

**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 oladiria 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 pachiopsezo chachikulu chotenga HIV.
- Kukhutitsidwa pogonana zimatengera munthuwe. Palibe kafukufuku yemwe wasonyeza kuti mdulidwe wakuchipatala umasinta kukhutitsidwa kwanu pogonana.

**10**

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

- Nkofunikira kwa aliyense kulantira 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 nkhanu 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*



# **Khalani Otsogola**



**Sankhani Mdulidwe  
Wakuchipatala**

**UTHENGA  
KWA ANYAMATA**

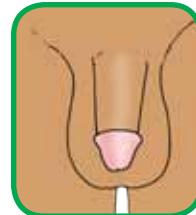


## 1 KODI MDULIDWE WA ABAMBO WAKUCHIPATALA NDI CHIYANI?

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



Mdulidwe usanachitika



Mdulidwe utachitika

## 2 N'CHIFUKWA CHIYANI ANYAMATA AKUYENERA KUCHITA MDULIDWE WAKUCHIPATALA?

Anyamata akuyenera kuchita mdulidwewu pazifukwa za umoyo osati zachikhaliwe 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 mwachinyontho.
- 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 mosadziteza ndi munthu yemwe ali ndi HIV.
- Mdulidwe wa abambowu suthandiza amayi kupewa HIV, koma ngati bambo acehpetsa chiopsezo chotenga HIV, amachepetsanso chiopsezo chopatsira okondedwa wake HIV.

## 5 MDULIDWE WAKUCHIPATALA UMANGOCHEPETSCHA 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?



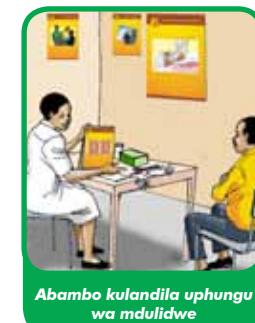
Anyamata kudikira kulanila mdulidwe

### 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 oletsu ululu amaperekedwa pa nthawi ya mdulidwe komanso pomaliza pa mdulidwe okamwera kunyumba.

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

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



Abambo kulanila uphungu wa mdulidwe

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