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Pregnancy and HIV

AFRIKAANS Swanger en MIV

ISIXHOSA Ukukhulelwa kunye ne-HIV

SETSWANA Boimana le HIV



Khomanani
Caring together



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

ISIXHOSA

Ukukhulelwa kunye ne-HIV

Abasetyhini abaninzi abakhulelweyo eMzantsi Afrika bosuleleke yi-HIV. I-HIV yintsholongwane ebangela i-AIDS. Kungathabatha iminyaka ngeminyaka phambi kokuba i-HIV ikugulise kakhulu. Abantu abaninzi abosuleleke yi-HIV baziva besempilweni kwaye bephile kakuhle. Indlela yokwazi ukuba wosulelekile kusini na inye kuphela, kukuya kuvavanyela i-HIV egazini. Phambi kovavanyo unikwa iingcebiso. Ngoko ke yonke imibuzo yakho ingaphendulwa. Buza kangangoko ufuna.

Owasetyhini owosuleleke yi-HIV angayigqithisela le ntsholongwane esaneni lakhe: ngexesha lokukhulelwa, xa ebeleka naxa encancisa.

Malunga nesithathu kwiintsana ezilishumi ezizelwe ngabasetyhini abane-HIVziya kosuleleka yi-HIV. Kodwa ke asikwazi ukubona ukuba zeziphi na eziya kuzalwa zosulelekile. Iintsana ezine-HIV zidla ngokuphila nje iminyaka emi-3 ukuya kwesi-8 kuphela.

SETSWANA

Boimana le HIV

Go basadi ba le bantsi bao ba ithwetseng mme ba na le mogare wa HIV. HIV ke mogare o o tlholang AIDS.

Go ka tsaya dingwaga tse dintsi pele ga HIV e dira gore o bobole. Batho ba bantsi bao ba nang le HIV ba ikutlwa ba nonofile ba bile ba siame. Tsela e le nngwe fela ya go itse fa o tshwaetsegile ke go dira teko ya madi ya HIV.

O tlamelwa ka kgakololo kana counselling pele o ka dira teko. Ka jaana, dipotso tsotlhe tseo o nang le tsona di tla arabiwa. Bona tshedimosetso e o e tlhokang ka bontsi.

Mme yo o nang le HIV a ka fetisetsa mogare ono go lesea ka nako ya: go ithwala, pelegi, go anyisa ngwana.

Ke bana ba le bararo go tswa mo go bomme ba le some ba ba nang le HIV, bao fitlhelwang ba tshwaetsegile ka HIV. Ga go kgonege gore re ka bona gore ke bana bafe bao ba belegwang ba tshwaetsegile. Bana bao ba belegwang ba na le HIV, ba tshela sebaka sa dingwaga di le tharo go ya go tse robedi.



Yiya kuvavanyo lwe-HIV kwangethuba ukuze ukwazi ukwenza izigqibo ngesi sisu. Zikho iindlela zokunciphisa ithuba lokosulela usana lwakho nge-HIV. Thetha nonompilo wakho malunga noku kulandelayo:

- Ukutya amayeza achasene ne-HIV xa uqalisa ukubeleka.
- Ukunika usana olusandula ukuzalwa amayeza achasene ne-HIV kwisithuba seentsuku ezi-3 luzelwe.
- Unakekelo olulodwa ngexesha lokubeleka ukuze kuthintelwe ukosuleleka.
- Ukhethe indlela yokondla usana lwakho ngononophelo. Thetha nonompilo wakho malunga noku.

Ukuba ngaba wosuleleke yi-HIV, uze ufumanise kuselithuba elaneleyo, usenganako ukusikhupha isisu.



Dira teko ya HIV ka bonako fa o ithwele, gore o kgone go dira tshwetso ka boimana jwa gago.

Go na le ditsela tsa go ka fokotsa kgonego ya go tshwaetsa lesea ka HIV. Bua le modiredi wa tsa pholo ka:

- Go newa ditlhare tsa go lwantsha HIV (anti-HIV) fa pelegi e simolola.
- Go naya lesea le lentšha ditlhare tsa anti- HIV mo nakong ya malatsi a le mararo fa a sena go belegwa.



- Go ela tlhoko ka nako ya pelegi gore lesea le seke la tshwaetswa.
- Go tsaa tlhoko fa o tlhopa tsela ya go fepa lesea. Buisana le modiredi wa tsa pholo ka ga seno.

Fa o ka lemoga ka bonako fa nakong ya go ithwala gore o na le HIV, o ka kgona go tsaya tshwetso ya go fedisa boimana jwa gago (*abortion*).

Akho namanye amanyathelo abalulekileyo ongakhetha kuwo:

- Ziphathe kakuhle.
- Cela ugxa wakho owabelana naye ngesondo aye kuvavanyo lwe-HIV.
- Yiya kunyango kwangethuba xa unezinye iingulo nolosuleleko.



- Sebenzisa ikhondom ngalo lonke ixesha usabelana ngesondo.
- Fumana inkxaso nokucetyiswa. Kuyanceda ukwabelana ngezimvo nomnye umntu omthembayo.

Ukuba ngaba unemibuzo nge-HIV ne-AIDS, ungatsalela umnxeba kwiNombolo yoNcedo yasimahla yamaxesha onke ethi 0800 012 322. Akwakho namanye amaphetshana enkcazelo kolu luhlu nanika inkcazelo ebanzi nge-HIV ne-AIDS.

Go na le ditsela tse dingwe tse di botlhokwa tse o ka ithhopelang tsone:

- O ka ithhokomela botoka.
- Kopa mokaulenngwe wa gago go dira teko ya HIV.
- Netefatsa gore o bona kôkô ka bonako fa o na le ditshwaetso le malwetse a mangwe.
- Dirisa khondomo nako nngwe le nngwe fa o dira thobalano.
- Iponne tshegetso le kgakololo. Go botoka go buisana le mongwe yo o mo tshepang ka ga maikutlo a gago.

Fa o na le dipotso dingwe kaga HIV le AIDS, o ka leletsa nomoro ya mogala e e sa duelelweng ya AIDS Helpline diura di le 24 go 0800 012 322. Go na le dipapetlana tse dingwe tseo di tsamaisanang le eno, tseo di nang le tshedimosetso kaga HIV le AIDS.

Pregnancy and HIV

In South Africa, many pregnant women are infected with HIV. HIV is the virus that causes AIDS. It can take years before HIV makes you very sick. Many people infected with HIV feel healthy and well. The only way to know if you are infected is to have an HIV blood test. Counselling is given before the test. So you can get all your questions answered. Find out as much as you can.

A woman who is infected with HIV could pass the virus on to her baby during: pregnancy, childbirth and breast-feeding.

About three out of ten babies born to HIV-positive women will get HIV. But we cannot tell which ones will be born infected. HIV-positive babies usually only live for 3 to 8 years.

AFRIKAANS Swanger en MIV

In Suid-Afrika is baie vroue met MIV geïnfekteer. MIV is die virus wat VIGS veroorsaak. Dit kan jare neem voordat MIV jou baie siek maak. Baie mense wat met MIV geïnfekteer is, voel gesond en goed. Die enigste manier om te weet of jy geïnfekteer is, is om vir 'n MIV-bloedtoets te gaan. Jy kan voor die toets vir berading gaan. Tydens die berading kan al jou vrae beantwoord word. Vind ook soveel as moontlik uit oor MIV en VIGS.

'n Vrou wat met MIV geïnfekteer is, kan die virus aan haar baba oordra tydens swangerskap, geboorte en borsvoeding.

Omtrent drie uit elke tien babas wat deur MIV-positiewe vroue gebore word, sal MIV kry. Ons kan egter nie sê watter babas geïnfekteer gebore sal word nie. MIV-positiewe babas lewe gewoonlik net vir 3 tot 8 jaar.



Get tested for HIV early on so you can make decisions about your pregnancy.

There are ways to lower the chance of passing HIV to your baby. Talk with your health worker about:

- Taking anti-HIV medicines when labour starts.
- Giving the newborn baby anti-HIV medicines within 3 days of the birth.
- Taking special care during labour to avoid infections.
- Choosing the way that you feed your baby carefully. Discuss this with your health worker.

If you are infected with HIV and find out early enough, you could also have a termination of pregnancy (abortion).



Gaan so vroeg as moontlik vir jou MIV-toets, sodat jy besluite oor jou swangerskap kan neem.

Daar is maniere waarop jy die kans kan verminder dat die MIV na jou baba toe oorgedra word. Praat met jou gesondheidswerker oor:

- Die moontlikheid om medisyne teen-MIV te neem wanneer jy in kraam kom.
- Die moontlikheid om die pasgebore baba binne 3 dae na sy of haar geboorte medisyne teen-MIV te gee.
- Spesiale sorg wat jy tydens kraam kan kry om infeksies te voorkom.
- Die keuses wat jy het om jou baba versigtig te voed.

As jy met MIV geïnfekteer is en vroeg genoeg uitvind, kan jy ook jou swangerskap laat beëindig (aborsie).



There are other important choices you can make:

- Take better care of yourself.
- Ask your sexual partner to have an HIV test.
- Get early treatment for other sicknesses and infections.
- Use a condom every time you have sex.
- Get support and counselling. It helps to share your feelings with someone you trust.



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

Daar is ander belangrike keuses wat jy kan maak:

- Jy kan beter vir jouself sorg.
- Vra jou seksmaat om vir 'n MIV-toets te gaan.
- Kry vroeg reeds behandeling vir ander siektes en infeksies.
- Gebruik 'n kondoom elke keer as jy seks het.
- Kry ondersteuning en berading. Dit help om jou gevoelens te deel met iemand wat jy vertrou.

As jy enige vrae oor MIV en VIGS het, bel gerus die gratis 24-uur VIGS-hulplyn by 0800 012 322. Daar is ook ander blaadjies in hierdie reeks wat vir jou meer inligting oor MIV en VIGS kan gee.



Knowing your HIV status will help you make important choices for yourself and your baby.

CONTACT STAMP

www.aidsinfo.co.za