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Ukuvimbela i-HIV eNingizimu Afrika

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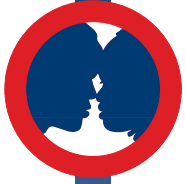
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Sibangaki kuwe? U-2 yinqwaba yabantu

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kungaphakathi

I-HIV eNingizimu Afrika	2
Ngabe kulungile ukuthandana nabantu abaningi?	4
Ngabe umshado usho ukuthini?	10
Ngabe uyawasebenzisa amakhondomu?	11
Ngabe isiko lona lisho ukuthini?	12
Ngabe kusho ukuthini ukuba nengane?	14
Ngabe utshwala busho ukuthini?	15
Ukuthandana kwabantu okunjani okuhambisana nengozi?	16
Umkankaso we- onelove	18



Le ncwadi yenzelwe wonke umuntu eNingizimu Afrika. Ichaza ukuthi kungani ukuthandana nabantu abaningi kukufaka engozini yokungenwa izifo ezithathelana ngocanci kanye nokunye ukuziphatha okuyingozi. Ingxenye yesibili yale ncwadi (ikhasi 18) inikeza imibono engasetshenziswa abantu abafisa ukwenza umehluko ozoletsha ushintsho emphakathini wabo besebenzisana nomkhankaso we-OneLove.

Le ncwadi ibhalwe futhi yadidiyelwa

abakwaSoul City: Institute for Health and Development Communication nokuyigxenye yomkhankaso we-OneLove.

Ithimu yeSoul City Institute ibambe elikhulu iqhaza ekusungulweni nasekudidiyelweni komkhankaso we-OneLove. Ukuzinikela kanye nobuchwepheshe babo bubaluleke kakhulu futhi siyabutusa.

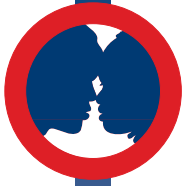
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I-HIV eNingizimu Afrika

INingizimu Afrika inezinga eliphakeme kakhulu emhlabeni le-HIV ne-AIDS. Sinabantu cishe abayizigidi ezingu-6 (6 million) abane-HIV, kodwa abaningi balaba bantu abazi ukuthi banegciwane i-HIV. Bangu-4 kwabangu-10 abantu abake bahlolwa igciwane i-HIV. Bangu-2 kuphela kwabangu-10 abantu abahlolile onyakeni ophelile.

Kwamanye amazwe bambalwa abantu abangenwa igciwane i-HIV ne-AIDS, kodwa eNingizimu Afrika bangaphezulu koyedwa kwaba ngu-10 abantu asebenzenwe igciwane. Lokhu kusho ukuthi wonke umuntu liyamthinta igciwane i-HIV. Wonke umuntu wazi umuntu one-HIV, kanti abaningi bethu bane-HIV.



*Bangu-4 kuphela kwabangu-10 abantu abake **bahlolwa i-HIV.***





Ngabe kungani izinto zingafani nakwamanye amazwe lapha?

KUNEZIZATHU EZININGI EZAHLUKENE EZENZA UKUTHI I-HIV IQHUBEKE NOKUSABALALA KANGAKA.

UKUNGASETSHENZISWA KWEKHONDOMU NGASO SONKE ISIKHATHI

Abantu abaningi abawasebenzisi njalo amakhondomu uma beya ocansini. Lokhu kwenza ukuthi abantu bangenwe i-HIV ngesikhathi bengasebenzisi amakhondomu.

Abantu abaningi bayeka ukusebenzisa amakhondomu emuva kwamasonto noma izinyanga ezimbalwa beqale ukuya ocansini – ngoba sebeyethembana.

Kodwa uma ungasazi isimo umuntu akusona mayelana negciwane i-HIV uhlala njalo usengozini.

UKUYA OCANSINI NABANTU ABANINGI

ENingizimu Afrika - abantu abaningi baya ocansini nabantu abaningi ngesikhathi esisodwa – baziwa ngokuthi omakhwaphehi noma izinyatsi. Uma uya ocansini nabantu abaningi unganenwa i-HIV kalula.

UKUSOKA

Abantu besilisa abangasokile bangangenwa i-HIV kalula. Kodwa yize noma abantu besilisa abasokile bevikelekile ingabangena nabo i-HIV, kufanele basebenzise amakhondomu uma beya ocansini.

UKUNGALINGANI

Ukwakhelana kwabantu abampofu nabanothile kusho ukuthi abantu abampofu bangalusebenzisa ucansi ukuthola ukudla nokunye abakudingayo okwenza isimo sempilo yabo ibe ngcono, kanti abantu abanemali bangasebenzisa imali abanayo ukuthola ucansi kubantu abaningi.

UMPHAKATHI OGUQUKAYO

INingizimu Afrika isanda kuqala umbuso wentando yeningi. Luningi ushintsho olwenzekayo ngalesi sikhathi. Izinguquko eziningi zihle, kodwa abantu abaningi bathuthela emadolobheni ngoba bethemba ukuthi bazothola imisebenzi, ngakho ke bashiya amakhaya nemindeni yabo emuva. Emadolobheni amakhulu indlela ejwayelekile yokuziphatha iyashintsha. Omakhelwana abazani futhi abanakekelani.

UKUNGAKHOLWA UKUTHI SINGAZIPHATHELA IMPILO YETHU

Abantu abaningi bakholwa ukuthi abakwazi ukuziphathela ikusasa labo, futhi abathembi ukuthi ikusasa labo lizoba lihle, lokhu kungabenza babone singekho isidingo sokuzama ukuya ocansini ngendlela ephephile noma ukuzigcina bephephile.

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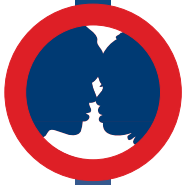
Vikela umndeni wakho.

Thandana nomuntu

oyedwa vo!



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Ngabe kulungile ukuthandana nabantu abaningi?

KUNGANI UKUTHANDANA NABANTU ABANINGI NGESIKHATHI ESISODWA KUYINKINGA?

Uma uthandana nabantu abaningi ngesikhathi esisodwa ungena ohlelweni lwabantu abahlobene ngezocansi. Uma omunye wabantu abakulolu hlelo enegciwane i-HIV lidlulela kwabanye abakulolu hlelo kalula.

KUSHO UKUTHINI UKUTHANDANA NABANTU ABANINGI NGESIKHATHI ESISODWA?

Ukuthandana kwangasese kuvame ukugcinwa njengemfihlo kodwa ngesinye isikhathi ofihlelwayo uyazi ngalokhu futhi angasho lutho, ngoba ebona lokhu njengento ehlala yenzeka. Abanye abantu basemshadweni wesithembu. Lokhu kusho ukuthi indoda iya ocansini nabantu abaningi.

Uma omunye walaba bantu eya ocansini nomunye umuntu ongekho esithenjini bonke abantu abasesithenjini **basengozini yokungenwa i-HIV.**

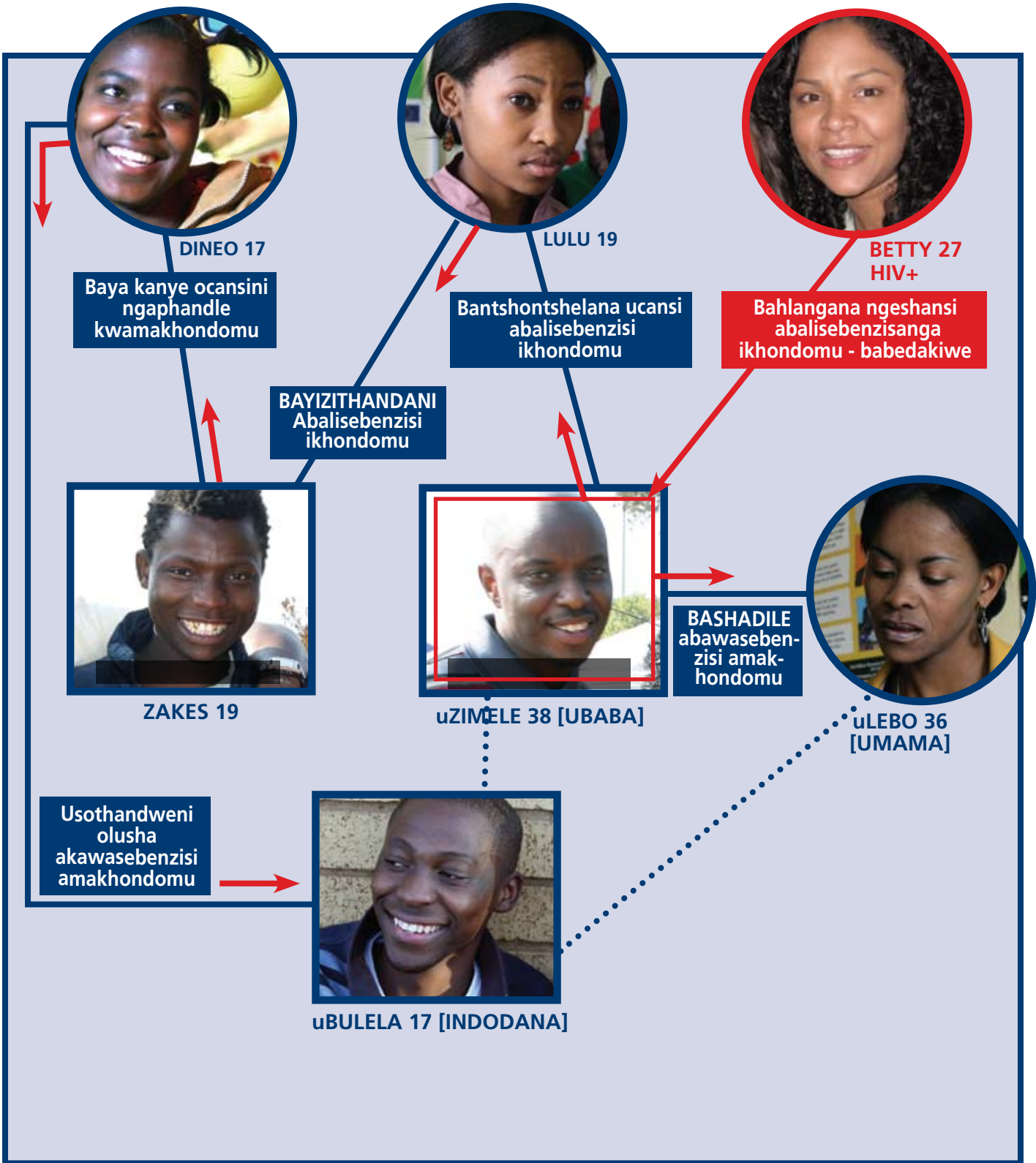


Njengami. Ngesikhathi ngithatha isinqumo sokushada unkosikazi wami, nganginezinye izintombi engithandana nazo. Lokho ngeke kushintshe. Okushintshile kunye, ukuthi ukungunkosikazi wami, uhlala ekhaya mina ngizoqhubeka nokuthandana nezinye izintombi. Ngiyamfihlela ukuthi nginezinye izintombi.

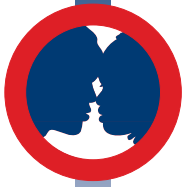
[Owesilisa waseMpumalanga]



UKWAMBULELANA UCANSI NIBE NINGAZWANI



BANGAKI ABANTU OTHANDANA NABO?



Kungani abantu bethandana **nabantu abaningi** ngesikhathi esisodwa?



Ziningi izizathu

ezenza ukuthi abantu bathandane nabantu abaningi – nazi ezinye zalezi zizathu:

- Ukuya ocansini kubalulekile kakhulu empilweni yethu. Sifuna ucansi lusanelise futhi lube mnandi. Kodwa abanye abantu abaluthokozeli ucansi nabantu abathandana nabo. Lokhu kungabangwa izizathu ezithile: kungenzeka ukuthi bakhathele, banomsebenzi omningi, abanaso isikhathi, abasabafisi abalingane babo.

KODWA okusemqoka ukuthi abakhulumi ngokuthi bafunani uma beya ocansini.

Ngesinye isikhathi uthola ukuthi uma siqala ukuhlanguka, nginothando futhi ngimnene. Ngiyakuqabuza uma sihlanguka. Emuva komshado nokuthola abantwana, angisakuqabuzi uma ufika ekhaya. Ngelinye ilanga ngiyakubiza siye ocansini- kodwa akukho ukuwotawotana. Isikhathi esiningi, abantu bahlalela izingane zabo emshadweni. Uthando alusekho. [Owesilisa wakwaZulu]



- Abanye abantu (ikakhulukazi abantu besilisa) bacabanga ukuthi uma befuna ukusebenzisa izindlela ezithile zokuya ocansini akufanele bazisebenzise namakhosikazi abo kodwa kufanele bazame ukwenza lokhu komunye umuntu. Bathi bavikela amakhosikazi abo.

KODWA empeleni bafaka impilo yawo engozini.

- Abanye abantu bakholwa ukuthi abantu besilisa abakwazi ukuzibamba uma bekhanuka ucansi, nokuthi kungakho nje bedinga ukuya ocansini nabantu abaningi. Yingakho nje amakhosikazi noma abayeni babo bebaxolela.

KODWA lokhu akulona iqiniso, abantu besilisa bayakwazi ukuzibamba uma bekhanuka ucansi, abazona izilwane bayakwazi ukuzikhethelela ukuthi baziphathe kanjani.

- Uma abantu bedakiwe kuyenzeka ukuthi baye ocansini nabantu ebebengeke baye nabo ocansini uma bengaphuzile. Bavame ukuya ocansini bengazivikele.

KODWA UNGAKWAZI ukuzikhethelela ukuthi ungadakwa nokuthi uye noma ungayi ocansini nomunye umuntu.



Kungani kuyingozi ukuthandana nabantu abaningi?

I-HIV ITHATHELANA KALULA UMA IGCIWANE LISANDA KUNGENA



Uma umuntu esanda kungenwai-HIV emzimbeni igciwane likhula masinyane. Umuntu uba nalokhu okwaziwa ngokuthi i-high viral load – okusho ukuthi izinga legciwane i-HIV liphezulu kakhulu egazini nasoketshezini oluphuma kuzitho zangasese. Uma lo muntu eqhubeka nokuya ocansini engazivikele i-HIV idlulela kwabanye kalula.

Uma umuntu ehlola egciwane i-HIV ngalesi sikhathi imiphumela izokhombisa ukuthi akanalo igciwane. Lokhu kubangwa ukuthi amasosha omzimba asuke engakakhuli ngokwanele ukuqala ukulwa negciwane. Imiphumela yokuhlola igciwane ibonakala kumasosha omzimba.

Emuva kwamasono ambalwa amasosha omzimba aqala ukusebenza abulale amagciwane amaningi egazini. Uma umuntu eyohlola igciwane emva kwalokhu umphumela uzokhombisa ukuthi unalo igciwane.

Umuntu obalulekile yilowo omkhethele ukuthi uzophila naye impilo yakho yonke naye. Abanye nabo babalulekile, into nje abekho kumapulani empilo yethu. Ukuzilibazisa kwesikhashana, kuphele masinyane.
[Owesilisa waseMpumalanga]





Ongakwenza ukuzigcina uphephile

Uma i-viral load yakho iphezulu kakhulu, kuba lula kakhulu ukudlulisela igciwane kwabanye abantu. Uma ungenwa i-HIV bese uya ocansini nomunye umuntu ingakapheli inyanga lowo muntu noma labo bantu nabo bazongenwa i-HIV.

Uma umuntu eqala ukuguliswa i-AIDS, i-viral load yakhe iba phezulu futhi kuba lula kakhulu ngalesi sikhathi ukungenwa igciwane i-HIV.

I-viral load yiyona esiza odokotela bakwazi ukubona ukuthi imishanguzo (ama-Antiretroviral) asebenza kanjani, imishanguzo kufanele ilehlise izinga le-viral load. Kufanele ukhumbule ukuthi igciwane alipheli lihlala likhona emzimbeni wakho yize noma usebenzisa ama-antiretroviral, kodwa liyehla izinga lingafani nasekuqaleni.

- Kubalulekile ukuthi abantu besilisa nabesifazane bazame ukwenza impilo yabo yezocansi ibe mnandi nokuzithokozisa ngezocansi othandweni labo. Lokhu kusho ukuthi bachithe isikhathi ndawonye futhi bakhulumisane ngemizwa nezidingo zabo.
- Kubalulekile ukuthi wazi isimo sakho nge-HIV. Lokhu kusho ukuthi kufanele uhlale njalo uyohlolwa igciwane. Ungahamba nesithandwa sakho niyohlolwa igciwane.
- Uma abantu sebethandane isikhathi esingaphezulu kwamasondo ambalwa bayayeka ukusebenzisa amakhondomu. Lokhu kuyingozi uma ningazi ukuthi nikusiphi isimo nge-HIV. Kufanele ube nesiqiniseko ngesimo somuntu oya naye ocansini nokuthi akayi ocansini nabanye abantu ngaphambi kokuba unqume ukungawasebenzisi amakhondomu.
- Zinike isikhathi esanele. Linda okungenani amasondo ayisithupha ngaphambi kokuba uqale ukuthandana nomunye umuntu. KODWA khumbula ukuthi kuyingozi ukuthandana nabantu abaningi ngesikhathi esisodwa yize noma ungayi nabo ocansini.



Ngabe umshado usho ukuthini?

Ukushada akukuvikeli ukuthi ungenwe i-HIV ngaphandle uma:

1. Nobabili nitholakale ningenayo i-HIV ngaphambi kokuba nishade **FUTHI**
2. Nobabili niya ocansini nodwa kuphela emva kokuba senishadile.





Ngabe uyawasebenzisa amakhondomu?

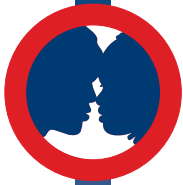
Amakhondomu ayakuvikela ungangenwa yi-HIV; KODWA akuvikela kuphela uma uwasebenzisa njalo uma uya ocansini.

ENingizimu Afrika kuyacaca ukuthi yize abantu bewasebenzisa kakhulu amakhondomu kunakuqala, abawasebenzisi njalo uma beya ocansini- lokhu kwenza kube lula ukuthi bangenwe igciwane. Isikhathi abantu abavame ukungasebenzisi ngaso ikhondomu kulapho beya nomuntu oyedwa njalo ocansini – kanti lesi yisikhathi esiyingozi kakhulu ngaphandle uma nobabili nazi ukuthi nikusipho isimo nge-HIV futhi nithembana ngokweqiniso. Yize noma ngabe senithandane isikhathi eside kubalulekile ukuthi usazi isimo okusona nge-HIV kanye nesimo sothandana naye. Kufanele usebenzise amakhondomu ngaso sonke isikhathi uma uya ocansini.



Abantu besilisa abasokile nabo kufanele bawasebenzise amakhondomu ngoba ukusoka akubavikeli ngokwanele.





Ngabe isiko lona lisho ukuthini?



*Monna
ke jase e
ya adimisanwa.
Monna ke selepe...
Indoda yimbazo
iyebilekisanwa.*

[Owesifazane
waseGauteng]

Isiko liyinomfi ehlanganisa imiphakathi. Liyinkolelo nendlela esikhuliswa ngayo. Kodwa kubalulekile sikhumbule ukuthi isiko alimile ndawonye. Ekuhambeni kweminyaka lezi zinkolelo nenqubo ziya ngokushintsha njengoba abantu nezinto zishintsha.

ENingizimu Afrika lapho kunezifo eziningi ezibulalayo, amanye amasiko angabavikela abantu kanti amanye angabafaka engozini.



*Uma kuza
emasikweni angithi!
Isiko lethu liyasibulala
thina Bantu Abamnyama
ngoba abantu besifazane
bafundiswa ukuthi umuntu
wesilisa nguyena ophethe
ikhaya futhi indoda imbazo
iyabilekiswa.*

[Owesifazane
waseGauteng]

Inqubo yamasiko efaka abantu engozini yilena:

Injwayelo yokufuna ukuba nezinto noma ukuthanda ukuthenga - lapho abantu bezwa sengathi badinga ukuba babe nezingubo zokuqgoka ezisefeshinini noma izinto ezibizayo ukuze bathole ukujabula, ukuthandwa noma ukwazi ukuthi banendawo. Lokhu kwenza abantu abangenawo amandla okuthola lezi zinto bangene engozini uma bezimisela ukuya ocansini ukuze bathole izipho noma imali.

Amanye amasiko afaka abantu engozini yilawo akhuthaza abantu besilisa ukuthi bathandane balale nabantu abaningi. Ngesinye isikhathi amadoda athandana nabantu abaningi abhekwa njengabantu abanamandla nababalulekile. Lokhu kukhuthaza abantu besilisa ukuthi bathandane nabantu abaningi.

Elinye lamasiko elifaka abantu besifazane engozini yinkolelo yesiko yokuthi abantu besifazane abakwazi ukuphikisa umuntu wesilisa noma bambuze ukuthi uphumaphi. Lokhu kufaka owesifazane engozini ngoba kwala ngisho azi ukuthi indoda noma isoka lakhe linomakhwapheni – akakwazi ukumbuza ukuthi uphumaphi nokuthi ubenzani.

Isiko lithi uma ushadile kuyihlazo ukwehlukana, lokhu kufaka abesifazane engozini, ngoba lokhu kusho ukuthi abantu abashadile mabahlale ndawonye yize noma bengasathandani. Lokhu kudala ukuthi bafakane engozini uma bekhetha ukuya ocansini nabanye abantu ngaphandle komshado.

Inqubo yesiko evikela abantu bangangenwa i-HIV ukuthi balinde bangayi ocansini bengakashadi. Lokhu kungabavikela uma bobabili abathandayo belinda baze bashade ngaphambi kokuya ocansini futhi bengathandani nabanye abantu ngaphandle.



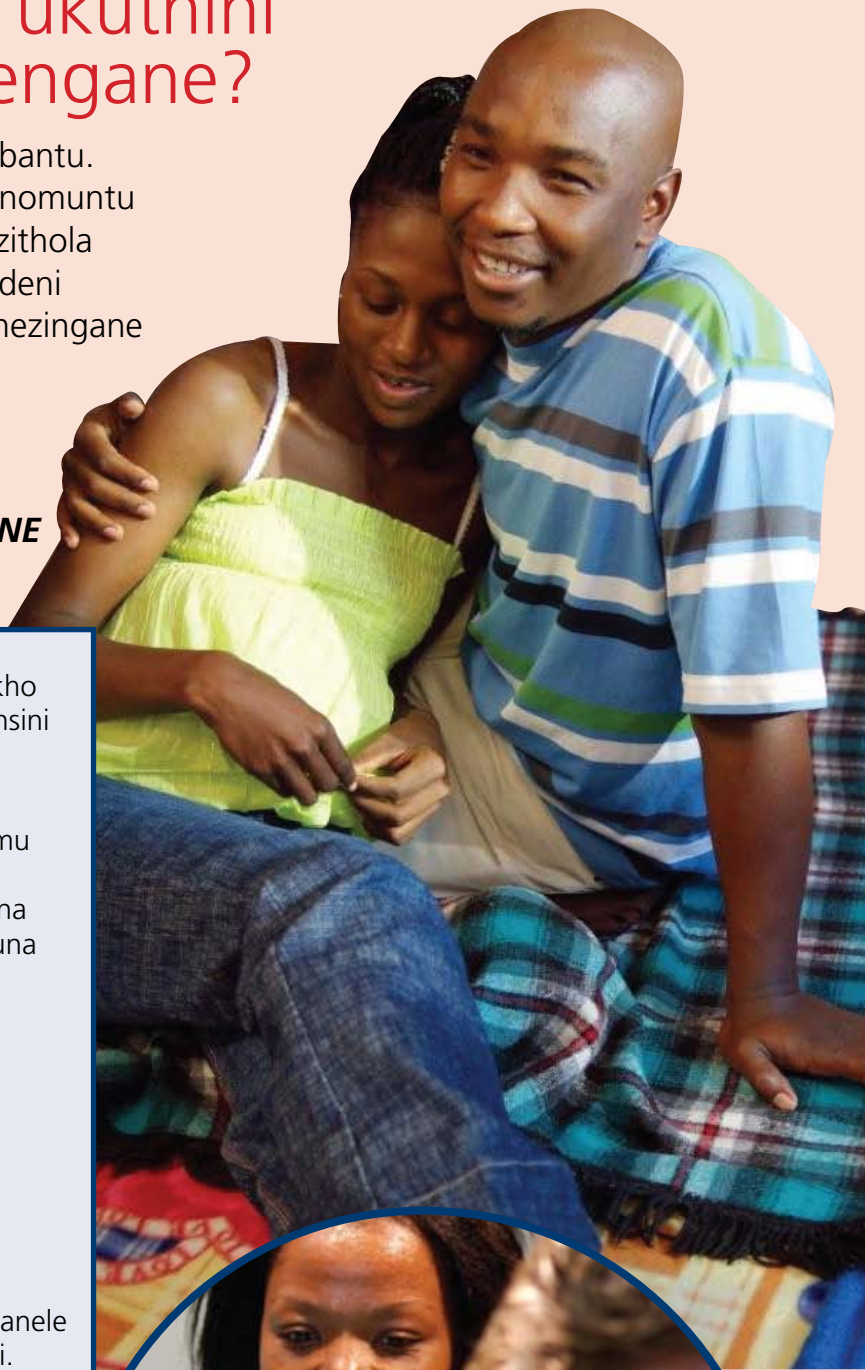


Ngabe kusho ukuthini ukuba nengane?

Ukuba nezingane kubalulekile kubantu. Abantu abaningi ngeke bashade nomuntu ngaphandle uma bazi ukuthi uyazithola izingane. Ngesinye isikhathi iminden i yabaphoqa abantu ukuthi babe nezingane yize noma bona bengakazimiseli.

KUBALULEKILE WAZI UKUTHI UNGAYITHOLA KANJANI INGANE NGENDLELA EPHEPHILE:

1. Kufanele usazi isimo sakho nesomlingane wakho mayelana ne-HIV ngaphambi kokuba uye ocansini ungazivikele.
2. Uma uya ocansini ungakwazi ukuzivikela ungakhulelwa – ngokusebenzisa amakhondomu njalo kanye nokusebenzisa ezinye izindlela zokuhlela umndeni. Kufanele uzikhethele wena uma usufuna ukuba nengane kanti uma usufuna ukukhulelwa kudingeka wazi isimo okusona mayelana ne-HIV.
3. Uma usazi isimo sakho nesomlingani wakhomayelana ne-HIV, ungaqala ukuhlela ukuthola ingane ngendlela ephephile. Uma omunye noma nobabili nine-HIV kufanele nikhulumisane nonesi ngendlela ephephile yokuthola ingane.
4. Uma owesifazane ekhulelwe kuba yisikhathi sokungenwa kalula i-HIV. Uma ukhulelwe kufanele usebenzise ikhondomu njalo uma uya ocansini.
5. Uma owesifazane one-HIV ekhulelwa, i-HIV ingadlulela enganeni.
6. Uma une-HIV futhi ukhulelwe, khulumisana nonesi ngemithi engasiza ukuvimba igciwane lingadluleli enganeni yakho. Kufanele futhi ukhulume ngesibalo se-CD4 (CD4 count) ukuze nibone uma kudingeka uqale ukusebenzisa ama-ART.
7. Abantu besifazane abane-HIV bangayidlulisela ezinganeni zabo uma bencelisa. Kodwa uma uncelisa izinyanga ezingu-6 futhi ungayiniki ingane OKUNYE ukudla ngisho namanzi, mancane kakhulu amathuba okudlulisela igciwane i-HIV enganeni yakho.





Ngabe Utshwala Busho Ukuthini?

Abantu abaningi bayaphuza eNingizimu Afrika. Ukuphuza kungaba yindlela yokuphilisana nabanye, yokuzijabulisa futhi abantu abaningi baphuza utshwala ukuphumuza imizimba yabo. Kodwa uma abantu bephuza kakhulu lokho kungadala ingozi. Enye indlela utshwala obuyingozi ngayo ukuthi benza abantu bafune ukuya ocansini. Isikhathi esiningi baya ocansini ngaphandle kokusebenzisa amakhondomu.

ENingizimu Afrika abantu abaphuza kakhulu basengozini enkulu yokungnenwa i-HIV.

Amanaye amantombazane awesabi (awonqeni) ukuya ethaveni engenamali. Ayazi ukuthi azofika alinde ngaphandle ukhona ozofika afune ukuwathengela utshwala, azobe esethi 'yo, ngizohamba nalona, mina ngizohamba nalowaya....'

[Owesifazane wase-Eastern Cape]



Uma udakiwe, useklabhini ungawaphethe amakhondomu, uma kuqala kuba mnandi, angeke ngempela ukwazi ukuzibamba.

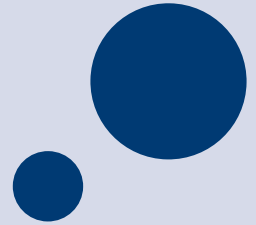
[Isitshudeni sakwaZulu]

- Hlala njalo uzilungiselele ukuya ocansini ngendlela ephiphile uma uyophuza utshwala.
- Qinisekisa ukuthi uhlala njalo uphetha amakhondomu.
- Ungaphuzi uze udakwe, ukuze ukwazi ukuziphatha ngendlela efanele.





Ukuthandana kwabantu okunjani okuhambisana Nengozi?



UKUYA OCANSINI NGOBA UFUNA OKUTHILE

Abantu abaningi baya ocansini ngoba befuna ukuthola okuthile kumuntu abalala naye – kuvame ukuba imali noma ukudla okanye izipho ezinhle. Ukuya ocansini ngale ndlela kukufaka engozini yokungenwa i-HIV. Lokhu kwenziwa ukuthi isikhathi esiningi umuntu oya naye ocansini akafuni ukusebenzisa ikhondomu – uma uzothola imali noma okuthile kumuntu ungasaba ukumcela ukuthi akasebenzise ikhondomu ngoba mhlawumbe uzokwala ukukunika okucelayo. Usuke ucabange ukuthi kufanele uye ocansini ngaphandle kokubabekela umthetho ngoba uzothola okuthile.

Uma umndeni wakho ulambile, noma ungenawo umsebenzi futhi ungatholi mholo – isidingo sokuthola ukudla sikhulu sidlula esokuya ocansini ngokuzivikela.

KODWA kuyilungela lakho **UKUQINISEKISA** ukuthi usebenzisa ikhondomu uma uya ocansini ngaphandle kokukhathazeka ukuthi uzokhokhelwa malini.

OMDALA KUNAWE NGEMINYAKA ENGU-5

Uma umlingani wakho oya naye ocansini emdala kunawe ngeminyaka engu-5 usengozini yokungenwa i-HIV. Lokhu kwenziwa ukuthi lo muntu unamandla kunawe futhi kunzima ukuthi umcele asebenzise ikhondomu.

KODWA kuyilungelo lakho ukuqinisekisa ukuthi usebenzisa ikhondomu uma uya ocansini.



UKUYA OCANSINI MOMZALI WENGANE YAKHO

Izingane kaningi zizalwa zingazange zihlelelwe futhi abantu abaningi abashadi nabantu abanezingane nabo. Uma ninengane kungenzeka ukuthi niqhubeke nokubonana

KODWA lokhu akusho ukuthi ukuya ocansini nomzali wengane yakho kuphephile. sebenzisa ikhondomu.

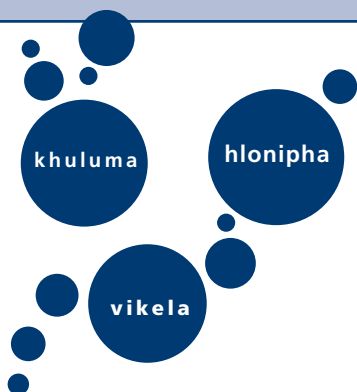


UKUPHOQWA UKUYA OCANSINI

Ukuphoqwa ukuya ocansini noma yikuphi kufana nokudlwengulwa – lokhu kungaba ukudlwengulwa nivakashelene noma ngezinye izindlela. Uma udlwenguliwe noma uphoqiwe ukuya ocansini ungafuni kufanele usheshe uye eklinikhi eseduze nawe kudingeka bakunike umshanguzo okuthiwa (post exposure prophylaxis -PEP).

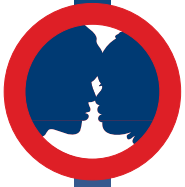


Umshanguzo i-PEP unikwa abantu abadlwenguliwe ukuvimbela ukungenwa i-HIV emuva kokudlwengulwa. Kufanele uphuze i-PEP engakapheli ama-awa angu-72 emuva kokudlwengulwa. Kufanele uqhubeke nokuyiphuza imishanguzo kuze kuphele inyanga. Kubalulekile ukuthi uhlolewe igciwane i-HIV.



**Ukuhloniphana
kusho lokhu –
akukho zimfihlo,
akukho manga**





onelove
khuluma • hlonipha • vikela

*I-HIV ne-AIDS isithinta sonke!
Silahlekelwa ngabangane,
abantu esibathandayo,
izingane ziphenduka
izintandane kokunye singenwa
izifo eziyingozi. Yingakho
kubaluleke kakhulu ukuthi
imiphakathi isebenzisane
ukunqanda ukwanda kwe-HIV.*

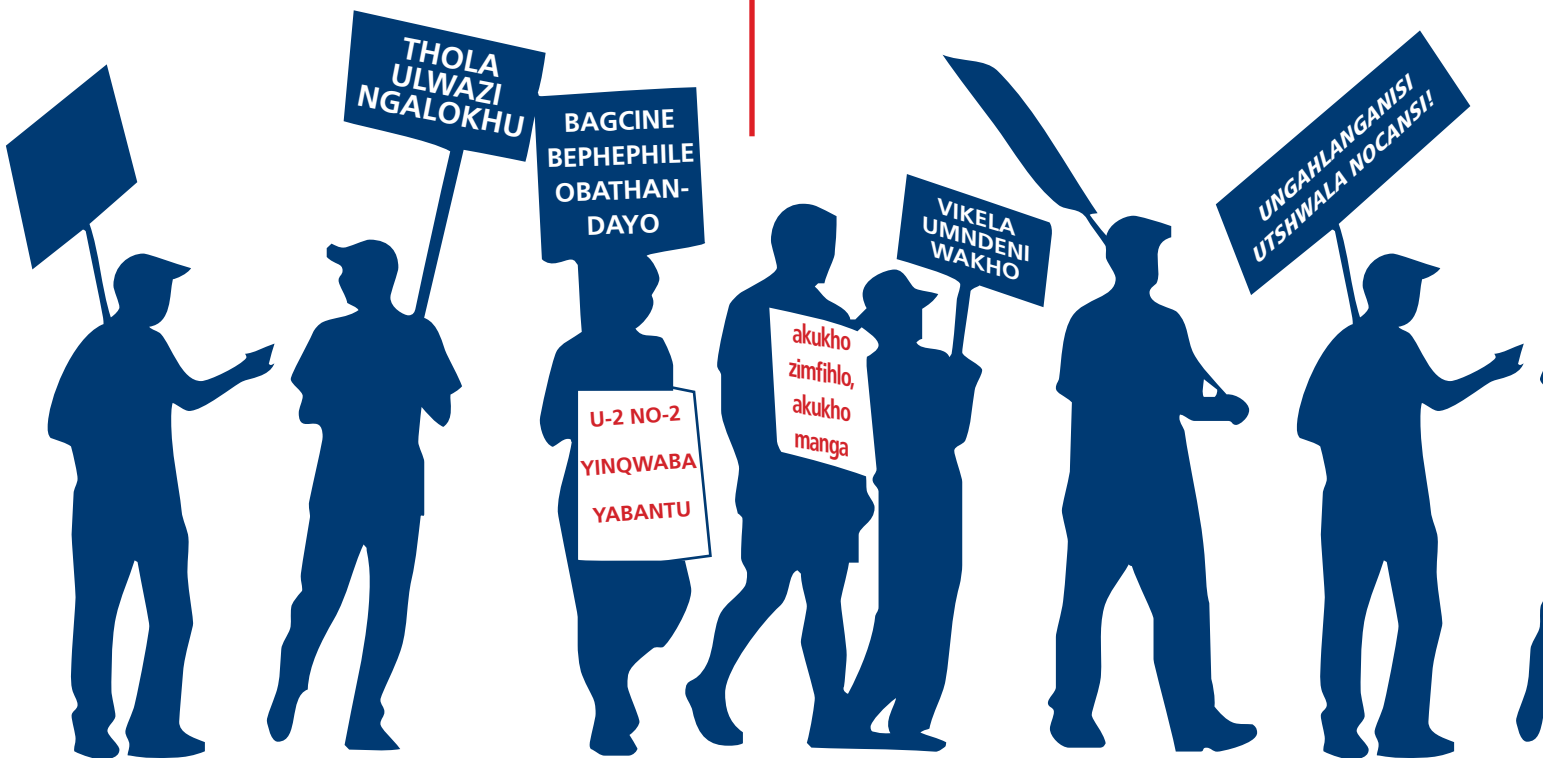


YINI ONGAYENZA UKUVIMBELA I-HIV EMPHAKATHINI WANGAKINI?

Wonke umuntu uyafisa ukuvikela abantu bangangenwa i-HIV emphakathini wangakubo. Yini eningayenza ngalokhu njengomphakathi?

Umkhankaso we-**onelove** ngumkhankaso ofuna ukwehlisa izifo ezintsha ze-HIV. Umkhankaso othandwa izinhlangano eziningi futhi osetshenziswa kakhulu uhulumeni. Lo mkhankaso usemaphephandabeni nasemphakathini.

Imiphakathi kufanele isukume ime ngezinyawo itshele abantu ukuthi ukuya ocansini nabantu abanengi kukufaka engozini wena nabantu osondelene nabo. Kudingekile ukuthi uwusekele umkhankaso we-**onelove**.



Ungawusekela umkhankaso we-**onelove** ngokuthi:

1. Uhlele imashi ye-**onelove**

UKUHLELA IMASHI:

Isinyathelo 1:

Mema bonke omakhelwane, izikole ezisemphakathini wangakini kanye nezinhlangano zomphakathi umeme wonke umuntu omaziyo ukuthi eze emhlanganweni.

Isinyathelo2:

Chazela abantu ngomkhankaso we-**onelove** bese ubanika lezi zincwadi.

Isinyathelo 3:

Beka usuku nesikhathi semashi.

Isinyathelo 4:

Yenza ilisti yemisebenzi bese unika wonke umuntu umsebenzi azowenza.

IMISEBENZI:

- Thola imvume yokumasha kubaphathi bendawo.
- Thola amabhodi okubhalela nokudweba izithombe.
- Thola abantu abazokusiza ukubhala amabhodi.
- Fona noma uye kurediyo yomphakathi wangakini ubacele bakusize ukwazisa umphakathi ngemashi.
- Fona noma uye emahhovisi ephephandaba ubacele bakusize ukwazise umphakathi ngemashi.
- Hlela indlela okuzohanjwa ngayo ngesikhathi semashi.
- Khetha abantu abazokhombisa abantu indlela ngesikhathi semashi ukuqinisekisa ukuthi abantu abamashayo bahamba ngendlela okuyiyona futhi ngokuthula.
- Cela osomabhezini banikele ngamaT-shirt kule mashi.
- Zama ukuthola abantu abaningi bomphakathini bakujoyine kule mashi ye-**onelove**.



2. Yiba nezinkulumo mpendulwano /izinkulumo mpikiswano nge-one^{love}

UKUPHATHA INKULUMO MPIKISWANO:

Isinyathelo 1

Thola indawo lapho kuzobanjewa khona ingoxiswano.

Isinyathelo 2

Thola abaholi noma abezomzabalazo kwezezifo bazokhuluma kungoxiswano.

Isinyathelo 3

Yazisa umphakathi ngengoxiswano kumaphephandaba, ezikoleni, ubeke namaphosta ezindaweni ezithile.

Isinyathelo 4

Qinisekisa ukuthi unosihlalo ophapheme ozophatha inkulumompikiswano noma ingoxiswano ngobuciko ukuze ingxoxo ihambe kahle nabantu baneliseke ukuthi imibono yabo izwakele. Usihlalo kufanele aqaphele ukuthi abantu abakhulumi isikhathi eside.

Isinyathelo 5

Thola izikhulumi (1 noma -2) ezizovumelana nesihloko nezinye (1 noma -2) ezizophikisana nesihloko.

Isinyathelo 6

Isikhulumi esivumelana nesihloko sikhuluma kuqala.

Isinyathelo 7

Isikhuluma esiphikisayo sikhuluma ngokulandelayo. Bese izikhulumi zikhuluma ngokulandelana njengokuphikisana kwesihloko.

Isinyathelo 8

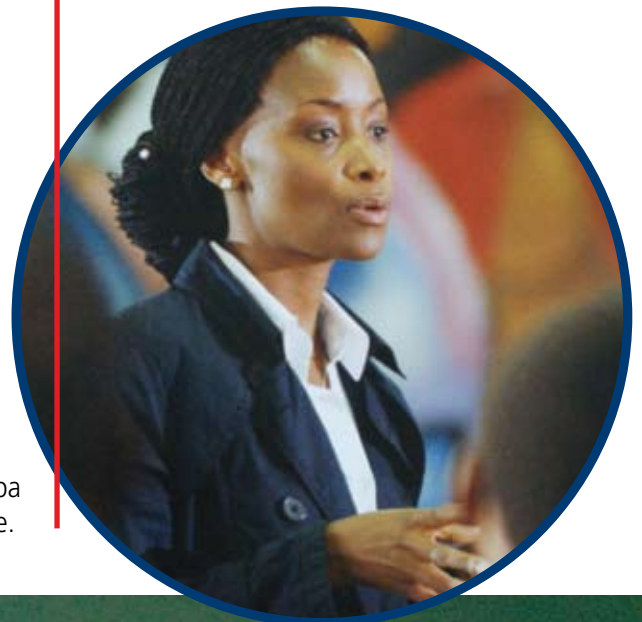
Uma seziqedile ukukhuluma izikhuluma ingxoxo isingathathwa izikhulumi ezihleli phansi.

Isinyathelo 9

Ngeke kuvotwe ekupheleni kwenkulumompikiswano ngoba akuyona inkulumompikiswano elandela imithetho ebekiwe.

SEBENZISA ESINYE SALEZI ZIHLOKO:

- Isiko lami liyabavumela abesilisa ukuthi bathandane nabantu abaningi.
- Nginelungelo lokuthi ngiye ocansini ukuzitholela imali nezinto engizifunayo.
- Abantu besilisa abakwazi ukuzibamba uma befisa ucansi, ngakho ke akufanele sibagxeke uma belala nabantu abaningi.
- Umuntu wesifazane kufanele ahlale emshadweni wakhe noma ngane impilo yabo isengozini.



3. Amaklabhu okulalela / nokubukela

Biza abangane bakho, amalunga estokvel noma awomndeni nibukele iSoul City kutelevishini kuSABC 1 ngo-8:30 njalo ngoMsombuluko. Indaba yonke ikhuluma nge-**onelove**.

Kumnandi ukubukela ndawonye, ningakhuluma ngalokho okukhulunywa ngakho endabeni.

4. Khuluma nge-**onelove** nabangani kanye nomndeni wakho

Sebenzisa le ncwadi ukuqala ingxoxo nabangane, namalunga omndeni, namalunga estokvel noma esonto ubakhuthaze ukuthi babe ne-**onelove**.



5. Funda ukukhuluma ngezocansi nomuntu othandana noya naye ocansini noma oshade naye

Ukukhuluma ngezocansi kunzima futhi abantu abaningi bazikala ububona ngendlela abasebenza ngayo ocansini, kodwa othandweni lweqiniso kulula ukukhuluma ngezocansi. Asikho isidingo sokuthi usebenzise amagama akhuluma ngezocansi kodwa ungakwazi ukumtshela umlingane wakho ukuthi uthandani ngokumkhombisa noma ngokubeka isandla sakhe lapho ufuna sithinte khona. Bukela noma ufunde izeluleko ngezocansi naye nindawonye.



Amathiphu ngokukhuluma ngezihloko ezinzima:

1. Khetha isikhathi nendawo efanele – lapho niphumule khona futhi ninesikhathi.
2. Chaza ukuthi yini ufuna ukukhuluma: “uthando lwethu lubalulekile kakhulu kumina...”
3. Khuluma iqiniso ngemizwa yakho.
4. Ungalilahli ithemba.



6. Fonela irediyo yomphakathi wangakini

Qala ingxoxo nomphakathi wangakini ngengozi yokungenwa igciwane ebhekene nabantu abathandanayo noma ngezindlela wena osekela ngazo umkhankaso we-**onelove** nangezizathu zokwenza lokhu.

7. Bhalela iSoul City Institute ubathumelele i-SMS ngemibono yakho ngokungenziwa umphakathi ukuqhuba umkhankaso we-**onelove**

www.onelovesouthernafrica.org

I-SMS: 31864 (*kusetshenziswa amanani (rates) e-sms asetshenziswa njalo*).

ISoul City: Institute for Health and Development Communication
P.O. Box 1290 | Houghton | 2041



Sibonga abaxhasi bethu:



Abalingane bethu abazwakala ekhaleni:



Uku-oda ikhophi noma amakhophi esiZulu ale ncwajana:

Soul City: Institute for Health and Development Communication

P.O. Box 1290 | Houghton | 2041

Tel: 0860 11 5000

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JANUWARI 2009



khuluma

hlonipha

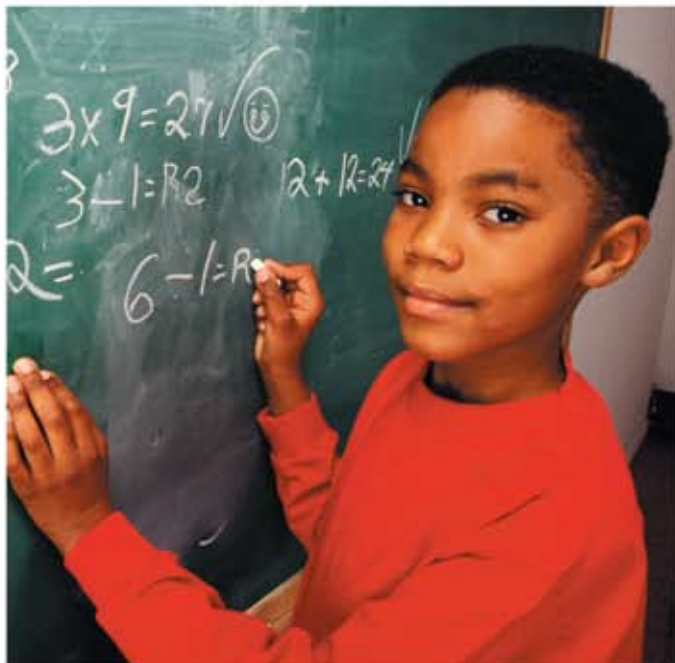
vikela



Sibangaki kuwe? U-2 yinqwaba yabantu

www.onelovesouthernafrica.org

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khuluma • hlonipha • vikela



Ngale kokungabi nolwazi kune **mfundo.**

Ezindaweni esebenzela kuzona, iBP isiza izikhungo ezifundisa ngeHIV/Aids, ilekelele abosizo lokuqala nabezemitholampilo ngokusiza abasebenzi bakhona kanye nabantu ababanakekelayo. Sikholelwa ukuthi uma abantu bazi futhi befundisiwe ngeHIV/Aids lokho kungasiza ekugwemeni ukwanda kwalesifo. Yingakho sizibandakanya neSoul City Institute, ukuze sifundise iAfrica silethe namathemba kubantu bethu. Kuseyisiqalo lokhu.



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