



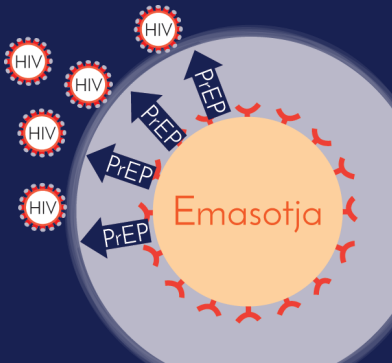
Lokumele ukwati ngePrEP



I PrEP yini futsi yani?

- I PrEP liphilisi lolinatsa onkhe malanga kuvikela kutfolo i HIV
- I PrEP ayelaphi i HIV, koja yindlela lensha lephephile yekuvikela bantfu labete i HIV kutsi bangatseleleki.
- I PrEP ayivikeli letinye tifo telicansi noma kutetfwala

- I PrEP ivikela emasotja akho emtimba kutsi angatfoli i HIV.



Nangitsatsa i PrEP ngingayekela yini kusebentisa ikhondomu?

- Kufanele uchubeke uyisebentise ikhondomu kuvikela i HIV
- Ikhondomu ivikela netifo letitfolakala ngekulalana kanye nekutetfwala nayisebentiswe kahle



- PrEP ngulenywe indlela yekuvikela i HIV, nakukhonakala kumele isetjentiswe kanye naletinye tindlela tekuvikela

Icondom yabobabe



Icondom yabomake



Kute kulalana



Kulapha tifo telicansi



Kunciphisa lovana nabo



Kusoka kubesilisa



Ngubani longatsatsa i PrEP?

- ☒ Uphila ngaphandle kweHIV
- ☒ Usengotini yekutfole ligciwane leHIV
- ☒ Uneminyaka lengu18 noma ngetulu
- ☒ Uyafuna kutsatsa PrEP onkhe malanga
- ☒ Utokhona kuta esibhedlela ngemalanga labekiwe

Ngingabusebentisa yini tjwala nangitsatsa i PrEP?

- Kuphephile kusebentisa tjwala kanye netidzakamiva nawusebentisa i PrEP.
- Kepha tjwala bungabanga letinye tinkinga nangabe ubunatsa kakhulu.
- Ungacocisana nebetemphilo ngekusebentisa tjwala noma tidzakamiva.

Itobita malini i PrEP?

Kute imali lotayibhadala kuze utfole i PrEP kanye nekutsatsa tingati.

Iphephile yini i PrEP? Nguyiphi imivuka lengingaba nayo?

- I PrEP iphephile futsi ivikela ematfuba ekutfola i HIV nga 90% nayinatfwa onkhe malanga. Nawungayinatsi onkhe malanga ayisebenti kahle.
- Linani lelincane lebantfu (10%) labacala i PrEP baba nemivuka yesikhashana, lokufaka ekhatsi kubulawa yinhloko, kugonyuluka, kepha iyaphela ngemuva kwemavikana.

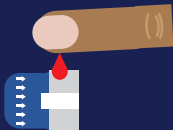
Yini lekumele ngikwente nangiba nemivuka?

- Khulumisana nebasemtfolamphilo.
- Liningi lemivuka liyaphela.
- Emtfolamphilo batokusita kabanti nawuba nemivuka.



Ngenta njani nangifuna kucala i PrEP bese ngibuyela nini emtfolamphilo?

1 Condzisa kutsi
usengotini yekutfola iHIV
bese uhlola ligciwane
leHIV



2 Kuhlolwa kutsi
iyakulungela yini kanye
nekutsatsa ingati



3 Uma ikulungela, utfola
emaphilisi enyanga yinye



4 Bese ubuyela njalo
emuva kwetinyanga
letimbili noma letintsatfu

Ngiyinatsa kanjani i PrEP?

- Uyinatsa onkhe malanga.
- Nangabe ukhohlwa, uyinatsa ngalesikhatsi lokhumbula ngaso kepha unganatsi emaphilisi lamabili ngelilanga linye.
- I PrEP ungayinatsa noma nini, udlile noma ungakadli.

- Kufanele usebentise letinye tindlela tekuvikela kuze kuphele emalanga lasikhombisa uyicalile i PrEP.
- Emaphilisi akho wedvwa; Ungawasebentisi nalomunye umuntfu.



I PrEP ngiyinatsa imphilo yami yonkhe yini?

- Bantfu labasebentisa i PrEP akudzingi bayinatse imphilo yabo yonkhe.
- Uyisebentisa nangabe busekhona bungoti bekutsi ungatfoli i HIV.
- Bungoti bakho bungashintja ngekuhamba kwesikhatsi nakushintja timo emphilweni yakho.
- Ungakhetsa kuyiyekela i PrEP kuletinye tikhatsi uphindze uyicala nakushintja letimo.

**Ngingayisebentisa yini i
PrEP kanye
nekwekuhlela umndeni?**

Yebo, i PrEP ungayisebentisa
kanye nekwekuhlela umndeni.

**Ngingayisebentisa
a yini i PrEP
nangikhulelwe
noma
ngimunyisa?**

I PrEP iphephile
kuyisebentisa
nawutetfwele
noma umunyisa.



Ngabe nasengifuna kuyiyekela ke?

- Kufanele i PrEP uyitsatse nangabe busekhona bungoti bekutsi ungatfola i HIV.
- Nangabe sowufuna kuyiyekela kumele uchubeke uyinatse emalanga langu 28 kusukela ugcine kuba sengotini yekutfola i HIV.

Cala
PrEP



Emalanga
lasikhombisa

**Sikhatsi laphe usengotini
yekutfola iHIV**

PrEP uvikela wena

- Nangabe ukhetsa kuphindze uyicale, ungabuyela emtfolamphilo.
- Betemphilo batophindze bahlole bungoti bakho bese baphindze bayakucalisa i PrEP.

Tsatsa sincumo sekuyekela PrEP



Chubeka unatse PrEP emalanga onkhe

Chubeka unatse PrEP emalanga onkhe kuze kuphele emalanga langu28



Singani sami siphila neligciwane le HIV. Ngingayisebentisa nini i PrEP?

- I PrEP kungaba yindlela lekahle yetitsandzani kucinisekisa kutsi lote ligciwane uhlala ete.
- Ungayitsatsa i PrEP nangabe singani sakho singakawacali emaphilisi uchubeke uwanatse tinyanga letisitfupha nase awacalile.

- Singani sakho kumele sitsatse ingati kuhlola linani leHIV engatini njalo nakuphela tinyanga letisitfupha. Nangabe ligciwane litsintsibele ungayiyekela i PrEP kepha singani sakho kumele sibe sinatsa kahle emaphilisi.
- Nangabe singani lesite i HIV sifuna kuba nemntfwana nesingani lesinayo i HIV, i PrEP ingasebenta kuvikela kutseleleka sisazama

Ngingayitfola yini i HIV nanginginatsa i PrEP?

Chake, ngeke uyitfole i HIV ngekusebentisa i PrEP. I PrEP isebenta kuvikela i HIV.

Ngingayinatsa yini i PrEP busuku bunye nje kuphela?

Chake, kumele ulinatse kanye ngelilanga kuze kuphele emalanga lasikhombisa kuze uvikeleke kahle. Futsi kumele uchubeke nayo emalanga langu 28 kusukela kulelilanga ube sengotini yekutfole i HIV.

I PrEP ingabanga yini kugwama kwemaphilisi?

- Kunatsa i PrEP ngeke kubange kugwama kwemaphilisi.
- Kepha kumcoka kutsi uyinatse onkhe malanga utovikeleka ngalokuphelele bese uyahlolwa simo seHIV njalo nawuye emtfolamphilo.
- Nangabe sewutfolakala kutsi unayo i HIV utobese ucaliswa emphilisi ema ARVs.

Gucula
bhukwana
utofundza
ngesiNgisi

