ZOFUNIKA KUDZIWA ZOKHUDZANA NDI PrEP

Tsogolo langa limayamba ndi ine

KODI PrEP NDICHIYANI?

PrEP ndi mankhwala amene munthu amene alibe HIV amamwa tsiku lilironse kuti adziteteze ku HIV ngati akuona kuti ali pachiopsezo chotenga HIV. PrEP akagwiritsidwa mwa ndondomeko amachepetsa chiopsezo chotenga HIV pa nthawi yomwe chiopsezo chanu chili chachikulu.

PrEP ndi njira ina yowonjezera yodzitetezera ku HIV. Zina mwa njira zodzitetezerazi ndi izi:

- Kugwiritsa ntchito ma kondomu mwandondomeko nthawi zonse.
- Kumwa PEP mwandondomeko.
- Kulandira ndi kugwiritsa ntchito uphungu wa kuchipatala.
- Kulandira ndi kugwiritsa ntchito mankhwala a matenda opatsirana pogonana.
- Kupangitsa m'dulidwe wa abambo wa kuchipatala.
- Kumwa ma ARV mwandondomeko kwa munthu amene ali ndi HIV kuti achepetse chiopsezo chopatsira munthu amene amagonana naye amene alibe HIV.

KUSIYANA KWA PrEP, PEP NDI MA ART?

- **Njira zonse zitatu zili ndi ma ARV** koma ndi ophatikizidwa mosiyana ndiponso zimagwira ntchito mosiyana:
- **PEP** ndi mankhwala omwe umamwa pamene munthu wakhala kale pachiopsezo chotenga HIV ndi cholinga chopewa HIV ndipo amagwira bwino **ntchito** pasanadutse maola 72 (masiku atatu) chikhalireni pa chiopsezochi.
- **ARV** ndi mankhwala otalikitsa moyo amene amaonjezera chitetezo m'nthupi amene amaperekedwa kwa munthu amene ali ndi HIV.
- **PrEP** amamwedwa ndi anthu okhawo amene alibe HIV ndipo ali pa chiopsezo chachikulu chotenga HIV.

PrEP AYENERA KUMWEDWA NDI ANTHU OKHAWO AMENE ALIBE HIV NDIPO ALI PA CHIOPSEZO CHOTENGA HIV.

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NDONDOMEKO YA KAYAMBIDWE KA PrEP

Kumwa mankhwala mwa ndondomeko nkofunika kwambiri, muchilimike ndi kuyikapo mtima wanu onse.

Munthu amene akumwa PrEP amafunika kutsata ndondomeko yonse moyenelera ndipo akulimbikitsidwa kugwiritsanso njira zina zozitetezera ku HIV.

PrEP ali ndi kuthekera kothandizirapo kuchepetsa kufala kwa HIV m'Malawi muno.

ULENDO OYAMBA →

- Akakuyezani magazi kuti aone ngati muli ndi HIV kapena ayi.
- Ngati mulibe HIV akakupatsani PrEP oyenera kumwa mwezi umodzi.

Akakuyezani magazi kuti adziwe kagwiridwe ntchito ka impsyo ndi chiwindi.

PAKADUTSA MWEZI UMODZI →

- Akakuyezaninso magazi kuti aone ngati muli ndi HIV kapena ayi.
- Akakupatsani mankhwala a PrEP okwanira kumwa miyezi itatu.

PAKADUTSA MIYEZI ITATU ILI YONSE →

- Akakuyezaninso magazi kuti aone ngati muli ndi HIV kapena ayi.
- Akakupatsani mankhwala a PrEP okwanira kumwa miyezi itatu ina.

KODI PrEP AMAPEZEKA KUTI?

Pakadali pano m'Malawi muno, PrEP amapezeka muzipatala zokhazikika za boma ndi mishoni.

PrEP AMACHITA IZI:

Amachepetsa chiopsezo chotenga HIV ngati mukumwa tsiku ndi tsiku mwa ndondomeko.

PrEP SAMACHITA IZI

- Samateteza kumatenda opatsirana pogonana.
- Samateteza kutenga mimba.