

I've tested. I know : By knowing your HIV status you can make the right choices : HIV counselling and testing is available FREE at your local clinic / West Cape Provincial Department of Health.

Contributors

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Unexhala ngogawulayo nentsholongwane yakhe?

Awuwedwa. Ethubeni uninzi lwabantu lubanoloyiko lokuba mhlawumbi lungenwe yintsholongwane kagawulayo. Kwaye uninzi luyoyika nokufuna iingcebiso okanye uvavanyo lokujonga intsholongwane kagawulayo. Kodwa ukungazi akuyikusikhusela kugawulayo nentsholongwane yakhe. Kuxa sisazi apho sinokuthabatha amanyathelo okuzinceda nokuzikhusela kwanabo sibathandayo.

Kwakwenzeka ntoni xa ndingaqinisekanga ukuba ndiyalufuna uvavanyo?

Wonke umntu uyacetyiswa phambi kokuba avavanywe. Umcebisi oqeqeshiweyo uyakuxoxisana nawe ngoloyiko neengxaki onazo. Ukuba ugqiba ekubeni awulifuni, lilungelo lakho.

Ingaba abanye abantu kufuneka bazile ngovavanyo lwam?

Hayi, iingcebiso kwakunye novavanyo yimfihlo. Akukho mntu ufanele azi ngaphandle kokuba wena uyafuna.

Xa ndifunyenwe ndingenayo intsholongwane kagawulayo?

Zindaba ezimandi ezo. Umcebisi uyakukuchazela into ethethwa kukuba intsholongwane ayikabonakali. Kungoko kufuneka uphinde uvavanywe ukuba ngaba usenesikrokro nendlela onokuthi uzikhusele ngayo.

Xa uvavanyo lwam lubonisa ukuba ndinayo intsholongwane kagawulayo?

Ukuba unayo intsholongwane kagawulayo musa ukulahla ithemba. Ungahlala uphilile ukwazi ukuzenzela izinto iminyaka emininzi. Kuninzi onokukwenza ukuzinika umtyhi kuhlasele lukagawulayo nokunqanda izigulo ezihamba naye.

Ndingalufumana phi olunye ulwazi malunga nokuvavanyelwa le ntsholongwane?

Ngoku kukho inkonzo yasimahla yoVavanyo neNgccebiso ngentsholongwane kagawulayo kuzo zonke iikliniki zeNtshona Koloni. Le nkonzo ivuleleke nakubani na kwaye isimahla. Amagosa alapho ayakukuxelela konke ofuna ukukwazi akucebise nangomawukwenze.

Uyakufumana oku kubasebenzi basezikliniki:

- Uncedo ngomawukulindele nendlela omawuyiphathe ngayo imeko yakho.
- Ulwazi ngamalungelo akho emsebenzini nakwezinye iindawo.
- Uncedo ekufumaneni ezinye inkonzo zempilo nenkxaso.
- Iingcebiso ngendlela onokuphila ngazo ubomi obugqibeleleyo.

Clinic Stamp

Xa unolwazi ngemo yakho malunga nentsholongwane kagawulayo, unakho ukuzikhethela okona kulungileyo.



I've tested. I know.

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Is U bekommerd oor HIV / VIGS?

Jy is nie alleen nie. Baie mense is op een of ander stadium bekommerd dat hulle moontlik met die HIV virus besmet mag wees. Baie is te bang om hulle te laat toets of om advies te vra, want hulle is meestal bang dat hulle positief bevind kan word. Dit is slegs wanneer jy weet wat jou status is dat jy jousef en diegene vir wie jy omgee kan beskerm.

Wat as ek onseker is oor die toetsing?

Almal kry voorligting voordat hulle die toets ondergaan. 'n Opgeleide berader sal al jou vrae beantwoord en die belangrikheid van die toets verduidelik. As jy steeds onseker is oor die toets, is dit jou keuse om voort te gaan of nie.

Moet iemand anders weet dat ek die toets laat doen het?

Nee, beide die berading en toets is heeltemal vertroulik. Niemand hoef te weet nie, slegs as jy dit sou verkies.

Wie moet getoets word?

Almal wat graag hulle status wil weet, maar veral die wat seksueel aktief is en meer as een verhouding in hul lewe gehad het. Jy behoort ook getoets te word as jy wedorkerend probleme met Seksueel Oordragbare Siektes gehad het of met Tuberkulose gediagnoseer is.

Wat as die toets negatief is?

Dit is goeie nuus, maar die berader sal vir jou inligting gee oor die venster periode en die noodligheid waarom jy later weer 'n toets moet laat doen, asook oor hoe jy jousef kan beskerm.

Wat as die toets positief is?

Jy hoef nie moed op te gee nie. Jy kan HIV positief wees en steeds vir baie jare 'n gesonde en produktiewe lewe lei. Die berader sal jou met inligting verskaf oor hoe om jousef en jou geliefdes te beskerm teen siekte.

Die personeel by die kliniek sal:

- Jou help om te weet wat om te verwag en hoe om die situasie te hanteer.
- Jou inlig oor jou regte ten opsigte van jou werk en erens anders.
- Jou bystaan met toegang tot ander gesondheidsdienste en ondersteuning.
- Jou adviseer oor hoe om die beste gehalte lewe te geniet.

Waar kan ek meer oor HIV toetsing uitvind?

Gratis berading en toetsings dienste is beskikbaar by die meeste klinieke en gemeenskapsgesondheid sentrums in die Wes-Kaap. Die personeel by die kliniek sal jou help met enige verdere inligting.

Deur jou HIV status te ken kan jy die regte keuses maak.

Are you worried about HIV / AIDS?

You are not alone. Most people fear at some time or another that they may be infected with HIV virus. Most are too afraid to get tested or to seek advice, mostly fearing that they may be positive. It is only by knowing your status that you can protect yourself and those you love.

What if I am unsure about being tested?

Everybody receives counselling before taking the test. A trained counsellor will discuss your concerns and explain the importance of taking the test. If you are still unsure, then it is your choice to proceed with the test or not.

Does anyone else have to know that I have taken the test?

No, both counselling and testing are completely confidential. Nobody else has to know, unless you would like them to.

Who should be tested?

Everyone who wants to know their HIV status, but especially those who are sexually active and have had more than one sexual partner. If you have had recurring problems of Sexually Transmitted Diseases or have been diagnosed with Tuberculosis, then you are at a higher risk of having HIV and should consider being tested.

What if I test negative?

That is good news, but the counsellor will explain to you what is meant by the window period and the need for a re-test if you are still concerned as well as how you could protect yourself.

What if I test positive?

Do not despair. You can be HIV positive and still continue to live a healthy and productive life for many years. The counsellor will provide you with the information on how to protect yourself from becoming ill and how to protect those you love.

The staff at the clinic will help you to:

- Know what to expect and how to manage the situation.
- Inform you of your rights at work and elsewhere.
- Assist you with access to other healthcare services and support.
- Advise you on how to enjoy the best quality of life.

Where can I find out more about HIV testing?

Free counselling and testing services are now available at most clinics and Community Health Centres in the Western Cape. The staff at the clinic will assist you with any further information.

By knowing your status you can make the right choices.

