

# PrEP ke eng?

PrEP ke tšebeliso ea pilisi e fokotsang monyetla oa tšoaetso ea HIV.

## E sebetsa joang?

Motho a sa pheleng le tšoaetso a noa pilisi ea PrEP ka nepo ka mehla ho fokotsa menyetla ea tšoaetso ea HIV ka linoko tse mashome a robong lekhlong (90%)



-KE NA -KE NA LE  
ToKelo BOIKARABELO  
EA PHELA BA HO THUSA  
HO PHELO HO EMISA HO  
Bo NANG NAMA HAT  
HIV HIV

## What is the difference between PrEP, PEP, and ART?

All three contain antiretroviral medicines in different combination for different purposes:

- PrEP is a pill that has 2 anti-HIV medicines taken daily to prevent HIV for HIV-negative people
- PEP is taken within 72 hours after exposure to HIV (eg after rape) for 28 days to prevent HIV
- ART is a 3-medicine treatment for HIV-positive people to reduce the levels of HIV in a person's body

# PrEP e nooa feela ke batho basa pheleng le tšoaetso ea HIV.

PrEP e khotalletsoa batho ba monyetleng o moholo oa tšoaetso.

## Ke lokela ho noa PrEP makhetlo a makae?

U lokela ho noa PrEP hangoe ka letsatsi ka nako e tšoanang. Pilisi e le ngoe e lokela ho nooa ka nepo kamehla.

## Na PrEP e bolokehile?

E! PrEP e bolokehile.

## Na PrEP e ka nooa 'moho le joala le lithethefatsi?

E! PrEP e ka nooa ke motho ea noang joale, ea sebelisang lithethefatsi, ea sebelisang litlhare tse ling le ea sebelisang lithibela pelehi.

## Ho nka nako e kae hore PrEP e sebetse?

PrEP e sebetsa lihora tse 'maloa kamora hore e nooe. Empa hore e u sireletse ka botlalo, e lokela ho nooa ka nepo kamehla matsatsi a supileng hoisa a mashome a mabeli. Pele u kaba tlokotsing.

## Na nka tšoaetsoa ka HIV ke ntse ke noa PrEP ?

Ha e nooa ka nepo kamehla PrEP e ka fokotsa menyetla ea tšoaetso ka mashome a robong lekhlong (90%)

## Ho etsahalang ha ke lebala ho noa pilisi?

Ha u leba ho noa pilisi, e noe hang ha u hopola- 'me u tsoele pele ho e noa ka nepo kamehla.

## Ha ke noa PrEP na ke lokela ho e noa bophelo bohle ba ka?

Che! Ho molemo ho noa PrEP letsatsi le leng le leng ha feela u ikutloa u le kotsing ea tšoaetso. Empa ha u ikutloa u so se kotsing u ka buisana le mooki/mohlabolli ho e tlohela.

## Ho etsahalang ha ke batla ho emisa ho noa PrEP?

Ha u utloa eka PrEP ha e sana molemo buisana le mooki/mohlabolli ho e tlohela. U tla fumana lintlha tse tla u thusa ho lula u tshireletsehile.

## Na nka noa PrEP bosiu bo le bong feela?

Che! U lokela ho noa PrEP Letsatsi le leng le leng bakeng sa matsatsi a supileng ho isa a mashome a mabeli pele u kaba monyetleng oa ho tšoaetsoa. U lokela ho tsoelapele ho e noa hape matsatsi a mashome a mabeli a metso e robeli kamora ho ba kotsing ea tšoaetso.

## Na PrEP e thibela mafu a likobo le bokhachane?

Che! E fokotsa feela menyetla ea tšoaetso ea HIV. PrEP ha e ts'ireletse khahlanong l bokhachane le mafu a likobo.

## Na nka noa PrEP ke sebelisa lithibela-pelehi?

E, PrEP e ka sebelisoa 'moho le lithibela pelehi tsohle.

## Na nka arolelana PrEP kapa ka noa lipilisi tsa batho ba bang tsa HIV ?

Ho molemo hose arolelana lipisi tsa PrEP le batho ba bang. Ho noa lipilisi tsa batho ba bang tsa ARV ho u bakela litla-morao mme li keke tsa ba le molemo ho uena.

## Na PrEP e na le litla-morao?



Batho ba bang ba ka ba le litla-morao tse fokolang ha ba qala ho noa PrEP.

Litla-morao tsena li ka kenyelletsa; ho nyekoa ke pelo, allergic reactions, hlooho e opang, mokhathala, letsollo, litoro tse sa tloaeleheng, lehlatsa, makphopho, ho se robale hantle le phetoho takatsong ea lijo.

Ke motho a le mong ho ba leshome a ka bang le litla-morao tsena 'me ha li nke hofeta beke .



## Ho ka etsahalang ha u ka noa PrEP empa ke phela le tšoaetso?

PrEP ha e sebelisoe e le kalafo ea HIV. Batho ba phelang le tšoaetso ba hloka motoako oa mefuta e meraro ea lithhare tse loantšang ho ata hoa tšoaetsi. Lipilisi tsena li fonoa setsing sa bophelo. ho motho ea phelang le kokoana-hlokoea HIV, ho noa PrEP ho ka baka hore lipilisi tsa toantso ea ho ata hoa HIV (ARVs) li sitoe ho sebetsa.

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**PrEP** e sebetsa hantle ha e sebelisoa 'moho le mefuta e meng ea thibelo ea tšoaetso.

Ha e thibele mafu a likobo le bokhachane.

## Na ke lokela ho sebelisa likhohlopo nakong ea thobalano le ha ke sebelisa PrEP?

Tšebeliso ea PrEP ke tsela e ngoe ea thibelo ea tšoaetso ea HIV 'me e lokela ho sebelisoa 'moho le mefuta e meng e thibelo ea tšoaetso. Tšebeliso ea likhohlopo ke tsela e nepahetseng ho fokotsa menyetla ea tšoaetso. Likhohlopo li tšereletsa khahlanong le mafu a likobo le bokhachane ha li sebelisoa ka nepo kamehla.

## Na nka noa PrEP?

Ho noa pilisi ena kamehla ho thibela tšoaetso ho kanna hoa se be bonolo ho batho ba bang, empa ke tsela e nepahetseng ho batho ba kotsing e kholo ea tšoaetso. Batho ba bangata ba noa PrEP empa mooki kapa mohlabolli o lokela etsa lithhaholo tse ka fanang ka mabaka a ho sebelisa PrEP.

## Nka fumana PrEP kae?

Lesotho mona PrEP e fumaneha litsing tsa bophelo tsa 'muso le ho lingaka tse ikemetseng. E fumaneha hape le libakeng tse haufi le sechaba. Botsa setsing se haufi.

|          |          |         |          |
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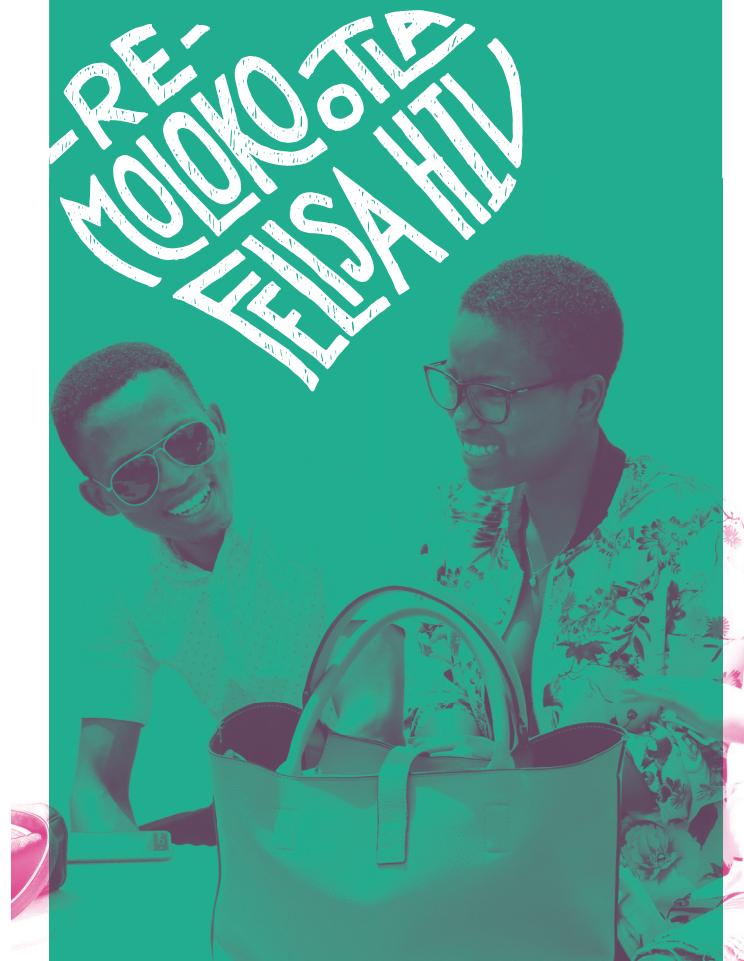


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# LIPOTSO TSE BOTSOANG KHAFETSA

ka Pre-Exposure  
Prophylaxis (PrEP)



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