

Ucabanga Nge-PrEP Esebenza Isikhathi Eside?



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

- Umuthi osiza ukuvimbela i-HIV
- Kubantu abangenayo i-HIV
- **I-PrEP esebenza isikhathi eside** iyindlela entsha ehlala isikhathi eside, ngakho akudingeki uphuze iphilisi nsuku zonke

Kuyini i-PrEP Esebenza Isikhathi Eside?

- I-PrEP esebenza isikhathi eside **umjovo** onikezwa umhlinzeki wezempilo. Kuvikela kwi-HIV izinyanga ezingu- **ngesikhathi**, kuye ngohlobo (umjovo njalo ezinyangeni ezingu- **ezimbili noma ezingu-6**)
- Abacwaningi bafunda nezinketho **ezingase zithathwe** kancane kakhulu esikhathini esizayo.

Ihluke Kanjani Kumaphilisi Ansuku Zonke?



Akukho philisi
lansuku zonke
okufanele
ulikhumbule



Imithamo
embalwa minyaka
yonke



Kunikezwe
ekuvakasheni
emtholampilo



Isebenza kahle
kakhulu uma ithathwa
ngesikhathi esibekiwe
(ucwaningo lubonisa ukuthi
isebenza kahle kakhulu,
ingaphezu kuka-99%)

Ubani Ongase Athande I-PrEP Esebenza Isikhathi Eside?

Ungase ufune ukubuza nge-PrEP esebenza isikhathi eside uma:

- Unenkinga yokuthatha iphilisi nsuku zonke
- Ufuna inketho eyimfihlo kakhulu
- Uncamela imithamo embalwa
- Ngifuna ukuvikelwa okuqinile nokuqhubekayo kwe-HIV

*Akukho ukukhetha "okulungile" noma "okungalungile", kuphela okusebenza kahle kakhulu **kuwe**.*



Yini Okufanele Ngiyazi Ngaphambi Kokuqala?

Ngaphambi kokuthi uqale, ithimba lakho lokunakekela lizokwenza lokhu:

- Zihlolele i-HIV
- Khuluma ngempilo yakho kanye nemithi yakho
- Setha isimiso sokujoya kwakho

Kubalulekile **ukugcina ukuvakashelwa kwakho ngomjovo**, ukuze uhlale uvikelekile.

Ingabe i-PrEP Esebenza Isikhathi Eside Inemiphumela Engemihle?

Iningi labantu lizizwa liphilile. Abanye bangase babe nalokhu:

- Ubuhlungu lapho kujovwa khona
- Ikhanda elibuhlungu noma ukukhathala okuncane

Ithimba lakho lokunakekela lingasiza uma kuvela imiphumela emibi.

Khuluma Nethimba Lakho Lokunakekelwa Kwezempilo

Ufanelwe ukuvikelwa kwe-HIV okuhambisana nokuphila kwakho.

Buza umhlinzeki wakho:

- "Ingabe i-PrEP esebenza isikhathi eside ingifanele?"
- "Yiziphi izinketho zami ze-PrEP?"
- "Ngingadinga kangaki imijovo?"



I-PrEP imayelana nokuvikelwa. Unakekela impilo yakho, futhi lokho kubalulekile.

Udinga Usizo Noma Ufuna Ukufunda Okwengeziwe?

Umhlinzeki wezempilo, isisebenzi sezempilo somphakathi, noma inhlango yendawo ingakusiza ukuthola izinsizakalo ze-PrEP kanye nokuvimbela i-HIV eduze kwakho.

Izindawo ezithembekile zokufunda kabanzi:

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

Ezweni lakini:

- UMnyango Wezempilo wezwe lakini noma umnyango wezempilo wendawo
- Imitholampilo yezempilo yomphakathi noma izinhlangano ezingenzi nzuzo

Uma uhlala e-United States:

- Thola abahlinzeki bokuhlola kwe-HIV kanye ne-PrEP mahhala, okusheshayo, futhi okuyimfihlo | [GetTested.CDC.gov](https://www.gettested.cdc.gov) noma [locator.hiv.gov](https://www.locator.hiv.gov)
- Funda ngokuzihlola i-HIV | [cdc.gov/stophivtogether/hiv-testing/self-testing.html](https://www.cdc.gov/stophivtogether/hiv-testing/self-testing.html)

Imitholampilo yendawo kanye namaqembu omphakathi angakusiza futhi ukuthi uxhumaniswe nokunakekelwa.