- Kumva ululu pa bala la mdulidwe.
- Kulowa matenda pabala la mdulidwe.

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

8 KODI PADZAKHALA KUSINTHA KULI KONSE PA NKHANI YOGONANA MDULIDWE UKACHITIKA?

Kukambirana zanthawi yoyamba kugonana potsatira mdulidwe

- Kudziletsa kugonana kwa masabata 6 n'kofunika kwambiri kuti bala lipoleretu.
- Kuchita zogonana masabata 6 asanathe zitha kukuyikani pa chiopsezo chachikulu chotenga HIV.
- Kukhutitsidwa pogonana zimatengera munthuwe. Palibe kafukufuku yemwe wasonyeza kuti mdulidwe wakuchipatala umasintha kukhutitsidwa kwanu pogonana.

9 N'CHIFUKWA CHIYANI NDIKUYENERA KUKAMBIRANA NDI WOKONDEDWA WANGA PA ZAMDULIDWE WAKUCHIPATALAWU?

Banja kukambirana za mdulidwe

- Ndiudindo wanu kuwonetsetsa kuti banja lanu lachepetsa chiopsezo chotenga HIV ndi matenda ena opatsirana pogonana ndikupeza njira zina zopititsira patsogolo thanzi la banja lanu.
- Chilimbikitso chanu chithandiza wokondedwa wanu kuti akhale wolimba mtima mdulidwe usanachitike, panthawi yamdulidweyi komanso ukachitika.
- Mutha kuthandizana ndi wokondedwa wanu kupewa kugonana pa masabata 6 omwe mwamuna akudikilira kuti bala lipole.

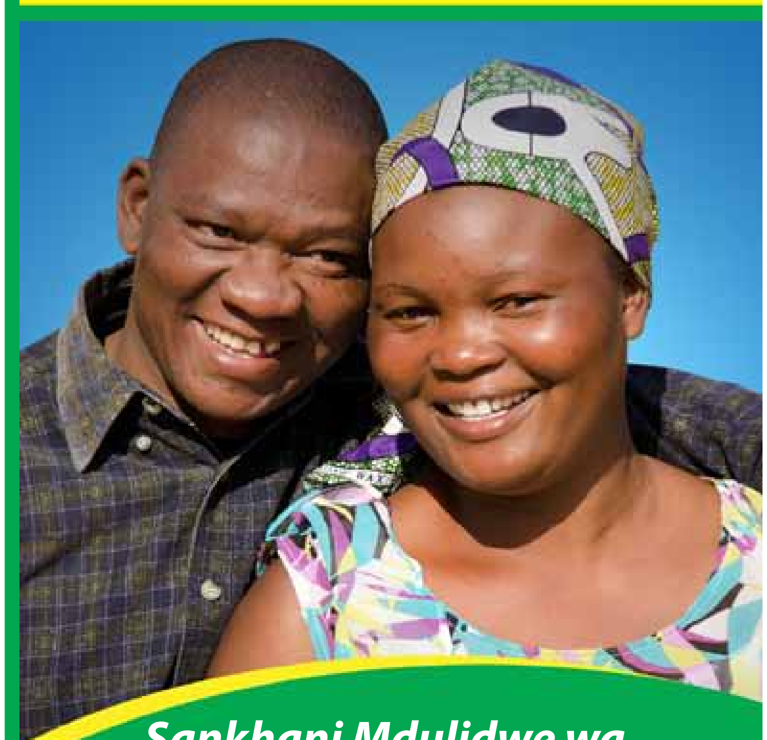
10 N'CHIFUKWA CHIYANI NDI KUYENERA KUYEZETSA HIV NDI WOKONDEDWA WANGA MDULIDWE USANACHITIKE?

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

Ministry of Health,
Private Bag 30377,
Lilongwe 3.

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

Khalani Otsogola



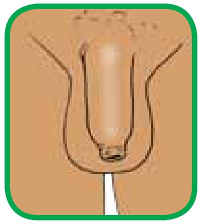
Sankhani Mdulidwe wa Abambo Wakuchipatala

UTHENGA
KWA OMWE ALI PA BANJA KAPENA UBWENZI WOKHAZIKIKA

NDIFE OTSOGOLA
Tasankha Mdulidwe Wakuchipatala

1 KODI MDULIDWE WA ABAMBO WAKUCHIPATALA NDI CHIYANI?

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



Mdulidwe usanachitike

Mdulidwe utachitika

2 N'CHIFUKWA CHIYANI NDIKUYENERA KULIMBIKITSA MWAMUNA WANGA KUTI AKACHITITSE MDULIDWE WAKUCHIPATALA?

Banja kupita ku chipatala

Kwa mayi yemwe mwamuna wake wachititsa mdulidwe:
- Mdulidwe umachepetsa chiopsezo cha khansa yakhomo la chiberekero.
- Mdulidwe umachepetsa chiopsezo chotenga matenda ena opatsirana pogonana.

Kwa mwamuna yemwe wachititsa mdulidwe:
- Umachepetsa chiopsezo chotenga HIV kwa wogonana naye yemwe ali ndi HIV
- Mdulidwe umapititsa patsogolo ukhondo.
- Umachepetsa chiopsezo cha khansa ya chida cha abambo.
- Umachepetsa chiopsezo chotenga matenda ena opatsirana pogonana.
- Umachepetsa chiopsezo cha matenda a mchikhodzodzo mwa anyamata a ang'ono.

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3 KODI MDULIDWE WAKUCHIPATALA UMATETEZA BWANJI ABAMBO KU HIV?

- Kawirikawiri HIV imalowa mthupi kudzera mu khungu lomwe limavundikira mutu wa chida cha abambo.
- Mkati mwa khunguli mumakhala mofewa komanso mwachinyontho.
- Sipakhala povuta kuti mbali yofewayi ichite chilonda.
- Mdulidwe ukachitika, khungu la mutu wa chida cha a bambo limakhuthala, izi zimathandiza kuchepetsa chiopsezo chanu chotenga HIV.

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

- Mdulidwe wa kuchipatala 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 HIV kwa okondedwa wake**.**

Kuti mutetezeke kwatunthu pamodzi ndi wokondedwa wanu ku HIV:

Kukhulupirika kwa okondedwa m'modzi

- Khalani okhulupirika kwa wokondedwa m'modzi yemwe alibe HIV.
- Gwiritsani ntchito kondomu moyenerera nthawi zonse pogonana ndi munthu yemwe simukudziwa zam'mene mthupi mwake muliri, kapena yemwe ali ndi HIV.
- Kalandireni uphungu ndi kuyezetsa HIV ndi wokondedwa wanu. Izi zimathandiza kusintha chikhalidwe popewa HIV.

5 KODI PALI KUSIYANA KULI KONSE PAKATI PA MDULIDWE WA ABAMBO WAKUCHIPATALA NDI MDULIDWE WACHIKHALIDWE?

Mdulidwe wakuchipatala:
- Umachitidwa ndi achipatala ophunzitsidwa bwino za ntchitoyi, choncho zovuta zimakhala zochepa.
- Umachotsa chikopa chonse chomwe chimavundikira mutu wachida cha abambo kuti phindu la mdulidwewu likhale lochuluka.
- Mankhwala oletsa ululu amaperekedwa nthawi ya mdulidwe komanso pomaliza pa mdulidwe okamwera kunyumba.
- Madotolo amasoka ndi kumanga balalo kulesa kuti magazi asatuluke.

Kwa abambo amene analandira mdulidwe wachikhalidwe nkoyenera kupitanso kuchipatala kuti akaone ngati analandira mdulidwe oyenera.

6 KODI NDI NDONDOMEKO YANJI YOMWE IMATSATIDWA PA NKHANI YAMDULIDWE WA KUCHIPATALA?

Abambo kulandira uphungu wa mdulidwe

- Kulandira uphungu ndi kuyezetsa magazi.
- Kulandira malangizo a momwe mungawathandizire abambo kapena okondedwa wanu potsatira mdulidwe.
- Kukumbutsidwa njira zina zomwe zilipo zothandizira kupewa HIV.

7 KODI NDI ZOVUTA ZANJI ZOMWE ZINGAPEZEKE POTSATIRA PA MDULIDWE WAKUCHIPATALA?

- Mwina kutuluka magazi pa bala la mdulidwe.