



KUNGABI KHONA UKUTHELELEKA OKUSHA KWESANDULELA NGCULAZI NENGCULAZI UQOBO NESIFO SOFUBA



ISIFUNDAZWE saKwaZulu-Natal esingenaso isifo seSandulela Ngculazi, yiNgculazi uQobo, yizifo ezithathelanayo ngokocansi nesifo sofuba.
Sifuna singabi nabo abantu abazobhuqwabhuqwa yizifo ezihambelana neSandulela Ngculazi, abangezokucwaswa ngenxa yokuba nesifo noma yokwazana nabantu abanesifo kodwa bonke baphile impilo efana neyawo wonke umuntu.



Isifundazwe saKwaZulu-Natali sisempini yokulwa neSandulela Ngculazi, iNgculazi uQobo, izifo ezathathelanayo ngokocansi, isifo sofuba, ububha nezinye izinkinga ezikhungethe umphakathi.

Isifundazwe saKwaZulu -Natali sikwazile ukubhekana nalokhu okulandelayo kusuka ngo-2007-2011:
 -Abantu abayingxenywe yesigidi bathole imishanguzo yokuthiba iSandulela Ngculazi (ARV's)
 -Kwehliswe ukutheleleka kwezingane uma zizalwa ngeSandulela Ngculazi kusuka ku-10.2% kuya ku-2.8% ngo-2010.
 -Kusokwe abesilisa abangaphezulu kuka-76000
 -Kusatshalaliswe amakhondomu abesilisa angaphezulu kuka-58 million nawabesifazane angu-1 174 000 ngonyaka wezimali ka-2010/ 2011.
 -Kusizwe izintandane nezingane eziswele ezingaphezulu kuka-40 000.
 -Kuhlolelwe isandulela ngculazi abantu abangaphezulu kuka-2.9 million ngonyaka wezimali ka-2010/2011.
 -Kusungulwe isigungu esisebenza ngokugcwele esibizwa ngeKZN Provincial Aids Council.
 -Kwaqinisekiswa ukuthi yonke imikhandlu yezifunda (District Aids Councils) isebenza ngokugcwele.

Sibheke ikusasa eliqhakazile

Ngonyaka ka-2012 kuya ku-2016 isifundazwe saKwaZulu-Natali sizothatha izinyathelo eziqala zokulwa nokuthi sibe nomphakathi ongenaso iSandulela Ngculazi neNgculazi uQobo.
 Isifundazwe sifuna ukwehlisa ngo-50% abazotholeka ngeSandulela Ngculazi nokuqinisekisa ukuthi u-80% osunaso uyakwazi ukuthola imishanguzo. Okunye okuzogxilwa kukona ngesi sikhathi izindaba ezithinta amalungu abantu lapho uHulumeni walesi sifundazwe ezodinga ukubambisana nomphakathi ukuqinisekisa ukuthi amalungelo abantu bonke ayabhekelelwa.

Umkhankaso iSukuma Sakhe

SIYAZI ukuthi eminye imithelela eholela ububha (Ukudla esikudlayo, ukuntuleka kokudla, amanzi, ukuthuthukiswa kwabesifazane, ezemfundo, indlela esiphila ngayo) yonke imikhankaso (War Room) ihlose ukuthi abantu babe yimbumba ezinhlweni zokulwa nendlela. Yilokhu:
 -Wonke ama-ward analo mkhankaso we-War Room esungulelwe ukuqinisekisa ukuthi abantu bayaluthola lonke usizo.
 -IWar Room yesekwa abaholi bomphakathi nabanye ababambe iqhaza.
 -IWar Room iza nezisombululo kwizingqinamba zeSandulela Ngculazi neNgculazi uQobo, isifo sofuba, izifo ezithathelana ngokocansi, abakhulelwe nokunakekeleka kwezingane.
 -Uhulumeni, ezamabhizinisi, izinhlangano zomphakathi bazosebenzisana ukulwa neSandulela Ngculazi neNgculazi uQobo emphakathini abawusebenzelayo

ININGIZIMU AFRIKA, isifundazwe sakwaZulu-Natali, bathatha igxathu lokuqeda ukwesaba iSandulela Ngculazi nesifo sofuba



Ukuzivikela KwiSandulela Ngculazi Ukuzibophezela. Ukuthi siyazibophezela kumema ukuba:-
 -Wonke umuntu azazi isomo sakhe ngokuba ajwayele ukuhlololwa iGciwane leSandulela Ngculazi.
 -Abantu abasha kufanele bangajahi ukwenza ucansi
 -Abantu abasha kufanele benze izinqumo eziphuzile ukunqanda ukukhulelwa ukungadingekile kanye nokusuleleka ngeGciwane.
 -Abantu asebekwazi ukuya ocansini kumele bathembeke kophathina babo futhi basebenzise ijazi lomkhenyana njalo uma beya ocansini.
 -Abesifazane abakhulelwe kufanele basheshe ukuyohlololwa iGciwane leSandulela Ngculazi uma bekhulelwe kanti kufanele basebenzise ijazi lomkhenyana ngaso sonke isikhathi uma beya ocansini.
 -Abanesifo sofuba kufanele bahlololwe iGciwane leSandulela Ngculazi kanti labo asebeneGciwane leSandulela Ngculazi kufanele bahlololwe isifo sofuba ukuze bathole imishanguzo efanele.
 -Imiphakathi ibasekele futhi ibanakekele labo abaphila abakhahlanyazwe kakhulukazi izintandane nabantwana abangena bani.
 -Imiphakathi ithathe isinyathelo sokuphumela obala iphikisane nokuhlukunyezwa kwabesimame.
 -Imiphakathi inqande ukukhishwa inyumbazane nokubandlululwa kwalabo asebeneGciwane leSandulela Ngculazi.

Ukuvikelwa Kokudluliselwa KweGciwane Lisuka Kumama Liya Enganeni

Ngakho...
 -Uma wena nomlingani wakho nizokwethemba 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.
 -Sebenzisani ijazi lomkhenyana ngaso sonke isikhathi uma niya ocansini.
 -Ukuya ocansini uma kade uphuza noma usebenzisa izidakamizwa kuyawandisa amathuba okuba uthole iGciwane leSandulela Ngculazi.
 -Ukudayisa ngomzimba ukuze uthole imali nokunye okudingayo (oSugar Daddy) kuyawandisa amathuba okuba uthole iGciwane leSandulela Ngculazi.

Ukuvikelwa Kokudluliselwa KweGciwane Lisuka Kumama Liya Enganeni
 -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 bahlololwe iGciwane leSandulela Ngculazi
 -Obaba, iminden, 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
 -Ukuncelisa ngebele yikona okungcono! 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 abaneGciwane leSandulela Ngculazi kufanele zihlolwe emuva kwamasono ayisithupha zizelwe
 -Zonke izingane ezizalwe zineGciwane leSandulela Ngculazi zinelungelo lokuthola imishanguzo yokudambisa amandla egciwane (ARV) ukwenza ngocono impilo yazo

Ukusokwa Kwabesilisa Kwehlisa Ukuthathelana kwezifo
 Ukusokwa kwabesilisa kuzosebenza kahle uma bezoqhubeka basenzise amakhondomu nezinye izindlela zokuzivikela:
 -ISilo samaBandla namaKhosi yiso abahola lo Mkhankaso wokusokwa kwabesilisa kulesi sifundazwe.
 -Ukusokwa kwabesilisa kwehlisa amathuba okutheleleka ngesandulela ngculazi nokuba nezifo zosansi ezithathelanayo ngo-60% kulabo besilisa abathandana nabesifazane.
 -Kusetshenziswe ithuba kwabesilisa ezibhedlela ngokuthi baqale bahlolwe ngaphambi kokuthi basokwe.
 -Izingane zabafana kumele zisokwe ziqeda ukuzalwa
 -Abantu besilisa abasokiwe kumele baziphathe kahle baqhubeka nokusebenzisa ikhondomu uma beya ocansini.

Isifo Sofuba SiyelaPheka
 Yize isifo sofuba siyinkinga enkulu KwaZulu-Natal kodwa siyelaPheka ngaphandle kwezingqinamba uma imishanguzo yaso idliwa ngendlela efanele futhi zoyiqeda. Hlolela isifo sofuba uma ubona lezi zimpawu ezilandelayo:
 -Ukwehla kwesisindo
 -Ukuphelelwe ngamandla
 -Ukungakuthandi ukudla
 -Ukugodola
 -Ukukhwehlela into engapheli
 -Ukujuluka ebusuku
 -Uma kukhona ilungu lomnden noma osendelene nawe onesifo sofuba.
 Kwisifo sofuba ukutheleleka okukhulu kwenzeka uma ungakayiqali imishanguzo yaso, kodwa uma uke waqala ukudla imishanguzo, emasontweni ambalwa umuntu ogulayo usuke engasezomthelela omunye.

iGciwane leSandulela Ngculazi neSifo soFuba. Amathe nolimi

-Kunobudlelwano obukhulu phakathi kweGciwane leSandulela Ngculazi kanye neSifo soFuba
 -Esifundazweni sakwaZulu-Natali, cishe abayisikhombisa kwabayishumi kubantu abaphila neGciwane leSandulela Ngculazi banegciwane leSifo soFuba.
 -Cela ukuthi uhlolelwe iSifo soFuba uma uneGciwane leSandulela Ngculazi futhi kufanele uhlolelwe iGciwane leSandulela Ngculazi uma uneSifo soFuba
 -Isifo soFuba siyanqandeka futhi siyalapheka noma usuneGciwane leSandulela Ngculazi
 -Isifo soFuba singelapheka uma udla imithi yakho ngokuhambisana nohlelo lwabasebenzi bezempilo

Imishanguzo Yokuthithibalisa iGciwane leNgculazi

-Wonke umuntu waseNingizimu Afrika ophila neGciwane leSandulela Ngculazi unelungelo lokuthola imishanguzo yokulwisana neGciwane (ARVs) uma ekufanele.
 -Ukwelashwa okunempumelelo kusho ukuthi kufanele ubeqotho uyiphuze yonke imithi, zonke izinsuku. Kanti lokhu kusho ukuzinikezela impilo yakho yonke
 -Imishanguzo elwa neGciwane leNgculazi kanye nokudla okunempilo kuyenza ibe yinde futhi ibe ngcono impilo yomuntu oneGciwane leSandulela Ngculazi
 -Uma uneGciwane leSandulela Ngculazi kufanele uyohlolwa njalo emtholampilo osezuze nawe ukuze uthole imithi ekufanele ngoba impilo yakho ingumsebenzi wakho.



Ukutholokala Kokudla
 -UMuzi oWodwa mawube neNgadi eYodwa
 -IsiKole/iSonto/uMtholampilo/isiBhedlela makube neNgadi eYodwa
 -Sonke masiqale izingadi ukuze ukuze sondle abantu abalambile
 -Okunye ukudla okuvela ezingadini zethu masikudlulisele ezimakethe
 -Ukuvuselelwa kwezolimo ukuze kuqinisekiswa ukutholokala kokudla



IziNtandane NeZingane EzingenaBani
 -Ingane yakho ngeyami futhi ingane yami ngeyakho
 -Masakhe umphakathi onakekela izintandane nezingane ezingenabani
 -Masenze ngcono ukusizwa kwezintandane nezingane ezingenabani ngezidingo, nokunakekelwa okusezingeni nangokwesekwa
 -Masiqinisekise ukuthi izintandane nezingane ezingenabani ziyafunda ziyaya esikoleni
 -Masiqinisekise ukuthi izintandane nezingane ezingenabani ziyayithola imfundo yokuthuthukisa amakhono empilo

Funda Futhi uWazi Wonke AmaLungelo Akho

-Imiphakathi ibasekele futhi ibanakekele labo abaphila abakhahlanyazwe kakhulukazi izintandane nabantwana abangena bani.
 -Imiphakathi ithathe isinyathelo sokuphumela obala iphikisane nokuhlukunyezwa kwabesimame.
 -Imiphakathi inqande ukukhishwa inyumbazane nokubandlululwa kwalabo asebeneGciwane leSandulela Ngculazi.

IziNombolo zoSizo... Likhona ithemba. Likhona usizo

Inombolo yeHovisi eliqondene neNgculazi kuZwelonke	0800 012 322
Inombolo eqondene nokusiza abantwana	0800 055 555
Inombolo yohlelo lwe-HIV-911	0860 448 911
Inombolo yeLove Life Sexual Health	0800 121 900
Inombolo yoNompilo abaNakekela ngeSandulela Ngculazi kuZwelonke	0800 212 506
Inombolo yeziGameko zokuDlwengulwa yezikhathi zonke	0861 322 322
Inombolo eqondene nabafuna ukuzibulala	0800 567 567
Inombolo yeNhlango yabanokuKhathazeka neNgcindezi (SADAG)	011 262 6396
Inombolo yamahhala kwabanezingane	0861 574 747



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