

Asika takatoita zvepabonde pasina kuzvidzivirira neshamwari yangu?

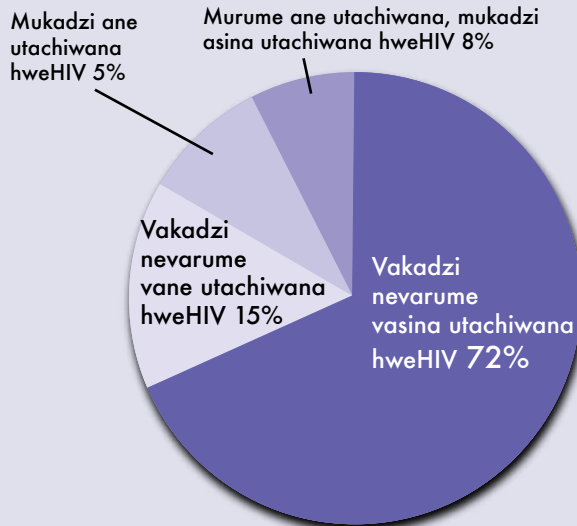
Vanhu vazhinji havazivi kuti murume nemukadzi vakasangana vasina kudzivirira vanogona kunge umwe ane utachiwana hweHIV umwe asina. Bhokisi riri pasi rinotsanangura chikonzero nei:

Fungidzira uchisangana pabonde nemunhu akatapura utachiwana mumwedzi mitanhatu yakapfuura. Munhu uya anenge asina utachiwana hweHIV hwakawanda zvikuru murupa rake. Saka unogona kusatapura utachiwana hweHIV nekukurumidza
ASI: Ukapfuirira kuenda pabonde nemudiwa wako iyoyu usina kudzivirirwa, unogona kutapura utachiwana hweHIV.

Naizvozvo:

- unofanirwa kuzvidzivirira chero pane imwe nguva yawakamboenda pabonde usina kuzvidzivirira
- Munofanirwa kuziva chimiro chenyu muri vaviri.

MuZimbabwe, pazvikwata zvinomwe zvevaviri-vaviri vakaroorana kana vanodanana, chikwata chimwechete chinenge chiine munhu mumwe chete ane utachiwana mumwe asina.



Ndingaita sei?

- Tauriranai ngozi dzeutachiwana hweHIV nemudiwa wako.
- Kana usina waunodanana naye, ziva chimiro chako maererano neutachiwana hweHIV uye chimiro chewaunodanana naye usati watanga umwe ukamahutsva. Kuchenjera kuenda kunoongororwa utachiwana pamwe chete!
- Tauriranai newaunodanana naye kuti muchadzivirira utachiwana hweHIV sei.
- Furatira zvepabonde kusvikira waongororwa uye wagadzirira.
- Vimbikayi kune umwe neumwe (kana umwe wenyu kana mese mune utachiwana hweHIV munofanira kushandisa makondomu nguva yega yega yamunosangana pabonde).
- Shandisai kondomu rechikadzi kana rechirume. Rangarira kuti makondomu anoshanda kwazvo chero bedzi achishandiswa nenzira yakanaka uye nguva dzose.

Mubvunzo: Asi ndine vakadzi vakawanda nechekare?

Mhinduro: Izvi zvinowanikwa, asi zvinogona kubatsirika. Unogona kutaura nevakadzi vako kana murume wenyu kuti muende kunoongororwa utachiwana hweHIV mese. Funga nezvengozi yauri, wotora matanho ekudzivirira utachiwana hweHIV.

Rubatsiro

Kana muchida kuziva zvakananda, shanyirai mahofisi eutano kana eNational AIDS Council (NAC) ari pedyo nemi.

NAC Head Office	04-791170
Harare:	04-708070
Bulawayo:	09-884077
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Midlands:	054-220084
Mashonaland West:	067-22741
Mashonaland East:	079-22008
Mashonaland Central:	011878935
Matebeleland North:	09-882943
Matebeleland South:	084-22631
Masvingo:	039-262097



**Mudikani
mumwechete**
ndiyo sarudzo yakanaka



Rubatsiro rwakabva kuExpanded Support Programme

Zvizhinji munozviwana mugwaro rino.

Mubvunzo: Vanhu vakawanda nhasi vane utachiwana hweHIV- nemhaka yei?

Mhinduro: Chimwe chikonzero ndechokuti vanhu vane vadiwa vanodarika umwe panguva imwe. Ongororo dzinoratidza kuti izvi zvinoisa vanhu vazhinji panjodzi yekuwana HIV muZimbabwe.

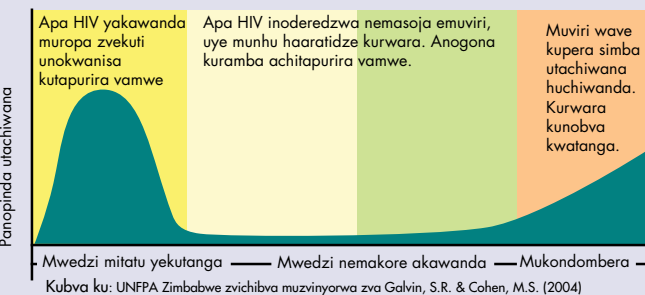
Ruzivo rutsva pamusoro peHIV

- Utachiwana hweHIV hunowanikwa mumvura dzomumuviri uye hunoparadzirwa nekuenda pabonde zvisina kudzivirirwa.
- Ukatapurirwa utachiwana hwe HIV, muviri wako unotora mwedzi mitatu usati varatidza kuti une utachiwana.

Vevesayenzi vakaonesawo kuti:

- Utachiwana hweHIV hunogona kutapurirwa pega pega panosanganwa pabonde, asi zvikuru hunonyanyotapurirwa nemunhu ane utachiwana hwe HIV hwakawandisa muropa rake.
- Ukatapurirwa utachiwana hweHIV, hunotanga kuwanda muviri usati wagadzira masoja okurwisa.
- Kana muviri wako uchinge wagadzira masoja okurwisa utachiwana hweHIV, uwandu hweutachiwana muropa rako hunodzika, kazhinji kwemakore mashanu kusvika kugumi. Mushure muviri wako unotanga kupera simba rokurwisa utachiwana unobva warwara zvikuru uye uwandu hweutachiwana hwe HIV hunotanga kuwedzera zvekare.

Mufananidzo uri pasi unoratidza mawandiro eutachiwana hweHIV muropa rako, kubva panguva yokutapurirwa kusvika panguva yekurwara nemukondombera.



Unofanira kuziva kuti

- Mumwedzi mitatu wabatira utachiwana hweHIV hwakawanda mumiviri mako (asi unenge usingazvizivi).
- Mumwedzi mitatu unogona kutapurira vamwe utachiwana uhwu zvakananyanya.
- Kana waenda pabonde usina kuzvidzivirira nemunhu ane utachiwana, akatapurirwa pasina mazuva akawanda, mukana wekutapurira utachiwana hweHIV wakakura.

Mhando dzehukama dzinengozi

- Kuva neshamwarisikana neshamwarikomana dzakawanda panguva imwe.
- Wakaroorwa kana kuroora wova neumwe mudiwa parutivi (somuenzaniso mapoto).
- Barika – Ndipo murume anova nevakadzi vanodarika umwe.
- Vamwe vanhu havana vadiwa vanodarika umwe panguva imwe, asi vanochinja shamwari dzepabonde kakawanda, somuenzaniso mwedzi mitatu yega yega.

Dzese mhando dzeukama idzi dzinowedzera mikana yokutapura nokutapurira utachiwana hweHIV

Rangarira: Kana une mudiwa umwe, asi mudiwa wako ane dzimwe shamwari dzepabonde, newe uri panjodzi huru.

Nemhaka yei zvine ngozi kuva neshamwari dzepabonde dzinodarika imwechete panguva imwe?

Zvine ngozi nokuti unobatanidzwa muchikwata chepabonde. Kunyange une vadiwa vaviri, mikana yako yokutapurirwa utachiwana inowedzera neshamwari dzepabonde dzeshamwari yakowo kana dzisina kuvimbika. Heunoi mufananidzo wezvepabonde zvinogona kuve munharaunda.

Unoona mumufananidzo uri pasi kuti chero Henry naAlbert vega vane shamwari dzepabonde mbiri naJack ane nhatu, vanhu vose vavanoshamwaridzana navo pabonde vatowedzera mikana yokuwana utachiwana kubva muzvikwata zvepabonde.

Izvi zvinoreva kuti:

- Chero hazvo usina kusangana pabonde neshamwari yepabonde yemudiwa wako pane mukana wekutapurirwa utachiwana kubva kushamwari iyi.
- Kana umwe munhu muchikwata chepabonde akawana utachiwana, pane tarisiko yokuti hunokurumidza kuparadzirwawo kuvamwe.
- Ukaenda pabonde nevanhu vanopfuura mumwe mumwedzi mitatu shamwari dzako dzepabonde dzese dzichawana utachiwana kubva kwauri.

Mufananidzo wechikwata cheshamwari dzepabonde

