

HIV infection can be prevented by:

- saying "no" to sex
- staying faithful to your sexual partner
- using a condom every time you have sex
- asking your health worker about HIV-risks when you are pregnant
- preventing direct contact with blood by using gloves, plastic bags or other barriers.



HIV infeksie kan verhoed word deur:

- "nee" te sê vir seks
- getrou te bly aan jou seksmaat
- 'n kondoom te gebruik elke keer as jy seks het
- jou gesondheidswerker uit te vra oor HIV risiko's as jy swanger is
- direkte kontak met bloed te voorkom deur handskoene, plastieksakke of ander afweermiddels te gebruik.

Ulosuleleko yi-HIV lungakhuselwa ngezi ndlela zilandelayo:

- ngokuthi "hayi" ekubeni ulalane
- ngokuthembeka kwiqabane lakho olalana nalo
- ngokusebenzisa ikhondom qho xa ulalana
- ngokubuza unompilo wakho ngemingcipheko ye-HIV xa ukhulelwe
- ngokukhusela ukudibana ngqo negazi ngokusebenzisa iiglavu, iingxowa zeplastiki okanye ezinye izithinteli

Tshwaetso ya HIV e ka sireletswa ka:

- go sa dire thobalano
- go nna le molekane a le monngwe fela mme o nne botshepego mo molekaneng wa gago
- go dirisa khondomo nako nngwe le nngwe fa o dira thobalano
- go botsa modiredi wa tsa pholo ka dikotsi tsa HIV fa o imile
- go itshireletsa ka go se kgome madi ka go dirisa di-glove, disireletsi tsa polasetiki le tse dinngwe.

There is no cure for AIDS, but many people infected with HIV live long healthy lives.

They do this by taking care of their health, keeping fit, getting treatment when they are sick, eating correct foods, reducing stress and practicing safer sex.



Daar is geen geneesmiddel vir VIGS nie, maar baie mense leef lank en gesond met HIV.

Hulle kan dit doen deur na hul gesondheid om te sien, fiks te bly, behandeling te kry as hulle siek is, die regte kos te eet, stres te verminder en veiliger seks te hê.

Akukho yeza lokunyanga i-AIDS, kodwa abantu abaninzi abosuleleke yi-AIDS baphila impilo entle ixesha elide.

Oku bakwenza ngokukhathalela impilo yabo, ngokuzigcina bephile qethe emzimbeni, ngokufumana unyango xa begula, ngokutya ukutya okulungileyo, ngokuthibaza nokunciphisa unxunguphalo nangokulalana ngokukhuselekileyo.

Ga go kôkô e e fodisang AIDS, fela batho ba bantsi ba ba tshhwaetsegileng ka HIV ba tshela maphelo a maleele a a ntseng sentle a a tletseng.

Ba dira se ka go tlhokomela matshelo a bona, go nna ba itekanetse, go bona kôkô fa ba lwala, go ja dijo tse di nonofileng, go se tshwenyeye thata le go dira thobalano e e sireletsegileng.



Printing sponsored by European Union

If you have any questions about HIV/AIDS you can phone the free 24-hour AIDS Helpline at 0800-012-322.



As u enige vrae oor HIV/VIGS het, kan u die gratis 24-uur VIGS hulplyn skakel op 0800-012-322.

Ukuba unayo nayiphina imibuzo nge HIV/AIDS, ungafowunela inombolo yasimahla yoNcedo ye-AIDS efumaneka iiyure ezingama 24 ethi 0800-012-322.

Fa o nale dipotso ka HIV/AIDS o ka leletsa mogala mo go Helpline ya AIDS ya diura di le 24 e e sa duelelweng kwa go 0800-012-322.

There are a number of other leaflets in this series that give more information about AIDS.



Daar is 'n aantal ander pamflette in hierdie reeks wat meer inligting verskaf oor VIGS verwante kwessies.

Kukho nezinye iincwadana ezininzi kolu luhlu ezinika inkcazelo ebanzi ngemibandela ephathelelene ne-AIDS.

Go nale dipapetsana tse di mmalwa mo serising eno tse di nang le tshedimisetso ka ga AIDS.

LANGUAGE GROUPS • W CAPE, E CAPE, N CAPE, N W PROVINCE

## Key points about HIV/AIDS

AFRIKAANS	Sleutelpunte oor HIV/VIGS	A
ISIXHOSA	Imiba engundoqo nge-HIV/AIDS	X
SETSWANA	Dintlha tse di botlhokwa ka ga AIDS/HIV	T



**AIDS HELPLINE**  
0800-0123-22

AIDS is a disease that affects millions of South Africans. It is caused by a virus called HIV that slowly weakens a person's ability to fight off other diseases.

VIGS is 'n siekte wat miljoene Suid-Afrikaners raak. Dit word veroorsaak deur 'n virus wat as HIV bekendstaan, wat stadigaan 'n mens se vermoë om ander siektes te beveg, afbreek.

I-AIDS sisifo esichaphazela iimiliyoni zabantu baseMzantsi Afrika. Ibangelwa yintsholongwane (yivayirasi) ebizwa ngokuba yi-HIV, yona evikiva neqoba amandla omntu okulwa ezinye izifo.

AIDS ke bolwetse jo bo amang dimilione tsa batho ba Aferika Borwa. E bakiwa ke virase ya HIV e e koafatsang mmele wa motho mme e dire gore mmele o seka wa kgona go lwantsha malwetse a mangwe.

HIV is spread from one person to another:

- by having unprotected sex with an infected person
- through contact with infected blood
- from an infected mother to her unborn or newborn baby (but only some babies born to infected mothers become infected with HIV).



You cannot be infected with HIV in other ways. For example, if a person with HIV coughs, he/she cannot pass on the virus. If you hug or touch a person with HIV you cannot get HIV.



HIV word van mens tot mens versprei deur:

- onbeskermd seks met iemand wat die infeksie het
- kontak met besmette bloed
- oordrag van 'n moeder met die infeksie aan haar ongebore of pasgebore baba (maar net sommige baba's van besmette moeders word gebore met die infeksie).

Jy kan nie op ander maniere besmet word met HIV nie. As iemand met HIV hoes, kan hy of sy byvoorbeeld nie die infeksie oordra nie. As jy iemand met HIV omhels of aanraak, kan jy nie met HIV besmet word nie.

I-HIV igqithiseleka komnye umntu iye komnye:

- ngokulalana (ngokwabelana ngesondo) okungakhuselekanga nomntu owosuleleke sesi sifo
- ngokudibana negazi elosulelekileyo
- ngumama owosulelekileyo kusana olungekazalwa okanye kusana olusandulukuzalwa (kodwa ke ziintsana ezithile ezizelwe ngoomama abosulelekileyo ezithi zosuleleke yi-HIV).

Awunakosuleleka yi-HIV ngezinye iindlela. Umzekelo, ukuba umntu one-HIV uyakhohlela, akanakuyigqithisa le vayirasi. Ukuba wonga okanye ubamba umntu one-HIV awunakosuleleka yi-HIV.

HIV e fetelela go tloga go motho mongwe go ya go yo mongwe:

- ka go dira thobalano e e sa sirelediwang
- ka go kopana le madi a a tshwaeditsweng ke HIV
- go tloga go mmê go ya go ngwana yo o fa mpeng kana yo mošwa (fela ga se bana botlhe ba ba belegileng ke bommê ba ba tshwaeditsweng ba ba tshwaetsegang ke HIV).

O ka se tshwaetse ke HIV ka ditsela tse dingwe. Go nea seka, fa motho yo a nang le HIV a otlhola, a ka se go tsenye virase e. Fa o ka kgoma kgotsa wa aka motho yo a nang le HIV o ka se tshwaetsege.

Most people who are infected with HIV do not know they are infected, and you cannot tell if a person is infected just by looking at them.

It takes many years for the signs of HIV infection to show up. This is usually when a person becomes ill from other diseases.



Die meeste mense wat met HIV besmet is, weet dit nie, en jy kan nie op die oog af sien of iemand besmet is nie.

Dit vat baie jare voordat die tekens van HIV infeksie na vore tree. Dis gewoonlik as iemand siek word van iets anders en nie gou kan gesond word nie.

Abantu abaninzi abosuleleke yi-HIV abazazi ukuba bosulelekile, kwaye awungeke utsho ukuba umntu one-HIV ngokumjonga nje.

Iimpawu zokosuleleka yi-HIV zithatha iminyaka emininzi ukubonakala. Oku kudla ngokwenzeka xa umntu egula zezinye izifo kwaye engabingcono lula.

Batho ba le bantsi ba ba nang le HIV ga ba itse fa ba tshwaetsegile, mme o ka se ka wa kgona go bona gore motho o nale yona ka go mo leba.

Go tsa mengwaga e le mentsi gore ditshupo tsa HIV di bonagale. Se, gantsi se direga fa motho yo a lwala a tshwere ke malwetse mangwe mme a sa nne botoka ka bonako.

An HIV blood test can be done at some clinics, or by a doctor, or at an AIDS Training, Information and Counselling Centre (ATICC) in most cities.

You cannot be forced to have an HIV test. It is your choice. The results are confidential and only told to you.

Having the test will help you to better plan your future and to prevent the spread of HIV.



'n HIV bloedoets kan by sommige klinieke of deur 'n dokter gedoen word, of by VIGS Opleiding, Inligting en Berading Sentrums (ATICCs) in die meeste stede.

Jy kan nie gedwing word om 'n HIV toets te ondergaan nie. Dis jou keuse. Die resultate is vertroulik en word slegs aan jou bekendgemaak. As jy die toets ondergaan, sal dit jou help om jou toekoms beter te beplan en die verspreiding van HIV te keer.

Uvavanyo lwe-HIV egazini lungenziwa kwezinye iiklinikhi okanye ngugqirha okanye kuMaziko oQeqesho, iNkcazelo noLuleko nge-AIDS (Aids Training, Information and Counselling Centres okanye ATICCs) akhoyo kwizixeko ezininzi.

Awunakunyanzeliswa ukuba wenze uvavanyo lwe-HIV. Uzithandela ngokwakho. Iziphumo zolu vavanyo ziyimfihlo kwaye zixelelwa wena kuphela. Uvavanyo luyakunceda ucwangcise kakuhle ikamva lakho kwaye ukhusele ukusasazeka kwe-HIV.

Teko ya madi ya HIV e ka diriwa kwa dikliniking dingwe kana ya dirwa ke ngaka, kana kwa di AIDS Training, Information and Counselling Centres (ATICCs) tse di bonwang kwa bantsi ba ditoropo.

O ka se gapelediwe go dira teko ya HIV, Ke boitthopelo jwa gago. Dipholo tsa teng ke sephiri mme di bolelelwa wena fela. Go dira teko ya HIV go tia go thusa go rulaganyetsa bokamoso jwa gago le go sireletsa tshwaetso ya HIV.