

I-PrEP



Uma isetshenziswa nsukuzonke,
imishanguzo ye-PrEP iyindlela engeziwe
engasetshenziswa ngabantu abangenayo
I-HIV ukuze bangatheleleki ngeciwane.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

**NCIPHISA
NGO-90%
UBUNGOZI
BOKUBA
UTHELELEKE NGE-HIV**



90%

**Abantu abangenayo
i-HIV abaphuza iphilisi
le-PrEP nsukuzonke
bangabunciphisa
ngo-90% ubungozi
bokutheleleka
nge-HIV**

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THINA
SIYISIZUKULWANE
ESIZOQEDA
I-HIV

Ingabe Iphephile i-PrEP?

I-PrEP iphephile kakhulu. I-PrEP iphephile ngisho umuntu eyidla notshwala nezidakamizwa, kanjalo nezivimbela-kukhulelwa kanye neminye imithi.



Yini i-PrEP?

I-PrEP isho ukusetshenziswa kwemishangozo yokuvimbela i-HIV, okwenza ukuba abantu abangenayo i-HIV bangangenwa yi-HIV.



Kumele ngiliphuze nini futhi kangaki iphilisi le-PrEP?

Kumele uliphuze kanye ngosuku iphilisi futhi uzame ukuliphaza ngesikhathi esifanayo nsukuzonke. Uma ukhumbula sekwedlule amahora ambalwa emva kwesikhathi esijwayelekile ukuphuza iphilisi, kulungile ukuba uliphuze ngaleso sikhathi ozokhumbula ngaso – kodwa khumbula ukuthi kumele uphuze iphilisi elilodwa kuphela ngosuku.



Kuthatha isikhathi esingakanani ngaphambi kokuba i-PrEP iqaleukusebenza ngokuphelele emzimbeni?

Kuthatha isikhathi esingafinyelela ezinsukwini eziwu-7 ngaphambi kokuba uvikeleke ngokuphelele.

Iphilisi le-PrEP kumele liphuzwe nsukuzonke!



#qedai-HIV



Uma ngisebenzisa i-PrEP, ingabe lokho kusho ukuthi sengingayeka ukusebenzisa amakhondomu uma ngiya ocansini?

Ukusebenzisa amakhondomu kusalokhu kuyindlela enhle kakhulu yokuvimbela ukutheleleka nge-HIV. Uma esetshenziswa njalo futhi ngendlela efanele, amakhondomu ayakuvikela kuma-STI futhi avimbele nokukhulelwa.

I-PrEP yindlela engeziwe yokuvimbela i-HIV futhi uma kunokwenzeka kumele isetshenziswe ngokuhlanganyela nezinye izindlela zokuvimbela i-HIV:

Lezi zindlela zokuvimbela i-HIV zingasetshenziswa ngokuhlanganyela, ngokwezidingo nezimo zomuntu ngamunye:

-  Amakhondomu
-  I-PrEP
-  Ukwelulekwa ngokwengqondo
-  I-Post-exposure prophylaxis
-  Indlela enhle yokuphila nokuzinakekela
-  Ukwelashelwa ama-STI (Izifo ezithathelwana ngokocansi)
-  Ukusokwa kwabesilisa ezikhungweni zezempiro
-  Uhlelo lwe-ART kubantu abathandanayo abaphila ne-HIV

THINA
SIYISIZUKULWANE
ESIZOQEDAF
F-HLIVEDA



Ingabe i-PrEP inayo imithelela engathandeki?

Abanye abantu kungenzeka babone imithelela engathandeki emincane emizimbeni yabo ngenkathi beqala ukudla i-PrEP.

Imithelela engathandeki evamile yilena elandelayo:

Isicanucanu, ikhanda elibuhlungu,
ukukhathala, ukuhlanza, kanye
nokuguquka kothando lokudla.

**Kubantu abaningi, le
mithelela engathandeki
iyanyamalala emva
kwamaviki
ambalwa.**



#qedai-HIV

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Ukuqalisa i-PrEP



Ukuvakasha
kokuqala:



Umuntu uhlolelwa i-HIV
ngokuthi kuthathwe igazi



Ukuvakashela
emva
kwesikhathi
esingangen-
yanga



Umuntu uhlizekwa
ngemishangozo ye-PrEP
azoyiphuza kuze kuphele
inyanga



Ukuvakasha
nyangazonke:



Sebenzisa incwadi oyinikeziwe
ukulanda amaphilisi
nyangazonke emtholampilo
wakho



Njalo emva
kwezinyanga
ezintathu:



Kumele uphindele esikhungweni
sezempilo ukuze uhlolelwe i-HIV
bese unikezwa incwadi entsha
yezinyanga ezintathu yokulanda
amaphilisi ngaphansi kohlelo
lwe-PrEP



**I-PrEP isho ukuthi
kumele uphuze
iphilisi nsukuzonke
futhi uhlolelwe**

**i-HIV ngokuqhube kayo, futhi
lokhu KUMELE UKWENZE
NOMAKANJANI, UNGABEKI
IZABA NEZIZATHU EZINGEKHO!**

Uma kunokwenzeka, kumele
le ndlela isetshenziswe
ngokuhlanganyela nezinye
izindlela zokuvimbela i-HIV.

**Uma ngisebenzisa i-PrEP, ingabe
lokho kusho ukuthi kumele
ngiyisebenzise impilo yami yonke?**

Cha akunjalo. Kusemqoka ukuba uphuze
iphilisi le-PrEP nsukuzonke ngenkathi
usabhekene nobungozi bokutheleleka nge-
HIV, kodwa uma ubona sengathi abusekho
ubungozi obhekene nabo ungaxoxisana
nomhlengikazi noma udokotela wakho
mayelana nokuyeka ukusebenzisa i-PrEP.

Kuzokwenzekani uma ngiyeka ukusebenzisa i-PrEP?

Uma ubona sengathi asisekho isidingo sokusebenzisa i-PrEP, xoxisana nomhlengikazi noma udukotela wakho mayelana nokuyeka i-PrEP. Uzohlinzekwa ngolwazi lokuthi kumele uqhubeka isikhathi esingakanani nokusebenzisa i-PrEP ngaphambi kokuyeka ukuyisebenzisa ukuze kuqinisekiswe ukuthi uvikeleke kahle futhi ngokuphelele ngaphambi kokuyiyeka.

Ngingayisebenzisa i-PrEP ubusuku obubodwa nje kuphela bese ngiyiyeka?

Cha. Kumele uphuze iphilisi elilodwa ngosuku okungenani kuze kuphele izinsuku eziwu-7 ngaphambi kokuba uvikeleke ngokuphelele.

Kwenzekani uma ngikhohlwa ukuphuza iphilisi?

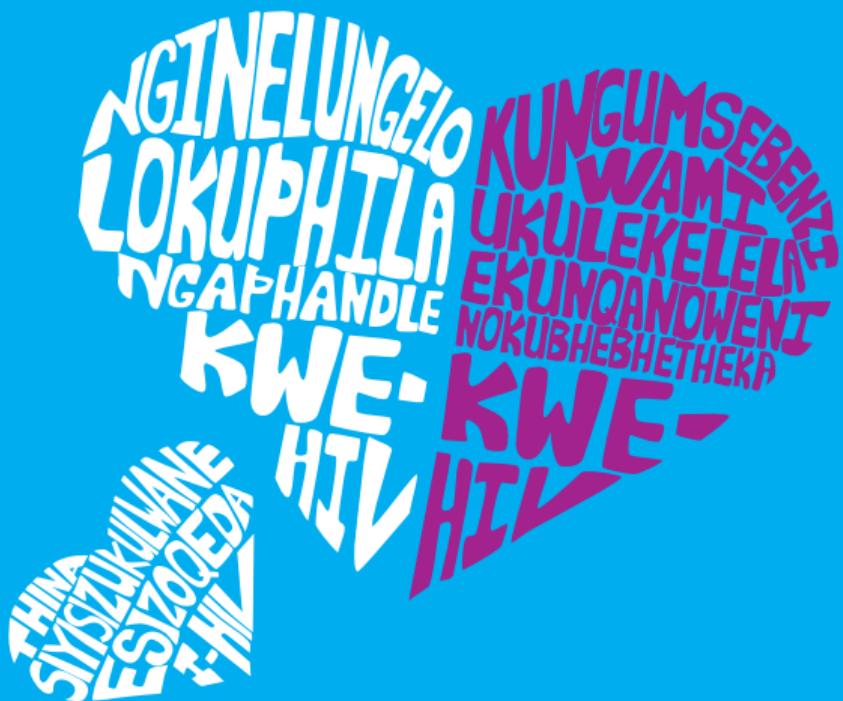
Uma ukhohliwe ukuphuza iphilisi, kumele uliphuze ngokushesha emva kokukhumbula, bese emva kwalokho uqhubeka nokuphuza iphilisi elilodwa nsukuzonke njengenjwayelo. Qinisekisa ukusebenzisa amakhondomu njengendlela eyengeziwe yokuvimbela.

I-PrEP AYIKWENZI LOKHU:

- Ayikuvimbeli ukutheleleka ngamanye ama-STI
- Ayikuvimbeli ukukhulelwa
- Ayikuvikeli ku-HIV uma uyisebenzise emva kwasigameko esikubeka engcupheni yokutheleleka nge-HIV, i-PrEP isetshenziswa ngaphambi kwasigameko esingakubeka engcupheni yokutheleleka nge-HIV, futhi lokhu kwenzelwa ukunciphisa ubungozi bokutheleleka

UKUVAKASHELA EMTHOLAMPILO:

Usuku olulandelayo lokuvakashela emtholampilo



Ngingayitholaphi i-PrEP?

Owkamanje eNingizimu Afrika i-PrEP ihlinzekwa kuphela ezikhungweni ezimbalwa. Uma ubona sengathi usengcupheni yokutheleleka nge-HIV, futhi uma ufunu ukuthola ulwazi oluthe xaxa mayelana ne-PrEP, vakashela noma ushayele ku:

www.myprep.co.za