

P R E P
V A C C



**Joyina isivivinyo esisodwa.
Hlelwa izindlela ezimbili ukuvikela i-HIV.
Ngesikhathi esisodwa.**

PrEPVacc (Umgomo wokuzivikela) Luholwa abase Afrika, luxhaswe ngabase-Europe oluhlanganisa ukuhlolwa kwemigomo yeHIV kanye namaphilisi agwinywayo okuzivikela kwi HIV (PrEP).



Luyini ucwaningo lwe PrEPVacc?

I-PrEPVacc iyizinto ezimbili:

Kuhlolwa ukuthi kuyenzeka yini ukuthi izinhlobo ezimbili zamaphilisi ezisahlolwa zingakwazi yini ukuvikela i-HIV. Zombili lezi zinhlobo zamakhambi sezihloliwe ohlelweni lokuhlola amakhambi okwelapha kwabonakala ukuthi ziphephile.

Kanti futhi sihlola kanye kanye uhlobo olusha lwe PrEP luqhathaniswe nalolu olujwayelekile obeluvele lukhona.

Lwenziwa kuphi ucwaningo?

Kuhlelwe ukuthi lwenziwe ezindaweni ezinhlanu emazweni amane: eMasaka, Uganda, Mbeya, Tanzania, Dar-es-Salaam, Maputo, Mozambique and Durban, South Africa.

Kungabe iyini i-HIV Vaccine (umgomo)?

Lomgomo ufundisa amasosha omzimba ukuthi avikele ukutheleleka noma ukulwa nezifo, ukuze uhlale uphilile. Ayikabi khona ilayisense yomgomo wokuvikela i-HIV emhlabeni wonke. Ukuze kuthuthukiswe umgomo we HIV, abacwaningi kumele bayihlole ebantwini, ukuze kutholakale ukuthi ingayivikela noma ilwe ne-HIV. Lomgomo unikezwa njengomjovo.

Kungabe uyini umgomo we-HIV (vaccine)?

I-PrEP ukusebenzisa imishanguzo yokuvikela i-HIV esetshenziswa ngabantu abangakasuleleki yi HIV ukwehlisa ingozi yokutheleleka nge HIV. I-PrEP isibonakele ukuthi iyayivikela i-HIV futhi iyatholakala emhlabeni wonke njengephilisi.

Uma ubamba iqhaza kungabe yini olekelela ngayo?

Ziningi izindlela zokuvikela iHIV, kodwa-ke unyaka nonyaka kusabikwa ukutheleleka kabusha namanje. Ukubamba kwakho iqhaza kuzosisiza ukuphendula imibuzo emibili neminingwane engasisiza ukuvikela ukutheleleka okusha emphakathini wenu.

- Sizokwazi ukusho ukuthi ukuthuthukisa uhlobo lwenye yalemigomo emibili ehlukeneyo yokuvikela iHIV kufanelekile yini noma cha.
- Sizokwazi ukusho noma uhlobo olusha luka PrEP lwamukelekile yini, luphephile, kanti futhi luyasebenza njenge PrEP ejwayelekile etholakayo, kubantu besifazane kanjalo nakwabesilisa.

Abantu besilisa noMama bayamenywa ukubamba iqhaza ocwaningweni lwe PrEPVacc abaneminyaka engu 18 kuya ku 40 abangase babe sengcupheni yokutheleleka nge HIV.

Ungakwazi ukuba yingxenye yalo uma:

- Ungumuntu okahle empilweni
- Uneminyaka engu 18 kuya ku 40 ngosuku lokuhlolwa
- Uzimisele futhi uyakwazi ukunika imvume enolwazi yokuba yingxenye yocwaningo
- Uzimisele futhi uyakwazi ukuza kukho konke futhi uhlolwe iHIV futhi unikeze gazi, umchamo Kanye nananye amasampula ezindaweni ezidingekayo.

Kungabe impilo Kanye namalungelo ababambe iqhaza azovikeleke yini?

Sizohlala njalo sinika ababambe iqhaza ocwaningweni imininingwane egcwele ngocwaningo ngaphambi kokuba bangene, ukuze basinike imvume enolwazi yokuvuma ukubamba iqhaza.

Ababambe iqhaza banelungelo lokushiya ocwaningeni noma ngasiphi isikhathi.

Ngesikhathi socwaningo, abasebenzi ocwaningweni bazoqapha ababambe iqhaza ukuwenza isiqiniseko sokuthi imigomo kanye ne PrEP abenzi izinkinga empilweni.

Abasebenzi ocwaningweni bazophinde basize ababambe iqhaza ababika ngazo zonke izinkinga zasekuhlaleni abangase bahlangabezane nazo ngokuba yingxenye yocwaningo.

Ukuphepha kobambe iqhaza kuphethwe yiqembu lokuhlola ukuphepha elibukeziwe kanye nebhodi elizimele lokuqapha ukuphepha elihlala libheka imininingwane yezempilo kubabambiqhaza ocwaningweni ukuzinqumela noma kuphephile yini ukuqhubeka nokunikwa imigomo kanye ne PrEP.

Ikomidi Lezimilo Lesikhungo libheka futhi liqaphe uhlelo lokufunda lwendawo ngayinye eyenza ucwaningo, kuhlanganisa nemininingwane enikezwa abantu mayelana nocwaningo, ukuqhubeka kocwaningo, kanye nezinkinga zempilo yalabo ababambe iqhaza. Ikomidi Lokuziphatha libheka nokuthi amalungelo ababambe iqhaza ayahlonishwa yini.

Umtholampilo ngamunye okwenzelwa kuwona ucwaningo uneBhodi yezokwelulekwa komphakathi. Amalungu ayo angabantu bendawo abeluleka abacwaningi futhi balethe okubakhathazayo nezintshisekelo zomphakathi nababambe iqhaza kubacwaningi.



Kungathiwani uma ngingafuni ukubabamba iqhaza?

Ukubamba iqhaza kwakho kungokuzithandela ngokuphelele, futhi kukuwe ukuthi uthathe isinqumo sokubamba iqhaza noma cha. Uma uthatha isinqumo sokubamba iqhaza ungayeka nganoma yisiphi isikhathi ngaphandle kokunikeza isizathu. Uma uthatha isinqumo sokungabambi iqhaza noma uhoxe ngemuva kokujoyina, ngeke uphathwe ngendlela ehlukile ngumtholampilo noma ulahlekelwe ezinye izinzuzo noma amalungelo obungaba nawo.



Kungabe yimiphi imiphumela emibi engenzeka?

Njengeminye imithi evamise ukutholakala kanye nemigomo esiyithathayo, siyazi ukuthi kungaba khona ukuzwela okuthile noma imiphumela emibi. Lokhu kungafaka imfiva, ikhanda, inhliziyi encane, ukuqaqamba nezinhlungu kanye nokukhathala.

Kwabanye abantu i-PrEP ingadala imiphumela engatheni njengenhliziyi encane, ukuqumbelana kwesisu, ukuhanjiswa yisisu kanye nekhandla. Lemiphumela emibi ivame ukunyamalala ngokuhamba kwesikhathi.

Kungabe ngizovikeleka kwi-HIV uma ngijoyina lolucwaningo?

Okwamanje asazi ukuthi imijovo yalolu cwaningo izobavikela yini abangenele lolu cwaningo kwi-HIV. Abantu abathatha kahle i-PrEP basemathubeni amahle kakhulu okungatheleleki yi-HIV.

Bonke ababambe iqhaza bayokwalulekwa ngokuthi bangakuvikela kanjani ukutheleleka nge-HIV futhi bazokhuthazeka ukuthi basebenzise izindlela zokuvikela ezitholakala ocwaningweni.

Kuzothatha isikhathi esingakanani ukuthola ukuthi imikhiqizo yokufunda iyasebenza yini?

Silindele ukuthi lolucwaningo luphothulwe ngo March 2023 futhi sifunde nokuthi imijovo yokugoma kanye nePrEP entsha kuyakuvikela ukutheleleka nge-HIV ngalesosikhathi, kodwa kungenzeka ukuthi sazi maduzane. Uma lolulwazi selutholakala, luyobe selwabiwa nababambe iqhaza kanye nabanye abathintekayo.

Kungabe ukubamba iqhaza ocwaningweni kuyayithinta impilo yami ngandlela thile?

Sicela abesifazane ukuba basebenzise izivikela nzalo ngesikhathi sokugoma kusukela esahlungwa kuze kube amasonto angu 18 emva komjovo wokugcina wokuvikela ukukhulelwa., ngoba asiyazi imiphumela yalokhu kugoma enganeni ekhulayo. Sicela ukuthi amadoda agweme ukukhulelisa abalingani babo besifazane kuze kudlule amasonto angu 18 ngemuva kokujova kwabo ngesizathu esifanayo.

Imithi yokugoma ingakwenza uthole i-HIV?

Cha. ANGEKE nakancane uthole ukutheleleka nge-HIV ngemijovo esetshenziswe kulolucwaningo. Umuthi wokugoma awunayo i-HIV ephilayo, i-HIV ebulewe, izingxenyane ezithathwe kumaseli ane-HIV noma amaseli atheleleke nge-HIV. Umuthi wokugoma wenziwa amakhemikhali aphephile.

Yini engizodinga ukuyenza uma ngifuna ukubamba iqhaza?

Ukuzibandakanya kwakho ocwaningweni lwe-PrEPvacc kuzohlala okungenani izinyanga eziyi 17 kusukela uthole umjovo wokuqala. Uzobe usuvakashela okungenani izikhathi ezingu 15 ngesikhathi socwaningo. Ukuvakasha kuzombandakanya izinqubo ezahlukahlukene, ukwelulekwa, ukufunda olwazini onalo, ukubuyekeza kwempilo yakho, ukuphendula imibuzo mayelana nezenzo zakho kwezocansi kanye nokuziphatha, kanjalo nokuthatha amasampula egazi nomchamo. Ngokujwayelekile kuzothatha isikhathi esingange hora kuya kwamathathu ngakunye.

Uzonikezwa uhlelo olucaciswe kahle lalokhu okuzokwenzeka ekuvakasheni ngakunye ukuze wazi ukuthi yini okufanele uyilindele. Izindleko zakho zokuza emtholampilo zizobuyiselwa.

Imigomo

Uhlobo olulodwa luhlanganisa i-DNA nomgomo owenziwe ngezakhamzimba i-protein, kanti enye ihlanganisa umuthi wokugomela i-DNA, MVA kanye ne-protein. Abanye ababambiqhaza bazothola i-Placebo engenawo umuthi wokugoma, ozoba uketshezi oluhlanzekile olubizwa nge-saline.

PrEP (Umgomo wokuzivikela)

I-PrEPvacc izohlola ukuthi ngabe indlela entsha yomgomo ogwinywayo i-Descovy, ephuzwa nsuku zonke, iyalingana noma isebenza kangcono kuneTruvada ephuzwa nsuku zonke. Ababambe iqhaza bazonikezwa i-PrEP ngesikhathi sokugoma lomgomo (izinyanga eziyisithupha) ukuvikela i-HIV.

Ngubani osebenzisa i-PrEPVacc?

I-PrEPVacc iholwa ngabacwaningi base Afrika abavela e-Entebe e-Uganda, e-MRC/UVRI Kanye ne Unit i-LSHTM Uganda Research. Basekelwe ngozakwabo abangu 14, abayisithupha abavela e-Africa, abayisithupha abavela eYurophu nababili base US. Abaxhasi be PrEPVacc yi-Imperial College London.

Yini engizoyenza ngokulandelayo?

Uma ngemuva kokufunda lencwajana unemibuzo noma unentshisekelo yokubamba iqhaza kwi-PrEPVacc, sicela uxhumane nendawo yangakini ngendlela elandelayo:



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