

Ukuhlolwa Nokuvimbela I-HIV



Kungani Ukuhlolwa Kwe-HIV Kubalulekile

Ukuhlolwa i-HIV kuyisinyathelo esibalulekile ekunakekeleni impilo yakho. Ukwazi isimo sakho se-HIV kukusiza:

- Thola ukwelashwa kusenesikhathi uma une-HIV
- Finyelela izinketho zokuvimbela uma ungenayo i-HIV
- Vikela impilo yakho futhi unciphise amathuba okudlulisela i-HIV kwabanye

Ukuhlolwa kwe-HIV kuyingxenye evamile yokunakekelwa kwempilo futhi kufanele kwenziwe ezindaweni eziningi.

Kusho ukuthini ukuhlolwa kwe-HIV okungathathi hlangothi?

Ukuhlolwa kwe-HIV kwenzelwe ukusekela impilo yakho kungakhathaliseki ukuthi umphumela uba yini.

Kungakhathaliseki ukuthi ukuhlolwa kwakho ku-negative noma positive, azonikezwa izinyathelo ezilandelayo ezifanele wena, okuhlanganisa izinketho zokuvimbela noma ukwelashwa nokunakekelwa.

Le ndlela isiza ukwenza ukuhlolwa kwe-HIV kube yinto evamile, esekelayo, futhi egxile enhlalakahleni yakho iyonke.

Ubani Okufanele Ahlolwe?

Ukuhlolwa kwe-HIV kunconywa kuwo wonke umuntu, kungakhathaliseki ukuthi uneminyaka emingaki, ubulili, noma isizinda sakho.

Kufanele ucabangele ukuhlolwa:

- Okungenani kanye empilweni yakho
- Kaningi uma unamathuba aqhubekayo okuchayeka ku-HIV

Umhlinzeki wezempilo noma isisebenzi sezempilo somphakathi singakusiza ukuthi unqume ukuthi ukuhlolwa kulungele kangaki.

Ungahlolwa Kuphi?

Ukuhlolwa kwe-HIV kunikezwa ngezindlela ezahlukene emhlabeni jikelele. Kuye ngokuthi uhlala kuphi, ungase ukwazi ukuhlolwa:

- Emtholampilo, esibhedlela, noma ehhovisi likadokotela
- Ezinhlelweni zezempilo zomphakathi noma ezindaweni zokuhlola eziphathwayo
- Ngezinhlangotho zasendaweni noma izinsizakalo zokufinyelela umphakathi
- Ngekhithi yokuzihlola i-HIV, etholakala kwamanye amazwe

Uma ungaqiniseki ukuthi uyaphi, buza umhlinzeki wezempilo, usokhemisi, noma inhlangano yomphakathi.

Kwenzekani Ngesikhathi Sokuhlolwa Kwe-HIV

- Isisebenzi sezempilo sizochaza ukuhlolwa, ukuthi kwenziwa kanjani, futhi sicele imvume yakho ngaphambi kokuhlolwa.
- Ukuhlolwa kungasebenzisa isampula encane yegazi, ukuhlathsha ngomunwe, noma i-swab yomlomo
- Imiphumela ingatholakala ngosuku olufanayo noma zingakapheli izinsuku ezimbalwa

Imiphumela yakho yokuhlolwa kwe-HIV iyimfihlo futhi iyimfihlo.

Uma Ukuhlolwa Kwakho Kungekuhle

Umphumela ongemuhe usho ukuthi i-HIV ayitholakalanga ngesikhathi sokuhlolwa.



Kunezindlela ezahlukene zokusiza ukuvimbela i-HIV, okuhlanganisa izindlela kanye nemithi ebizwa ngokuthi i-PrEP (pre-exposure prophylaxis), engasetshenziswa njengamaphilisi noma imijovo. Ithimba lakho lezokunakekelwa kwempilo lingakusiza ukuthi unqume ukuthi iyiphi indlela efanele wena.

Ungase uthande ukukhuluma nomhlinzeki wezempilo mayelana nalokhu:

- Imithi esiza ekuvimbeleni i-HIV, uma itholakala lapho uhlala khona
- Amakhondomu nemikhuba yocansi ephephile
- Izinsizakalo zokunciphisa umonakalo, lapho zinikezwa khona
- Isikhathi sokuhlola futhi

Izinketho zokuvimbela zingahluka kuye ngezwe noma umphakathi, kodwa ukwesekwa kuyatholakala ezindaweni eziningi.

Uma Ukuhlolwa Kwakho Kuhle

Umphumela omuhle usho ukuthi kutholakale i-HIV. Lokhu kungazwakala kungaphezu kwamandla, kodwa ukwelashwa okuphumelelayo kuyatholakala emhlabeni wonke.

Uzosekelwa ku:

- Xhumana nezinsizakalo zokunakekelwa kwe-HIV
- Qala ukwelashwa okuzokusiza ukuthi uhlale uphilile
- Thola ulwazi kanye nokusekelwa kwenhlalakahle yakho

Abantu abaphila negciwane lengculazi abathatha ukwelashwa bangaphila impilo ende nenempilo.

Ukuzihlola, Lapho Kutholakala Khona

Kwezinye izindawo, amakhithi okuzihlola i-HIV ayatholakala ukuze asetshenziswe ekhaya.

- Lezi zivivinyo zikuvumela ukuthi uhlole isimo sakho ngasese
- Uma umphumela wokuzihlola ubonisa ukuthi unegciwane, kubalulekile ukuxhumana nomhlinzeki wezempilo ukuze uthole isiqinisekiso nokunakekelwa.

Buza isisebenzi sezempilo ukuthi ukuzihlola kuyatholakala yini futhi kufanelekile yini kuwe.

Yazi Induduzo Yakho, Amalungelo, kanye Nobumfihlo

Kungakhathaliseki ukuthi uhlala kuphi, unelungelo lokwenza lokhu okulandelayo:



**Nquma ukuthi
uzohlolwa yini**



**Thola ukunakekelwa
okunenhlonipho,
okungahluleli**



**Gcina ulwazi lwakho
luyimfihlo**



**Buza imibuzo bese
uthola izimpendulo
ezicacile**

Ungaletha umuntu omethembayo ukuze akusekele uma lokho kukusiza uzizwe ukhululekile kakhudlwana.

Ukuhlolwa Nokuvimbela Kungase Kubukeke Kuhlukile Lapho Uhlala Khona

Izinsizakalo zokuhlola nokuvimbela i-HIV zinikezwa ngezindlela ezahlukene emhlabeni jikelele. Okubaluleke kakhulu ukuthi:

- Ukuhlolwa kuyatholakala futhi kuyimfihlo
- Uthola ulwazi olucacile mayelana nomphumela wakho
- Uyasekelwa ekutholeni ukuvimbela noma ukwelashwa okuhambisana nezidingo zakho

Umhlinzeki wezempilo, isisebenzi sezempilo somphakathi, noma inhlango yendawo ingakusiza ukuthola izinsizakalo endaweni yakini.

Izinsiza Ezithembekile Zokuthola Ulwazi Olwengeziwe

Uma ungathanda ukufunda kabanzi mayelana nokuhlolwa kwe-HIV, ukuvimbela, kanye nokunakekelwa, sicela uxhumane nathi:

Izinsiza zomhlaba wonke

- I-UNAIDS | [unaids.org](https://www.unaids.org)
- Inhlango Yezempilo Yomhlaba (i-WHO), Ulwazi Lwe-HIV Lomphakathi | [who.int](https://www.who.int)
- Ulwazi Lokuzihlola i-HIV lwe-WHO | [who.int/tools/self-testing-implementation-toolkit-for-hiv-hcv-and-syphilis](https://www.who.int/tools/self-testing-implementation-toolkit-for-hiv-hcv-and-syphilis)

Izinsizakusebenza zezwe elithile

- UMnyango Wezempilo wezwe lakini noma umnyango wezempilo wendawo
- Izinhlangano zezempilo zomphakathi noma izinhlangano ezingekho ngaphansi kukahulumeni (ama-NGO)

Kubantu base-United States, izinsiza ezitholakalayo

- Chofoza ukuze uthole izinsizakalo zokuhlola zamahhala, ezisheshayo, neziyimfihlo, kanye nolwazi mayelana nempilo yocansi kanye nabahlinzeki be-PrEP abaseduze nawe! Hlola i-[GetTested.CDC.gov](https://www.gettested.cdc.gov) kanye ne-[locator.hiv.gov](https://www.locator.hiv.gov)
- Ulwazi Lokuzihlola Nge-HIV | [cdc.gov/stophivtogether/hiv-testing/self-testing.html](https://www.cdc.gov/stophivtogether/hiv-testing/self-testing.html)

Imitholampilo yasendaweni, izinhlangano zomphakathi, kanye nezinhlango zezempilo zomphakathi nazo zingakusiza ukuthola izinsizakalo eziseduze nawe.

Izinkomba

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