*KUMWA **PrEP** MWANDONDOMEKO TSIKU LILIRONSE NDI NJIRA INA YOWONJEZERA YOTETEZERA KUTENGA HIV*

Tsogolo langa limayamba ndi ine

KODI PrEP NDI CHANI?

PrEP ndi mankhwala amene munthu amene alibe HIV amamwa tsiku lilironse kuti adziteteze ku HIV ngati ali pachiopsezo chotenga matendawa

KODI NDINGAMWE BWANJI PrEP?

Imwani pilitsi limodzi la PrEP kamodzi pa tsiku mutadya kapena musanadye. Ndikofunika kumwa PrEP nthawi yomwe yomweyo tsiku lilironse.

Ngati munayiwala kumwa mankhwala nthawi yoyenera, imwani nthawi yomwe mwakumbukira ndipo pitirizani monga mwa ndondomeko yonse.

KODI NDI CHIFUKWA CHANI NDIKUYENERA KUMWA PrEP?

Kuti ndikhale otetezedwa ku HIV ngati ndiribe.

KODI NDINGASUNGE BWANJI MANKHWALA ANGA A PrEP?

PrEP asungidwe mu botolo lotsekedwa bwino, malo opanda chinyezi, odutsa mphepo, pamthunzi ndi posafikira ana.

USAID FROM THE AMERICAN PEOPLE PEPFAR HIV Prevention Market Manager AVAC fhi360 THE SCIENCE OF IMPROVING LIVES LIGHTHOUSE

KODI NDI MAVUTO ATI AMENE ANGAKHALEPO NGATI MUKUMWA PrEP?

Anthu ena amatha kumva zovuta pamene ayamba kumwa PrEP, koma izi zimasiya pakatha sabata zochepa.

ZINA MWA ZOVUTAZI NDI MONGA IZI:

Nselu, kupweteka kwa mutu (litsipa), kumva kutopa, kutsekula m'mimba, kukhala okhumudwa, kusanza ndi kuchepa kwa chilakolako cha chakudya

ZOFUNIKA KUDZIWA ZA PrEP

- Ndikuyenera kuyezetsa magazi pa tsiku loyamba PrEP, komanso pakapita miyezi itatu ili yonse.
- PrEP simankhwala oteteza matenda opatsirana pogonana komanso mimba.
- PrEP ndi njira yoonjezera podziteteza ku HIV ndipo iyenera kugwiritsidwa ntchito pamodzi ndi njira zina monga ma kondomu kapena m'dulidwe wa abambo..
- Sikoyenera kugawana PrEP ndi anzathu. Ngati wina akufuna PrEP tiyenera timulumikizitse ndi malo oyenera kukalandira PrEP.

Ngati mungakumane ndi zovuta zina pamene mukumwa PrEP, pitani mwachangu kuchipatala kuti mukalandire uphungu ndi thandizo loyenera. Adziwitseni achipatala ngati mukumwanso mankhwala ena ali onse.