

IINDABA EZIMNANDI

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



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Yintoni i-6MMD? Yintoni etshintshayo?

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

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



Kutheni iluncedo i-6MMD?



- Izihlandlo zotyelo ezimbalwa ekliniki – izihlandlo zotyelo 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.



Ingaba ndinalo olunye ukhetho?

Ewe! Ukuba ayikulungelanga i-6MMD...

<i>inyanga yoku-1</i> 	<i>inyanga yesi-2</i>	<i>inyanga yesi-3</i>
<i>inyanga yesi-4</i> 	<i>inyanga yesi-5</i>	<i>inyanga yesi-6</i>

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

<i>inyanga yoku-1</i> 	<i>inyanga yesi-2</i>	<i>inyanga yesi-3</i>
<i>inyanga yesi-4</i> 	<i>inyanga yesi-5</i>	<i>inyanga yesi-6</i>

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?

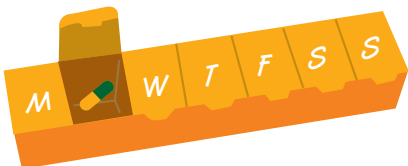
Nokuba ubunikwe ii-ARV zeenyanga ezi-6, kufuneka ubuyele ekliniki nangeliphi na ixesha uziva ugula okanye unazo naziphi ezinye iinkxalabo nemingeni.

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 kwiziququlathi zokuqala uzise kwezinye iziququlathi.
- Ungakhuphela iipilisi ezimbalwa kwibhokisi yeepilisi yeveki okanye kwesinye isiququlathi esincinci zibe zesosuku okanye iveki.
- Ungayisusi ipakethe encinci engaphakathi kwesiququlathi 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!

