

IINDABA EZIMNANDI!

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



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Iyini i-6MMD? Khuyini etjhugulukako?

UmNyango wezamaPhilo wenza kube lula eengulini ezithatha kulele 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 kweenhlahla 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 okhunye 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

Umdlengi wakho namkha udorhoda uzakuhlola ifayili lakho ukuqinisekisa bona ukulungele.

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

Uwathatha kuphi ama-ARV wakho?

Umdlengi wakho namkha udorhoda uzokubona ekubonani kwakho naye nekuqinisekisiwe iindlela. 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 isiqinisekisiwe 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 ihlokozombelele lakho elilandelako.

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

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

I-6MMD isengakatholakali 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 udorhodera wakho qobe ngemva kweenyanga ezisi-6 kodwana uzokuthola iinhlahla ezimbili zeenyanga ezi-3. Iinhlahla zokuthoma zeenyanga ezi-3 zilandwa khonokho emtholapilo wakho bese ukulandwa okubuyeelako okuseleko kweenhlahla 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.

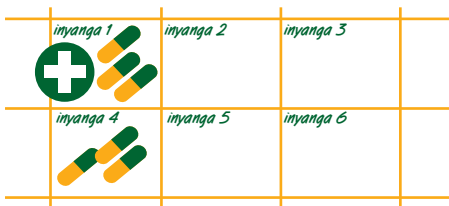
I-6MMD ithoma nini?

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 udorhodera wakho bona ingabe iyatholakala na emtholampilo wakho nokobana ingabe uyilungele na.

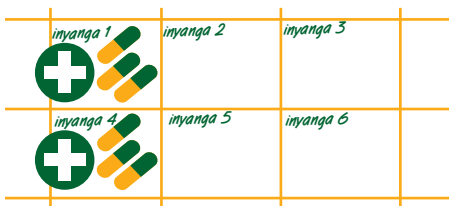


Ingabe nginakho okhunye ukukhetha?

Iye! Nangabe i-6MMD ayikakulungeli...



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



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

Kwenzekani nangabe ngigula ngaphambi kwevakatjho lami elilandelako?

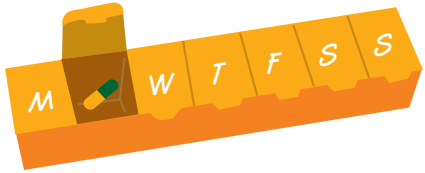
Ngitjho nanyana unikelwe ama-ARV weenyanga ezisi-6, kufanele ubuyele emtholapilo nanyana kunini nawuzizwa ugula namkha unokhunye ukutshwenyeka namkha iintjhijilo.

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



Ngiwathhogomela 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 udorhodera wakho namhlanjesi ukuthola bona i-6MMD ikulungele na!

