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Caring for People with HIV and AIDS

AFRIKAANS Hoe om te sorg vir mense met MIV en VIGS

ISIXHOSA Ukukhathalela abantu abaphethwe yi-HIV ne-AIDS

SETSWANA Go tlhokomela batho ba ba nang le HIV le AIDS



Caring together for life
Khomanani

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

Caring for People with HIV and AIDS

HIV and AIDS affect millions of South Africans. People who are infected with HIV can feel healthy for many years before they get sick with AIDS. Whether well or sick, HIV-positive people need love and support.

Friends and family members sometimes worry that they might be infected when caring for a person with HIV. HIV cannot be passed on by touching, hugging, coughing or sharing eating utensils or living in the same house.

HIV can only be passed on:

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

AFRIKAANS Hoe om te sorg vir mense met MIV en VIGS

MIV en VIGS affekteer miljoene Suid-Afrikaners. Mense, wat met MIV besmet is, kan baie jare lank gesond voel, voordat hulle siek word met VIGS. MIV-positiewe mense het liefde en ondersteuning nodig, ongeag daarvan of hulle siek of gesond is.

Vriende en familieledes is soms bekommerd dat hulle besmet kan word, as hulle 'n persoon met MIV versorg. MIV kan nie oorgedra word nie deur aanraking, omhelsing, hoë, deling van eetgerei, of deur in dieselfde huis te bly.

MIV kan net oorgedra word

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



It is possible for people who are infected with HIV to live long, healthy lives. Most sicknesses can be easily treated and cured.

Help those who are infected:

- Show love, respect and support.
- Know the facts about HIV and AIDS, and talk openly about them.
- Help them to avoid stress.
- Give healthy meals. Ask your health worker about this.
- Encourage them. Go with them to get treatment if they are sick.



Dit is moontlik vir mense, wat met MIV besmet is, om lang, gesonde lewens te lei. Die meeste siektes kan maklik behandel en genees word.

Help diegene, wat besmet is:

- Toon liefde, respek en ondersteuning.
- Ken die feite oor MIV en VIGS en praat openlik daaroor.
- Help hulle, om stres te vermy.
- Gee hulle gesonde maaltye. Vra jou gesondheidswerker, om jou meer hieroor te vertel.
- Moedig hulle aan. Gaan saam met hulle as hulle behandeling kry, wanneer hulle siek is.



There may be times when you need to clean up body fluids or blood from someone infected. Use rubber or plastic gloves, or plastic bags or thick cloth to prevent contact. These must be near by at all times.

There are services to help families affected by AIDS: hospices, religious groups, home-care and welfare organisations. They offer services like:

- home nursing care
- day-care
- short-term treatment
- counselling and support

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.

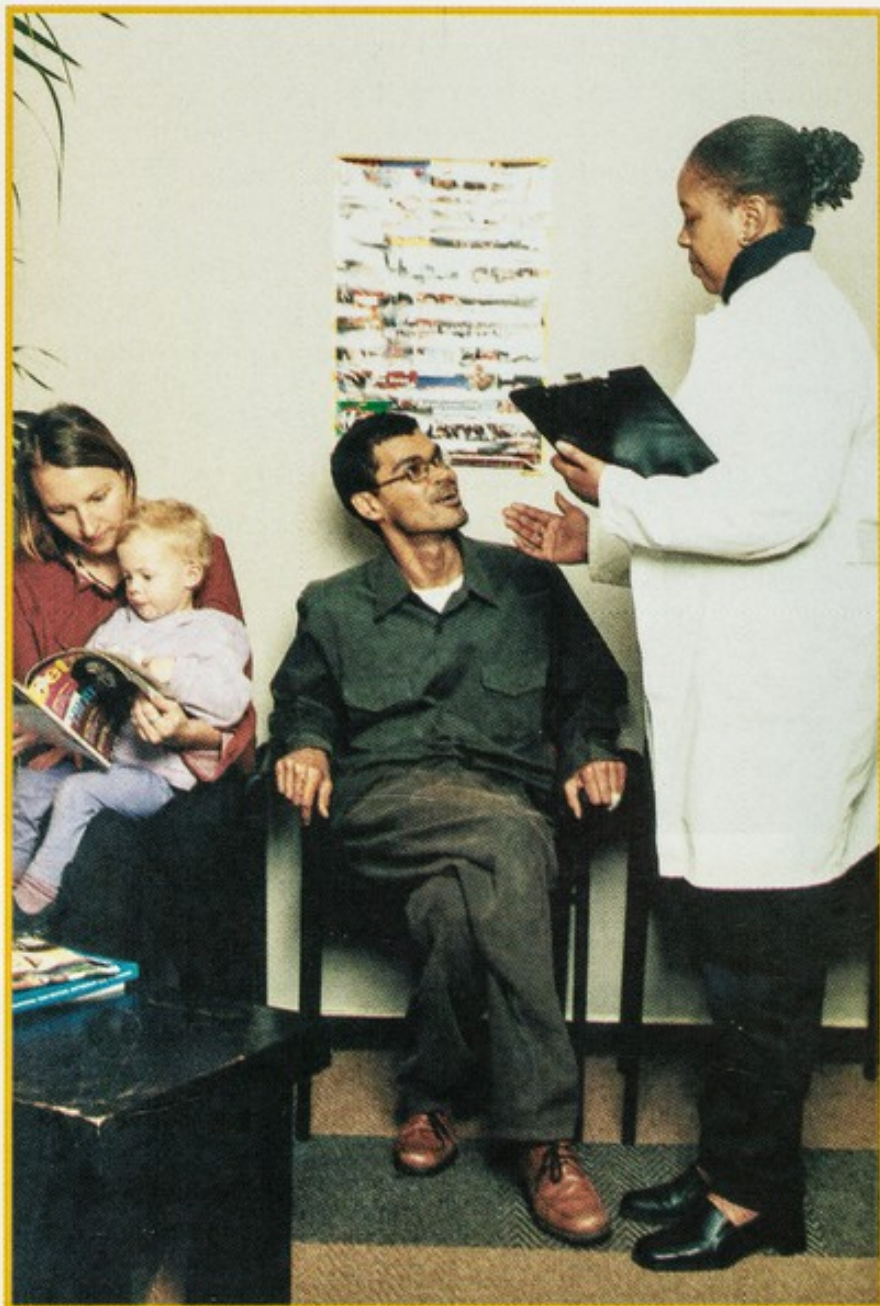


Daar mag tye wees, wanneer jy liggaamsvloeistowwe of bloed van iemand wat besmet is, sal moet skoonmaak. Gebruik rubber- of plastiekhandskoene, plastieksakke of dik materiaal om kontak te vermy. Dit moet altyd byderhand wees.

Daar is dienste, om families te help, wat deur VIGS geaffekteer word: Hospiese, godsdienstige groepe, tuissorg en welsynsorganisasies. Hulle bied dienste soos:

- tuisverplegingsorg,
- dagsorg,
- korttermyn-behandeling,
- berading en ondersteuning.

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 verskaf.



If they get sick, people infected with HIV should get treated as soon as possible. Most infections are easily treated and cured, even if a person has HIV.

CONTACT STAMP

ISIXHOSA

Ukukhathalela abantu abaphethwe yi-HIV ne-AIDS

I-HIV ne-AIDS ichaphazela izigidi zabemi boMzantsi Afrika. Abantu abanentsholongwane ye-HIV bangaziva bephilile iminyaka emininzi phambi kokuba bagule yi-AIDS. Bephilile okanye begula, abantu abane-HIV bayalufuna uthando nenkxaso.

Izihlobo nosapho bakhe babenexhala lokuba bangosuleleka xa bekhathalela umntu one-HIV. I-HIV ayinakusasazeka ngokubamba, ukwanga, ukukhohlela okanye ukwabelana ngamacephe okanye ukuhlala endlwini enye.

I-HIV ingosulela kuphela ngokuthi:

- wabelane ngesondo ungazikhuselanga nomntu onayo le ntsholongwane;
- ngokuphatha igazi elinentsholongwane;
- ifunyanwe ngumntwana ongekazalwa okanye usana kunina (asingabo bonke abantwana abafunyanwa ngoomama abane-HIV abosulelekayo).

SETSWANA

Go tlhokomela batho ba ba nang le HIV le AIDS

HIV le AIDS e ama dimilione tsa batho mo Afrika-Borwa. Batho ba ba tsenweng ke HIV ba ka ikutlwa ba phedile sentle dingwaga di le dintsi pele ga ba lwala bolwetse jwa AIDS. Batho ba ba nang le HIV, ba tsogile sentle kgotsa ba lwala, ba tlhoka lorato le tshegetso.

Fa gonwe, ditsala le maloko a lelapa ba tshwenyega ka gore ba ka nna ba tsenwa ke HIV fa ba tlhokomela motho yo o nang le yone. Motho yo o nang le HIV a ka seka a fetetsa ba bangwe ka go ba kgoma, go ba tlamparela, go gotlholo kgotsa go dirisa dilwana tse di jelang di le dingwe kgotsa go nna mo ntlong e le nngwe le bone.

Motho a ka tsenwa ke HIV fela ka:

- Go robalana le motho yo o nang le yone a sa itshireletsa;
- Go amana le madi a a nang le HIV;
- Gore mme yo o nang le HIV a tshele lesele le le iseng le tsholwe kgotsa le le sa tswang go tsholwa (ga se bana botlhe ba ba tsholwang ke bomme ba ba nang le HIV ba e ba tsenang).



Kuyenzeka ukuba abantu abane-HIV bahlale bephilile ixesha elide. Izigulo ezininzi zinyangeka lula.

Nceda abo basulelekileyo:

- Bonisa uthando, intlonipho nenkxaso.
- Yazisi inyani nge-HIV ne-AIDS, kwaye uthethe ngayo.
- Bancede ukuphepha izinto ezingakhathazana neengqondo nemiphefumlo yabo.
- Banike ukudla okunempilo. Buza uNompilo wakho ngalo mba.
- Bakhuthaze. Hamba nabo xa besiya kufumana unyango xa begula.

Angakhona amaxesha ekungafuneka ukuba ucoce ulwelo okanye igazi kumntu onentsholongwane. Sebenzisa isingxobo sesandla serabha okanye iplastiki okanye ilaphu elingenakuphumela kuwe ukunqanda ukosuleleka. Ezi zinto kufuneka zibekufuphi ngawo onke amaxesha.



Go a kgonega gore motho yo o nang le HIV a tshela botshelo bo bo itekanetseng nako e telele. Malwetse ka bontsi a ka alafiwa a ba a fodiswa botlhofo.

Thusa ba ba tsenweng ke bolwetse jo:

- Bontsha lorato, tlotlo le tshegetso,
- Itse boammaruri ka ga HIV le AIDS, mme o bue o phuthologile ka tsone,
- Ba thuse gore ba se ka ba tshwenyega thata,
- Ba fepe ka dijo tse di nang le dikotla. Botsa modiredi wa tsa boitekanelo ka ga seno
 - Ba kgothatse. Fa ba lwala tsamaya le bone go ya go alafiwa.

Go ka nna ga nna le dinako tse o tlhokang go tlhapisa motho yo o nang le bolwetse jono o phimola metsi kgotsa madi. Dirisa diaparo tsa mabogo tsa rekere kgotsa dikgetsana tsa polasetiki kgotsa letsela le le bokete gore o seka wa tsenwa ke bolwetse joo.



Zikhona iinkonzo zokunceda iintsapho ezichatshazelwa yi-AIDS: lindawo zokulalisa abagula kakhulu, amaqela kalizwi, imibutho yonontlalontle nejongene nokongiwa ekhaya Zinikela ngeenkonzo ezifana nezi:

- ulongiwo lwasekhaya
- ulongiwo lwasemini
- unyango lwexeshana
- ukukhuthazwa nenkxaso



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

Dilo tseno di tshwanetse go nna gaufi ka dinako tsothhe. Go na le ditirelo tsa go thusa malapa a a amilweng ke AIDS: tlhokomelo ya balwetse ba ba tlogang ba lwala thata, ditlhopha tsa bodumedi, mekgatlho ya tlhokomelo ya mo gae le ya boitekanelo. Di thusa ka:

- Tlhokomelo ya mo gae le ya booki
- Tlhokomelo ya motshegare
- Kalafi ya nako e khutshwane
- Kgakololo ya botitseanape le tshegetso

Fa o na le dipotso dipe ka ga HIV le AIDS, o ka leletsa mogala o o sa duelelweng kwa go ba AIDS Helpline nomoro 0800 012 322 ba ba nnang ba le teng diura di le 24. Go na le dipampitshana dingwe tsa thulaganyo eno tse di nayang tshedimose tse e e oketsegileng ka ga HIV, AIDS le Megare e e Tshelanwang ka Thobalano (STIs).