IZINDABA EZINHLE!

Manje usungathola amaphilisi-(ARV) wakho ezinyanga eziyisithupha (-6) abizwa ngokuthi i-6MMD ekuvakasheni okukodwa emtholampilo oseduze nawe!

Skena ikhodi ukuze uthole ulwazi oluningi ngalokhu

health

Department:
Health
REPUBLIC OF SOUTH AFRICA

2030 NDP

Yini i-6MMD? Yini eshintshile?

UMnyango Wezempilo wenza kube lula ngeziguli ezenza kahle ngamaphilisi (-ARV) azo.

Manje usungafaneleka ukuba ulande yonke imithi yakho yezinyanga eziyisithupha (-6) ekuvakasheni okukodwa. Lokhu kubizwa ngokuthi i-**6MMD: imithi yezinyanga eziyisithupha (-6).**

Kungani iwusizo i-6MMD?

- Ukunciphisa ukuvakashela umtholampilo – ukuvakasha kabili(2) kuphela ngonyaka
- Akudingekile ukuthi uphindaphinde ulanda amapilisi
- Uzokonga izindleko zokugibela futhi ngeke kudingeke uphuthe emsebenzini noma esikoleni
- Iwusizo uma uhamba ngezizathu zomsebenzi noma zomndeni

Ubani ofanelekela i-6MMD?

Ungafaneleka uma:

- Uneminyaka engaphezu kwemihlanu (5) ubudala
- Ungakhulelwe futhi ungenalo usana olungaphansi konyaka owodwa (1) ubudala
- Uphile kahle futhi ungenayo i-TB noma ezinye izifo noma ukugula okudinga ukuba uhlolwe ngokuphindaphindiwe kunokuba kube kanye ezinyangeni eziyisithupha (6)
- Inani legciwane belingatholakali ezikhathini ezimbili zokugcina ezedlule (belingaphansi kwamashumi amahlanu -(50) copies/mL)
- Usunezinyanga okungenani eziyishumi nambili (12) welashwa
- Uthatha amaphilisi -(ARV) e-TLD*.
- Ufuna ukuthola yonke imithi yakho yezinyanga eziyisithupha (6) kanye emtholampilo

Umhlengikazi noma udokotela wakho uzohlola ifayela lakho ukuze aqiniseke ukuthi uyafaneleka yini.

*inhlanganisela yomthamo ongashintshi we-T = Tenofovir disoproxil fumarate, L = Lamivudine, D = Dolutegravir (DTG)) futhi ungenazo ezinye izifo eziyimbelesela

Uwalanda kuphi amaphilisi-(ARV) akho?

Umhlengikazi noma udokotela wakho uzoxoxa nawe bese unikwa incwadi yokuthola imithi. Amaphilisi-(ARV) akho ezinyanga eziyisithupha (6) uzowanikezwa umhlengikazi noma udokotela wakho noma ngemva kokuba nixoxile, uzowalanda emtholampilo.

Kwenzekani ekuvakasheni kwakho?

Isinyathelo 1: Ubonana nomhlengikazi noma nodokotela wakho njengenjwayelo ekuhlolweni kwempilo yakho.

Isinyathelo 2: Uma ufaneleka, ochwepheshe bezokwelapha bazokwazisa ukuthi ungakhetha i-6MMD uma uthanda.

Isinyathelo 3: Uma unquma ukuthi uyayifuna i-6MMD, uchwepheshe wezokwelapha uzokubhalela incwadi yokuba uyithole le mithi izinyanga eziyisithupha-(6).

6MMD

Isinyathelo 4: Uzobe-ke usulanda wonke amaphilisi (ARV) ezinyanga eziyisithupha (6) ngasikhathi sinye emtholampilo.

Isinyathelo 5: Uzonikezwa usuku ozobuya ngalo ngemva kwezinyanga eziyisithupha (6) ekuhlolweni kwakho okulandelayo.

Ingabe ngiyayifanelekela i-6MMD, uma ngithatha eminye imithi yezifo eziyimbelesela?

Okwamanje, i-6MMD eyabantu abathatha i-TLD* kuphela.

I-6MMD ayikakatholakali ukubantu abanezinye izifo eziyimbelesela. Uma uthatha i-TLD futhi welashelwa ezinye izifo eziyimbelesela njengomfutho ophakeme wegazi noma isifo sikashukela esilawulekayo, **ungathola umyalelo wezidakamizwa kadokotela yokuba ulande imithi izinyanga eziyisithupha (6) kodwa hhayi imithi ezokuthatha izinyanga eziyisithupha (6) ekuvakasheni ngakunye.**

Lokhu kusho ukuthi uzobona uchwepheshe wezokwelapha njalo ezinyangeni eziyisithupha-(6) kodwa uzothola imithi yezinyanga ezintathu (3). Imithi yokuqala yezinyanga ezintathu- (3) uyilanda ngokushesha emtholampilo wakho bese kuthi ukulanda okulandelayo imithi esele yezinyanga ezintathu (3), uzokwenza endaweni ozikhethela yona (emtholampilo wakho noma kwenye indawo) noma kwikilabhu yosekelo.

Kwenzekani uma ngiphuthwa yi-aphoyintimenti yami?

Uma ungakwazi ukuya kwi-aphoyintimenti yakho, thinta umtholampilo wakho ngokushesha ukuze uhlele kabusha bese uya ngethuba lokuqala olitholayo.

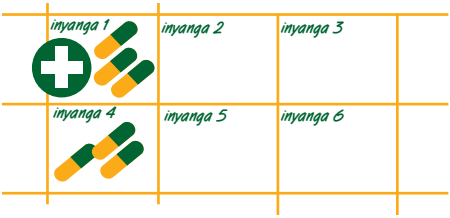
I-6MMD iqala nini?

UMnyango Wezempilo uqale ukunikeza i-6MMD kusukela ngomhla ka-1 kuNcwaba (Agasti) 2025 ezikhungweni ezithile futhi uzonikeza i-6MMD kusukela ngomhla ka-1 kuMbasa (Ephreli) 2026 kuzo zonke izikhungo. Buza umhlengikazi noma udokotela wakho ukuthi iyatholakala yini emtholampilo wakho nokuthi uyafaneleka yini.

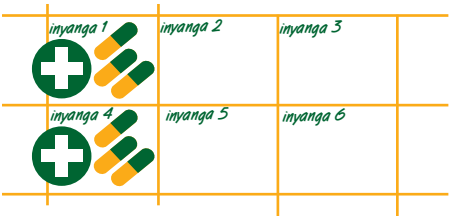
IsiZulu

Ingabe kukhona okunye engingakukhetha?

Yebo! Uma i-6MMD ingakulungele...



Futhi ufuna ukubona uchwepheshe wezokwelapha kuphela njalo ezinyangeni eziyisithupha (6) kodwa uncamela ukuthola amaphilisi ambalwa – ungakhetha ukuhlukanisa amaphilisi akho kabili (2), ulande awokuqala ezinyanga ezintathu-(3) lapho ubonana nochwepheshe wezokwelapha emtholampilo bese ukulanda okulandelayo ukwenze endaweni ozikhethela yona noma kwikilabhu yosekelo



Ufuna ukubona uchwepheshe wezokwelapha emtholampilo kaningi kunokuba kube njalo ezinyangeni eziyisithupha-(6) – Ungakhetha ukubonana nochwepheshe wezokwelapha emtholampilo njalo ezinyangeni ezintathu-(3) futhi uthole amaphilisi ezinyanga ezintathu-(3) isikhathi ngasinye lapho ubonana nochwepheshe wezokwelapha emtholampilo.

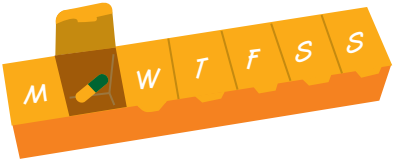
Kwenzekani uma ngigula ngaphambi kokuvakasha kwami okulandelayo?

Ngisho noma ubunikezwe amapilisi-(ARV) ezinyanga eziyisithupha-(6), kufanele ubuyele emtholampilo noma nini uma uzizwa ugula noma unokunye ukukhathazeka noma izinselele.

Akumele ulinde kuze kube i-aphoyintimenti yakho elandelayo uma uzizwa ungaphilile noma udinga usekelo. Kulungile ukuza ngenxa yokugula uma uthatha i-6MMD.

Ngiwanakekela kanjani amapilisi-(ARV) ami?

- Gcina amaphilisi akho ama-ARV endaweni ebandayo, eyomile, ephephile, engenalo ilanga futhi ekude nezingane.
- Ungawakhiphi wonke amaphilisi ezitsheni afike nazo uwafake kwezinye izitsha.
- Ungafaka amaphilisi ambalwa ebhokisini lamaphilisi eviki noma kwesinye isitsha esincane samaphilisi osuku noma eviki.
- Ungalikhiphi iphakethe elincane eliphakathi esitsheni samaphilisi. Libizwa ngokuthi i-desiccant ngoba limunca umswakama ongafuneki ukuze amaphilisi ahlale omile.
- Valisisa isivalo ngemva kokuthatha umuthi.



- Ungabelani nomunye umuntu imithi yakho.
- Khumbula ukuthatha amaphilisi-(ARV) akho zonke izinsuku ukuze uhlale uphile kahle futhi uqhubeke ufanelekela i-6MMD.

Khuluma nomhlengikazi noma nodokotela wakho namhlanje ukuze uthole ukuthi i-6MMD ikulungele yini!