



# HLALA U HIV NEGATIVE!

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ukugqoka imask kuhle , lokuma utshiya ibanga  
elingange 1 metrephakathi kwakho labanye



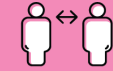
# UYIDLALA NGENDLELA EKUFAKA ENGOZINI NA?

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# Uyidlala Ngendlela ekufaka engozini Na?

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Uyahamba emacansini na?

Uya uhlangene emacansini ungazivikelanga (liyitshaya ngaphambili, emuva lango mlomo?)

Omunye wakho uyake ayale ukusebenzisa ikhondomu?

Usukewabalabantu ababili loma abedlula lapho oyalabo ecansini enyangeni eziyisithupha ezedluleyo?

Usuke wabalomkhuhlane wengulamakhwa inyanga eziyisithupha ezedluleyo?

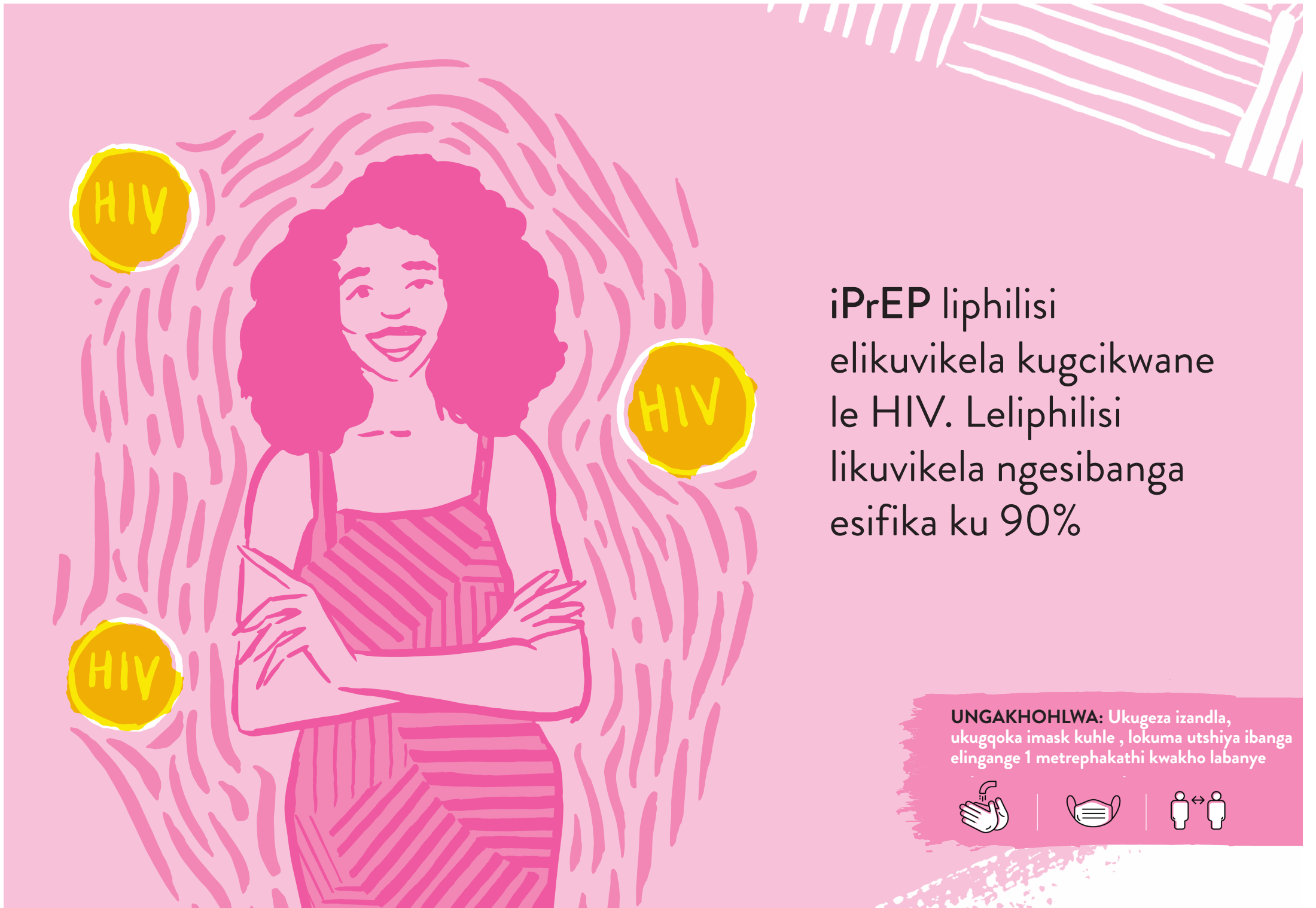
Uyasazi isimo somuntu othandana laye mayelana le HIV?

Omunye wakho owemancansini engaba legcikwane leHIV? Ulesiqiniseko ngakho?

Uyazesabela ukuthi ungadlwangulwa loba uhlukunyezwe lapho ohlala khona?

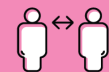
*uyadanisa nje ukuthi banengi amantombazane abahlangana laloluhlupho emathandweni. Akusindaba yakho, njalo awukho wedwa. Uma kungenzeka ukuthi ungahlangana laloluhlupho ungathola usizo. Xoxisana labezempilakahle abaseduze lawe okanye ubone u Brand Ambassador osesigabeni sakho*

**Nxa uphendule uvuma komunye loba kuyoyonke nke imibuzo le, kutsho i PrEP ikulungele**



iPrEP liphilisi  
elikuvikela kugcikwane  
le HIV. Leliphilisi  
likuvikela ngesibanga  
esifika ku 90%

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Natha iphilisi elilodwa  
ngesikhathi esifanayo  
nsukuzonke ukuze  
uhlale uvikelekile.

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*Ungakhohlwa!*

## **IPHILISI ELILODWA NSUKUZONKE LIYAKUVIKELA.**

MON



TUES



WED



THURS



FRI



SAT



SUN



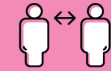
*Kwenzakalani nxa ngingayeqisa ilanga?*

Linathe lapho okhumbulele khona ube usuqhubeka ngokulinatha nsuku zonke.  
Yenza isiqiniseko sokuthi usebenzise ikhondomu nxa usiya ecansini.

Ukuze uvikeleke ngokupheleleyo natha iPrEP yakho okwensuku ezingu 7 ungaka-  
hambi emacansini ungazivikelanga uye emacansini okungavikelwanga.



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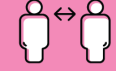
## Va-Va-Voom!

Ungakhohlwa! iPrEP ikuvikela ngesibanga esifika ku 90%

Ngokunjalo sebenzisa ndawonye le khondomu ukuze uvikeleke ngokupheleleyo, njalo uvikele kumikhuhlane ye siki lokuzithwala ungakazimiseli.



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## Okungenzakala ngokuthatha iPrEP?

Abanye bayahlangana lokugula okungaba (njenge khanda, ukuzwa kusithi uhlanze lokulamba lokugijinyiswa yisisu) njengawo wonke amaphilisi.

Lokhu kugula kuyaphela ngemva kwe viki kusiyakumaviki amabili. Nxa kungaqhubeka okudlula amaviki amabili xoxisana lowezempilakahle oseduze lawe



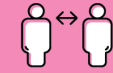
# Ake sibonisane ukuthi iPrEP ikufanele Na?

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## Ake sibonisane ukuthi iPrEP ikufanele Na?

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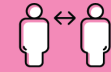
kana kushungurudzwa?

*Kuyadanisa nje ukuthi banengi amantombazane abahlangana laloluhlupho emathandweni. Akusindaba yakho, njalo awukho wedwa. Uma kungenzeka ukuthi ungahlangana laloluhlupho ungathola usizo. Xoxisana labezempilakahle abaseduze lawe okanye ubone u Brand Ambassador osesigabeni sakho.*

*Nxa uphendule uvuma komunye loba kuyoyonke imibuzo le, kutsho iPrEP ikulungele*

# Imibuzo Ejwayelekileyo

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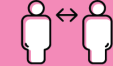


- iPrEP ingaphazamisa na ukuthi ngithole inzalo?
- iPrEP iyangivikela na kuma STIs lokuzithwala ngingakafuni?
- iPrEP ingamphambanisa yini omunye wami engiya emacansini laye?
- Nginganika yini umngane wami iPrEP?
- Ngingayinatha yini iPrEP nxa ngisanatha amanye amaphilisi?

## iPrEP ingaphazamisa na ukuthi ngithole inzalo?

Hatshi. iPrEP ayiphambanisi lutho mayelana lenzalo loba ukuzithwala.

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## iPrEP iyangivikela na kuma STIs lokuzithwala ngingakafuni?

Hatshi. Ayikuvikeli kulokho. Sebenzisa I condom sikhathi sonke njalo ngendlela elungileyo ukuze uzivikele kuma STIs lokuzithwala ungakafuni.

## iPrEP ingamphambanisa yini omunye wami engiya emacansini laye?

Hatshi. Akulanto ephambabisekayo kuye.

## Nginganika yini umngane wami iPrEP?

Hatshi. Ungamniki. Le iPrEP olayo ngeyakho ehambelana lamalanga akho ukuthi unathe nsukuzonke ungeqisi. Nxa umngane wakho eyifuna mxwayise ukuba ahambe eclinic eseduzane ayephiwa eyakhe eqondane laye.

## Ngingayinatha yini iPrEP nxa ngisanatha amanye amaphilisi?

Yebo. Qhubeka unatha njengendlela uwacetshiswa ngayo.



# Amaqhinga ongawasebenzisa ukutshela abanye nge PrEP.

Ubona angani isithandwa sakho, abangane lezihlobo bangakuthakazelela ekunatheni kwakho kwePrEP?, khululeka nje ubatshela. Uyenelisa nje lokubatshengisa okulibhukwana lokhu kanye le V starter kit. Kodwa nxa ubona sengathi bangakusola, ungabatsheli

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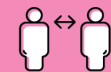
Nge V kit le, uyenelisa ukuzinathela iPrEP yakho kungela okwaziyo



Ngeviki - ngeviki  
faka amaphilisi  
ayisikhombisa phakathi  
kwe pill case le. Lokhu  
kuyakusiza ukuthi  
unathe amaphilisi akho  
kuhle. iPill case le  
ifana lokuyimbodlela  
kwamafutha okugcoba  
umlomo njalo  
ayibangi umsindo  
nxa ikhuhluzwa  
loba uhamba.  
Ayiwenzi umsindo ka  
khotsho-kotsho!

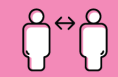


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Uzaphiwa isikhwama se make-up ozasisebenzisa ukugcinela amaphilisi akho sikhathi sonke.





*Asiqhubekele Phambili Ke!*

## **ASIHLOLE IGAZI LAKHO?**

1

**HLOLWA UKUTHI  
AWULALO YINI  
IGCIKWANE LE HIV.**

2

**NXA U NEGATIVE,  
UZAHLOLWA UKUTHI  
AWUZITHWALANGA  
YINI.  
NGEMVA KWALOKHO  
UZAHLOLWA FUTHI  
I CREATININE AND  
HEP. B SCREENING**

**(NXA IKHONA)**

3

**IPHEPHA LOKUTHATHA  
AMAPHILISI  
OLIBHALELWA  
NGOWEZEMPILAKAHLE**

4

**USUKA LAPHO  
USUSIYAPHIWA  
AMAPHILISI  
AKHO E PREP.**

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*Okulandelayo!*

# YIKUYINI ISIZATHO SOKWENZA AMA TEST ONKE LA?

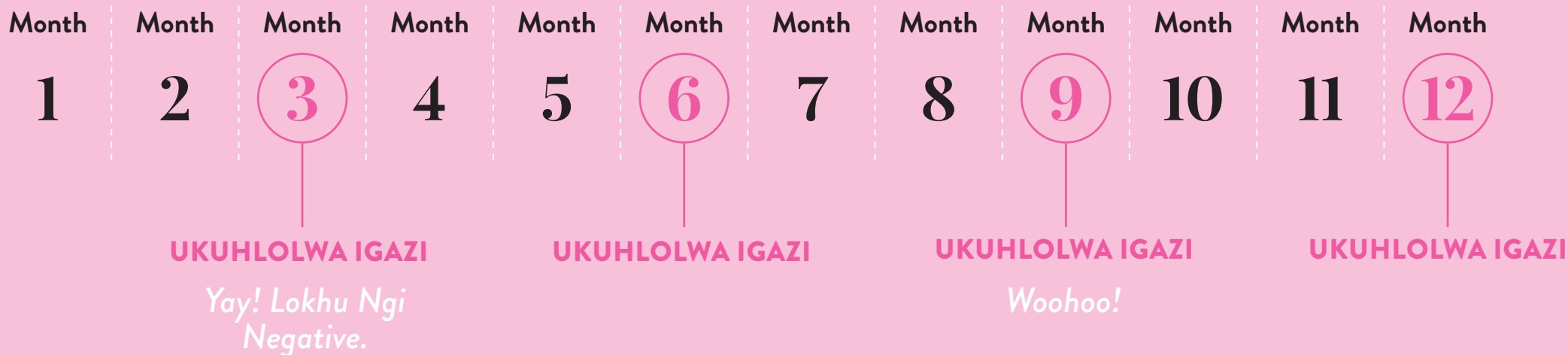
**SEBENZISA ULWAZI OLUPHUMA KU  
GWALO LWE (MoHCC Guidelines)**

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Khumbula!

# UNOFANIRA KUONGORORWA MWEDZI MITATU YEGA YEGA



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Nxa ungasafuni ukuqhubekela phambili nge PrEP\* qala uxoxisane labezempilakahle ungamekeli. Khumbula! njalo ukuthi kumele unathe iPrEP okwamalanga angu 28 kusukela ngelanga lokicina lapho owahlangana khona ecansini kungavikelekanga.

\*nxa ungasayi emacansini loba indlela ongena ngayo engozini yokubamba igcikwane isinciphile loba ingasekho

# UNGADINGA UKUBAMBISANA LABANYE?

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# UNGADINGA UKUBAMBISANA LABANYE?

**THUMELA IMESSAGE KA WHATSAPP KU AMBASSADOR  
SUPPORT GROUP LABANYE ABAKU PREP.**

**AMABIZO AMA KILINIKA LEZINYE INHLANGANISO  
EZIPHA UNCEDO KULABO ABAHLANGANA LOHLUPHO  
LOKUHLUKUNYEZWA LOBA ABADLWANGULIWEYO**

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elingange 1 metrephakathi kwakho labanye



# UNGADINGA UKUBAMBISANA LABANYE?

**ADULT RAPE CLINIC (PARIRENYATWA HOSPITAL)**

**HARARE FAMILY SUPPORT TRUST (HARARE, CHITUNGWIZA, MUTARE)**

**MUSASA (HARARE, BULAWAYO, CHIREDDZI, BEITBRIDGE, GWERU)**

**ZIMBABWE WOMEN LAWYERS ASSOCIATION (HARARE, BULAWAYO)**

**MOHCC (BINDURA, CENTENARY)**

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