



UNGAKHOHLWA: Ukugeza izandla, ukugqoka imask kuhle , lokuma utshiya ibanga elingange 1 metrephakathi kwakho labanye



Amhlophe!

**Awulalo
igcikwane le
HIV. unegative!**

Akuhlale kunjalo

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imask kuhle , lokuma utshiya ibanga elingange
1 metrephakathi kwakho labanye



OKUPHAKATHI

ISIKHWANYANA

Gcina amafutha akho kanye lamaphilisi la phakathi kwesikhwanyana lesi. ukula muntu ozabakwazi ukuthi usehlelweni lwe PrEP ngaphandle kokuthi ubatshele wena

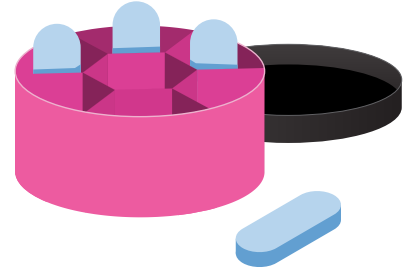


IMBODLELA YE PrEP

Natha iphilisi elilodwa ngesikhathi esifanayo nsukuzonke ukuze ungabanjwa yi HIV.

ASIQHUBEKE NGE V

Amaviki onke iviki iqala faka amaphilisi akho a ngu 7 ku pill case ukuze ukhumbule ukuwathatha malanga onke.



ISTIKER SOKUKUKHUMBUZA

Namathisela I sticker lesi endaweni lapho okulento oyisebenzisa nsukuzonke ukuze nxa usibona ukhumbule ukunatha iphilisi lakho.

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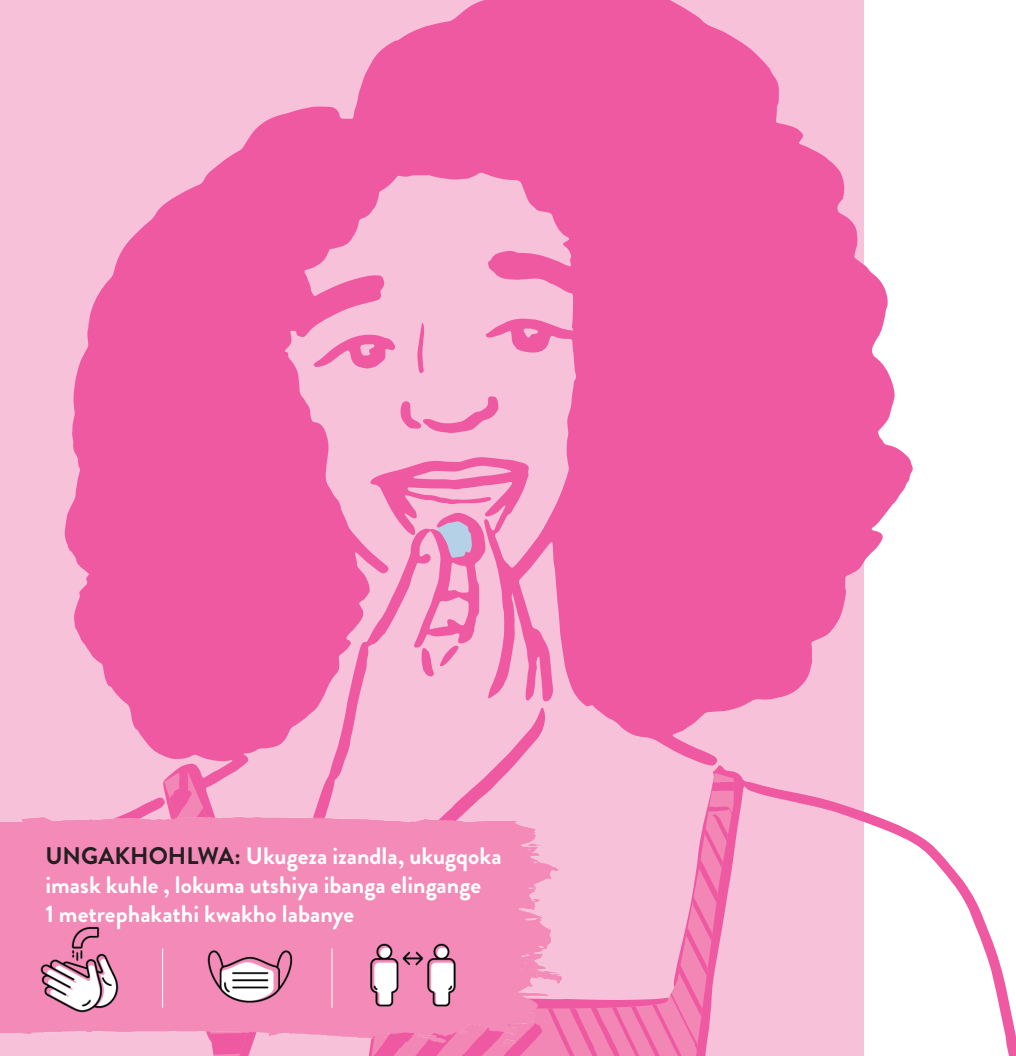


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Kuyini i PrEP?

I PrEP liphilisi elikuvikela kugcikwane le HIV. Leliphilisi Lehlisa amathuba akho okuthola i-HIV nge 90%.



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Ngiyinatha nini?

Natha iphilisi elilodwa nsukuzonke ngasikhathi esifanayo ukuze uhlale uvikelekile.

Ngenza njani ma ngingayeqisa ilanga?

Linathe lapho okhumbulele khona ube usuqhubeka ngokulinatha nsuku zonke.

iPrEP ikuvikela nge 90% ngakho uyakhuthazwa ukuthi uyisebenzise ndawonye le khondomu sikhathi sonke,

Njalo ukuze uvikeleke ngokupheleleyo qhubeka ukunatha amaphilisi akho okwamalanga angu 7 ungakayi emacansini ungazivikelanga nge khondomu.

Ungakhohlwa! iPrEP ikuvikela ngesibanga esifika ku 90%

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

Nginganatha amaphilisi amangaki ngelanga?

Natha iphilisi elilodwa kuphela ngelanga.Ungadlulisi.



Ngingatshela yini abanye mayelana lokuthi ngingatha i PrEP

Umzimba wakho lilungelo lakho, njalo uyazikhethela ukuthi utshele abanye loma hatshi.

Okumele ukunanzelele yikuthi abanye bazakusekela abanye abasoze. Ngaleyondlela zibuze ukuthi bangathini ma bengabakwazi. Uma ucabanga ukuthi bazakusekela batshele kodwa ma ucabanga ukuthi abasoke akudingakali ukuthi ubatshele.

Ungazinathela iPrEP yakho ngendlela efihlakeleyo. Yikho nje senze konke okokusebenzisa kukhangeleke njenge makeup engasoze yenze abantu badingisise okunengi

Kuyadanisa nje kuphela ukuthi inengi labesifazana lihlangana lokuhlukunyezwa yizithandwa zabo. Asilo phutha lakho njalo awukho wedwa kulobobunzima. Nxa unganglangana lalo loluhlupho ungathola usizo e clinic eseduze lawe.

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Ongakwenza nxa ungafuni ukutshela muntu...

Nguwe owazi kahle ukuwafihla amaphilisi akho.

Uyenelisa ukuwagcina lapho okwazi khona wedwa kumbe uwagcine Phakathi kwesikhwama se makeup. Bazacabanga ukuthi yizinto zamankazana. Natha amaphilisi akho kungelamuntu okubonayo



Uma ufuna ukubatshela

Batshele ukuthi asebenza njani lawa maphilisi lokuthi wena uwanathelani ukuze bangacabangeli ukuthi ulegcikwane le HIV. Batshengise futhi lokulibhukwana khonokhu.

Ungabatshela uthi:

Amaphilisi la ngiwanatha ngoba amankazana amanengi alingana lami alamathuba amanengi okuthola i-HIV ngakho ngifuna ukuthi ngihlale ngivikelekile

Ngacebiswa ngabe zampilakahle

Lezi ngezinye zezimpendulo kodwa wena nguwe obazi kahle abantu bakho lokuthi ungabatshela njani.

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Ingangigulisa na iPrEP?

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

Lokhu kugula kuyaphela ngemva kweviki kusiyakumaviki amabili.

Nxa kungaqhubeka okudlula amaviki amabili xoxisana lowezempilakahle oseduze lawe

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Kungabe kusadingakala ukuthi ngingathe amaphilisi ePrEP

- 1) Usukewabalabantu ababili loma abedlula lapho oyalabo ecansini enyangeni eziyisithupha ezedluleyo?
- 2) Usuke wahlangana lomuntu ecansini ungazivikelanga enyangeni eziyisithupha ezedluleyo?
- 3) Usuke wabalomkhuhlane wengulamakhwa inyanga eziyisithupha ezedluleyo?
- 4) Usuke waya ecansini lomuntu ongazi isimo sakhe se HIV?
- 5) Ungabe ulomuntu othandana laye ophila legcikwane leHIV?

Nxa ukewa phendula yebo komunye loba yonke imibuzo le kungadingakala ukuthi unathe amaphilisi e PrEP. Xoxisana labaze mpilakahle



Ngenza njani masengifuna ukuma ukunatha iPrEP

Uma usubona ukuthi awusekho engozini yokuthola i-HIV, kuzamele uqale uhlale amalanga angu 28 uwanatha amaphilisi kusukela lapha ocine khona ukuya emacansini ungazivikelanga.

Qala ukhulumisane lowezempilakahle osezuzane lawe ungakami ukunatha iPrEP

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**NKAZANA,
ZIPHATHE
KAHLE!**

Amalanga akho okuvakatshela abezempilakahle

Buya ngalawa amalanga:

1 NGENYANGA
YOKUQALA NGEMVA
KOKUQALA IPrEP

4 NGENYANGA YESINE
NGEMVA KOKUQALA
IPrEP

7 NGENYANGA
YESKHOMBISA
NGEMVA KOKUQALA
IPrEP

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**KUSEMANDLENI
AKHO UKUTHI
UHLALE U NEGATIVE!**

Woba kwazi ukuthi ukwenzelani!

Bhala phansi ukuthi yindaba ungafuni ukuba le HIV- yiso isizatho sokuthi uyithathe nsuku zonke

Ngizathatha iPrep insuku zonke ngoba...

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Imibuzo ejwayelekileyo

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iPrEP ingaphazamisa na ukuthi ngithole inzalo?

Hatshi. iPrEP ayiphambanisi lutho mayelana lenzalo loba ukuzithwala.

iPrEP iyangivikela na kuma STIs lokuzithwala ngingakafuni?

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

iPrEP ingaphambanisa yini omunye wami engiya emacansini laye?

Hatshi. Akulanto ephambanisekayo 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 aye eclinic eseduzane ayephiwa eyakhe eqondane laye.

Ngingayinatha yini iPrEP lanxa ngingatha amanye amaphilisi?

Yebo. Qhubeka unatha njengendlela uwacetshiswa ngayo.

Okukholwa ngabantu kodwa kungesilo iqiniso

Amanga:	iQiniso:
iPrEP inathwa ngabantu abangaziphathanga kuhle abangenangenayo.	iPrEP liphilisi elinathwa yiloba ngubani osengozini yokubanjwa ligcikwane le HIV.
iPrEP liphilisi lokuvikela ukuzithwala.	iPrEP liphilisi lokuvikela ukubanjwa ligcikwane le HIV.
Unganatha iPrEP okwesikhathi eside ucina ungesalapheki.	iPrEP isebenza ukukuvikela emkhuhlaneni we HIV njalo ukuyinatha isikhathi sonke kuvikela wena.
iPrEP iyaphambanisa indlela engijabulela ngayo ezemacansini.	iPrEP ayiphambanisi lutho kwezemacansini.

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Ezinye indawo lapho elingathola khona iPrEP e Zimbabwe

Beitbridge

CeSHHAR Beitbridge
(North star alliance)

Bindura

Bindura Clinic
Bindura District Hospital
Bindura Prov Hosp
Bindura University

Bulawayo

Bambanani
CeSHHAR Bulawayo(Old
Khami clinic)

Chinhoyi

Chinhoyi Clinic
Chinhoyi University

Chipinge

Chipinge New Start
Centre (community)

Chipinge District Hospital

Harare

52 George Silundika, Prestige
Budiro Poly Clinic
CeSHHAR Harare(Mbare
hostels clinic)
Hatcliff Poly Clinic
Highlands PCC
Hopely Clinic
Kuwadzana Poly Clinic
Mabvuku Poly Clinic
Malbereign Clinic
Malborough Clinic
Mbare Poly Clinc
New Africa House
(New Start Center)
Parirenyatwa Clinic
Rutsanana Clinic

Warren Park Poly Clinic
Wilkins Hospital

Hurungwe

CeSHHAR Chirundu
(local board)
CeSHHAR Karoi
(Karoi district hospital)

Makoni

Rusape Hospital
Arnoldine Clinic
Era Mine Clinic
Makoni Community
Nyazura Mission
Vengere Clinic
Headlands Clinic
Nyazura Clinic
Rusape Hospital

Mutare

Mutare New Start Centre
CeSHHAR Mutare (Sakubva clinic)
Victory House, Mutrare Clinic

Marondera

Marondera Clinic

Masvingo

CeSHHAR Masvingo
(Mucheke clinic)

Masvingo New Start Centre
Masvingo PMD

Mazowe

Bare Clinic
Concession District Hospital
Henderson Clinic
Mazowe mine clinic
Nzvimbo Clinic

Rosa Hospital
Sowoguru Clinic
Tsongubvi Clinic

Gweru

CeSHHAR Gweru(Gwapa)
Gweru New Start Centre

Mutare

Victory House, Mutrare Clinic
Mutare New Start Centre

Victoria Falls

CeSHHAR Victoria
Falls(North star
allience clinic)
VicFalls Hospital

Buhera

BCC
Buhera Murambinda Hosp
Cowdray Park

Dr Shennan Clinic
EF Watson
Emakhandeni
Entumbane Clinic
Khami
Khami clinic
Luveve Clinic
Magwegwe Clinic
Maqhawe clinic
Mpilo Hospital
Mzilikazi
Njube
Nketa Clinic
Nkulumane clinic
Northen surburbs clinic
Pelandaba
Princess Margret
Pumula
Pumula south clinic
Thorngroove hosp
Tshabalala
UBH OPD
Chegutu
Chegutu Distr Hosp
Mash West Chegutu
Norton Hospital

Chimanimani
Mutambara Mission
Mutambarai Mission
Chiredzi
Chiredzi District Hospital
Chizvirizvi RHC
Esigodi
Esigodi Hospital
Goromonzi
Goromonzi Makumbe Hos
Makumbe Hospital
Gutu
Gutu Rural Hospital
Gwanda
Gwanda hospital
Mtshabezi University
Gweru
Gweru district
Harare
MOHCC
UZ
Inyathi
Inyathi hospital
Kwekwe
Amaweni clinic kwekwe
FHI360-Kwekwe

JF Kapnek
Kwekwe hospital
Zhombe
Makonde
CUT
Mash West PMD
Marondera
Dombotombo clinic
Marondera Hospital
Mash East PMD
PMD Mash East
Mazowe
Howard Mission
Mvurwi Hospital
Mberengwa
Mberengwa
Musume Mberengwa
Mt Darwin
Mt Darwin Hosp
Mudzi
Kotwa
Mudzi District
Mudzi Kotwa District Hosp
Murungwe
Hurungwe Karoi District
Mutare

Mutare City
Mutare Distr Sakubva Hos
PMD Manicaland
Sakubva District
Mutasa
Mutasa District
Mutasa Hauna Hospita
Mutoko
Mutoko Distr Hosp
Nkayi
Nkayi Distr Hosp
Sanyati
Chinhoyi University
Sanyati Kadoma Hospital
Seke
Mahusekwa Distr Hosp
Overspill
Seke Epworth
Shamva
Shamva District hospital
Zvishavane
Zvishavane DH

UNGAFUNA UKUKHUNJUJWA MAVIKI WONKE?

Uma ufuna thumela I SMS loba
I WhatsApp message ku Brand
Ambassador osesigabeni sakho ukuze
ahlale ekukhumbuza ukunatha
iphilisi lakho.

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