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WENA KUNYE NE-AIDS

I-Aids sisifo esoyikekayo. Ukuba ufuna ukwazi inene - funda eli phetshana.

YINTONI I-AIDS ?

I-Aids sisigulo. Ibangwa yintsholongwane ye-Aids.

IFUMANEKA NJANI I-AIDS ?

Le ntsholongwane ifumaneka kumadlozi, kwiincindi ezikwindlela eya esibelekweni ikwafumaneka nasegazini. Kungoko ke ufumana i-Aids xa ulele nomntu onayo le ntsholongwane. Nomama onentsholongwane ye-Aids angayisulela kusana olo xa ekhulelwe.

UNGAYIFUMANA INTSHOLONGWANE YE - AIDS NGOKUHLALA OKANYE NGOKUSEBENZA NOMNTU ONE-AIDS?

Hayi. Akukho sizathu sokuzikhathaza malunga ne - Aids ngenxa yokuba secaleni komntu onale ntsholongwane. Akunakufumana i-Aids kwisichopho sendlu yangasese okanye kwizinto ezinje ngeemela, iifolokhwe neekomityi. Ukuwola (hug) nokuphuza nako akunabungozi.

UNGAMBONA UKUBA NGOWUPHINA UMNTU ONE-AIDS?



Hayi! Akunakho!

Intsholongwane ye-Aids iyakwazi ukuzifihla egazini lo mntu iminyaka emininzi. Abantu abathwele i- Aids bangakhangeleka kwaye bazive besempilweni, kodwa babe beyidlulisela kwabanye i-Aids.

MASIYINQANDE I-AIDS - than- dana ngokukhuselekileyo

Siyayazi ukuba i-Aids uyifumana ngokulalana nomntu onayo le ntsholongwane. Usenakho ukulalana nomntu, kodwa kufuneka ulumke.

Ii-condom zingayinqanda intsholongwane ye-Aids, ingangeni emzimbeni wakho. Ungazifumana simahla ii-condom kwikliniki yocwangciso ntsapho. Usenokuzithenga ii-condom kwikhemisti nakwii suphamaketi. Sebenzisa i-condom entsha rhoqo xa uza kulala nomntu.

Enye indlela yokunqanda i-Aids kukuba nesithandwa esinye ubomi bakho bonke. Ukuba ulala nabantu ngabantu kulula ukuba ufumane i-Aids.

Khumbula, ayinyangeki. Inye indlela kukuyinqanda!

Ngoku siyayazi inyaniso malunga ne-Aids nendlela yokuyilwa. Masazise nabanye abantu.

NDINE-AIDS Nceda undiwole



Andizi kukwesulela

Ungayifumana enye inkcazelo kwa:

PPHC 696-8470

BCHP 951-5928

ATICC 210-3400

SACLA Health Project 31-1415

PPA 685-3017

Philani Nutrition Centres 387-1142

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