

# KOKOKA TE EKOKOMI KOKOKA KOYEBA MALAMU

i=i

EZALI KO MONANA TE

EZWAMI TE



Kapoti



Dépistage



Nkisi

# EBANDELI



Lelo, kolimbola nsango ya **indéetectable** = **intransmissible** (**i=i**) ezali na motuya na bato bazali na virus ya VIH (**PVVIH**) pe bato nyonso.

**Ya solo, i=i esalisaka :**

- VIH ekopesamela lisusu te na bosangisi nzoto;
- Kozua bana lokola batu nyonso libanda ya ba technique ya minganga;
- Kobongola emoneli ya ba PVVIH epayi ya bato nyonso pe batie pemberi to kotshola bango.

Na yango, lisanga ya ba PVVIH ya « espace Mandela », likanisi ya Plateforme Prévention Sida. Ba sangani pona kosala mokanda na masolo ya **i=i**, po na koyokanisa mposa ya PVVIH baye baza na mpasi ya kososola makambo etali bango.

Esalisi oyo eko permettre mpe kokolisa bopanzi sango kati ya ba oyo baza na posa ya libiki na ba minganga.

Mosala ya buku oyo ezali kokolisa boyebi ya ba PVVIH na koyeba kosala maladi mpe na misala mpo na oyo etali charge virarale, système immunitaire mpe na tina ya **i=i**.

ekosalisa kóyeba misala ya **i=i** na bomoi na bango mobimba pe na oyo etalie lolenge ya bolingo pe bosangisi nzoto na bango .

# NABANDI NKISI NA NGAI

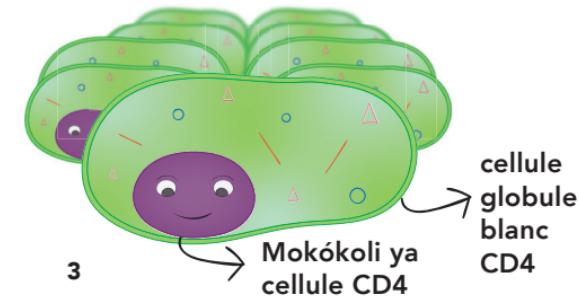
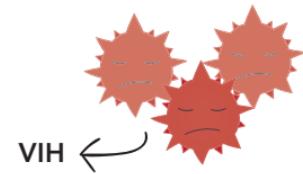


**Mosala na nkisi na ngai ya VIH ezali nini?**

Ekitisaka charge virale na **ngai** na kolendisa bibundeli ya nzoto na ngai (mingi mingi baselile «globule blanc CD4»)

**Kokitisa nguya ya ba virus :**  
**bavirus (VIH) ba kokoma moke**

**Kolendisa bibundeli ya nzoto :**  
**ba cellule CD4 ba komi mingi**

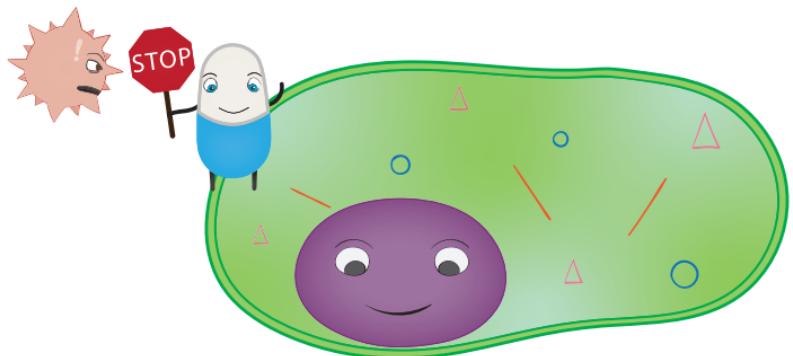


**Lolenge nini nkisi na ngai ezali ko sala ?**

→ Bankisi basalaka lolenge ebele na kotala bitemie (molecule) oyo bazali na yango.

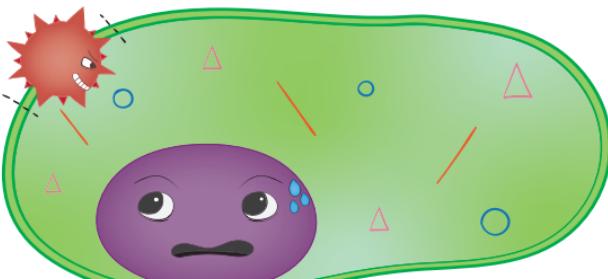
→ Nkisi eko pekisa virus ekota na cellule CD4

### NA NKISI



Nkisi eko pekisa virus ekota na cellule CD4

### KOZANGA NKISI

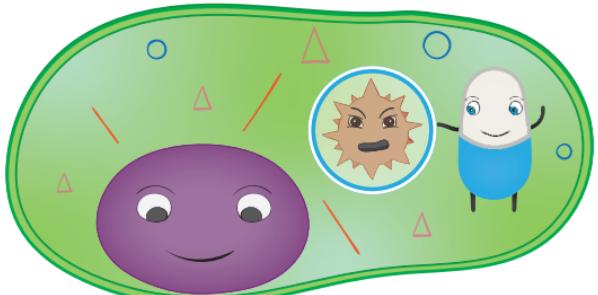


VIH ekoti na cellule CD4

## Lolenge nini nkisi na ngai ezali ko sala ?

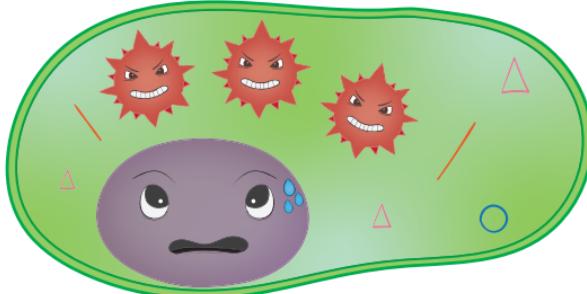
→ Nkisi akopekisa ba virus ba bakisama

### NA NKISI



Nkisi akopekisa ba virus ba bakisama  
na katì ya cellule CD4

### KOZANGA NKISI

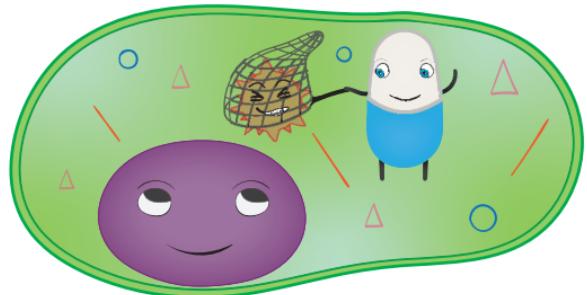


VIH eboti kati na cellule CD4

## Lolenge nini nkisi na ngai ezali ko sala ?

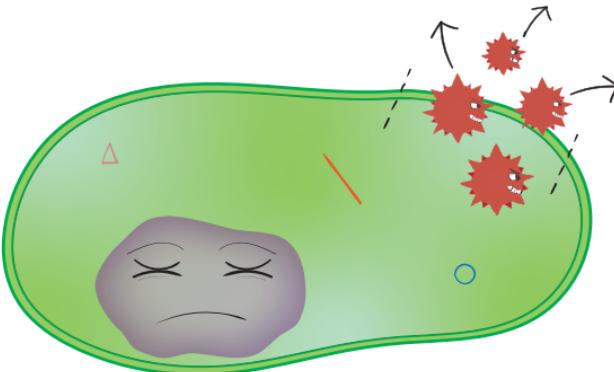
→ Nkisi ekopekisa ba virus kobima na kati ya cellule mpe na bo panzani na kati ya ba cellules CD4 mususu.

### NA NKISI



Nkisi epekisa ba virus kobima na cellule CD4

### KOZANGA NKISI

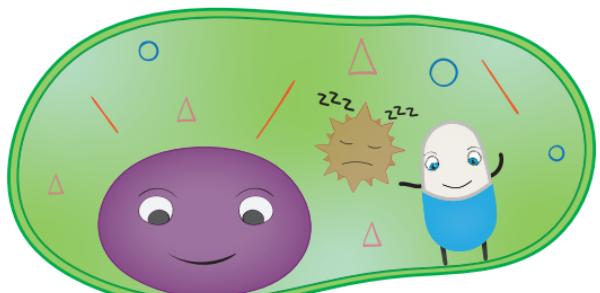


VIH ebimi na cellule CD4

## Lolenge nini nkisi na ngai ezali ko sala ?

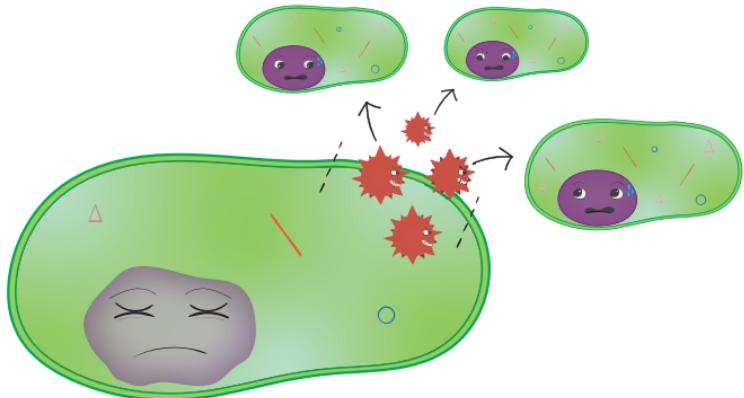
→ Nkisi elalisaka ba virus. Tango ba virus ba lali, nakoki kopesa VIH na bosangisi ya nzoto te.

### NA NKISI



Nkisi ezali ko lalisa VIH na kati ya cellule CD4

### KOZANGA NKISI



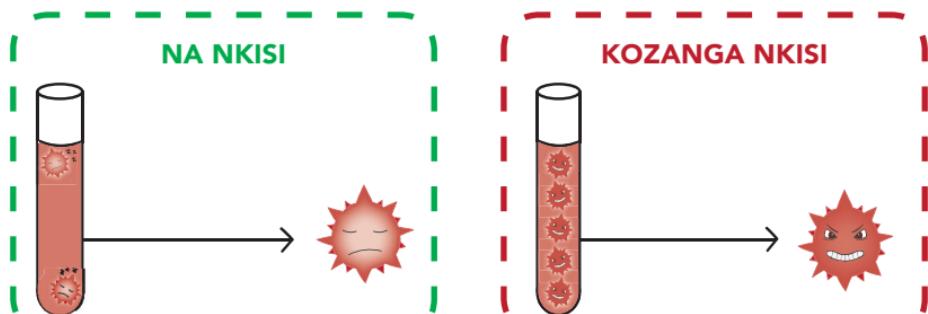
VIH eko zwa ba cellules CD4 mosusu

## Charge virale ( nguya ya virus) ezali nini ?

Charge virale, ezali motango ya ba virus to pe (VIH) na kati ya makila na ngai.

Liboso ya kobanda nkisi na ngai, charge virale (nguya ya ba virus) na ngai ( motango ya ba virus eza ebele na makila) ezali ya ko mata makasi. **Risque ya ko pesa VIH eza bongo ya komata mpe.**

Nkisi ezali kokitisa charge virale na ngai. **Tango charge virale na ngai ezali kokita, likama ya kopesa VIH ezali mpe ya kokita.**

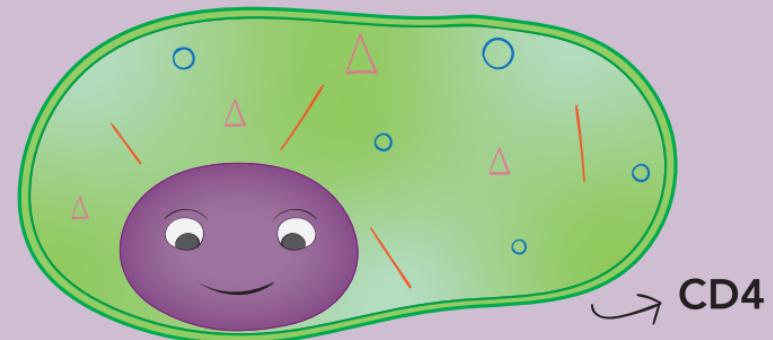


Bopesi to kokabola VIH ezali ya kokita

Bopesi to kokabola VIH ezali ya komata

## Système immunitaire ezali nini?

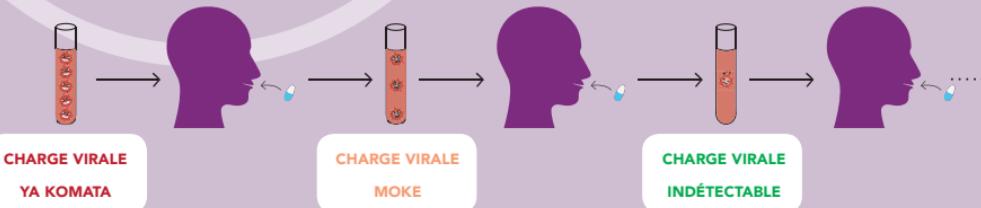
Ezali ebongiseli ya bibundeli ya nzoto na ngai contre bamaladi. Ba CD4 bazali kati ya libota na globile ya mpembe, baye baza babundeli. Ezali na nzela ya ba **CD4 ke virus VIH ekota na nzoto.**



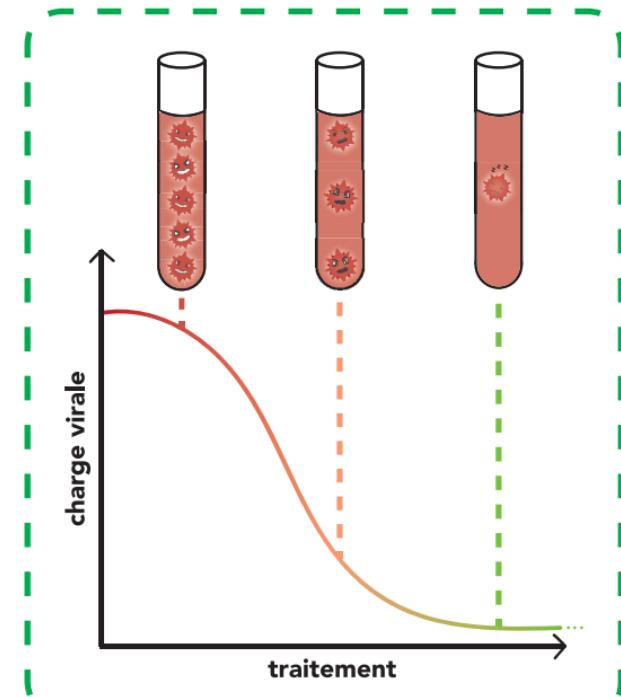
Liboso ya kobanda nkisi na ngai, immunité na ngai (motango ya bacellule CD4) ezali tango mosusu moke. **Na kopekisa virus kobota, nkisi eko permettre ba cellule CD4 ba koma ebele mpe kokolisa ebongiseli immunité( bibundeli) na ngai.**

## Kozala na charge virale indéetectable ezali nini?

Tango quantité ya virus ezali mpeza moke na kati ya makila. Na yango, soki nazwi nkisi na ngai malamu mpe na tosi malamu mibeko ya monganga, motango ya ba virus eko kita tii bakoki komona yango lisusu te (indéetectable) na kati ya makila na ba appareils ya laboratoire ya mikolo oyo. (20 ou 50 copies ya virus na millilitre ya makila - 1 copie = 1 virus). Eyebisami ete mbala na virus ezali indéetectable (nguya na virus ezo monana te).



Keba, yango ezali koloba te que virus ezali lisusu te na nzoto na ngai, virus ezali kaka kati na nzoto na ngai kasi na motango moke. Virus ezali ya kolemba mpe ezali ya ko lala.

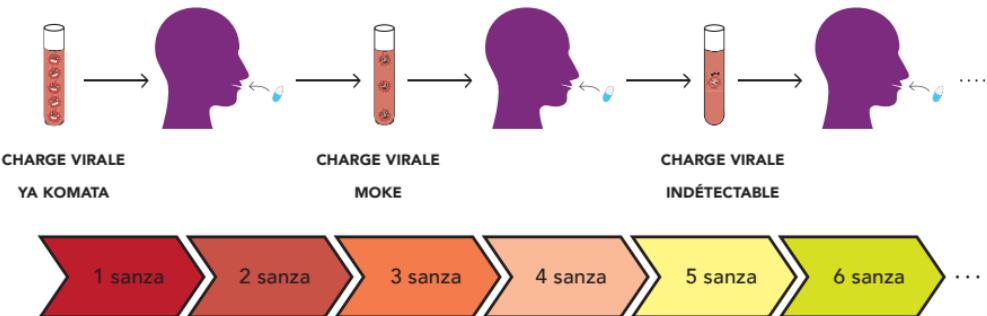


Keba, kozala na charge virale indéetectable elakisi te que na biki na VIH. Kasi yango esalisi mpo na kokitisa impact ya virus na nzoto na ngai mpe ezali ko pesa elikya na qualité ya bomoi. Elikia ya bomoi na ngai ezali presque ndenje moko na batu oyo baza na virus te. Na nkisi na ngai, na koki ko zala na bomoi malamu.

## Ndenge nini moto akoki kokóma na charge virale indéetectable?

Lolenge moko ya kokóma na charge virale indéetectable **eza kozwa malamu bankisi anti-VIH**: na kokata te, na kobosana te, na komatisa to mpe kokitisa motangu ya ba nkisi te.

Kobanda tango nabandi kozua nkisi na ngai, charge virale eko sala 3 to 6 sanza mpo ekoma indéetectable. Na ba nkisi ya sika, délai to mikolo wana ekoki ko kita.

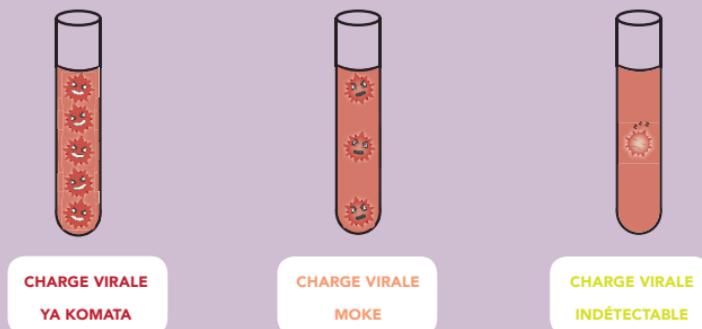


## Ndenge nini na koyeba que charge virale na ngai ezali indéetectable?

Mpo na koyeba soki charge virale na ngai ezali indéetectale, **esen-geli na salisa ba examen ya makila mpo na koyeba quantité ya ba virus na kati ya makila na ngai**.

Monganga ako yeba soki:

- ba virus ezali ebele = **charge virale ya ko mata**
- ba virus ezali mingi te = **charge virale ezali ya kokita**
- ba virus ezali moke koleka = **charge virale ezali indéetectable (ezali komonana te)**



# JE SUIS INDÉTECTABLE DONC JE SUIS INTRANSMISSIBLE !

## Kokabela maladi te ezali nini ?

Kokabela maladi te eza koloba ete nakoki lisusu te kopesa VIH na mutu.

## Quels sont les avantages de i=i ?

i=i ekosalisa :

O kosilisa risque ya ko pesa maladi to virus na molongani na ngai na tango ya bosangisi ya zonto. Kapoti ezali lisusu na tina penza te mpo na ko empêcher (kopekisa) bokamati ya VIH. kasi Keba, kapoti ekotikala moyen moko ya ko mibatela contre ba maladi to infection ya bosangisi ya nzoto (IST).

O Kobota bana bazangi maladi. Nakoki kobota bango na lisali-si ya monganga mpe te (PMA). Kasi nakoki komelisa mwana mabele te mpo virus etikali moke na mabele ya maman.

## NDENGE NINI KOSALELA I=I ?... CVI

### Nakoki kotikala indéetectable libela ?

Ya solo, soki nazali kozwa nkisi na ngai na ngonga oyo batyeli, kozanga kobosana, kozanga komela ba nkisi ebele to moke soki mpe kosundola ba nkisi na ngai soki liyebisi ya monganga esali te. Soki na respecte yango te, na kozonga lisusu déetectable mpe nakoki kopesa lisusu virus.

Na yango, il faut kolandela malamu ba toli ya monganga na ngai mpo na kotikala indéetectable mikolo nyonso mpe kolandisa tango inso ba examen ya charge virale (na ekamatami ya makila).

### Na biki mpo charge virale ekomi indéetectable ?

TE, tango nazali na charge virale indéetectable, virus ezali kaka katì na nzoto na ngai, kasi na quantité moke. Natikali kaka séropositif mpe ekotikala kaka positif na test ya dépistage VIH.

Lelo, VIH ezali considéré na Belgique lokola maladi oyo ebikisamaka te kasi oyo eza na Nkisi.

## Soki charge virale na ngai ezali indéetectable, ezali lisusu na tina ko tanga motango ya ba CD4?

Ya solo, taux ya CD4 na charge virale bazali nyonso mibale na tina. Ezali ko pesa ba information ya motuya na monganga na ngai mpo alandela ngai malamu.

Nkisi ya anti-VIH ezali mpo na kokomisa charge virale indéetectable (na moke koleka) mpe ezali na tinaya ko renforcer (ko lendisa) système immunitaire na komatisa ba CD4.

## Tosengeli kosala nini tango charge virale ekomi lisusu déetectable( tango motango ya ba virus okomi komata lisusu) ?

Soki omeli nkisi malamu te, virus ekoki kosala résistances na nkisi to kokoma lisusu déetectable. Monganga akoki kobongisa (ko changer) nkisi mosusu, ba analyse mosusu, mpe kotala soki nalandeli nkisi na ngayi malamu soki mpe naza kaka na condition malamu pona kotika-la indéetectable.

Soki charge virale emati lisusu, risque ya transmission ya VIH ekomi mpe ya ko mata na yango, esengeli kosalela moyen mosusu ya ko mibatela (kapoti mpo na moko ya paternaire to PrEP mpo na partenaire oyo azali séropositif).

## EFANDELI YA NGAI NA i=i...



"Liboso ya kobanda nkisi na ngai, nakomaki koki-ma nazalaki kokanisa kaka liwa. Ba nkisi esali mpo na bima na isolement (na komibombo). Lelo na i=i, nazali ko mi sentir rassuré ya koleka,, G.

"Liboso i=i, nakangaki makambo ya kosangisa nzoto na ngai. Nazalaki (nazalaki ko telema malamu te tango ya kosangisa nzoto) na maladi mpo ya kobanga contaminer partenaire na ngai. Lelo na i=i, nazali rassuré pe épanoui mpona makambo ya kosangisa nzoto. Nazali ko se sentir ya ko bika.., J.



"Atako i=i eza nsango malamu pe elikya po na mikolo ezali koya, kosakola nsango (koyebisa séropositivité na ngai na partenaire na ngai ezalaki mpasi. Nasepelaki kozela to wumela nanu na bolingo yambo na yebisa ye.,, P.



"Atako i=i, nasakolaki (nayebisaki) te séropositivité na ngai kua libota na ngai mpo na bobangi ya bosambisi likolo na ngai.."  
H.

"Nazali na bobangi ya kosakola séropositivité na ngai na mosala mpo na ndenge bazalaka na bamaladi mosusu. Na ndimi te ke patron na baninga na ngai bayebi (ba sango) makambo na VIH mingi to oyo ya i=i penza.."  
A.



"Tango nazalaki kati na kaa na bakimi, na kendaki na hôpital. Monganga atombokaki mpo nalobaka te nazalaki séropositif. Nayebisaki ye ke ba virus ezo monana te to ekomi moke koleka kasi, a ndimelaki ngai te.."  
G.



- Na i=i, nazali ko kabola lisusu maladi te na molongani na ngai na tango ya bosangisi ya nzoto soki naza na kopoti te, kasi yango ezali ko batela na ba infection to IST mususu te.
- Na i=i, virus ezali kaka kati na nzoto na ngai kasi ezali na motango moke.
- i=i epesi ndingisa te ya komelisa muana mabele (mpo VIH ekoki kopesamela na nzela ya mabele atako mama alandi malamu nkisi na VIH).
- i=i elingi koloba te ke nabiki.
- Nakoki kozonga lisusu détectable soki nazali kozwa malamu nkisi na ngai te (ndakisa mpo ya mbuma mabe).
- Nakokata ngai moko komela nkisi ngai te, esengeli koyebisa monnganga na ngai pamba te ekoki komatisa lisusu charge virale na ngai.

## i=i KOKOKA TE EKOMI KOKOKA

# BOKUTANI NA NTINA MINGI



## Bongiseli na kopongola sida

**Plate-Forme Prévention Sida  
Espace Mandela  
Action Plus**

Place de la Vieille Halle aux Blés, 29 - 1000 Bruxelles  
02/733 72 99  
[www.preventonsida.org](http://www.preventonsida.org) - [www.preventionist.org](http://www.preventionist.org)

**Vzw Lhiving**  
Poolstraat 2 - 1210 Brussel  
02/201 14 19  
[www.lhiving.be](http://www.lhiving.be)

**Projet Nyampinga**  
Rue des Sports, 19 - 1348 Louvain-la-Neuve  
0498/71 30 62

**SIDA-IST Charleroi-Mons**  
Boulevard Zoé Drion, 1 - 6000 Charleroi  
071/92 54 10  
[www.sida-charleroimons.be](http://www.sida-charleroimons.be)

**Sida Sol ASBL**  
Rue des Fontaines-Roland, 29 - 4000 Liège  
04/287 67 00  
[www.sidasol.be](http://www.sidasol.be)

## Le SASER

Rue Docteur Haibe 4 - 5002 Namur  
081/77 68 20  
[www.province.namur.be/saser](http://www.province.namur.be/saser)

## HIV-SAM Project

Nationalestraat 155 - 2000 Anvers  
03/247 64 81 • 0479/50 03 98  
[www.hivsam.be](http://www.hivsam.be)

## Muungano Boekenberglei

Charles de Costerlaan 21/G11 - 2050 Antwerpen  
0488/33 37 27 • 0479/40 03 89  
[www.hivsam.be/](http://www.hivsam.be/)

## Sensoa

Franklin Rooseveltplaats 12 - 2060 Antwerpen  
03/238 68 68  
[www.sensoa.be/](http://www.sensoa.be/)

## Ex Aequo

Rue des Pierres 29 - 1000 Bruxelles  
02/736 28 61  
[www.exaequo.be](http://www.exaequo.be)

## Esika ya moboko VIH

**Centre de référence VIH de l'UCL -Hôpital St-Luc**  
Avenue Hippocrate, 10 - 1200 Bruxelles  
02/764 21 98 • 02/764 19 02

**Centre de référence VIH de l'ULB - CHU St-Pierre - CETIM**  
Rue Haute, 322 - 1000 Bruxelles  
02/535 31 77

**Centre de référence VIH Hôpital Erasme**  
Route de Lennik, 808 - 1070 Bruxelles  
02/555 46 88

**Centre de référence VIH de l'UZ VUB**  
avenue du Laarbeek, 101 - 1090 Bruxelles  
02/ 477 60 01

**Centre de référence VIH - CHU Charleroi**  
Chaussée de Bruxelles, 140 - 6042 Lodelinsart  
071/92 23 07

**Centre de référence VIH CHU Dinant Godinne**  
Avenue Dr. Gaston Thérasse, 1 - 5530 Yvoir  
081/42 20 81 • 081/42 38 00

**Centre de référence VIH du CHU de Liège (5ème étage)**  
Quai Godefroid Kurth, 45 - 4020 Liège  
04/270 31 90

**HIV Referentie centrum Instituut voor Tropische Geneeskunde**  
Kronenburgstraat 43/3 - 2000 Antwerpen  
03/247 64 65

**HIV Referentie centrum AZ Sint Jan-Brugge – Ostende AV**  
Ruddershove 10, 8000 Brugge  
050/45 23 12

**HIV Referentie centrum Gent**  
G.Heymanslaan ,entrée 69 (P2, route 690) - 9000 Gent  
09/332.23.50

**HIV Referentie centrum, Campus Gasthuisberg**  
Herstraat, 49 - 3000 Leuven  
016/34 47 75

**HIV Referentie centrum Jessa Zeikenhuis Campus Virga Jesse**  
Stadsomvaart, 11 - 3500 Hasselt  
011/33 55 11

### Boninga mosusu

**CATIE :** [www.catie.ca/](http://www.catie.ca/)

**SERONET :** [www.seronet.info/](http://www.seronet.info/)

**UNIA :** [www.unia.be](http://www.unia.be)

**Action Traitement :** [www.actions-traitements.org](http://www.actions-traitements.org)

**Aides : magazine Remaides :** [www.aides.org/Remaides](http://www.aides.org/Remaides)

**ONUSIDA :** <http://www.unaids.org>

**Aidsmap :** <https://www.aidsmap.com>

Moto oyo azali séropositive to na SIDA soki charge virale naye ezali indétectable grâce ya nkisi akoki ko transmettre VIH lisusu te.

Mpo na kozwa bisika ya malamu ya dépistage, esika ya moboko sida, to kozwa informations mosusu mpo na nkisi salela na

**WWW.PREVENTSIDA.ORG**



LANDA LOKASA NA BISO  
PLATE-FORME PRÉVENTION SIDA

Mwa buku yango esalemá na boyokani malamu ya elongo na botangi na bamonganga na Mafulume ba CRV d'Erasme na St Luc.

Avec le soutien de ViiV Healthcare Belgium.

Buku yango ekoki kosaleka bakopi mosusu. Kua ofele na licence Creative Commons BY-NC-SA 4.0.



Ed. Resp. : Thierry Martin, Plate-Forme Prévention Sida  
Place de la Vieille Halle aux Blés, 29-28 – 1000 Bruxelles