

- Kukhutitsidwa pogonana zimatengera munthuwe. Palibe kafukufuku yemwe wasonyeza kuti mdulidwe wakuchipatala umasintha kukhutitsidwa kwanu pogonana.

9 NDIINGAWAUZE CHIYANI AMAYI KUDERA LATHU ZA MDULIDWE WA ABAMBO WAKUCHIPATALAWU?



Amfumu kulimbikitsa mdulidwe wakuchipatala

- Auzeni kuti awalimbikitse amuna awo, ana awo a amuna ndinso achibale awo a amuna kuti akachite mdulidwe.
- Afotokozereni za ubwino wa mdulidwe.

- Alimbikitseni amayi kukayezetsa HIV ndi kukalandila uphungu pamodzi ndi okonedwa awo ngakhalenso kumva zotsatira pamodzi panthawi yamdulidweyi.

10 NDIINGAWAUZE CHIYANI ABAMBO KUDERA LATHU ZA MDULIDWEWU?

- Ndi udindo wawo kudzichitira ulemu komanso ndi ukhondo wawo.
- Adziletse kugonana kwa masabata asanu ndi imodzi (6) akachita mdulidwe.
- Apitilize kukhala okhulupirika kwa ogonana naye m'modzi.
- Muwakumbutse kuti mdulidwe suteteza kwatunthu ku HIV.
- Auzeni zakumene kukupezeka thandizo la mdulidwe kudera lanu.
- Akumbutse za kufunika kopitanso kuchipatala patatha masiku awiri (2), masiku asanu ndi awiri (7) ndi masabata asanu ndi imodzi (6) potsatira mdulidwe kuti akaonedwe ndi a dotolo.

11 KODI NTHAWI YABWINO YOKAMBARANA ZA MDULIDWEWU KUDERA LATHU NDI ITI?

- Nthawi yamasewero olimbitsa thupi.
- Misonkhano yandale ndi yachitukuko.
- M'maliro kapena m'maukwati.
- Zochitika mmipingo yosiyanasiyana.

12 NDIINGACHITE CHIYANI KUTI NDITHANDIZE KUCHEPETA KUFALA KWA KACHIRROMBO KA HIV KUDERA LATHU?

Monga mtsogoleri mungathe kuchita izi:

- khalani wachitsanzo pochita mdulidwe kudera lanu.
- Alimbikitseni anthu akudera lanu kuchita mdulidwe.
- Auzeni atsogoleri ena monga a mipingo, a mabungwe, a zamalonda kuti azikambirana za mdulidwe m'magulu mwawo.
- Auzeni akulu owona za umoyo mboma lanu kuti zonse zoyenerereza mdulidwe zikhalepo pachipatala chadera lanu.
- Chitani kalemba wa anthu amene achita mdulidwe kuchipatala chanu ndipo adziwitseni anthu za mmene mdulidwe ukuyendera bwino kudera lanu.
- Alimbikitseni ogwira ntchitoyi monga mavolontiya akudera lanu polankhulapo za mdulidwe pazochitika kudera lanu.

Ministry of Health,
Private Bag 30377,
Lilongwe 3.

Adapted from C-CHANGE Cartaz Mozambique Leaflets



Khalani Otsogola



Limbikitsani Mdulidwe
wa Abambo Wakuchipatala

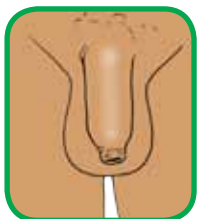
UTHENGA
KWA ATSOGOLERI AKUDERA



NDIFE OTSOGOLA
Tasankha Mdulidwe Wakuchipatala

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 NCHIFUKWA CHIYANI MUKUYENERA KULIMBIKITSA MDULIDWE WAKUCHIPATALA KUDERA LANU?

- Kafukufuku waonetsa kuti mdulidwe ukuchepetsa chiopsezo chotenga HIV.
- **Kuonjezera apo mdulidwewu:**
 - o Umapiitsa patsogolo ukhondo.
 - o Umathandiza kuchepetsa chiopsezo chotenga matenda ena opatsirana pogonana.
 - o Umachepetsa chiopsezo kumatenda ena monga kusapyotoka kwa chikopa chomwe chimavundikira mutu wa chida cha abambo.
 - o Umachepetsa chiopsezo cha khansa ya chida cha abambo.
 - o Umathandiza kuchepetsa matenda amchikhodzodzo mwa anyamata a ang'ono.

Kwa amayi omwe amuna awo achita mdulidwewu:

- o Umachepetsa chiopsezo cha khansa yakhomo lachiberekero.
- o Umachepetsa chiopsezo chotenga matenda ena opatsirana pogonana.



3 KODI MDULIDWEWU UMATETEZA BWANJI ABAMBO KUTI ASATENGE KACHIROMBO KA HIV?

- Kawirikawiri HIV imalowa m'thupi kudzera ku nkhungu lomwe limavundikira mutu wachida cha abambo.
- Mkati mwa chikopachi mumakhala mofewa komanso mwachinyonho.
- Sipakhala povuta kuti mbali yofewayi ichite chilonda.
- Mdulidwewu ukachitika, khungu la mutuwu limakhuthala, izi zimathandiza kuchepetsa chiopsezo chanu chotenga HIV.

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

- Mdulidwewu suteteza kwatunthu, bambo yemwe wadulidwa akhonza kutenga HIV ngati agonana mosadziteteza ndi munthu yemwe ali ndi HIV.
- Mdulidwewu suthandiza amayi kupewa HIV, koma ngati abambo achepetsa chiopsezo chotenga HIV, amachepetsanso chiopsezo chompatsira wokondedwa wake HIV.

Kuti atetezeke kwatunthu, bambo yemwe wadulidwa akuyenera:

- o kukhulupilika kwa mkazi m'modzi yemwe alibe HIV.
- o Kugwiritsa ntchito kondomu moyenera nthawi zonse ponana ndi munthu yemwe ali ndi HIV kapena yemwe sakudziwa za m'mene mthupi mwake muliri.
- o Ngati ndi achinyamata womwe alibe banja kapena kukhala ndi ubwenzi wokhazikika adziletse kugonana.

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



Abambo kulandila uphungu wa mdulidwe

- Kulandira uphungu okhudza mdulidwewu.
- Kuyezetsa HIV.
- Kulandila mdulidwe otetezeka.
- Kulandila uphungu wakasamalidwe kabala.

- Kukumbutsidwe njira zina zopewera HIV.

6 KODI NDI ZOVUTA ZANJI ZOMWE ZINGAPEZEKE POTSATIRA MDULIDWE WAKUCHIPATALA?

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

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

7 TIMACHITA KALE MDULIDWE NGATI MBALI IMODZI YA CHIKHALIDWE CHATHU. NANGA MDULIDWE WAKUCHIPATALAWU UKUSIYANA BWANJI NDI MDULIDWE WATHUWU?

Mdulidwe wachipatalawu:

- umachitidwa ndi a chipatala ophunzitsidwa bwino za ntchitoyi choncho zovuta zimakhala zochepa.
- Umachotsa chikopa chonse chomwe chimavundikira mutu wachida cha abambo kuti phindu la mdulidwewu likhale lochuluka.
- Panthawi yochita mdulidwe, mankhwala oletsa ululu amaperekedwa komanso pomaliza okamwera kunyumba.
- Madotolo amasoka ndikumanga balaro kuletsa kuti magazi asatuluke.

Kwa abambo ndi anyamata amene analandira mdulidwe wachikhalidwe nkofunikira kupitanso kuchipatala kuti akaone ngati analandira mdulidwe oyenera.

8 KODI PADZAKHALA KUSINTHA KULIKONSE PA NKHANI YOGONANA MDULIDWE UKACHITIKA?

- Kudziletse kugonana kwa masabata 6 n'kofunika kwambiri kuti bala lipoleretu.
- Kuchita zogonana masabata 6 asanathe zitha kukuyikani pachiopsezo chachikulu chotenga HIV.