

# TENOFOVIR, LAMIVUDINE & DOLUTEGRAVIR (TLD)

**Kalafi ya HIV e ntšha. Pilisi e le nngwe, gangwe ka letsatsi**



**TLD e atlanegisitswe ke Mokgatlho wa Boitekanelo wa Lefatshe (World Health Organization) e le kalafi ya ntlha ya HIV. Gape e ka dirisiwa mo kalafing ya bobedi ya HIV.**

## KE MANG YO O TSHWANELEGELANG TLD?



- Batho botlhe ba ba tshelang ka HIV
- Balwetsi ba TB fela morago
- ga go fetsa kalafi ya TB.
- Go na ditshwetso dingwe tsa ART
- tse o ka nnang wa di akanyetsa fa o ntse o le mo kalafing ya TB.

## MESOLA YA TLD KE:

- Go tokafatsa matshelo a batho ba ba tshelang ka HIV.
- Go kgona go fenywa vaerase ka bonako.
- Thibedi e e mo dijineng e e kwa godimo go tllhabana le HIV.
- Ditlamorago tse di seng kalo kalo.
- Pilisi e nnye – e nowa motlhofo.

TLD ga e emele dikhondomo – dirisa dikhondomo ka methla ebile o di dirisa sentle



## GO BONA TSHEDIMOSETSO E NNGWE

- Etela motlamedi/kliniiki ya boitekanelo e e gaufi nao
- Botsa motlamedi wa boitekanelo wa gago
- [www.health.gov.za](http://www.health.gov.za)
- [www.bwisehealth.com](http://www.bwisehealth.com)
- National AIDS Helpline: 0800 012 322

Basadi ba baimana le ba ba rulaganyetsang go ima ba tshwanetse go buisana ka mesola le dikotsi tse di ka nnang gone tsa TLD le motlamedi wa boitekanelo wa bone go dira tshwetso e e bothale.



TEE e atlanegiseditswe basadi ba ba batlang go ima, le molwetsi ope yo mongwe wa TEE yo o itumelelang kalafi ya gagwe.

TLD e dirwa le go abiwa ke madirelo a diritibatsi tsa melemo a a rileng le go bonwa ka mebala e e farologaneng, dibopego le disaese – tsothe di na le metswako e e tshwanang. Ga go pilisi e le nngwe e e botoka go na le e nngwe.

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