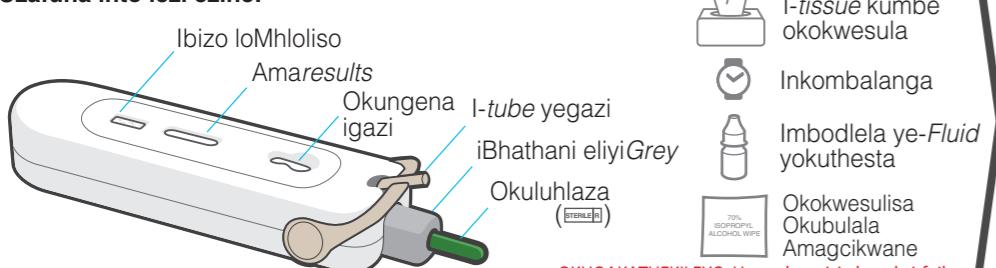


Watch the video: <http://www.mylan.in/en/mylanhivselftest>

Uzafuna into lezi ezine:



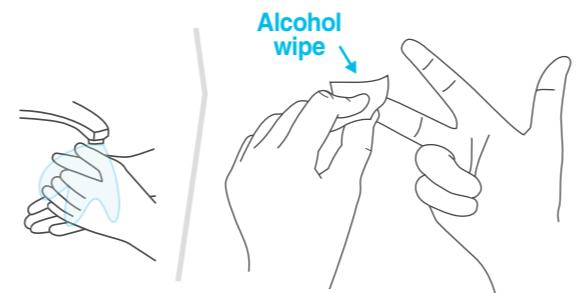
ND Ungafuna ukuzwa okunengi?
Vula ikhasi elilandelayo



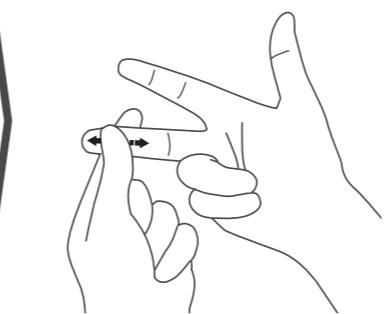
OKUQAKATHEKILEYO: Ungaphangisi ukuvula i-foil kuzekube lapho usubalile iziqondiso futhi usulungele ukuzhestha. Ungavula, sebeniza khonapho khonapho.

1 Geza izandla bese uzomisa.

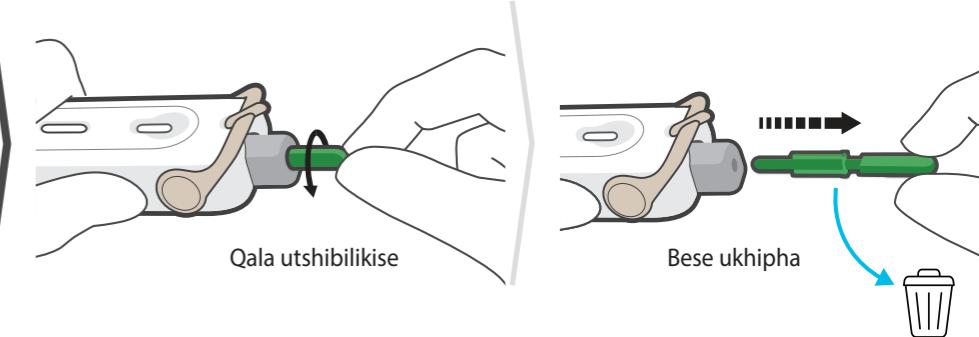
Khangela i-expiry date ungakavuli i-Foil egoqeleyo.



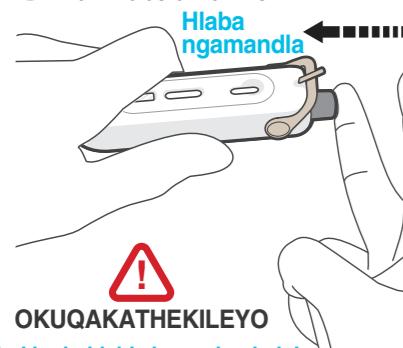
2 Botobotoza umunwe okwemizuwana eyi 5 kusiya ku15.



3 Kancane kancane tshibilikisa futhi **ukhiphe okuludlawu okuluhlaza**, ubusukulahla.

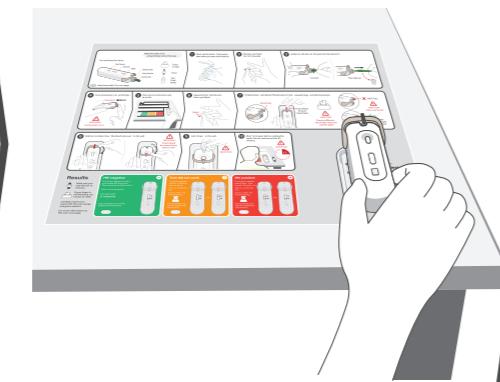


4 Fitizela ibhathani eliyi-grey uzhilabe umunwe.



OKUQAKATHEKILEYO
Lokhu kuhlala kanye kuhphela!

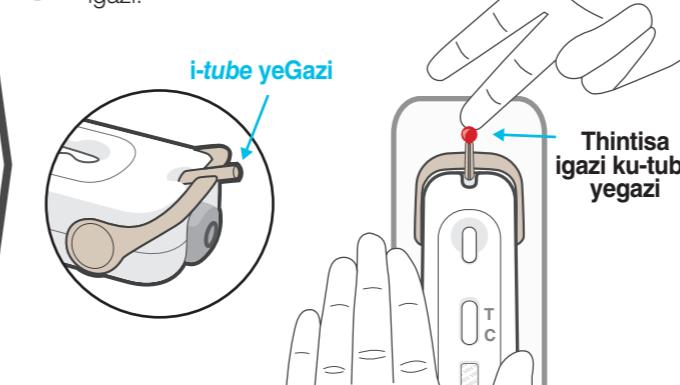
5 Faka okokuhlola kanye leziqondiso zakhona eceleni kwamarets.



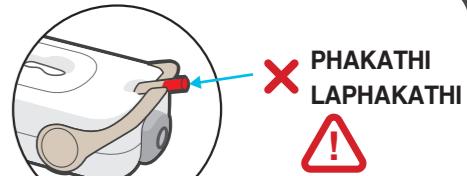
6 Khama ngamandla umunwe ukuze igazi liphume.



7 Gcwalisa i-tube yegazi ngegazi. Nxa kungacwalanga, **khama umunwe** ungezelele igazi.

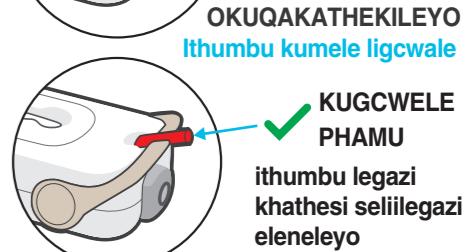


PHAKATHI LAPHAKATHI



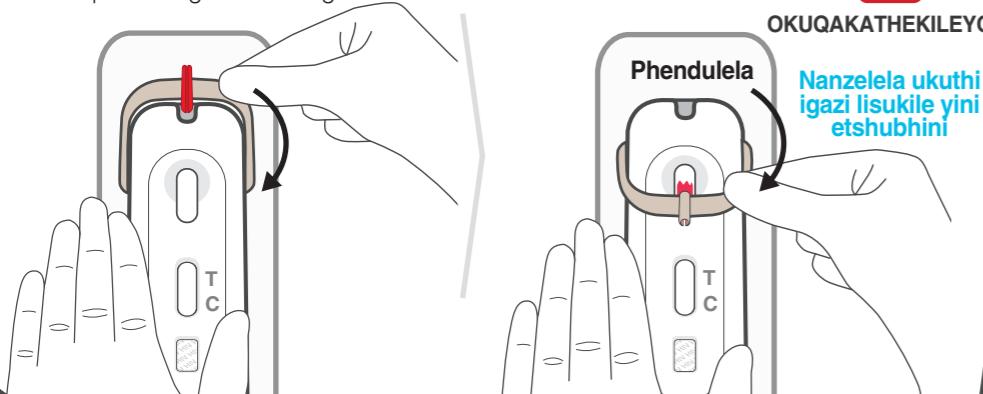
OKUQAKATHEKILEYO
Ithumbu kumele ligcwale

NANZELELA
Nxa igazi lihupha ukungena, yesula umunwe ukhamet kahutsha.



KUGCWELE PHAMU
ithumbu legazi khathesi seliilegazi eleneleyo

8 Bamba okokuhlola etafuleni. Usunga **phendulela i-tube yegazi** ihambé lapho okungena khona igazi.



Impumela



Linda imizuzu elitshumi lanhlalu egcweleyo.



Nxa isandla sisaphuma igazi sesule.

Qathanisa ama-results akho lo , kumbe

Okunengi nge-HIV kusekhasini elilandelayo.

- Awula HIV

Nxa kulomzila owodwa ku-C awubanjwanga i-HIV. Akumelanga kube lomzila maqondana lo-T.

Lokhu yikuholwa kokuqala.

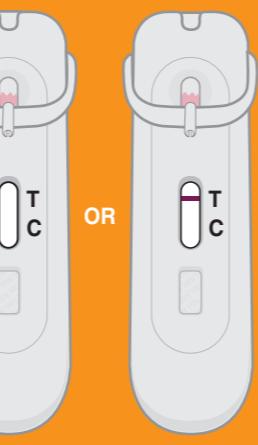
Zihole futhi ngemva kwenyanga ezintathu.



Ukuze wazi okunengi funda iphetshana eliphakathi eliukethe okunengi.

? Ukuhlola akusebenzanga ngemfanelo

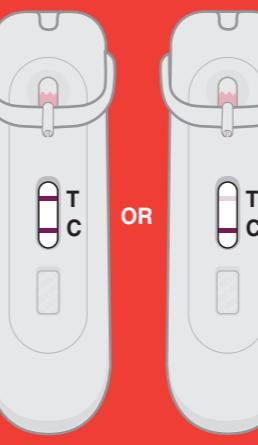
Nxa kungelamzila oqondane lo-C, umhloliso awusebenzanga. Igciqwane lingabe lisasekhona.



+ Ulegciqwane le-HIV

Nxa kungaphuma imzila emibili, lanxa ingakhanyisisi, kutsho ukuthi ule HIV.

Lokhu yikuholwa kwakuqala.



OKUQAKATHEKILEYO
Faka okokuthesta lapha, lokhu kuyanceda ukugcwalisa i-tube ngegazi

Ungafisa Ukuncediswa ngokuzihesta?

Ungakaqalisi

Ungaphangisi ukuvula ifoyili eqoqeleyo kuzekube lapho usubalile iziqondiso futhi usulungele ukuzihola. Ungavula, sebenzisa khonapho khonapho.

Ukuhlaba umunwe

Ngingabanja ngumkhuhlane ngokuzihla umunwe?

- * Okukholola kulenalithi yokuzihla ukuze igazi liphume. Lokhu okuhluhlaa kwafakelwa ukuthi inalithi ihlale ihlanzekile ize iphele ukusethenziswa.
- * Nxa ungalandela iziqondiso njalo ugeze izandla, kukanluthwane ukuthi ungenwe yimkuhlane ngesikhathi usebenzisa [iMylan HIV Self Test](#)

isivimbo esiluhlaza siyala ukuphuma yini?

- * Qala uyibhodise okunjengokusuka ku 12 O'clock wewatshi usiya ku 3 O'clock, ubusuyidansa.

Uligwala lokuhlatshwa?

- * Ungeabhi, akubuhlungu ngendlelaocabanga ngayo.
- * Awusoze uyibone lenalithi

Ngifithizele ibhathani eliyimpunga kodwa igazi angiliboni?

iBhathani liphande yini?
Zama futhi, fitizela ngamandla
Nanzelela: Kuhlabi kanye kuhphela!



Selihabekile yini iBhathani? fitizela umunwe ngamandla, nxa igazi lingekho - mana, qalisa kutsha ukuzihola.

Ukugcwala i-Tube yegazi

Awukwazi ukuthi igazi ulichathekele ngaphi?

- * i-Tube yegazi ilombala olithanga, phendulela ikhasi ubone umpinkitsha ku-step 7.
- * Ungafaki igazi esikhali sengono eyigrey.
- * Ungafaki igazi maqondana lapho elizageleza khona, faka etshubhuni.
- * Faka igazi etubhini izeigcwale phamu
- * Ukuthinta i-tube akuphambanisi ama-results.

I-tube yegazi iyala ukugcwala?

- * Igazi lingachithikela emunweni, lesule, ubusukhama ngamandla futhi.
- * Khangelisa umunwe phansi.
- * Thintisa umunwe wakho emlonyeni we tube
- * Nxa umunwe ungela gazi elaneleyo, wesule, ubusuwufitizela ngamandla futhi.
- * Iingeneli ukugcwala itshubu le impumela yokuhola lokhu ayisoze ibengeqondileyo. Mana, uqalise kutsha usebenzise omunye umtshina

Ngifithizele ibhathani eliyimpunga kodwa igazi angiliboni?



iBhathani liphande yini?
Zama futhi, fitizela ngamandla
Nanzelela: Kuhlabi kanye kuhphela!

Ukuphutshisa ukuzihola

Ngenzenjani nxa igazi lisala ukuphuma ku-tube?

- * Khangelia ukuthi i-tube sigcwele yini?
- * Genqula i-tube ukuze igazi ligelezele egojaneni elingaphansi
- * Nxa igazi liloche lingeleni ukugcwala itshubhu leyi impumela nege ibe ngeqondileyo - mana, thola omunye umtshina wokuzihola.

Awulaqiniso ngokuthi unghlanganisa njani amathonsi amane asuka embodleleni?

- * Amathonsi amane kumele awele lapho okugelezele khona igazi.
- * Ungakhluzi imboldela
- * Khangelisa imboldela phansi, ubusuyikhama kancane ngesineke

Angilaqiniso ukuthi amaResults abalwa njani?

- * Linda okwemizuzu elitshumi lanhanlu njalo ungedlulisi engamatshumi amabilo.
- * Imzila ephuma ku "T" laku "C" yiyo ekunika amaresults.
- * Vula ikhasi elilandelayo uzabona ibhokisi elikutshela amaresults.
- * Ukhuthi uthole okunengi ngamareresults akho hambha kuhlandla elilandelayo elithi "Okumayelana lamaResults Akho"

Okuqakathetkileyo: Thesta futhi ngemva kwenyanya ezintathu.

Ngokwamareresults Akho

Kulemhlobo emibili yeHuman Immunodeficiency Virus (HIV) i-HIV-1 le HIV-2. Ungabanja yi-HIV-1 kumbe yiHIV-2, umzimba wakho uyalungisa amasotsha okulwa legicikwane leli.

[iMylan HIV Self Test](#) yalungiselela ukuhlu igazi ukuthi ubone ukuthi ulegcikwane kumbe hatshi kungelolo. Isetshenziswa kanye kuphela futhi amaresults aphuma ngemva kwemizuzu engu-15. Nxa amaresults esithi ulalo igcikwane, dinga uDokotela akuhluole negyinye indlela atsho ngokweqiniso ukuthi ulalo.

Kuyini okuthi yi "window period"? Ungabanja yi-HIV, kungathatha amaviki angu 6 kusiya ku12 ukuthi umzimba ulungise amasotsha okulwa legicikwane leli. Isikhathi lesi yiso esithi yi "window period". Ungahlola iHIV ngesikhathi lesi, kusangathwa kawalaHIV yona ingakabonakali egazini. Kungathwa awula HIV, wena usazi ukuthi kuhona okwenzileyo okungakutholisa igcikwane, uyakhuthazwa ukuhlu futhi ngemva kwe "window period".

Kwenzakalani nxa ngingela HIV? Kuqakathetkileko ukuthi inyanga ezintathu sezidulile kusukela wenza loba yini engakufaka engozini yokuthola iHIV. Nxa isidlulile, futhi uhole kuhle, kusangenza ukuthi awula igcikwane le-HIV sibili. Nxa zingakadlula inyanga ezintathu wabasengozini yokuthola i HIV, kufanele uhole futhi zingadlula inyanga ezintathu. Nxa ungaedisi, dinga uncedo, ukhangale iphetshana eliphakathi elikunceda ukuzwisa okunengi.

Ngikhathazekile ukuthi kuhona okusanda kwenzakala emalangeni okungangifaka engozini yokuthola iHIV, ngenzeni?

Phanga uebona uDokotela, ikilnika yeHIV kumbe abezempilakhe ngokuphangisa kungakapheli i72hours, kungenzakala uphiwi imithi yesiphangephange engakunceda ungatholi igcikwane le-HIV, kumbe udinge uhlelo lokwelapha ukuthi yi "PEP" (Post-Exposure Prophylaxis) ukuze ungacini slegcikwane le HIV.

Mayelana leHIV

Kuyini i-HIV?

"HIV" umelele ukuthi 'Human Immunodeficiency Virus'. Leli gicikwane liyabulala amasotsha omzimba futhi ngokuhamba kwasikhathi umzimba uyabe ungasenelisi ukulwa lezifo. Nxa umuntu engasaphiwanga imithi, iHIV iphetha isiyi Acquired Immune Deficiency Syndrome (AIDS). Akulamuthi ongaqeda iHIV kumbe AIDS, kodwa nxa umuntu engelatshwa ngendlela eqondileyo angaphila kuhle. Nxa umuntu angaphisewla ukubonwa ukuthi ule-HIV abeselatshwa kuhle angaphila njengomuntu ongelalo igcikwane leHIV.

Kuyini okutshengisa ukuthi umuntu uleHIV?

Indlela eyyo yokwazi ukuthi uleHIV yikuthestwa. Kuqakathetkile ukubazazi ukuthi ume ngaphi ukuze ungateleli abanye igcikwane leHIV.

HIV itholakala njani futhi ithelelwana njani?

Nxa umuntu eleHIV, amanyi amanzana omzimba wakhe - okuhlanganisa igazi, uchago lukamama, amanzana aphuma kumunti wesilisa lowesifazana nxa besemacansini, amanzana aphuma ezithweri zensitha zabomama lephumelo- ayanelisa ukudulisa iHIV. Umuntu angasithatha isifo lesi nxa amanzana lawa angangena ngomphumelo, ngesitho sensitha sikamama kumbe sikababa, ngenxebe, ngesilonda kumbe angapontshel-wa igazi elingahlolwanga, kodwa lonke igazi eZimbabwe. Nxa ungaedisi, dinga uncedo, ukhangale iphetshana eliphakathi elikunceda ukuzwisa okunengi.

Kwenzakalani nxa okokuzihola kungala kumbe kungehlula ukusebenza?

Kwenzakalani nxa ngingela HIV?

Nxa ungaedisi, dinga uncedo, ukhangale iphetshana eliphakathi elikunceda ukuzwisa okunengi.

Ngokulala lomuntu oleHIV lingazivikelanga kumbe ongakaze atheste.

Ngokulala lomuntu oleHIV lingazivikelanga kumbe ongakaze atheste.

Ukuya emacansini labantu abatshiyenyo lingazivikelanga ngezitho zensitha kumbe ezokuya ngaphandle.

Ukuzijova ngenalithi kumbe ngejekiseni.

iHIV kayithelelwana ngokuthintana (ngokuhawulana, ngokusebenza inkomitsi eyodwa lokunye) ngokuqabuzana, ngamathe, ngenyembezi, ngamaginqo, ngomoya langamanzi

Hamba kuwebsite <http://www.mylan.in/en/mylanhivselftest> ukuze ubone ividiyo njalo uthole iziqondiso Nxa ungaba lembuzo kumbe ufunu ukucaciselwa thumela i-email ku hivselftest-support@mylan.com



Isifingo ngokokuthesta

Phakathi kwe*Mylan HIV Self Test* kulokuyiphepha. Nxa uzihiola uyathtontisa kancane igazi ephepheni leli ubusuthontisela umuthi wokuzihola. Nxa *i-Test* siphelile, imzila emibili izavela ephepheni leli. Umzila lo ubonakala kuphela nxa *i-Test* yenzive ngendlela eqondileyo. Umzila obhalwe "C" (Control) uphuma kuphela nxa *i-Test* yenzive kuhle. Umzila obhalwe "T" (Test) uphuma kuphela nxa igazi lilamasotsha alwa leHIV.

Indlela Yokusebenzisa

Mylan HIV Self Test isetshenziswa kanye kuphela futhi ihloha amasotsha omzimba asegaizini alwa le Human Immunodeficiency Virus Type 1 (HIV-1) kanye le Type 2 (HIV-2).

Mylan HIV Self Test yalungiselwa ukuthi loba ngubani angayisebenza kungelani lokuthi kalalwazi kwezokwelapha futhi ungayenza uwedwa kungela abanye abantu. Isebenzisa igazi elithethwe emunweni ukuze uhole iHIV-1 le HIV-2. Umzila wakhona awufuni gazi elinengi (10UL).

Amaresults atshengisa ukuthi ubanjiwe kumbe awubanjwanga yiHIV futhi akufanelanga assetshenziswe ngabafuna ukudonetha igazi.

Okuphakathi kwebhokisi lomtshina

- * Iziqondiso, izaziso, kumele zilandelwe ngesikhathi usebenzisa umtshina lo wokuzihesta.
- * Itshengisa ukuthi umuntu ulamasotsha okulwa leHIV.
- * imboldela yeFluid
- * isikhwama sokulahlela okusethenzisweyo
- * i-khadi ioncedo

Izinto ezingekho phakathi kodwa ezifunakalayo

- * Ama-tissue kumbe okokwesula.
- * inkombalanga (ngokwesibono i-watch kumbe ifoni) ukuze ubone isikhathi usamelele amaresults.

Okungamelanga ukwenze nxa usuthesta

- * Ayisetshenziswa ngabafuna ukupa igazi.
- * Ayikhuthazwa kubantu abalemikhuhlane yokopha (njengehemophilia).
- * Ayikhuthazwa ebantwini abangamagwala okuhlatshwa ngamanalithi.
- * Ayikhuthazwa ebantwini abakhanyayo ukuthi bale HIV.
- * Ayikhuthazwa kubantu abaziyawo ukuthi bale HIV lokunatha amaARV
- * Akumelanga isetshenziswe ukuthesta abantwana abancane

Okungeneliswa yi Mylan Self Test

- * Ingehluleka ukunzelela loba ukubamba i HIV elesikhathi esingaphansi kwenyanya ezithathu ingenile emzimbeni.

- * Izingekho ukuthi ifluid ayikungeni emehlwani kumbe emakhaleni
- * Itshengisa ukuthi umuntu ulamasotsha okulwa leHIV.
- * Akumelanga isetshenziswe ukuthi ibeyisipokokoqo esitsho ukuthi ulegcikwane leHIV lokuthi uzelatshwa njani.
- * Amaresults ukuthi uleHIV kumele afakazelwe ngabempihakale
- * Umuntu osebenzisa *iTest* le akumelanga anqume indlela yokwelatshwa engakakulumi *IoDokotela* kumbe abezempilakhe
- * Amaresults angaze athi umuntu kalagcikwane akutsho ukuthi ngeqiniso umuntu kalagcikwane sibili. Nxa amaresults esithi kawalaHIV kodwa umzimba utsengisa ukuthi awuphilanga kuhle kumele uhlolwe katsha ngezinye indlela zokuhlu.

Nanzelela lokhu

- * *iTest* le yenziva kanye kuphela. Ungaphindi uylebenzise.
- * Amaresults awokuthi umuntu uleHIV kumele afakazelwe ngokuhluwa ngabempihakale.
- * Nxa *i-Expiry* date sidlulile ungawusebenzisi.
- * Nxa ifoyili eqoqeleyo isidabukile kumbe ivulekile ungawusebenzisi.
- * Ungawusebenzisi nxa into eluhlaza ingahlalanga kuhle
- * Ungasebenzisi eyinye i-fluid ngaphandle kwaleyi ebuye lomtshina lo.
- * Nxa imboldela ye-fluid le ivulekile kumbe uchitheka ungawusebenzisi

- * *HIV Self Test* yahanjiswa *eLaboratory* yatshengisa ukuthi 99.6 ekhulwini (904/908) abantu abale HIV. Kumasples lawo, yahlola ngeqiniso abantu abangu 99.5 ekhulwnini beleHIV-1 futhi bonke abahlolayo beleHIV-2. Njalo ebantwini abaziholayo abantu 94.3 ekhulwini (33/35) akuphuma impumela eqondileyo ukuthi balegcikwane leHIV.

Ukugcina umtshina lo

- * Umtshina lo kumele ugcinwe kusikhudumezi esiyi 2°C kusiba ku 30°C.
- * Ungafaki okungena khona ilanga.
- * Ungavuli ifoyili eqoqeleyo kuze kubel yilapho usuzihesta. Melela isikhudumezi esiywayelekileyo sendndlini, ubusuwusebenzisa masinyane.

Ukulaha

Ukuze ulahle *Mylan HIV Self Test*, faka umtshina wokuthesta esikhwameni sokulahla osiphiwego. Vala isikhwama ubusulahla ebhimu.

Ukusebenza kokuzithesta

Mylan HIV Self Test yasetshenziswa *eLaboratory* yahlola ngokuqondileyo abantu abangu 99.6 ekhulwini (1757/1764) okuveza uhlonzi lwayo. Njalo kolunye ucwaningo eKenya laseAustralia iveauze ngokuqondileyo abantu abangu 95.2 ekhulwini (866/910) babengelagcikwane le HIV okwafana lezinye indlela ezelhuklenye. Lokhu kwaveza ukuthi *Mylan* ilohlonzi olusezingeni eliphezelu. Ukuze ikhanye ukuthi iyasebenza sibili, *Mylan*

(1/1); TB (1/1); Elevated Albium (0/1); Elevated Bilirubin (1/1); Icteric (1/1); Lipemic (1/1); Elevated Protein (1/1); Elevated Triglycerides (1/1); Haemolysed Blood (1/1); E.coli (1/1); Haemoglobin (yakawanda kana shoma) (1/1); Elevated IgG (1/1); ANA(1/1).

Igazi labantu abatshiyenyo abale HIV futhi belemiye imikhuhlane ecatshileyo liyehlukaniswala labelabtangabanjwanga ngumkuhuhlane weHIV kusenzelwa ukuthi amathesi angaphanjanisw