

Common sicknesses of people with HIV and AIDS / Khomanani.

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Khomanani Campaign (South Africa)
Pretoria (South Africa). Health Department.

Publication/Creation

[2004?]

Persistent URL

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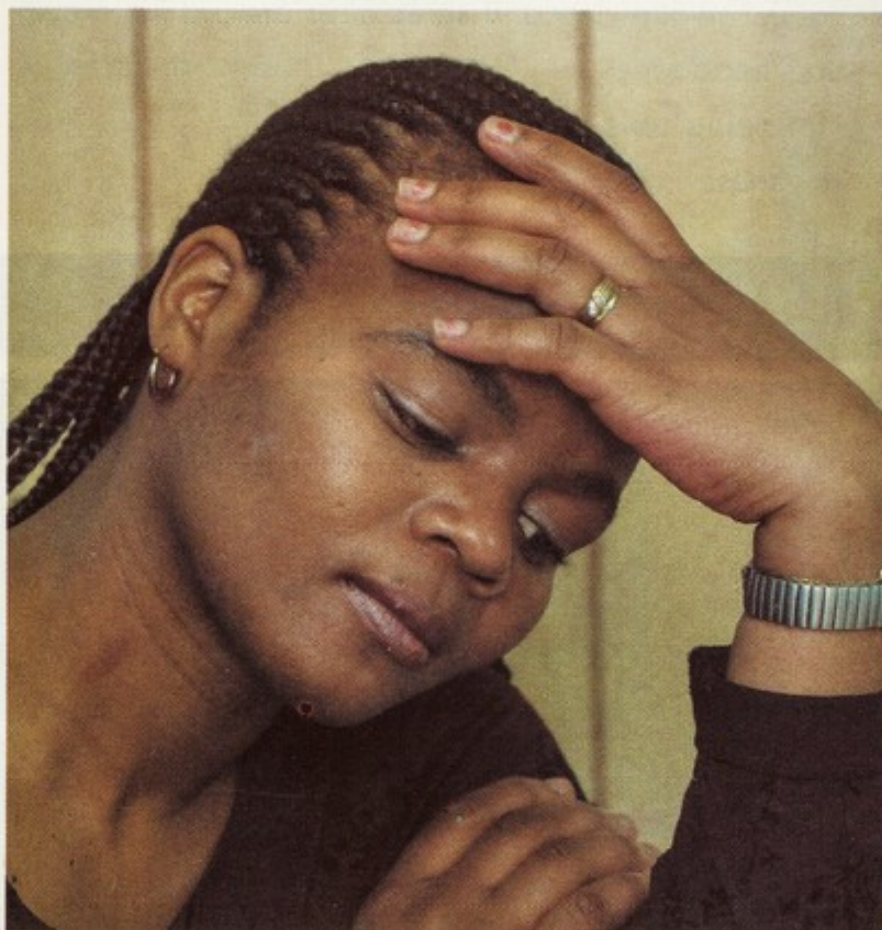
Language Groups: Western Cape, Eastern Cape, Northern Cape, North-West

Common Sicknesses of People with HIV and AIDS

AFRIKAANS Algemene siektes van mense met MIV en VIGS

ISIXHOSA Izigulo eziqhelekileyo zabantu abane-HIV ne-AIDS

SETSWANA Malwetsi a a Tlwaelegileng a Batho nang le HIV le AIDS



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Khomanani

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

Common Sicknesses of People with HIV and AIDS

HIV slowly damages a person's immune system. The immune system is the part of the body that fights germs. These germs make us sick. With a damaged immune system, the body is not properly protected against germs. This is why people living with HIV can get sick more easily and more often.

If you have any of the following signs of sickness, get treatment straight away:

- Chest pain and coughing that doesn't go away
- Night sweats and fever
- Loss of weight and a runny tummy
- Painful swallowing and sores in or around the mouth
- Bad headaches
- Not being able to see properly
- Tiredness

AFRIKAANS Algemene siektes van mense met MIV en VIGS

HIV beskadig geleidelik 'n persoon se immuunstelsel. Die immuunstelsel is die deel van die liggaam wat teen kieme stry. Hierdie kieme maak ons siek. As 'n immuunstelsel beskadig is, word die liggaam nie behoorlik teen kieme beskerm nie. Dit is waarom mense wat met MIV leef, makliker en meer dikwels siek word.

Kry dadelik behandeling as jy enige van die volgende tekens van siekte het:

- Borspyn en hoes wat nie weggaan nie.
- Nagsweet en koors.
- Gewigsverlies en lopende maag.
- Pynvolle sluk en sere in of rondom die mond.
- Ernstige hoofpyne.
- Om nie behoorlik te kan sien nie.
- Moegheid.



If your immune system stays strong, you will get sick less often. There are ways to help keep your immune system strong and prevent sickness:

- Get medicines to prevent common sicknesses.
- Eat healthy food. Ask your health worker for ideas.
- Exercise regularly.
- Don't drink alcohol or use tobacco.
- Keep your house and yourself clean.
- Wash your hands after using the toilet and before eating.
- Wash all your vegetables in clean water.
- Cook meat and chicken well.



As jou immuunstelsel sterk bly, sal jy minder dikwels siek word. Hier is maniere wat kan help om jou immuunstelsel sterk te hou en siekte te voorkom:

- Kry medisynes om algemene siektes te voorkom.
- Eet gesonde kos. Vra jou gesondheidswerker vir idees.
 - Oefen gereeld.
 - Moenie alkohol drink of tabak gebruik nie.
 - Hou jou huis en jouself skoon.
 - Was jou hande nadat jy die toilet gebruik het en voordat jy eet.
 - Was al jou groente in skoon water.
 - Kook vleis en hoender behoorlik.



- Don't share things that are used on the body, like toothbrushes, razors and needles.
- Get treated straight away if you do get sick.
- Always use a condom when you have sex. This will protect you from getting infected with HIV again. It will also protect your partner.



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 AIDS.

- Moenie dinge deel wat op die liggaam gebruik word nie, soos tandeborsels, skeermes-lemme en naalde.
- Gaan dadelik vir behandeling as jy siek word.
- Gebruik altyd 'n kondoom wanneer jy seks het. Dit sal keer dat jy weer met MIV geïnfekteer word. Dit sal ook jou seksmaat beskerm.

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 VIGS kan gee.



Eat fruit and vegetables to help keep your immune system strong and to prevent sickness.

CONTACT STAMP

www.aidsinfo.co.za

ISIXHOSA

Izigulo eziqhelekileyo zabantu abane-HIV ne-AIDS

I-HIV (intsholongwane kagawulayo) yonakalisa kancinane isinqanda zifo somntu. Isinqanda zifo sisahlulo somzimba esilwa iintsholongwane.

Iintsholongwane zisenza ukuba sigule. Ngesinqandi zifo esonakeleyo, umzimba awukhuselekanga ngokufanelekileyo kwizifo. Yiyo loo nto abantu abaphila ne-HIV benokugula ngokulula kwaye rhoqo.

Ukuba ngaba unazo naziphina kwezi mpawu zokugula zilandelayo, fumana unyango ngoko nangoko:

- Ubuhlungu besifuba kunye nokukhohlela okungapheliyo
- Ukubila ebusuku kunye nomkhuhlane
- Ukwehla kobunzima bomzimba kunye nesisu esihambisayo
- Ukuginya kabuhlungu kunye nezilonda ezingaphakathi nezijikeleze umlomo
- Intloko ebuhlungu
- Ukungaboni kakuhle
- Ukudinwa

SETSWANA

Malwetsi a a Tlwaelegileng a Batho nang le HIV le AIDS

Ka bonya HIV e senya tsamaiso ya mmele ya go iphemela kgatlhanong le ditwatsi. Tsamaiso ya mmele ya go iphemela kgatlhanong le ditwatsi ke karolo ya mmele ya go lwantsha megare. Megare e a re lwatsa. Fa tsamaiso ya mmele wa rona ya go iphemela kgatlhanong le ditwatsi e senyegile, mmele ga o a sireletsega ka mo go lekaneng go lwantsha megare. Ke ka lebaka leo batho ba ba tshelang le HIV ba ka lwalang motlhofo le kgapetsa kgapetsa.

Fa e le gore o na le lepe la matshwao a a latelang a bolwetsi, batla kalafi kwantle ga go senya nako:

- Ditlhabi mo mafatlheng le go gotlholela ruri
- Go fufula bosigo le letshoroma
- Go bopama le letshololo
- Go utlwa botlhoko fa o metsa le dintho mo molomong kgotsa go o dikologa
- Go opiwa ke tlhogo e e botlhoko gantsi
- Go se bone sentle
- Go lapa



Ukuba ngaba isinqanda zifo sakho sihleli somelele, uya kugula kancinane. Zikhona iindlela zokugcina isinqanda zifo sakho somelele kwaye uthintele ukugula:

- Fumana amayeza ukuthintela izifo ezixhaphakileyo.
- Yitya ukutya okunempilo. Cela amacebo kumsebenzi wempilo.
- Zilolonge rhoqo.
- Ungaseli utywala okanye usebenzise icuba.
- Gcina indlu yakho kunye nawe nicocekile.
- Hlamba izandla zakho emva kokusebenzisa indlu yangasese kunye naphambi kokutya.
- Wasa imifuno kumanzi acocekileyo.
- Pheka inyama nenkuku zivuthwe kakuhle.



Fa tsamaiso ya mmele wa gago ya go iphemela kgatthanong le ditwatsi e nna e tiile, o tla lwala ka sewelo. Go na le ditsela tse o ka dirang gore tsamaiso ya mmele wa gago ya go iphemela kgatthanong le ditwatsi e nne e tiile ka teng le go thibela malwetsi:

- Batla melemo ya go thibela malwetsi a a tlwaelegileng.
- Ja dijo tse di nayang botsogo jo bo molemo. Kopa dikakantsho mo modiring wa tsa botsogo wa lona.



- Itshidile mmele ka metlha.
- O seka wa nwa dinotagi kgotsa wa goga motsoko.
- Ipoloke o le phepa le ntlo ya gago.
- Tlhapa diatla fa o sena go dirisa ntlwana le pele ga oo ja.

- Ungasebenzisi nabanye abantu izinto ezisetyenziswa emzimbeni, ezifana neebhrashi zamazinyo, iinkcakuba kunye neenaliti.
- Fumana unyango ngoko nangoko ukuba uyagula.
- Soloko usebenzisa ikhondom xa usabelana ngesondo. Oku kuya kukukhusela ekubeni wosulelwe yi-HIV kwakhona. Iya kukhusela iqabane lakho.



Ukuba ngaba unayo nayiphi na imibuzo malunga ne-HIV kunye ne-AIDS, ungatsalela umnxeba inombolo yasimahla yoncedo lwe-AIDS e-0800 012 322. Akhona amanye amaphetshana kolu luhlu anika ulwazi oluthe vetshe malunga ne-AIDS.

- Tlhatswa merogo sentle.
- Apaya nama le kgugu sentle.
- Seka wa dirisa dilo tse di dirisiwang mo mmeleng le ba bang, jaaka borashe jwa meno, magare le dinnale.
- Batla kalafi kwantle ga go senya nako fa o lwala.
- Ka metlha dirisa khondomo fa o robalana le mongwe. Seno se tla go sireletsa gore o seka wa tsenwa ke HIV gape. Gape se tla sireletsa molekane wa gago.

Fa e le gore o na le dipotso dipe fela kaga HIV le AIDS, o ka leletsa nomoro e e sa duelelweng ya 0800 012 322 ya batho ba AIDS HELPLINE ba ba leng teng ka metlha. Go na le dipampitshana tse dingwe tsa tlhatlhamano eno tse di nayang tshedimose tso e nngwe kaga AIDS.