

Key points about HIV and AIDS / Khomanani, caring together.

Contributors

Khomanani Campaign (South Africa)

Publication/Creation

[between 2000 and 2004?]

Persistent URL

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ISIXHOSA Amabakala abalulekileyo nge-HIV ne-AIDS

I-AIDS sisifo esichaphazela izigidi zabemi baMzantsi Afrika. Ibangelwa yintsholongwane ebizwa ngokuba yi-HIV ebangelisa ukuba kubenzima ukuba umntu akwazi ukulwa ezinye izifo.

I-HIV yasulela ngokusuka komnye umntu iye komnye:

- ngokwabelana ngesondo ngendlela engokhuselekanga neqabane elinayo i-HIV
- ngokudibana negazi elinayo intsholongwane
- ukusuka kumama one-HIV iye kumntwana wakhe ongekazalwa okanye olusana (ayingabo banke abantwana abazalwa ngoomama abane-HIV abathi basuleleke yi-HIV)

I-HIV ayosuleli ngokukhohlela, ukwanga okanye ukubamba.

Abantu abaninzi abanayo le ntsholongwane abayazi into yakuba banayo. Awunakutsho ukuba umntu unayo ngokumjonga nje kuphela.

Kungathatha iminyaka emininzi phambi kokuba iimpawu ze-HIV zibonakale. Oku kwenzeka xa umntu lowo eqala ukugula zezinye izifo.

Uvavanyo lwe-HIV lungenziwa:

- kwiikliniki okanye ngugqirha
- kwiziko lokucetyiswa ngokuzikhethele kwanelokuvavanya
- kwiziko loqeqesho, ulwazi kunye nengecebiso le-AIDS kwiidolophu ezininzi.

Awunakunyanzelwa ukuba wenze uvavanyo lwe-HIV.

Kukuwe ukuzikhethele. Iziphumo zizihlebo, kwaye zixelelwa wena kuphela. Uvavanyo luya kukunceda ukuba ukwazi ukucwangcisa ikamva lakho, kwanokukhusela ukusasazeka kwe-HIV.

Nqanda ukusuleleka yi-HIV:

- Yiithi "hayi" kwisondo.
- Hlala uthembekile kwiqabane lakho.
- Sebenzisa ikhondom kakuhle qho xa usabelana ngesondo.



- Buza uNompilo ngeengazi ze-HIV ukuba ngaba ukhulelwe.
- Phepha ukudibana negazi. Sebenzisa isingxoba sesandla, iiplastiki okanye ezinye izithinteli.

Akukho yenza le-AIDS. Nona kunjalo abantu abaninzi abane-HIV baphila impilo entle ixesha elide. Bayayonga impilo yabo, bahlale bomelele, bafumane unyango xa begula, baye ukuya okulungileyo, baphephe izinto ezingaphazamisana neengqondo nemiphemulo yabo kwaye babelane ngesondo ngokukhuselekileyo.

Ukuba ngaba ungaba nemibuzo nge-HIV ne-AIDS, ungafowunela ucingo lwamaxesha onke lokunceda nge-AIDS kule nombolo 0800 012 322. Akhona amanye amaphethshana kolu luhlu achaza ngolwazi oluthe vetshe nge-HIV, i-AIDS kunye nezifo zesondo ezosulelayo.

SETSWANA Dintlha tsa bathokwa ka go HIV le AIDS

AIDS ke bolwetse ja bo amang dimilione tsa batho mo Afrika-Borwa. Ba bakwa ke mogare o o bidiwang HIV e e dirang gore mmele wa motho o ketefalelelwe ja go tswanetse malwetse o mangwe.

HIV e tshelana:

- Ka go sa tshireletse ka nako ya thobalano le motho ya o nang le yone
- Ka go amana le madi a a nang le yone
- Fa mme ya o nang le yone a fetetsa ngwana wa gagwe ya o tseng a tsholele kgotsa ya o sa tswang go tsholelwa (ga se bana batho ba ba tsholelwang ke bomme ba ba nang le HIV ba e ba tsenang)

HIV ga e fetele go ya mangwe ka go gathola, go tlamparela kgotsa go amana. Bontsi jwa batho ba ba nang le HIV ga ba itse gore ba na le yone. O ka seka wa re motho o na le yone fela ka go mo leba.



Go ka tsaya dingwaga di le dintsi pele ditshupo tsa gore motho o na le HIV di bonala. Seno se diragala gantsi fa motho a lwala malwetse a mangwe.

Tlhatlhoba ya HIV e ka dirwa:

- Kwa tliliking kgotsa kwa ngakeng.
- Kwa lefelong la Bathaopi ba Kgakololo ya Boitseanape la Tlhatlhoba.

- Kwa mafelong a Katiso, Tshedimosetso le Kgakololo ya Boitseanape a AIDS a mo ditropong tse dintsi.

O ka se ka wa pateledwa go dira tlhatlhoba gore a o na le HIV. Ke wena o tshwanetseng go kgetha go dira jalo. Diphoto tsa tlhatlhoba ya gagwe ke sephiri, mme se boletelwa wena fela. Tlhatlhoba eo e tla go thusa go rulaganya isagwe ya gagwe, le go thibela go anamisa HIV.

Thibela go anamisiwa ga HIV:

- Gana thobalano.
- Ikanyege mo go molekane wa gagwe.
- Dirisa khondomo sentle nako le nako fa o robalana le mongwe.
- Batsa modiredi wa tsa maphela ka go dikotsi tsa HIV fa o imile.
- Tla go ama madi. Dirisa diapara tsa mabaga, dikgethana tsa palasetiki kgotsa ditlhedisi tse dingwe.

AIDS ga e na kalafi. Mme batho ba le bantsi ba ba nang le HIV ba tshela nako e telele ba itekanetse sentle. Ba thokomela boitekanelo jwa bone, ba ipoloka ba itekanetse, ba batla kalafi ba lwa, ba ja dijo tse di siameng, ba tla go tshwenyega thata mme ba tshireletsa nako le nako fa ba tsena mo thobalanong.

Fa o na le dipotso dipe ka go HIV le AIDS, o ka leletsa mogala o o sa dulelweng kwa go ba AIDS Helpline nomoro 0800 012 322 ba ba nang ba le teng diura di le 24. Go na le dipampitshano dingwe tsa thulaganyo eno tse di nyanang tshedimosetso e e oketsegileng ka go HIV, AIDS le Megare e e tshelanwang ka Thobalano (STIs).

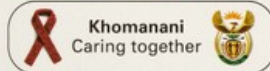
Language Groups: Western Cape, Eastern Cape, Northern Cape, North-West

Key Points about HIV and AIDS

AFRIKAANS Belangrike feite oor MIV en VIGS

ISIXHOSA Amabakala abalulekileyo nge-HIV ne-AIDS

SETSWANA Dintlha tsa bathokwa ka go HIV le AIDS



AIDS Helpline 0800 012 322
www.aidsinfo.co.za

Key Points about HIV and AIDS

AIDS is a disease that affects millions of South Africans. It is caused by a virus called HIV that makes it difficult for a person to fight off other diseases.

HIV is spread from one person to another:

- by having unprotected sex with an infected person
- through contact with infected blood
- from an infected mother to her unborn or newborn baby (not all babies born to infected mothers become infected with HIV)

HIV is NOT spread by coughing, hugging or touching.

Most people infected with HIV do not know it. You cannot tell just by looking at them.

It can take many years for the signs of HIV to show. This is usually when a person becomes ill from other diseases.

An HIV blood test can be done:

- at clinics or by a doctor
- at a Voluntary Counselling and Testing Site
- at an AIDS Training, Information and Counselling Centre in most cities

You cannot be forced to have an HIV test. It is your choice. The results are confidential, and only told to you. The test will help you to plan your future, and to prevent the spread of HIV.



Prevent HIV infection:

- Say "no" to sex.
- Stay faithful to your sexual partner.
- Use a condom correctly every time you have sex.
- Ask a health worker about HIV risks if you are pregnant.
- Prevent contact with blood. Use gloves, plastic bags or other barriers.

There is no cure for AIDS. But many people with HIV live long healthy lives. They take care of their health, keep fit, get treatment when they are sick, eat correct food, avoid stress and practise safer sex.

If you have any questions about HIV and AIDS, you can phone the free 24-hour AIDS Helpline at 0800 012 322. There are other leaflets in this series that give more information about HIV, AIDS and STIs.

AFRIKAANS Belangrike feite oor MIV en VIGS

VIGS is 'n siekte, wat miljoene Suid-Afrikaneers affekteer. Dit word veroorsaak deur 'n virus genaamd MIV, wat dit vir 'n persoon moeilik maak om ander siektes af te weer. MIV word van een persoon na 'n ander oorgedra.

- deur onbeskermd seks met 'n besmette persoon te hê;
- deur kontak met besmette bloed;
- van 'n besmette moeder aan haar ongebore of pasgebore baba (nie alle babas van besmette moeders word met MIV besmet nie).

MIV word NIE deur hoë, omhelsing of aanraking versprei nie. Die meeste mense, wat met MIV besmet is, weet dit nie. Jy kan ook nie weet of hulle met MIV besmet is nie, deur net na hulle te kyk.



Dit kan baie jare duur, voordat die tekens van MIV sigbaar word. Dit is gewoonlik wanneer 'n persoon aan ander siektes ly.

'n MIV-bloedtoets kan uitgevoer word:

- by klinieke, of by 'n dokter;
- by 'n vrywillige berading-en-toets-sentrum;
- by 'n VIGS-opleiding-, inligting- en beradingsentrum, in die meeste stede.

Jy kan nie gedwing word, om 'n MIV-toets te ondergaan nie. Dit is jou keuse. Die uitslag is vertroulik en word net aan jou meegegee. Die toets sal jou help, om jou toekoms te beplan en om te help keer, dat MIV versprei.

Voorkom MIV-besmetting:

- Sê "nee" vir seks.
- Bly getrou aan jou seksmaat.
- Gebruik 'n kondoom op die regte manier, elke keer as jy seks het.
- Vra 'n gesondheidswerker oor die MIV-risiko's, as jy swanger is.
- Voorkom kontak met bloed. Gebruik handskoene, plastieksakke of ander skeidingsmiddels.

VIGS kan nie genees word nie. Baie mense met MIV het nogtans lang, gesonde lewens. Hulle kyk mooi na hulle gesondheid, bly fiks, kry behandeling wanneer hulle siek is, eet die regte kos, vermy spanning en beoefen veiliger seks.

As jy enige vrae oor MIV en VIGS het, kan jy die gratis 24-uur VIGS-hulplyn bel, by 0800 012 322. Daar is ander blaadjies in hierdie reeks, wat meer inligting oor MIV, VIGS en SOI's verstrek.



Use a condom every time you have sex to prevent HIV infection.

CONTACT STAMP

www.aidsinfo.co.za