myHealth

THEBEMED
MEDICAL AID SCHEME

INGABE UPHILA NESANDULELAGCULAZA (HIV) / NENGCULAZA (AIDS)?

NGABE UKHONA OMAZIYO OPHILA NAKHO?

Laba bantu bangazizwa benomzwangedwa futhi bethukile. Abakundingayo ukwamukelwa, uthando nokwesekwa ukuze baphile impilo enhle, enenjabulo nende.

INGABE UBUWAZI...

Ungakwazi ukwabelana ngakho konke lokhu nomuntu ophila NESANDULE-LANGCULAZA ngokuphephile?

- Ukudla okwenziwe ngumuntu ophila NESANDULE-LANGCULAZA
- Izimaki, izinkomi-shi, amapuleti, izipuni, izimfologo nemimese
- Itafula, ibhentshi, nendawo yokusebenza
- Izinyembezi namathe
- Ukubambana, ukubambana izandla, ukuxhawulana
- Isihlalo sendlu yangasese
- Ukubhukuda, ukugeza

UKHATHAZEKILE NGOKUTHI UNGA-THELELWA NGUMUNTU ONESAN-DULEGCULAZA?

Imithi yokwelapha evikelayo ikhona!

Ungatheleleka ngokuhlangana kwegazi, noma nesidoda, uketshezi esithweni sangasese sowesifazane nalokho okusamafinyila okuphuma emdidi ngesikhathi kwenziwa ucansi olungavikelekile.

Yenza ngokushesha, thinta udokotela wakho **ngakusasa**, kodwa kungakedluli izinsuku ezi-3 emva kokuhlangabezana nalesi sehlo, ukuze **uvikele ekuthelelekeni.** Udokotela wakho uzokuhlola igazi ukubheka ukuthi ngabe unalo igciwane LESANDULELANGCULA-ZA. Uma ungenalo igciwane uyoyalelwa ukuthi udle imithi yokuvikela igciwane ama-ARV isikhathi esingange nyanga eyo-I kuphela. Lemithi ibizwa ngokuthi i-Post Exposure Prophylaxis (PEP).

Uma udinga olunye ulwazi noma usizo lokubhekana nesimo sakho, shayela Umeluleki kwa-Phela Wellness kule nombolo **0800229355.**

Uma uphila negciwane LESANDULELANGCULAZA kubalulekile ukuba ulandele ZONKE izimfanelo eziphathelene nezokwelashwa!

- Landela uhlelo lokwelashwa kwakho
- Ungaphuthelwa isikhathi sokubonana nodokotela wakho
- Phuza yonke imithi oyalelwe yona, ungaphuthelwa ngisho nayisilinganiso esisodwa
- Phuza imithi nokudla kanye namanzi
- Xhumana nodokotela wakho ngokushesha uma uke wenza iphutha lokweqiwa ukuphuza imithi yakho

Khuluma noMeluleki kwa-Phela Welness uma udinga olunye ulwazi

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