zvisina njodzi

Chokwadi kana manyepo anotenderwa neruzhinji

Vanhu vane zvinhu zvakawanda zvavanotenda mazviri maererano nekuenda pabonde zvisiri zvechokwadi.

- Vakadzi vazhinji vechidiki vanofunga kuti hazvina njodzi kudanana nevarume vakuru (kunyanya vakaroora). Havayeuki kuti varume vakaroora vechikuru vavanodanana navo vakambodanana nevamwe vakadzi vakawanda. Saka vane mukana mukuru wekunge vakabatira utachiwana hweHIV - kunyange vakaroorana nemukadzi mumwechete panguva ino.
- Varume vanofunga kuti vakadzi vechidiki " havana njodzi". Havatarisi kuti vakadzi vechidiki kunyange vakaenda pabonde kashoma, vanodai vakatapurirwa utachiwana nemurume mukuru wavakambodanana naye.
- Vanhu vanofunga kuti kuita shamwari dzepabonde dzakawanda hazvina dambudziko, kunze kwekuti mumwe wavo ari pfambi. Kuenda pabonde nepfambi, kana nevanhu vakawanda panguva imwechete zvine njodzi kune vanodanana vasingashandisi makondomu.

Ita sarudzo yakanaka yeupenyu hwako

Zvino wava kuziva zvinokuisa padambudziko, unogona kuita chimwe chinhu pamusoro pazvo.

UNOGONA:

- kusarudza kusaenda pabonde kusvika wakura zvekukwanisa kuzvisarudzira chanaka nechakaipa.
- kusaenda pabonde nevanhu vakawanda.
- kana usiri murudo nemunhu, ziva paumire maererano neutachiwana hweHIV usati wapinda murudo, woramba uchiziva paumire (kuongororwa utachiwana hweHIV muri vaviri isarudzo yakadarika dzose, musati kana maroorana uye mava mumba).
- tauriranai kuti iwe nemumwe wako muchadzivirira sei utachiwana hweHIV.
- itai chitsidzo chekuvimbika.
- mushandise makondomu echirume neechikadzi: yeukai kuti makondomu anoshanda chete kana ashandiswa nemazvo uye nguva dzose.

Rubatsiro

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

NAC Head Office	04-791171
Harare:	04-708070
Bulawayo:	09-884077
Manicaland:	020-64324
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

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Iwe neHIV

Maonero matsva edambudziko raungaite

Rubatsiro rwakabva kuExpanded Support Programme

Zvionere muchinyorwa chino maerano nedambudziko raungaite reHIV nekuti ungazvidzivirire seiko kuchirwere.

Zvawagara Uchiziva

Unoziva zvakawanda maoerano neutachiwana hweHIV nemukondombera. Unoziva kuti unogona kubatira utachiwana hweHIV kana ukaenda pabonde usina kuzvidzivirira. Unozivazve kuti AIDS chirwere chinobata mhuri zhinji muZimbabwe. Nekuti AIDS inoderedza masoja emuviri wako (kushaisa simba) zvishoma nezvishoma, anokwanisa kukudzivirira muchirwere. Unoziva kuti HIV utachiwana hunogara mumiviri yedu kwemakore akawanda wozokonzera AIDS. Unoziva kuti munhu anorwara nechirwere cheAIDS haarapike.

Asi kune zvimwe zvizhinji zviri maererano neHIV neAIDS zvaungadai usingazivi

Vanamazvikokota vakaonazve kuti:

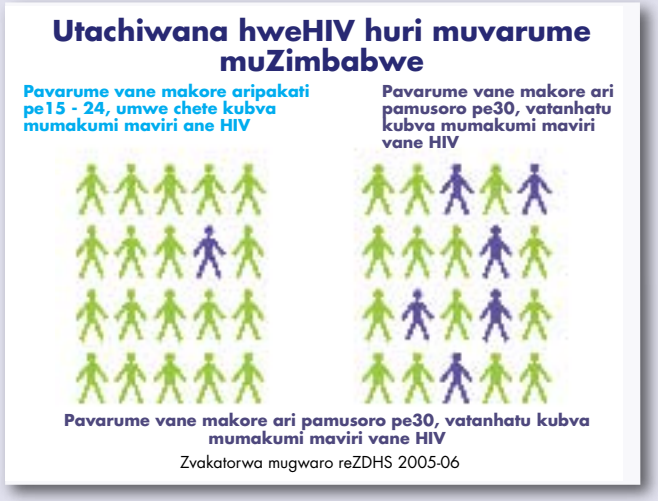
- kunyangwe utachiwana hweHIV huchigona kutapurirwa pose pamunoenda pabonde, hunonyanya kutapurirwa nemunhu anenge aine utachiwana hweHIV hwakawanda muropa rake.
- kana ukabatira utachiwana hweHIV, hunotanga kuwanda mumuviri wako usati wavaka masoja ekurwisa utachiwana hwacho.
- muviri wako paunenge wavaka masoja anokwanisa kurwisa, utachiwana hweHIV, huwandu hweutachiwana hweHIV huri mumuviri wako hunoderera, kazhinji kwemakore mashanu kana gumi. Muviri wako unotanga kukurirwa simba neutachiwana, wotanga kudzimbikana zvakanyanya utachiwana hweHIV hwovandudzika

Unofanira kuziva kuti:

- mumwedzi mitatu wabatira hutachiwana hweHIV hunenge hwakawanda mumumiviri wako kupfuura ipi nguva (asi iwe unenge usingazvizivi).
- mumwedzi mitatu iyi unogona kutapurira vamwe utachiwana zvakanyanya.
- kana waenda pabonde usina kuzvidzivirira nemunhu ane utachiwana, akatapurirwa pasina mazuva akawanda, mukana wekukutapurirawo utachiwana hweHIV wakakura.

Ruzivo rwakakosha rwemadzimai echidiki!

Uyu mufananidzo unoratidza varume muzvikamu kubva muzana, vane utachiwana hweHIV, vemazera akasiyana.



Uri kuona kuti vamwe varume vechidiki vane utachiwana hweHIV, asiutachiwana hweHIV hwakakurisa kuvarume vakadarika makore makumi maviri nemashanu.
Funga kuti mufananidzo uri pamusoro uyu unorevei kwauri:

- shamwari ine makore akadarika ako inogona kunge yakamboita shamwari dzakawanda dzayakaenda nadzo pabonde iwe usati wavapo saka mukana wake wekunge asangana neutachiwana hweHIV hwakakurisa.
- kuenda pabonde nemurume akadarika makore makumi matatu okuberekwa, mukana wake wekubatira utachiwana weHIV wakapetwa katanhatu pane kuenda pabonde nemurume ane makore makumi maviri nemana ekuberekwa.
- kuenda pabonde nemunhu usina kudzivirira zvine njodzi. Zvakanaka chete kana muchiziva kuti makamira papi maererano neutachiwana hweHIV moramba makavimbika kana kushandisa makondomu.

Mukana wekutapurirwa HIV wakakura kana ukasangana pabonde nemurume ane makore makumi matatu zvichipfuura usina kuzvidzivirira, pane murume ane makore ari pasi pemakumi maviri nemana.

Ruzivo rwakakosha kuvarume vechidiki

Uyu mufananidzo unoratidza zvikamu kubva muzana zvevakadzi vemuZimbabwe vane utachiwana hweHIV vane makore akasiyana:

Uri kuona kuti vakadzi vazhinji vanobatwa neutachiwana hweHIV vasati vasvika makore makumi maviri nemana. Utachiwana hweHIV hwakakurisa kuvakadzi vakadarika makore makumi maviri nemashanu okuberekwa.
Funga kuti mufanidzo uri pamusoro uyu unorevei kwauri:

- vakadzi vazhinji vanobatwa neutachiwana hweHIV vasati vasvika makore makumi maviri nemana. Vanhu vachangobva kubatwa neutachiwana hweHIV vane mukana mukuru wekutapurira vamwe.
- kuenda pabonde usina kuzvidzivirira zvine njodzi kusiya kwekuti makaongororwa muchiziva kuti hamuna utachiwana kana kushandisa makondomu.

Yeuchidzo:
Kuongororwa utachiwana hweHIV musati maenda pabonde kana kuroorana isarudzo yakangwara.