



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'kumwa pa mphindi makhumi atatu (30 mins) mukalibe kuyamba mupimo.

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

MOSEBENZELEA ORAQUICK® YOZIPIMA WEKA KALOMBO KA-HIV



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



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



Thumba la mupimo lili ndi mathumba yawiri.



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



Chosani dikiselo paka chubu.



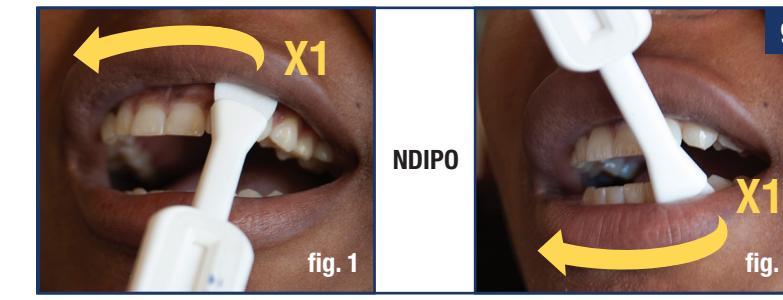
MUSATSANULIRE madzi. **MUSAMWE.**



Ikani ka chubu **poimikila**.



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



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



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



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

KUPEZKA NDI KALOMBO KA-HIV



Ngati pali mizere iwiri yathunthu ngakhalenso mzere wosaoneka bwino kwambiri, zimatanthauza kuti mukhoza kukhala ndi kachilombo ka HIV ndipo moyenera kupita kukapimtsa magazi.



Mwa musanga ndithu ...

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

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 moyenera 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.

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.

KU KAIKILA ZOTULUKAMO

Simu dziwa zotulukamo kapena mu kaikila.

KUTAYA

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



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rev. 01/18



NYANJA

ORAQUICK®
HIV SELF-TEST



ONANI MALANGIZO

www.oraquickhivselftest.com

ZAMANKHWALA AWA

REF 5X4-1000, 5X4-1001, 5X4-2001

CHOLINGA CHOGWIRITSIRA NTCHITO

OraQuick® HIV Kudziyesa Okha ndi chipangizo chamankhwa (IVD) chomwe chimagwiritsidwa ntchito kudziyesa ma antibodies a HIV-1 ndi HIV-2 omwe apezeka mumadzi a m'kamwa. Mayesowa ndi othandizira kupeza ma antibodies kwa HIV-1 ndi HIV-2 kwa anthu omwe ali ndi kachilombo.

CHIDULE CHA MAYESO

OraQuick® HIV Kudziyesa Kukhalitsa ndi ntchito imodzi yokha, yogwiritsira ntchito kuti azindikire ma antibodies a Human Immunodeficiency Virus Type 1 (HIV-1) ndi Type 2 (HIV-2) mu madzi a m'kamwa. OraQuick® HIV Kudziyesa Yekha ndiyo kuti agwiritsidwe ntchito ndi ogwiritsira ntchito payekha ngati kudziyesera kuti athandizidwe pa matenda a HIV-1 ndi HIV-2. Chipangizochi chimayikidwa m'kamwa, kuti pedi pad ili pakati pa tsaya ndi nsanamira zakunja, kenako kuptisa kunja kwa chingamu. Kenako chipangizochi chimayikidwa mu chubu chokhalo madzi wokonzedweratu. Madzi otuluka pampwamba pa chigamu amapita ku chipangizochi kudzira mu pedi pad iakuphwa, ndye akuthamangira mu mzere woyesera. Pamene ikuyenda kudutsa mzrewu, mzere wofifira amakhala mu dera la 'T' (yesero) gawo la windo lotsatira ngati ma antibodies a HIV apezeka. Ngati palibe ma antibodies angapezeke, palibe mzere umapangidwira pamene. Ngati mayeserowa akuchitidwa molondola, mzere umapangidwira mu 'C' gawo lawindo la lotsatira. Izi zimachedwa mzere wolamulira.

NTCHITO YOYESERA

Mu maphunziro a zaphipatala, anthu 900 omwe sanali kudziwa kuti ali ndi kachilombo ka HIV mthupi, anapsidwa kachida kozipimila ka chilombo kochedwa OraQuick kuti agwiritsa nchito. Zotsatirazo zinafanizidwa ndi mayeso a zasayansi kwa m'bawdo 4. Zotsatira za sayansi zikusonyeza kuti anthu okwanira 153 anali ndi kachilombo ka HIV ndipo anthu 724 analibwe kachilombo ka HIV. Anthu okwanira asanu ndi awiri (7) sanatengeko mbali pa maphunziro awa. Kuyerekezera kwa zotsatira kunali motere:

- Anthu okwanira 99.4% (152 mwa 153) ananena bwino zotsatira ngati ali ndi kachilombo ka HIV. Izi zikutanthauza kuti munthu m'modzi pa anthu 153 amene ali ndi kachilombo ka HIV mthupi, sanapezedwe ndi kachilombo kameneka. Izi zimachedwa zotsatira zaboda.
- Anthu 99.0% (717 mwa 724) ananena bwino kuti alibe kachilombo ka HIV. Izi zikutanthauza kuti anthu 7 mwa anthu 724 omwe alibe kachilombo ka HIV mthupi ananena zaboda kuti ali ndi kachilombo ka HIV. Izi zimachedwa zotsatira zaboda za kachilombo ka HIV.
- Komanso, 1.8% mwa anthu amene anatengako mbali mu maphunziro, (16 mwa anthu 900) anallephera kupeza zotsatira za mayesero amenewa.

VIEPEZKA MKATI

- Thumba limodzi ili ndi:
 - Kugawikanwa Kwachitsulo (5X4-0004) kuli ndi pogwiritsa ntchito imodzi, Chipangizo Choyesera, Zosungira ndi Botolo Losankanizilamo
 - Poika Choyesera
 - Malangizo othandizira

Zina zofunka koma sizinaperekedwe: Koloko, kapena Chipangizo cha nthawi

CHENJEZO NDI MODZITETEZERA

- Anthu ambiri amavma mantha kuyesewa kwa kachilombo ka HIV. Koma, ngati mukuwopa kwambiri kuti mutenge mayeso, mukhoza kuyembekezera mpaka mutakhala chete, kapena mysesewde ndi dokotala kapena chipatala chanu.
- **MUSAGWIRITSE** ntchito mayeso ngati muli ndi HIV.
- Gwiritsani ntchito madzi a m'kamwa okha. Chiyeo srichiri chogwiritsidwa ntchito ndi magazi, seramu, mkaka wa m'mawere, plasma, mkodzo, zamadzimadzi za nyini kapena thukuta.
- **MUSADYE** kapena kumwa kwa mphindri khumi ndi zisanu musanayambe kuyesewda.
- **MUSAMAGWIRITSE NTCHITO** zoyeretsa m'kamwa(monga mouthwash) Mphindi 30 musanayambe kuyesewda.
- Chotsani mankhwa opangira mano monga mana opangira mankhwa kapena zinthu zina zomwe zimaphimba chigamu chanu musanayambe Kusonhanitsa madzi a m'kamwa.
- Ngati chisindikizo chowoneka chophwanyika chikuphwanyika kapena ngati zilizone za phukusi zikusowa, zosweka, kapena zotseguka, musagwiritsa ntchito mayeso.
- Ngati masiku ano atatha kugwiritsa ntchito 'Gwiritsani Ntchito' kunja kwa thumba, musagwiritsa ntchito mayeso.
- Anthu ayenera kukhalo ndi kuvala kokwanira kuti awerenga zotsatira zoyesewda. Ngati mizere iiri ilipo kumalo otchulidwa "T" ndi "C" pa Chipangizo Choyesera pa mphamvu iliyonse yooneka, zotsatira za kuyesa zimatanthauziridwa ngati zabwino.
- **MUSATULUTSE** ma thumba mpaka mutayamba kuyesa.
- **MUSAGWIRITSE NTCHITO** mayesero ngati atayikidwa pazoyeretsa zapakholo (m'wachitsanzo bleach).
- Ngati m'wachita nawo chiopsezo choteteza kachilombo ka HIV, mukhoza kupeza zotsatira zabwino pogwiritsa ntchito mayeserowa, koma sizitanthauza kuti muli ndi HIV. Muyenera kufunafuna kufambiranwa ndi chipatala chanu.
- **MUSAGWIRITSE** ntchito mayeso awa ngati muli ndi zaka 11 kapena zochepekerapo.

30 °C KUSUNGA

- Sungani ndikuyesera mayeso pamalo ozizira.
- **Musagwiritsa** ntchito mayeso ngati atasungidwa kunja kwa kutentha kovomerezeka kwa 2 ° -30 ° C (36 ° -86 ° F).
- Mayesowa ayenera kuchitidwa pa kutentha kwa 15 ° -37 ° C (59 ° -99 ° F).

ZOFOOKA ZA MAYESO

- OraQuick® HIV Self-Test kit Malangizo Ogwiritsa Ntchito ayenera kutsatiridwa mosamala kuti mupeze zotsatira zolondola.
- Ngati mukumwa mankhwa a HIV (ARV) mukhoza kupeza zotsatira zaboda.
- Ngati muli namatenda HBV, HCV kapena HTLV (I / II), mukhoza kupeza zotsatira zaboda.
- Kuchetsa kwa magazi kungapangitse zotsatira zosayenera. Ngati zotsatira zake sizitha, pitani kuchipatala chafupi.
- Malipoti a kuchipatala silimanokhanitsidwe kuti ntchito ya OraQuick® HIV Kudziyesa yokha ndi yotani kwa anthu omwe akeupezeka ndi PrEP.
- OraQuick® HIV Kudziyesa Yekha singathe kuwona zochitika za HIV zomwe zochitika m'myezi itatu yapisay.
- Potsatira zotsatira zabwino, kukula kwa mzere woyezetsa magazi sikutanthauza kuchuluka kwa antibody mu specimen.
- Zotsatira zabwino ziyanera kutsimikizidwa pogwiritsa ntchito mayeso ena oyedewa ndi akatswiri ophunzitsidwa kuti athe kutsimikizira kuti ali ndi HIV.

MAFUNSO NDI MAYANKHO

1. Kodi mayesowa amachita chiyani?

OraQuick® HIV Self-Test kit Malangizo Ogwiritsa Ntchito ayenera kutsatiridwa mosamala kuti mupeze zotsatira zolondola. Ngati mukumwa mankhwa a HIV (ARV) mukhoza kupeza zotsatira zaboda.

2. Kodi 'chiopsezo' cha HIV ndi chiyani?

Chochitika choopsa chimanathanhauzidwa ndi ntchito iliyonse pansipa:

- Kugonana (nyini, pakawani kapena myelo) ndi anthu ambiri ogonana
- Kugonana ndi munthu omwe ali ndi kachilombo ka HIV kapena omwe simukudziwa
- Kugonana pakati pa mwamuna ndi mwamuna wina
- Kugwiritsa ntchito mankhwa osakanizidwa oletsedwa kapena ma steroids
- Kugawana singano kapena sirinji
- Kusinhanitsa kugonana ndi ndalamla
- Apezeka ngati akudwala matenda a chiwindi, chifuwa chachikulu kapena matenda opatsirana pogonana m'gongwa syphilis

3. Kodi iditangotha chiopsezo, ndingadziye bwanji?

Mukhoza kuyesa nthawi iliyonse; ngati mukugwiritsa ntchito mayesowa mwamsanga kuposa miyezi itatu kuchokera pa chiopsezo chanu ndipo mayesero anu ndi oipa, zotsatira zanu sizikhoza kulondola. Muyenera kuyesa kachitika miyezi itatu chiwonetsero chotsimikizika. Mukhoza kuyesewda ku chipatala.

Kugwiritsa ntchito kunja kwa USA Kokha Chosewenzesera kupeza matenda • Musagwiritsirenko ntchito



4. Ndichifukwa chiyani sindingagwiritsa ntchito mayeserowa pambuyo pangozi?

Mukadwala kachilombo ka HIV, thupi lanu limayesetsa kulimbara ndi kachilombo ka HIV popanga ma antibodies. Ma antibodies awa ama pezeka mumadzi a m'kamwa mwanu. Zimatengera thupi lanu kwa miyezi itatu kuti apange ma antibodiesewa pamagulu omwe angapezeke ndi mayesowa.

5. Kodi ndiyeo yeniyeni bwanji?

Mu maphunziro a zaphipatala, anthu 900 omwe sanali kudziwa kuti ali ndi kachilombo ka HIV mthupi, anapsidwa kachida kozipimila ka chilombo kochedwa OraQuick kuti agwiritsa nchito. Zotsatirazo zinafanizidwa ndi mayeso a zasayansi kwa m'bawdo 4. Zotsatira za sayansi zikusonyeza kuti anthu okwanira 153 anali ndi kachilombo ka HIV ndipo anthu 724 analibwe kachilombo ka HIV. Anthu okwanira asanu ndi awiri (7) sanatengeko mbali pa maphunziro awa. Kuyerekezera kwa zotsatira kunali motere:

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- Komanso, 1.8% mwa anthu amene anatengako mbali mu maphunziro, (16 mwa anthu 900) anallephera kupeza zotsatira za mayesero amenewa.

6. Kodi ndingapeze kachilombo ka HIV pogwiritsa ntchito mayesowa?

Mayesowa alibemankhwa kapena kachilombo ka HIV komwe kangayambitse HIV.

7. Kodi munthu ayenera kuyesa kachilombo ka HIV kangati?

Ngati simunesedwe kachilombo ka HIV, muyenera kuyesewda kamodzi. Ngati mukuchita zinthu (zochitika zoopsa) zomwe zingayambitse kachilombo ka HIV muyenera kuyesewda kamodzi pachaka (Malingaliro a bungwe la World Health Organisation). Ngati mukuna kuti muli ndi chiopsezo chowonjezereka chopezeza ndi HIV, muyenera kuyesa nthawi zone.

8. Kodi zotsatira zoipa zimatanthauza chiyani?

Chotsatira chotsutsa chimanathanhauza kuti mayeserowa sanawonepo ma antibodies; Komabe, zingatenge miyezi itatu kuchokera pachiopsezo choyesa kuti apeze HIV. Ngati mwakhalalo osachepera miyezi itatu kuchokera pamene mwakhalala ndi chiopsezo ndipo mwatsata Malangizo Ogwiritsa Ntchito mosamala, mwinamwake mulibwe HIV. Ngati mwakhalala pasanathe miyezi itatu kuchokera pamene mwakhalala ndi chiopsezo choyesa kupita kuchipatala chanu.

9. Kodi ndichite chiyani ngati nditapeza zotsatira zoipa?

Ngati simunakhaleo ndi zochitika zoopsa m'myezi itatu yapisay, ndipo mwatsata Malangizo Ogwiritsa Ntchito mosamala, ndi kuti mulibwe kachilombo ka HIV. Ngati simunatsatire Malangizo Ogwiritsa Ntchito muyenera kuyesa kachilombo ka HIV, koma thupi lawo silinayambe kupanga ma antibodies. Ngati mukuganiza kuti mwapezeza ndi HIV m'myezi itatu yapisay, muyenera kuyesa nthawi zone. Chivonetsero chilichonse. Ngati mupitiriza kutenge navo mbali pachiopsezo chotenga HIV, muyenera kuyesa nthawi zone.

10. Kodi zotsatira zabwino zimatanthauza chiyani?

Zotsatira zabwino zimatanthauza kuti mungakhe ndi HIV. Kuyesera koonjezera kumachitika ku chipatala kuti atsimikizire zotsatira.

11. Kodi ndichite chiyani ngati ndapeza zotsatira zabwino?

Muyenera kutsatsa ndi chipatala kuti mysesewde kuyesa kutsimikizira zotsatira. Panthawi imenyo chipatala chanu, dokotala, kapena katswiri wa zaumoyo adzakambiranwa njira zotsatirazo zomwe ziyanera kutengedwa.

12. Kodi ndingapeze zotsatira zolakwika zaboda ndi mayesero awa?

Cholakwika cholakwika cha 'chinyengo' chikhoza kuchitika pa zifukwa izi:

- Ngati mutakhala ndi chiopsezo pasanathe miyezi itatu musanatenge mayeso
- Kuwerenga zotsatira zosawerengeka moyenera ngati zabwino
- Osatsala Malangizo kuti Muzigwiritsa ntchito mosamala
- Ngati mumavala mazinyo monga mano opangira mankhwa kapena zinthu zina zomwe zimaphimba chigamu chanu
- Ngati mukumwa mankhwa a PrEP kapena ngati mukumwa mankhwa a HIV (ARV)

13. Kodi ndingapeze zotsatira zolakwika 'zaboda' ndi mayesowa?

Chotsatira cholakwika kapena 'chonyenga' chikhoza kuchitika pa zifukwa zotsatirazo:

- Kuwerenga zotsatira zosawerengeka moyenera ngati zabwino
- Osatsala malangizo yogwiritsa ntchito mosamala
- Osali kuchembekeza mphindri 15 mutathfa kudyia, kumwa, kapena mphindri 30 mutagwiritsa ntchito mankhwa a m'kamwa osamalidwa musanayese
- Atalandira katemera kachilombo ka HIV
- Kupitisa chingamu kawiri patupipafupi kusonhanitsa m'kamwa

14. Kodi ndingapeze kuti thandizo lina kapena kusamalira HIV?

Mukhoza kupeza thandizo lina kudzera kuchipatala, dokotala, Katswiri wa zaumoyo.

15. Kodi ndingagwiritsa ntchito mayeso ngati ndikumwa mankhwa kuti ndipewe HIV (oral PrEP)?

Ngati mukugwiritsa ntchito oral PrEP kwa HIV, mukhoza kupeza zotsatira zaboda.

16. Ndingadziye bwanji ngati mayesero anga akugwira bwino?

Ngati mayesero anu akugwira ntchito bwino mudzawona mzere pafupi ndi "C" pa chipangizo chanu. Ngati palibe mzere pafupi ndi "C" mayesero anu sanagwire ntchito.

17. Kodi ndingagwiritsa ntchito mayeso awa ngati ndili ndi pakati?

Inde, ngati muli ndi pakati, mukhoza kuyesa nthawi iliyonse.

ZINTHU ZOSKONEZA KOMANSO MATENDA OSAGWIRIZANA

Monga gawo la maphunziro a madzi amukamwa, mawu amasonhanitsidwa kuchokera kwa anthu omwe ponena za matenda, matenda, matenda a m'kamwa, kachilombo koyambitsa matenda, ndi zina (m'wachitsanzo, kugwiritsa ntchito fody, mankhwa osukila m'kamwa m'kamwa 24 oyedewa, Mankhwa, mano opanga, ndi zakudya kapena zakumwa nthawi yomweyo asanakayesewda). Phunziro lapadera la anthu 40, kumwa mowa, kuthira mano, kugwiritsa ntchito mouthwash kapena kusutsa kwa mphindri zisanu asanayese kuyesewda, adawonetsewda kuti alibe zotsatira payeso. **Ngati muli ndi HBV, HCV kapena HTLV (I / II), mukhoza kupeza zotsatira zaboda.** Ndikoyenera kuti ogwiritsa ntchito amalize nthawi yokhala ndi mphindri 15 pambuyo pa chakudya ndi zakumwa ndi nthawi yokwana mphindri 30 atagwiritsa ntchito mankhwa osamala mano.