

# Iphepha leZibakala nge-PrEP

XA ITHATHWA  
MIHLA LE, i-PrEP  
YENYE INDLELA  
EYONGEZELEKILEYO  
YOKUZIKHUSELA  
KUBANTU  
ABANGENAYO I-HIV

SITHI  
ISIZUKULWANA  
ESIZA KUPHELISA  
I-HIV

**P**re --> ngaphambi  
**E**xposure --> kokudibana ne-  
HIV  
**P**rophylaxis --> iyeza lokuthintela  
ukosulelwa

I-PrEP yindlela entsha, ekhuselekileyo yokuthintela i-HIV kubantu abangenayo i-HIV ukunciphisa ingozi yokosulelwa. Ilipilisi ze-PrEP zifuna ukuthathwa mihla le yaye ziyanceda ekuthinteleni i-HIV.

Xa isetyenziswa ngokuqhubekayo nanjengoko inconyelwe, i-PrEP iye yaboniswa njengeyinciphisayo ingozi yokosulelwa yi-HIV ngaphezu kwe-90% phakathi kwabantu abasengozini enkulu yokosulelwa yi-HIV.

## I-PrEP yenye indlela yokuzikhuselela.

Ezinye iindlela zokuzikhuselela ziquka:

- Ikhondom
- I-PrEP
- lingcebiso
- I-PEP
- Ukuphila ngendlela esempilweni
- Unyango lwee-STI
- Ulwaluko lwamadoda lwezempilo
- Ii-ART kumaqabane aphila ne-HIV

## Yintoni umahluko phakathi kwe-PrEP, i-PEP, ne-ART?

Zontathu ezi zinamayeza ee-antiretrovayirali adityaniswa ngokwahlukeneyo ngeenjongo ezahlukeneyo:

- **I-PrEP** yipilisi enamayeza ama-2 alwa ne-HIV ethathwa mihla le ukuthintela i-HIV kubantu abangenayo i-HIV
- **I-PEP** ithathwa kwisithuba seeyure ezingama-72 emva kokudibana ne-HIV (umz emva kokudlwengulwa) kangangeentsuku ezingama-28 ukuthintela i-HIV
- **I-ART** lunyango olunamayeza ama-3 lwabantu abane-HIV olunciphisa umthamo we-HIV emzimbeni womntu

## I-PrEP yeyabantu abangenayo i-HIV kuphela.

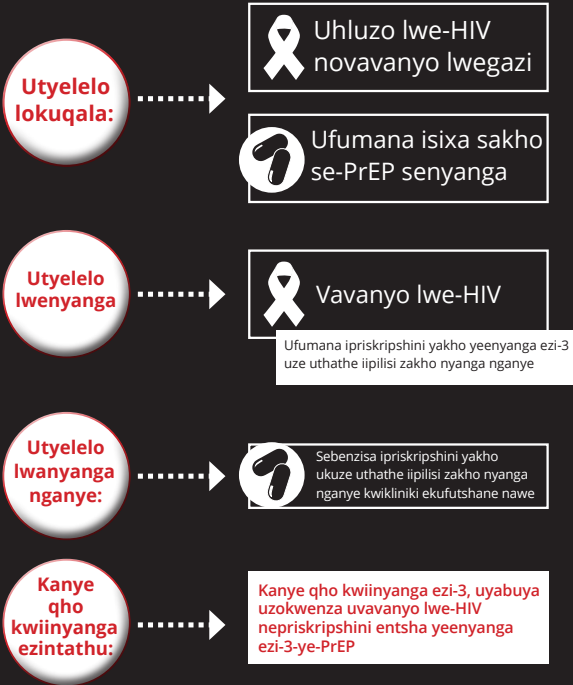
I-PrEP inconyelwa kubantu abasengozini enkulu yokosulelwa yi-HIV.



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

# Ukuqalisa i-PrEP



**Ukuthatha ipilisi mihla le yokhuseleko oluqhubekayo kwi-HIV kusenokungabi yinto enokwenziwa ngumntu wonke, kodwa i-PrEP lukhuseleko olungakumbi olusemagqabini nolufuneka ngamandla kubantu abasengozini enkulu yokufumana i-HIV.**

I-PrEP ifuna **ukunamathela ngokungqongqo kumayeza owathatha mihla le nokuvavanyela** rhoqo i-HIV. Apho kunokwenzeka, ifanele isetyenziswe nezinye iindlela zokuthintela i-HIV. Ukuba isetyenziswa ngendlela echanileyo, i-PrEP iya kuba nendima ekuncedeni inciphise amanani amatsha okosulelwa kwabantu yi-HIV eMzantsi Afrika.

## Ndingayifumana phi i-PrEP?

Sithethanje eMzantsi Afrika, i-PrEP ikhutshwa kwiisayithi ezimbalwa zokuhanjiswa kweenkonzo. Ukuba uziva usengozini yokufumana i-HIV, yaye ungathanda ukwazi okungakumbi nge-PrEP, nceda utyelele okanye ufowune:

## I-PrEP IYAKWAZI:

**Ukunciphisa ingozi yokosulelwa yi-HIV nge-90%, ukuba ithathwa mihla le nangendlela echanileyo**

## I-PrEP AYIKWAZI:

- Ukuthintela ezinye ii-STI
- Ukuthintela ukukhulelwa
- Ukukukhusela kwi-HIV emva kokuba uye wadibana nayo, i-PrEP inciphisa ukuba sengozini kwakho ngaphambi kokudibana nayo