

A PILL A DAY HELPS KEEP HIV AWAY

Isebenza njani iPrEP?

PrEP yipilisi yokuthomalalisa ukukhula kwentsholongwane kagawulayo, Truvada, enceda abanganantsholongwane kagawulayo bahlale bengenayo. Xa ithathwa rhoqo, iPrEP ibonakaliswe inciphisa ithuba lokufumana intsholongwane kagawulayo ngaphezulu kwe 90%. Kufuneka uyithathe iPrEP imihla yonke ukuqinisekisa ukuba ukhuselekile kwintsholongwane kagawulayo. Xa iyeza lisegazini lakho, liyakunqanda intsholongwane kagawulayo ekubambeeleni kunye nasekusasazekeni emzimbeni wakho. Ukuba ufuna ukuzikhusela kwizifo zangaphantsi kwaye ubenokhuseleko olungaphezulu lwentsholongwane kagawulayo, sebenzisa iikhondom. Ukuba ufuna ukunqanda ukumitha, sebenzisa ucwangciso ntsapho.

**PrEP INAKO UKUNQANDA
INTSHOLONGWANE KAGAWULAYO.
IXHOMEKEKE KUMNTU NGAMNYE WETHU
UKWENZA INXALENYE YETHU**

**#HIVfreeneration
SASAZA ULWAZI,
HAYI INTSHOLONGWANE KAGAWULAYO.**



LITHUBA LAM ELI.

**NDINGUMFAZI NGOKWAM.
NDIPHETHE.**

**NDIMLUNGISELELE
UNAMHLANJE, NEKAMVA.
KUMAHLA NDENYUKA OBOMI.**

NDIKHUSELEKILE

**PrEP YINDLELA ENTSHA YOKUZIKHUSELA KWINTSHOLONGWANE
KAGAWULAYO. THATHWA YONKE MIHLA, IKUNCEDA UHLALE UNGENAYO
INTSHOLONGWANE KAGAWULAYO.**

#getprepped



PrEP YIPILISI ENTSHA ENCEDA UKUNQANDA INTSHOLONGWANE KAGAWULAYO. UKUBA UTHATHA iPrEP UZE WABELANE NGESONDO KuMNTU ONENTSHOLONGWANE KAGAWULAYO, INAKHO UKUNQANDA INTSHOLONGWANE EKUSULELENI UMZIMBA WAKHO.

ISETYENZISELWA NTONI iPrEP?

ABANTU BANGAYITHATHELA IZIZATHU EZIMBALWA EZAHLUKILEYO iPrEP. NAZI EZINYE ZAZO:



“Ndisebenzisa iPrEP kuba andifuni ukuba ukuziphatha komnye umntu kundiqibele ukuba ndisuleleke okanye hayi.”

“NgePrEP, impilo yam iphethwe ndim kwaye ndiziva ndiqinisekile nangaphezulu.”



“Ndinethamsanqa ndiyinyayifumenenga intsholongwane kagawulayo kodwa kungono ndingaxhomekeki ethamsanqeni kwakhona.”

“Kuba ndingasoloko ndisebenzisa ikhondom, kumnandi ukwazi ukuba ndisakhuselekile.”



“Ngamanye amaxesha iqabane lam alikho kwimo yokusebenzisa ikhondom. NgePrEP ndiyayazi ndikhuselekile.”

“Sisebenzisa ikhondom kodwa iqabane lam lisenokuba nentsholongwane kagawulayo. Ukuthatha iPrEP kundinika uxolo engqondweni kuba ndikhuselekile.”



UYISEBENZISELA NTONI iPrEP?

“iPrEP indinceda ekuphatheni impilo yam yezesondo kwaye ndonwabe ukwabelana ngesondo ngelixa ndinciphisa ngokuphawulekileyo umngcipheko wam wokufumana intsholongwane kagawulayo.”

YINTONI EMAWUYAZI MALUNGA nePrEP?

‘PrEP’ imele pre-exposure prophylaxis kwintsholongwane kagawulayo. Ifana njengepilisi yocwangciso ntsapho: ukuba uyithatha yonke imihla, awusoze ukhulelwe. Xa uthatha iPrEP yonke imihla, uwuzuyifumana intsholongwane kagawulayo. Njengawo onke amayeza, kukho izinto ezithile omawuzigcine engqondweni:

- IPrEP ayifani nepilisi iMorning After Pill kwaye ayikhuseli isifo sika gawulayo ukuba ithathwe phambi okanye emva kokwabelana ngesondo.
- Kufuneka uthathe iPrEP imihla yonke yeveki phambi kokuba ukhuseleke kwintsholongwane kagawulayo. Ukuba uthatha iPrEP imihla yonke, uyakuba no90% wokhuseleko kwintsholongwane kagawulayo.
- Kufuneka usebenzise iPrEP qha ukuba awunantsholongwane kagawulayo. Abantu abanantsholongwane kagawulayo kufuneka bathathe iARVs ukwenzela unyango kwintsholongwane kagawulayo.
- Awunyanzelekanga ukuba usebenzise iPrEP ubomi bakho bonke. Ungayithatha iPrEP ngelishesha usemngciphekweni — njengaxa uneqabane elingazange livavanywe okanye iqabane elinentsholongwane kagawulayo.

YINTONI EMAWUYILINDELE XA UTHATHA iPrEP?

- Uphando abonakalise ukuba iPrEP ikhuselekile kakhulu.
- Malunga nomnye kwabalishumi abantu baneempawu ezifana nokuba nesicefu-cefu kwiveki zokuqala ezimbalwa emva beqalise iPrEP, ezidla ngokuba phakathi kwaye ziphele.
- Kufuneka wenze uvavanyo lwentsholongwane kagawulayo phambi kokubauqalise iPrEP ukuqinisekisa awunantsholongwane kagawulayo.
- Kuzakufuneka ubuye qho ngenyanga ezintathu uzokujongwa unikwe nempinda.

CONTACT

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