

Live a healthy lifestyle

1 Be Active

Walk, run or dance for at least 30 minutes per day – 5 days per week.



2 Eat Healthy

Eat 3 meals of various healthy foods per day. Drink at least 8 glasses of clean water per day.



3 Promote a Smoke Free Environment

Quit smoking. Smoking is one of the major causes of heart and lung disease, and cancer.



4 Practice Safe Sex

Delay your first sexual experience until you are responsible. Abstain from sexual activities before marriage. Be faithful to your one partner at a time. Go for counseling and testing. Use a condom every time you have sex.



5 Sidestep Alcohol and Drugs

Children under the age of 18 years are not allowed to drink alcohol. Alcohol and drugs are highly addictive, and abuse of these substances can lead to unsafe sexual practices and an increased risk of getting a sexually transmitted infection (STI).



You are responsible for your own health



QUALITY HEALTH CARE FOR ALL

Impilo esiqophelweni eliphezulu kuwownke umuntu

HIV Counseling and Testing (HCT)

Knowledge is power... Know your HIV status. HIV testing is free and confidential.

I am responsible

- for my own health and HIV status
- when HIV negative... stay negative
- when HIV positive... seek support and not spread the virus to others

We are responsible

- together to influence others to make healthy choices

KZN Department of Health is responsible

- to ensure quality services are available to all who present for testing

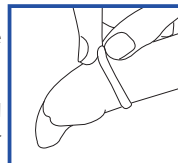
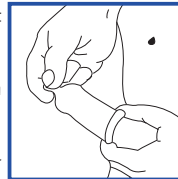
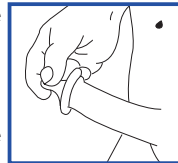
Call your nearest Clinic for assistance

Sexually transmitted Infections/Diseases (STI's)

STIs are infections that can be transferred from one person to another through any type of sexual contact including kissing and the use of sexual toys. STI's open the gate for the HIV to enter your body and infect your body.

How to use a male condom

1. Use a new condom every time you have sex.
2. Check the expiration date on the package.
3. Do not use anything sharp to open the wrapper such as scissors or your teeth.
4. Do not unroll the condom before putting it on your penis.
5. Gently press out air at the tip of the condom before putting it on.
6. Hold the tip of the condom between your thumbs and forefinger against the head of your penis. If your penis is uncircumcised, pull back the foreskin before putting on the condom.
7. Put the condom on your erect penis. Unroll the condom over the entire length of your penis.
8. After sex, hold the condom at the base and out of your partner. Slide the condom off and tie a knot in the condom. Wrap the used condom in a tissue and throw it away in the bin. Do NOT flush it down the toilet, it can cause a blockage.



Most STIs can be cured

Do you or your partner have:-

- Urethral discharge, burning or pain when urinating
- Abnormal, smelly, discolored vaginal discharge
- Pubic rashes, blisters, sores with or without pain
- Swelling in the groin
- Sores around your mouth or anus
- Go to your nearest Clinic for help and support. Take your partner with you.
- Take heed of the information offered to you and be free to ask questions about your body
- Complete your STI treatment
- Use a condom while on treatment. Condoms prevent STIs, HIV and unwanted pregnancies



Medical Male Circumcision (MMC)

Medical Male Circumcision [MMC] is the oldest and commonest operation to remove the skin in the front of the penis.

MMC -

- Reduces the chances of men getting infected by the HIV by 60%
- Reduces the transference of the Herpes type 2 virus
- Reduces the chances of cancer of the cervix in women
- Your penis is odour free and feels cleaner

MMC is FREE and can be confidential

MMC is safe and a little uncomfortable in EXPERIENCED hands

What do you have to do?

- Go to your nearest Clinic for help and support
- The Clinic staff will prepare you for MMC with screening for diabetes, hypertension, TB, HIV.

Knowledge is power... Know your status

Any male may have a MMC

Females encourage your family, partner or colleagues to have MMC.

Mothers check your sons at birth, be motivated to circumcise your son, teach them hygiene of their foreskin.

Fighting Disease, Fighting Poverty, Giving Hope.

Silwa Nezifo, Silwa Nobubha, Sinika Ithemba

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Uthukela	036 631 2202
Umzinyathi	034 299 9100
Uthungulu	035 787 0631
Umkhanyakude	035 572 1327
Zululand	035 874 2302

www.kznhealth.gov.za

After Medical Male Circumcision

What do I do to recover quickly after MMC?

- Avoid heavy work or exercise after MMC to allow the wound to heal.
- Take good care of your wound
- Clean the penis twice a day with salt water
- Keep the penis clean and dry
- Do not pull or scratch the penis while it is healing.
- It is important to go back to the Clinic on the given date – usually within 1-5 days.
- Avoid sexual activity – even with a condom- as well as masturbation for at least 6 weeks after your surgery.

Return to the Clinic if

- There is bleeding that does not want to stop
- Severe pain- especially in your lower abdomen
- Difficulty in urinating
- Lots of swelling around your penis
- Discharge from the wound

Phila impilo enhle

1 Nyakazisa umzimba

Hamba, gijima noma dansa okungenani imizuzu engama – 30 ngosuku izinsuku ezi – 5 ngesonto.



2 Yidla ukudla okunempilo

Yidla izidlo ezintathu zokudla okunempilo okuhlobonhlobo ngosuku. Phuza okungenani izingilazi ezi – 8 zamanzi ngosuku.



3 Gqugquzela isimo senhlalo esingenakho ukubhema

Yeka ukubhema. Ukubhema kungenye yezisusa ezinkulu zesifo senhliziyo, esamaphaphu, kanye nomdlavuzi.



4 Zibandakanye

Zibambe ekuzibandakanyeni nocansi kuze kube umqondo wakho usukhule ngokwanele. Zithibe ekwenzeni ucansi ungakashadi. Thembeka kumlingani wakho oyedwa. Hamba uye kwezoluleko nokuyohlola. Sebenzisa ijazi lomkhwenyana ngaso sonke isikhathi uma uya ocansini.



5 Gwema utshwala nezidakamizwa

Izingane ezingaphansi kweminyaka eyi – 18 azivunyelwe ukuphuza utshwala. Utshwala nezidakamizwa kuyaluthana kakhulu, nokusetshenziswa budedengu kwalezi zidakamizwa kungaholela ekwenzeni ucansi olungaphephile nasekwandeni kwamathuba okuthola isifo esithathelana ngokocansi (STI).



Ukwelulekwa nge-HIV nokuHlola (HCT)

Ulwazi lungamandla... Yazi ngesimo sakho se - HIV. Ukuhlolola i- HIV kumahlala futhi kuyimfihlo.

Ngizibophezele -ngempilo yami nesimo se - HIV

- uma ungenayo i- HIV... hlala ungenayo
- uma une HIV... funa ukwesekwa futhi ungalibhebhezeli igciwane kwabanye

Sizibophezele

- sindawonye sifundisa abanye ukukhetha kahle

Umnyango wezeMpilo KwaZulu Natali uzibophezele

- ekuqinisekiseni ukuthi izinhlinzeko eziseqophelweni eliphezulu ziyatholakala kubo bonke abazohlola

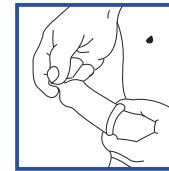
Shayela uMtholampilo wakho oseduzane ukuze uthole usizo

Izifo ezithathelana ngokocansi (ama- STI)

Ama - STI angukufa okungadluliselwa kusuka kumuntu kuya komunye nganoma iyiphi indlela yokuhlangana ngokocansi kufakwa ukuqabulana nokusetshenziswa kwamathoyisi okwenziwa ngawo ucansi. Ama- STI avula intuba yokungena kwe- HIV emzimbeni wakho bese isulela ngokufa emzimbeni wakho.

Isetshenziswa kanjani ikhondomu yabesilisa

1. Sebenzisa ikhondomu entsha njalo uma uya ocansini.
2. Bheka usuku lokuphelelwa kwayo yisikhathi ephaketheni eliyisongile.
3. Ungasebenzisi lutho olubukhali njengesikelo kumbe amazinyo ukuvula okuyisongile.
4. Ungayiluli ikhondomu ngaphambi kokuyifaka esithweni sakho sangasese.
5. Cindezela ngesineke ekugcineni kwekhondomu ukuze kuphume umoya ngaphambi kokuyifaka.
6. Bamba isihloko sekhondomu ngezithupha zakho nomunwe wokuhamba ugqokise isitho sakho sangasese. Uma ungasokile, qala ngokudonsela emuva ijwabu ngaphambi kokufaka ikhondomu.
7. Faka ikhondomu esithweni sakho sangasese esiqinile. Qaqa ikhondomu yemboze sonke isitho sakho sangasese ngokobude baso.
8. Emva kocansi, bamba ikhondomu bese uphuma kumlingani wakho. Khipha ikhondomu bese uyibopha ifindo. Yisonge ngephepha bese uyilahla emgqonyeni. Ungayishayi nethoyilethi, ingadala ukuvimbeka kwamanzi.



Ama – STI AMANINGI ANGELAPHEKA

Ngabe wena nomlingani wakho:-

- Ninokusaluketshezi okuphuma embotsheni yokuchama, ukushisa noma ubuhlungu ngesikhathi uchama
- Ninokusaluketshezi okuphuma esithweni sangasese okunokayo okunombala ogqunqile
- Ninomqubuka, intshabusuku, izilonda ezibuhlungu noma ezingebuhlungu esibunjini
- Ninokuvuvuka kwembilapho
- Ninezilonda ezizungeze umlomo noma isitho sangasese sangemuva
- Hamba uye eMtholampilo wakho oseduzane ukuze uthole usizo nokwesekwa. -Hamba nomlingani wakho.
- Lunake ulwazi olunikezwayo futhi ukhululeke ukubuza imibuzo ngomzimba wakho
- Yiqede yonke imishanguzo yokwelapha i-STI oyinikeziwe
- Sebenzisa ijazi lomkhwenyana ngesikhathi uselashwa – Amajazi omkhwenyana avikela ama – STI, i-HIV kanye nokukhulelwa okungadingeki-wasebenzise njalo amakhondomu



Ukusokwa Kwabesilisa Ngokwezempilo (i-MMC)

Ukusokwa wabesilisa gokwezempilo [i- MMC] kuyinqubo yokuhlinzwa eyayenziwa kwakudala neyeywayeleke kakhulu yokususa ijwabu esithweni sangasese sowesilisa.

I- MMC -

- Yehlisa amathuba emadodeni okuthetheleka nge – HIV ngama – 60%
- Yehlisa ukudluliselwa komhlume (Herpes type 2)
- Yehlisa amathuba omdlavuzi wesibebe kubantu besifazane
- Isitho sangasese sowesilisa asibi naphunga elibi futhi sizwakala sihlanzekile

I- MMC IMAHALA futhi ingaba yimfihlo

I- MMC ayinabuhlungu obutheni uma yenziwa ngungoti

Kumele wenzenjani?

- Hamba uye eMtholampilo oseduzane nawe uyothola usizo nokwesekwa
- Abasebenzi baseMtholampilo bazokulungiselela i- MMC ngokukhulolela isifo sikashukela, ukukhushulelwa izinga lokushisa egazini, i- TB, i- HIV.

Ulwazi lungamandla... Yazi isimo sakho

Noma ngumuphi umuntu wesilisa angayenza i - MMC

Bantu besifazane gqugquzelani imindeni yenu, abalingani noma ozakweni emsebenzini ukuba benze i- MMC.

Bomama bhokani amadodana enu uma ezalwa, khuthazekani ukuba nisoke amadodana enu, nibafundise inhlanzeko yejwabu labo.

Emveni Kokusokwa Kwabesilisa Ngokwezempilo

Ngenzenjani ukuze ngisheshe ngilulame emveni kwe - MMC

- Gwema ukwenza umsebenzi onzima noma ukunyakazisa umzimba emveni kwe- MMC ukuze isilonda siphole .
- Sinakekele kahle isilonda sakho
- Hlanza isitho sakho sangasese ngamanzi anosawoti kabili ngosuku
- Gcina isitho sakho sangaphambili sihlanzekile futhi somile
- Ungasidonsi noma usinwaye isitho sakho sangaphambili ngesikhathi sisaphola.
- Kubalulekile ukubuyela eMtholampilo ngosuku onikezwe lona – imvamisa phakathi kosuku loku – 1 kuya kolwe – 5.
- Gwema ukwenza ucansi – noma ngabe usebenzisa ijazi lomkhwenyana – kanye nokushaya indlwabu okungenani amasonto ayi – 6 emveni kokuhlinzwa .

Buyela eMtholampilo uma

- Kunokopha okunganqamuki
- Kunobuhlungu obukhulu ikakhulu ngezansi kwesinye
- Kuchameka kanzima
- Kunokuvuvuka okukhulu okuzungeze isitho sakho sangasese
- Kuphuma okusaluketshezi esilondeni