

UKUTHOLA OKUFANELE

Inketho ye-PrEP Yakho

| Emhlabeni wonke, ukuvimbela i-HIV kuyinto eza kuqala



Kuyini i-PrEP?

I-PrEP = i-pre-exposure prophylaxis (ukuvimbela ukuchayeka ngaphambi kokuvezwa)

- Umuthi osiza ukuvimbela i-HIV
- Kubantu abangenayo i-HIV
- Isebenza kahle kakhulu uma isetshenziswa njengoba kuqondiswe (izifundo zibonisa ukuvikelwa okufika ku-99%)
- Ingxenyeyodwa yokuvikela impilo yakho

I-PrEP ingenye yezingxenyezokuvimbela i-HIV. I-PrEP isebenza kahle kakhulu uma ihlanganiswa nalokhu okulandelayo:



Kungani Kunezinketho Ezihlukene ze-PrEP

Akukho inketho eyodwa "engcono kakhulu" ye-PrEP yawo wonke umuntu.

Kunezinketho ezahlukeneyokuze ukwazi ukukhetha okuhambisana nempilo yakho.

Namuhla, i-PrEP ingatholakala njenge:

- Iphilisi lansuku zonke, noma
- Umjovo onikezwa ngumhlinzeki wezempilo (njalo ezinyangeni ezi-2 noma ezi-6)

Abacwaningi baphinde bafunde izinketho ezingase zithathwe izikhathi ezimbalwa kuphela esikhathini esizayo.

Izinketho zakho ze-PrEP: Yikuphi Okukufanele Kakhulu?

AMAPHILISI OSUKU



- Kuthathwa kanye ngosuku
- Kusebenza kahle uma uthanda inqubo yansuku zonke
- Udinga ukukhumbula ukuthi kufanele uyithathe njalo

IMIJOVO ESEBENZA ISIKHATHI ESIDE



- Kunikezwe ngumhlinzeki wezempilo
- Kuthathwa kancane, njengangezinyanga ezimbalwa
- Kungasebenza kahle uma amaphilisi ansuku zonke kunzima ukuwakhumbula

Umhlinzeki wakho wokunakekelwa kwempilo lingakusiza ukuthi unqume ukuthi iyiphi indlela efanele wena.

Indlela i-PrEP Esebenza Ngayo

- I-HIV kumele ingene emzimbeni futhi yande ukuze ibangele ukutheleleka.
- I-PrEP **ivimba igciwane** ukuze lingakwazi ukusabalala.
- Ngisho noma izinketho ze-PrEP zisebenza ngezindlela ezahlukene, **zonke izinketho ezivunyiwe zisebenza kahle kakhulu** uma zisetshenziswa njengoba kuqondiswe.

Ukusebenza Kahle Nokuphepha



Isebenza kahle kakhulu ekuvimbeleni i-HIV uma isetshenziswa ngesikhathi esibekiwe



Ibekezelelwe kahle



Imiphumela emibi ivame ukuba mincane futhi ithuthuke ngokuhamba kwesikhathi



Kuhlanganisa ukuhlolwa njalo nokuhlolwa nomhlinzeki wakho

Umhlinzeki wakho wezempilo uzokusiza ukuqapha impilo yakho ngenkathi usebenzisa i-PrEP.

I-PrEP Iyingxenye Yokunakekelwa Okuqhubekayo

Uma usebenzisa i-PrEP, ithimba lakho lezokunakekelwa kwempilo lizokusekela ngokuthi:

- Ukuhlolola i-HIV njalo
- Ukuhlola ukuthi uzizwa kanjani
- Ukuphendula imibuzo nokukhathazeka
- Ukukusiza ukushintsha izinketho uma izidingo zakho zishintsha

Akudingeki ukuthi uphathe i-PrEP wedwa.

Khuluma Nomhlinzeki Wakho Wezempilo

Ungaqala ingxoxo ngokuthi:

- "Ngifuna ukuvimbela i-HIV."
- "Yiziphi izinketho ze-PrEP ezitholakalayo kimi?"
- "Yini engasebenza kangcono ohlelweni lwami?"

Akudingeki unqume wedwa. Umhlinzeki wakho ukhona ukuzokusiza.



KHUMBULA

- Ukuvikela impilo yakho kuyisenzo sokunakekela wena nabanye
- I-PrEP iyithuluzi elinamandla lokusiza ukuvimbela i-HIV
- Inketho efanele yileyo esebenza **kuwe**
- Awuwedwa, ukwesekwa kuyatholakala eqenjini lakho lezokunakekelwa kwempilo; kwezinye izindawo usokhemisi angakunikeza imithi



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Emhlabeni jikelele

- Inhlango Yezempilo Yomhlaba (i-WHO) | [who.int](https://www.who.int)
- I-UNAIDS | [unaids.org](https://www.unaids.org)

I-United States

- [GetTested.CDC.gov](https://www.gettested.cdc.gov)
- locator.hiv.gov
- [i-hiv.gov](https://www.i-hiv.gov)

IYurophu, i-Afrika kanye ne-Asia

- **UMnyango Wezempilo** noma **Uhlelo Lwezwe Lwe-HIV**
- Amahhovisi ezwe noma esifunda se-WHO
- Imitholampilo yomphakathi kanye nezibhedlela zomphakathi

Ngenxa yokuthi ukutholakala kwe-PrEP kuyahlukahluka kuye ngezwe, umnyango wezempilo wendawo noma uhlelo lwe-HIV lukazwelonke luwumthombo ongcono kakhulu wolwazi lwakamuva nolunembile.

Izinkomba

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I-U.S. UMnyango Wezempilo Nezinsizakalo Zabantu [DHHS]. Ukuvimbela ukuchayeka ngaphambi kokuvezwa. Iwebhusayithi ye-HIV. gov. <https://www.hiv.gov/hiv-basics/hiv-prevention/using-hiv-medication-to-reduce-risk/pre-exposure-prophylaxis>. Kushicilelwe ngoFebhuwari 7, 2025. Kufinyelelwe ngoDisemba 10, 2025.