

# Impendulo

**1** Liqiniso

**2** Ngamanga aluhlaza – abatshadileyo bangathelelana iHIV ikakhulu nxa omunye etshade evele eselayo, kumbe nxa omunye phakathi kwabo engathembekanga.

**3** Ngamanga aluhlaza – amantombazana alegcikwane elinengi, njalo labobaba abalemnyaka engaphezu kwe-25 balegcikwane elinengi, kwabatshadileyo labangatshadanga.

**4** Liqiniso

**5** Liqiniso

**6** Ngamanga aluhlaza – igcikwane leHIV likhona egazini lomuntu eselimhlasele.

**7** Ngamanga aluhlaza – umama angathelela igcikwane leHIV umtanakhe ongakazalwa.

**8** Liqiniso

**9** Ngamanga aluhlaza – Emhlabeni akulamuntu owanelisa ukwelapha i-AIDS.

**10** Liqiniso

**11** Liqiniso

**12** Ngamanga aluhlaza – ukuthinta ijwabulomuntu oleAIDS akukutheleli umkhuhlane.

**13** Liqiniso

**14** Liqiniso– inani lamadoda alemnyaka engaphezu kwe 30 aleHIV ledlula ngokuphindwe kasikhombisa elalawoalemnyaka egaphansi kwe24 aleHIV.

**15** Liqiniso

**16** Ngamanga aluhlaza – iHIV ayitholwa ngokuthinta umuntu olayo

**17** Liqiniso

**18** Ngamanga aluhlaza – iAIDS ayelapheki. amanga anjengawonala ayingozi

**19** Liqiniso

**20** Liqiniso – kuqakathekile ukuthi izithandani ziyehlolwa ndawonye

**21** Liqiniso

**22** Liqiniso

**23** Liqiniso

**24** Ngamanga aluhlaza – eminye imikhuhlane yemacansini ayilazitshengiselo

**25** Ngamanga aluhlaza – iHIV ithelelwana emacasini ngokuxubana kwegazi lalowo olegcikwane lingena emzimbeni walowo ongelayo, kumbe umntwana ebelethwa angayithola kunina.

**26** Ngamanga aluhlaza –phakathi kwabantu abangu 7 abalezithandwa zabo, isithandwa soyedwa wabo silegcikwane leHIV. Kuthi futhi ebantwini abalezithandwa abangu 7 oyedwa wabo ulegcikwane ndawonye lesithandwa sakhe. Ngakho-ke ukusetshenziswa kwekhondomu kuqakathekile kulabo abatshadileyo ukuze bazivikele engozini yeHIV. Ikanti njalo abanegi eZimbabwe abakwazi ukuthi balegcikwane kumbe hatshi lokho bengakaze bahlolwe. Ikhondomu ingasiza, lalapho sebehloliwe kayiqhubeke isetshenziswa.

# IHIV le AIDS Liqiniso kumbe ngamanga Asibhekeni iqiniso!

Funda imitsho elandelayo utsho ukuthi iliqiniso kumbe ngamanga aluhlaza ngokumaka ibhokisi elibhalwe liqiniso kumbe Amanga aluhlaza. Qathanisa impendulo zakho lalezi ezihlelwe ekucineni komsebezi lo. Uzuze okungaki?

**0-7 Liqiniso=** chwayisisa ulwazi lwakho udinge olunye usiyaphambili

**8-13 Liqiniso=** kungconywa, ulalo ulwazi kodwa kusamele uluthuthukise usiya phambili

**14-18 Liqiniso=** Kuhle, kodwa qhubeka udinga olunye ulwazi

**19-22 Liqiniso=** Kuhle kakhulu, qhubeka ubala ngeHIV le AIDS

**23-26 Liqiniso=** Amhlophe! Chathekela abanye ulwazi lwakho



Kuthethwe eCDC



# Esikutshoyo

**1** Inani lamantombazana aleminyaka engu 15 – 24 alegcikwane elinengi ukwedlula elamajaha aleminyaka efanayo eZimbabwe

**2** Abantu abatshadileyo abakho engozini yokuthola igcikwane leHIV.

**3** Kuyabukeka ukuthi indoda enkulu ilale lenkazana encinyane, kasithi eleminyaka engaphansi kwe-24

**4** Umama uyanelisa ukuthelala umntwana igcikwane leHIV ngokumunyisa

**5** IHIV isemanzini omzimba aphuma emacansini omuntu olegcikwane

**6** I-HIV ayikho egazini lalowo olegcikwane.

**7** Umama olegcikwane leHIV angeke ayithelele umntwana ngesikhathi ebeletha

**8** Ukuhlala uthembekile komunye wakho othembekileyo kuwe kuyavikela engozini yokuthola iHIV

**9** Izangoma lezanuse ziyanelisa ukwelapha igcikwane leHIV.



**10** Umuntu oleHIV uhlaselwa yikugula njalonje ngokuya kwesikhathi

**11** Ukuphangisa ukwelaphisa ingulamakhwa kungavikela iHIV

**12** Igcikwane leHIV lingathelelwana ezambuzini kumbe ematshembeni.

**13** Uma ungahlolwanga awungeke wazi ukuthi uleHIV kumbe hatshi.

**14** Amantombazana akhomba abantu abadala kakhulu basengozini yeHIV.

**15** Umuntu olegcikwane leHIV akumelanga aye emacansini kungelakhondomu.

**16** Kuyingozi ukuthinta umuntu olegcikwane.

**17** Abantu abaleHIV bangakhangeleka bephile kuhle kuzekungathi abalayo.

**18** Ukulala lomuntu ongakaze aye emacansini kungayisusa ingculaza kuwe.



**19** Abantu abaphila lengculaza balamalungelo afana lawomuntu wonke.

**20** Kuyenzeka ukuthi liyehlolwa igcikwane lobabili lesithandwa sakho.

**21** Ukusekela abantu abaphila leHIV-AIDS ngokuvikela amalungelo abo kuyasiza ukubenza baphile impilo eziqondileyo njalo bechelesile

**22** IAIDS ayelapheki.

**23** Ukubalomnqondo olungileyo, lokudla ukudla okwakha umzimba kungayivimba okwesikhathi esithile iAIDS.

**24** Ingulamakwa lezinye izifo zamacansini zilendlela ezingabonwa ngayo emuntwini.

**25** Iminyane lezinye izibungu ezilumayo kungamemethekisa iHIV.

**26** Abatshadileyo labo kumele basebenzise amakhondomu



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