

TINDZABA LETIMNANDZI!

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



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Yini i-6MMD? Yini lentjintjako?

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

Nyalo ungafaneleka kutfolo liphakelo lakho lemitsi yetinyanga letisitfupha ngekvakasha kanye emtfolamphilo.

Loku kubitwa ngekutsi yi-6MMD: kukhishwa kwemitsi yetinyanga letisitfupha 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 temndeneni

Ngubani lofaneleka kutsi atfole i-6MMD?

Ungafaneleka nangabe:

- Uneminyaka lengetulu kwalengu-5 budzala
- Awukakhulelwa futsi awunalo luswane lolungephasi kwe mnyaka munye budzala.
- Utintile ngekwemphilo, ute sifo se TB, futsi ute noma ngusiphi lesinye sifo, noma simo lesidzinga kuhlwa nga loku phindza phindziwe kunokuhlwa 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 kutfolo liphakelo letinyanga letingu-6 ngasikhatsi sinye emtfolamphilo

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

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

Uwatsatsaphi ema-ARV akho?

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

Kwentekani ngesikhatsi sekuvakasha?



Sinyatselo 1: Ubona umhlangikati nobe dokotela kute uhlolewe 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 lebaka-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, **ungatfola lipheshana lemitsi yetinyanga letingu-6 kepha hhayi liphakelo le tinyanga letingu-6 lemitsi ngesikhatsi ngasinye nawuvakasha.**

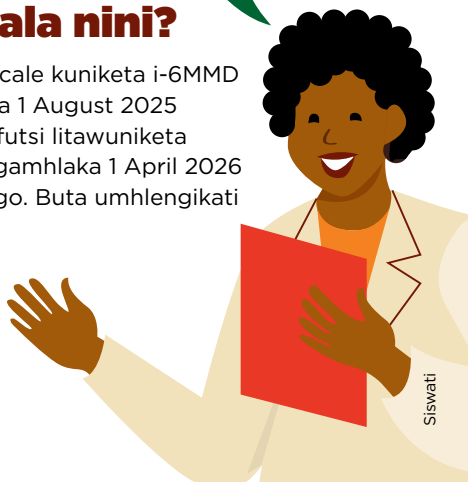
Loku kusho kutsi utawubona sisebenti semtfolamphilo wakho njalo ngemuva kwetinyanga letingu-6 kepha utawutfole emaphakelo lamabili etinyanga letingu-3. Leliphakelo lekucala letinyanga letingu-3 ulinikwa ngaleso sikhatsi emtfolampilo wakho bese liphakelo lelilandzelako letinyanga letingu-3 utalilandza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

Kutsiwani nangabe ngiphutselwa sikhatsi sami?

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

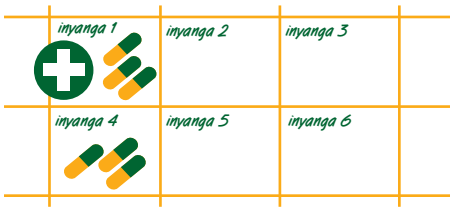
I-6MMD icala nini?

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.



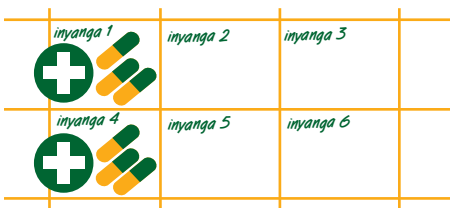
Nginato yini letinye tindlela?

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



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 utalinikwa 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.



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?

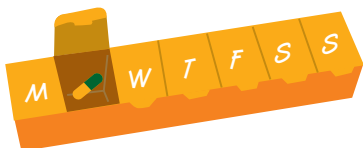
Noma ngabe uniketwe tinyanga letingu-6 tema-ARV, kufanele ubuyele emtfolamphilo noma nini lapho utiva ugula khona noma unaletinye tintfo letikukhatsatako noma tinsayeya.

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



Ngingawanakekela njani ema-ARV ami?

- Gcina umutsi wakho we-ARV endzaweni lepholile, leynomile, lephephile, khashane nekukhanya kwelilanga kanye nebantfwana.
- Unga tfululi emaphilisi ebhodleleni lawo.
- Unga khipha kuphela emaphilisi lotawa sebentisa nga lelo langa, noma lelo viki.
- Ungakhiphi leliphakethe lelincane lelingekhatsi ebhodleleni 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!

