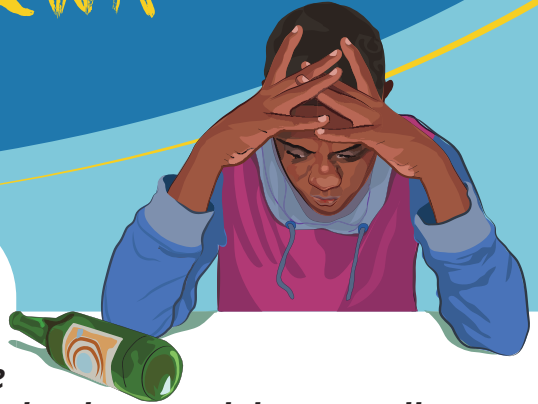


UKUSEBENZISA KUBI IZIDAKAMIZWA

Ukusebenzisa kubi izidakamizwa: Kuyini?

Ukusebenzisa kubi izidakamizwa ligama elisetshenziswa kulabo abanatha utshwala kumbe abasebenzisa izidakamizwa abayabe bebhalelwe phansi ngudokotela kumbe bengabhalelwanga, ukuze batshintshe imizwa yabo, bengezelele amandla kumbe ukulindela, ukukhululeka kumbe ukubhekana lobuhlungu.



- Wlapho ukusebenzisa kubi izidakamizwa kudala inhlupho kumbe kusengeza ingozi kuwe kumbe abanye, kumbe ukusebenzisa kwakho kukhuphuka, kungasaphatheki kumbe kungasalawuleki, kubizwa kuthiwa yikusebenzisa kubi izidakamizwa.
- Izidakamizwa ezivame ukusetshenziswa kubi zigoqela: utshwala (ibhiya, kachasu); okubhenywayo (imbanje, dagga); umuthi wokukhwehlela (i-bronco, lean); ama-ARV (efavirenz) lapho engabhalelwanga phansi ngudokotela; i-glue; amaphilisi okuqeda ubuhlungu, kanye lamanye.

Yindaba abantu besebenzisa izidakamizwa kubi?

- kuzama ukuqeda ukuzizwa uncindezekile/ ukubhekana lezimizwa enzima kumbe izimo nje.
- Ukufuna ukukhohlwa inhlupho, ukwesaba, ukukhathazeka.
- Ukubhekana lokwesaba igcikwane le-COVID kanye lokuncindezeleka okudalwa yikungavunyelwa ukuphuma phandle lokungavunyelwa ukuhambahamba kanye lotshintsho olwenzakala empilweni nsuku zonke.
- Ukubalekela, ukukhululeka, ukuzizwa ujabulile kumbe ukukholisa.
- Ukufuna ukufana lokuthandwa ngabanye bakho.
- Ukuba yisiquqodo.
- Ukufuna ukuzwa ukuthi kunjani.
- Ukungasebenzi, ukungabi lolutho lokwenza.
- Ukucabanga ukuthi ukusebenzisa kubi izidakamizwa kubenza besebenze kuhle kumbe baziphathe kuhle.

Wazi njani ukuthi kuluhlupho?

- Kuluhlupho nxa:
- Usebenzisa izidakamizwa ezidala ingozi ezinengi kumpilakahle yakho kumbe eyabanye, ukusebenzisa kwakho kukufaka wena kumbe abanye engozini, kumbe kutshintshe izinqumo ozithathayo.
- Usakhula, ngakho ukusebenzisa kwakho sikhathi sonke kumbe ngezinye izikhathi kungaba yingozi kungaphambanisa ukuthuthuka kwengqondo yakho kumbe ukukhetha ukunganathi ama- ARV akho ngesikhathi esithile kanye lokuthi anathwa njani.
- Ukusebenzisa kwakho "kakusaphatheki". Nxa kungasaphatheki kuyabe:
- Usebenzisa izidakamizwa ezinengi njalo/kumbe ngesikhathi sonke.
- Usebenzisa izidakamizwa ukuvimba imicabango ethile kanye lezimizwa mayelana lalokho okwenzakala empilweni yakho.
- Ukuzizwa sudakiwe kukhanya angani yiyo yodwa indlela ongazizwa ngcono kumbe ongabhakana lenhlupho zakho.
- Kawuzizwa ukhululekile kumbe ukholise ukuhlangana labanye nxa ungasebenzisanga izidakamizwa.
- Uyafuna ukuma ukusebenzisa izidakamizwa kumbe ukwehlisa kodwa kawukayenelisi ukwenza lokhu.
- Kuthatha isikhathi eside ukuthi uzibone sungcono ngemva kokusebenzisa izidakamizwa.
- Uyahalela ukusebenzisa izidakamizwa njalo uzizwa angani kawenelisi ukuziphatha ungazisebenzisanga.
- Ukusebenzisa izidakamizwa kuphambanisa ubudlelwano bakho, impilo yakho yendlini, esikolo kumbe emsebenzini.

Wazi njani ukuthi kuluhlupho?

- Uyama ukunatha ama-ARV akho lapho kumele uwanathe kumbe uyama okwempela.
- Kawusanaki lokho okwenza malanga wonke okufana lokuwatsha, ukubala ingwalo, ukudla.

Ngizwa ngingcono, ngincindezeleke kancane njalo ngijabulile nxa ngisebenzisa izidakamizwa kumbe utshwala, ngakho yindaba kumele ngingawasebenzisi?

Kulenkolo ezinengi mayelana lokusebenzisa kakhulu izidakamizwa ezingasoqiniso, ezifana lokuthi zehlisa ukuzizwa uncindezekile; zelapha ukuzizwa uhlulukelwe kanye lokungahlaliseki; zengeza udladla lokusebenza kanye lengqondweni; kaziphambanisi ukulandela imithetho. **Kuqathekile ukuthi uzwisise ingozi kanye lenhlupho ezingadalwa yikusebenzisa kubi izidakamizwa.**

- Inggqondo yabasakhulayo iyabe ilokhe ithuthuka kuze kufike iminyaka engamatshumi amabili lanhlano. Izidakamizwa lotshwala ziphambanisa

ukuthuthuka kwengqondo yakho.

- Izidakamizwa lotshwala kuphambanisa kubi ukuthatha kwakho izingqomo, ukukhetha, ukugxilisa ingqondo kanye lengqondo.
- Ukuhlala usebenzisa kumbe ukusebenzisa kakhulu:
 - kwenza umuntu azizwe ephangisa ukuncindezeleka kalula ngezinto zansuku zonke.
 - **KUKHUPHULA** ukuzithola susiba lenhlupho zempilakahle yengqondo.
 - kuphambanisa ukusungula amasu asebenzayo ukuze ubhekane lokuzizwa uncindezekile.
- Abasakhulayo abanatha utshwala kakhulu yibo abangacina sebezama ukuzibulala kakhulu.
- Abasakhulayo abanatha kakhulu utshwala yibo abangabanjwa ngamandla ukuthi benze ezocansi kathathu okwedlula labo abanganathiyo.
- Imbanje zingehlisa izinga lokungena kwamanye ama-ARV egzini.

Kuyini engingakwenza ngalokhu?

- Into yakuqala yikufunda mayelana lokusebenzisa kubi izidakamizwa ukuze uzwisise ingozi kanye lenhlupho ezingadalwa yilokhu.
- Dinga umuntu oyedwa ozwisisa inhlupho ezidalwa yikusebenzisa kubi izidakamizwa yena ongamthemba njalo ongamthshela konke. Umcele lumuntu ukuthi abe ngumngane wakho akweseki ekumiseni ukusebenzisa kubi izidakamizwa kumbe utshwala. Khumbula ngesikhathi segcikwane le-COVID-19 ungadinga ukuthi usebenzise ubulembu, ucingo kumbe uxoxisane lomngane wakho.
- Ngosekelo olutholiswa ngumuntu lo, dinga lokho okukuncindezelayo okucina sokukufuqela ukuthi usebenzise kubi izidakamizwa. Kubhale phansi lokho:
 - Kuyini okhathazeka ngakho?
 - Kuyini empilweni yakho okukwenza ungajabuli?
 - Yiziphi izinto ezikwenza uzizwe uncindezekile?
- Ngakunye ngakunye okubhale phansi, cabanga ngalokho ongakwenza lapho usizwa lokhu/ usiba lemicabango leyi, kulokuthi usebenzise izidakamizwa kumbe unathe utshwala.
- Cela umngane wakho ukuthi akuncedise ukuthi uhlalele khatshana kulezidakamizwa kanye lotshwala.
- Yenxa isivumelwano "lomngane" wakho sokuthi uzamthshela lapho suqalisa ukusebenzisa ukunatha utshwala kumbe izidakamizwa. Ungaqambi amanga kumbe ukwenze imfihlo.
- Ungaqalisa ukusebenzisa futhi, qala kutsha. Kwesinye isikhathi kuthatha isikhathi.
- Khangelisisa futhi lokho okubhale phansi ukuze ubone ukuthi kukhona ofuna ukukwengezela kumbe ukukutshintsha.
- Dinga uncedo kudokotela, udokotela wengqondo ngoba kwezinye izikhathi kungaba yingozi ukuzama ukuma ukusebenzisa izidakamizwa ungela sekelo. Ngesikhathi segcikwane le-COVID-19, kungakhanya kunzima ukubonana lomuntu kodwa ungaluthola usekelo ebulenjini kumbe usebenzisa ucingo.

