

AIDS

Beat the killer disease



AIDS is a very contagious and incurable disease caused by the HI-virus.

At first an infected person is healthy, but he later becomes ill and dies.

Symptoms: Lack of energy, weight loss, fever, frequent infections and skin rashes.

VIGS is 'n baie aansteeklik en ongeneeslike siekte wat deur die HI-virus veroorsaak word.

'n Besmette persoon is eers gesond, maar word later siek en gaan dood.

Simptome: Gebrek aan energie, gewigsverlies, koors, gereelde infeksies en veluitslag.

AIDS ke lefu le tshwaetsang hape le sa phekoleheng le bakwang ke vaerase ya HI.

Qalong motho ya tshwaeditsweng o boheha a phetse hantle, empa ha morao o a kula e be o a hlokahala.

Matshwao: Kgaello ya matla, ho ota, feberu, tshwaetso ya kgafetsa le legkopho letlalong.

Isifo sikagawulayo sisifo esosulela kakhulu nesinganyangekiyo esibangelwa yintsholongwane kagawulayo.

Ekuqaleni umntu owosulelekileyo uba sempilweni entle aze kamva agule ade abhubhe.

Iimpawu: Ukuphelelwa ngamandla, ukuhla komzimba, ifiva, ukugula qho nerhashalala kwisikhumba.

I-AIDS iyisifo esithathelanayo kakhulu nesingelapheki esidalwa yi-HIV.

Ekuqaleni umuntu onesifo lesi uphila kahle, kepha ngemuva kwesikhathi uye agule bese eshona.

Izimpawu: Ukuntula umdlandla, ukwehla kwesisindo somzimba, imfiva, ukugula okwenzeka kaningi kanye nokuqubuka kwesikhumba.

You get AIDS from:

unprotected sex with an infected person

contact with infected blood

an unborn baby from an infected mother

a baby from an infected mother's breast milk

Jy kan VIGS kry van:

onbekermdse seks met 'n besmette persoon

blootstelling aan besmette bloed

'n ongeboore baba van haar besmette ma

'n baba van 'n besmette ma se borsmelk



O fumana AIDS ho tswa:

thobalanong e sa sireletsehang le motho ya tshwaeditsweng ho tshwara madi a tshwaeditsweng lesea le eso ka le behlwa ho tswa ho mma lona ya tshwaeditsweng ngwana ho tswa lebeseng la letswele la mme ya nang le tshwaetso.

Isifo sikagawulayo usifumana:

ngokwabelana ngesondo nomntu osele enaso ungakhuselekanga ngokuhlangana negazi lomntu osele enaso ngokosulelwa komntwana ongekazalwa ngunina onaso ngokosulelwa komntwana oncancayo lubisi lukanina osele enaso.

I-AIDS uyithola kulokhu:

ukuya ocansini ungavikelekile nomuntu onesifo leso ukuthintana negazi elinesifo leso ingane engakazalwa iyithola kumama onesifo leso ingane iyithola obisini lwebele lukamama onesifo leso.



Protect yourself

Stay faithful to one partner.
Use a condom or do not have sex.
Wear protective clothing, such as gloves, when handling human blood.

Beskerm jouself

Bly getrou aan een maat.
Gebruik 'n kondoom of moet nie seks hê nie.
Dra beskermende klere, soos handskoene, wanneer jy menslike bloed hanteer.

Itshireletse

Dulang le tshepahala ho molekane ya mong.
Sebedisa khondomo kapa o se ke wa ba le thobalano.
Apara diaparo tse sireletsang, tse jwalo ka ditlalafo, ha o tshwara madi a motho.

Zikhusele

Thembeka kwiqabane elinye.
Sebenzisa ikhondom okanye ungabelani namntu ngesondo.
Nxiba impahla ekhuselayo njengeglavu xa uphethe igazi lomntu.

Zivikele

Hlala wethembekile kumuntu oyedwa.
Sebenzisa ikhondomu (ijazi lomkhwanyana) noma ungayi ocansini.
Gqoka izingubo zokuvikela njengamagilavu, lapho uthinta igazi lomntu. **UM**

