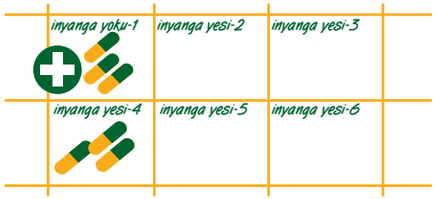
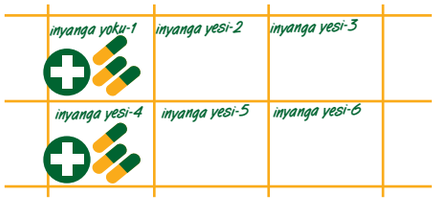
## Ingaba ndinalo olunye ukhetho?

**Ewe! Ukuba ayikulungelanga i-6MMD...**




***Kwaye ufuna ukubona ugqirha wakho kananjalo kuphela ekliniki qho kwiinyanga ezi-6 kodwa ufuna isitokhwe esingesininzanga –*** Ungakhetha ukusohlukanisa kabini isitokhwe, uthathe isitokhwe sokuqala seenyanga ezi-3 xa ubona ugqirha wakho kwaye uthathe esiphindwayo kwindawo yakho yokulanda oyikhethayo okanye kwiqela lokubambelela ekuthatheni amayeza




***Ufuna ukubona ugqirha wakho ngokungaphaya kunarhoqo ngeenyanga ezi- 6 –*** Ungakhetha ukubona ugqirha wakho ekliniki qho kwiinyanga ezi-3 kwaye ufumane isitokhwe seenyanga ezi-3 xesha ngalinye ubona ugqirha wakho.

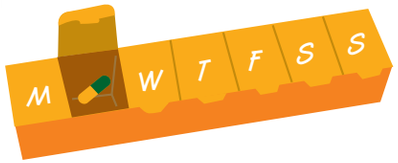
## Kuza kwenzeka ntoni ukuba ndiyagula phambi kotyelelo lwam olulandelayo?

Nokuba ubunikwe ii-ARV zeenyanga ezi-6, kufuneka ubuyele ekliniki nangeliphi na ixesha uziva ugula okanye unazo naziphi ezinye iinkxalabo nemingeni.

**Kufuneka ungalindeli idinga lakho elilandelayo ukuba uyagula okanye ufuna inkxaso. Kulungile ukuzela utyelelo lokugula ukuba ukwi-6MMD.**

## Ndizikhathalela kanjani ii-ARV zam?

- Beka iyeza lakho lee-ARV kwindawo epholileyo, eyomileyo, ekhuselekileyo, kude nelanga kunye nabantwana.
- Ungazikhupheli zonke iipilisi kwiziqulathi zokuqala uzise kwezinye iziqulathi.
- Ungakhuphela iipilisi ezimbalwa kwibhokisi yeepilisi yeveki okanye kwesinye isiqulathi esincinci zibe zesosuku okanye iveki.
- Ungayisusi ipakathe encinci engaphakathi kwesiqulathi sokuqala. Le kuthiwa sisomisi (desiccant) kwaye ifunxa ukufuma okungafunekiyo ngoko ke igcina iipilisi zomile.
- Vala isiciko ngokuqinileyo emva kokuthatha iyeza. - Ungalisebenzisi naye nabani na iyeza lakho.
- Khumbula ukuthatha ii-ARV zakho yonke imihla ukuze uhlale uphilile kwaye uqhubeke ukufanelekela i-6MMD.




*Thetha nomongikazi okanye ugqirha wakho namhlanje ukufumanisa ukuba ikulungele na i-6MMD!*

# IINDABA EZIMNANDI

***Ngoku ungafumana ii-ARV zakho zeenyanga ezi-6 ekuthiwa yi-6MMD kutyelelo olunye kwikliniki yakho yengingqi!***

*Sikena ikhowudi ukufunda ngokungaphaya*

health
Department:
Health
REPUBLIC OF SOUTH AFRICA

2030 NDP

## Yintoni i-6MMD? Yintoni etshintshayo?

ISebe lezeMpilo lenzela lula izigulane eziqhuba kakuhle kwii-ARV zazo.

Ngoku ungafaneleka ukuba ulande isitokhwe esipheleleyo seenyanga ezi-6 ngotyelelo olunye. Oku kuthiwa **yi-6MMD: ukukhutshelwa iinyanga ezi-6.**

## Kutheni iluncedo i-6MMD?

- Izihlandlo zotyelelo ezimbalwa ekliniki – izihlandlo zotyelelo ezi-2 kuphela ekliniki ngonyaka
- Akukho kulanda kuphindwayo kufunekayo.
- Kulondoloza kwiindleko zesithuthi kunye nakwixesha lokungabikho emsebenzini nasesikolweni
- Kuluncedo ukuba uhambela umsebenzi okanye izizathu zosapho

## Ngubani ofanelekele i-6MMD?

Unokufaneleka ukuba:
- Ungaphezulu kweminyaka emi-5 yobudala
- Awukhulelwanga kwaye awunayo imveku engaphantsi konyaka om-1 ubudala
- Uzinzile ngokwezonyango ungenayo i-TB okanye naziphi na ezinye izigulo okanye imeko efuna ukuba ukhangelwe ngokungaphaya rhoqo kwiinyanga ezi-6
- Imithamo yakho yentsholongwane egazini emibini yokugqibela yomibini ayiyibonisi intsholongwane (ngaphantsi kwama-50 eekopi/mL)
- Ubukunyango ubuncinane iinyanga ezili-12
- Isicwangciso sakho se-ARV yi-TLD*.
- Ufuna ukufumana isitokhwe seenyanga ezi-6 sonke ngexesha elinye ekliniki

**Umongikazi okanye ugqirha wakho uza kukhangela ifayile yakho ukuqinisekisa ukuba ufanelekile na.**

*indibaniselwano yethamo elisisigxina ye-T = Tenofovir disoproxil fumarate, L = Lamivudine, D = Dolutegravir (DTG)) kwaye awunayo nayiphi enye imeko ophila nayo engapheliyo

## Uzithatha phi ii-ARV zakho?

Umongikazi okanye ugqirha wakho uza kukubonela ukudibana nawe kunye nommiselo. Mhlawumbi uza kunikwa isitokhwe seenyanga ezi-6- zee-ARV ngumongikazi okanye ugqirha wakho okanye msinyane nje emva kokudibana nawe, uza kuzilanda kwikhemesti yasekliniki.

## Kwenzeka ntoni ngexesha lotyelelo lwakho?

**Inyathelo loku-1: Ubona umongikazi okanye ugqirha ngokhangelo lwakho lwempilo lwesiqhelo.**

↓

**Inyathelo lesi-2: Ukuba ufanelekile, uza kunikwa i-6MMD njengokhetho ngugqirha wakho.**

↓

**Inyathelo lesi-3: Xa usenza isigqibo sokuba uyayifuna i-6MMD, ugqirha wakho uza kubhala ummiselo weenyanga ezi-6.**

↓

**Inyathelo lesi-4: Uze ke, uyokuthatha zonke ii-ARV zenyanga ezi-6 kwakutyelelo olunye lwasekliniki.**

↓

**Inyathelo lesi-5: Uza kunikwa umhla wokubuya kwixesha leenyanga ezi-6 lokubuyela ukhangelo lwakho olulandelayo.**

## Ingaba ndiyifanelekele i-6MMD, ukuba ndithatha amayeza ezigulo endiphila nazo kananjalo?

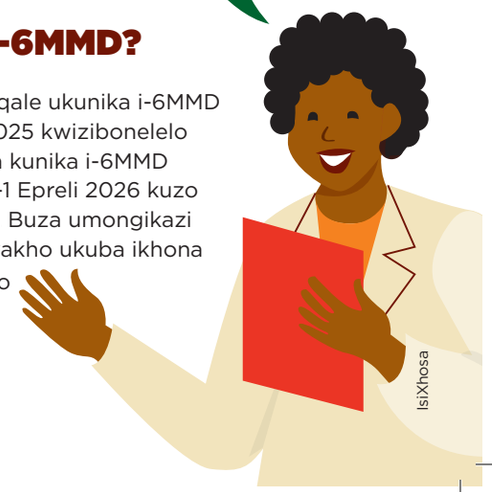
Okwangoku, i-6MMD yeyabantu abakwi-TLD* kuphela.

I-6MMD ayikafumaneki kwezinye izigulo nazo umntu. Ukuba ukwi-TLD kwaye ukunyango lwezinye izigulo aphila nazo umntu kananjalo ezifana noxinzelelo oluphezulu lwegazi okanye isifo seswekile ezilawulekayo, **ungafumana ummiselo weenyanga ezi-6 kodwa hayi isitokhwe seenyanga ezii-6 kutyelelo ngalunye.**

Oku kuthetha ukuba uza kubona ugqirha wakho qho kwiinyanga ezi-6 kodwa uza kufumana izitokhwe zeenyanga ezi-3 ezibini. Isitokhwe seenyanga ezi-3 sokuqala sithathwa ngoko nangoko kwikliniki yakho kwaye ukuthatha okuphindwayo kwesitokhwe esiseleyo seenyanga ezi-3, usithatha kwindawo yokulanda oyikhethayo (kuyo okanye ngaphandle kwayo ikliniki) okanye kwiqela lokubambelela ekuthatheni amayeza.

## Kuza kwenzeka ntoni ukuba ndiphosa idinga lam?

Ukuba ngaba awukwazi ukuya kwidinga lakho, qhagamshelana nesibonelelo msinyane kangangoko kunokwenzeka ukuze uhlele ngokutsha kwaye uze kwelona thuba lakwangoko unokuba nalo.

## Iqala nini i-6MMD?

ISebe lezeMpilo liqale ukunika i-6MMD ngowe-1 Agasti 2025 kwizibonelelo ezithile kwaye liza kunika i-6MMD ukusukela ngowe-1 Epreli 2026 kuzo zonke izibonelelo. Buza umongikazi okanye ugqirha wakho ukuba ikhona na kwikliniki yakho kunye nokuba ufanelekile na.