

UKUNGAHLALISEKI



Kuyini okungalunganga ngami?

- Ngiyakhathazeka ngokuthi kuyini okuzayenzakala kimi kumbe imuli yami. Kungabe omunye wethu ezagula ebulawa ligcikwane le-COVID-19?
- Ngiyacaphuka njalo ngiyaphangisa ukuzonda.
- Inggondo yami iyaphangisa ukukhathazeka njalo ngilemizwa engingenelisi ukuyichaza emzimbeni wami.
- Kangenelisi ukugxilisa ingqondo ngokwaneleyo ukuze ngenze izinto.
- Umlomo wami uzwakala womile.
- Ngibulawa yisisu, siyangisika kumbe ngilesihudo.
- Ngiyaginqa kakhulu.
- Ngezikhathi ezinengi kangilali kuhle.
- Ngizizwa ngilesiyezi kumbe kusithi ngiwele phansi.
- Imsipha yami iyadonsa.

Ukungahlaliseki: Kuyini?

Ukungahlaliseki yikukhathazeka ukuthi ulutho olubi luzayenzakala kumbi kumbe lungayenzakali ngendlela ofuna luyenzakale ngayo.

- Abanye abantu bachaza ukuzizwa bengahlalisekanga lapho belesifiso esikhulu kumbe befuna ukwenza ulutho oluthile kumbe bebone into ethile iyenzakala.
- Izinga eliphansi lokungahlaliseki livamile, kumele sizikhuthaze thina.
- Lapho ukungahlaliseki kusezingeni eliphezulu kuyaphambanisa izinto. Kuzwakala angani yikukhathazeka okukhulu kumbe ukwesaba njalo kungabangela ukuthi umuntu etatazele.
- Yikukhathazeka okungaphezu kwalokho okuvamileyo. Ukungahlaliseki okukhulu kungavalela indlela yokuziphatha nsuku zonke.
- Ukungahlaliseki kungabangela ukuswela ukuzithemba.
- Kungaphambanisa ubudlelwano oba labo.

Kubangelwa yini?

- Ukuncindezeleka, okwedlula lokho omuntu ozizwa esenelisa ukubhekana lakho (emsebenzini, endlini, kwezemali, ezobudlelwano, ukugula kakhulu).
- Ukuzithemba okusezingeni eliphansi.
- Izimo ezinzima empilweni kumbe ukulahlekelwa okunzima.
- Ukuhlukumezeka (okugoqela loba yiluphi uhlobo lokuhlukunyezwa)
- Ukuhlulukelwa- ukungahlaliseki kwandise
- ukwenzakala ndawonye lokuhlulukelwa kumbe ezinye inhlopho zempilakahle yengqondo.
- Ukunatha utshwala kanye lokusebenzisa izidakamizwa ngendlela engalunganga.
- Eminye imithi ebhalelwa phansi ngudokotela, egoqela ama-ARVs.
- Ezinye izifo.
- Ukukhathazeka ngegcikwane le-HIV kumbe ele-COVID kungengeza ukungahlaliseki.

- » Ngiyakwazi ukuthi akulanto embi engenzakala, ngakho yindaba ngingenelisi ukwenza imizwa le ukuthi iphele?
- » Ukungahlaliseki ngumkhuhlane wangempela. Inggondo yakho yadalelwa ukukuvikela kokubi kumbe engozini ngenxa yezinto ezenzakala kuwe, kodwa isebenza okungaphezu kwalokho okumele ikwenze njalo ingaziphatha ngendlela engaphezu kwesimo obhekane laso ngesikhathi leso. Ungayifundisa ukuthi iziphathe njani.

Kuyini engingakwenza ngalokho?

- Ukungahlaliseki kuyelapheka.
- Khuluma lomuntu omthembayo nxa usenelisa oyeluleka ingqondo, mayelana lemizwa yakho kanye lokunye ukuncindezeka ongabe ukuzwa ngesikhathi leso.
- Nxa ulezitshengiselo ezisemzimbeni ezinengi, khuluma lomongikazi wakho wemtholampilo kumbe udokotela ukuze ube lesiqiniseko sokuthi akula sifo kumbe uhlupho oluqhamuka emithini egoqela ama-ARV akho.
- Uganathi okudakayo kumbe izidakamizwa ongazibhalelwanga phansi ngudokotela, ukuze ubhekane lokuncindezeleka okuzwayo. Lokhu kungenza ukuthi ukungahlaliseki kwengezeleke, loba kuyabe kuzwakala angani kuyanceda ukwehlisa imizwa yakho ngesikhathi leso.
- Imithi inganceda nxa uzizwa unahlalisekanga kakhulu, ikakhulu okwesikhathi esifitshane lapho usafunda ezinye indlela zokulungisa ukungahlaliseki kwakho.
- Indlela zokupholisa umzimba wakho zinganceda kakhulu:
 - Hlala ukhululeke ube sugxila ekuphefumuleni kwakho. Phefumulela phansi, khiphela phandle umoya mbijana okwedlula lapho uwuhotsha. Kancane bala uyefika kokune lapho uhotsha umoya uphinde ubale uyefika kokuyisithupha uwukhiphela phandle.
 - Gxila kulokho okwenzakala ngesikhathi leso, lapho okhona- nanzelela izinto ezintathu ozibona lapho okhona; into ezintathu oyenelisa ukuzibamba ngesandla sakho; imisindo emithathu oyizwayo lapho okhona; okuzwa uhlezi phezu kwakho kumbe ume phezu kwakho. Gxoba phansi inyawo zakho. Lapho ukunanza lokhu, nanzelela ukuthi kungabe eminye yemizwa emzimbeni wakho itshintsha.
 - Hamba hamba, ubale ukunyathela kwakho lapho uhamba hamba.
 - Phatheka ezintweni ozithakazelelayo njalo ocabanga ukuthi zimqoka.

