelo

**9h15**: Umdlalo otshayelelayo

**9h45:** Intshayelelo yoQeqesho – Kutheni silapha?

**10h00:** Ukukhubazeka, ezeSondo neSini

(iingxoxo ezincinane zeqela)

**10h30:** Iqela elikhulu imibuzo neempendulo

**11h00:** IXESHA LOKUPHUNGA

**11h15:** I-HIV ne AIDS (Uyintoni umahluko? Ukudlulisela namanqanaba asekliniki)

**12h00:** Inkqubo yethu yokuLwa neziFo, uhambelo phambili lothwalo lwentsholongwane kwimizimba yethu

**13h00:** ISIDLO SASEMINI

**13h45:** I-VCT (Ingxoxo noMdlalo)

**14h45:** -MTCT

**15h15:** Ukuphila ne-HIV (Ukwazisa nokuQamba)

**15h45:** Ukunyanga ngee-OI, Zintoni ii-ARV?

**16h30:** Imibuzo, Amanyathelo alandelayo

**17h00:** Ukuvala

Ukulungiselela iphulo

Besakube befundisiwe abantu inyathelo elilandelayo kukuba bathabathe INYATHELO ukuphaphamisa ngokungaphaya kodwa kwakhona kuchaphazela utshintsho nokuphucula isimo.

**IiPosta, Amatshana namaQweqwe** ngoothunywashe ababalulekileyo bokugaya nelinge elenzelwa ukufundisa. Akunyanzelekanga ukuba zibe nobugoci-goci nabanina unako ukuzenza. Khumbula ukuba wonke ubani unako ukwenza iiposta nangayo nayiphina into, YIBA NOBUCHULE!!!!

**Nazi izikhokelo ezivela kwabakwa DPSA Incwadi yokuQeqesha yabaXhasi lxxiii enokuthi ikuncede xa ulungiselela iphulo.**



1. 1. Chonga umba
   1. • Yintoni kanye ingxaki?
2. 2. Misela iinjongoZibekele Usukelo
   1. • Yenze icace injongo yakho.
3. 3. Chonga ojolise kuko kwabo ofuna ukuThetha kubo
   1. • Ujonge obani?
4. 4. Yakha inkxaso
   1. • Ngubani onokungenela ulwazi olukhethekileyo nezibonelelo ezinokunceda olugayo?
   2. • Uqhagamshelwano!
5. 5. Uphando
   1. • Zenzele olwakho uphando oluzimeleyo ngemiba esematheni.
   2. • Qiniseka ukuba uyayiqonda imithetho/uwiso mthetho ukulawula imiba esematheni.
6. 6. Phuhlisa umyalezo
   1. • Yintoni oya kuyithetha noya kuyenza?
   2. • Uya kulupapasha njani ugayo lwakho?
7. 7. Funda amajelo onxibelelwano
   1. • Ngubani onembopheleleko yantoni?
   2. • Ngubani ofanele usoloko umazisa?
8. 8. Unyuso lwengxowa-mali
   1. • Ziziphi izibonelelo oya kuzifuna?
   2. • Unokuzifumana phi?
9. 9. Yakha umkhanya uze uvavanye

Ukubhala into eza kuphuma ephepheni

Esinye sezona zixhobo zibalulekileyo zephulo isenokuba *NGOONONDABA*. Oku kuquka amaphephandaba oluntu, amaziko onomathotholo, udliwano-ndlebe, izibhengezo njl. njl. Ezi zinto zisenokukunceda ukuba ukhuphe umyalezo.

Ukubhala into eza kuphuma ephepheni kufutshane, iileta ezinephepha elinye ezinika onondaba inkcazelo ebalulekileyo malunga neso siganeko sakho. Emva kokuba uthe wafeksa, waposa nge-imeyile okanye wahambisa ngesandla ukuba kupapashwe qiniseka ukuba uyayilandelela le nto koonondaba ngomnxeba okanye uye ngobuqu kusuku olulandelayo ukubonisa ukuba uyakhathala ngokwenene ngalo mcimbi wakho.

Nazi ke ezinye izikhokelo zokubhala into eshicilelwe ukuba ipapashwe:

1. • Cinga ngesishloko
2. • Ukuba iqela lakho linesihloko/igama emantla eleta (letter head) lisebenzisele ukuba lube luncedo kupapasho lokubhaliweyo.
3. • Isihloko kufanele sidlulisele eyona ngcamango ingundoqo kokubhaliweyo kwaye kuquke umongo, nesindululo (obona bude bube yimigca emibini.
4. • Isiqendu sokuqala sinike inkcazo engundoqo ekuphenduleni imibuzo “emi-5” eyile: Ngubani, Yintoni, Phi, Nini, kwaye Kutheni.
5. • Iziqendu ezilandelayo zinike inkcazo eneenkcukacha ibe sekuqaleni ukuze umhleli wendaba akwazi ukukrazula iziqendu esusela ekugqibeleni engayilahlanga eyona ntsingiselo yokubhalelwe ukuba kupapashwe.
6. • Nikezela ngegama nenkcazo ngoqhagamshelwano lomntu onomdla noya kuthi akwazi ukuphendula imibuzo kudliwano ndlebe.

Nantsi imizekelo yokupapashwa kokubhaliweyolxxiv, unako ukuzisebenzisa njengesikhokelo sokuzibhalela ngokwakho:

**IiNkampani ezingawaThengisiyo amaChiza amaTsha e-AIDS e-Afrika**

8 December, 2005

Abuja, December 8, 2005 - - Amachiza kunye nemixube emitsha yalelyo sele ikhona ye- AIDS zifuneka ngokukhawuleza e-Afrika kodwa azifumaneki kuba iinkampani zeebrendi zikhetha ukungawathengisi kwaye awekho amanye amayeza awenziwe ukuba afane nawo, ngokwemibutho yabantu yezonyango i-Médecins Sans Frontières (MSF). KwiNkomfa yamaZwe ngamaZwe nge-AIDS kunye noSulelo oluSasazeka ngokwaBelana ngeSondo e-Afrika (International Conference on AIDS and Sexually transmitted infections in Africa) (ICASA) e-Abuja, Nigeria, uMbutho wezeMpilo weHlabathi (World Health Organization) (WHO) wabeka izikhokelo ezitsha kunyango lwe-HIV/AIDS, ezaziquka amachiza amaninzi angafumanekiyo e-Afrika. Umzekelo omnye liyeza le-antiretroviral (ARV) i-lopinavir/ritonavir, ethengiswa yifem yoxubo-mayeza yase-US i-Abbott njenge-Kaletra. Kutsha nje i-Abbott iye yazisa umxube wechiza elitsha, ngokungafaniyo nowokuqala, awufuni ukufakwa efrijini. Nangona lo mxube mtsha uya kuba lubncedo kakhulu kwimo yase-Afrika ayifumaneki apha kwilizwekazi. Iprojekithi ye-MSF e-Khayelitsha, eMzantsi Afrika, sisikhombisi semizila yexesha elizayo kwenye indawo e-Afrika. Ishumi elinesixhenxe leepesenti lezigulane olukunyango iminyaka emine zifuna unyango olulandelayo. “IKhayelitsha sisibane sexa elizayo lonyango lwe-AIDS,” ucacise kanjalo uGqirha Eric Goemaere, intloko yemishini ye-MSF eMzantsi Afrika. “Ukua ngaba asilufumani ufikelelo kula machiza matsha ngamaxabiso eafikelelekayo, isiphumo singaba sibi kwi-Afrika. Izigulane ezimpilo yazo isindiswe lunyango lwenqanaba lokuqala ziyakuyekwa nje ukuba zifune unyango lwenqanaba lesibini. Sifuna amachiza angaphaya afikelelekayo awenziwea ziinkamopani ezininzi.” Kule veki, ufikelelo kwizibonelelo ezifikelelekayo zamayeza amatsha kuye kwanyinwa ngokungaphaya sisigqibo soMbutho woRhwebo weHlabathi sokuseka iinkqubo ezixandileyo zokuthumela kumazwe angaphandle kwamanye amachiza awenza into enye. I-MSF okwangoku inika unyango lwe-ARV kubantu abangaphezulu kwama- 57,000 abaphila ne-HIV/AIDS kumazwe angama-29. ENigeria, i-MSF inyanga ngaphezulu kwezigulaen ezingama-950 ngee-ARVs oko ikwenza ngokhathalelo lwaseklinikioluxandileyo e-Lagos. Ekunokuqhagamshelwana nabo: u-James Lorenz, +234 (0) 806 544 2495 okanye u-Daniel Berman +234 (0)803 360 1130 okanye +33 6 77 53 53 17

Vuyo: Ngoku lixesha lakho! Khawuqalise iphulo kwaye bona ukuba unako na ukuyiphendula le mibuzo ilandelayo:

Isahluko 10 imibuzo:

1. 1. Nika imeko apho unokusebenzisa khona enye yezi zixhobo zoququzelelo zilandelayo: Ukunika izimvo, Imifanekiso, uphuculo, ukudlala imidlalo, Isifundo.
2. 2. Unokuqiniseka njani ukuba kukho umoya wokuthembana nentlonelo ebudeni bocweyo lakho?
3. 3. Yabelana ngoluvo olunye yokugayela uluntu lakowenu okanye emsebenzini nomntu ohleli ecaleni kwakho. Dwelisa ezabo.

Nandi: Ndicinga ukuba ezingcamango zintle kakhulu!

Vuyo: Ndiyayazi, loo nto Nandi; uyimvumi eliciko, unako ukucula ucweyo!

Nandi: *(ehleka)* kulungile, sithandwa. Kodwa sinomsebenzi omkhulu kuqala.

Vuyo: Yintoni lo msebenzi?

Nandi: Kukuba nosana…



**ISAHLUKO 11**

Uqhagamshelwano

Kuba nje ungahlali eKapa okanye eJo’burg loo nto ayithethi ukuba awunako ukuzisebenzisa iinkonzo ezilungiselelwe yile mibutho. Inkoliso yale mibutho iye yanikezela ngamasebe asekhuhlaleni. Hlolisisa i-website okanye tsalela kwi-Ofisi yeSizwe ufumanise ukuba kwenzeka ntoni kummandla okuwo!

Iprojekthi yomthetho weAIDS

Inikela ngoncedo lomthetho nenkcazo nakweyiphi na imiba ephathelene ne-HIV/AIDS.

www.alp.org.za

ATICC (AIDS Training, Information and Counselling Centres)

La maziko anika uhlolo lwesisa iinkonzo zoluleko kubo bonke kwanezibonelelo noqeqesho lokucetyiswa kwixesha elizayo. Amanye amaPhondo anamaziko angaphezulu kwelinye nangona sidwelise kuphela elinye.

***Mpuma Koloni****: eBhayi: 041 506 1249*

**Free State:** 051 405 8544

*Gauteng: 011 988 1064/5*

*Limpopo: 015 290 2363*

*Ntshona Koloni: 021-797-3327*

**Kwa-Zulu Natal**: eThekwini: 031 300 3104/3020

*Mpumalanga: Nelspruit: 013 759 2167*

Abantu abakhubazekileyo eMzantsi Afrika

I-National Association of People with Disabilities, undoqo kukuba ibandakanyeke kumalungelo oluntu olukhubazelikileyo lwaseMzantsi Afrika.

www.dpsa.org.za

021-422-0357

HIV/AIDS ne-Disability Global Survey

Le yi-website esemagqabini enenkcazo ngokungaphaya malunga nemiba ye-HIV/AIDS imiba ngokukhethekileyo ephathelene abantu abakhubazekileyo.

http://cira.med.yale.edu/globalsurvey/

I-Life Line/Umnxeba wobomi

-Life Line inamaZiko kulo lonke ilizwe inikela ngeenkonzo ezahlukeneyo zokucebisa nohlolo, kuxhomekeka kwiimfuno zoluntu olo ezikhethekileyo.

www.lifeline.org.za

**Umnxeba wentlekele yeSizwe: 0861-322-322**

*Abakwa-Love Life*

Iinkonzo zakwa-Love Life ziquka uncedo kulutsha, amaziko olutsha neekliniki zolutsha ezinobuhlobo kwilizwe lonke. Ezi ndawo zinika imfundo nge-HIV nezempilo nolonwabo ngendlela yokusingqongileyo okunolonwabo.

**www.lovelife.org.za**

**0800-121-900**

**UmNxeba woNcedo lwe-AIDS kwiSizwe**

I-AIDS Helpline (umnxeba woncedo lwe-AIDS) yinombolo yesisa yokucebisa, neenkonzo zokudluliselwa kwabantu abosulelwe yi-HIV ne-AIDS.

**www.aidshelpline.org.za**

**0800-012-322**

**I-Soul City**

Iphulo lesizwe le-multi-media health awareness campaign.

**www.soulcity.org.za**

**011-643-5852**

**IiNkonzo zokuSasaza okuPhathelene ne-AIDS kumaZantsi e-Afrika (Southern African AIDS Dissemination Service)**

I-SAfAIDS iququzelela ize isasaze inkcazo ngeenkalo ezahlukeneyo zobhubhane we-HIV/AIDS kuwo onke aMaZantsi e-Afrika. Yona izinze eZimbabwe.

**www.safaids.org.zw/safaids.html**

**I-Treatment Action Campaign (TAC)**

I-TAC ibandakanya iinkalo zokunyanga; nokufundisa kwaye inamasebe amaninzi namaqela axhasayo kulo lonke ilizwe.

**www.tac.org.za**

**021-788-3507**

**Wola Nani**

Umbutho okhethekileyo onikela ngoncedo lokuhlola noluleko, ukunyamekela ukufundisa nokuxhasa abantu abaphila ne-HIV/AIDS eKapa neendawo ezilingqongileyo.

**www.wolanani.co.za**

**021-423-7385**

Vuyo: What shall we name him?

Nandi: You mean her…

Izibonelelo

Nanzi esinye iincwadi neempapasho ekubhekiselwe kuzo kule ncwadi yokuqeqesha.

Bogopane, Hendrietta Ipeleng, 2002. *South African National AIDS Council: Disability Sector Report 2000-2001.* Johannesburg: 2nd Disability Sector Summit.

Cockburn, Annette, 2002. *Advocacy Training Manual*. Cape Town: Disabled People South Africa.

Granich, Reuben and Jonathan Meriman, 2001. *HIV, Health and Your Community: A guide for action.* Berkeley: Hesparian Foundation.

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Project Literacy, 2001. *Positive People: Managing HIV/AIDS in the workplace*. Cape Town: Kagiso Education.

Rahiman, Fatima and Deborah Ewing, 2001. *Pregnancy and HIV/AIDS: A Practical Guide.* Cape Town and Johannesburg: Treatment Action Campaign and AIDS Law Project.

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Soul City, 2002. *HIV and AIDS User Guide*. Houghton: Soul City.

World Bank, 2004. *Disability and HIV/AIDS: at a glance*. http://cira.med.yale.edu/globalsurvey/Fact%20sheet.pdf

i Granich, Reuben and Jonathan Meriman, 2001. *HIV, Health and Your Community: A guide for action.* Berkeley: Hesparian Foundation, p. 231

ii Granich and Meriman, p. 229

iii The story of Vuyo and Nandi was written by Bulelani Mvoto and Myroslava Tataryn (c 2006) and is used with permission of the authors. Photos accompanying the story were taken by Myroslava Tataryn.

ivWorld Bank and Yale University, 2005. “Disability and HIV/AIDS at a glance” Global Survey on HIV/AIDS and Disability. http://cira.med.yale.edu/globalsurvey/

vibid.

viibid.

vii from Glossary of Sexual Terms “Sex Stuff” © 2000-2005 Cool Nurse (http://www.coolnurse.com/sex\_glossary/glossary\_s.htm)

viii from Glossary of Terms “SmarterSex.org” (http://www.smartersex.org/resources/glossary.asp)

ix Planned Parenthood Federation of Canada. “Sexuality and Youth with Physical Disabilities” http://www.ppfc.ca/ppfc/content.asp?articleid=409

x ibid.

xi ibid.

xii Image from website of World Food Programme: www.wfp.org

xiii From Soul City’s HIV and AIDS User Guide p. 43

xiv From Soul City’s HIV and AIDS User Guide p. 43

xv Positive People, Project Literacy

xvi Bogopane, Hendrietta Ipeleng, 2002. *South African National AIDS Council: Disability Sector Report 2000-2001.* Johannesburg: 2nd Disability Sector Summit.

xviiWorld Bank and Yale University, http://cira.med.yale.edu/globalsurvey/

xviii The following is from Soul City’s HIV and AIDS User Guide p. 44 - 43

xix Granich and Meriman, p. 235

xx ibid, p. 230

xxi ibid, p. 229.

xxii ibid, p. 230

xxiii ibid.

xxiv Images from “HIV Testing Information” www.vpul.upenn.edu and “hiv” www.eccentrix.com

xxv ibid p. 5 – 9

xxvi ibid.

xxvii ibid.

xxviii Malan, Jaco, ed., 2003. *HIV in our lives*. Cape Town and Johannesburg: Treatment Action Campaign and AIDS Law Project, p. 5

xxix ibid, p. 6

xxx ibid, p. 7

xxxi ibid, p. 234

xxxii ibid, p. 234

xxxiii Image from website of World Food Programme: www.wfp.org

xxxiv Image from wbiste: wadias.in

xxxv Instructions and images regarding the female condom are taken from “RipnRoll.com” (http://www.ripnroll.com/femalecondoms.htm)

xxxvi Instructions and images regarding the male condom are taken from “Health24.com” (http://www.health24.com/sex/Great\_sex\_guides/1253-2487-2489,31770.asp)

xxxvii from “eTekwini Online – Using Condoms” (http://www.durban.gov.za/eThekwini/Community/health/using)

xxxviii Granich and Meriman, p. 235

xxxix ibid.

xl ibid, p. 231

xli ibid, p. 231

xlii Image and text from Project Literacy, 2001. *Positive People: Managing HIV/AIDS in the workplace*. Cape Town: Kagiso Education, p. 40

xliii Project Literacy, p. 42

xliv Malan, Jaco, ed., p. 4

xlv ibid.

xlvi Malan, Jaco, ed., p. 5

xlvii Project Literacy, pg. 42

xlviii Image from Project Literacy, pg. 66

xlix Granich and Meriman, p. 233

l l Malan, Jaco, ed., p. 43

li From Malan, Jaco, ed., Malan, Jaco, ed., p. 1 - 2

lii ibid.

liii Image from website of World Food Programme: www.wfp.org

liv ibid., p. 4

lv ibid., p. 5

lvi ibid., p. 6

lvii ibid., p. 62

lviii ibid., p. 62

lix ibid., p. 63

lx From the Cambridge Advanced Learner's Dictionary, © Cambridge University Press 2006 (http://dictionary.cambridge.org/define.asp?key=78147&dict=CALD)

lxi from “Glossary” Copyright 2002 Institute for Cultural Partnerships (http://www.culturalpartnerships.org/productspubs/glossary.asp)

lxii From Southern Africa HIV and AIDS Information Dissemination Service (http://www.safaids.org.zw/viewinfo.cfm?id=47&linkid=4&siteid=1)

lxiii Project Literacy

lxiv Project Literacy

lxv Sister to Sister, n.d. *Mother to Child*. Cape Town: Treatment Action Campaign, p. 2

lxvi following from Rahiman, Fatima and Deborah Ewing, 2001. *Pregnancy and HIV/AIDS: A Practical Guide.* Cape Town and Johannesburg: Treatment Action Campaign and AIDS Law Project, p. 11 – 14.

lxvii from “News Release” © Wikipedia 2006 (http://en.wikipedia.org/wiki/Press\_release)

lxviii Soul City, 2002. *HIV and AIDS User Guide*. Houghton: Soul City, p. 46

lxix Granich and Meriman, p. 126

lxx ibid, p. 128; image from p. 130

lxxi ibid, p. 133-134

lxxii from SAfAIDS, Issue 61, September 2004 (www.safaids.org.zw)

lxxiii Cockburn, Annette, 2002. *Advocacy Training Manual*. Cape Town: Disabled People South Africa, p. 47 - 54

lxxiv Oku kukhutshwe ezindabeni kuthathwe kwi-website ye- MSF yofikelelo kwiphulo lwamayeza ayimfuneko.

Iifoto ezikule ncwadi zithathwe ngu-Myroslava Tataryn, Bulelani Mvotho no-Gillian Burrows. Zithathwe ngexa locweyo, iintlanganiso nemisitho eyahlukeneyo ye-DPSA eyayibanjwe eNtshonaKoloni ngo-2005.