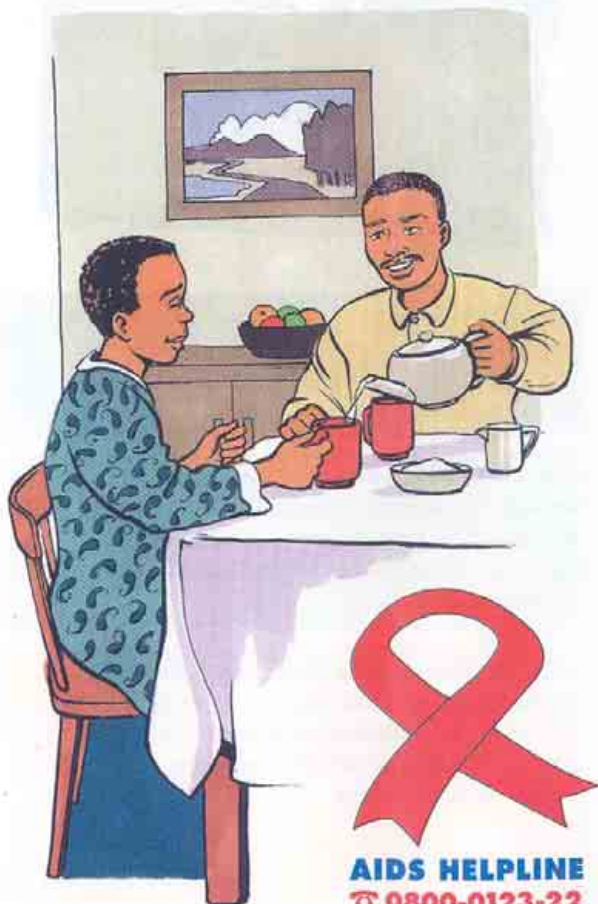


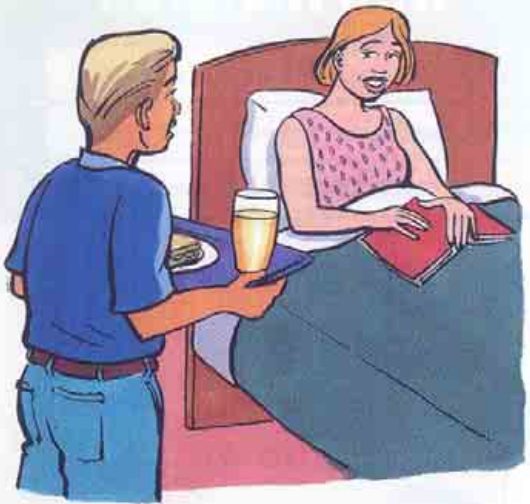
Caring for people with HIV/AIDS

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|-----------|--------------------------------------------|---|
| AFRIKAANS | Die versorging van mense wat HIV/VIGS het | A |
| ISIXHOSA | Ukunyamekela abantu abane-HIV/AIDS | X |
| SETSWANA | Go tihokomela batho ba ba nang le HIV/AIDS | T |



AIDS HELPLINE
☎ 0800-0123-22

HIV/AIDS is a serious disease that affects millions of South Africans. People who are infected with HIV need care and support from their friends, families and the community, especially when they are ill.



HIV/VIGS is 'n ernstige siekte wat miljoene Suid-Afrikaners raak. Mense met die HIV-virus het die versorging en steun van hul vriende, gesinne en die gemeenskap nodig, veral as hulle siek is.

I-HIV/AIDS sisifo esimasikizi esichaphazela iimilyoni zabantu beseMzantsi Afrika. Abantu abane-HIV badinga inyameko nenkxaso kubahlobo, kwiintsapho nakubahlali, ngakumbi xa begula.

AIDS ke bolwetse jo bo amang dimillione tsa batho fa Aferika Borwa. Batho ba ba tshwaeditsweng ke HIV ba tlhoka tlhokomelo le tshegetso go tswa go ditsala, ba lelapa le batho fa setshabeng, thatathata fa ba bobola.

Friends and family members sometimes worry that they might be infected when caring for a person with HIV.

HIV cannot be passed on by touching, hugging, coughing, or sharing eating utensils. HIV can only be passed on:

- 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).



Vriende en familieledede is soms bekommerd hulle kan ook HIV kry as hulle 'n persoon versorg wat HIV het.

HIV kan nie oorgedra word deur aanraking, omhelsing of hoes nie, en ook nie deur eetgerel te deel nie. HIV kan slegs op die volgende maniere oorgedra word:

- onbeskermdde seks met 'n persoon wat HIV het
- kontak met bloed van iemand wat HIV het
- vanaf 'n moeder na haar ongeboore of pasgebore baba (hoewel slegs sommige babas wie se moeders HIV het self HIV kry).

Abahlobo kunye neentsapho ngamanye amaxesha babanexhala lokuba bangosuleleka xa benyamekela umntu one-HIV. I-HIV ayigqithiseleki ngokubamba, ukwanga (ukugona), ukukhohlala okanye ukubolekisana ngezixhobo zokutya. I-HIV ingagqithiseleka kuphela ngezi ndlela zilandelayo:

- ngokulalana okungakhuselwanga nomntu owosulelekileyo
- ngokudibana negazi elosulelekileyo
- ngumama owosulelekileyo kusana olungekabalwa okanye olusandulukabalwa (kodwa ke ziintsana ezithile kuphela ezizelwe ngoomama abosulelekileyo ezithi zosuleleke yi-HIV).

Nako nngwe ditsala le ba lelapa ba na le go tshwenyega gore ba ka tshwaetsega fa ba tlhokomela motho yo a nang le HIV.

HIV e ka se fetisiwe ka go kgomana, go atlarelana, go otlhola kana go dirisa didiriswa tsa go ja mmogo le motho yo a tshwaeditsweng. HIV e ka fetisiwa fela ka:

- go dira thobalano e e sa sireletsegang le motho yo a tshwaeditsweng
- go ama kana go kgoma madi a a tshwaeditsweng
- go tswa go mme yo a tshwaetsegileng go ya go ngwana yo a leng fa mpeng kana yo a sa tswang go tsalwa (ke fela bana bangwe ba ba tsetseng ke bomme ba ba tshwaeditsweng ba ba ka tshwaetsegang ka HIV.

It is possible for people who are infected with HIV to live long healthy lives. You can help those who are infected by:

- showing love, respect and support
 - knowing the facts about HIV/AIDS and talking openly about the disease
 - helping to reduce stress and stressful situations
 - helping to provide balanced and nutritious meals
 - encouraging them to get treatment if they are sick.
- Most infections are easily treated and cured, even if a person is HIV positive.

Mense wat HIV het kan lang, gesonde lewens lei. Jy kan help deur:

- liefde, respek en steun te betoon aan mense wat HIV-positief is
- die feite oor HIV/VIGS te ken en openlik oor die siekte te praat
- te help om stres en spanningsvolle situasies te verminder
- te help om gebalanseerde en voedsame maaltye te voorsien
- 'n persoon wat HIV-positief raak aan te moedig om behandeling te kry as hulle siek word. Meeste infeksies kan maklik behandel en genees word, selfs al is iemand HIV-positief.

Kuyenzeka ukuba abantu abosuleleke yi-HIV baphile ubomi obude nobunempilo. Unganceda ngolu hlobo:

- ngokubonisa uthando, intlonipho kunye nenkxaso kubantu abane-HIV
- ngokwazi ngemiba ephathelelene ne-HIV/AIDS kwaye uthethe pahaha ngesi sifo
- ngokunceda uthibaze udandatheko kunye neemeko zodandatheko
- ngokunceda unike izidlo ezipheleleyo nezinesondlo
- ngokukhuthaza abantu abane-HIV baye kunyangwa xa begula. Uninzi lolosuleleko lunyangeka kwaye luphiliseke lula, nokuba umntu une-HIV.

Go a kgonega gore motho yo a tshwaeditsweng ke HIV a tshele botshelo jo boleele jo bo nonofileng. O ka thusa ka:

- go bontsha lerato, tlhompho le tshegetso go batho ba ba nang le HIV
- go itse dintlha tsa boammaruri ka ga HIV/AIDS e bile o bua ka kgololosego ka bolwetse jo
- go thusa go fokotsa matshwenyego kana maemo le dilo tse di tlohang matshwenyego
- go thusa go tlamela ka dijo tse di siameng tse di nonofileng
- go rotloetsa motho yo a nang le HIV go bona kôkô fa a bobola. Tshwaetso tse dintsi di ka okiwa tsa fola, le fa motho a nale HIV.



There may be situations where you need to clean up body fluids or blood from someone infected with HIV. It is important to use rubber or plastic gloves or other barriers such as plastic bags or thick cloth to prevent direct contact. Make sure that you have these easily available at all times.



Dit kan gebeur dat jy moet skoonmaak waar iemand gebloei het wat HIV-positief is. Dis belangrik om rubber- of plastiekhandskoene of 'n ander soort beskerming soos plasieksakke of 'n dik laag materiaal daarvoor te gebruik om te voorkom dat jy in aanraking met die besmette bloed kom. Maak seker dat dié soort beskerming altyd byderhand is.

Kusengakho iimeko apho kufuneka ucoce igazi kumntu owosuleleke yi-HIV. Kubalulekile ukuba usebenzise irabha okanye iiglavu zeplastiki okanye ezinye izithinteli ezifana neebhegi zeplastiki okanye ilaphu eliqinileyo ukuze uzikhusele ekubeni udibane neli gazi. Qinisekisa ukuba unako ukuzifumana ezi zinto ngokulula ngalo lonke ixesha.

Go ka nna le nako fa o tshwanetseng go phepafatsa madi a motho yo a nang le HIV. Go botlhokwa go dirisa di-glove tsa rabara kana tsa polasetiki kana dithibedi dingwe jaaka dipolasetiki tse kima kana lesela le le kima go thibela go kgoma kana go ka ama madi. Netefatsa gore o nale dilo tse, fa gaufi, ka nako tsotlhe.

There are services that can assist families who have a person who is sick as a result of AIDS. Hospice Association is one organisation that offers services such as:

- home nursing care
- day care
- short-term treatment
- counselling and support

Daar is hulpdienste om bystand te verleen aan gesinne wat tuis omsien na VIGS-lyers. Die Hospice Association is só 'n organisasie. Hulle bied dienste soos:

- tuisverpleegsorg
- dagsorg
- korttermyn-behandeling
- berading en ondersteuning.

Zikhona iinkonzo ezinganceda iintsapho ezinomntu ogulayo ngenxa ye-AIDS. I-Hospice Association ngomnye umbutho onika iinkonzo ezifana nezi zilandelayo:

- ukongiwa ekhaya
- ukhathalelo lwangemini (day care) unyango lwexeshana elifutshane
- ucebiso (counselling) kunye nenkxaso.

Go nale ditirelo tse di thusang malapa a a nang le motho yo a bobolang ka ntlha ya AIDS. Mokgatlho wa Hospice ke nngwe ya mekgatlho e e tlamelanang ka ditirelo tse di jaana:

- tlhokomelo ya kôkô ya fa gae
- tlhokomelo ya motshegare
- kôkô e khutshwane
- bogakolodi le tshegetso.



DEPARTMENT OF HEALTH

contact stamp

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 tshedimose tso ka ga AIDS.