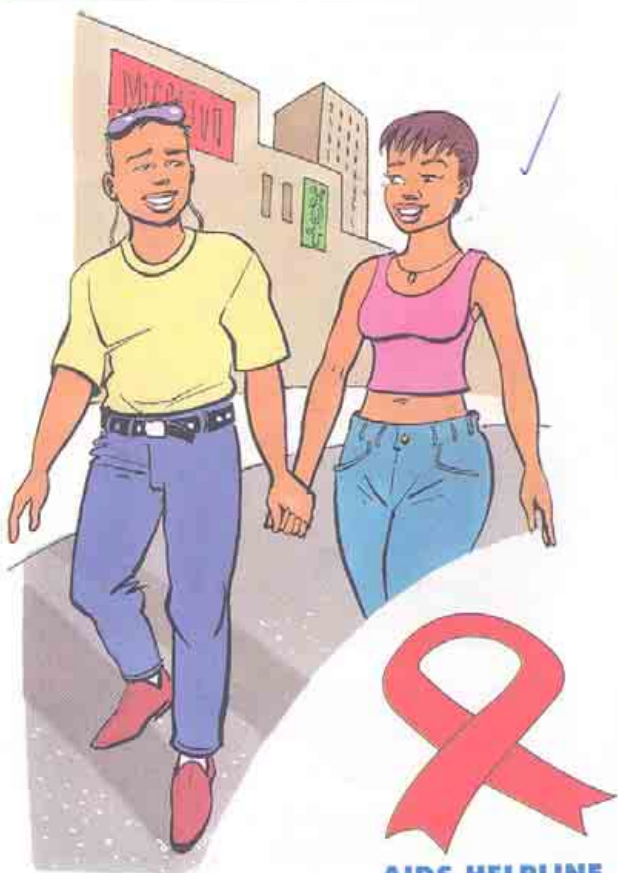


# HIV/AIDS and Relationships

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**AIDS HELPLINE**

**☎ 0800-0123-22**

Anyone who is in a sexual relationship should know about HIV/AIDS because HIV can be passed from one person to another during sex.

Enigean wat 'n seksuele verhouding het, moet weet van HIV/VIGS, want HIV kan tydens seks van die een persoon na die ander oorgedra word.

Nabanina obandakanyeka kubudlelwane bokulalana (bokwabelana ngesondo) kufanele azi nge-HIV/AIDS, kuba i-HIV ingagqithiseleka ngokusuka komnye umntu iye komnye xa belalana (besabelana ngesondo).

Mongwe le mongwe yo a nang le kamano e e nang le thobalano o tshwanetse go itse ka ga HIV/AIDS gonne HIV e ka fetisiwa go tswa go motho mongwe go ya go mongwe mo thobalanong.

Most people who are infected with HIV do not know they are infected, and you cannot tell if a person is infected just by looking at them.



Die meeste mense wat HIV het, weet nie daarvan nie. Jy kan ook nie bepaal of iemand HIV het deur net na hulle te kyk nie.

Uninzi lwabantu abosuleleke yi-HIV abazi ukuba bosulelekile, kwaye awunakutsho ukuba umntu wosulelekile ngokumjonga nje kuphela.

Batho ba le bantsi ba ba tshwaeditsweng ke HIV ga ba itse gore ba tshwaeditswe, mme e bile o ka se kgone go bona fa motho a tshwaeditswe ka go mo leba.

It is important to talk to your sexual partner about the risk of infection with HIV. There are a number of ways to have safer sex including using condoms, or having sex where no penetration or contact with body fluids occurs.



Dit is belangrik om met jou sekspartner te praat oor die gevare van HIV-besmetting. Daar is verskeie maniere om veiliger seks te hê, byvoorbeeld deur elke keer 'n nuwe kondoom te gebruik of deur seks sonder penetrasie of kontak met liggaamsvloeistowwe te hê.

Kubalulekile ukuthetha neqabane lakho olalana nalo malunga nomngcipheko wokosuleleka yi-HIV. Kukho iindlela ezininzi zokulalana okukhuselekileyo, ezibandakanya iikhondom, okanye ulalwano apho kungekho nxulumano okanye ukudibana neencindi zomzimba.

Go bothokwa go bua le molekane wa gago ka kgonagalo ya tshwaetso ke HIV. Go nale ditsela di le mmalwa tsa go dira thobalano e e sirelegileng mme di akaretsa go dirisa khondomo, go dira thobalano e e sa tlhokeng tsenyeletso ya dithwe kana kamano le matute a mmele.

Some couples in relationships choose to have an HIV test. This helps them make choices about their sexual practices and their future.



Sommige paartjies in verhoudings maak die keuse om 'n HIV-toets te kry. Dit help hulle om keuses te maak oor hul seksgewoontes en vir die toekoms te beplan.

Abanye abahlobo abathandanayo nababandakanyeka kubudlelwane obuqinisekileyo bakhetha ukuba bavavanyele i-HIV. Oku kubanceda ekubeni benze izigqibo zokuzikhethela malunga nezenzo zabo zokulalana (zokwabelana ngesondo) kunye nekamva labo.

Balekane bangwe ba ba nang le kamano e ba inêetseng mo go yona, ba itseela tshweetso ya go dira teko ya HIV. Se se ba thusa go tsaya tshweetso ka mekgwa le maitshwaro a thobalano le bokamoso jwa bona.

Couples who are planning to have a baby should know that the baby can also be infected with the virus during pregnancy, birth or through breast feeding. Only some babies born to infected mothers become infected with HIV.



Paartjies wat beplan om kinders te kry moet weet die baba kan ook die virus kry. Die virus kan tydens swangerskap, geboorte of borsvoeding aan babas oorgedra word. Slegs sommige babas wie se moeders HIV het, kry self HIV.

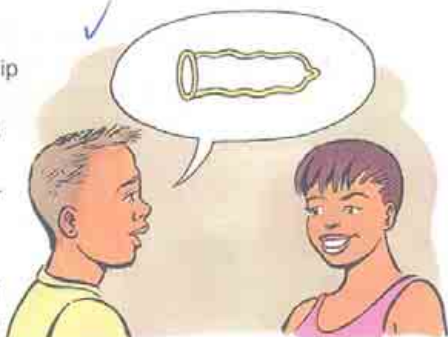
Abahlobo abathandanayo abaceba ukuba nomntwana kufanele bazi ukuba lo mntwana naye usengosuleleka yile ntsholongwane (vayirasi) ngexesha lokukhulelwa, xa ezalwa okanye xa encanca. Ziintsana ezithile kuphela ezizelwe ngoomama abosulelekileyo ezithi zosuleleke yi-HIV.

Balekane ba ba ikaeletseng go nna le gwana ba tshwanetse go itse gore ngwana a ka tshwaetsega ka virase mo nakong ya go ima, go tsalwa kana fa a ntse a anya letsele. Ke fela bangwe ba bana ba ba tsetsweng ke bomme ba ba nang le HIV, ba ba ka tshwaetsegang ka HIV.



If you are in a sexual relationship

- talk to your partner about HIV/AIDS
- practice safer sex by using condoms
- find out other ways to have safer sex
- know the facts about HIV/AIDS
- consider having an HIV test.



As jy 'n seksuele verhouding het:

- praat met jou verhoudingsmaat oor HIV/VIGS
- beoefen veiliger seks deur elke keer 'n nuwe kondoom te gebruik
- vind meer uit oor ander maniere om veiliger seks te beoefen
- ken die feite oor HIV/VIGS
- oorweeg dit om 'n HIV-toets te kry.

Ukuba ubandakanyeka kubudlelwane bokulalana

- thetha neqabane lakho lothando malunga ne-HIV/AIDS
- lalana ngokukhuselekileyo ngokusebenzisa iikhondom
- fumanisa ngezinye iindlela zokulalana ngokukhuselekileyo
- yazi imiba nge-HIV/AIDS
- phonononga ukuya kuvavanyelwa i-HIV.

Fa o na le kamano e e nang le thobalano

- bua le molekane wa gago ka ga HIV/AIDS
- dira thobalano e e sireleditsweng ka go dirisa dikhondomo
- batlisisa mekgwa mengwe ya go dira thobalano e e sireleditsweng
- ithute dintlha tsa boammaruri ka ga HIV/AIDS
- akanya ka go dira teko ya HIV.

You and your partner have the right to say no to sex, and to practice safer sex. Respect your partner, and work together to prevent HIV/AIDS.



Jy en jou verhoudingsmaat het die reg om "nee" te sê vir seks en om veiliger seks te beoefen. Respekteer jou maat en werk saam om HIV/VIGS te voorkom.

Wena neqabane lakho lothando ninelungelo lokuthi hayi kulalwano (kulwabelwano ngesondo), kwaye nikwanelungelo lokulalana ngokukhuselekileyo. Hlonipha iqabane lakho lothando, futhi sebenzisanani ukuze nikhusele i-HIV/AIDS.

Wena le molekane wa gago le nale tetta kana tshwanelo ya go gana go dira thobalano le go dira thobalano e e sireleditsweng. Tihompha molekane wa gago mme lo dirisane mmogo go thibela HIV/AIDS.



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If you have any questions about HIV/AIDS you can phone the free 24-hour AIDS Helpline at **0800-012-322**



As u enige vrae oor HIV/VIGS het, kan u die gratis 24-uur VIGS hulplyn skakel op **0800-012-322**.

Ukuba unayo nayiphina imibuzo nge HIV/AIDS, ungafowunela Inombolo yasimahla yoNcedo ye-AIDS efumaneka iiyure ezingama 24 ethi **0800-012-322**.

Fa o nale dipotso ka HIV/AIDS o ka leletsa mogala mo go Helpline ya AIDS ya diura di le 24 e e sa duelelweng kwa go **0800-012-322**.

There are a number of other leaflets in this series that give more information about AIDS.



Daar is 'n aantal ander pamflette in hierdie reeks wat meer inligting verskat oor VIGS verwante kwessies.

Kukho nezinye iincwadana ezininzi kolu luhlu ezinika inkcazelo ebanzi ngemibandela ephathelelene ne-AIDS.

Go nale dipapetsana tse di mmalwa mo serising eno tse di nang le tshedimosetso ka ga AIDS.