



## IZIYALEZO ZOKUSISEBENZISA

Kumele uzilandele ngokucophelela iziyalezo zokuhlola ukuze uthole imiphumela enembile. Ungadli futhi ungaphuzi lutho okungenani imizuzu engu-15 ngaphambi kokuba uqale ukuhlola noma usebenzise imikhiqizo yokuhlola umlomo kusasele imizuzu engu-30 ngaphambi kokuqala ukuhlola.

**ISIXWAYISO:** Uma udla imithi ye-HIV (ama-ARV), ungase uthole imiphumela eyiphutha.

ZULU



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**ORAQUICK®**  
HIV SELF-TEST

## INDLELA YOKUSEBENZISA AMATHULUZI E-ORAQUICK® OKUZIHLOLA I-HIV



**KUZODINGEKA UKALE ISIKHATHI LAPHO UZIHLOLA**



Isikhwama: **Iphakethe lamathuluzi okuhlola, into yokuwabeka kanye neziyalezo zokuwasebenzisa.**



Amathuluzi akho okuhlola anezikhwanyana ezimbili.



Vula isikhwanyana esineshubhu.



Susa isivalo.



**UNGALUCHITHI uketshezi. UNGAPHUZI.**



Sunduzela ishubhu entweni yokumisa.



Dabula uvule isikhwanyana esiqukethe **ithuluzi lesivivinyo** futhi ulikhiphe. **UNGAYITHINTI** iphedi eyisicaba ngeminwe. **UNGADLI** noma ugwinye into evimbela ukonakala.



Cindezela **indukwana eyisicaba** ezinsinini zakho bese uyihambisa **nasezinsinini** ezingenhla kube kanye (isithombe 1) **nasezinsinini ezingezansi kanye** (isithombe 2).



Yibe usufaka le **ndukwana eyisicaba** eshubhini ize ifike ekugcineni.



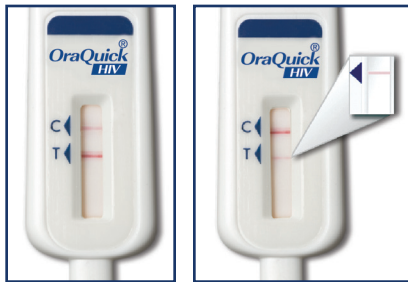
**LISHIYE LAPHO IMIZUZU engu-20 ngaphambi kokuba ubheke imiphumela. MAYINGEDLULI imizuzu engu-40 ungakayifundi imiphumela.**

## UKUCHAZA IMIPHUMELA



Yifundele endaweni ekhanya kahle imiphumela yokuhlola

### IMIPHUMELA YOKUBA NEGCIWANE LE-HIV



Uwaqedela kanjani amalayini, ngisho noma ulayini u-faint, kusho ukuthi kungenzeka ukuthi une-HIV futhi udinga ukufuna uhlolo olungeziwe.



**Ngokushesha nje ...**

**Vakashela iSikhungo Sokuhlola igciwane le-HIV noma UMTHOLAMPILO oseeduze nawe**

### IMIPHUMELA EBONISA UKUTHI AWUNAGCINE

#### UMA IFUNDWE INGAKAPHELI IMIZUZU ENGU-20, IMIPHUMELA INGABA YIPHUTHA



UMUGQA OWODWA eduze kuka "C" bese **KUNGABI** namugqa eduze kuka-"T", kusho ukuthi awunalo igciwane le-HIV.

Hlola njalo. Uma kuwukuthi uke wachayeka egciwaneni le-HIV, phinde uyohlola futhi ngemva kwezinyanga ezintathu.

### IMIPHUMELA ENGASEBENZI



Uma kungenamugqa eduze kuka-"C" (ngisho noma ukhona eduze kuka "T"), noma uma kunombala obomvu, kungabonakali miphumela, kusho ukuthi ukuhlola akusebenzanga futhi kufanele kuphindwe. **Kuzodingeka uthole amanye amathuluzi okuhlola.**



Ukuhlola akusebenzanga kahle. **Vakashela iSikhungo Sokuhlola i-HIV sangakini noma Umtholampilo ukuze uhlole futhi.**

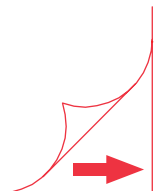
### AWUQINISEKI NGEMIPHUMELA

Awuyazi imiphumela yakho noma awuqiniseki ngayo.

Vakashela iSikhungo Sokuhlola i-HIV sangakini noma Umtholampilo ukuze uhlole futhi.

### LAHLA

Susa indukwana yokuhlola, buyisela isivalo eshubhini lokuhlola bese ulahla konke okuphakathi emgqonyeni kadoti.



## UKWAZISWA KOMKHIQIZO

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

### INJONGO ELISETSHENZISELWA YONA

I-OraQuick® yokuzihlola i-HIV iyithuluzi lezokwelapha elifakwa ngaphakathi ukuze kuhlolwe amasosha omzimba ngenxa ye-HIV-1 ne-HIV-2 oketshezini lomlomo. Lesi sivivinyo sihloselwe ukusiza ekutholeni amasosha omzimba ngenxa ye-HIV-1 ne-HIV-2 kubantu abanegciwane.

### AMAZWIBELA ESIVIVINYO

I-OraQuick® yokuzihlola i-HIV isetshenziswa kanye, ngenjongo yokuhlola Igciwane Lengculazi Uhlobo 1 (HIV-1) Nohlobo 2 (HIV-2) oketshezini lomlomo. I-OraQuick® yokuzihlola i-HIV ihloselwe ukuba isetshenziswe abantu abangaqeqeshiwe ukuze bathole ukuthi banalo yini igciwane le-HIV-1 ne-HIV-2. Leli thuluzi lifakwa emlonyeni, ukuze iphedi eyisicaba ibe phakathi kwesihlathi nezinsini ezingaphandle, bese ikhuhlwa ensinini engaphandle. Leli thuluzi libe selifakwa eshubhini elinesilinganiso esikalwiwe soketshezi. Uketshezi oluvela phezu kwezinsini lungena kuleli thuluzi ngephedi eyisicaba, bese ludlulela emcwini wesivivinyo. Njengoba luhamba kulo mucu, kuvela umugqa ongumbala endaweni engu-‘T’ (yesivivinyo) yemiphumela uma kutholakala amasosha omzimba ngenxa ye-HIV. Uma amasosha omzimba avela ngenxa ye-HIV engatholakali, imigqa ayiveli. Uma isivivinyo senziwa ngendlela efanele, umugqa uvela endaweni engu-‘C’ yemiphumela. Lona kuthiwa ngumugqa olawulayo.

### UKWENZIWA KWESIVIVINYO

Kucwaningo lomtholampilo, abantu abangu-900 ababenganaki isimo sabo se-HIV banikwa i-OraQuick® HIV Self-Test ukuthi bayisebenzise. Imiphumela yaqathaniswa nesivivinyo selabhorathri yesine. Imiphumela yelabhorathri ibonisa ukuthi abantu abangu-153 babene HIV futhi abangu 724 babengenayo i-HIV. Abantu abayisikhombisa (7) bakhishwa kucwaningo. Ukuqathaniswa kwemiphumela kwakungendlela elandelayo:

- U-99.4% wabantu ebantwini (152 kwabangu-153) babike kahle imiphumela yabo njengevumayo.  Lokhu kusho ukuthi umuntu ongu-1 kwabangu-153 batheleleke nge-HIV babike imiphumela engavumi. Lokhu kubizwa ngokuthi ukungavumi okungamanga.
- 99.0% wabantu (717/724) babike kahle imiphumela yabo njengengavumi. Lokhu kusho ukuthi abantu abangu-7 kwabangu-724 abathelelekile nge-HIV babike imiphumela yesivivinyo evumayo. Lokhu kubizwa ngokuthi umbiko oyiphutha.
- Ngokungeziwe, u-1.8% wabaguli bocwaningo (16 kwabangu-900) behlulekile ukuthola imiphumela yesivivinyo.

### IZINTO EZISESIKHWAMENI

- Isikhwama esisodwa sinalokhu:
  - Isikhwama Esihlukanisiwe (5X4-0004) esinethuluzi Lesivivinyo Elisetshenziswa Kanye, Into evimbela ukonakala Nebhodlela Loketshezi Oluyikhemikhali
  - Into Yokubeka Izinto Zesivivinyo
  - Iziyalezo Zokusisebenzisa

Izinto ezidingekayo kodwa ezinganikezwanga: Iwashhi lasendlini, iwashi lasesihlakaleni noma okuthile okukala isikhathi

## ISIXWAYISO NOKUQAPHA

- Iningi labantu lizizwa lesaba kancane lapho lenza isivivinyo se-HIV. Kodwa, uma uzizwa wesaba kakhulu ukuzihlola, ungalinda kuze kuphele ukwesaba bese uyasenza, noma uhlolwe ngudokotela noma umtholampilo wendawo.
- UNGASISEBENZISI** isivivinyo uma une-HIV.
- Sisebenzise noketshezi lomlomo kuphela. Isivivinyo akumelwe sisetshenziswe negazi, umjovo wesihlungu, ubisi lwebele, isidoda, umchamo, uketshezi lwemomozi noma umjuluko.
- UNGADLI** noma uphuze okungenani emizuzwini engu-15 ngaphambi kokuqala isivivinyo.
- UNGAYISEBENZISI** imikhiqizo yokuxubha (njengaleyo yokuwasha umlomo) emizuzwini engu-30 ngaphambi kokuqala ukuzihlola.
- Khipha izinto ezifakwa emazinyweni njengamazinyo okufakelwa noma iziphi ezinye izinto ezimboza izinsini ngaphambi kokuthathwa koketshezi lomlomo.
- Uma into ebonisa ukuthi isikhwama asikavulwa isisusiwe noma enye yezinto okufanele zibe sesikhwameni ingatholakali, ikhishiwe, noma isikhwama sivuliwe, ungasisebenzisi lesi sivivinyo.
- Uma namuhla seludlulile usuku olubhalwe ngaphandle kwesikhwama ngokuthi ‘Kumelwe Sisetshenziswe Engakadluli u-’, ungasisebenzisi lesi sivivinyo.
- Abantu kumelwe babe sendaweni ekhanya ngokwanele lapho befunda umphumela wesivivinyo. Uma kukhona imigqa emibili eggame noma kangakanani ezingxeneni eziphawulwe ngo-“T” no-“C” eThuluzini Lesivivinyo, umphumela wesivivinyo utolikwa njengonegciwane.
- UNGAZIVULI** izikhwama kuze kube yilapho usukulungele ukuqala isivivinyo sakho.
- UNGASISEBENZISI** isivivinyo uma sithelwe imikhiqizo yokuhlanza endlini (okungukuthi ujikhi).
- Uma uke waba socwaningweni lwezokwelapha lokugomela i-HIV, ungase uthole umphumela obonisa ukuthi likhona igciwane uma usebenzisa lesi sivivinyo, kodwa lokho akusho ukuthi unegciwane le-HIV. Kufanele uyokuqinisekisa esikhungweni sakho sezempilo lokhu.
- UNGALOKOTHI** usebenzise lesi sivivinyo uma uneminyaka engu-11 noma ngaphansi.

#### 30 °C UKUBEKA

- Beka futhi wenze lesi sivivinyo endaweni epholile.
- UNGASISEBENZISI** lesi sivivinyo uma sikade sibekwe ngaphandle ezingeni lokushisa elingamukelekile elingu-2°-30° C (36°-86° F).
- Lesi sivivinyo kufanele senziwe emazingeni okushisa alinganiselwa ku-15°-37° C (59°-99° F).

### UKULINGANISELWA KWALOKHU KUHLOLA

- Iziyalezo zokusebenzisa i-OraQuick® Yokuzihlola i-HIV kumelwe zilandelwe ngokucophelela ukuze kutholakale umphumela onembile.
- Uma udla imithi ye-HIV (ama-ARV) ungase uthole umphumela oyiphutha.
- Uma une-HBV, HCV noma-HTLV (uhlobo I/II), ungase uthole umphumela oyiphutha.
- Ukopha emlonyeni kungenza kutholakale umphumela ongafanele. Uma umphumela wesivivinyo ungongafanele, vakashela isikhungo sakho sokuvivinya esiseduze noma isikhungo sezempilo.
- Akukakaqoqwa ukwaziswa kwezokwelapha okubonisa indlela esebenza ngayo i-OraQuick® yokuzihlola i-HIV kubantu abadla i-PrEP.
- I-OraQuick® yokuzihlola i-HIV ingase ingakwazi ukuthola igciwane le-HIV elingene ezinyangeni ezingu-3 ezedlule.
- Kuize kutholakale umphumela obonisa ukuthi likhona igciwane, ukugqama komugqa akudingeki kuze kulingane nenani lamasosha omzimba entweni.
- Imiphumela ebonisa ukuthi likhona igciwane kufanele iqinisekiswa kusetshenziswa esinye isivivinyo esenziwa umuntu eqinisekisa ukuthi ikhona i-HIV.

### IMIBUZO NEZIMPENDULO

#### 1. *Senzani isivivinyo?*

I-OraQuick® yokuzihlola i-HIV iyithuluzi elifakwa ngaphakathi lokuvivinya i-HIV (i-HIV-1 ne-HIV-2) oketshezini lomlomo. Isivivinyo sisebenza ngokuthola amasosha omzimba asiza ekulweni negciwane. Umphumela uvela zisuka nje, futhi kudingeka kwenziwe esinye isivivinyo esikhungweni sezempilo ukuqinisekisa ukuthi lowo mphumela uyiqiniso.

#### 2. *Isiphi ‘isimo esiyingozi’ se-HIV esingenzeka?*

Isimo esiyingozi sichazwa nganoma yikuphi kulokhu okuboniswe ngezansi:

- Ukuya ocansini (lwemomozi, lomlomo noma lwendunu) nabantu abaningi
- Ukuya ocansini nomuntu one-HIV noma ongamazi ukuthi unayo yini i-HIV
- Ukuya kwendoda ocansini nenye indoda
- Ukusebenzisa izidakamizwa ezingemthetho noma izidamizwa ezinikeza amandla
- Ukusebenzisa izinaliti noma imijovo esetshenziswe abanye
- Ukudayisa ngomzimba
- Uma wake waba noma walashelwa ukuba nesifo sesibindi, isifo sofuba noma isifo esithathelwana ngokocansi njengogcunsula

#### 3. *Ngingazivivinya ngokushesha kangakanani ngemva kwesimo esiyingozi?*

Ngazivivinya noma nini; uma usebenzisa lesi sivivinyo zingakapheli izinyanga ezingu-3 isimo esiyingozi senzekile futhi umphumela ubonise ukuthi alikho igciwane, kungenzeka awunembile lowo mphumela. Kufanele uphinde uzivivinye ngemva kwezinyanga ezingu-3 senzekile isimo esiyingozi ukuze uqiniseke. Ungavivinywa nasesikhungweni sezempilo.

#### 4. *Kungani kungafanele ngisebenzise lesi sivivinyo ngokushesha nje ngemva kwesimo esiyingozi?*

Lapho ungenwe yigciwane le-HIV umzimba wakho uzama ukulwa nalo ngokukhiqiza amasosha omzimba. La masosha omzimba angatholakala oketshezini lwakho lomlomo. Umzimba wakho uthatha izinyanga ezingafinyelela ibu-3 wenza la masosha omzimba ngezinga elingakwazi ukutholwa isivivinyo.

#### 5. *Sinembe kangakanani isivivinyo?*

Kucwaningo lomtholampilo, abantu abangu-900 ababenganaki isimo sabo se-HIV banikwa i-OraQuick® HIV Self-Test ukuthi bayisebenzise. Imiphumela yaqathaniswa nesivivinyo selabhorathri yesine. Imiphumela yelabhorathri ibonisa ukuthi abantu abangu-153 babene HIV futhi abangu 724 babengenayo i-HIV. Abantu abayisikhombisa (7) bakhishwa kucwaningo. Ukuqathaniswa kwemiphumela kwakungendlela elandelayo:

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- Ngokungeziwe, u-1.8% wabaguli bocwaningo (16 kwabangu-900) behlulekile ukuthola imiphumela yesivivinyo.

#### 6. *Ngingayithola yini i-HIV ngokusebenzisa lesi sivivinyo?*

Lesi sivivinyo asinazo izinto noma igciwane le-HIV okungabangela i-HIV.

#### 7. *Umuntu kufanele azihlole kaningi kangakanani ukuthi unayo yini i-HIV?*

Uma ungakaze uhlolelwe i-HIV, kufanele uhlolwe okungenani kanye. Uma wenza izinto (zimo eziyingozi) ezingakulethela igciwane le-HIV, kufanele uhlolwe okungenani kanye ngonyaka (Kutusa i-World Health Organization). **Uma unomuzwa wokuthi usengozini enkulu yokuthola i-HIV, kufanele uzihlole njalo.**

### 8. *Kusho ukuthini ukuthola umphumela obonisa ukuthi alikho igciwane?*

Umpumela obonisa ukuthi alikho igciwane usho ukuthi isivivinyo asikawatholi amasosha omzimba; noma kunjalo, kungathatha izinyanga ezingafinyelela kwezingu-3 kusukela kwenzeke isimo esiyingozi ukuze isivivinyo sithole i-HIV. Uma seziphelile **okungenani izinyanga ezingu-3** senzekile isimo esiyingozi futhi uzilandele ngokucophelela Iziqondiso Zokusisebenzisa, kungenzeka awunayo i-HIV. Uma zingakapheli izinyanga **ezingu-3** kwenzeka isimo esiyingozi, **linda kudlule izinyanga ezingu-3 ezigcwele** kusukela kwenzeka isimo esiyingozi ngaphambi kokwenza isivivinyo noma uye esikhungweni sezempilo.

#### 9. *Kufanele ngenzenjani uma ngithola umphumela othi alikho igciwane?*

Uma ungakaze ube sesimweni esiyingozi ezinyangeni ezedlule  **ezingu-3**, futhi uzilandele ngokucophelela Iziqondiso Zokusisebenzisa, khona-ke, makhulu amathuba okuthi awunayo i-HIV. Uma ungazilandelanga ngokucophelela Iziqondiso Zokusisebenzisa, kufanele uphinde usenze isivivinyo ukuze uqiniseke ukuthi umphumela wakho ungfanele. Uma waba sezimweni eziyingozi ezinyangeni ezedlule  **ezingu-3**, kungenzeka ‘usenkathini lapho izimpawu zesandulela-ngculaza zingakabonakali.’ Inkathi lapho izimpawu zesandulela-ngculaza zingakabonakali yilapho umuntu engenwe yigciwane le-HIV, kodwa umzimba wakhe ungakwenzi amasosha omzimba. **Uma ucabanga ukuthi kungenzeka ukuthi uye wachayeka ku-HIV phakathi nezinyanga ezingu-3 ezedlule**, kufanele uphinde uzivivinye ukuze ubone ukuthi awunayo yini i-HIV **ezinyangeni ezingu-3** ngemva kwanoma isiphi isimo esiyingozi.  Uma uqhubeka uzifaka ezimweni eziyingozi ezingakubeka engozini yokuthola i-HIV, kufanele uzivivinye njalo.

#### 10. *Usho ukuthini umphumela obonisa ukuthi likhona igciwane?*

Umphumela obonisa ukuthi likhona igciwane usho ukuthi kungenzeka unayo i-HIV. **Kufanele kwenziwe esinye isivivinyo esikhungweni sezempilo ukuze kuqinisekiswe umphumela.**

#### 11. *Kufanele ngenzenjani uma ngithola umphumela obonisa ukuthi likhona igciwane?*

Kudingeka uye esikhungweni sezempilo ukuze wenze esinye isivivinyo esiqinisekisa lo mphumela. Ngaleso sikhathi umtholampilo, udokotela noma isisebenzi sezempilo siyoxoxa nawe ngezinyathelo okudingeka zithathwe.

### 12. *Ngingawuthola yini umphumela ongafanele ‘oyiphutha’ ngalesi sivivinyo?*

Umpumela ongafanele ‘oyiphutha’ ungavela ngenxa yanoma yisiphi kulezi zizathu ezilandelayo:

- Uma ube sesimweni esiyingozi ezinyangeni ezingaphansi kwezingu-3 ngaphambi kokwenza isivivinyo
- Ukufunda ngokungakufanele umphumela wesivivinyo njengongenalo igciwane
- Ukungazilandeli ngokucophelela Izoqindiso Zokusisebenzisa
- Uma ubufake okuthile emazinyweni njengamazinyo okufakelwa noma ikuphi okunye okumboza izinsini ngesikhathi ukhuhla izinsini
- Uma udla i-PrEP noma imithi yokwelapha i-HIV (i-ARV)

### 13. *Ngingawuthola yini umphumela ongafanele ‘oyiphutha’ ngalesi sivivinyo?*

Umphumela ongafanele noma ‘oyiphutha’ ungabangelwa yinoma yisiphi kulezi zizathu ezilandelayo:

- Ukufunda ngokungafanele umphumela njengonegciwane
- Ukungazilandeli ngokucophelela Iziqindiso Zokusisebenzisa
- Ukungalindi kuze kuphele imizuzu engu-15 ngemva kokudla, ukuphuza noma imizuzu engu-30 ngemva kokusebenzisa izinto zokunakekela amazinyo ngaphambi kokwenza isivivinyo
- Ugonyelwe i-HIV
- Ukukhuhla insini ngayinye kaningi lapho kuthathwa amathe

### 14. *Ngingalutholaphi usizo olwengeziwe noma ukunakekelwa nge-HIV?*

Usizo olwengeziwe ungaluthola emtholampilo wendawo, kudokotela noma esisebenzini sezempilo.

### 15. *Ngingasisebenzisa yini lesi sivivinyo uma ngidla imithi yokugwema i-HIV (udla i-PrEP)?*

Uma udla i-PrEP ye-HIV, ungase uthole umphumela oyiphutha.

### 16. *Ngingabona kanjani uma isivivinyo sami sisebenza ngokufanele?*

Uma isivivinyo sakho sisebenza ngokufanele uzobona umugqa eduze kuka-“C,” ethuluzini lakho lesivivinyo. Uma kungenamugqa eduze kuka-“C,” isivivinyo sakho asizange sisebenze.

### 17. *Ngingasisebenzisa lesi sivivinyo uma ngikhulelwe?*

Yebo, uma gakhulelwe, ungaahlola noma kunini.

### IZINTO EZIPHAZAMISAYO NEZIMO ZEMPILO EZINGAHLOBENE

Njengengxenye yocwaningo lwezokwelapha lwamathe, kwaqoqwa ukwaziswa kwababambe iqhaza ngokuqondene nezinye izifo abanazo noma izimo zempilo, izinkinga zomlomo, amagciwane angewona awe-HIV nezinye izici (ngokwesibonelo, ukubhema, ukuxubha phakathi namahora angu-24 esivivinyo, eminye imithi okungenzeka uyayidla, izinto ezifakwe emazinyweni, nokudla noma ukuphuza ngokushesha nje ngaphambi kwesivivinyo). Ocwaningweni olwehlukile lwabantu abangu-40, ukuphuza utshwala, ukuxubha, ukusebenzisa izinto zokuwasha umlomo noma ukubhema ugwayi emizuzwini engu-5 ngaphambi kokuhlola, kwaboniswa kunomthelela esivivinyweni. **Uma une-HBV, i-HCV noma i-HTLV (Uhlobo I/II), kungenzeka uthole umphumela oyiphutha.** Kutuswa ukuba abasisebenzisayo balinde imizuzu engu-15 ngemva kokudla nokuphuza, nemizuzu engu-30 ngemva kokusebenzisa imikhiqizo yokunakekela umlomo.

UKUCHAZWA KWEZIMPAWU							
<span><span><span></span></span></span> <b>LOT</b>	Ikhodi Yeqoqo	<span><span><span></span></span></span> <b>REF</b>	Inombolo Yohlu	<span><span><span></span></span></span>	Qapha, Funda Amaphepha Ahambisana naso	<span><span><span></span></span></span> <b>i</b>	Bheka Iziyalezo Zokusisebenzisa
<span><span><span></span></span></span>	Ungalisebenzisi Kabili	<span><span><span></span></span></span> <b>IVD</b>	<i>Ithuluzi</i> Lezokwelapha Elifakwa Ngaphakathi Lokuthola Isifo	<span><span><span></span></span></span>	Umkhiqizi	<span><span><span></span></span></span> <b>EXP</b>	Usuku Lokonakala
<span><span><span></span></span></span>	Inkinga Yezinga Lokushisa	<span><span><span></span></span></span>	Kumelwe Sisetshenziswe Engakadluli u	<span><span><span></span></span></span>		<span><span><span></span></span></span> <b>DOM</b>	Usuku Esenziwe Ngalo

**UKUCHAZWA KWEZIMPAWU**

<span><span><span></span></span></span> <b>LOT</b>	Ikhodi Yeqoqo	<span><span><span></span></span></span> <b>REF</b>	Inombolo Yohlu	<span><span><span></span></span></span>	Qapha, Funda Amaphepha Ahambisana naso	<span><span><span></span></span></span> <b>i</b>	Bheka Iziyalezo Zokusisebenzisa
<span><span><span></span></span></span>	Ungalisebenzisi Kabili	<span><span><span></span></span></span> <b>IVD</b>	<i>Ithuluzi</i> Lezokwelapha Elifakwa Ngaphakathi Lokuthola Isifo	<span><span><span></span></span></span>	Umkhiqizi	<span><span><span></span></span></span> <b>EXP</b>	Usuku Lokonakala
<span><span><span></span></span></span>	Inkinga Yezinga Lokushisa	<span><span><span></span></span></span>	Kumelwe Sisetshenziswe Engakadluli u	<span><span><span></span></span></span>		<span><span><span></span></span></span> <b>DOM</b>	Usuku Esenziwe Ngalo

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