

Vuk'uzenzele

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HIV-positive woman fights negative stigma

More Matshediso

Drawing on her experiences, an HIV-positive young woman is educating people about HIV. Her reassuring and positive message is that HIV can be treated and also prevented.

Mpho Mbheki (31) believes that South Africa can have an HIV-free generation if HIV-negative people avoid infection and if people living with HIV consistently take their medication and don't infect others.

When she was 19, Mbheki took an HIV test. She took another two tests and got the same result each time.

"I tested positive three times in that year. I was

shocked, scared and in denial. I just could not believe it was true. I had a lot of emotions. I thought my life was over because I was so young and had never thought I could be HIV-positive," she remembered.

"I think what scared me the most was that I grew up in Butterworth, in the Eastern Cape, where people used to think that everyone who is HIV-positive got infected because they were sleeping around. It took me almost two years to accept my status. It was only after going for another test in 2009 that I got to accept my status," she said.

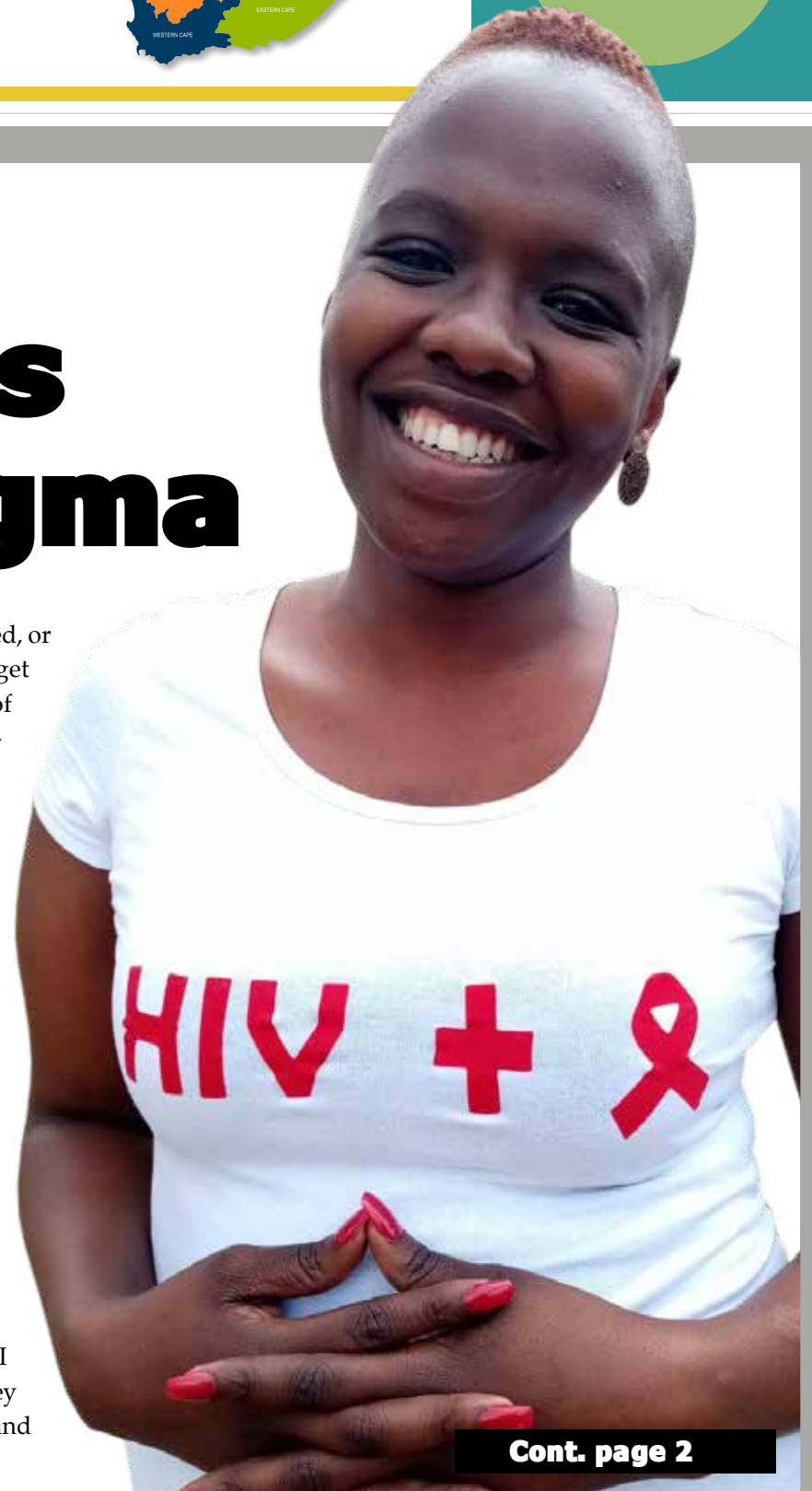
Mbheki said she worried about using her antiretroviral medication (ARV).

"I feared that my body

would be deformed, or that I will either get fat or lose a lot of weight. I remember collecting my medication for three consecutive months without drinking it because I was scared. I went for a number of counselling sessions at a local clinic and started drinking my medication," said Mbheki.

Eventually, she told her family.

"I told my parents first and then I told my sisters. They were all shocked and asked



Cont. page 2



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Ukuvikelwa kwegciwane leSandulela-Ngculazi ngohlelo lwe-PrEP

Dale Hes

Njengamanje sebelinganisela kuzi-36 000 abantu baseNingizimu Afrika abanamathuba angamaphesenti angama-96 okuba bangatheleleki ngegciwane leSandulela-Ngculazi (i-HIV) ngenxa yohlelo lwe-Pre-Exposure Prophylaxis (i-PrEP) okuwumgomo wokuvikela ukuthola Isandulela-Ngculazi njengamanje osatshalaliswa uMnyango WezeMpilo (i-DOH). INingizimu Afrika yaba yizwe lokuqala e-sub-Saharan Africa ukuba ligunyaze ukusetshenziswa kwe-Pre-Exposure Prophylaxis (i-PrEP). I-PrEP iyinhlanguanisela yemishanguzo emibili yegciwane leSandulela-Ngculazi okufanele isetshenziswe nsuku zonke ukuvikela ukungenwa yigciwane leSandulela-Ngculazi.

Yini i-PrEP?

I-PrEP ingachazwa kangcono ngokucuzulula igama ngalinye;

Pre = ngaphambili

Exposure = ukuchayeka noma ukuhlangana negciwane leSandulela-Ngculazi

Prophylaxis = ukwelashelwa ukuvikela ukungenwa igciwane. Abantu abangenayo i-HIV abasemaqenjini abantu abasengozini enkulu yokutheluleka bangasebenzisa i-PrEP ukugwema ukutheluleka ngegciwane leSandulela-Ngculazi.

Kungani kwethulwe i-PrEP?

INhlangano YezeMpilo Emhlabeni (i-WHO) yaqala yagunyaza ukwelapha kwalolu hlobo ngonyaka wezi-2015. I-WHO income ukuthi abantu abasengozini enkulu yokutheluleka ngegciwane leSandulela-Ngculazi basebenzise i-PrEP nsukuzonke njengengxenyeye yecubo elididiyelwe lokuvimbela igciwane leSandulela-Ngculazi. Uma isetshenziswa ngendlela efanele, le ndlela yokwelapha seyibe nempumelelo engamaphesenti angama-99 okunci-



phisa ingozi yokuthola igciwane leSandulela-Ngculazi.

Uhulumeni wabona ukubaluleka kokwengeza le ndlela yokuvikela eqinisekisiwe phezu kwezinye izinhlelo ezibanzi ezikhona zokulwana nalesi sifo.

INingizimu Afrika inomthwalo omkhulu kakhulu wegciwane leSandulela-Ngculazi neNgculazi emhlabeni jikelele.

I-DoH yaqala ukusabalalisa i-PrEP emitholampilo eyi-11 ezifundazweni ezinhlanu ngowezi-2016. Lokhu kusabalaliswa selokhu kuqhubeka kancane kancane, njengoba abantu ababalelwa kwabayizi-36 000 manje sebethola ukwelashwa kwe-PrEP.

Ngubani okufanele asebenzise i-PrEP?

Ukwelashwa nge-PrEP kuyindlela etholakalayo yabantu abazithola besengozini yokungenwa yigciwane leSandulela-Ngculazi. I-DoH ihlonze amaqembu amaningana abantu abasengozini enkulu.

Abesebenzi bezocansi

NgokoMnyango balinganiselwa kumaphesenti angama-20 abantu abayizi-350 000 abangenwa yigciwane leSandulela-

la-Ngculazi minyaka yonke baxhumene nomsebenzi wezocansi. Abesifazane abenza umsebenzi wezocansi basengozini ikakhulukazi, lapho bengamaphesenti angama-33 abangenwa igciwane leSandulela-Ngculazi beneminyaka engama-24, kanti bangamaphesenti angama-80 abatheleleka sebedlulile eminyakeni engama-25 yobudala. Umnyango uthe lawa mazinga aphezulu ayinkomba yokubaluleka kokusetshenziswa kwe-PrEP ngokushesha kumalungu aleli qembu, ikakhulukazi ngenxa yezimo zamazinga aphezulu odlame olusekelwe ngokobulili nokudlwengulwa, kanye nokuntuleka kokuvikeleka ngokomthetho. Ukusabalaliswa okuningana kwe-PrEP sekuphuthuliwe noma kuyaqhubeka ezindaweni lapho kusebenza khona abantu abadayisa abenza imisebenzi yezocansi.

Amantombazane nabesifazane abasebancane

Amantombazane nabesifazane abaphakathi kweminyaka eyi-15 nengama-24 nabo basengozini yokuthola igciwane leSandulela-Ngculazi. Lokhu

kungenxa yezizathu eziningi kubandakanya ukuya ocansini nabesilisa abadala asebethelulekile ngegciwane, amazinga aphansi okusetshenziswa kwamakhondu, ukungabi namandla okulawula izindlela eziphephile zokuziphatha kwezocansi, nodlame olusekelwe ngokobulili.

Amadoda aya ocansini namanye amadoda

Umnyango uyakwazisa ukuthi amadoda alala namanye amadoda asengozini ikakhulukazi ngoba nawo angabandakanyeka kwezinye izindlela eziyingozi ezinjengokuzijova ngezidakamizwa nokwenza imisebenzi yezocansi. Ocwaningweni lokulinga, sekufakazeliwe ukuthi ukunikeza i-PrEP kulawa maqembu kukhombise umthelela omkhulu kunayo yonke ekuvimbeleni ukutheluleka ngegciwane leSandulela-Ngculazi.

Abantu abaya ocansini nabantu abaneSandulela-Ngculazi

Ezinye izithandani zizithola zisesimweni lapho umlingani oyedwa enegciwane leSandulela-Ngculazi kodwa omunye engenalo. Ezimweni eziningi, lokhu kungenzeka ngaphandle kokuba abalingani bobabili bazi ukuthi omunye wabo unegciwane leSandulela-Ngculazi. Ukunika umlingani onegciwane imishanguzo yokuthithibalisa igciwane leSandulela-Ngculazi (i-ART) kunganciphisa ubungozi bokuba alidlulisele komunye ngamaphesenti angama-96, kube i-PrEP kumlingani ongathelelekile inganciphisa ubungozi bokutheluleka kwakhe ngamaphesenti angama-75.

Ingabe i-PrEP ingakugulisa?

Abanye abantu bangase bagule uma beqala ukusebenzisa i-PrEP. Ukugula okuvame kakhulu kubandakanya:

- Ucanucanu
- Ukuphathwa ikhanda
- Ukukhathala
- Ukukhishwa isisu
- Ukhwantalala
- Amaphupho angajwayelekile

- Ukuphalaza
 - Ukuqubuka kwesikhumba
 - Izinkinga zokulala
 - Ukushintsha kwendlela yokuthanda ukudla
- Ebantwini abaningi, lokhu kuguliswa umuthi kuvame ukuphela emuva kwamasono ambalwa.

Ungayithola kuphi i-PrEP?

I-PrEP yamahhala njengamanje iyatholakala ezindaweni eziyi-108 ezweni lonke.

Ukuze uthole olunye ulwazi ngena ku: www.myprep.co.za. Ungaphinde ushayele inombolo yamahhala Yosizo Lukazwelonke Mayelana negciwane leSandulela-Ngculazi neNgculazi ku-0800 012 322.

**Lolu lwazi luhlinzekwe ngaboMnyango WezeMpilo kuZwelonke*

Bewazi?

UMnyango WezeMpilo ukubeka kucace bha ukuthi uhlelo lwe-PrEP akufanele luthathe indawo yezinye izindlela ezisebenza ngempumelelo nezethenjwayo zokuvikela igciwane leSandulela-Ngculazi. Ucwangingo oselwenziwe mayelana nohlelo lwe-PrEP lonke beluncike ekusetshezenisweni kwendlela yokuvikela eyinhlanganisela, kubandakanya ukuhlola njalonjalo kanye nokusetshenziswa kwamakhondu kanye nezinye izinhlelo zokuhlulwa komndeni. Lezi zindlela kufanele kuqhutshekwe nokuba zisetshenziswe ndawonye nohlelo lokwelapha i-PrEP.

