



IMILAYEZO YOKUSEBENZISA

Kumele ulandele indlela zokuzihlola ezibekwe lapha ngesineke ukuze uthole impumela oqondileyo. Ungadli kumbe ukunatha okwemizuzu elitshumi lanhlano (15 minutes) kumbe ukusebenzisa okokuhlana umlomo okwemizuzu engamatshumi amathathu ungakaqali ukuzihlola.

QAPHELA: Nxa uyisigulane seHIV njalo usebenzisa ama(ARVs) ungathola impumela engayisiyo.



Uma ULEMIBUZO ungafona OKUNGELA MBADALO kunombolo ezilandelayo: **08080117**



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KUZAMELE UBE LENDLELA YOKUBONA ISIKHATHI ESITHATHWA YINHLOLISISO



Isikhwama lesi sile: **ikithithi yokuzihlola, okokumisa okuhlolwayo lemilayezo yokusebenzisa.**



Isikhwama sokuzihlola silezamba ezimbili.



Vula ngokudabula isamba **esilokuyimbodlela.**



Vula isivalo.



UNGACHITHI amanzi aphakathi. **UNGANATHI.**



Ngenisa okuyimbodlela lapho okuma khona.



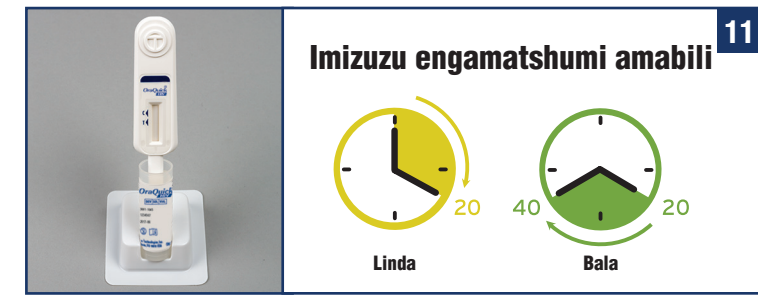
Dabula isikhwama **esilokokuhlola ngakho** usikhiphe. **UNGABAMBI** lapho okwendlalelwa khona izinto ngeminwe yakho. **UNGADLI KUMBE UKUGINYA** umuthi wokulondoloza.



Bandezela okuqinileyo **okuyisipatalala** khona ensinini uhlikihla kusiya **ensinini zaphezulu kanye** (fig.1) njalo lensinini **zangaphansi kanye** (fig.2).



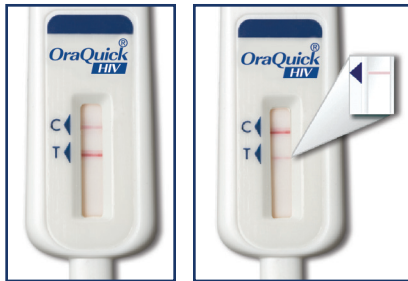
Beka **okuyisipatalala** khona phakathi kokuyimbodlela kuze kuyethinta phansi.



TSHIYA KUNJALO okwemizuzu engamatshumi amabili (20 minutes) **ungakabali impumela. Ungabali impumela ngemva kwemizuzu engamatshumi amane (40 minutes).**

UKUCHASISA IMPUMELA Khangela impumela endaweni ekhanyayo sibili

UKUBA LEGCIKWANE LEHIV



Imizila emibili egcweleyo, lanxa imizila ingakhanyi kuhle, itsho ukuthi ungaba ULE HIV futshi kumele uphinde ukuhlolwa.



Ngokutshetsha . . . Fona OKUNGELA MBADALO kunombolo lezi 08080117

kumbe



Vakatshela indawo eseduze okuhlololwa khona iHIV kumbe emtholampilo

AKUPHUMANGA LUTHO



Uma kungela umzila eceleni kuka "C" (loba kulomzila eceleni kuka "T"), kumbe uma kubomvu phakathi kutsho ukuthi akweneliseki ukubala impumela, inhloliso kayisebenzanga kuhle; kumele iphindwe.

Kuzamele udinge okunye ukuhlolwa.



Okokuhlola akusebenzanga kuhle. Fona **OKUNGELA MBADALO kunombolo lezi 08080117 kana / kumbe**



Hamba kundawo ehlola iHIV eseduzane lawe kumbe ekilnika

UKUNGABI LEGCIKWANE LEHIV

UNGABALA IMIZUZU ENGAMATSHUMI AMABILI (20 MINUTES) INGAKENELI IMPUMELA INGAPHUMA INGAQONDANGA



Umzila owodwa eceleni kuka "C" uma **KUNGELA** umzila eceleni kuka "T", kutsho ukuthi **AWULA GCIKWANE LEHIV.**



Dinga ukuhlolwa njalo nje. Nxa uke waba sengozi yeHIV, hlola njalo kunyanga ezintathu. Fona okungela mbadalo ukuze uthole ulwazi phezu kokuziphatha kahle.

Fona **OKUNGELA MBADALO kunombolo lezi 08080117** ukuze uthole ulwazi.

NXA UNGELA QINISO LEMPUMELA

Nxa ungazi kumbe ungaswisi impumela yakho.

Hamba kundawo ehlola iHIV eseduzane lawe kumbe ekilnika

UKULAHLA

Khipha okokuhlola, bisela isivalo kokuyimbodlela ubesulahlala konke ezibini.

