

# Ilizwi lakho libalulekile!

Using research to create a healthier nation

## Thabatha inxaxheba kuphando lwezimvo lwesebe lezempilo likazwelonke wenze ilizwi lakho liviwe.

Sifuna ukuba ukuba ucinga ntoni. Ungomnye weentsapho ezimbalwa ekuhlaleni kwakho enithe nakhethwa ukuba nithabathe inxaxheba kuphando olumalunga ne HIV nendlela abantu abaziphethe ngayo. Oluphando lokuphicotha lwenziwa yi Human Sciences Research Council (HSRC), lubhiyoza iminyaka eyi 20 yokuba negalelo kuqulunqo lweepolisi zezempilo eMzantsi Afrika. Eyona njongo yoluphando kukuqokelela ingcombolo ezakuthi zisincede sakhe uluntu olunempilo entle nolungcono. Oluphando alunyanzeliswa, umntu olwenza ngokuzikhethela kwaye ingcombolo zakugcinwa zizezabucala.

\*AKuzakulandelwa yonke imimiselo ebekiweyo ye Covid-19.

**Ncokola nathi kuWhatsApp: 073 505 5078**

\*Seyiva le nombolo kwiikontakthi zakho. Vula ichat uze utayipe u-"hi" uze uyithumele



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Department  
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REPUBLIC OF SOUTH AFRICA



NATIONAL INSTITUTE FOR  
COMMUNICABLE DISEASES  
Division of the National Health Laboratory Service



# Ekufuneka ukwazi ngophando



- Oluphando luqhuba ukususela ngo **November 2021 ukuya ngo 30 June 2023**
- Ungomnye wabantu abahlala kwimizi eyi **32 000** ukusuka kwiindawo ezincinci eziyi **2 144** esinazo ii small area layers (I SALS ngamafutshane)
- Nikhethwe nje phakathi kwabanye apha eMzantsi Afrika ukuba nithabathe inxaxheba kuphando. Uyinxalenye yabantu abayi **100 000 abathabatha inxaxheba** ekulindeleke ukuba nenziwe udlwanondlebe, abantu bayo yonke iminyaka .
- Oluphando luzakuthatha ixesha lakho elingangemizuzu eyi **45 ukuya kwiyure**.
- Uphando lwakwenziwa ngolwimi olufunwa nguwe.

## Xa ngaba ungathanda ukwazi ngobume

### bakho nge HIV ngelithuba lophando:

- Uzakubazi ubume bakho ne HIV ngoko nangoko
- Uzakuba nako ukufumana uvavanyo olukhawulezayo lwe HIV, ufumane noncedo lokuthetha nengcali ngokwemiva phambi kokwenza uvavanyo nasemva kokwenza uvavanyo lwe HIV –lento kuthiwa yi khawunseling, uthunyelwe nakwindawo apho uzakufumana uncedo ukubheka phambili ngonyango, xa kuthe kwakho imfuneko yoko.

## Imibuzo yophando lwethu izakusekelwa koku kulandelayo



**Kusapho lwakho nokuba nibangaphi endlini**



**Kubume ngentlalo abasetyhini bangaphi kwindawo enihlala kuyo emangaphi amadoda**



**Kunxibelelwano nezopapasho**



**Imbali malunga nokwabelana ngesondo**



**Uvavanyo lwe HIV**



**Ubume nge HIV**



**Isifo semiphunga I TB**



**Izinto eziqhelekileyo ezenziwa ekuhlaleni**



**HIV knowledge and attitudes**



**Unonophelo nonyango**



**I Covic 19-novavanyo lwe COVID-19**

Eminye imiba engezempilo ekuqalulaluko lwamakhwenkwe, izibundlobongela, iziyobisi, ukuselwa kotywala nempilo yengqondo.

Kwiphapha elinemibuzo ozakuyiphendula kubalulekile ukuba usichazele ngobomi bakho, ngokuba ubuphila njani, indlela owenza ngayo izinto, imeko yakho ngezempilo nokunye okuninzi. Oku kusinika iinkcukacha ezibalulekileyo kakhulu malunga nobume bakho nge HIV, emva kokuba uthathwe igazi. Igazi lizakuthathwa nje ngokuncuntswa emnweni ngenaliti encinci yakwa lancet ukuze liye kuphononongwa elebhu. Xa kungenakuthathwa gazi, inxaxheba yakho koluphando izakube ingaphelanga. Kwamanye amakhaya sizakucela nokuthatha igazi esakuthi silivavanyele amajoni omzimba azakhe ukulwa i Covid-19-lento kuthwa zii antibodies ngolwimi lwasezini. Sizakube sikwingingqi yakho iveki yonke. Xa ngaba ufuna ukuzibekela idinga lokuza ngelinye ixesha okanye xa ngaba unemibuzo malunga nophando, khululeka nxibelelana nathi:

## Contact us

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