

8 KODI NDI ZOVUTA ZANJI ZOMWE ZINGAPEZEKE POTSATIRA MDULIDWE WAKUCHIPATALA?

- Mwina kutuluka magazi pa bala la mdulidwe.
- Kumva ululu pa bala la mdulidwe.
- Kulowa matenda pa bala la mdulidwe.

A chipatala ophunzitsidwa bwino amagwira ntchitoyi mowonetsetsa kuti abambo onse olandira mdulidwewu ndi otetezeka ku zovutazi.

9 KODI PADZAKHALA KUSINTHA KULI KONSE PA NKHANI ZOGONANA MDULIDWE UKACHITIKA?

- Kudziletsa pankhani zogonana kwa masabata 6 n'kofunika kwambiri kuti bala lipoleretu.
- Kuchita zogonana masabata 6 asanathe zitha kukuyikani pachiopezo chachikulu chotenga HIV.
- Kukhutsidwa pogonana zimatengera munthuwe. Palibe kafukufuku yemwe wasonyeza kuti mdulidwe wakuchipatala umasintha kukhutsidwa kwanu pogonana.

10 N'CHIFUKWA CHIYANI N'KOYENERA KUYEZETSA HIV MDULIDWE USANACHITIKE?

- Nkofunikira kwa aliyense kulandira uphungu ndi kuyezetsa HIV kuti adziwe za m'mene mthupi mwake muliri
- Kuyezetsaku kukuthandizani kudziwa zovuta zomwe zingakhalepo ngati mutalandira mdulidwe muli ndi HIV.
- Ngati mwapezeka ndi HIV adzakudziwitsani kuti mukakumanenso ndi a chipatala ena.

11 NDI MFUNDO ZANJI ZOMWE MUKUYENERA KULINGALIRA POPANGA CHISANKHO CHA MDULIDWE WAKUCHIPATALAWU?

- Kukambirana ndi anzanu zaubwino komanso udindo wanu pochititsa mdulidwe wakuchipatala.
- Ngati muli pa ubwenzi kambiranani zakufunika ndi udindo wanu pa nkhani ya mdulidweyi.
- Komanso zindikirani kuti muli ndi udindo wodziteteza komanso kuteteza okondedwa anu ku HIV.

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*Adapted from C-CHANGE - Kenya, Cartaz Mozambique
and Grain sack VMMC Materials*



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UTHENGA KWA ANYAMATA



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1 KODI MDULIDWE WA ABAMBO WAKUCHIPATALA NDI CHIYANI?

Mdulidwe wa abambo wakuchipatala ndi kuchotsa chikopa chonse chomwe chimavundikira mutu wachida cha abambo.



Mdulidwe usanachitike



Mdulidwe utachitika

2 N'CHIFUKWA CHIYANI ANYAMATA AKUYENERA KUCHITA MDULIDWE WAKUCHIPATALA?

Anyamata akuyenera kuchita mdulidwewu pazifukwa za umoyo osati zachikhalidwe kapena zachipembedzo zokha ayi.

Mdulidwe wakuchipatalawu:

- Umapititsa patsogolo ukhondo.
- Umachepetsa chiopsezo cha khansa ya chida cha abambo.
- Umachepetsa chiopsezo ku matenda ena ngati, kusapyotoka kwa chikopa chomwe chimavundikira mutu wachida cha abambo.
- Umachepetsa chiopsezo chotenga HIV pogonana ndi munthu yemwe ali ndi HIV.
- Umachepetsa chiopsezo chotenga matenda ena opatsirana pogonana.

3 KODI MDULIDWE UMATETEZA BWANJI ABAMBO KU HIV?

- Kawirikawiri HIV imalowa m'thupi kudzera kuchikopa chomwe chimavundikira mutu wachida cha abambo.



- Mkati mwachikopachi mumakhala mofewa komanso mwachinyonho.
- Sipakhala povuta kuti mbali yofewayi ichite chilonda.
- Mdulidwe ukachitika, khungu la mutuwu limakhuthala, izi zimathandizira kuchepetsa chiopsezo chanu chotenga HIV.

4 KODI MDULIDWE WAKUCHIPATALA UMATETEZA KWATUNTHU KU HIV NDI MATENDA ENA OPATSIRANA POGONANA?

- Mdulidwewu wakuchipatala suteteza kwatunthu, bambo yemwe wadulidwa akhonza kutenga HIV ngati agonana mosadziteteza ndi munthu yemwe ali ndi HIV.
- Mdulidwe wa abambowu suthandiza amayi kupewa HIV, koma ngati bambo achepetsa chiopsezo chotenga HIV, amachepetsanso chiopsezo chopatsira okondedwa wake HIV.

5 MDULIDWE WAKUCHIPATALA UMANGOCHEPETSA CHIOPSEZO CHOTENGA HIV, MUTANI KUTI MUTETEZEKE KWATUNTHU KU HIV?



Mnyamata kuziletsa kugonana

Mutha kuchepetsa chiopsezo chanu ku HIV:

- Podikirirabe kwa zaka zingapo musanayambe kuchita zogonana.
 - Podziletsa ndikudzisunga ngati simuli pa banja/ kapena ubwenzi wokhazikika.
 - Pokhala wokhulupirika kwa wokondedwa m'modzi wokhulupirika yemwe alibe HIV.
- Pogwiritsa ntchito kondomu moyenera nthawi zonse ndi wokondedwa yemwe ali ndi HIV kapena yemwe simukudziwa za momwe mthupi mwake muliri.

6 KODI PALI KUSIYANA KULI KONSE PAKATI PA MDULIDWE WA KUCHIPATALA NDI MDULIDWE WACHIKHALIDWE?



Anyamata kudikira kulandila mdulidwe

Mdulidwe wakuchipatala

- Umachitidwa ndi a chipatala ophunzitsidwa bwino choncho zovuta zimakhala zochepa.
 - Umachotseratu chikopa chonse chomwe chimavundikira mutu wachida cha abambo kuti phindu la mdulidwe likhale lochuluka.
- Madotolo amasoka ndi kumanga balalo kuletsa kuti magazi asatuluke.
 - Mankhwala oletsa ululu amaperekedwa pa nthawi ya mdulidwe komanso pomaliza pa mdulidwe okamwera kunyumba.

Kwa anyamata amene analandira mdulidwe wachikhalidwe nkofunika kupitanso kuchipatala kuti akaone ngati analandira mdulidwe oyenera.

7 KODI NDI NDONDOMEKO YANJI YOMWE IMATSATIDWA PA NKHANI YA MDULIDWE WAKUCHIPATALA?



Abambo kulandila uphungu wa mdulidwe

- Kulandira uphungu okhudza mdulidwe.
- kulandira uphungu komanso kuyezetsa HIV.
- Kulandira mdulidwe wotetezeka.
- Kulandira malangizo a momwe mungadzisamalire mdulidwe ukachitika
- Kukumbutsidwa njira zina zothandizira kupewa HIV.