

# Voluntary Counselling and Testing (VCT)

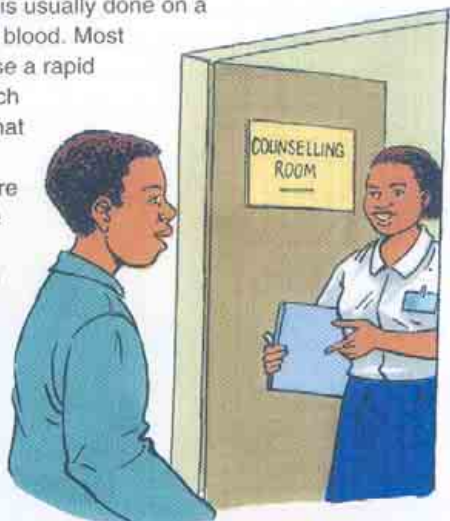
SESOTHO	Ho Eletswa le ho etswa Teko ka Boithaopo	<b>S</b>
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AFRIKAANS	Vrywillige Berading en Toetsing (VBT)	<b>A</b>



**AIDS HELPLINE**  
**☎ 0800-0123-22**

VCT stands for Voluntary Counselling and Testing. It is a process that is followed when a person wants to find out if they are infected with HIV.

- Voluntary means that a person decides on their own whether or not to have the test.
- A person will have the chance to discuss the test with a trained counsellor.
- The test is an accurate scientific test to show if a person has been infected with HIV.
- The test is usually done on a person's blood. Most clinics use a rapid test, which means that the test results are available after about 20 minutes.



VCT e emetse *Voluntary Counselling and Testing* (Ho Eletswa le ho etswa Teko ka Boithaopo). Ena ke tshebetso e latelwang ha motho a batla ho tseba hore na o tshwaeditswe ke kokwanahloko ya HIV.

- Voluntary – (Boithaopo) e bolela hore motho o etsa qeto ka boiyena hore na o batla ho etswa teko.
- Motho o tla fumana monyetla wa ho buisana ka teko eo le moeletsi ya rupelletswe.
- Teko ena ke hlahlobo e nepahetseng e sebedisang mokgwa wa saense bakeng sa ho bontsha hore motho o tshwaeditswe ke kokwanahloko ya HIV.
- Teko ena hangata e etswa mading a motho. Ditlilini tse ngata di sebedisa teko e potlakileng, ho bolelang hore diphetho tsa diteko di fumaneha ka mora metsotso e 20.

Igama elithi: VCT lisho u-Voluntary Counselling and Testing okusho ukuhlolwa ngokuzithandela kwakho. Lena yinqubo elandelwa ngumuntu uma efuna ukuthola ukuthi ngabe unalo yini igciwane le-HIV noma cha.

- Ukuvolontiya (ukuzinikela ngokuzithandela kwakho) ukuthi uhlolwe kusho ukuthi umuntu uzithathela ngokwakhe isinqumo sokuthi ngabe ufuna ukuhlolwa yini noma cha.
- Umuntu uzothola ithuba lokuxoxisana ngokuhlolwa nomeluleki oqeqeshiwe.
- Uhlolo luwuhlolo oluqondane ncamashi ngokwesayense, lubonisa ukuthi ngabe umuntu unalo yini igciwane le-HIV noma akanalo.
- Uhlolo luvamise ukwenziwa egazini lomuntu. Amakliniki amaningi asebenzisa uhlolo olubizwa ngokuthi yi-rapid, okusho ukuthi imiphumela itholakala masishane, ngemuva kwemizuzu engu-20.

VBT staan vir Vrywillige Berading en Toetsing. Dit is 'n proses wat gevolg word as iemand wil uitvind of hulle met MIV besmet is.

- Vrywillig beteken dat 'n persoon self besluit om hulle te laat toets of nie.
- Elkeen het die kans om die toets met 'n opgeleide berader te bespreek.
- Die toets is 'n akkurate wetenskaplike toets om te wys of 'n persoon met MIV besmet is.
- Die toets word gewoonlik op 'n persoon se bloed gedoen. Die meeste klinieke gebruik 'n vinnige toets, wat beteken dat die toetsresultate binne omtrent 20 minute bekend is.

VCT is **confidential**, which means that what is spoken about in the counselling sessions and the results of the test are not going to be discussed with anyone else.

The results of the test are given to the person in private, and it is against the law to pass a person's HIV test results to another person without permission.

VCT e etswa **sephiring**, ho boelang hore eng kapa eng eo ho builweng ka yona ka nako ya dikeletso ekasitana le diphetho tsa teko di ke ke tsa bolellwa motho ofe kapa ofe.

Diphetho tsa diteko di fuwa motho moo ba bang ba sa boneng teng, mme ke tlolo ya molao ho fetisetsa diphetho tsa diteko tsa HIV tsa motho ho motho e mong hape ntle le tumello.

Uhlolo lwe-VCT **luyimfihlo**, okusho ukuthi umeluleki ngeke axoxisana nabanye abantu ngakho ngesikhathi sezaluleko (counselling) kanye nemiphumela yohlolo, ngeke yatshelwa omunye umuntu.

Imiphumela yohlolo inikezwa umuntu ngendlela eyimfihlo, kanti futhi kuphikisana nomthetho ukunikeza imiphumela yohlolo lwegciwane le-HIV komunye umuntu ngaphandle kwemvume yakhe.

VBT is **vertroulik**, wat beteken dat dit wat in die beradingsessies bespreek word en die toetsresultate met niemand anders bespreek word nie.

Die toetsresultate word privaat aan die persoon gegee, en dis teen die wet om iemand se MIV toetsresultate sonder toestemming aan iemand anders te gee.

There are three main steps in VCT:

- ❑ Pre-test counselling where questions about HIV/AIDS and the test are discussed with the counsellor.
- ❑ When a person decides to have an HIV test, they need to sign a consent form.
- ❑ After the test, the counsellor gives the results in a post-test counselling session.



Ho na le mehato e meraro e mehoio boemong bona ba VCT:

- Dikeletso tsa pele ho teko moo ho buuwanang le moeletsisi ka ditaba tse mabapi le HIV/AIDS le teko.
- Ha motho a etsa qeto ya ho etswa teko ya HIV, o tla tshwanela ho saena foromo ya tumelo.
- Ka mora teko, moeletsisi o tla mo neha dipheko tsa teko kopanong ya boletsisi e tla tla ka mora diteko.

Kukhona amanyathelo amathathu maqondana nokuhlolwa ngokuzithandela kwakho:

- Ukuqala uthole ukwelulekwa ngaphambi kokuba uhlolwe (pre-test counselling) lapho uchazelwa khona nge-HIV/AIDS, uchazelwa ngumeluleki.
- Lapho umuntu ethatha isinqumo sokuhlelwa ukuthi unalo yini igciwane le-HIV noma cha, kudingeka asayine ifomu lokuvuma.
- Ngemuva kohlobo, umeluleki (counsellor) unikeza ngemiphumela kanye nokweluleka umuntu obehlolwa.

Daar is drie hoofstappe in VBT:

- Voor-toets berading, waar vrae oor MIV/VIGS en die toets met die berader bespreek word.
  - As 'n persoon besluit om die MIV-toets te laat doen, moet hulle 'n toestemmingsvorm teken.
  - Na die toets gee die berader die resultate in 'n na-toets beradingsessie.



- ❑ The HIV test cannot tell when a person was infected.
- ❑ The HIV test cannot tell how the person was infected, or who the infection was from.
- ❑ The HIV test cannot tell whether a person has AIDS or not. Another test can be done to test whether a person has AIDS.



- ❑ Teko ya HIV e ke ke ya bolela hore motho o tshwaeditswe neng.
- ❑ Teko ya HIV e ke ke ya bolela ka moo motho a tshwaeditsweng ka teng, kapa tshwaetso e hlaha ho mang.
- ❑ Teko ya HIV e ke ke ya bolela hore na motho o na le lefu la AIDS kapa tjhe. Teko e nngwe e ka etswa ho bona hore na motho o na le lefu la AIDS.

- ❑ Uhlolo lokuthi ngabe umuntu unayo yini iHIV noma cha, ayichazi ukuthi ngabe umuntu wayithola nini iHIV.
- ❑ Uhlolo lwe-HIV aluchazi ukuthi ngabe umuntu yamngena kanjani iHIV, nokuthi ngubani owathelela lo muntu nge-HIV.
- ❑ Uhlolo lwe-HIV aluchazi ukuthi ngabe umuntu unayo yini iAIDS noma akakabi nayo. Olunye uhlolo lungenziwa ukubona ukuthi umuntu usenayo yini iAIDS.

- ❑ Die MIV-toets kan nie bepaal wanneer die persoon besmet is nie.
- ❑ Die MIV-toets kan nie bepaal hoe die persoon besmet is, of deur wie nie.
- ❑ Die MIV-toets kan nie bepaal of iemand VIGS het of nie. Nog 'n toets kan gedoen word om te toets of iemand VIGS het.

A counsellor can provide ongoing support, and also refer an HIV positive person to other people or organisations where they can get help.

Moeletsi a ka fana ka tshehetso e tswelang, mme hape a romele motho ya nang le kokwanahloko ya HIV bathong ba bang kapa mekgatlong e meng moo a ka fumanang thuso teng.

Umeluleki (counsellor) angasekela lomuntu njalo, kanti futhi angathumela lo muntu kwabanye abantu noma ezinye izinhlangano lapho angathola khona ukusizwa.

'n Berader kan deurlopende ondersteuning gee, en kan ook 'n MIV-positiewe persoon na ander mense of organisasies verwys waar hulle hulp kan kry.



If you have any questions about HIV/AIDS you can phone the free 24-hour AIDS Helpline at **0800-0123-22**.



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**.

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

As u enige vrae oor HIV/VIGS het, kan u die gratis 24-uur VIGS hulplyn skakel op **0800-0123-22**.

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



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

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

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