

- Kukumbutsidwa njira zina zomwe zilipo zothandiza kupewa HIV.

7 KODI NDI ZOVUTA ZANJI ZOMWE ZINGAPEZEKE POTSATIRA MDULIDWE WAKUCHIPATALA?

- Mwina kutuluka magazi pa bala la mdulidwe.
- Kumva ululu pa bala la mdulidwe.
- Kulowa matenda pa bala la mdulidwe.

A chipatala ophunzitsidwa bwino amagwira ntchitoyi mowonetsetsa kuti abambo onse olandira mdulidwewu ndi otetezeka ku zovutazi.

8 KODI PADZAKHALA KUSINTHA KULIKONSE PA NKHANI YOGONANA MDULIDWE UKACHITIKA?



Kukambirana za nthawi yoyambanso kugonana potsatira mdulidwe

- Kudziletsa kugonana kwa masabata 6 n'kofunika kwambiri kuti bala lipoleretu.
- Kuchita zogonana masabata 6 asanathe zitha kukuyikani pachiopsezo chachikulu chotenga HIV.

- Kukhutitsidwa pogonana zimatengera munthuwe. Palibe kafukufuku yemwe wasonyeza kuti mdulidwe wakuchipatala umasintha kukhutitsidwa kwanu pankhani yogonana.

9 N'CHIFUKWA CHIYANI NDIKUYENERA KUKAMBIRANA NDI WOKONDEDWA WANGA ZAMDULIDWE WAKUCHIPATALA?



Banja kukambirana za mdulidwe

- Ndikoyenera kulandira limodzi uphungu wokhudza mdulidwewu kuchokera kwa achipatala omwe akudziwa bwino za mdulidwewu.
- Chilimbikitso

chochokera kwa wokonedwa wanu chitha kuthandiza kuti musabwerere m'mbuyo mdulidwe usanachitike, ukamachitika komanso utachitika.

- Mutha kulimbikitsana ndi wachikondi wanu osagonana pa masabata 6 omwe mwamuna amakhala akudikilira kuti bala lipole.

10 N'CHIFUKWA CHIYANI N'KOFUNIKIRA KUYEZETSA HIV MDULIDWE WAKUCHIPATALA USANACHITIKE?

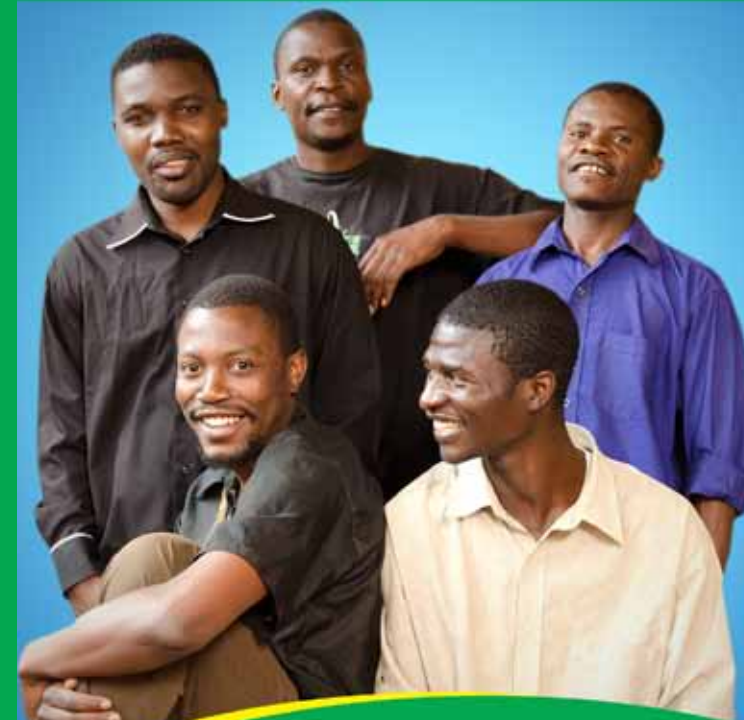
- Kuyezetsaku kukuthandizani kudziwa zovuta zomwe zingakhalepo ngati mutalandira mdulidwe muli ndi HIV.
- Ngati mwapezeka ndi HIV adzakudziwitsani kuti mukakumanenso ndi a chipatala ena.

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Adapted from Cartaz Mozambique and Grain Sack VMMC materials.



Khalani Otsogola



*Sankhani Mdulidwe wa
Abambo Wakuchipatala*

**UTHENGA
KWA ABAMBO**



NDIFE OTSOGOLA
Tasankha Mdulidwe Wakuchipatala

1 KODI MDULIDWE WA ABAMBO WAKUCHIPATALA NDI CHIYANI?

Mdulidwe wa abambo wa kuchipatala ndikuchotsa chikopa chonse chomwe chimavundikira mutu wachida cha abambo.



Mdulidwe usanachitike



Mdulidwe utachitika

2 KODI UBWINO WA MDULIDWE WA ABAMBO WAKUCHIPATALA NDI WOTANI?

Kwa abambo, mdulidwewu:

- Umathandiza kuchepetsa chiopsezo chotenga HIV.
- Umapititsa patsogolo ukhondo.
- Umachepetsa chiopsezo cha khansa ya chida cha abambo.
- Umachepetsa chiopsezo ku matenda ena opatsirana pogonana.
- Umathandiza kuchepetsa chiopsezo kumatenda ena monga kusapyotoka kwa chikopa chomwe chimavundikira mutu wa chida cha abambo.

Kwa mayi yemwe okonedwa wake wachititsa mdulidwe:

- Umachepetsa chiopsezo cha khansa yakhomo lachiberekero.
- Umachepetsa chiopsezo chotenga matenda opatsirana pogonana.



3 KODI MDULIDWE UMATETEZA BWANJI ABAMBO KU HIV?

- Kawirikawiri HIV imalowa m'thupi kudzera mu khungu lomwe limavundikira mutu wa chida cha abambo.
- Mkati mwa khungu lomwe limavundikira mutu wachida cha abambo mumakhala mofewa komanso mwachinyonho.
- Sipakhala povuta kuti mbali yofewayi ichekeke kapena ichite chilonda.
- Mdulidwe ukachitika, khungu lamutuwa limakhuthala, izi zimathandiza kuchepetsa chiopsezo chanu chotenga HIV.

4 KODI MDULIDWE WAKUCHIPATALA UMATETEZA KWATUNTHU KU HIV NDI MATENDA ENA OPATSIRANA POGONANA?

- Mdulidwewu suteteza kwatunthu, bambo yemwe wadulidwa akhonza kutenga HIV ngati agonana mosadziteteza ndi munthu yemwe ali ndi HIV.
- Mdulidwewu suthandiza amayi kupewa HIV, koma ngati bambo achepetsa chiopsezo chotenga HIV, amachepetsanso chiopsezo chopatsira okonedwa wake HIV.

Kuti mutetezeke ndi kuteteza wokonedwa wanu ku HIV:



Kukhulupirika kwa okonedwa m'modzi

- Khalani okhulupirika kwa wokonedwa m'modzi yemwe alibe HIV,
- Gwiritsani ntchito kondomu moyenera nthawi zonse pogonana ndi munthu yemwe simukudziwa za m'mene mthupi mwake muliri kapena yemwe ali ndi HIV.
- Kalandireni uphungu komanso kuyezetsa HIV

ndi wokonedwa wanu. Izi zimathandiza kusintha khalidwe popewa HIV.

- Kwa anyamata omwe sali pa banja kapena alibe bwenzi lokhazikika akuyenera kuziletsa.

5 KODI PALI KUSIYANA KULIKONSE PAKATI PA MDULIDWE WA ABAMBO WAKUCHIPATALA NDI MDULIDWE WACHIKHALIDWE?

Mdulidwe wakuchipatala:

- Umachitidwa ndi achipatala ophunzitsidwa bwino za ntchitoyi choncho zovuta zimakhala zochepe.
- Umachotsa chikopa chonse chomwe chimavundikira mutu wachida cha abambo kuti phindu la mdulidwewu likhale lochuluka.
- Mankhwala oletsa ululu amaperekedwa nthawi ya mdulidwe komanso pomaliza pa mdulidwe okamwera kunyumba..
- Madotolo amasoka ndikumanga balaro kuletsa kuti magazi asatuluke.

Kwa abambo amene analandira mdulidwe wachikhalidwe nkofunikira kupitanso kuchipatala kuti akaone ngati analandira mdulidwe oyenera.

6 KODI NDI NDONDOMEKO YANJI YOMWE IMATSATIDWA PA NKHANI YA MDULIDWE WAKUCHIPATALA?



Abambo kulandira uphungu wa mdulidwe

- Kulandira uphungu okhudza mdulidwe.
- Kulandira uphungu komanso kuyezetsa HIV.
- Kulandira mdulidwe wotetezeka.
- Kulandira malangizo pamodzi ndi okonedwa wanu amomwe mungadzisamalire mdulidwe ukachitika.