

Indlela Yokusebenza Nethimba Lakho Lokunakekelwa Kwezempilo Ukuze Unamathele Kuhlelo Lwakho



Uma usebenzisa i-pre-exposure prophylaxis (PrEP) noma ucabanga ngayo, uthatha isinyathelo esibalulekile sokuvikela impilo yakho. I-PrEP isebenza kahle kakhulu uma ilungiselelwe impilo yakho

Lo mhlahlandlela ulapha ukuzokusiza:

- Sebenza nethimba lakho lezempilo
- Buza imibuzo ngokuzethemba
- Yakha uhlelo lwe-PrEP ongakwazi ukululandela ngokuhamba kwesikhathi

Akukho ukwahlulela lapha. Sekela nje.

I-PrEP Ingaphezu Kokuba Kwencwadi Kadokotela

I-PrEP iyindlela eqinisekisiwe yokuvimbela i-HIV. I-PrEP ayigcini nje ngokuthatha umuthi. Kumayelana nokuba nohlelo olukusebenzelayo.

Lelo hlelo lingafaka:



Ukukhetha inketho ye-PrEP efanelana nomkhuba wakho



Ukuhlola nethimba lakho lezokunakekelwa kwempilo ngezikhathi ezithile



Ukwenza izinguquko lapho impilo ishintsha

Uhlelo lwe-PrEP olungcono kakhulu yilolo ongalulandela ngempela.

Ithimba Lakho Lokunakekelwa Kwezempilo Lingumlingani Wakho

Ithimba lakho lezokunakekelwa kwempilo lingafaka:

- Udokotela, umhlengikazi, noma umlingani kadokotela
- Umhlengikazi noma umxhumanisi wokunakekelwa, usokhemisi (ngezinye izikhathi obizwa ngokuthi i-chemist e-UK), ngezinye izikhathi umphathi wamacala noma isisebenzi sezenhlalakahle
- Ezifundeni eziningi, "ithimba" livame ukufaka phakathi abasebenzi bezempilo bomphakathi, abasebenzi bokufinyelela emphakathini, abaqondisi bontanga, kanye nabasebenzi bemitholampilo yomphakathi noma abasebenzi

bemitholampilo bezinhlangothano ezingekho ngaphansi kukahulumeni (NGO).

Balapho ukuze:

- Phendula imibuzo
- Siza ukuthi ukhethe inketho ye-PrEP
- Ukusekela uma kuvela izinselele
- Lungisa uhlelo lwakho uma kudingeka

Akudingeki ukuthi uzibonele lokhu wedwa, futhi uvunyelwe ukukhuluma.

Ukufinyelela i-PrEP kanye nokulandelela kungabonakala kuhlukile kuye ngokuthi uhlala kuphi. Abanye abantu bathola i-PrEP ngekloniki yokunakekelwa okuyisisekelo, i-kloniki yezempilo yocansi, ikhemisi, uhlelo lomphakathi, noma isevisi yezempilo yocingo. Uma ungaqiniseki ukuthi uzoqala kuphi, buza ithimba lakho lezempilo noma umtholampilo wendawo ukuthi i-PrEP itholakala kuphi.



Indlela Yokuqala Inxoxo

Awuqiniseki ukuthi uzothini? Ungazama enye yalezi:

- "Ngifuna ukukhuluma ngokuvimbela i-HIV."
- "Nginesithakazelo ku-PrEP, kodwa nginemibuzo."
- "Ngikhathazekile ngokunamathela esimisweni." Singaxoxa ngezinketho?"
- "Kufanele ngenzenjani uma ngiphuthelwa umthamo noma i-aphoyintimenti?"

Awudingi amagama afanele. Vele uqale lapho ukhona.

Ukwakha Uhlelo Lwakho lwe-PrEP

Uhlelo oluhle lwe-PrEP lwakhiwa ndawonye nguwe kanye nethimba lakho lokunakekelwa kwezempilo.

Izinto ezibalulekile lapho ukhethe uhlelo zifaka:

- Indlela yakho yansuku zonke, njengomsebenzi, isikole, noma ukuhamba
- Izinkinga zobumfihlo
- Ukuthi amaphilisi noma imijovo kuzwakala kulula kuwe
- Izindleko, umshwalense, ukumbozwa, izinkinga zokufinyelela, noma izinhlelo zosizo lwendawo
- Ezinye izimo zempilo noma imithi
- Ukucindezeleka, impilo yengqondo, noma izinguquko empilweni

Kulungile ukusho ukuthi:

- "Lokhu kungase kube nzima kimi."
- "Ngidinga into elula."
- "Singakwazi ukuphinde sikuvakashele lokhu kamuva?"

Lokho akusikho ukwehluleka. Kuwukuhlela okuhlakaniphile.

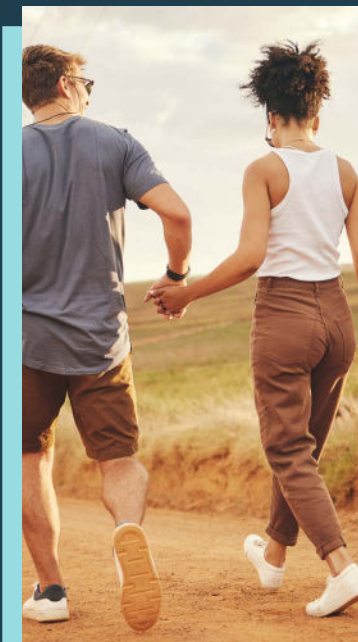
Ukunamathela ku-PrEP Empilweni Yangempela

Masibe qotho. Akekho ophelile. Ukulahlekelwa umthamo noma isikhathi sokuqokwa kungenzeka.

Amasu awusizo angafaka:

- ☐ Ukuxhumanisa i-PrEP nento osuvele uyenza nsuku zonke
- ☐ Ukusebenzisa izikhumbuzi zefoni uma kukusebenzela
- ☐ Ukuhlela kusengaphambili ukuhamba noma amasonto amatasa
 - ☐ Uma uhamba njalo noma uhamba phakathi kwamadolobha noma amazwe, buza ukuthi ungahlela kanjani ukugcwalisa kabusha kanye nokulandelela kusenesikhathi.
- ☐ Ukubuza ithimba lakho lokunakekela ukuthi yini okufanele uyenze ngaphambi kokuba inkinga ibe yinto ecindezelayo
- ☐ Uma ubumfihlo buyinkinga, ungabuza ngezikhathi zokuqokwa eziyimfihlo, ukwelulekwa kwangasese, noma izinketho zokulanda ezinye lapho zitholakala khona.

Ukuphutha umthamo akusho ukuthi i-PrEP yehlulekile. Kusho ukuthi uhlelo lwakho lungase ludinge ukulungiswa.



Ukuvakasha Kokulandelela Nokuthi Kungani Kubalulekile

Ukuvakasha kokulandelela kuyingxenye evamile yokusebenzisa i-PrEP. Zisiza ukuqinisekisa ukuthi i-PrEP isakufanelekela kahle.

Kulokhu kuhambela, ithimba lakho lezokunakekelwa kwempilo lingase:

- Ukuhlolwa kwe-HIV
- Hlola ezinye izifo ezithathelwana ngocansi
- Buyekeza impilo yakho iyonke
- Khuluma ngokuthi i-PrEP ikusebenzela kanjani

Lokhu kuvakasha akulona isivivinyo osidlulayo noma ongaphumeleli. Ziyithuba lokungena nokwenza uhlelo lwakho lube ngcono.

Uma Kukhona Okungasebenzi

Tshela ithimba lakho lezempilo uma:

- Kunemiphumela emibi
- Ukulwa nesikhathi noma ama-aphoyintimenti
- Unenkinga yokukhokhela i-PrEP
- Thola izinguquko empilweni yakho noma empilweni yakho
- Ngizizwa ngingaqiniseki ngokuqhubeka



Izinhlelo ze-PrEP zingashintshwa, zimiswe okwesikhashana, noma ziqalwe kabusha ngokusekelwa. Okubaluleke kakhulu ukuhlala uthembekile futhi uxhumene.

Amalungelo Akho Njengesiguli

Unelungelo lokwenza lokhu okulandelayo:

- Ukunakekelwa okunenhlonipho nokungenakwahlulela
- Izincazelo ezicacile ngolimi olucacile
- Buza ngezinketho ezahlukeni ze-PrEP
- Ubumfihlo kanye nobumfihlo
- Zibandakanye ezinqumweni eziphathelele nempilo



Uma into ingazwakali kahle, kulungile ukusho kanjalo.

Imibuzo Okufanele Uyilethe Ekuhambeleni Kwakho Okulandelayo

Ungase ufune ukubuza:

- "Yiyiphi inketho ye-PrEP efaneleka kakhulu empilweni yami njengamanje?"
- "Yini okufanele ngiyenze uma ngiphuthelwa umthamo noma ukuvakasha?"
- "Kukangaki ngidinga ukungena?"
- "Ngingaxhumana nobani uma nginemibuzo kamuva?"

*Akukho mibuzo emibi.
Ezingaphendulwanga kuphela.*

Ukuqhubekela Phambili

I-PrEP iyithuluzi elinamandla, kodwa wena unguchwepheshe empilweni yakho.

Ukusebenza nethimba lakho lokunakekelwa kwezempilo kusiza ekwenzeni ukuvimbela i-HIV kube wusizo, kube nezimo, futhi kube yinto eqhubekayo.

Ufanelwe uhlelo olukusekelayo namuhla futhi oluhambisana nawe kusasa.

Ufuna ukufunda okwengeziwe? Ungase futhi uthole la mathuluzi ewusizo: 'Ukuthola Inketho Efanele Ye-PrEP' kanye 'Nokucabanga Nge-PrEP Esebenza Isikhathi Eside?'