

Living with HIV/AIDS

AFRIKAANS

Hoe om met HIV/VIGS saam te leef

A

ISIZULU

Ukuphila ne-HIV/AIDS

Z

SESOTHO

Ho pheia o na le HIV/AIDS

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AIDS HELPLINE
☎ 0800-012-322

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.

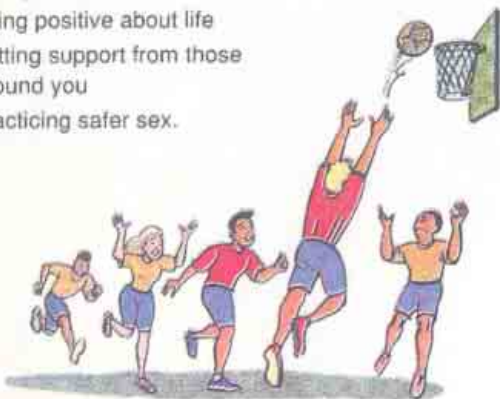
VIGS is 'n siekte wat miljoene Suid-Afrikaners raak. Dit word veroorsaak deur 'n virus genaamd HIV, wat geleidelik 'n persoon se weerstand teen ander siektes aftakel.

I-HIV/AIDS yisifo esihlasela amagidi-gidi abantu eNingizimu Afrika. Yisifo esibangelwa yigciwane (ivayirasi) ebizwa ngokuthi yi-HIV ebulala amasosha omzimba alwa nezifo.

AIDS ke lefu le tshwarang dimiliyone tsa batho ba Afrika Borwa. E bakwa ke kokwanahloko e bitswang HIV e fokodisang bokgoni ba motho ba ho lwantshana le mafu butle-butle.

If you are infected with HIV you can still lead a normal healthy life for many years by:

- taking care of your health
- being positive about life
- getting support from those around you
- practicing safer sex.



As jy met HIV besmet is, kan jy steeds baie jare lank 'n normale, gesonde lewe lei deur:

- om te sien na jou gesondheid
- positief te wees oor jou lewe
- ondersteuning te kry van mense na aan jou
- veiliger seks te beoefen.

Uma ungenwe yi-HIV ungakwazi ukuphila impilo kahle iminyaka eminingi

- ngokunakekela impilo yakho
- ngokuba nombono omuhle ngempilo
- ngokusekelwa yilabo ophilisana nabo
- ngokuya ocansini ngendlela ephephile

Ha o na le tshwaetso ya HIV o ka nna wa phela hantle bakeng sa dilemo tse ngata ka:

- ho hlokomela bophelo ba hao
- ho dula o na le tshepo bophelong
- ho fumana tshehetso ho tswa ho bao o phelang le bona
- ho ba le thobalano e bolokehileng.

Taking care of your health includes:

- eating properly
- getting exercise
- getting enough rest.

Jy kan na jou gesondheid omsien deur onder andere:

- reg te eet
- liggaamlike oefening te kry
- genoeg te rus.

Ukunakekela impilo yakho kubandakanya lokhu:

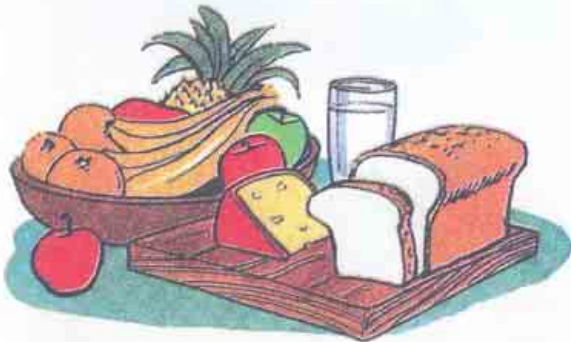
- ukudla ukudla okunomsoco
- ukwelula umzimba
- ukuphumula ngokwanele.

Ho hlokomela bophelo ba hao ho kenyelletsa:

- ho ja dijo tse nepahetseng
- ho ikwetlisa
- ho fumana phomolo e lekaneng.

Eating healthily can help your body fight diseases. This includes:

- eating a lot of fresh fruits and vegetables
- eating whole grains such as samp and brown bread
- avoiding junk foods
- drinking lots of water
- avoiding alcohol, smoking and drugs
- keeping your cooking and eating area clean. ✓



As jy reg eet, help jy jou liggaam om siektes te bestry.
Doen die volgende:

- eet baie vars groente en vrugte
- eet volgraanvoedsel soos samp en bruinbrood
- vermy kitskos
- drink baie water
- vermy alkohol, sigarette en dwelms
- hou jou kook- en eetgebied skoon.

Ukudla okunomsoco kungasiza umzimba wakho
ukulwa nezifo

- ukudla kakhulu izithelo nemifino (amaveji)
- ukudla ukudla okumahadla hadla okufana nesitambu, nesinkwa esibrawuni
- ukugwema ukudla izidlo ezithosiwe zasezitolo
- ngokuphuza amanzi kakhulu
- ngokugwema ukuphuza utshwala, ukubhema, kanye nezidakamizwa (amadragi)
- ukugcina indawo ophekela nodlela kuyo ihlanzekile.

Ho ja dijo tse hahang mmele ho ka thusa mmele wa hao hore o lwantshane le mafu. Hona ho kenyelletsa:

- ho ja ditholwana le meroho e mengata e foreshe
- ho ja dijo tse nang le koro tse jwalo ka setampo le borotho bo bosootho
- ho se je dijo tsa di-fast food haholo
- ho nwa metsi a mangata
- ho se nwe jwala, ho se tsube, le ho se sebedise dithetefatsi
- ho boloka sebaka seo o phehelang le ho jella ho sona se hlwekile.

A positive attitude towards life can be developed by:

- setting goals in life
- believing in yourself
- looking at the positive side of things
- knowing your strengths and weaknesses.

Jy kan 'n positiewe ingesteldheid teenoor die lewe ontwikkel deur:

- doelwitte in jou lewe te stel
- in jouself te glo
- die positiewe kant van dinge raak te sien
- bewus te wees van jou sterk- en swakpunte.

Ukuba nombono omuhle ngempilo kungenziwa ngokulandelayo:

- ukuba nezinjongo empilweni
- ukuzethemba
- ukubheka ngasohlangothini oluhle lwezinto
- ukwazi lapha oqine khona nalapha obuthakathaka khona.

Ho ba le maikutlo a tshepo bophelong ho ka ntshetswapele ke:

- ho ithhomela seo o batlang ho se etsa bophelong
- ho itshepa
- ho sheba dintho ka lehlakoreng le letle
- ho tseba matla le bofokodi ba hao.

Support can come from family, friends, support groups and trained counsellors. Find out more about services that offer HIV/AIDS support in your area by contacting the AIDS helpline or through your nearest AIDS Training, Information and Counselling Centre.



Steun kan van familie, vriende, ondersteuningsgroepe en opgeleide beraders kom. Vind meer uit oor organisasies wat HIV/VIGS ondersteuning in jou gebied lewer deur die VIGS-hulplyn te kontak, of klop by jou naaste VIGS Opleiding-, Inligting- en Beradingsentrum aan.

Ukusekelwa ngumndeni, abangani, amaqembu asekelayo, kanye nama-counsellor aqeqeshiwe. Thola iminingwane ngalamasevisi asekelayo endaweni yangakini maqondana ne-HIV/AIDS ngokuxhumana nendawo yosizo ngezululeko nge-AIDS ngokuya enhlangerweni ye-AIDS Training, Information and Counselling Centre.

Tshehetso e ka tswa ho ba lelapa, metswalle, dihlopha tse fanang ka tshehetso le batho ba fanang ka maele (counsellors) ba rupelletsweng. Etsa dipatlisiso ka ditshebetso tse fanang ka tshehetso ho batho ba nang le HIV/AIDS ba leng sebakeng sa heno, mme hoo o ho etse ka ho iteanya le ba AIDS helpline kapa AIDS Training, Information and Counselling Centre e haufinyane.

If you are HIV positive it is very important to prevent passing the infection on to others. Find out more about safer sex, and use a condom every time you have sex.



As jy HIV-positief is, is dit baie belangrik om te voorkom dat jy hierdie infeksie aan ander mense oordra. Vind meer uit oor veiliger seks, en gebruik 'n nuwe kondoom elke keer as jy seks het.

Uma ungenwe yi-HIV, kubafulokile ukuvimbela ukuyidlulisela kwabanye. Thola ulwazi ngokuya ocansini ngendlela evikelekile, ngokusebenzisa ikhondomu zonke izikhathi uma uya ocansini.

Ha o na le HIV ke ntho ya bohlokwa hore o thibele ho letisetsa tshwaetso ho batho ba bang. Etsa dipatisiso ka ho ba le thobalano e bolokehileng, mme o sebedise dikhondomo nako le nako ha le ba le thobalano.



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**.

Uma unemibuzo nge-HIV/AIDS, ungashayela ucingo (ufonele) kulenamba engakhokhelwa yezeluleko nge-AIDS, emini nasebusuku e: **0800-012-322**.

Ha o na le dipotso tse itseng mabapi le HIV/AIDS o ka founela nomorong ena ya mahala e sebetsang bosiu le motsheare ya AIDS Helpline **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 verskat oor VIGS verwante kwessies.

Kukhona amalifethi (izincwajana) ezehlukene kulolu hlelo, ezinikeza olunye ulwazi ngezinto eziphathelene ne-AIDS.

Ho na le dibukana tse ding tse letotong lena tse fanang ka tlhahiso-leseding e eketsehileng mabapi le merero e amanang le AIDS.