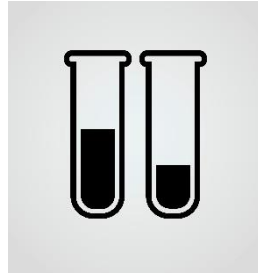


Chii chinoitika kana ndikasarudza ring uye ndikataura kuti handisi kuishandisa? Hapana zvakaipa zvichaitika pakutaura pachena pamusoro pekushandisa ring, kunyangwe mukataura kuti makaita matambudziko kana kusarudza kusashandisa ring nguva dzose. Boka reHOPE riripo pano kukubatsirai kukunda matambudziko enyu pakushandisa ring, kana iri iyo nzira yamasarudza yekudzivirira HIV, kana kukutsigirai kusandura nzira dzekudzivirira nadzo, kana muchifunga chimwe zvakare chingashanda zviri nani.

Ndedzipi ongororo dzamunenge muchiita dzokushandisa nemazvo uye zvichabuda izvi zvinorevei? Tichatora zvitorwa zvakanwanda kuyera kushandisa nemazvo uye kunzwisisa zviri nani kuti ring iri kushanda sei, zvichisanganisira maring akashandiswa, ropa, bvudzi, uye kadonje kanotora mvura dzekunhengo yesikarudzi. Kana mukasarudza ring tichagoverana nemi zvabuda zvinotarisa huwandu hwemushonga wetsvakurudzo (dapivirine) hwakabuda kubva muring. Chinangwa chekutora umbowo uhu hachisi chekukubvunzurudzai zvamunotiudza pamusoro pekushandisa kwenyu ring kana kuranga avo vasiri kushandisa nemazvo. Chinangwa chedu pakugoverana zvabuda nemi ndechekukupai ruzivo pamusoro pekuti mungangodzivirirwa zvakadini kuHIV kubva kuring. Nezvabuda izvi, munokwanisa kuita sarudzo dzine ruzivo rwakanyanya pamusoro pezvakanakisa kuzvidzivirira kuhutachiwana hweHIV.

Zvakakoshiherei kwandiri kutaura pachena nezvekushandisa kwangu ring?

Pasina kutaura pachena nezvekushandisa nemazvo, zvakaoma kunzwisisa kudzivirira kwechokwadi kubva muring nematambudziko anokwanisa kuwanikwa nekushandisa ring. Kunyange tichiita ongororo pazvitorwa uye tichiwana fungidziro yekushandisa nemazvo, umbowo hwakakoshesesa hwatingawana pamusoro pekushandisa ring hunobva kune vari mutsvakurudzo pachezvavo. Zvamusangana nazvo nering zvichapa



umbowo hwakakosha kutangisa kuendesa ring munharaunda mune ramangwana.

Ko kana ndikanzwa kusasununguka kutaura nezvekushandisa kwangu ring nevashandi vetsvakurudzo?

Munguva yeASPIRE, havasi vese madzimai vainzwa kusununguka kutaurira vashandi vetsvakurudzo apo waitadza kushandisa ring. Tinotarisa kuti kubvisa kunetsekana nezvingangoitika zvakaipa, kungabatsira iwe kuti unzwe kusungunuka kutaura pachena sarudzo yako yekuzvidzivirira kuHIV uye zvakasanganana nazvo pakushandisa ring kuvashandi vetsvakurudzo. Boka reHOPE riripo kutsigira sarudzo dzenyu mukudzivirira HIV, uye vanachipangamazano vedu uye nevana mukoti varikuwana dzidziso yakapamidzirwa kukubatsirai kuti munzwe muine rutsigiro mune chero sarudzo yamunoita.



HOPE

Out of ASPIRE, there is HOPE

KUTAURA ZVIRI PACHENA NEHOPE

Kana muine mibvunzo kana kuda umwe umbowo, ndapota svikai kukiriniki yeongororo:

