Njira zina zopewera HIV

Pali zinthu zambiri zimene mungachite kuti muchepetse chiopsezo cha HIV pa inu kapena pa abwenzi anu. Aphungu akufuna athandizane nanu kuti mumvetsetse zonse mwa njira zotsatirazi zopewera HIV, kuti musankhe njira imene ingakugwilireni bwino ntchito:

- **Gwiritsani ntchito chibangiri chovalira (ling'i) cha Dapivirine bwinobwino mwandondomeko, nthawi zonse.**
  - ✓ *Akafukufuku awonetsa kuti ling'i yovalira mnjira ya abambo ya Dapivirine, ili ndi kuthekera kochepetsa mpata wotengera kachilombo ka HIV kwa amayi. Chitetezo ku HIV chimakhala chochuluka zedi, ling'iyi ikagwiritsidwa ntchito nthawi zonse.*
- **Gwiritsani ntchito makondomu bwinobwino nthawi zonse.**
  - ✓ *Gwiritsani ntchito kondomu bwinobwino nthawi zonse pogonana mnjira ya abambo mnjira ya chimbuzi kapena mkamwa. Onani kuseli kwa chikalatachi kuti mumve zambiri zokhuza ma kondomu.*
- **Gwiritsani ntchito mankhwala (ma ARV) okumwa otetezera ku kachilombo ka HIV, (monga Truvada).**
  - ✓ *Mankhwala (a ma ARV) akumwa otetezera ku kachilombo ka HIV, ndi njira yofunikira kugwiritsidwa ntchito ndi anthu amene alibe kachilombo, koma ali ndi chiopsezo chochuluka choti akhoza kutengera kachilomboka. Njirayi imakhuza kumwa mtundu wa mankhwala umodzimodzi tsiku lili lonse. Njirayi ikhoza kukhala yopezeka kapena yosapezeka mdera lanu. Ngati ikumveka kuti ndi njira yomwe mungakonde kuti mugwiritse ntchito, yankhulani ndi ogwira ntchito ku kiliniki kuti mudziwe ngati ikupezeka mderalo.*
- **Chepetsani chiwerengero cha abwenzi ogonana nawo**
  - ✓ *Kukhala ndi abwenzi ochuluka ogonana nawo, kukhoza kuchulukitsa mpata oti mukhale ndi bwenzi lomwe lili ndi kachilombo ka HIV. Ngati abwenzi anu ali ndi abwenzi ena ambiri, alimbikitseni kuti nawo achepetse chiwerengerochi. Izi zizachepetsa chiopsezo chotengera HIV kwa inu nonse.*
- **Tsatani makhalidwe ogonana wochepetsa chiopsezo.**
  - ✓ *Kugonana mkamwa kuli ndi chiopsezo chochepa kusiyana ndi kugonana m'njira ya abambo kapena m'njira ya chimbuzi. Anthu ambiri amaganiza kuti kugonana m'njira ya chimbuzi ndi njira yosaopsa, koma ndi njira yogonana yomwe ili yoopya kwambiri pofalitsa kachilombo ka HIV.*
  - **Ngati muli ndi matenda opatsirana pogonana, landirani chithandizo.**
    - ✓ *Kukhala ndi matenda opatsirana pogonana, kutha kuchulukitsa chiopsezo chanu chotengera kachilombo ka HIV kapena kufalitsa kwa ena. Umilirani kuti abwenzi anu ayezedwe ndi kulandiranso chithandizo.*
- **Limbikitsani bwenzi lanu kuti likayezetse HIV.**
  - ✓ *Kambiranani ndi bwenzi lanu za kuyezetsa HIV ndipo yezetsani musanayambe kugonana. Kudziwa ngati bwenzi lanu lili ndi kachilombo ka HIV kutha kukuthandizani kusankha njira yoyenera kwambiri kwa inu yopewera kachilomboka.*
- **Limbikitsani bwenzi lanu kuti likachititse mdulidwe.**
  - ✓ *Abambo amene ali odulidwa ali ndi theka la mpata oti sangatenge kachirombo ka HIV kulekana ndi abambo omwe sanadulidwe. Mdulidwe wa abambo suteteza amai kutenga kachirombo ka HIV.*

- **Ngati bwenzi lanu lili ndi kachilombo ka HIV, lilimbikitseni pa kamwedwe ka mankhwala a ma ARV, mwandondomeko.**
  - ✓ *Kumwa mankhwala a HIV (otchedwa ma ART) kumathandizira anthu amene ali ndi HIV kukhala ndi moyo wautali, wamphamvu. Ma ART sangachiritse HIV, koma atha kuchepetsa mlingo wa kachilomboka mthupi. Kukhala ndi tizilombo ta HIV tocheperako mnthupi kumachepetsa chiopsezo choti bwenzi lanu lisafalitse kachilomboka panthawi yogonana.*

Ngakhale njira zonsezi sizingakhale zothekera kwa amayi onse, kutsatirako njira zochulukirako kukhoza kuchepetsa mpata wanu otengera kachilombo ka HIV.

Information Adapted From: "The Basics of HIV Prevention." AIDSinfo. AIDSinfo, 15 Sept. 2015. Web. Accessed 18 Dec. 2015.

Uthenga oonjezera wokhudzana ndi makondomu

Makondomu amateteza kutengera HIV, panthawi yogonana mnjira ya abambo kapena ya chimbuzi.

Ling'i yovalira ya Dapivirine, imachepetsa chiopsezo pa HIV yotengeredwa kudzera mkugonana m'njira ya abambo. Ling'iyi siinapangidwe kuti ikatetezere ku HIV yotengedwa kudzera mkugonana m'njira ya chimbuzi ndipo siikuyenera kugwiritsidwa mnjira ya chimbuziyi.

Makondomu amateteza kutenga mimba komanso matenda opatsirana pogonana
Kuphatikizirapo kutetezera ku HIV, makondomu ali ndi ubwino winanso okhuza za umoyo.

Maanja ena amasankha makondomu ngati njira yawo yolelera pofuna kupewa mimba zosakonzekera.

Akagwiritsidwa ntchito bwinobwino, nthawi zonse komanso molondora, makondomu a labala ndi njira yabwino kwambiri yotetezera munthu kuti asatengele matenda opatsirana pogonana, monga chizonono, kilamidiya kapena mauka. Komanso amachepetsa chiopsezo pa matenda a zilonda ku maliseche, monga nsungu za ku maliseche, chindoko komanso mabomu, pamene malo okhuzidwawo kapena kuti malo achiopsezowo atchingidwa. Akhozanso kuchepetsa chiopsezo cha kachilombo kotchedwa HPV (mwachidule); ndi matenda ena onse omwe amakhuzana ndi kachilomboka (monga njerewere za ku maliseche ndi khansa ya khomo lachiberekero).

Mmene makondomu angagwiritsidwire ntchito bwinobwino mwadongosolo komanso nthawi zonse:

- Gwiritsani ntchito kondomu yatsopano pakugonana kuli konse (mkamwa, mnjira ya abambo ndi mnjira ya chimbuzi).
- Samalitsani mwadongosolo kondomuyo kuopera kuti ingawonongeke ndi dzala, mano kapena zinthu zina zokuthwa.
- Valani kondomu pokha pokha chokodzera cha abambo chikatota ndipo musanakhuzane ndi maliseche, mkamwa kapena kochitira chimbuzi kwa bwenzi lanu.
- Onetsetsani kuti pali kufewa kokwanira makamaka pogonana m'njira ya abambo ndi ya chimbuzi, pogwiritsa ntchito zofewetsera zokhala ndi madzi zokha (monga jele wa K-Y) ndi makondomu a labala. zofewetsera zokhala ndi mafuta (monga vasilini ndi mafuta odzola mthupi) zidzawononga makondomu.
- Popewa kuti kondomu ingavulikemo yokha, gwiritsitsani pothera kondomuyo, pamene chokodzera cha abambo chikutulutsidwa, ndipo izi zichitike chokodzera cha abambocho chikadali chitotere.

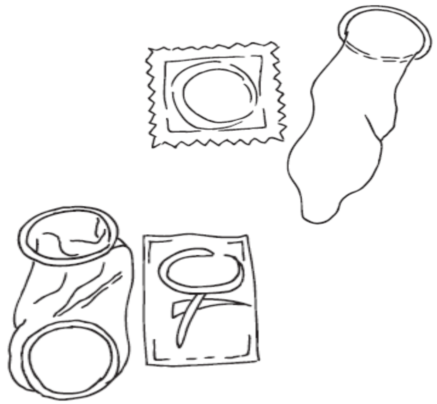
Information Adapted From: "Condom Fact Sheet." Centers for Disease Control and Prevention (CDC). CDC, 25 Mar. 2013. Web. Accessed 18 Dec 2015.

Version 1.0, Chichewa, 5 May 2016

HOPE

Out of ASPIRE, there is HOPE

Mfundo zokhuza njira zopewera HIV



Ngati muli ndi mafunso kapena mukufuna uthenga wochulukirapo, chonde pitani ku kiliniki ya kafukufuku:

ya UNC Project, Tidziwe Centre, yomwe ili

ku Kamuzu Central Hospital, ngati muli ku Lilongwe.