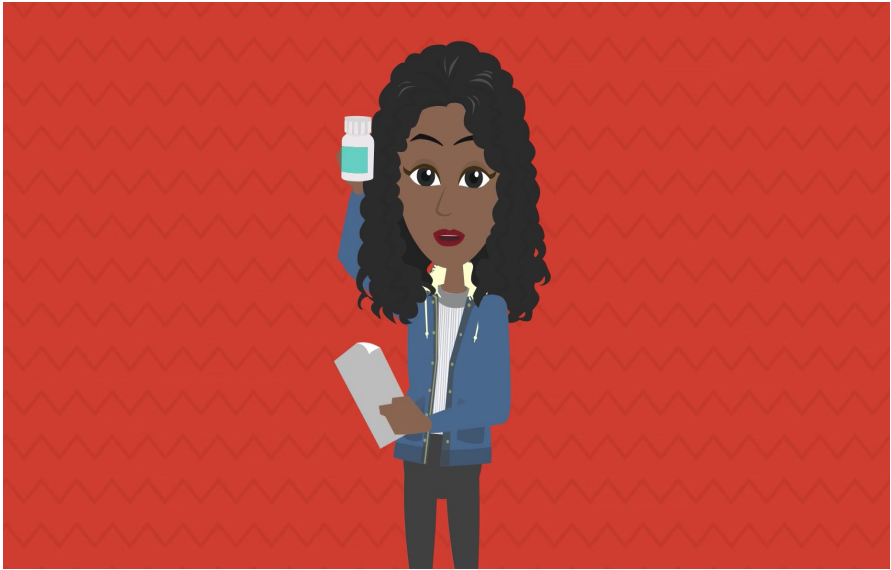


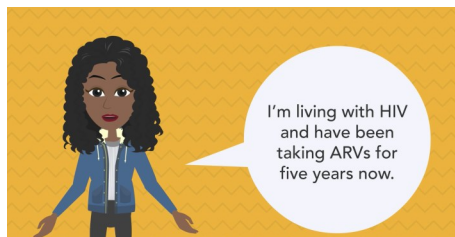


Sikhuluma ngeCOVID-19, HIV lama ARVs

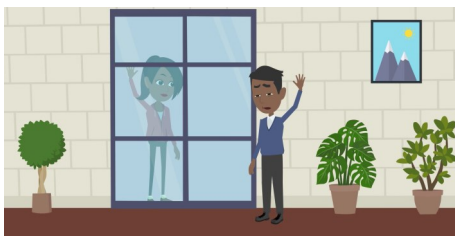


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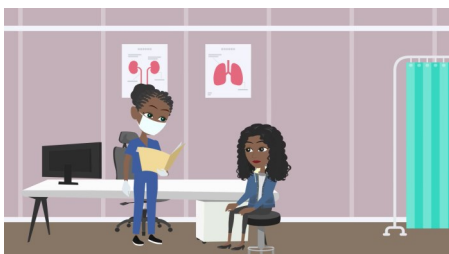
Zkhuphani, ibizo lami nginguFatima. Ngiphila legcikwane leHIV njalo sengileminyaka emihlanu nginatha amaARVs. Ngiyazi ukuthi mele nginathe amaARV ami ukuthi ngihlale ngiqinile.



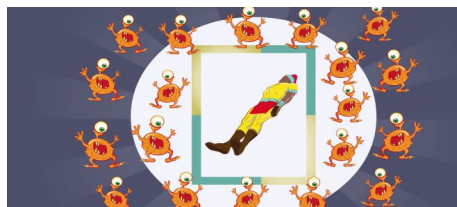
Ngathi ngiqala ukuzwa ngaleli gcikwane elitsha iCOVID-19, ngakhathazeka kakhulu. Ngizwa ukuthi sixwayiswa ukubana singahlangani hlangani ngeziqembu njalo sihlale ezindlini ukwenzela ukuthi igcikwane leli lingamemetheki.



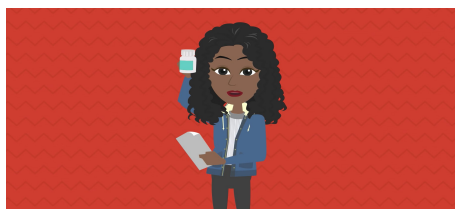
Lokhu kuyazwisiseka, kodwa kutshoni kimi, impilakahle yami lama ARVs ami? Ngizenelisa ukuhlala ngiqinile na njalo ngizakwanisa ukuya esibhedlela ukuyathatha amaphilisi ami na?



Ngicabange ukuthi abanye bami bengabe bekhathazekile ngodaba lolu, yekani ngilazise engikutshelwe ngumongikazi engimbone esibhedlela.



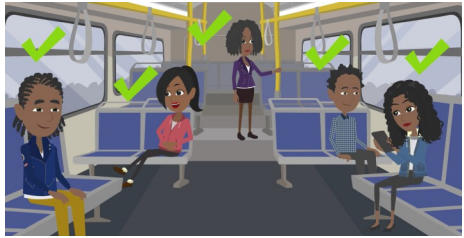
Njengoba iCOVID-19 iligcikwane elitsha, asikabikwazi ukuthi lizaphazamisa njani abantu abaphila legcikwane leHIV. kodwa esikwaziyo yikuthi ungekela ukunatha amaARV, iHIV izaphazamisa. kusitsho ukuthi kuyabe sekulula ukuthi ugule ngeminye imikhuhlane



Okuqakathekileyo yikuthi sinathe amaARV ngendlela ebesinatha ngayo iCOVID-19 ingakabi khona. Lokhu kusitsho ukuthi akumelanga uphelelwe ngamaphilisi.



Umongikazi wami ungitshele ukuthi izibhedlela zisavuliwe njalo mele sihambe esibhedlela ngezinsuku esazinikezwayo. Njalo uthe ngelanga ngisiza esibhedlela kumele ngifike ekuseni ngoba amanye amashop athengisa amaphilisi lemithi asevala ngezikhathi zokudla kwasemini.



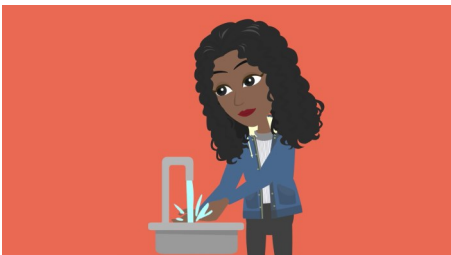
Nghileli ebhasini benginanzelela ukuthi kumele ngitshiye isikhala esingama metre amabili loba linye, khatshana labanye bami ebengilabo ebhasini njalo lokuthi ngingabamba bambi izinto ngezandla zami. Abanye bebesenza okufanayo, okukwenze kwabalu-



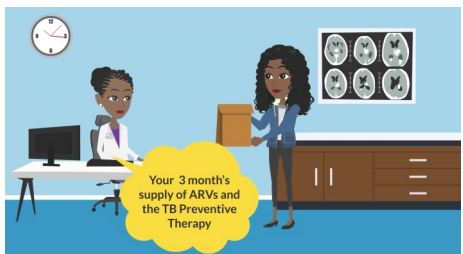
Bengisazi ukuthi akumelanga ngibambe ubuso ngoba sengingabe ngibambe lapho okule COVID-19. Ngisehla ebhasini ngisebenzise umuthi wezandla obulala amagcikwane.



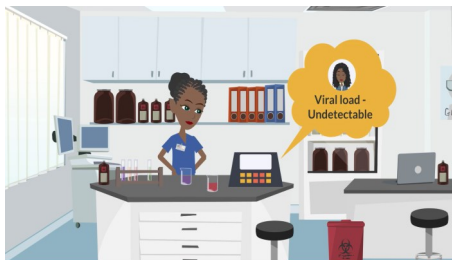
Ngifika esibhedlela basitshele ukuthi simephandle njengoba bebevumela abantu abalutshwane. Satshelwa njalo ukuthi sime sitshiye isikhala esingaba yimitha kumbe amabili phakathi kwethu. Ngibone abangane bami khonangale ngababhabhayisa kuloku xhawulana labo ukwenzela ukuthi singabambani.



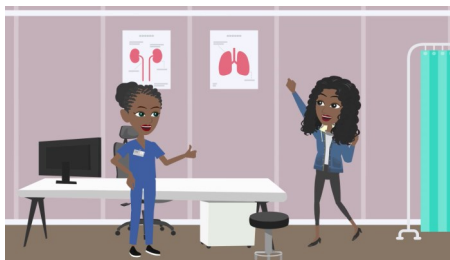
Sengingene esibhedlela ngivunyezwe ukugeza izandla zami ngingakayi lapho engibonelwa khona.



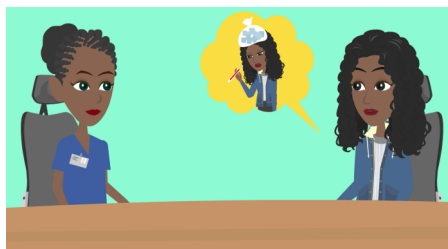
Nginikezwe amaARV awenyanga ezintathu lamaphilisi eneleyo engiwanathayo awokuvikela umkhuhlane wofuba (TB). Umongikazi uthe kuhle ngoba nginatha awokuvikela ufuba (TB) njengoba ngingafuni ukuba le COVID-19 ngesikhathi sinye.



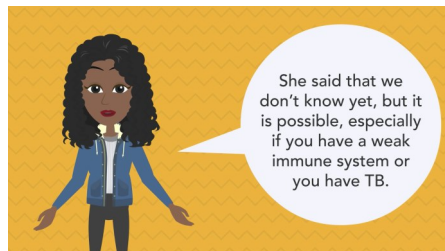
Uhle wangazisa ukuthi inani legcikwane alikhanyi kimi!



Ngithabile kakhulu inani legcikwane beliphansi okukuthi belingakhanyi egazini lami.



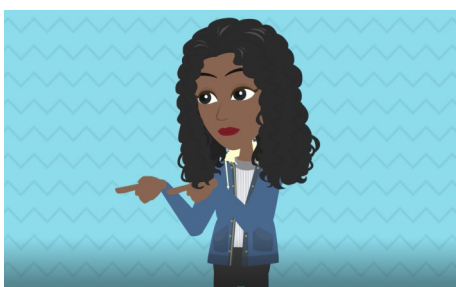
Ngibuze njalo ukuthi kuyini okungenzakala ma nginga banjwa yiCOVID-19, kutsho yini ukuthi ngizagula kakhulu njengoba ngihleli ngileHIV?



Uthe akukazakali kodwa kungenzakala emuntwini olomkhuhlane wofuba (TB) kumbe olamasotsha omzimba angaqinanga. Yikho kuqakathekile ukuthi ngiqhubeke nginatha amaARVs ami I amaphilisi ofuba.



Ngisuke esibhedlela sengizizwa ngcono njengoba besengikwazi ukuthi ngithole konke okuzenza ukuthi ngihlale ngiqinile njalo ngigcinakele.



Bona ukuthi uyakuthola lawe!