

Contents: Lokucuketfwe

Youth and HIV:

Lusha Ne Hiv (ET page 4-5)

page 2 -3

What is the Governments Plan:

LUTSINI LUHLELO LWAHULUMENDE? (ET page 6-7)

page 4-- 5

I took control of my life:

NGABEKA IMPHILO YAMI ETANDLENI TAMI (ET page 8)

page 6

Making Safer Sex Fun

Yenta kuya emacansini ngalokuphephile kube yintfo lejabulisako
(ET page 10-11)

page 7-9

Sexually Transmitted Infections

Tifo letitsatselwana ngekuya emacansini(ema-STI) (ET page 12)

page 10-11

Contraceptive Choices

Kutikhetsela kwekuvimbela intalo (ET page 13)

page 12

Pregnancy and Your Choices

Kukhulelwa Nekutikhetsela Kwakho (ET page14-15)

page 13 -15

Youth and Sexual Abuse

Lusha Nekuhlukumetwa Ngekwelicansi (ET Page 16)

page 16-17

Sex School and HIV

Kuya emacansini Sikolwa Ne-HIV (ET Page 22-23)

page 18 - 19

Siswati

ET Page 4-5

Lusha Ne HIV

Emhlabeni jikelele bantfu labasha labaneminyaka lengu-15 kuya ku-24 ngebudzala balinganiselwa kulabatigidzi letingu-10 labaphila ne-HIV. Ihhafu lengenwa ligciwane lensha ikubantfu labasha.

Bantfu labasha eNingizimu Afrika basengcupheni yekungenwa yi-HIV. Nga-2006 bebangetulu kwesigidzi sinye bantfu labaneminyaka lengu-18 kuya ku-25 budzala, labebaphila ne-HIV eNingizimu Afrika. Ngekungashayimkhuba tifundvo letikhombisa emazinga lasetulu ekucaphelisa nge-HIV, lusha lolunyenti solomane lutsatsa tinyatselo letimbi kakhulu letingabafaka engcupheni yekutfolo i-HIV. Kusebentisa budlabha Tidzakamiva nekucala temacasi basesebancane kubeka lusha engcupheni lenkhulu.

Bantfu labadzala labanyenti nabothishela banebulukhuni ekukhulumeni nelusha macondzana nekuya emacasini kanye ne-HIV. Kantsi ngekuya Kweluklayo Lwekutiphatsa Ngokusenggcupheni Kwelusha, lolwentiwe nga-2002, bafundzi labangu 41% bemabanga 8, 9,10 na 11 besebacalile kuya emacasini. Emanani langu 54% walabese bake baya emacasini nebantfu labangetulu kwamunye futsi 16% bekasakhulelwé.

ENingizimu Afrika bomake basesebancane basengcupheni lenkhulu yekutfolo i-HIV. Luklayo Iwanga-2005 Iwatfolo kutsi bomake labangu 13% labangetulu kweminyaka lembili, bacatsaniswa na 8% wemadvodza bebane-HIV. Bomake basengcupheni kakhulu ngenga yetici tetekutalwa netimo tetemnotfo kanye nalokuphat selene nemandla.

Linyenti lebantfu labasha lihlala etindzaweni lapho khona tinsita tetemphilo tingahlangabetani netidzingo tabo. Loku kufaka ekhatsi lusha Iwasemaphandleni, labo labahlala emakhaya lasasele nelusha, labahlala etaladini nalabanye labahlala etindzaweni letiphuyle, letite takhiwo tetemphilo.

Kumele sakhe tinhlelo tekuvikela, letinemandla telusha siphindze futsi sikhulise tikhungo tekuhlola lusha nekwelashwa.

mitfombo: Reproductive Health Research Unit, ASSA, HRCS 2005 HIV Household Survey, 2002 South Africa Youth Behavior Survey, UNAIDS, HIV National Strategic Plan, WHO

Siswati

ET page 5

SIBONELO SEKUVIKELWA NEKWELASHWA KWELUSHA

Kunemitfolamphilo lemibili yelusha eKhayelitsha. Iphetfwe bantfu labasha futsi ngeyebantu labasha, labasemkhatsini weminyaka lengu-12 kuya ku-30 budzala. Labemukela bantfu, bantfu labasha labasebenta ngekutinikela futsi nabonesi bangaphasi kweminyaka lengu-30 budzala. Bamatasatasa; basita bantfu labangetulu kwa-200 ngelilanga.

Lusha lolunyenti luya kulomtfolamphilo ngobe kute sidzingo sekutsi bakhatsateke emoyeni macondzana nekubonwa bantfu labadzala basemmangweni nome batali babo. Kuphindze kwentiwe imisebenti levamile njengetinkhulumomphikiswano, emakwaya nemacembu lenta imidlalo yasesiteji, lokwenta lusha lutive lusekhaya kakhulu futsi lutive lukhululekile kutsi lungabuta imibuto nome luhlolwe I-HIV nome lwelashwe.

Lomtfolamphilo welusha uhlola lusha tifo letitsatselwana emacansini, TB, ne-HIV. Lusha lungangenela kwelulekwa nemacembu lasekelanako luhindze futsi lutfole lwati neminingwane macondzana netemacansi, emakhondomu, HIV, kukhulelwa kanye nekuvukela kukhulelwa.

Siswati

ET Page 6 -7

LUTSINI LUHLELO LWAHULUMENDE?

"Bantfu labasha abakabaluleki-nje kuphela kulikusasa leNingizimu Afrika, baphindze futsi babaluleke nanome siyahlangabetana nome cha nemigomo ye-NSP".-HIV Luhlelo Lwemachinga Lwavelonkhe.

I-National Strategic Plan (NSP(Luhlelo Lwemachinga Lwavelonkhe) luhlose kwenta kancono futsi lukhulise kufundzisa nge-HIV, tinsita tekuvikela nekulashwa kwelusha.

Leminye yemigomo yaloluhlelo ngulena:

Kukhulisa **imilayeto yetemsakato/temaphephandzaba** yelusha lemacondzana ne-HIV, bulili nenkholelo yetebulili.

Kukhutsata **kuhlolwa i-HIV**.

Kuphumelela kungenelela kute kuncishiswe kungenwa yi-HIV kubantu labasha, ikakhulu kubomake labasesebancane.

Kukhulisa kufinyelela **kumitfolamphilo lehambisana nelusha**.

Kwakha tinhlelo **letitawunciphisa kusetjentiswa budlabha kwetidzakamiva** bantu labasha.

Kukhutsata kucocisana nge-HIV nenkholelo yetebulili emkhatsini webantfwana nebatali.

Kungenelela lokunyenti lokwentekako lokudzingekako kute kufinyelelw kulemigomo kutawentiwa etikolweni. Kubaluleke kakhulu ekungeniseni nasekuciniseni imfundvo yete-HIV. I-NSP icondze kuphumelela temakhono ekutiphilisa, tifundvo te-HIV netetemacasi netinhlelo tekuvikela ngaloku-98% kuto tonkhe tikolwa temababanga laphasi nelaphakeme, nga2011.

Ngekubuka silinganiso semazinga lasetulu sebafundzi labashiya sikolwa ekhatsi eNingizimu Afrika, kubalulekile futsi kutsi tifundvo te-HIV netekuya emacasini tentiwe nangaphandle kwesikolwa. Lucwaningo lukhombisa kutsi bantu labasha labashiye sikolwa ekhatsi banematfuba lamanyenti ekutfola i-HIV kuna labo labasesikolweni. I-NSP ihlose kukhulisa linani letinhlelo te-HIV tebantu labasha labashiye sikolwa ekhatsi. Iphindze futsi yesekela luhlelo lolusita

EQUAL treatment

Issue 24 / April 2008

Magazine of the Treatment Action Campaign

Siswati

ET Page 7

Bantfu labasha etikolweni, ikakhulu labo labahlala emaphandleni, etitaladini nome emakhaya lasaphetfwe lusha.

Imitfolamphilo yelusha nguyona ndlela lenhle yekwenta lusha lubandzakanyeke kakhulu emitameni yekuvikela nekwelapha. I-NSP ihlongota kutsinga-2008 tifundza letiniketa imitfolamphilo nome tikhungo talabasha titawukhuliswa nga 50%. Nga-2011, tonkhe tifundza tetemphilo tilindzeleke kutsi tibe nemitfolamphilo yelusha.

I-NSP ingcamisa kubaluleka kwekuchumana. Umgomo we-NSP kuphumelelisa tinhlelo temisebenti yekuba ngumtali nga-90% etifundzeni tetemphilo nga-2010, letitawusita batali bakhulume ngekukhululeka nebandfwabobo macondzana ne-HIV.

Kugucula indlela yekutiphatsa kwelusha kylukhuni. Kute kuLangabetwane nemigomo ye-NSP, kudzingeka kutinikela nekutimisela kwahulumende, imimango, betemabhizinisi, tinhlangano tetenkholo, emaklabhu etemidlalo, tinhlangano tabothishela kanye nemboni yekutijabulisa. Lokubaluleke kakhulu, lusha lona ngekwalo ludzingeka kutsi lufakwe kuto tonkhe tinyatselo.

Umtfombo: Wits School Public Health, London School of Hygiene and Tropical Medicine, NSP

Sitfombe sitsetjulwe nguKristine Dubrawski

Siswati

ET Page 8

Ngabeka Imphilo Yami Etandleni Tami

Nokubonga Yawa utjela i-Equal Treatment kutsi wenta kanjani kute aphile ngalokukhululekile ne-HIV.

Ngakhulela eNyanga ngabese ngiyatfutsa ngayohlala eKhayelitsha nga-1996. kutsite nga-2002, ngineminyaka lengu-14, ngatfola kutsi ngikhuelwe. Ngatsi nangya emtfolamphilo macondzana nekuhulelwa kwami, bekukwekucala ngca. Lapho emtfolamphilo ngafundzisa ngekukhulelwa kwami nekuhla ngiphilile. Ngabese ngincuma kwenta luhlolo Iwe-HIV futsi imiphumela yaphuma ikhomba kutsi nginayo.

Bengesaba kutjela make ngesimo sami se-HIV. Bengite sicianiseko sekutsi utawuphatseka kanjani. Ngatsi nangimtjela wakwemukela. Wangeseka ngato tonkhe tindlela bengitidzinga. Kuloyomnyaka ngabeleka umntfiana wentfombatana lengametsa ligama ngatsi nguSinaye. Ungumntfiana lophilile. Sihlala ndzawonye namake wami emtini wakhe eKhayelitsha. Manje ngihlala ngekukhululeka ne-HIV.

Nga-2005 ngacula kugula mbamba. Ngahamba ngaya emtfolamphilo lapho bahlola linani lema-CD4 ami. Laselingaphasi kwa-200, ngabe-ke ngiyacula ngisebentisa tidzambisigciwane. Ngisebentisa leti; *lamuvidine*, *neviropine* kanye ne-*stavudine* (d4t).

Ngite inkinga yekunatsa tindzambisigciwane tami ngesikhatsi lesifanele. Kute ngikhumbula ngivele nje ngiciphe i-alamu kuselula yami. kute kugula letingibangela kona futsi ngaBhimbidvwane lowendlulile ema-CD4 ami akhuphuka aba ngu-624.

Ngembi kwekutsi ngidalule simo sami sete-HIV, bantfu emmangweni wakitsi bebahlala njalo bakhuluma, bahleba ngami. Beningati kutsi labantfu ngitawubabukelwa ngubani kwate kwafikela lapho ngahlangana ne-TAC ngatfola emandla.

Siswati

ET page 10-11

Yenta kuya emacansini ngalokuphephile kube yintfo lejabulisako

Kwentiwe: Bafundzisi Belusha BaseKhayeitsha be-TAC: Nandipha Mkhusane, Chunyiswa Runeyi, Lucky Dibela, Nokwanda Pani, Asanda Tontsi, Afrika Mthathi, Nomphelo Mabokela njengobe kutjelwe i-*qual Treatment*.

Bafundzi Balingani Basekhayalitsha bachaza liciniso ngemakhondomu futsi banikete neteluleko macondzana nekuya emacansini ngalokuphephile kube yintfo lejabulisa kakhulu.

Nangabe sewuya emacasini, kusebentisa ikhondomu-ke nguyona ndlela lekahle kakhulu ekuvikeleni kungenwa yi-HIV naletinye tifo letitfolakala ngekuya emacasini(ema-STI). Kunetinhlobo letimbili temakhondomu, ynye yemadvodza bese kutsi lena lenye yaboMake. Emakhondomu lamanyenti entiwe ngerabha lokuvikela kuntjintjesiana ngesidvodza, lokusamanti lokuphuma esitfweni sabomake sangembili, sangasese, kanye nengati ngesikhatsi setemacansi. Ikhondomu yemadvodza ifakwa empipini losewuvukile, lolungele kuya emacansini kantsi lena yaboMake yona ifakwa khona lapha ngembili esitfweni sabo sangasese. Kungaba nje ngu 3-4% wabomake labangakhulelwa nangabe basebentisa lekhondomu kahle, ngaso sonkhe sikhatsi nababaya emacansini.

Seluleko macondzana nekusebentisa emakhondomu ebudlewaneni

Sibonelo #1: Ngetsembela esinganini sami kutsi singinike imali yekubhekana netidzingo tami, ngako-ke angiSkwati kumtjela kutsi asebentise ikhondomu. Lapho ngake ngamcela wavele-nje wavuka indlwabane ngoba acabanga kutsi senginalesinye singani.

Kubomake: kunyenti kubasengcupheni loba kuko nangabe uya emacansini ngalokungakavikeleki. Kumcela asebentise ikhondomu kutanivikela nobabili ekutsini ningatfoli i-HIV nome ema-STI. Nangabe ungakhona, cala wetame kutimela. Fundza kutentela yakho imali kute ungatsembeli kuye kakhulu. Lelinye lisu kutsi ute newakho emakhondomu kute angabi nesizatfu sekungawasebentisi. Nangabe uyakuhlukumeta, mbike emaphoyiseni.

Emadvodzeni: Kuba nemali akukuvikeli ekutsini ungangenwa ngema-STI nome i-HIV. Kumele usebentise ikhondomu ngaso sonkhe sikhatsi nawuya emacansini. Nangabe ulwa nentfombi yakho, budlova abulungisi

Siswati

lutfo. Kushaya intfombi yakho licala. Indlela yekulungisa tinkinga tenu ebudlelwaneni kutsi nikhulumisane ngato.

Sibonelo #2: Sinebudlelwane besikhatsi lesidze ngako-ke asisayisebentisi ikhondomu.

Kusesebalulekile kusebentisa emakhondomu ngisho nome ngabe ninebudlelwane lobudze. Bantfu labanyenti bacabanga kutsi uma umlingani acalisa angenisa kusetjentiswa kwemakhondomu kusho kutsi unalesinye singani eceleni. Loku akusho kutsi kuliciniso. Lamanye ema-STI nome i-HIV kute timphawu letisebaleni, ngaleyondela-ke wena nome umlingani wakho kungenteka ningaboni kutsi ningenwe kugula. Futsi angeke ube nesiciniseko sekutsi umlingani wakho wetsembekile kuwe, ikakhulu nangabe nusesebancane.

**Sibonelo #3: Nginebudlelwane lobusebaleni bamake loya emacansini nalabanye bomake.
Ngisefanele yini kutsi ngichubeke ngisebentise emakhondomu?**

Akukavami kutsi kungenteka utfole i-HIV ngekuya emacansini nibomake. Nangabe nisebentisa emathoyisi ekuya emacansini, ungenta uphephe ngekuvele nje ufake ikhondomu kulelithoyisi.

**Ema-STI(Sexually Transmitted Infections)= Tifo Letitsatselwana ngekuya emacansini
Emanga #1: Emakhondomu angivisa buhlungu ngaso sonkhe sikhatsi nangiwasebentisa.**

Liciniso: Bantfu labanyenti babika emitfolamphilo kutsi emakhondomu akabevisi bumrandzi, nome akabenti bakhululeke futsi abevisa buhlungu. Yetama kusebentisa kwekugcobia, lokwatiwa ngekutsi "yi-lube". Loku kwenta ikhondomu ishelele, ingene kalula iphindze iphume kalula futsi ijabulise kakhulu. *Ilube* ikahle kakhulu nakuyiwa emacansini kungenwa ngasemuva nome ngabe sitfo samake sangasese somile. Ungatsenga nejeli i-KY nome ikhilimu lebitwa ngekutsi pheceleti yi-aqueous cream ekhemisi nome ubute umtfolamphilo wakho wendzawo kutsi itfolakala kuphi. Ungaphindze futsi wetame kuntjintja emakhondvomu emadvodza usebentise wabomake (nome uwantjintje kanjalo nje). **Ungasebentisi ema-lube lane-oyili njengabovaselina nome i-oyili yebantfwana. Loku kuyawadzabula emakhondomu**

Emanga #2: Ngiphilile ngako-ke angiwadzingi emakhondomu.

Liciniso: Akunendziba kutsi uphile kahle kangakanani. Nanome ngubani usengcupheni yekutfola i-HIV nome i-STI nangabe bayo emacansini ngalokungakavikeleki. Ema-STI lamanyenti ete timphawu, ngako-ke nome ngabe ubukeka uphilile kungenteka kutsi unezugula.

Emanga #3: Emakhondomu enta kuya emacansini kube yintfo lengasiyo yona yona.

Liciniso: Kuya emacansini ngaphandle kwekhondomu, "inyama enyameni" kungevakala kungukona kona kepha utibeka engcupheni. Emakhondomu angevakala angukona kona.

Emanga #4: Ngimosha litfuba lelimnandzi nangima ngifaka ikhondomu. Kungumsebenti lomkhulu.

LICINISO: Akusivo nani umsebenti kufaka ikhondomu kunekuphila ne-HIV nome i-STI.

Siswati

Kusetjentiswa kwekhondomu yemadvodza

Emanga #5: Sitfo sami sangasese asikwati kuvuka, silungele kuya ecansini uma ngicoka ikhondomu.

LICINISO: Kuba matima kulamanye emajaha kutsi avukelwe nakasebentisa ikhondomu, ikakhulu ekucaleni. Yetama kukhulumisana nemlingani wakho kute nikhululeke nobabili. Tijwayete kushaya indlwabi ube ufake ikhondomu. Ngekuhamba kwesikhatsi utawejwayela. Nangabe uhlangabetana nebulukhuni lobunyenti, kumele ubonane nanesi nome umeluleki. Yetama Kutfokotela kuya emacansini ufake ikhondomu.

Emanga #6 Emakhondomu akaphephi.

LICINISO: Emakhondomu nakasetjentiswa kahle avikela kungenwa yi-HIV. Kulomnyaka lophelile, imitfwalo yemakhondomu ahulumende ema-**CHOICE** avunywa ngaphandle kwekuhlolisiswa kutsi anguwona wona yini. Kepha i-South African Bureau of Standards (Luphiko LwaseNingizimu Afrika Loluhlola Emazinga Lafanele Emphahla) itsetse tinyatselo tekutsi loku kungaphindze kwenteke futsi.

Emanga #7: Emakhondomu akasiyo intfo lenhle.

LICINISO: Nangabe umngani wakho akacabangi kutsi kugcoka ikhombu akusiyo intfo lekahle, kungaba matima kuwagcoka. Bani ngumholi: tsatsa leso sinyatselo. Ungasindzisa imphilo yemngani wakho ngekumenta akholwe kutsi kuya emacansini ngalokuphephile kukutikhetsela intfo lenhle.

Emanga #8: Emakhondomu andzisa i-HIV.

LICINISO: Loku ngumbhedvo. Nangabe asetjentiswa kahle, emakhondomu aphuma embili ekuvikeleni kungenwa yi-HIV.

Ikhondomu yemadvodza ifakwa esitfweni sangasese lesesilungele kuya emacansini. Cindzetela ngesandla sinye sihloko sekhondomu kute ukhiphe umoya futsi shiya sikhala sesidvodza. Ngalesi lesinye sandla, yelula lekhondomu ite iyewufika phasi esicwini sesitfo sangasese. Lokwelibhandzana lokuyindingilizi, lokucinile kwekhondomu kuyenta kutsi ihlale icine, ingaphumi. Ngemuva kwekuphuma kwesidvodza, bamba kahle lekhondomu lapha esicwini sesitfo sangasese, nawukhipha. Yilahle lekhondomu futsi usebentise lenye nangabe ubuyela emacansini futsi.

Siswati

ET Page 12

Tifo letitsatselwana ngekuya emacansini (ema-STI)

Ema-STI akwenta ubesengcupheni yekungenwa yi-HIV kalula. Kubalulekile kutsi uhlolwe kutsi unawo yini. Nangabe ucala kwelashelwa ema-STI yenta siciniseko sekutsi uyayicedza yonkhe imitsi. Ungabelani ngayo nanome ngubani. Kumele umtjele umlingani wakho nge-STI kute kutsi naye ahlolwe bese uyellowashwa.

| Ema-STI lavamile neTimphawu tawo

I-Chlamydia

Timphawu: Emadvodza aphuma lokusamanti nome lubisi lapha esitfweni sangasese, bayasha uma bacitsa emanti, basha lapha sitfo sangasese sivuleke khona futsi nemasendze abo ababuhlungu nome avuvuke. Labasikati bona babanalokusamanti nabo lokuphuma lapha esitfweni sabo sangasese, beva sengatsi bayasha uma bacitsa emanti, beve buhluungu lapha ngemuva, entasi ngaselukhalo, nanome baya emacansini, baphindze futsi bophe emkhatsini wekuya esikhatsini. Nangabe bakuyekela kungelashwa, kungabavala intalo, bangabatfoli bantfwana.

I-drophu (I-Clamp)

Timphawu: kuva kushisa nawucitsa emanti, ingati emakakeni, umphimbo lobuhlungu nekuphuma kwelubhici lapha ngemuva, emdzidzini. Emadvodza wona aphuma lubhici lomtfutjana sakubamhloshana etitfweni tawo tangasese bese kutsi emasendze aba buhluungu nome avuvuke. Labasikati bona baphuma lubhici lolushubile lolumtfutjana etitfweni tabo tangasese baphindze futsi bphe ngalokungetayeleki. Nangabe loku kuyayekelwa akwelashwa, kungamshiya avaleke intalo.

I-Vinitis nome i-Trichomoniasis

Timphawu: Le-STI ayikavami kubanetimphawu letisebaleni. Nangabe make unayo, uphuma lokusamanti lokunukako lapha esitfweni sakhe sangasese futsi kuyashisa, kubeboru nome kulume lapha esitfweni sakhe sangasese. Indlela lenhle yekuhlolola loku kwenta lokubitwa ngekutsi pheceleti *i-pap smear*.

EQUAL treatment

Issue 24 / April 2008

Magazine of the Treatment Action Campaign

Siswati

Genital Herpes(Emachuchumba labuhlungu etintfweni tangases)

Timphawu: Kuluma kwsikhumba sesitfo sangasese, kushisa nawucitsa emanti, kube hbuhlungu nakuyiwa emacansini, kuvuvuke emadlala. Kwelashwa kubaluleke kakhulu kubomake ngoba lesifo singendlulela kubantfwababo nangabe batetfwele nome bamunyisa.

Sitfombe sentiwe yiHerpies Pictures.

Genital (HPV)

HPV (human papilloma virus) Leli ligciwane lelenta kuvele tinsumphe esikhunjeni sakho, nangekhatsi emlonyeni wesibeletho, incenye yesibeletho lechumana nesitfo sangasese. Letinsumphe tingeta kubekhona emaseli lachwalile lenteka esitfweni sangasese futsi loku kungabangela mdlavuza wesibeletho, bomake labane-HIV banematfuba lamanyenti ekungenwa yi-HPV. Bomake kumele kutsi ngetikhatsi letifanele bahlolwe losafinyela esiboletho, kubukwe kutsi bete yini lokusolisa kutsi bangabanamdlavuza wesibeletho. Loku kwatiwa kakhulu ngekutsi pheceleti *yi-pap smear*

Ema-crabs ngema-STI lalumako kepha ete ingoti, angelashwa nge-gamma benzene hexachloide (letsingiswa ibitwa ngekutsi yi-Quellada)

Gcunsula uvame kakhulu futsi welaphika kalula, kepha uma ayekelwa angelashwa angagcina angaselapheki futsi asayingoti lenkhulu.

Sitfombe, sentiwe yi-USA National Library of Medicine

Emanga: Kufaka igalikhi none sinafu esitfweni sangasese sentfombatana kutayelapha i-STI.

LICINISO: Indlela yekwelapha i-STI kuhlolwa utfole kwelashwa emtfolamphilo.

Imitfombo: Gallop Crisis Pregnancy Cntre, Calgary Health Region, Youth Revolution Health, United States National Library of Medicine.

Siswati

ET page 13

Kutikhetsela kwekuvimbela intalo

Kwentiwe kwabasesikhatsini kusekela endzabeni yaka muva ye-Equal Treatment

Ngaphandle kwemakhondomu, kukhona nalokunye lokunyenti kwekuvikela kukhulelwa. Nangabe usebetisa letivikelantalo ngaphandle kwekusebentisa ikhondomu usolomane usengcupheni yekutfola i-HIV.

Imjovo

Sivikelantalo lesifakwa ngemjovo, lesatiwa kalula-nje ngekutsi "ngumjovo". Sandzile futsi sitfolakala mahhala emitfolamphilo leminyenti. Umjovo lovame kusetjentiswa kakhulu utsatsa emaviki langu-12 kuphela. Linesi nome ngudokotela kuphela longakujova.

Tivikelantalo letidliwako (Emaphilisi)

Kunetivikelantalo letingemaphilisi letinyenti eNingizimu Afrika. Titfolakala mahhala emitfolamphilo leminyenti nome-ke futsi tingatsengwa emakhemisi ngaphandle kwencwadzi yadokotela. Lamaphilisi anatfwa ngetikhatsi letifananako onkhe malanga. Tivimba kutsi licandza kulabasikati lingabi khona. Bomake labane-HIV kumele babonane nanesi nome dokotela ngembi kwekutsi basebentise leliphilisi. Loku kungoba ngalesinye sikhatsi leliphilisi kuyenteka lingasebenti nangabe selihlangene netidzambisigciwane emtimbeni wakho, bese kukubeka engcupheni yekukhulelwa ungafuni.

Sivimbelantalo Lesiphutfumako(i-Morning After Pill)

Leliphilisi lekuvimbela intalo leliphtufumako lifanele linatfwe angakapheli ema-awa langu-72 ngemuva kwekuya emacansini ngalokungakavikeleki kute kuvinjelwe kukhulelwa. Bomake balinatsa ngemuva kwekuya emacansini ngalokungakavikeleki, nangabe badlwenguliwe nome ngalesinye sikhatsi nabacabanga kutsi ikhondomu idzabukile. Lamaphilisi atfolakala mahhala emitfolamphilo nasetibhedlela nome-ke angatsengwa emakhemisi ngaphandle kwencwadzi yadokotela.

Lucingo Loluphutfumako Lwetivikelantalo Letiphutfumako: 0800 246 432

I-Post Exposure Prophylaxis (PEP)

I-PEP kwelashwa kwesidzambisigciwane lokuphutfumako lokungasita kuvikela kungenwa yi-HIV ngemuva kwekuya emacansini ngalokungakaphephi. Ngekuya kwemtsetfo lomusha, bonkhe labasindze ngemuva kwekulwengulwa kumele bayitfole lemitsi.. Umkhakha we-PEP yi-AZT ne-lamivudine emalanga langu-28. Etimeni tekulwengulwa lokukuhlukumete emoyeni ngekwemtimba, kwenetwa umutsi wesitsatfu, *i-lopinavir* / ritonavir kulomkhakha. I-PEP kumele inatfwe angakapheli ema-awa langu-72 udlwenguliwe nanome nje kumele ucale kusebentisa leliphilisi ngekushesha.

Siswati

ET page 14

Kukhulelwa Nekutikhetsela Kwakho

Kulukhuni kwenta sincumo ngemuva sewukhulelw. Tfola lusito kumngani lometsembako nome kumeluleki. ENingizimu Afrika, Umtsetfo Wemalungelo Ebuntu, Kutsetfosisekelo ukwenta ukwati kutikhetsela kutsi ufuna kuchubeka nekukhulelw none ufuna kukuncamula.

Kugcina umntfwanakho

Bomake labanyenti bakhetsa kugcina bantfwababo ngemuva kweukhulelw. Kubanemntfwana kungumtfwalo lomkhulu. Bantfwana badzinga kunakekelwa ngetimali, kanye nesikhatsi lesinyenti nemandla. Kwelulekwa kutsi ungabi nemntfwana kute kufikele lapho sewufundze ngalokwenele, unemali lengenako letawugcina wena nemntfwana niphilile. Nangabe ukhetsa kubanemntfwana yenta siciniseko sekutsi ubuyela sikolweni, ufundze futsi uciniiske kutsi unebangani nemndeni lotakusita. Nangabe ukhetsa kugcina umntfwanakho, cela wente lihlolo Iwe-HIV kute wati simo sakho sete-HIV.

Kusisa

Nangabe ukhetsa kugcina umntfwanakho kepha awufuni kukhipha sisu, ungakhetsa kumsisa. Loku ngulapho unika i-egensi lesselana ngebantfwana, uhlukane nemalungelo ekuba ngumtali. Nangabe ukhetsa kwenta njalo, utawudzinga lusito Iwetemtsetfo kanye nekwelulekwa.

Kuncamula kukhulelw kwakho (Kukhipha Sisu)

Bomake labanyenti bakhetsa kuncamula kukhulelw kwabo, lokwatiwa kakhulu ngekutsi kukhipha sisu. Awudzingi imvume yemuntfu nangabe ngemaviki langu-12 ekucala ekukhulelw, ngisho nome ngabe ungaphasi kweminyaka lengu-18. Ngemuva kwaloku kumele ubonane nadokotela lotawuncuma kutsi kusesephephile. Ngemuva kwemaviki langu-20 kungaba matima futsi kungabi sikhatsi lesiphephile sekukhipha sisu. Kukhipha sisu kwentiwa mahhala emtfolamphilo leminyenti. Awudzingi kuya emtfolamphilo longakabhaliswa, longekho etsetfweni futsi longakaphephi.

Nangabe sisu sikhokhwa ngemaviki langu-12 ekucala, inchubo yakhona ilula. Unatsa liphilisi lelitakwenta wophe sengatsi usesikhatsini, lokungatsatsa emalanga langu-10. Kumele uye emtfolamphilo ngalesikhatsi uyohlolwa kutsi ngabe lokopha ngalokwetayelekile yini. Tfola kwelulekwa nekwesekwa kubangani bakho nome umndeni nangabe ukhetsa kukhipha sisu.

Umtfolamphilo, i-Marie Stopes Clinic iniketa teluleko ngekungadaluli nangalokuyimfihi nekwesekwa macondzana nekukhipha sisu, kuhlolwa i-HIV, kuhlela umndeni kanye netinsita tangembi kwekubeleka. Lucingo lwabo ngu: 0800 11 77 85.

Siswati

ET Page 15

Kukhuelwa nekuba ne-HIV

Kute sidzingo sekutisola nome utive unelihlazo nawutsi uhlola i-HIV nawukhulelwwe utikhandze kutsi unayo. Nangabe une-HIV kantsi ukhulelwwe akusho kutsi wena nemntfwanako nitawubese niyagula. Ngekutfola kwelashwa lokufanele, ungaahlala uphilile futsi uvikele umntfwanako kutsi angalitfoli leligciwane.

Nangabe utfola kutsi une-HIV kantsi futsi ukhulelwwe

Tfola kwelulekwa nalo lonkhe lwati nemininingwane loyidzingako macondzana ne-HIV, kukhuelwa kwakho nekutsi yini lekumele uyente kute utigcine kanye nemntfwanakho niphilile.

Nangabe linani lema-CD4 lingaphasi kwa-350 nome ngabe uyagula ngenga ye-HIV, kumele welashwe ngetidzambisigciwane. Titawufaka ekhatsi imitsi lemitsatfu lekumele inatfwe onkhe malanga futsi itakusita kutsi uphile imphilo lendze nalengekho butsakatsaka.

Kumele unikwe umutsi lobitwa ngekutsi yi-AZT kusukela ngemaviki langu-28 ukhulelwwe kute kufike sikhatsi sekubeleka. Kumele kutsi futsi unikwe ne-nevirapine nasewuphetfwe ngumhelo.

Lonkhe lwati nemininingwane loyidzingako macondzana nekwelashwa nekunakekelwa kwakho lokufanele, lokudzinga ngesikhatsi ukhulelwwe kumele kubekhona emtfolamphilo wakhe losedvute.

Naku longakwentela umntfwanakho:

Kumele atfole ema-nevirapine masinyange ngemuva kwekubelekwa.

Kumele entiwe luhlolo lwe-HIV lolubitwa ngekutsi yi-PCR emavikini lasitfupha abelekiwe.

Kumele utfole lwati nemininingwane leshaya emhlolweni macondzana nekupha umntfwanakho kudla. Kusekutikhetseleli kwakho kutsi ufunu kumnika lubisi lwelibile nome lwasikotela lolubitwa ngekutsi pheceleti, yi-formula. Akukafanele umniye totimbili letinhlobo telubisi ngobe loku kungakhulisa ematfuba ekutsi abesengcupheni yekutfola i-HIV. Umtfolamphilo kumele ukuniye lolwati nemininingwane kute ukwati kutikhetseleli lokubona kukahle. Bona ludzaba-23 lwe-*Equal Treatment* kute utfole lwati lolwengetiwe macondzana nekudla kwemntfwana lomncane.

Nangabe umntfwanakho utfolakala ane-HIV, kumele wetame kwenta umntfwanakho afinyelele ekutfolweni kwelashwa ngetidzambisigciwane.

EQUAL treatment

Siswati

Issue 24 / April 2008

Magazine of the Treatment Action Campaign

Nangabe ute imali lengenako leyenele, unelilungelo lekutfola sibonelelo sebantfwana.

Lilunga le-TAC, Portia Serote ukhuluma ne-*Equal Treatment* macondzana nekuphocelelwa kwakhe kutsi akhiphe sisu, kuloBhimbidvwane lowendlulile.

Portia Serote, Lilunga le-TAC lase-Ekurhuleni, akazange anikwe kutikhetsela. ngaBhimbidvwane 2008, waphocelelwa kutsi akhiphe sisu. Besekute kutsi angakhetsani ngobe bekasagula kakhulu ngenca yekungatfoli kwelashwa lokufanele ngesikhatsi akhulelw. Ema-CD4 akhe bekangasaphasi kwa-200. Bekasabutsakatsaka kakhulu futsi kungenteka kutsi ngabe washona kube wachubeka nekukhulelw kwakhe. Portia wativa alinyatwa kakhulu emoyeni ngobe be kakhetse kugcina umntfwanakhe.

Siswati

ET Page 16

Lusha Nekuhlukumetwa Ngekwelicensi

INizimu Afrika inelizinga lelisetulu lekudlwengulwa, emhlabeni wonkhe jikelele. Lokuhlukumeta kucala eminyakeni lesesephasi. Emantfombatana lamanyenti elusha, lasaya emacansini atsi tingani tawo tiwaphocelele kuya nato emacansini babebangafuni. Nangabe singani sakho semfana nome intfombi yakho nanome ngubani ukuphocelela kutsi uye naye emacansini nome wente naye nome ngukuphi lokunye lokutemacansi, kukudlwengula futsi kulicala.

Kusindza Ngemuva Kwekudlwengulwa

Kusho Thamiera Olebe

Thamiera Olebe lolilunga ukhuluma ngekusindza ngemuva kwekudlwengulwa futsi weluleka labanye bomake labasesebancane kanye nemadvodza ladlwenguliwe.

Umhlaseli wami wangitselela sifo sasecansini. Kwakubuhlungu futsi kwehlisana nesitfunti. Ngalesikhatsi kute kwesekwa lengakutfola. Umndeni wami awuzange ubenendzaba. Bekute netinsita tekwelashwa ngisho nemaphoyisa imbalalabekalalela inkinga yami.

Ngashikashikeka ngingedvwana ngetama kuncoba buhlungu bekudlwengulwa kwami. Kwabamatima, ngisho namanje ngisabuva buhlungu. Ngitiva ngisengcupheni ngobe lapho ngihlala khona akukavikeleki. Futsi akukaphephi ngisho nakulabanye bomake labahlala khona. Nangiva ngemacala etemacansi lentiwe kubantu labasesebancane, ngiva ngifikelwa nguloba buhlungu bekudlwengulwa kwami futsi, bucala kabusha.

Umlayeto wami lengibhekise kuwo yonkhe intfombatana letama kuphila nome leyaphila ngemuva kwekuhlukunyetwa ngekwelicensi kutsi kuteseka wena ngekwakho kumatima kakhulu. Tfola bantu labangakusita! Yetama umndeni wakho nalabanye bantu emmangweni wakini. Kwenta kuloko, kumele utjele emaphoyisa futsi uye emtfolamphilo masinyane ngendlela longakhona ngayo.

Lucingo loluphutfumako Lwebetekuvimba kuhlukumetwa ngekwebulili: 0800 150 150

Lokumele ukwente nangabe udlwenguliwe

- Khumbula kutsi akusilo licala lakho. Unelilungelo lekuphatfwa ngekuhlonipheka nangesitfunti.
- Tfola lusito ngembi kwekutsi ugeze. Hamba emaphoyiseni uyobika lelicalala bese uya nasemtfolamphilo.
- I-PEP itawunciphisa lizinga lekutsi utfole i-HIV. Umtsetfo utsi awudzingi inombolo yelicalala kute utfole i-PEP. Bona likhasi 13 kute utfole imininingwane leyengetiwe nge-PEP.
- Kudlwengula kuyawuhlukumeta emoyeni. Kubalulekile kutsi ukhulume nemunfu longakulalela futsi akweseke ngemuva kwalokudlwengulwa.

Siswati

ET Pages 22-23

Kuya emacansini ikolwa Ne-HIV

Tikolwa taseNingizimu Afrika, singabe silwa kahle kanjani nalolubhubhane Iwe-HIV?

Kubhalwe ngu Gilad Isaacs

Sebentisa ikhondomu

"Asikhulume ngetemacansi, mntfwana; asikhulume ngami nawe; asikhulume ngato tonkhe tintfo letinhle; nato tonkhe tintfo letimbi lettingabakhona". Lankha ngemagama engoma leyashisa tikhotsa, yanga-1990 lebeyiculwa licembu laseMelika, lecula umculo we-pop. Ngemuva kweminyaka lengu-18 futsi evenikati lelkhashane lomculo ube ngulobaluleke kakhulu kunakucala.

Ngekuya kwemfundzisi lohamba embili ekufundziseni ngetemacansi, Dokt Eve, akulula kufundzisa nge-HIV ngemphumelelo, kungakhulunwa ngetemacansi, njengobe kwetayelekile etikolweni taseNingizimu Afrika. Kufundzisa ngalendlela, uyachaza, kwenta i-HIV sengatsi yinkinga yetekwelapha esikhundleni senkinga lenkhulu lencike kakhulu ekutitsatseleni tincumo macondzana netemacansi kwebantfu labasha.

Inkhulumomphikiswano macondzana nekutsi yini lekumele ifundziswe emaklasini lephatselene ne-HIV netemacansi nguloku ichubeke njalo iminyaka leminyenti. Nga-2000, Litiko Letemphilo lashicilela imikhombandlela lenenchubeka embili macondzana nekubukana ne-HIV etikolweni. Ekugcineni, nga-2006 lakkhipha ikharikhulami Yemakhono Ekutiphilisa.

Inkinga lekhona manje, ngekuya kwelusha Iwe-TAC lolufundzisa etikolweni, iphatselene nekuphunyeleliwa kwekarikhulamu lensha. Kwekucala-nje akufundziswa ngendlela lekumle kwentiwe ngayo. Lusha alunikwa lwati neminingwane nome emakhono lafanele kute lukwati kutitsatsela tincumo letincono ngemphilo yalo.

"Njengebafundzi labaphila ne-HIV ngiyashikashikeka. Kute imfundziso nelwati neminingwane lesiyitfolako macondzana ne-HIV. Siyesaba kubuta imibuto nge-HIV futsi nelizinga lekukhulelwia liphakeme etikolweni tetfu. Bonesi bayasibandlulula uma siya emitfolamphilo ngemuva kwesikolwa. Bayasitsetsisa uma sifuna emakhondomu netivikelantalo. Kute kwesekwa lokutfolwa bafundzi labaphila ne-HIV nalabo labatsintwa yi-HIV etikolweni tetfu.

Kusho: Asanda Mofu, Rubusana High School, Queenstown 2006

Hlonipha

Phumeza Runeyi, lowatiwa njenge-Cool Youth Coordinator ku-TAC eKhayelitsha, uyachaza kutsi kunetizatfu letinyenti letenta lekharikhulamu lensha ingaphunyeleliwa kahle. Kwekucala nje kunemihambo leminyeti

EQUAL treatment

Siswati

Issue 24 / April 2008

Magazine of the Treatment Action Campaign

yetenkholo kanye nelubandlululo etikolweni letinyenti lokwenta kukhuluma ngetemacansi kube matima futsi kubengumhlolo. Kwesibili, Imitimba Leyengamele Tikolwa kanye nebatali banencenyi lekhulu ekuphatseni loluhlobo lwemfundvo futsi esikhatsini lesinyenti kuvimba kucocisana ngetemacansi. Akusito tonkhe tikhatsi lapho hulumende asekela khona iharikhulumamu nome letinye tinhlelo etikolweni letihloswe kukhutsata kuya emacansini ngalokuphephile. Sibonelo, nga-2006, Indvuna yetemfundvo, Naledi Phando wavimbela kuphakelwa kwemakhondomu etikolweni letinyenti. Somlomo wakhe wacashunwa atsi "emakhondomu akafanele aphakelwe etikolweni futsi nebfundzi akukamele bativise temacansi".

Nga-2006 emalunga eTAC Emphumalanga Kapa avakashela tikolwa letingu-150 kuto tonkhe tigodzi tetemphilo letisihlanu talesifundza. Etikolweni letinyenti, bothishela babika kutsi abakahlonyiswa ngalokufanele kutsi bafundzise nge-HIV, kutikhetsela bulili kanye nemakhono ekutiphilisa. Loku kwala ngisho kuneliciniso lekutsi batali, bantfu labasha nabothishela lucobo lwabo batsi kute bufakazi lobukhombisa kutsi imfundziso yekutibamba kungayiwa emacansini(lokunconotwa Litiko Letemphilo) iyasebenta.

Idatha yamanje yesifundvo lesentiwe eSub-Saharan Afrika bantfu labasha labafundziswe ngetemacansi etikolweni tabo, basebentisa kakhulu emakhondomu ngekungagucuki kusalabo labangakafundziswa. Lokubalulekile futsi kutsi emakhondomu bekangafinyelwa ngulabo labangenela lesifundvo.

Nga-2006 icwadzi levulekile lebeyibhalelwe Indvuna Yetemfundvo yesifundza saseMphumalanga Kapa, ivela kumalunga eTAC, yaphetsa ngekutsi ngemlayeto losolomane uvakala uliciniso. "Tikolwa tingumnyango lomuhle wekungenisa kuvikela nekucalisa kuvimbela i-HIV, kunakekela nekweseka ngobe tinkhulungwane tebantu labasha nabothishela bacitsa ngetulu kwema-awa lasiphohlongo ngelilanga, babahlanganyeli laklek tindlebe ekufundzeni. Sincenga litiko [leteMfundvo] kutsi liphakame ngalokuphutfumako nangekwesimisomgomo ekusebentiseni lelitfuba lelihle nakangaka, lifake sandla kulomkhankhaso waVelonke wekulwa nekubhedvuka kwe-HIV futsi kusindziswe timphilo."

Emasu ekukhuluma nekufundzisa ngetemacansi

- Bani nelicino
- Khutsata imibuto
- Niketa Iwati neminingwane lefanele
- Ungativa uphoceleleka kuphendvula ngaleso sikhatsi. Ungatsatsa sikhatsi ucabanga futsi ucwaninga timphendvulo takho
- Angavele nje ukhulume konkhe ngesikhatsi sinye ngetemacansi – kepha kwente kube yingcogco yemphilo yonkhe.