



MALANGIZO OGWIRITSA NCHITO

Muyenera kusatila bwino njira za mupimo kuti zotulukamo dzikhale za ngwiro. Musadye kapena kumwa chili chonse pa mphindi khumi limodzi ndi zisanu (15 mins) mukalibe kuyamba kupima ndipo musa sebenzese mankhwala ali onse osukila m'kamwa pa mphindi makhumi atatu (30 mins) mukalibe kuyamba mupimo.

CHENJEZO: Ngati mukumwa mankhwala a HIV (ARVs) mukhoza kupeza zotsatira zabodza.



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NYANJA

ORAQUICK®

HIV SELF-TEST

MOSEBENZESELA ORAQUICK® YOZIPIMA WEKA KALOMBO KA-HIV



1

MUYENERA KUPEZA NJIRA YO YANGANILAPO NTHAWI YA M'PIMO (KUIZI YETSA)



2

Thumba lili ndi: **Chiyeso choyesa, poika mayeso ndi malangizo ogwiritsidwa ntchito.**



3

Thumba la mupimo lili ndi mathumba yawiri.



4

Tsegulani ka thumba momwe muli ka **chubu (tube)**.



5

Chosani dikiselo paka chubu.



6

MUSATSANULIRE madzi. **MUSAMWE.**



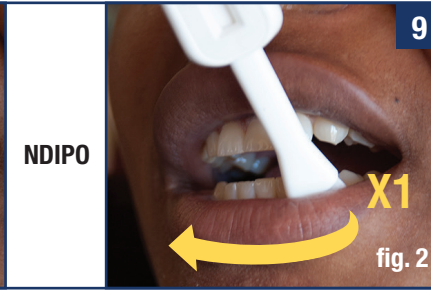
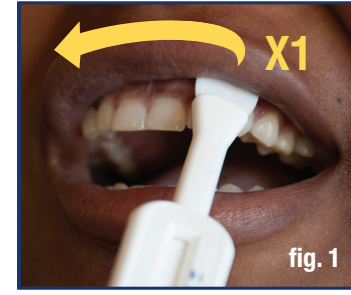
7

Ikani ka chubu **poimikila**.



8

Tsegulani thumba lomwe liri ndi **chipangizo choyeserandikuchotsa. MUSAKHUDZE** padapati ndi zala zanu. **MUSADYE** kapena kumeza zosungila.



9

Dinizani ndi ku gugudza mwa mphamvu **mbali yo papatala ku chigama cha pamwamba, kamodzi (fig. 1)** ndiponso **chigama cha pansu kamozi (fig. 2)**.



10

Ikani mbali yopapatala yonse muka chubu kali poimikila, kufikila katafika pansu.

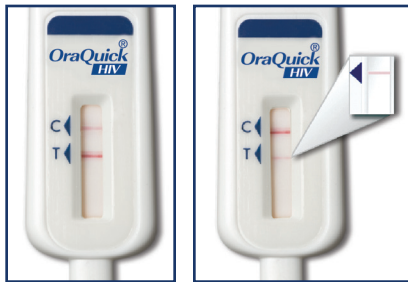


11

KASIYENI MOMWEMO kwa **MPHINDI MAKHUMI YAWIRI (20 mins)** mukalibe kuwerenga zotulukamo. **OSA WERENGA** zotulukamo pambuyo pa **mphindi makhumi anayi (40 mins)**.

KU WERENGA ZOPEZEKAMO Werengani zotsatira za mayesero m'malo owala bwino

KUPEZEKA NDI KALOMBO KA-HIV



Ngati pali mizere iwiri yathunthu ngakhale mzure wosaoneka bwino kwambiri, zimatanthauza kuti mukhoza kukhala ndi kachilombo ka HIV ndipo muyenera kupita kukapimisa magazi.



Mwa musanga ndithu . . .
Fikani kumalo yapa fupi komwe apimila kalombo ka-HIV kapena ku Chipatala.

KUSA PEZEKA NDI KALOMBO KA-HIV

NGATI MWA WERENGA IKALIBE KUKWANA NTHAWI, MPHINDI MAKHUMI AWIRI, (20); ZOTULUKAMO SI ZINGAKHALE ZA ZOONA AYI



MZELA UMODZI pafupi ndi "C" ndipo **PALIBE MZELA** pafupi ndi "T", zotulukamo nizakuti mulibe kalombo ka-HIV.

Satilani kupimisa kawiri kawiri. Ngati muna khalapo muchiophyezo chotengera kalombo ka-HIV, pimisaninso patapita minyedzi itatu.

ZOPEZEKAMO ZILIBE NCITO



Kulibe mzela pafupi ndi "C" (ngakhale kuti pali mzela pafupi ndi "T"), kapena kufuwila pansipo kulenga kusaona bwino zotulukamo mu mpimo. Mpimo susebenza bwino ndipo muyenera kubwezapo.
Muyenera kutenga wina mupimo.



Mupimo sunasebenze bwino. Fikani ku malo kufupi ndi komwe mukhala, komwe bapimila kalombo ka-HIV, kapena pitani ku chipatala kukapimisa anso.

KU KAIKILA ZOTULUKAMO

Simu dziwa zotulukamo kapena mu kaikila.

Fikani ku malo kufupi ndi komwe mukhala, komwe bapimila kalombo ka-HIV, kapena pitani ku chipatala kukapimisa anso.

KUTAYA

Chosani kopimila, ikani dikiselo yake pa chubu ndi ku taya zonse za mkatimo, momwe mumatayila nthawi zonse.



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