

Living with HIV/AIDS / Khomanani.

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Living with HIV/AIDS

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AIDS HELPLINE
☎ 0800-0123-22

AIDS is a disease that affects millions of South Africans. It is caused by a virus called HIV that slowly weakens a person's ability to fight off other diseases.

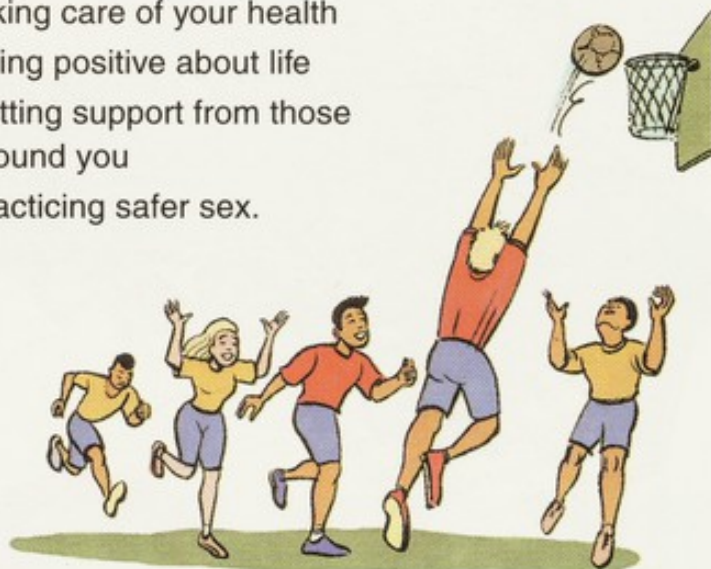
VIGS is 'n siekte wat miljoene Suid-Afrikaners raak. Dit word veroorsaak deur 'n virus genaamd HIV, wat geleidelik 'n persoon se weerstand teen ander siektes aftakel.

I-AIDS sisifo esichaphazela iimiliyoni zabantu baseMzantsi Afrika. Ibangelwa yintsholongwane (vayirasi) ebizwa ngokuba yi HIV, yona eqhubeka kancinane (ethi chu) ukuqoba amandla omntu okulwa nezinye izifo.

AIDS ke bolwetse jo bo amang dimilione tsa batho fa Aferika Borwa. E tlhodiwa ke virase e e bidiwang HIV e e dirang ka go koafatsa mmele wa motho go o palledisa go lwantsha malwetse a mangwe.

If you are infected with HIV you can still lead a normal healthy life for many years by:

- taking care of your health
- being positive about life
- getting support from those around you
- practicing safer sex.



As jy met HIV besmet is, kan jy steeds baie jare lank 'n normale, gesonde lewe lei deur:

- om te sien na jou gesondheid
- positief te wees oor jou lewe
- ondersteuning te kry van mense na aan jou
- veiliger seks te beoefen.

Ukuba wosuleleke yi-HIV usengahlala ubomi obunempilo iminyaka emininzi ngokwenza ezi zinto zilandelayo:

- ngokukhathalela impilo yakho
- ngokuba nethemba nokuqiniseka ngobomi
- ngokufumana inkxaso kwabo bakungqongileyo
- ngokulalana (ukwabelana ngesondo) okukhuselekileyo.

Fa o tshwaeditswe ke HIV o ka tshela botshelo jo bo tletseng jo bo nonofileng mengwaga e le mentsi ka:

- go tlhokomela boitekanelo jwa gago
- go nna o ne le dikakanyo tse di ntle ka botshelo
- go bona tshegetso go tswa go batho ba o tshelang le bona
- go dira thobalano e e sireletsegileng.

Taking care of your health includes:

- eating properly
- getting exercise
- getting enough rest.

Jy kan na jou gesondheid omsien deur onder andere:

- reg te eet
- liggaamlike oefening te kry
- genoeg te rus.

Ukukhathalela impilo yakho kubandakanya:

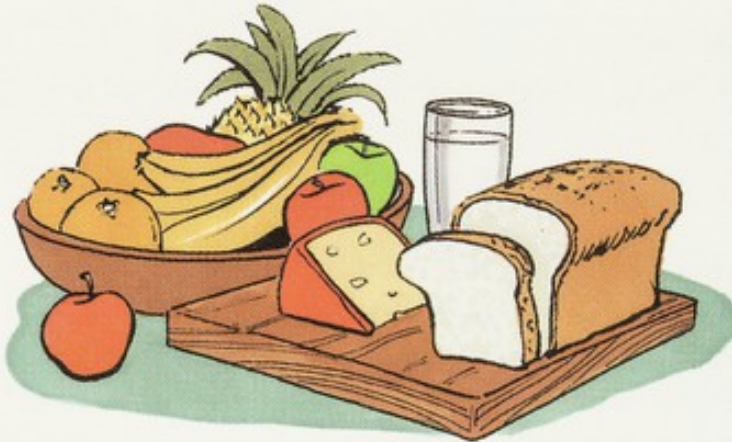
- ukutya ngokufanelekileyo
- ukuqhelisa umzimba (uku-eksesayiza)
- ukuphumla ngokwaneleyo.

Go tlhokomela boitekanelo go akaretsa:

- go ja sentle
- go ikatisa
- go netefatsa gore o bona khutso e o e tlhokang.

Eating healthily can help your body fight diseases. This includes:

- eating a lot of fresh fruits and vegetables
- eating whole grains such as samp and brown bread
- avoiding junk foods
- drinking lots of water
- avoiding alcohol, smoking and drugs
- keeping your cooking and eating area clean



As jy reg eet, help jy jou liggaam om siektes te bestry. Doen die volgende:

- eet baie vars groete en vrugte
- eet volgraanvoedsel soos samp en bruinbrood
- vermy kitskos
- drink baie water
- vermy alkohol, sigarette en dwelms
- hou jou kook- en eetgebied skoon.

Ukutya ngokunempilo kunganceda umzimba wakho ulwe izifo. Oku kubandakanya:

- ukutya kakhulu iziqhamo ezifreshi kunye nemifuno
- ukutya iinkozo ezipheleleyo ezifana nomngqusho kunye nesonka esibhrawuni
- uzame ungatyi ukutya okuphekwe okanye okufrayishwe ngokukhawuleza (fast foods)
- usele amanzi amaninzi
- uzame ungaseli utywala, ungatshayi kwaye ungasebenzisi iziyobisi
- ugcine indawo yakho yokuphekela nokutyela icocekile.

Go ja dijo tse di itekanetseng go thusa mmele wa gago go lwantsha malwetse. Tse di akaretsa:

- go ja maungo le merogo tse dintsi
- go ja dijo tse di nang le tlhaka jaaka setampa le borotho bo bo tshetlha
- go tlogela go ja dijo tse di se nang dikotla (*fast foods*)
- go nwa metsi e mentsi
- go tlogela go tsuba, nno-tagis le diretebatsi
- go netefatsa gore tulo ya go apaya le go jela e nna e le phepha.

A positive attitude towards life can be developed by:

- setting goals in life
- believing in yourself
- looking at the positive side of things
- knowing your strengths and weaknesses.

Jy kan 'n positiewe ingesteldheid teenoor die lewe ontwikkel deur:

- doelwitte in jou lewe te stel
- in jouself te glo
- die positiewe kant van dinge raak te sien
- bewus te wees van jou sterk- en swakpunte.

Ithemba nokuqiniseka ebomini kungakhiwa ngolu hlobo:

- ngokuba neenjongo ebomini
- ukuzithemba nokukholelwa kwisiqu sakho
- ubone izinto ngethemba nokuqiniseka
- uzazi apho womelele khona nalapho usilela khona.

O ka ikatisa go nna le dikakanyo tse di siameng ka botshelo ka:

- go nna le maikaelelo mo botshelong jwa gago
- go itshepa
- go bona letlhakore le le siameng o lelalela bontle kana go siama ga dilo
- go itse bonatla le makoa a gago.

Support can come from family, friends, support groups and trained counsellors. Find out more about services that offer HIV/AIDS support in your area by contacting the AIDS helpline or through your nearest AIDS Training, Information and Counselling Centre.



Steun kan van familie, vriende, ondersteuningsgroepe en opgeleide beraders kom. Vind meer uit oor organisasies wat HIV/VIGS ondersteuning in jou gebied lewer deur die VIGS-hulplyn te kontak, of klop by jou naaste VIGS Opleiding-, Inligting- en Beradingsentrum aan.

Inkxaso ingavela kusapho, kubahlobo, imibutho yenkxaso kunye nabacebisi (counsellors) abaqeqeshiweyo. Fumanisa banzi ngeenkonzozo ezinika inkxaso nge-HIV/AIDS kwindawo ohlala kuyo, ngokuthi unxulumane nomnxeba woNcedo nge-AIDS (AIDS Helpline) okanye kwiZiko loQeqesho, iNkcazelo kunye nokuCebisa (AIDS Training, Information and Counselling Centre) elikufuphi kuwe.

Tshegetso e ka tswa go ba lelapa, ditsala, ditlhopa tse di tlamelanang ka tshegetso (*Support groups*) le bagakolodi ba ba katisitsweng go tlamela ka tshegetso. O ka bona tshedimosetso ka ga ditirelo tsa tshegetso tsa HIV/AIDS fa lefelong la gago ka go ikopantsha le AIDS Helpline kana mokgatlho wa AIDS o o thusang ka katiso, tshedimosetso le kemo noka oo bidiwang *AIDS Training, Information and Counselling Centre* oo fa gaufi le wena.

If you are HIV positive it is very important to prevent passing the infection on to others. Find out more about safer sex, and use a condom every time you have sex.



As jy HIV-positief is, is dit baie belangrik om te voorkom dat jy hierdie infeksie aan ander mense oordra. Vind meer uit oor veiliger seks, en gebruik 'n nuwe kondoom elke keer as jy seks het.

Ukuba une-HIV kubaluleke kakhulu ukuba uthintele ukugqithisela olu losuleleko kwabanye abantu. Fumana inkcazelo ebanzi malunga nokulalana okukhuselekileyo, kwaye sebenzisa ikhondom qho xa ulalana (usabelana ngesondo).

Fa o nale HIV go botlhokwa gore o seke wa fetisa tshwaetso e, go bangwe. Batlisisa ka mekgwa ya go dira thobalano e e sireletsegileng mme o dirise khondomo nako nngwe le nngwe fa o dira thobalano.



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If you have any questions about HIV/AIDS you can
phone the free 24-hour AIDS
Helpline at **0800-012-322**



As u enige vrae oor HIV/VIGS het, kan u die gratis
24-uur VIGS hulplyn skakel op **0800-012-322**.

Ukuba unayo nayiphina imibuzo nge HIV/AIDS,
ungafowunela inombolo yasimahla yoNcedo ye-AIDS
efumaneka iiyure ezingama 24 ethi **0800-012-322**.

Fa o nale dipotso ka HIV/AIDS o ka leletsa mogala mo
go *Helpline* ya AIDS ya diura di le 24 e e sa
dulelweng kwa go **0800-012-322**.

There are a
number of other
leaflets in this
series that give
more information
about AIDS.



Daar is 'n aantal ander pamflette in hierdie reeks wat
meer inligting verskaf oor VIGS verwante kwessies.

Kukho nezinye iincwadana ezininzi kolu luhlu ezinika
inkcazelo ebanzi ngemibandela ephathelelene ne-
AIDS.

Go nale dipapetsana tse di mmalwa mo serising eno
tse di nang le tshedimosetso ka ga AIDS.