

# Vuk'uzenzele

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INSIDE:**

## HIV-positive woman fights negative stigma

### More Matshediso

**D**rawing on her experiences, an HIV-positive young woman is educating people about HIV. Her reassuring and positive message is that HIV can be treated and also prevented.

Mpho Mbheki (31) believes that South Africa can have an HIV-free generation if HIV-negative people avoid infection and if people living with HIV consistently take their medication and don't infect others.

When she was 19, Mbheki took an HIV test. She took another two tests and got the same result each time.

"I tested positive three times in that year. I was

shocked, scared and in denial. I just could not believe it was true. I had a lot of emotions. I thought my life was over because I was so young and had never thought I could be HIV-positive," she remembered.

"I think what scared me the most was that I grew up in Butterworth, in the Eastern Cape, where people used to think that everyone who is HIV-positive got infected because they were sleeping around. It took me almost two years to accept my status. It was only after going for another test in 2009 that I got to accept my status," she said.

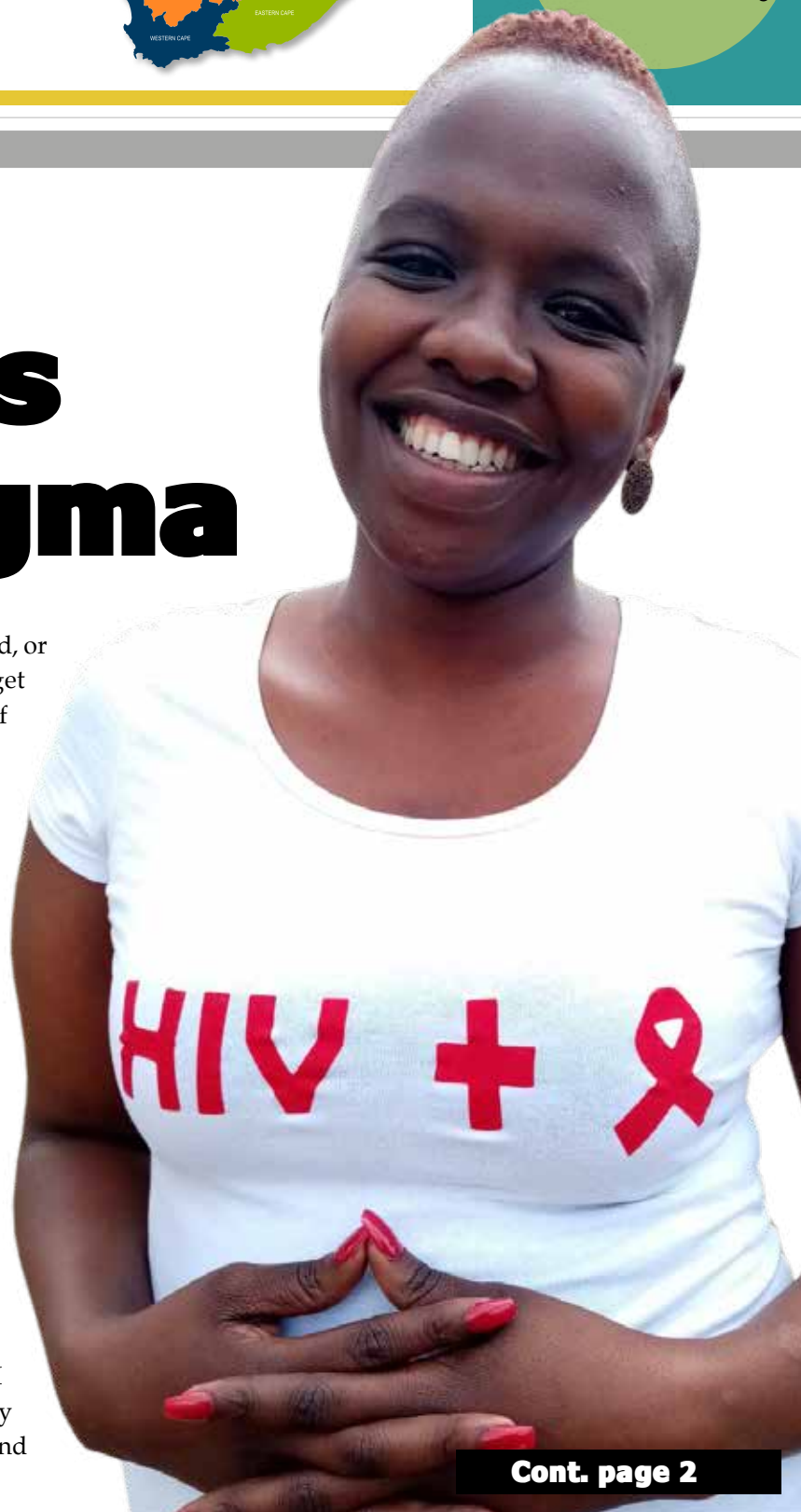
Mbheki said she worried about using her antiretroviral medication (ARV).

"I feared that my body

would be deformed, or that I will either get fat or lose a lot of weight. I remember collecting my medication for three consecutive months without drinking it because I was scared. I went for a number of counselling sessions at a local clinic and started drinking my medication," said Mbheki.

Eventually, she told her family.

"I told my parents first and then I told my sisters. They were all shocked and asked



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# Ukuthintela iNtsholongwane kaGawulayo nge-PrEP



Dale Hes

**B**amalunga nama-36 000 abantu base-Mzantsi Afrika ngoku abanamathuba angama-96% okungosuleleki yiNtsholongwane kaGawulayo, oku kwenzeke ngenxa yoncedo lwenkqubo ye-Pre-exposure Prophylaxis (i-PrEP) ngoku ekhutshwa liSebe lezeMpilo (i-DOH).

UMzantsi Afrika ube lilizwe lokuqala kumazwe ase-Afrika akumazantsi eSahara ukuvumela ukusetyenziswa kwe-Pre-exposure Prophylaxis (i-PrEP).

I-PrEP ngumxube wamayeza amabini eNtsholongwane kaGawulayo ekufuneka ukuba aselwe yonke imihla ukuthintela usuleleko lwe-HIV.

## Yintoni i-PrEP?

I-PrEP inokuchazwa ngcono ngokwahlulwa-hlulwa kwegama ngalinye legama;

**Pre** = ngaphambili

**Exposure** = ukosuleleka nge-HIV

**Prophylaxis** = unyango lokuthintela ukwenzeka kosuleleko

Abantu abangenayo i-HIV abakumaqela asemngciphekweni omkhulu wokosuleleka banokusebenzisa i-PrEP ukunqanda ukosulelwa yi-HIV.

## Kwakutheni ukuze kwaziswe i-PrEP?

Umbutho wezeMpilo weHlabathi (i-WHO) waqala ukuvumela unyango ngowama-2015. I-WHO yacebisa ukuba abantu abakumngcipheko omkhulu wokosulelwa yi-HIV kufuneka basebenzise i-PrEP yonke imihla njengexalenye

yesicwangciso esidibeneyo sokuthintela i-HIV. Ukuba ithathwe ngokuchanekileyo, unyango lube yimpumelelo engama-99% ekunciphiseni umngcipheko wokufumana i-HIV.

Urhulumente uye walinakana ixabiso lokongeza le ndlela yokuthintela eqinisekisiweyo kwezinye iinkqubo ezibanzi ezikhoyo zokulwa esi sifo.

UMzantsi Afrika unelona nani liphezulu ehlabathini labantu abane-HIV ne-AIDS.

I-DOH yaqala ukukhupha i-PrEP kwiiklinikhi ezili-11 ezikumaphondo amahlanu ngowama-2016. Ukukhutshwa kuye kwenziwa ngokuthethu, kubantu abamalunga nama-36 000 ngoku abafumana unyango lwe-PrEP.

## Ngubani ekufuneka athathe i-PrEP?

Unyango lwe-PrEP lolunye lweentlobo ezifumanelekayo kubantu abazifumana bekumngcipheko woku-

20% kubantu abamalunga nama-350 000 abosulelwa yi-HIV rhoqo ngonyakabanento yokwenza nomsebenzi wokuthengisa ngomzimba. Amanina athengisa ngemizimba ngawona asemngciphekweni, ngama-33% wawo osuleleka yi-HIV xa eneminyaka engama-24, ngelixa angama-80% osuleleka emva kobudala beminyaka engama-25. Isebe lithe eli nani liphakamileyo labantu abosulelekayo lingqina ukuba i-PrEP kufuneka isetyenziswe ngaphandle kokulibazisa ngamalungu eli qela, ingakumbi ngenxa yezinga eliphezulu loBundlobongela obuJolise kwiSini kunye nodlwengulo, kunye nokungabinalungelo lokwenzalo msebenzi ngokusemthethweni. Ukukhutshwa okuninzi kwe-PrEP kuye kwaqitywa okanye kuyaqhutywa kwiindawo apho kusebenza khona abathengisi ngemizimba.



## Amantombazana kunye neentombi

Amantombazana kunye neentombi aneminyaka yobudala ephakathi kweli-15

engama-24 nawo asemngciphekweni wokosulelwa yi-HIV. Oku kungenxa yezizathu ezininzi eziquka ukwabelana ngesondo namadoda amadala asulelekileyo, ukungasetyenziswa kwekhondomu rhoqo, ukungakwazi ukuzikhethela indlela ekhuselekileyo afuna ukwabelana ngayo ngesondo, nobundlobongela obujolise kwezesondo kunye nesini.

## Amadoda abelana ngesondo namanye amadoda

Isebe liqaphele ukuba amadoda abelana ngesondo namanye amadoda ngawona asemngciphekweni kuba nawo angabandakanyeka kwezinye iindlela zokuziphatha ezinomngcipheko ezifana neziyobisi nokuthengisa ngesondo. Kuphando olwenziweyo, sele kuqinisekisiwe ukuba ukubonelela nge-PrEP kula maqela kubonise ifuthe elikhulu kakhulu ekuthinteleni usuleleko lwe-HIV

## Amaqabane abantu abane-HIV

Amanye amaqabane azifumana ekwimeko apho elinye iqabane line-HIV lize elinye lingabinayo. Kwiimeko ezininzi, oku kuyenzeka nangona omabini amaqabane engayazi ukuba elinye line-HIV. Ukubonelela ngonyango lwechiza lokuthomalalisa ulwamvila lukagawulayo (i-ART) kwiqabane elosulelekileyo kunganciphisa ubungozi bokosuleleka nge-96%, ngelixa i-PrEP yeqabane elingasulelekanga inganciphisa umngcipheko wabo nge-75%.


## Ingaba i-PrEP inazo iziphumo ebezingalindelekanga kusini na?

I-PrEP inganeziphumo ezingalindelekanga kwabanye abantu xa beqala ukuyisebenzisa. Kumaxa amaninzi ezo ziphumo ziquka:

- Isicaphu-caphu
- Intloko ebuhlungu
- Ukudinwa
- Isifo sorhudo
- Ukunxunguphala kwenqondo
- Amaphupha angaqhelekanga
- Ukugabha
- Ukurhawuzelelwa
- Iingxaki zokungakwazi ukulala
- Utshintsho kumdlawo kutya

Kuninzi lwabantu, ezi zigulo zingasentla ziyaphela emva kweeveki ezimbalwa.

## Ungayifumana phi i-PrEP?

I-PrEP yasimahla iyafumaneke ngoku kwiindawo ezili-108 kwilizwe jikelele. 

**Ngeenkukacha ezithe vetshe ngena kule webhusayithi:**  
**[www.myprep.co.za](http://www.myprep.co.za)**  
**Ungatsalela umnxeba kule nombolo yoNcedo kaZwelonke yasimahla ye-HIV ne-AIDS ethi:**  
**0800 012 322**

**\*Ezi nkukacha zinikezelwe liSebe lezeMpilo**

## Ubusazi na?

ISebe lezeMpilo liyayicacisa gca into yokuba i-PrEP akufanelanga ukuba ithathe indawo yezinye iindlela ezisebenzayo nezimisweyo zokuthintela i-HIV. Izifundo nge-PrEP zonke zisekelwe kwindlela edibeneyo yokuthintela, kuquka ukuvavanywa rhoqo nokusetyenziswa kwekhondomu kunye nezinye izinto zokuthintela inzala. Ezi kufuneka zisetyenziswe kunye nonyango lwe-PrEP.