



## MALANGIZO OGWIRITSIRA NTCHITO CHIPANGIZOCHI

Muyenera kutsatira malangizo mosamala kwambiri kuti zotsatira zikhale zolondola. Musadye kapena kumwa chilichonse kwa nthawi yosachepera mphindi 15 musanadziyeze nokha, kapena musagwiritse ntchito mankhwala otsukira m'kamwa kutatsala mphindi 30 kuti mudziyeze nokha.

**CHENJEZO:** Ngati mukumwa mankhwala olimbana ndi HIV (ma ARV) mukhoza kupeza zotsatira zabodza.



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CHICHEWA

# ORAQUICK<sup>®</sup>

HIV SELF-TEST

## MMENE MUNGAGWIRITSIRE NTCHITO CHIPANGIZO CHODZIYEZERA HIV CHA ORAQUICK<sup>®</sup>



**MUKHALE NDI WOTCHI YOTI MUZIONA NTHAWI PODZIYEZA**



M'kathumbamu muli: **chipangizo chodziyezera, poyimikira choyezera**, ndiponso malangizo ogwiritsira ntchito chipangizochi.



Chipangizochi chili ndi timatumba tiwiri.



Ng'ambani kathumba komwe muli **kachubu**.



Chotsani chitsekereero.



**MUSATAYE** timadzito. **MUSAMWE** timadzito.



Lowetsani kabotolo pachoyimikira.



N'gambani kathumba komwe muli **chipangizo** choyezera ndi kuchichotsamo. **MUSAKHUDZE** mbali yophwatalala ya chipangizochi. **MUSADYE** kapena kumeza mankhwala otetezera zipangizo.



Yendetsani **Mbali Yophwatalala** mu nkhamu zanu za **m'mwamba kamodzi** (chithunzi 1) ndiponso **nkhamu zanu zam'munsi kamodzi** (chithunzi 2).



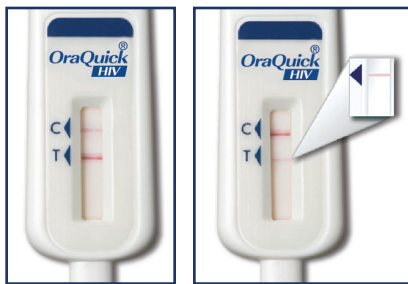
Lowetsani **mbali yophwatalalayo** m'kachubu mpaka ifike pansu pa kachubuko.



**SIYANI MOMWEMO** kwa **mphindi makumi awiri (20minutes)** musanaone zotsatira. **MUSAONE** zotsatira pakadutsa **mphindi makumi anayi (40minutes)**.

## KUMASULIRA ZOTSATIRA Onani zotsatira zake pa malo owala bwino

### ZOTSATIRA ZOSONYEZA KUTI MULI NDI HIV



Pakaoneka mizere iwiri yosaduka, ngakhale itakhala kuti siikuoneka bwinobwino, zingatanthauze kuti **MULI NDI HIV**, ndipo mukufunika kuyezetsanso.



**Mwachangu...**  
**Pitani kuchipatala kapena Malo ena Oyezera HIV amene muli nawo pafupi**

### ZOTSATIRA ZOSALONDOLA



Ngati palibe mzere pafupi ndi "C" (ngakhale pakakhala mzere pafupi ndi "T"), kapena pamalo onse owonera zotsatira pakangokhala pofiira moti mzere uliwonse sukuoneka, ndiye kuti mukufunika kudziyenzanso kachiwiri.

**Mukufunika kudziyenzanso ndi chipangizo china.**



Sizinayende bwinobwino podziyeza. Pitani kuchipatala kapena Malo ena Oyezera HIV amene muli nawo pafupi kuti akakuyezzeninso.

### ZOTSATIRA ZOSONYEZA KUTI MULIBE HIV

#### ZOTSATIRAZO ZINGAKHALE ZOSALONDOLA NGATI MUKUZIONA PASANATHE MPHINDI 20



Ngati pakuoneka **MZERE UMODZI** pafupi ndi "C" ndipo **PALIBE** mzere pafupi ndi "T", ndiye kuti **MULIBE HIV**.

Muziyeza HIV pafupipafupi. Ngati mwachita zinthu zimene zingachititse kuti mutenge HIV, dziyezeninso pakatha miyezi 3.

### ZOTSATIRA ZOKAYIKITSA

Mukukayikira zotsatirazo kapena ngati mukuona kuti n'zosadalirika.

### KUTAYA

Chotsani kachipangizo koyezera, tsekani kachubu kenako tayani zonse motayira zinyalala.

