

Achipatala:

- Adzawona m'mene bala lanu lachilira.
- Adzakukumbutsani kuti mdulidwe wakuchipatala suteteza kwatunthu.
- Adzakukumbutsani njira zina zopewera HIV:
 - **Kukhulupirika kwa wokonedwa m'modzi yemwe alibe HIV.**
 - **Kugwiritsa ntchito kondomu moyenera nthawi zonse pogonana ndi wokonedwa yemwe ali ndi HIV kapena munthu yemwe simukudziwa zam'mene thupi mwake muliri.**
 - **Kudziletsa kugonana kwa a chinyamata.**

Malangizo ofunika



- Valani kabudula wa mkati wochapa tsiku lililonse.
- Ulusi womwe anagwiritsa ntchito posoka bala umayamba kugwa wokha pakati pa masabata awiri kapena anayi mdulidwe utachitika. **Musayambe kukoka ulusiwu ukayamba kumasuka usiyeni ugwe wokha kupewa kususula chilonda.**
- Kutupa sichachilendo mdulidwe ukangochitika kumene. Kutupaku kukuyenera kuchepa ndikutha masiku akamapita koma ngati kutupaku kukuwonjezekerera pitani kuchipatala msanga.
- Ululu umakhalapo mdulidwe ukangochitika kumene. Ngati ululu wafika posowetsa mtendere kawonaneni ndi a chipatala.
- Sichachilendo kwa anyamata achisodzera kapena a ang'ono kuti chida chawo chidzidzuka pafupi pafupi usiku maka chifukwa cha mikodzo zomwe zitha kuyambitsa ululu komanso kusowetsa mtendere. Kuti muthane ndivutoli, kodzani musanapite kokagona komanso kodzani kangapo mkati mwausiku.
- Ngati muli ndi HIV kumbukirani kuti mdulidwe sungateteze okonedwa kutenga HIV choncho nkofunika kugwiritsa ntchito kondomu moyenera nthawi zonse pogonana.
- Kumbukirani kuti mdulidwe paokha suteteza kwatunthu ku HIV.

Ministry of Health,
Private Bag 30377,
Lilongwe 3.

Adapted from Brothers for Life - South Africa and Cartaz Mozambique leaflets.



Khalani Otsogola



*Kuzisamalira Mutalandira Mdulidwe
Wakuchipatala*

UTHENGA
KWA ONSE OLANDIRA MDULIDWE
WAKUCHIPATALA

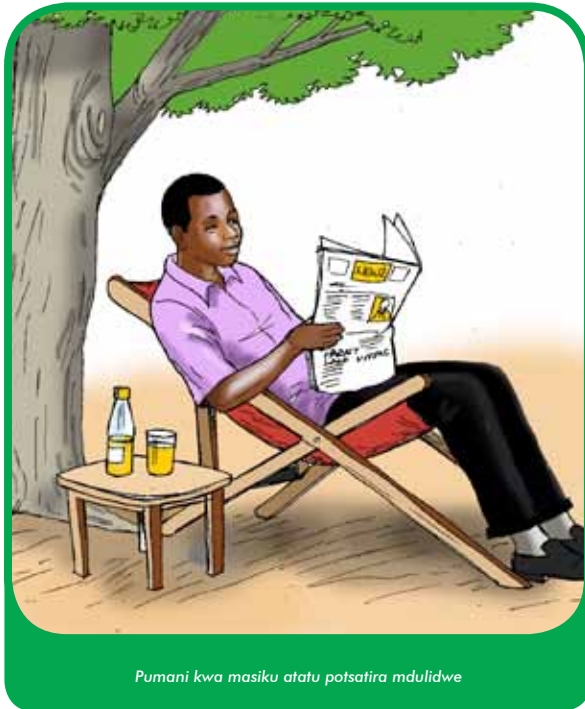


NDIFE OTSOGOLA
Tasankha Mdulidwe Wakuchipatala

1

ZOYENERA KUCHITA POTSATIRA MDULIDWE WAKUCHIPATALA:

- Pumani kwa masiku atatu, osagwira ntchito zolemetsa.
- Imwani madzi ndi zakumwa zina pafupi pafupi kuti chida chanu chisamadzuke pafupi pafupi.
- Pitani kuchipatala msanga ngati zinthu izi zikukuchitikirani:
 - o Kutuluka magazi pa bala lanu.
 - o Kukanika kukodza.
 - o Ngati bala lamdulidwe likutuluka mafinya.
 - o Kutupa kopitirira.



Pumani kwa masiku atatu potsatira mdulidwe

2

KUPITANSO KUCHIPATALA PATATHA MASIKU AWIRI (2)

Achipatala:

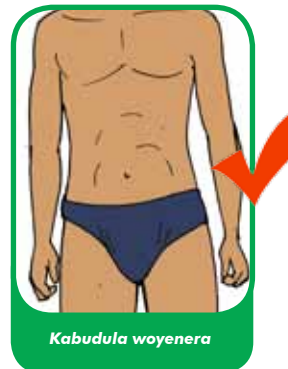
- Adzamasula bandeji.
- Adzawona ngati bala likutuluka magazi kapena mafinya komanso ngati pali zovuta zina.
- Adzakuuzani ndondomeko yakasamalidwe ka bala la mdulidwe motere:



Kusamalira bala la mdulidwe

- o Onetsetsani kuti bala lanu ndi louma komanso laukhondo nthawi zonse.
- o Musapake mafuta kapena zodzola zilizonse (mankhwala achikuda kapena mankhwala ena opanga nokha).
- o Mutsuke balalo ndi

- madzi komanso sopo kosachepera kawiri patsiku.
- Adzakuuzani kuti muziyimitsa chida chanu (nsonga idziyang'ana kumchombo) kwa masiku asanu ndi awiri (7).
- **Osavala** kabudula wamkati wokhwepa chifukwa chida chanu chitha kumalendewera ndi kukhudzana ndi chovalacho ndi kupweteka bala.



Kabudula woyenera



Kabudula wosayenera

- Adzakulangizani kuti mupewe kuchita masewera ena aliwonse olimbitsa thupi kapena kugwira ntchito ili yonse yolemetsa monga kukwera njinga kwa sabata imodzi kuopa kuti ulusi osokera bala

lanu ungamasuke.

- Adzakuuzani motsindika kuti musachite zogonana kapena kudzisangalatsa nokha poseweretsa maliseche anu kwa masabata asanu ndi imodzi (6) potsatira mdulidwe.
- Adzakupemphani kuti akakuoneninso kuchipatala patsiku la chisanu ndi chiwiri (7).

3

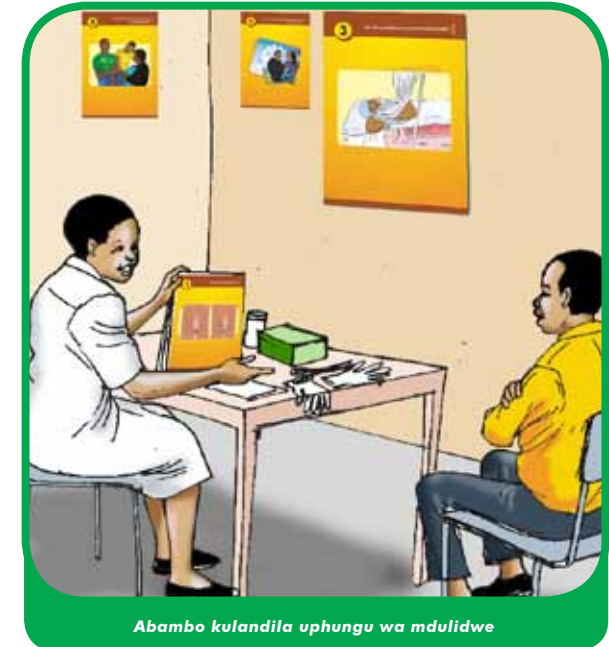
KUPITANSO KUCHIPATALA: TSIKU LACHISANU NDI CHIWIRI (7)

Achipatala:

- Adzawona ngati bala likutulutsa mafinya, kapena ngati chida kapena mbali ina yamaliseche anu ndiyotupa.

4

KUPITANSO KUCHIPATALA PATATHA MASABATA ASANU NDI IMODZI (6)



Abambo kulandila uphungu wa mdulidwe

