

UKUXOXA NABANTU NGOKUTHI UHLONZWE NGESIFO SOFUBA ESIMELANA NEMITHI

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Ngemva kokuhlonzwa nge-TB emelana nemithi (DR-TB), enye inkinga okufanele icatshangelwe ukuthi uzobatshela kanjani abantu ukuthi uphila nalesi sifo. Lokhu kubalulekile ukuze abantu bakwazi ukukweseka ngesikhathi sokwelashwa kwakho. Le nqubo lapho utshela khona abanye ngesifo sakho kuthiwa “ukudalula.” Ukuhlonzwa kubonakala kuhlukile kubo bonke abantu, futhi kukuwe ukuthi ubani omtshela ngalolu lwazi. Kubalulekile ukukhumbula ukuthi lesi akusona isehlakalo esenzeka kanye kuphela, futhi singathatha uzinsuku, amaviki, noma izinyanga ngemva kokwazi ukuthi une-DR-TB.

Amasu alandelayo angakusiza ucabange ukuthi ungathanda ukuthi ukudalula kwakho i-DR-TB kube njani:



Xoxa nodokotela wakho, umhlengikazi, noma abanye abahlinzeki bezempilo obathembayo ukubona ukuthi bangakucebisa ukuthi ukwenze kanjani lokhu. Babuze ukuthi bazimisele yini ukukusiza uzijwayeze lokhu noma ngisho nokuthi babe khona uma utshela abanye nge-DR-TB yakho (uma uthanda).



Khetha othile omethembayo owaziyo ukuthi uzokweseka njengomuntu wokuqala ozomtshela udaba. Ngokuvamile kulula ukwenza lokhu nomuntu noma nabantu obathembayo. Lo muntu angakusiza nokuthi ukwazi ukutshela abanye ngesifo sakho uma lokhu kuyinto oyidingayo noma ufuna ukwesekwa ukuze ukwenze.



Qiniseka ukuthi uyakuqonda ukuhlonzwa kwakho nokwelashwa ukuze ukwazi ukukuchazela abanye. Umtholampilo wakho noma abahlinzeki bokunakekelwa bangase babe nolwazi ongalunikeza abanye mayelana ne-DR-TB. Into okubalulekile ukuyiqonda futhi ukwazi ukuyichazela abanye umehluko phakathi “kwe-TB emelana nemithi” nezinye izinhlobo ze-TB. Inkulumbo ethi “emelana nemithi” isho ukuthi imithi ejwayelekile esetshenziselwa ukwelapha i-TB ngeke isebenze ohlotsheni lwe-TB onalo. Kubalulekile ukugcizelela ukuthi kusenemithi ezosebenza ekwelapheni izinhlobo eziningi ze-DR-TB, kodwa kungase kudingeke inikezwe isikhathi esijana noma inemithelela engemihle ehlukile. I-DR-TB isengelashwa kubantu abaningi abahlonzwe ngalesi sifo.



Bhala uhlu lwabantu ocabanga ukuthi kudingeka ubanikeze ulwazi mayelana nokuhlonzwa kwakho ngesifo. Akubona bonke abantu okudingeka bazi ngokuhlonzwa kwesifo sakho, futhi ulwazi lwakho lwezempilo luyimfihlo. Ngokuvamile, kukuwe ukuthi ubani omtshela lezi zindaba, ukuthi yini okhetha ukumtshela yona, ukuthi ukhetha ukumtshela nini, nokuthi lokhu ukwenza kanjani.



Yazi amalungelo akho uma kuziwa kwezenhlalo, emsebenzini, esikoleni, nakwezinye izimo zezenzhlalo. Noma ubani ophefumulayo angaguliswa yi-DR-TB, futhi asikho isidingo sokuthi uzizwe unamahloni noma unecala ngokuba nalesi sifo. Kodwa-ke, abantu abathile bangase bakuthathi kahle noma bakweseke uma bezwa ngesifo sakho. Kuhle ukuthi ube necebo lokuzivikela uma kwenzeka abantu obatselayo bengasabeli ngendlela enhle.



Zilungiselele ukuthi uzokwenzenjani uma abantu bebuza imibuzo mayelana nempilo yakho, kubandakanye nalabo okhethe ukuthi ungabatsheleli. Ukugula ngenxa ye-DR-TB kungadala ukushintsha kokubukeka kwakho (ngokwesibonelo, ukwehla kwesisindo) okungabonakala kwabanye. Eminye yemithi esetshenziselwa ukwelapha i-DR-TB ingadala ukushintsha kokubukeka kwakho (ngokwesibonelo, i-clofazimine ingadala izinguquko esikhunjani sakho). Ngisho nokubonakala uya esibhedlela noma emtholampilo kungenza abanye bazibuze ukuthi kwenzekani ngawe. Abanye abantu bangakubuza ngokuqondile, futhi kuhle ukucabanga kusengaphambili ukuthi uzobaphendula kanjani. Ngokuvamile, kukuwe ukuthi yini ofuna ukubatshelela yona. Elinye isu ongalisebenzisa ukubabonga ngokukhathazeka ngempilo yakho nokubaqinisekisa ukuthi usungcono kakhulu. Abanye abantu bangase babuze abangane bakho noma amalungu omndeni esikhundleni sokubuza wena, futhi ungase ufune ukucabanga ukuthi uzokusingatha kanjani lokhu. Khumbula, akekho umuntu onelungelo lokukhipha ulwazi mayelana nempilo yakho ngaphandle kwakho.



Thola izindlela zokunakekela impilo yakho yengqondo kanye nempilo yakho yomzimba. Ukuba ne-DR-TB kungaba yinto enzima kakhulu emzimbeni nasengqondweni yakho. Kubalulekile ukuziphatha ngomusa ngalesi sikhathi. Khumbula ukuthi i-DR-TB idalwa yigciwane elisemoyeni, futhi akukho okubi okwenzile okudale ukuthi ugule. Noma ubani ophefumulayo angayithola i-DR-TB. Lesi kungaba yisikhathi esinzima, kodwa ngeke kuhlale kunzima njalo. Sondelana nabantu abakwesekayo futhi wenze izinto ezikulethela injabulo.



Khuthaza abanye ukuthi baye emtholampilo futhi bahlolwelwe i-DR-TB. Minyaka yonke, abantu abangamakhulu ezinkulungwane baphathwa yi-DR-TB. Kubaluleke kakhulu ukuthi ugxile kuwe nasekululameni. Ngenxa yokuthi i-DR-TB isakazeka ngomoya, abantu obaziyo oseduze nabo kungenzeka nabo bachayeke egciwaneni. Kungenzeka ube umuntu wokuqala ogulile noma ohlonzwe ngesifo, kodwa nabanye obaziyo nabo bangagula. Uma i-DR-TB ihlonzwa ngokushesha, kuba lula ukuyelapha. Ngakho uma ufisa, ungasebenzisa ukuhlonzwa kwakho ngesifo njengesikhathi sokukhuthaza abanye abantu ukuthi nabo bayohlolwa. Umtholampilo wakho nabanakekeli bezempilo ngokuvamile banohlelo lokwenza lokhu (ngezinye izikhathi okuthiwa i-“contact tracing”). Bangase bakwazi ukukusiza nokukweseka ekuhloleni ukuthi abantu osondelene nabo bahlolwelwe i-TB nabo. Sekukonke, kuwumthwalo wabezempilo nabanye osondelene nabo ukuhlolwelwa i-DR-TB. Kodwa ngezinye izikhathi kungasiza ukwazi ukuthi ungathumela abantu emtholampilo uma bebuza ukuthi yini abangayenza ngemva kokuthi ubatshele ngesifo sakho.

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