

# XA ITHATHWA MIHLA LE, I-PrEP YENYE INDLELA EYONGEZELELEKILEYO YOKUTHINTEL A KUBANTU ABANGENAYO I-HIVI

## Yintoni i-PrEP?

I-PrEP okanye i-pre-exposure prophylaxis iza iyipilisi, iyi-200 mg ye-emtricitabine ne-300 mg ye-tenofovir, zixutyiwe.

## Ndifanele ndiyithathe njani i-PrEP?

Ungathatha ipilisi ye-PrEP ibenye ngosuku nokutya okanye ngaphandle kokutya. Kuyanceda ukuthatha ipilisi ngexesha elinye suku ngalunye ukuze ungalibali. Ukuba uyalibala ukuthatha ipilisi, yithathe ngokukhawuleza xa uyikhumbula kodwa ungathathi ngaphezu kwepilisi e-1 ngosuku



## Kutheni ndifanele ndiyithathe i-PrEP?

I-PrEP inceda ekuthinteleni i-HIV kubantu abangenayo i-HIV.

NDINELUNGELO LOKUPHILA  
NGAPHANDLE KWE-HIV  
NDINOMSEBENZI  
WOKUNCEDA EKUTHINTELENI  
UKUSASAZEKA KWE-HIV

## Ndingayigcina phi i-PrEP?

I-PrEP ifanele igcinwe kwindawo epholileyo, kude nabantwana. Yigcine kwikhonteyina evalwe yaqiniswa.

## **Zeziphi iimpawu ezingathandekiyo?**

Abanye abantu bafumana iimpawu ezingathandekiyo ezingephi xa beqala i-PrEP. Uninzi lwazo luyaphela emva kweeveki ezimbalwa, xa umzimba wakho sele uqhelene namayeza.

### **Ezona mpawu zingathandekiyo ziqhelekileyo ziкуka:**

- Isicaphucaphu • intloko ebuhlungu • ukugabha • irhashalala • nokuphelelwa ngumdla wokutya •

## **Yintoni ekufuneka ndiyazi nge-PrEP?**

- Kubalulekile ukuba uvavanyelwe i-HIV rhoqo kwiinyanga ezi-3.
- I-PrEP ayiyinyangi i-HIV.
- I-PrEP ayikukhuseli ekufumaneni i-HIV. I-PrEP iyinxalenye yendibenisela yokuthintela i-HIV, ngoko siyakukhuthaza ukuba usebenzise ezinye iindlela zokwabelana ngesondo ngokukhuslekileyo njengokusebenzisa iikhondom nezithambisi.
- Lipilisi zakho zenzelwe wena KUPHELA. Musa ukwabelana ngazo nomnye umntu njengoko loo nto inokwenzakalisa impilo yakho neyakhe.

**Ukuba ufumana naziphi na iimpawu ezingaqhelekanga okanye akuziva mnandi xa uthatha i-PrEP,** xeleta umnikezeli ngeenkonzo zezempiro ngokukhawuleza kangangoko kunokwenzeka. Xeleta umnikezel wakho weenkonzo zezempiro ukuba akho nawaphi na amanye amayeza/ izityalo/iivithamini ozithathayo ngenxa yokuba oko kunokuchaphazela iindlela esebezenza ngayo i-PrEP okanye iindlela asebezenza ngayo amanye amayeza.