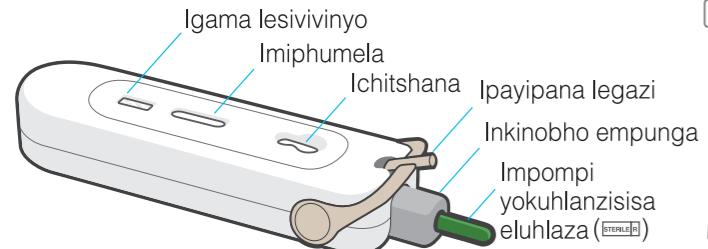




Bukela le vidiyo: <https://www.ez2uzhivselftest.com/>

#### Udinga lezi zinto ezinhlanu:



ZU  
Ngabe udinga usizo olwengeziwe?  
Phenqa ikhasi

**OKUBALULEKILE:** Ungalivuli iphaketha elinefoyili kuze kabe yilapho usuyifundile imiyalelo futhi usukulungele ukwenza isivivinyo. Lisebenzise ngokushesa ngemuva kokulivu.

4 **Dudula inkinobho empunga ingene ukuze uchofoze umunwe.**

**Dudula ngamandla** ←-----



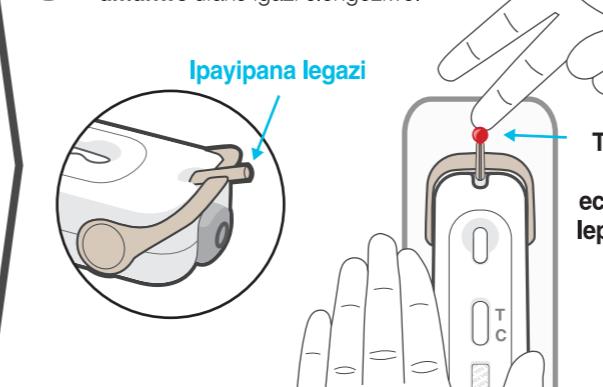
5 **Beka isivivinyo phezu kwemiyalelo eduze kwemiphumela.**



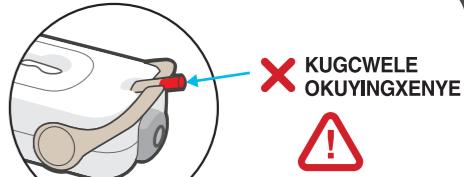
6 **Cindezela ngamandla** ngemuva kwendawo echofoziwe ukuze kuphume igazi.



7 **Gewalisu ipayipana legazi** ngegazi. Uma ngabe ipayipana legazi lingacwele, **cindezela umunwe** ufade igazi elengeziwe.



**KUGCWELE OKUYINGXENYE**



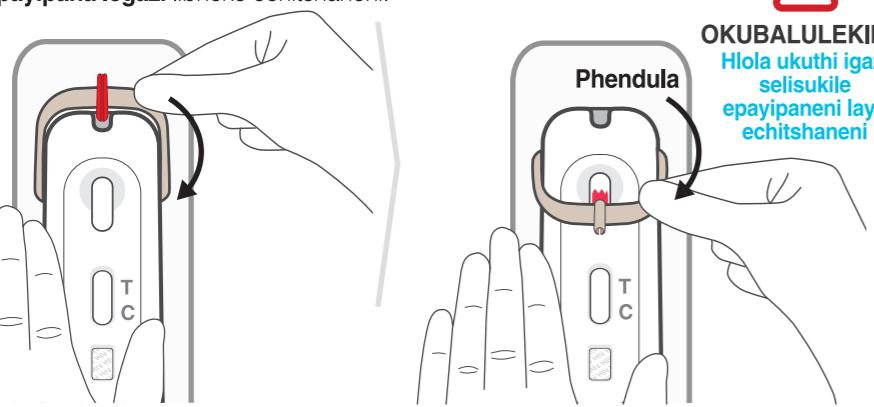
**OKUBALULEKILE**

**Iipayipana kumele ligcuale**



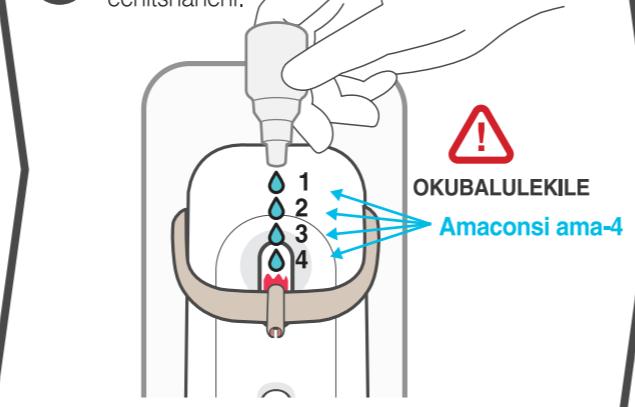
**KUGCWELE**  
Manje ipayipana legazi selinesilinganiso esifanele segazi

8 **Bamba isivivinyo phezu kwetafula. Manje phendula ubhekise phansi ipayipana legazi libheke echitshaneni.**



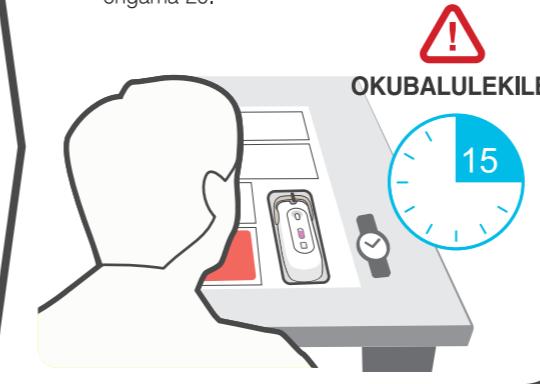
**OKUBALULEKILE**  
**Hiola ukuthi igazi selisikile epayipanen laya echitshaneni**

9 **Yengeza amaconsi ama-4 echitshaneni.**



**OKUBALULEKILE**  
**Amaconsi ama-4**

10 Linda **imizuzu eyi-15** ngaphambi kokufunda umphumela. Ungalindi ngaphezu kwemizuzu engama-20.



**OKUBALULEKILE**

**Shiya isivivinyo lapha, lokhu kusiza ngokugcwalisa ipayipana legazi**

## Imiphumela

**⌚** Qiniseka ukuthi ulinda imizuzu eyi-15 egcwele.

**⌚** Uma ngabe umunwe wakho usalokhu wopha sebenzisa ithishu nomi indwangu yokwesula emanzi.

**⌚** Bheka ngokucophelela umphumela wakho onongakhetha kukho okuyilokhu: **-**, **?** kanye **+**.

Mayelana nolwazi olwengenizi ngeSandulela-ngculazi, phenqa ikhasi.

**⌚** Unaalo igciwane leSandulela-ngculazi



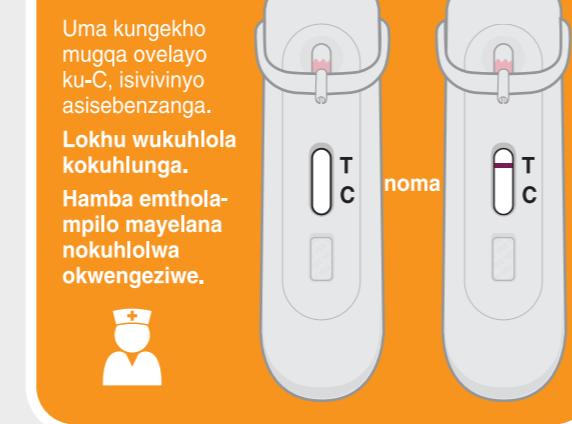
Uma kuvela umugga owdwa ku-C, awunalo igciwane leSandulela-ngculazi. Akumele kabe nomugqa ku-T.

**Lokhu wukuhlola kokuhlunga.**

Phinda uhole futhi ngemuva **kwezinya ezi-3.**

## Isivivinyo asisebenzanga

**⌚** Unaalo igciwane leSandulela-ngculazi

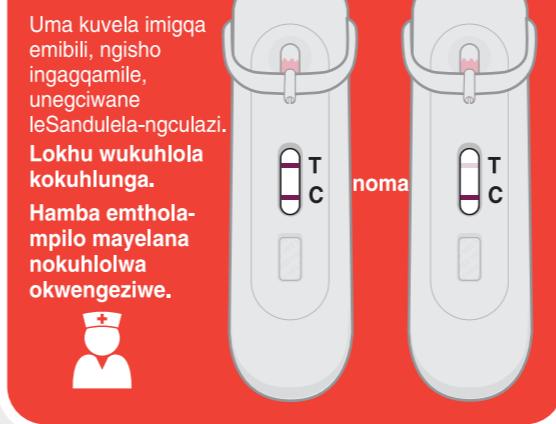


Uma kungekho mugga ovelayo ku-C, isivivinyo asisebenzanga.

**Lokhu wukuhlola kokuhlunga.**

Hamba emtholampilo mayelana nokuhlolwa okwengeziwe.

## Unalo igciwane leSandulela-ngculazi



**⌚** Unaalo igciwane leSandulela-ngculazi

Uma kuvela imigga emibili, ngisho ingaggamilie, unegciwane leSandulela-ngculazi.

**Lokhu wukuhlola kokuhlunga.**

Hamba emtholampilo mayelana nokuhlolwa okwengeziwe.

# Udinga Usizo mayelana Nesivivinyo?

## Ngaphambi kokuthi uqale

Ungalivilu iphaketha elinefoyili kuze kuge wukuthi usuyifundile imiyalelo futhi usukulungele ukwenza isivivinyo. Lisebenzise ngokushesha ngemuva kokulivula.

## Ukuchofozza Umunwe

Ngingatheleka yini ngokuchofozza umunwe wami?

- \* Isivivinyo sinohlelo oludidiyelwe olubulala amaciwane lapho uchofoza umunwe futhi olwena isampula legazi. Impompi eluhlaza ehlanzisisiye iqiniseksa ukuthi umshini uhlala ungenamagiwane ngaphambi kokuthi useshensiziswe.
- \* Uma isivivinyo siphothulwe ngokwemiyalelo ngokugeza izandla nokussebenzia indwangwana emanzi yokusula, buncane ubungozi bokutheleka ngokusebenzia umshini wokuzihlola [I-Mylan HIV Self Test](#)

**Ingabe unenkinga yokususa impompi eluhlaza ehlanzisisiwe?**

- \* Qala uvule impompi eluhlaza ehlanzisisiwe ibe nge-90°, bese uydionsa iphume.

**Ingabe uyesaba ukuthi izokulimaza?**

- \* Ungakkathazeki, izwakala njengesihililingi emnweni wakho.
- \* Angeke uyibone inalidi.

**Ingabe uydudulile inkobho empunga kodwa awuliboni igazi?**

- \* Ingabe inkobho iphumile?
- \* Phinda uzame, dudula ngamandla.
- \* Qaphela: Ichofiza kanye kuphela!



Ingabe inkobho iphakathi? Cindezela umunwe wakho ngamandla, uma usalokhu ungakabi nalo igazi – yima bese uthola isivivinyo esisha.

## Ukugcwala ipayipana legazi

### Awazi ukuthi igazi uzolibeka kuphi?

- \* Ipayipana legazi liyistro esinombala, phenqa ikhasi ukuze ubone umdwebo esinyathelweni sesi-7.
- \* Ungalifaki igazi embotsheni yenkinobho empunga.
- \* Ungalifaki igazi ngqo echitshaneni.
- \* Gcwala ipayipana legazi, likala inani elifanele legazi.
- \* Isikhumba esithinta ipayipana angeke siwuphazamise umphumela.

### Awukwazi ukugcwala ipayipana legazi?

- \* Uma umunwe unindwa igazi, usule, emva kwalokho uphinde ucindenzele umunwe wakho ngamandla.
- \* Khomba umunwe wakho phansi.
- \* Thintisa ngokucophelela igazi echosheni lepayipana.
- \* Uma ungenalo igazi elanele, sula umunwe wakho, bese uphinda ucindenzele umunwe wakho ngamandla.
- \* Uma ungenalo igazi elanele ukugcwala ipayipana ngaphaketha, umphumela wesivivinyo angeke unembe. Yima, bese uthatha isivivinyo esisha.

## Ukuqedda isivivinyo

### Kwenzekani uma igazi lingahambi lisuka epayipini liya echitshaneni?

- \* Qiniseka ukuthi ipayipana ligcwele.
- \* Qiniseka ukuthi ipayipana liphendulwa ngokupheleliye echitshaneni.
- \* Uma igazi lilozi lingangeni echitshaneni – yima, bese wenza isivivinyo esisha.

### Awunasiqiniseko sokuthi uwafaka kanjani amaconsi ama-4 esuka ebhodleleni?

- \* Amaconsi ama-4 kumele angene echitshaneni phezu kwegazi.
- \* Ungalixukuzi ibhodlela.
- \* Bhekisa ibhodlela phansi, bese uyalikhama.

### Awunasiqiniseko sokuthi uwufunda kanjani umphumela?

- \* Qiniseka ukuthi ulinda imizuzu eyi-15. Ungalindi ngaphezu kwemizuzu engama-20.
- \* Yimigqa eseduze kohlamu "T" no-"C" ekutshela umphumela wakho.
- \* Phenqa ikhasi bese uthola ibhokisi elinombala oqondana nomphumela wakho.
- \* Ukuthola imininingwane eyengeziwe mayelana nomphumela, funda isigaba esilandelayo: "Mayelana Nomphumela Wakho".

# Mayelana Nomphumela wakho

## Kwenzekani uma umphumela wesivivinyo uthi UNEGCIWANE?

Ukuba negciwane leSandulela-nculazi kuyisimo esiphathekayo futhi abantu abaphila neSandulela-nculazi bayakwazi ukuphila impilo ende, benyakaza futhi bephile kahle. I-Mylan HIV Self Test yisivivinyo sokuhlunga kanti ukuthola umphumela wokuhlola othi unegciwane awuchazi ngempela ukuthi uneSandulela-nculazi. Uma umphumela wesivivinyo uthi unegciwane, udinga ukuthi wenze ukuhlolwa kokulandeleta esikhungweni sokinakekela kwezem-pilo. Usheshe kutholakale kokutheleka ngegciwane leSandulela-nculazi kusho ukuthi ungashesheshe sihlonwe futhi slashewa, ubude besikhathi esilindelelele somuntu oneSandulela-nculazi singacishe sifane naleso somuntu ongenalo igciwane leSandulela-nculazi.

### I-Mylan HIV Self Test yenzelwe ukuhlonza la magciwane egazini lomuntu ukuze akhombe ukuthelakela nglonyune Iwalezi zinhloba zamaciwane. Lesi yisivivinyo esisetshensiswa kanye nesinekeza umphumela emizuwini eyi-15.

Uma kuvela umphumela okhombisa ukuthi unegciwane, lokhu kumele kuqinisekiswe wungoti wezempilo ngokusebenzia uhlolo olwehlukle Iwesivivinyo.

### Siyini "isigaba sewindi"?

Ngemuva kokuchayeka kuSandulela-nculazi, kungaba ngamasonto ayisi-6 kuya kwai-12 ngaphambi kohuthi umzimba wakho wakhe amaciwane akwazi ukuhlola yilesi sivivinyo. Lesi sikhati sibiza ngokuthi "isigaba sewindi". Uma wenza isivivinyo sokuzihlola isandulela-nculazi ngesigaba sewindi, ungase uthole ngephutha umphumela othi awunalo igciwane. Una ukuhlola wukuthi kamava nje uchayek egiwaneni leSandulela-nculazi, kuyanconywa ukuthi uphinde uhlele futhi ngemuva kwasigaba sewindi.

### Kwenzekani uma umphumela wesivivinyo uthi AWUNALO IGGCIWANE?

Kubalulekile ukuthi wazi ukuthi ngabe sekungaphezu kwezinyanya ezi-3 kusuka esenzenwi esinobungozi. Una sezendulile, futhi usenze kahle isivivinyo, maningi amathuba ukuthi awunaso Isandulela-nculazi. Uma kungaphansi kwezinyanya ezi-3 kusuka esenzenwi esinobungozi, kuzodingeka uhlele futhi ngemuva kwasigaba ezi-3.

### Okubalulekile: Phtha uhlele ngemuva kwezinyanya ezi-3.

## Siyini Isandulela-nculazi (i-HIV)?

"U-HIV" umele Igciwane Elihlasela Amasosha Omzimba. Yicciwane elihlasela amasosha omzimba futhi ngokuhamba kusikhathi linciphisa armandla omzimba okukwazi ukulwa nezif. Uma singelashwa, Isandule-la-nculazi singahela Esimeni Samasosha Angasak-wazi Ukuizilwela (Igcuclazi/i-AIDS). Alikho ikhambi lokwelapha Isandulela-nculazi, noma Ingculazi, kodwa ngemishanguzo yezempiro efanele ingalawuleka njengesimo esingenabro ubucayi. Ngokusheshe sihlonwe futhi slashewa, ubude besikhathi esilindelele somuntu oneSandulela-nculazi singacishe sifane naleso somuntu ongenalo igciwane leSandulela-nculazi.

**Yiziphi izimpawu kanye nezinkomba zeSandulela-nculazi?**

Okukuphela kwendela yokwazi ukuthi unaso yini Isandulela-nculazi wukuhlola Isandulela-nculazi. Kubalulekile ukwazi isimo sakho ukuze usize ukuvimba ukwedululiseda igciwane kwabanye.

**Sitholakale okukanye seduliseka kanjani Isandule-la-nculazi?**

Uketshezi oluthile oluphuma kumuntu oneSandulela-nculazi – kuuhlanganisa igazi, ubisi iwebele, isidoda, uketshezi oluphuma endunu kanye noluphuma esithweni sangasese sowsesifazane – kungadlusa Isandulela-nculazi. Ukweduliseka kungenzeka uma ngabe lolu ketshezi luuhlangana nokusamafirylana (okutholakala endunu, esithweni sowsesifazane sangasese, esowesilisa noma emlonenyi) noma endaweni elimele, noma lijowa ngqo egazini (ngenalidi noma ngomjovo). Isandulela-nculazi singaduliselwa futhi sisuka kumama onegiwiwe kahle, sicela ukhulume nodokotela wakho noma ungoti wezokunakekela kwempilo.

### Kwenzekani uma isivivinyo singasebenzi?

Isivivinyo angeke sinikeze umphumela uma singenzi-wanga ngendlela efanele. Uzodinga ukuthi usiphinde isivivinyo usebeniza umshini omusha wokuhlola. Una ungenoso isiqiniseko sokuthi wenze isivivinyo kahle, sicela ukhulume nodokotela wakho noma ungoti wezokunakekela kwempilo.

### Ngikhathazekile ukuthi ngichayek egiwaneni leSandulela-nculazi ezinsukwini ezimbawla ezedule, yini okufanele ngiyenze?

Kufanele uye kudokotela wakho, emtholampilo weSandulela-nculazi noma emnyangweni wezimo eziphuthumayo ngokushesha ngangokwenzeka, futhi phakathi kwamahora angama-72, njengoba ungase ukwazi ukungena ohlelweni lokwelapha olubizwa ngokuthi yi-PEP" (i-Post-Exposure Prophylaxis) ukukuvikela ukuthi ungabi negciwane leSandulela-nculazi.

### Vakashela ku-<https://www.ez2zhivselftest.com/> ukuze ubuke ividiyo yemiyelelo. Uma unanoma yimiphi imibuzzo eqondile, ukuphendula, noma iziphakamiso thumela i-imeyilini ku-[hivselftest-support@viatris.com](mailto:hivselftest-support@viatris.com), noma ushaye ku-+91 9686585651



## Iqoqa Lesivivinyo

**I-Mylan HIV Self Test** ihlanganisa isiqephu sephepha lokuhlola ngaphakathi esiqkathini seplastiki. Ukuhluwla kwenziwa ngokubeka iconsi legazi esiqleshini sephepha lokuhlola bese uconsisela uketshezi lokuhlola (idiluwenti). Uma isivivinyo sesiphele, imiqga emibili ingavela esiqleshini sephepha. Umugqa Olawulo obonakalayo ukhomisa ukuthi idiluwenti yengeziwe futhi ihamble ngempumelero, nokuthi i-reagent isebeza kahle. Umugqa Wokuhlola uzobonakala kuphela uma isampula elisethensiziwe liquetek igciwane leSandulela-nculazi.

## Ukusebeniza Okuhlosiwe

**I-Mylan HIV Self Test** isivivinyo esisetshensiswa kanye, esihlola isilinganiso samasosha omzimba, esisheshayo sokuhlonza igciwane leSandulela-nculazi Uhlolo 1 (Isandulela-nculazi-1) kanye Nohlolo 2 (Isandule-la-nculazi-2) egazini eliphelele.

**I-Mylan HIV Self Test** ihloswe ukuthi isetshensiswe ngabasebenzisi abangaqeleshwi ngasese njengendela yokuuhlola ukusiza ekuhlonwene ukutheleka ngeSandulela-nculazi-1 neSandulela-nculazi-2 kumasampula amasha, engazi eliphelele ngesi lokoqua ngendukwana yomunwe. Isisetshensiswa sidingsa isampula eliyisilinganiso esingama-10uL.

Umphumela wesivivinyo ungoiyikhwalihi ("isivivinyo sakho siphozethivu" noma "isivivinyo sakho sinegethivu") futhi akuwona owokuhlunga kulabo abanikela negazi.

## Intzo Ezihlanganisiwe

Imiyalelo Yokusebeniza (i-IFU)

1 - **I-Mylan HIV Self Test** (esiqkathini sefoyili esinedesikhenti)

1 - Ibholdele Loketshezi Lokuhlola (idiluwenti)

### 1 - Indwango Yokwesula Amanzi ane-alkhoholi

### 1 - Isikhwama sokulahlia izibi

### Izinto ezingafaki NEZE kodwa ezifunekayo

- \* Ibhokisi lamathishu (noma yikuphi okunye okuhlanzekile, okumuna uketshezi).
- \* Okokulanganisa isikhathi (ukwenza isibonelo iwashi lesanda, iwashi noma umakhalekhukhwini) ukuphoba isikhathi ngenkathi ulindele imiphumela.

### Imiqogo yokusebeniza

- \* Ayilungele ukuhlola labo abanikela ngegazi.
- \* Ayibalungele abantu abanezinkinga zokphoa okungalauleki (isib. umopho ongenzi mahlule).
- \* Ayibalungele abantu abesaba izinalidi.
- \* Ayibalungele abantu asebevele sebehlonwe njengabanegciwane leSandulela-nculazi.
- \* Ayibalungele abantu abasebenzisa imishanguzo yesandulela-nculazi (i-ART).
- \* Ayilungele ukusethensiswa ukuhlola izingane kanye nezinsana

### Imiqathango Yesivivinyo

- \* Singase singakwazi ukuhlonza ukutheleka ngeSandulela-nculazi okwenzekze ngaphakathi kwezinyanya ezi-3 ezedule.
- \* Inqubo, iziqapheliso kanye nokuhumusha imiphumela kumele kulandelwe ngesikhathi kusethensiswa lesi sivivinyo.
- \* Ikhombisa kuphela ubukhona begciwane leSandulela-nculazi. Akumele sisetshensiswe njengayo yodwa indlela yokuuhlola isifo seSandulela-nculazi noma ukwelashwa.
- \* Imiphumela ekhombisa ubukhona begciwane

### Kumele iquinisekiswe ngungoti wezempilo.

- \* Umsebenzisi akufanele athathe nanoma yisiphi isinqumo esifanelo sezempilo mayelana nesimo sakhe sezempilo ngaphandle kokuqala axhumane nongoti wokunakekela kwezempilo.

Umphumela okhombisa ukuthi awunagiwiwe awuchazi ukuthi kungeze kwenze ukuthi uthelakela ngeSandulela-nculazi. Una ngabe umphumela ukhombisa ukuthi awunaso Isandulela-nculazi. Umu gungaphansi kwezinyanya ezi-3 kusuka esenzenwi esinobungozi, kuzodingeka uhlele futhi ngemuva kwasigaba ezi-3.

### Izexwayiso kanye neziqapheliso

- \* Isivivinyo sisetshensiswa kanye kuphela. Ungaphindi usibesefuthi futhi isivivinyo.
- \* Yonke imiphumela ebonisa ubukhona begciwane kumele iquinisekiswe ngokuhlola ngungoti wezokunakekela kwezempilo.
- \* Ungasibenzisi uma usuku lokuphelela yisikhathi selwedule.
- \* Ungasibenzisi uma isiqkathii sefoyili silimele (isib. isivalo sidabukile, sinembobo noma sephukile) noma sivulekile.
- \* Ungasibenzisi uma impompi ehlanzisisiwe ilimele noma ixega
- \* Ungasibenzisi nanoma yiluphi uketshezi ngaphandle koketshezi lokuhlola olufakwe kanye nesivivinyo.
- \* Unqalisebenzisi ibhodlela lokeshezi lokuhlola elivulive noma elivuzayo.
- \* Gwema ukuthintana kwamehlo/kwesikhumba noketshezi lokuhlola.
- \* Uma ngabe uketshezi lokuhlola lwengeze esiqeshini sokuhlola ngaphandle kwegazi, isivivinyo

### Asisebenzi ngisho ngabe umudwa olawulayo uyavela.

- \* Uma ngabe imiyalelo ingalandelwanga kahle, imiphumela ingaba yiphutha.

### Ukulondoloza

- \* Isivivinyo kumele sigcinwe ezingeni lokushisa eliphakathi kwe-2°C nama-30°C.
- \* Ungasibenzisi endaweni ehlatswaha yilanga ngqo.
- \* Ungasibenzisi sefoyili kuze kubeh usukulungele ukwenza isivivinyo. Letha isikhwama ezingeni lokushisa lasendini, emva kwalokho isikhwama singavalwa ngqo bese silahlwa kanye nezibi zasekhaya.

### Ukulahla

Ukuhluwla kwenziwe ngawo wonke amasampula eqinisekisa kusethensiswa isivivinyo esaziwayo esinembayo (esimakwe yi-CE) saselaborethri. Ukuhluwla kwenziwe elaborethri (ngezinhelelo zokuhlola ezmakwe nge-CE) ngamasampula asestshensiswe aphuma ezindaweni ezhikhungethe kakhulu yicciwane (INgingizimu Afrika) kanye nezindawo ezhinxinga eliphansi legciwane (eYurophu). Ukuhluwla