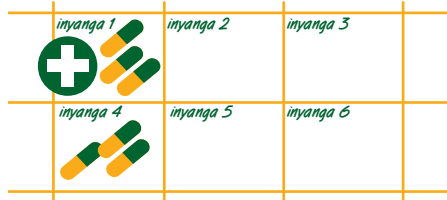
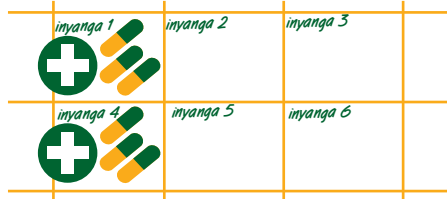


Ingabe nginakho okhunye ukukhetha?

Iye! Nangabe i-6MMD ayikakulungeli...



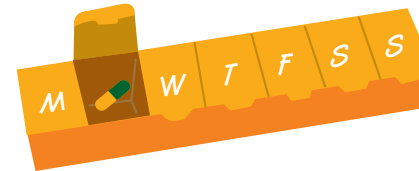
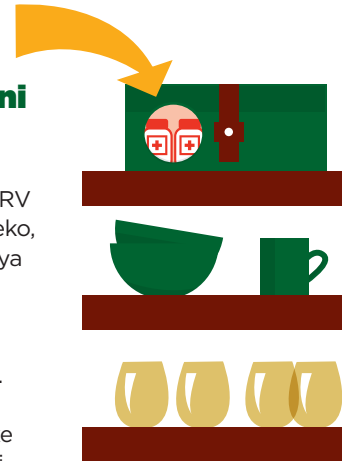
Begodu ufuna ukubona udorhoda wakho emtholapilo qobe ngemva kweenyanga ezisi-6 kodwana ukhetha ukunikelwa iinhlahla zesikhathi esifitjhani - Ungakhetha ukuhlukanisa iinhlahla kabili, ngokulanda iinhlahla zokuthoma zeenyanga ezi-3 lokha nawubona udorhoda wakho nokulanda kwakho okubuyelelako endaweni oyikhethako yokuthatha namkha esiqhemeni sokuthembeka



Ufuna ukubona udorhoda wakho kanengi kunangemva kweenyanga ezisi-6 - Ungakhetha ukubona udorhoda wakho emtholapilo qobe ngemva kweenyanga ezi-3 begodu uthole iinhlahla zeenyanga ezi-3 qobe nawubona udorhoda wakho.

Ngiwathogomela njani ama-ARV wami?

- Beka iinhlahla zakho zama-ARV endaweni epholileko, eyomileko, ephephileko, kude nokukhanya kwelanga nebantwaneni.
- Ungakhuphi woke amapilisi eemumathini zokuthoma uwafake kwezinye iimumathi.
- Ungafaka amapilisi ambalwa ngebhoksini lamapilisi weveke namkha kwesinye isimumathi esincani selanga namkha iveke.
- Ungayikhuphi ipakana encani ngaphakathi kwesimumathi sokuthoma samapilisi. Lokhu kubizwa ngokomisa begodu kudosa umnyula ongafunekiko ngalokho kwenza bona amapilisi ahlale omile.
- Vala isivalo siqine ngemva kokuthatha iinhlahla.
- Ungabelani ngeenhlala zakho nomuntu.
- Khumbula ukuthatha ama-ARV wakho woke malanga kobana uhlale uphilile begodu uragele phambili nokulungela i-6MMD.



Khuluma nomhlengi namkha udorhoda wakho namhlanjesi ukuthola bona i-6MMD ikulungele na!



IINDABA EZIMNANDI!

Njenganje ungathola ama-AxRV wakho weenyanga ezisi-6 okubizwa nge-6MMD ngokuvakatjhela umtholapilo wendawo yangekhenu!



Sikena ikhowudi ukufunda kabanzi



Kwenzekani nangabe ngigula ngaphambi kwevakatjho lami elilandelako?

Ngitjho nanyana unikelwe ama-ARV weenyanga ezisi-6, kufanele ubuyele emtholapilo nanyana kunini nawuzizwa ugula namkha unokhunye ukutshwenyeka namkha iintjhihilo.

Akukafaneli ulinde isibekiselwano esilandelako nawungazizwa kuhle namkha utlhoga ukusekelwa. Kulungile ukuya emtholapilo nawugulako nangabe uku-6MMD.



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Iyini i-6MMD? Khuyini etjhugulukako?

UmNyango wezamaPhilo wenza kube lula eengulini ezithatha kuhle ama-ARV wazo.

Njenganje ungalungela ukulanda iinhlahla zeenyanga ezipheleleko ezisi-6 ngevakatjho linye. Lokhu kubizwa ngokuthi yi-6MMD: ukunikelwa iinhlahla zeenyanga ezisi-6.

Kubayini i-6MMD isiza?



- Ukuvakatjhela umtholapilo kambalwa – ukuvakatjhela kabili kwaphela ngomnyaka
- Akutlhogeki ukulandwa kweenhlala ngokubuyelela
- Konga iindleko zokukhamba nesikhathi sokutshwila emsebenzini namkha esikolweni

- Kuyasiza nangabe ukhamba ngebanga lomsebenzi namkha lomndeni

Ngubani olungele ukuthola i-6MMD?

Ungayilungela nangabe:

- Uneminyaka engaphezu kwemi-5 yobudala
- Awusisidisi begodu awunamntwana ongaphasi komnyaka mu-1 wobudala
- Unzinzile ngokwezokwelatjhwa awunayo i-TB namkha okhanye ukugula namkha umraro wobuphilo otlhoga ihlozombelele kanengi ukudlula qobe ngemva kweenyanga ezisi-6.
- Ubungako be-HIV okubili bokugcina bebungabonakali (ngaphasi kwamakhophi ama-50/mL)
- Sele welatjhwe okungenani iinyanga ezili-12
- Imithethopatho yama-ARV wakho yi-TLD*.
- Ufuna ukuthola iinhlahla zeenyanga ezisi-6 ngesikhathi sinye emtholapilo

Umlengi wakho namkha udorhoda uzakuhlola ifayili lakho ukuqinisekisa bona ukulungele.

*ihlanganisela yesilinganiso esingatjhugulukiko se-T = Tenofovir disoproxil fumarate, L = Lamivudine, D = Dolutegravir (DTG) begodu awunabo obunye ubulwelwe obungalaphekiko



Uwathatha kuphi ama-ARV wakho?

Umlengi wakho namkha udorhoda uzokubona ekubonaneni kwakho naye nekuqintelweni iinhlahla. Uzokunikelwa ama-ARV wakho weenyanga ezisi-6 umhlengi namkha ngudorhoda wakho namkha msinyana ngemva kokubonana kwakho naye, uzowalanda ekhemisi yemtholapilo.

Kwenzekani ngesikhathi sokuvakatjha kwakho?



Igadango 1: Ubona umhlengi namkha udorhoda mayelana nokuhlola kwakho kwanjalo kwezamaphilo.



Igadango 2: Nangabe ukulungele, uzokunikelwa i-6MMD njengekhetho ngudorhoda wakho.



Igadango 3: Nawuqunta bona ufuna i-6MMD, udorhoda wakho uzokutlola isiqintelo seenyanga ezisi-6.



Igadango 4: Ngakho-ke, uzokuthatha woke ama-ARV weenyanga ezisi-6 ngesikhathi sona leso ovakatjhele ngaso umtholapilo.



Igadango 5: Uzokunikelwa ilanga lokubuya ngemva kweenyanga ezisi-6 ukubuyela ihlozombelele lakho elilandelako.

Ingabe ngikulungele ukuthola i-6MMD, nangabe ngithatha iinhlahla zobulwelwe obungalaphekiko?

Njenganje, i-6MMD ngeyabantu abaku-TLD* kwaphela.

I-6MMD isengakatholaki kobunye ubujamo obungalaphekiko. Nangabe uku-TLD begodu welatjhwa obunye ubulwelwe obungalaphekiko obufana nomfutho weengazi ophezulu namkha ubulwelwe betjhukela obulawulwako, **ungathola isiqintelo seenyanga ezisi-6 kodwana ingasi iinyanga ezisi-6 zokunikelwa iinhlahla ngesikhathi ngasinye sokuvakatjha.**

Lokhu kutjho bona uzokubona udorhoda wakho qobe ngemva kweenyanga ezisi-6 kodwana uzokuthola iinhlahla ezimbili zeenyanga ezi-3. Iinhlahla zokuthoma zeenyanga ezi-3 zilandwa khonokho emtholapilo wakho bese ukulandwa okubuyelelako okuseleko kweenhlala zeenyanga ezi-3, zilandwa endaweni oyikhethako yokuthatha (emtholapilo wakho namkha ngaphandle kwawo) namkha esiqhemeni sokuthembeka.

Kwenzekani nangibhalelwa kukhambela isibekiselwano sami?

Nawungakghoni ukuhlonipha isibekiselwano sakho, thintana nesikhungo msinyana kobana uhlele kabutjha begodu usikhambele msinyana nawuthola ithuba.

I-6MMD ithoma nini?

UmNyango wezamaPhilo uthome ukunikela nge-6MMD ukusuka ngomhlaka 1 kuRhoboyi 2025 kezinye iikhungo begodu uzakunikela nge-6MMD ukusuka ngomhlaka 1 kuSihlabantangana 2026 kizo zoke iikhungo. Buza umhlengi namkha udorhoda wakho bona ingabe iyatholakala na emtholapilo wakho nokobana ingabe uyilungele na.

