



HOPE FOR A BETTER FUTURE

TSHENGISA UKUTHI UYIKHATHALELE IMPILO

- Hlolela iSandulela Ngculazi. Ungahlola wedwa, ungahlola nophathina wakho, ungahlola nabangani noma nomndeni wakho.
- Gqoka isipeleti esibomvu ukutshengisa ukuzibophezela kwakho ekunqandeni okunye ukwesuleleka ngeSandulela Ngculazi nokunakelwa nokweseka labo asebehaqwe igciwane leSandulela Ngculazi.
- Khuluma nophathina wakho, nabangani, nomndeni kanye nozakwenu emsebenzini ngamaqhinga eningawasebenzisa ukugwema ukutheleleka ngegiwane leSandulela Ngculazi
- Khuthaza abesifazane abakhulelwe ukuba basheshe bayohlelwe iGciwane leSandulela Ngculazi ukuze bakwazi ukuvikela abantwana babo ekusulelekeni ngeGciwane leSandulela Ngculazi.

Usuku lweNgculazi loMhlaba-Jikelele ku 2009
Khombisa ukuthi sizibophezele
IKwaZulu-Natali iyazibophezela



UKUZIVIKELA Kwisandulela Ngculazi

- Uma wena nomlingani wakho nizokwethembeka komunye nomunye, ningazivikela eGciwaneni leSandulela Ngculazi.
- Ngaso sonke isikhathi uma niqala ubudlelwano obusha bezocansi, kufanele nenze isiqiniseko sokuthi niyasazi isimo senu maqondana neGciwane leSandulela Ngculazi. Ningathola ukuthi kufanele niye kuphi ukuyohlelwa ngokushayela inombolo ethi 0800 012 322
- Sebenzisani ijazi lomkhenyana ngaso sonke isikhathi uma niya ocansini.
- Ukuya ocansini uma kade uphuza noma usebenzisa izidakamizwa kuyawandisa amathuba okuba okusuleleka ngeGciwane leSandulela Ngculaza.
- Ukudayisa ngomzimba ukuze uthole imali nokunye okudingayo kuyawandisa amathuba okuba uthole iGciwane leSandulela Ngculazi.
- Gqoka amagilavu (gloves) ngazo zonke izikhathi uma uzothintana nomuntu olimele.

IZINTANDANE NEZINGANE EZINGENABANI

- Ingane yakho ngeyami futhi ingane yami ngeyakho
- Masakhe umphakathi onakekela izintandane nezingane ezingenabani
- Masenze ngcono ukusizwa kwezintandane nezingane ezingenabani ngezidingo, nokunakelwa okusezigeni nangokwesekwa
- Masenze ngcono ukwesekwa ngokwengqondo, ngokwenhlalo nangokwephetumulo kubantu abasulelekile nabahlukumezekile yiSandulela Ngculazi neNgculazi
- Masiqinisekise ukuthi izintandane nezingane ezingenabani osekumele ngabe ziyafunda ziyaya esikoleni
- Masiqinisekise ukuthi izintandane nezingane ezingenabani ziyayithola imfundo yokuthuthukisa amakhono empilo

ISANDULELA NGCULAZI, IZIFO EZITHATHELANA NGOCANSI KANYE NESIFO SOFUBA

ISIFUNDAZWE SAKWAZULU - NATALI SIYAZINAKEKELA

Ngaphansi kwesiqubulo esithi: “Ngiyazibophezela, Siyazibophezela, iNingizimu Afrika yonke iyazibophezela” Usuku lweNgculazi ku 2009 herald luthwele isahluko esisha emizamweni yesizwe sonke yokubhekana neSandulela Ngculazi neNgculazi. Lesi siqubulo sikhuthaza wonke umuntu eNingizimu Afrika, kusukela kumuntu ngamunye, imiphakathi, amabhizinisi kanye nohulumeni imbala ukuba bazibophezele ngamunye noma ngokuhlanganyela ukuba kunqandwe ukubebhetheka kweGciwane leSandulela Ngculazi, kunakelwe futhi kwesekwelabo abaphila neGciwane leSandulela Ngculazi kanye nokuqinisekisa ukutholakala kwemishanguzo kubo bonke abayidingayo. ISu lokuBhekana neGciwane leSandulela Ngculazi neNgculazi kanye neZifo eziThathelana ngokoCansi eNingizimu Afrika, kuka 2007 kuya ku 2009 linalezi zinhloso ezilandelayo:

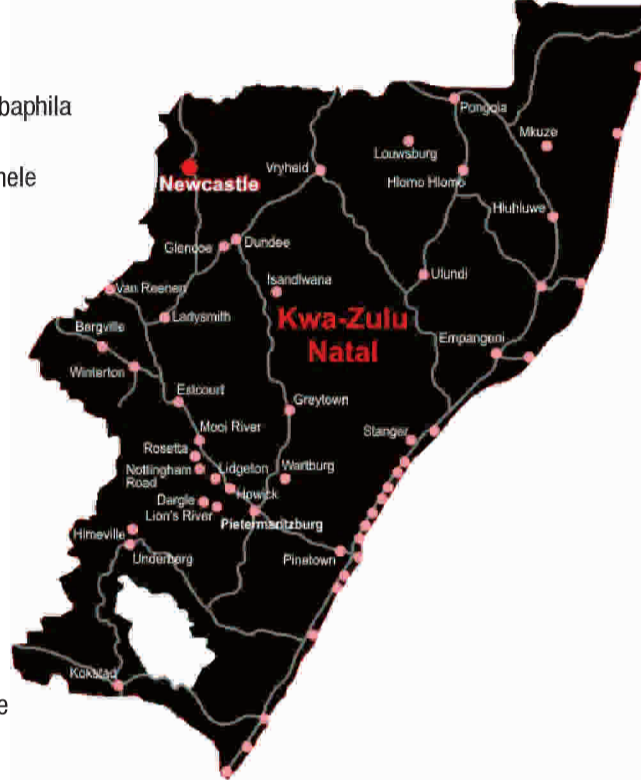
- Ukunciphisa ngesigamu inani lokusuleleka ngeSandulela Ngculazi ngo 2011. Ukuqinisekisa ukuthi abantu abangama-80% abaphila neSandulela Ngculazi bayayithola imishanguzo.
- Ukuze kufezwe kule zinjongo, sidinga ukusebenza ngokubambisana. Noma ubani kithina angaba neqhaza angalibamba futhi kumele azibophezele ukhlangabezana nezinjongo zeSu IikaZwelonke.

Ukuzibophezela kumema ukuba:

- Wonke umuntu azazi isimo sakhe ngokuba ajwayele ukhulolwe iGciwane leSandulela Ngculazi.
- Abantu abasha kufanele bangajahi ukwenza ucansi.
- Abantu abasha kufanele benze izinqumo eziphusile ukunqanda ukukhulelwa okungadingekile kanye nokusuleleka ngeGciwane leSandulela Ngculazi.
- Abantu asebekwazi ukuya ocansini kumele bathembeke kophathina babo futhi basebenzise ijazi lomkhenyana njalo uma beya ocansini.
- Abesifazane abakhulelwe kufanele basheshe ukuyohlelwa iGciwane leSandulela Ngculazi uma bekhulelwe kanti kufanele basebenzise ijazi lomkhenyana ngaso sonke isikhathi uma beya ocansini.
- Abanesifo sofuba kufanele bahlolwe iGciwane leSandulela Ngculazi kanti labo asebeneGciwane leSandulela Ngculazi kufanele bahlolwe isifo sofuba ukuze bathole imishanguzo efanele.

Ukuthi siyazibophezela, kumema ukuba

- Izithandani zikhulume ngobudlelwano bazo nokuthi bangavikelana kanjani ekusulelekeni ngeGciwane leSandulela Ngculazi. Izintandani zingazivikela ngokuba zithembeke kophathina bazo, zihlelwe iSandulela Ngculazi ndawonye futhi zisebenzise ijazi lomkhenyana njalo. Abesilisa, abesifazane, imindeni nezisebenzi zezempilo beseke labo abakhulelwe ukuze bakwazi ukuthatha izinqumo ezifanele zokuvikela abantwana babo kwiSandulela Ngculazi.
- Imiphakathi ibasekele futhi ibanakelele labo abaphila abakhahlaneyzwe yiSandulela Ngculazi, ikakhulukazi izintandane nabantwana abangenabani.
- Imiphakathi ithathe isinyathelo sokuphumela obala uphikisane nokuhlukunyezwa kwabesifazane
- Imiphakathi inqande ukukhishwa inyumbazane nokubandlulwa kwalabo abaphila neGciwane leSandulela Ngculazi.



USUKU LWENGULAZI LOMHLABA-JIKELELE KU 2009

UHulumeni waKwaZulu-Natali kanye nazo zonke izinhlobo zomphakathi ezimelwe eMkhandlweni wesiFundazwe saKwaZulu-Natali bahlinzeka ngobuhlobo ukuqinisekisa ukuthi zonke izakhamizi zesifundazwe zingakwazi ukuzivikela ekusulelekeni ngeSandulela Ngculazi, ziyasazi isimo saso mayelana neSandulela Ngculazi, ukuthi omama abazithwele bayakwazi bayaluthola usizo lokuvikela ukudluliseka kwegciwane lengculaza lisuka kumama liya enganeni, ukuthi bonke labo abaneSifo soFuba bayakwazi ukuthola imishanguzo eyelapha lesi sifo nokuthi bonke abantu abahaqwe iGciwane leSandulela Ngculazi bayayithola imishanguzo yokwelapha lesisifo (ARV), ukuthi uMkhandlu weNgculazi wesiFundazwe uhlela iziNgqungquthela zoSuku lweNgculazi loMhlaba-Jikelele eziFundeni eziyi-10 kanye nakuMkhandlulobha ukuze kudingidwe ngamasu OKUNQANDA ukubebhetheka kweGciwane leSandulela Ngculazi neSifo soFuba.

- UHulumeni waKwaZulu-Natali uzibophezele ukuqinisekisa ukuthi wonke umuntu uyahlelwe iGciwane leSandulela Ngculazi futhi uthola ukwelulekwa okufanele, ukuthi amakhondomu ayatholakala nokuthi bonke abantu bayakwazi ukwelashelwa iSifo soFuba neSandulela Ngculazi, ukuthi iziguli ezineSifo soFuba zihlolela iGciwane leSandulela Ngculazi nokuthi abantu abaneGciwane leSandulela Ngculazi bahlolela iSifo soFuba.

USUKU LWENGULAZI LOMHLABA - JIKELELE KU 2009 - ISIFUNDAZWE SAKWAZULU-NATALI SIYAZIBOPHEZELA

- Nikela ngezepelethu ezibomvu kuzo zonke izisebenzi zakho, kozakwenu, imindeni kanye nakubangani ukutshengisa ukuthinteka kwethu sonke.
- Hlela ukuthi kube nezingoxo ehhovisi, emphakathini nasenhlalangeneni yakho ngezinto ezingenziwa ukuze kunqandwe ukubebhetheka kweGciwane leSandulela Ngculazi.
- Hlela imashi yomphakathi noma okuzokwenziwa ukuze kukhulunye ngeGciwane leSandulela Ngculazi.

Khumbula ukuthi impilo yakho isezandleni zakho

“Ngiyazibophezela, Siyazibophezela, iNingizimu Afrika iyazibophezela”

IZINOMBOLO ZOSIZO

Inombolo yeHhovisi eliqondene neNgculazi kuZwelonke: 0800 012 322 (iNombolo yosizo)

Inombolo eqondene nokusiza abantwana: 0800 055 555

Inombolo yohlelo lwe-HIV 911: 0800 121 900

Inombolo ye-Love Life Sexual Health: 0800 212 506

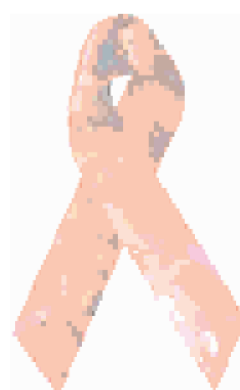
Inombolo yoNompilo abaNakekela ngeSandulela Ngculazi kuZwelonke: 0800 212 506

Inombolo yeziGameko zokuDlwegulwa yazikhathi zonke: 0861 322 322

Inombolo eqondene nabafuna ukuzibulala: 0800 567 567

Inombolo yeNhlango yabanokuthathazeka neNgcindezi (SADAG) 011 262 6396

Inombolo yamahlala kwabanezingane: 0861 574 747



IZIBALO ZEGCIWANE LESANDULELA NGCULAZI NENGULAZI (HIV AND AIDS) KWAZULU-NATALI

Iphesenti labantu abaphila negciwane abakhele i-KZN: 15.8%

Izibalo zemitholampilo zabesifazane abakhulelwe: 38.7%

Abantu abadala (iminyaka ephakathi kuka 20 - 64): 28%

Abantu abaphila neGciwane leSandulela Ngculazi: 1, 561, 000

Izibalo zabantu abasanda kwesuleleka ngegiwane leSandulela Ngculazi: (ngoMfumfu 2008): 134, 000

Izibalo sabantu abathola imishanguzo (ART) (ngoNhlungulana 2009) 262, 731

UMTHOMBO: UMnyango wezeMpilo KwaZulu-Natali

UKUTHOLAKALA KOKUDLA

- UMuzi oWodwa mawube neNgadi eYodwa
- IsiKole/ iSonto/ uMtholampilo/ isiBhedlela makube neNgadi eYodwa
- Sonke masiqale izingadi ukuze sondle abantu abalambile
- Okunye ukudla okuvela ezingadini zethu masikudlulisele emakethe
- Ukuvuselelwa kwezolimo ukuze kuqinisekise ukutholakala kokudla

IMISHANGUZO YOKUTHITHIBALISA IGCIWANE LENGULAZI

• Wonke umuntu waseNingizimu Afrika ophila neGciwane leSandulela Ngculazi unelungelo lokuthola imishanguzo yokulwisana negciwane (ARVs) uma ekufanele. Ukwelashwa okunempumelelo kusho ukuthi kufanele ube qotho uyiphuze yonke imithi zonke izinsuku kanti lokhu kusho ukuzinikela impilo yakho yonke. Imishanguzo elwa negciwane lengculaza kanye nokudla okunempilo kuyenza ibe yinde futhi ibe ngcono impilo yomuntu oneGciwane leSandulela Ngculazi.

• Impilo yakho ingumsebenzi wakho, uma uneGciwane leSandulela Ngculazi kufanele uyohlelwa njalo emtholampilo osezulwe nawe ukuze uthole imithi ekufanele.

IGCIWANE LENGULAZI NESIFO SOFUBA - Kunobudlelwano obukhulu phakathi kweGciwane leSandulela Ngculazi kanye neSifo soFuba.

- Cishe ababili kwabathathu kubantu baseNingizimu Afrika bangciwane leSifo soFuba.
- Cela ukuthi uhlolwe iSifo soFuba uma uneGciwane leSandulela Ngculazi futhi kufanele uhlolwe iGciwane leSandulela Ngculazi uma uneSifo soFuba.
- ISifo soFuba siyanqandeka futhi siyelpheka noma usuneGciwane leSandulela Ngculazi.
- ISifo soFuba singelpheka uma udla imithi yakho ngokuhambisana nemiyalelo yomsebenzi wezempilo.

UKUVIKELWA KOKUDLULISELWA KWEGCIWANE LISUKA KUMAMA LIYA ENGANENI

Kuvikelwa oMama, Kuvikelwa abantwana

- Wonke umuntu wesilisa nowesifazane unelungelo lokunquma ukuthi uyafuna yini ukuba nengane, nokuthi uyifuna nini.
- Wonke umuntu wesilisa nowesifazane unejoka lokugwema ukukhulelwa okungadingekile nezifo ezithathela ngokocansi.
- Wonke umuntu wesifazane unelungelo lokukhipha isisu
- Wonke umuntu wesifazane okhulelwe kanye nophathina wakhe kufanele avakashele emtholampilo uma esebonile ukuthi ukhulelwe kanti kufanele bahlelwe iGciwane leSandulela Ngculazi.
- Obaba, imindeni, imiphakathi kanye nabasebenzi bezempilo kumele babasekele abesifazane abaphila neGciwane leSandulela Ngculazi ukuze bakwazi ukuthatha izinqumo ezifanele ngezingane zabo ngesikhathi bekhulelwe noma sebebelethile.
- Wonke umuntu wesifazane okhulelwe kumele acele futhi athole imishanguzo (ARV) ukuze aphile futhi avikele ingane yakhe ekusulelekeni ngeGciwane leSandulela Ngculazi.
- Wonke umuntu ongumama oneSandulela Ngculazi unelungelo lokunquma ukuthi ingane yakhe uzoyincelisa ibele noma uzoyipha ibhodlela. Ukuthatha lesisinqumo kufanele axoxisane nomsebenzi wezempilo.
- Zonke izingane ezizalwe omama obaneGciwane leSandulela Ngculazi kufanele zihlolwe emuva kwamasono ayisithupha zizelwe.
- Zonke izingane ezizalwe zineGciwane leSandulela Ngculazi zinelungelo lokuthola imishanguzo yokudambisa amandla egciwane (ARV) ukwenza ngcono impilo yazo.

