

Ukuxhamla kwiinkonzo  
zempilo eziziselwa  
uluntu

# Amalungelo omntu ngamnye nawomntu wonke kwiinkonzo zempilo zoluntu

Ukufumana lula  
ulwazi oludingayo  
ngokwasempilweni

Intshukumo  
zolawulo ezizizo,  
nezingenamkhethe

Ukuba ngumnini  
wendlu esemgan-  
gathweni

Ukuhlonipheka,  
ukulingana nobom

Ukuhlala kwindawo  
esempilweni

Imfundo esisiseko

Ukuxhamla  
kwizibonelelo  
zoluntu

Inkululeko yomntu  
nokhuseleko

Inkululeko yokholo,  
unqulo noluvo

phakama! • Thetha phandle! • Yenza imigushuzi  
Impilo eyiyo  
lilungelo  
lakho

# Yintoni amalungelo omntu ngamnye nawabantu bonke?

- amalungelo omntu ngamnye akhusela yena buqu
- amalungelo omntu wonke akhusela iqela labantu

Bonke abantu abakwigumbi lokulindela banelungelo lokuxhamla kwiinkonzo zoncendo lwempilo kwaye bafuna ukunyangwa kamsinyane. Abantu abakwazi kuncedakala ngaxeshanye. Izibhedlele neekliniki zinemigaqo yokukhusela amalungelo ahlanganisiweyo abantu bonke.



# Singathini ukuba amalungelo abantu bonke ayagxojwa kumaziko ezempilo?

Amaqela abantu abahlala ngokweengingqi ezithile okanye imimandla anokuba neemfuno okanye ingxaki efanayo. Umzekelo, izigulane ezinentsholongwane kagawulayo (HIV) azisoloko zikwazi ukufumana amayeza athile ekufanele ziwafumane. Kwezi meko abantu kufuneka badibane, benze iqela kwaye bazame ukufumana indlela yokwenza ukuba urhulumente aphumeze iimfuno zabo. Umzekelo, ungabiza intlanganiso neSigqeba seZiko leMpilo. Ukuba akukho nto bayenzayo ungafaka isikhalazo kubalawuli bekliniki okanye besibhedlele. Ngabantu abafanele ukujongana nengxaki kwaye bakunike ingxelo. Xa unayo nayiphi na ingxaki okanye ufuna ukufumana ulwazi oluthe vetshe, nceda uqhagamshelane nenye inombolo ezikwibhokisi yeenkcukacha.

## Ingaba kutheni lento kufuneka sikhaleze ngemigaqo-nkqubo yoluntu xa ingawanelisiyo amalungelo ethu?

Enye indlela yokusebenzisa amalungelo oluntu kukuzama ukutshintsha imigaqo-nkqubo esilelayo ekuxhaseni amalungelo oluntu nasekwenzeni ngcono iimeko zezigulane. Unelungelo lokubuzisa ngomgaqo-nkqubo ochaphazela impilo yakho ngendlela egwenxa okanye ongumqobo ekuxhamleni uncedo olufumanekayo kwezempilo. Ukuba unesikhalazo ungasixoxa nesigqeba sezempilo esikwingingqi yakho okanye ibhodi yesibhedlele. Ngokusebenzisana ungakwazi ukufumanisa ukuba yintoni ingxaki neendlela zokumelana nazo. Ukuba awuthethi abazukwazi ukuba yintoni ingxaki. Okanye ukuba bayazi, kodwa abazukuyilungisa kuba akukho mntu ukhalazayo.

Kwakhona, ukuba ilungelo lomntu ligxojiwe, kufuneka kulungelelaniswe. oku. Ngolu hlobo, amalungelo oluntu omeleza i-arhente – ukwazi ukuqonda nokwenza ukutshintsha ilizwe esihlala kulo. Kwelinye icala, kukwabalulekile ukuba uluntu luqonde ubunzima abanawo abalawuli bezibhedlele neekliniki ngokomgangatho weenkqubo zokunikezelwa koncedo. Umzekelo, usenokuthi ilungelo lakho lezempilo alijongwa ngenxa yokuba uthunyelwe kwesinye isibhedlele ukuze ufumane unyango. Ukuba uyabuzisa ngoku isibhedlele singakucacisela ukuba iintlobo ezithile zokunika unyango zikho kuphela kumaziko athile ezempilo.

## Masikhaleze yaye sicacise iimfuno zethu ezingundoqo ngendlela ecacileyo ngabanye okanye siliqela

Xa abahlali beqonda ukuba banengxaki efanayo neyakhokanye baneemfuno ezifanayo, kubalulekile ukusebenza kunye nizamanye ngeenjongo zokwanelisa loo mfuno. Amaxesha amaninzi iqela liba nefuthe elivakalayo kunomntu omnye. Umzekelo, ukuba khange uphathwe ngembeko ngugqirha wakho kwaye ufuna ukufaka isikhalazo ngoko. Ungakwazi oku ukukwenza uwedwa, kodwa basenokubakho abanye abantu ebebenengxaki ekwanjalo. Ungazama ukuthetha nabantu ngoku wenze iqela labantu abafunayo nabo ukukhalaza.



## Ukungafumani kutya kwaneleyo ikwakukugxojwa kwelungelo lakho lezempilo!!!



Abantu bafuna ukutya kugcine yaye kukhuthaze impilo eyiyo. Abantu abaninzi kwiingingqi abahlala kuzo abondlekanga ngokwasemzimbeni ngenxa yendlala. Isisu sakho sifuna ukutya ukuze ukwazi ukusela amayeza, ufuna ukutya ukuze ukwazi ukuziva usempilweni, ufuna ukutya ukuze uphile. Njengoluntu ningadibana nibhale iileta zesicelo nezifuna inkxaso kurhulumente wenu -:

- ngemali esisibonelelo sikarhulumente
- ngokunikezelwa kwezidlo ezingundoqo nezakha mzimba mahala

## Singakhaleza njani xa singazi kwaye singawaqondi amalungelo ethu?

Awuphathekanga kakuhle kwaye ucinga ukuba kukho umntu ongunobangela woku okanye isibhedlele sigxobha amalungelo akho. Eyona nto ibalulekileyo ekufuneka uyenze kukuzola uhlonele abasebenzi ezempilo uze uqhagamshelane nayo nayiphi inombolo ekwibhokisi yeenkcukacha. Bangakuxelela ukuba amalungelo akho agxojiwe okanye akagxojwanga ngaphezulu banokwenza into ngaloo nto. Kulungile ukumela amalungelo akho nokuba wenze imposiso.

## Ungathini ukuba amalungelo akho ayagxojwa esibhedlele okanye ekliniki?

Kukho amalungelo athile noxanduva onalo njengesigulane xa usiya kumaziko ezempilo kawonke-wonke. (Jonga iphetshana le-3)

Ukuba uziva ungalonelwanga, nceda uqhagamshelane nayo nayiphi na inombolo ekwibhokisi yeenkcukacha.



Ukuba ufuna ezinye iinkcukacha nceda uqhagamshelane:

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1. I-lungelo lokubasempilweni
2. Ukubandakanyeka koluntu nelungelo lokubasempilweni
3. Umqulo yamalungelo esigulane
4. amalungelo omntu ngamnye nawomntu wonke kwimpilo kawonke-wonke
5. Ukufikelela lula kulwazi oludingekayo
6. Amalungelo nokwabiwa kwemithombo yempilo



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