

Nginato yini letinye tindlela?

Yebo! Nangabe i-6MMD ingakakulungeli wena...

inyanga 1 	inyanga 2 	inyanga 3 
inyanga 4 	inyanga 5 	inyanga 6 

Uphindze futsi ufune kubona dokotela wakho emtfolampilo kuphela njalo ngemuva kwetinyanga letingu-6 kepha unconota kuphakela lokufishane -

Ungakhetsa kuhlukanisa liphakelo lakho kabili, liphakelo lekucala letinyanga letingu-3 utalunikwa ngaleso sikhatsi emtfolampilo wakho bese liphakelo lelilandzelako letinyanga letingu-3 utalilandza endzaweni loyikhetsile yekutsatsa imitsi (emtfolamphilo wakho noma ngaphandle kwawo) noma ku adherence club lokuyo.

inyanga 1 	inyanga 2 	inyanga 3 
inyanga 4 	inyanga 5 	inyanga 6 

Ufuna kubona dokotela wakho kanyenti kunekumbono ngetinyanga letingu-6 -

Ungakhetsa kubona dokotela wakho emtfolampilo njalo ngemuva kwetinyanga letingu-3 futsi utfole liphakelo letinyanga letingu-3 njalo uma ubona dokotela wakho.

Kutsiwani nangabe ngigula ngaphambi kwekuvakashela kwami lokulandzelako?

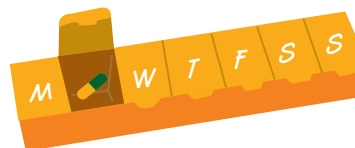
Noma ngabe uniketwe tinyanga letingu-6 tema-ARV, kufanele ubuyele emtfolamphilo noma nini lapho utiva ugula khona noma unaletinye tintfo letikukhatsako noma tinsayeya.

Kumele ungalindzi sikhatsi sakho lesilandzelako nangabe ungaphili kahle nobe udinga lusito. Kuvumelekile kwekutsi ufike nangabe ugula uma uku-6MMD.



Ngingawanakekela njani ema-ARV ami?

- Gcina umutsi wakho we-ARV endzaweni lepholile, leyo mile, lephephile, khashane nekukhanya kwelilanga kanye nebantwana.
- Unga tfululi emaphilisi ebhodloleni lawo.
- Unga khipha kuphela emaphilisi lotawa sebensa nga lelo langa, noma lelo viki.
- Ungakhiphi leliphakethe lelincane lelingekhatsi ebhodloleni lema philisi. Loku kubitwa ngekutsi yi-desiccant futsi kuvimba umswakama longefuneki kuze ku gcine lamaphilisi omile.
- Vala sivalo kahle ngemuva kwekutsatsa imitsi.
- Ungabelani ngemutsi wakho nanoma ngubani.
- Khumbula kutsatsa ema-ARV akho onkhe malanga kute uhlale uphilile futsi uchubeke ufaneleke ku-6MMD.



Khuluma nemhlengikati wakho noma dokotela wakho namuhla kute utfole kutsi i-6MMD ikufanele yini!



TINDZABA LETIMNANDZI!

Nyalo ungatfola tinyanga letisitfupha tema-ARV akho labitwa ngekutsi yi-6MMD ngekuvakashela kanye emtfolamphilo wenzawo yangakini!



Sikena ikhodi kufundza kabanti



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



Yini i-6MMD? Yini lentjintjako?

Litiko Letemphilo lenta kutsi kube lula etigulini letenta kahle kuma-ARV ato.

Nyalo ungafaneleka kutfoli liphakelo lakho lemitsi yetinyanga letisitifupha ngekuvakasha kanye emtfolamphilo. Loku kubitwa ngekutsi yi-6MMD: kukhishwa kwemitsi yetinyanga letisitifupha ngasikhatsi sinye.



Kungani i-6MMD ilusito?



- Kunciphisa e malanga e kuvakasha emtfolamphilo - uvakasha kabili ku phela nge mnyaka
- Kute kulandza loku phindza phindziwe.
- Yonga tindleko tekugibela, kanye nesidzingo seku lova emsebenzini noma esikolweni

- Kuyasita nangabe uneluhambo ngetizatfu temsebenzi nobe temndeni

Ngubani lofaneleka kutsi atfole i-6MMD?

Ungafaneleka nangabe:

- Uneminyaka lengetulu kwalengu-5 budzala
- Awukakhulelwa futsi awunalo luswane lolungephasi kwe mnyaka mnyaka budzala.
- Utintile ngekwemphilo, ute sifo se TB, futsi ute noma ngusiphi lesinye sifo, noma simo lesidzinga kuhlowa nga loku phindza phindziwe kunokuhlowa kabili ngemyaka.
- Emazinga akho e viral load bekangaphansi kwe makhophi langu 50 (50 copies/mL) kuletikhatsi letimbili le ugcine kuhlolwa ngato.
- Sewutsatse maphilisi e ma ARVs lokungenani tinyanga letingu 12
- E ma ARVs lo we lashwa ngawo, yi TLD*.
- Ufuna kutfoli liphakelo letinyanga letingu-6 ngasikhatsi sinye emtfolamphilo

Umhlengikati wakho noma dokotela utawuhlola lifayela lakho kucinisekisa kutsi uyafaneleka yini.

*inhlanganisela yemtsamo longantjintji we-T = Tenofovir, L = Lamivudine, D = Dolutegravir (DTG)) futsi awunaso lesinye sifo lesingumahlalekhona

Uwatsatsaphi ema-ARV akho?

Umhlengikati wakho noma dokotela utakubona kute akuhlolisise, akuchazele futsi akunikete imitsi. Utawuniketwa ema-ARV akho etinyanga letingu-6 ngumhlengikati wakho noma dokotela noma ngekushesha ngemuva kwekubonisana kwenu, utawatsatsa ekhemisi yemtfolamphilo.

Kwentekani ngesikhatsi sekuvakasha?



Sinyatselo 1: Ubona umhlengikati nobe dokotela kute uhlolwe imphilo yakho ngalokujwayelekile.



Sinyatselo 2: Uma ufaneleka, utawuniketwa i-6MMD njengentfo lengakhetfwa sisebenti semtfolamphilo sakho.



Sinyatselo 3: Uma uncuma kutsi uyayifuna i-6MMD, sisebenti semtfolamphilo wakho sitawubhala imitsi yetinyanga letingu-6.



Sinyatselo 4: Ngemuva kwaloko, utawutsatsa tonkhe tinyanga letingu-6 tema-ARV ngekuvakasha lokufanako emtfolamphilo.



Sinyatselo 5: Utawuniketwa lilanga lekubuya ngemuva kwetinyanga letingu-6 kute ubuyele ekuhlolweni kwakho lokulandzelako.

Ngiyafaneleka yini kutsi ngitfole i-6MMD, uma ngitsatsa leminyane imitsi yetifo letingubomahlalekhona?

Kulesikhatsi, i-6MMD yebantfu lebaku-TLD * kuphela.

I-6MMD Isengakatfolakali na wu na letinye tifo letingubomahlalekhona. Uma uku-TLD futsi welashelwa letinye tifo letingapheli letifana nemfutfo lomkhulu wengati (iBP) noma sifo sashukela lesilawulekako, **ungatfoli lipheshana lemitsi yetinyanga letingu-6 kepha hhayi liphakelo le tinyanga letingu-6 lemitsi ngesikhatsi ngasinye nawuvakasha.**

Loku kusho kutsi utawubona sisebenti semtfolamphilo wakho njalo ngemuva kwetinyanga letingu-6 kepha utawutfoli emaphakelo lamabili etinyanga letingu-3. Leliphakelo lekucala letinyanga letingu-3 ulinikwa ngaleso sikhatsi emtfolampilo wakho bese liphakelo lelilandzelako letinyanga letingu-3 utalilandza endzaweni loyikhetsile yekutsatsa imitsi (emtfolamphilo wakho noma ngaphandle kwawo) noma ku adherence club lokuyo.

Kutsiwani nangabe ngiphutselwa sikhatsi sami?

Nangabe ungakhoni kuhlonipha sikhatsi sakho, tsintsana nalesikhungo ngekushesha kute uhlele kabusha futsi ube khona ngekushesha.

I-6MMD icala nini?

Litiko Letemphilo licala kuniketa i-6MMD kusukela ngamhlaka 1 August 2025 kuletinye tikhungo futsi litawuniketa i-6MMD kusukela ngamhlaka 1 April 2026 kuto tonkhe tikhungo. Buta umhlengikati wakho noma dokotela kutsi iyatfolakala yini emtfolamphilo wakho nekutsi uyafaneleka yini.



Siswati