



## MALAILILE

Mweelede ikutobela malailile aakupima kabotu kabotu ikutegwa mujane izyoozywa izyabwini. Mutalyi cakulya na ikunwa ikwaciindi cisika ku maminiti aali kumi a osanu (15) kamutana talika ikupima na ikubelesya misamu izyakusanza mukanwa ikwa maminiti aali makumi otatwe (30) kamutana talika ikupima.

KUCHENJEZYA: Ikuti mulaamusamu wa HIV (ARVs) buzubuluzi bwakupimwa inga bwapilingana.

TONGA



NGAYA MALAILILE

**ORAQUICK®**  
HIV SELF-TEST

## IFYA KUBOMFYA ORAQUICK® UKUPIIMA AKASHISHI KA-HIV WE MWINE



**MWELENDE KUJANA INZILA YAKU  
BELESHA KUBONA CIINDI CA MUPIMO**

Zybelesyo zyliko: **zyakulipimya, akubika zyakulipimya a malailile.**

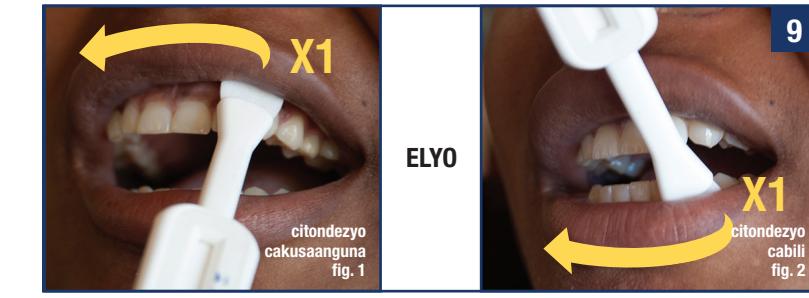
Izyakupimya zyenu zijiysi inkomo zyobile.

Amuzapule akujula inkomo iijisi **ikaboddela.**

Amugusya civwunikilo.

**MUTACITI EECI** kutila tweenda tujanika muka paketi kajisi zyakulipimya.  
**MUTASOLI** kunya tweenda ootu.

Amubike kabodela mpokelede kwima.



Amukajalule **akugusya zyoonse zyili mukapa** kakulipimya. **MUTASOLI** kujata kabesyo kakulipya nkokali kumbele, kupapalete. **MUTASOLI** kulya munsamu ubamba tubelesyo twakulipya.

Amutyanke **kapampamene** icakutayunkaana alimwi amucumbe muzikwinyo/cisiniini zyamujulu lomwe (citondezyo cakusaanguna) alimwi muzikwinyo/cisiniini izya aansi lomwe (citondezyo cabili).

Amunjize **kapampamene** mukabboddela icakumaninina mane kasike ansi. Chubu (tube).

**AMUKALEKE MONA OOMO ikwa ma miniti aali makumi obile kamutana bala cipimo cenu. MUTABALI cipimo na kwainda ima miniti aali makumi one.**

## KUBALA CIPIMO Amubale zitondezyo mubusena buli aamumuni kabotu

### UKUSANGWA NAKASHISHI KA-HIV



Tweengo tobili, nokuba kuti kamwi takaboneki kabotu, eeci caamba kuti kazunda sikalileke (HIV) ambweni mokali mumubili wenu, mwelede kwiinduluka kupimwa.



**Icakufwambaana ...**

Amuswaye busena ibwa kupima sikalileke bulaafwafwi andinwe na pe icibaddela

### CIPIMO CITAGWASHYI



Tapali umushilwa mupepi na "C" (nangula pali umushilwa mupepi na "T"), nangu ukutila ukukashikisha kwa ncende apo mufwile ukumwena ifya tumukamo, umupimo taule bomba bwino elyo ulingile ukubwekeleshapo. **Muyenera kutenga wina mupimo.**



Cipimo ticakaenda mbocelde. Amuunke kubusena bulafwafwi nko bapima kazunda ka sikalileke nokuba kuchibaddela cila awafwi kuti mukapimwe alimwi.

**IKUJANWA A KAZUNDA KA BULVAZI BWA SIKALILEKE  
NA MWABALA KA CITANINGA SIKA ICIINDI, MA MINITI ALI MAKUMI OBILE (20) NKOKUTI ICIPIMO  
TACIKONZYA KUBA CA NCOBENI**



IKEENGKO KOMWE ikayanzene abbala "C" alimwi AKUBULA keengo kayanzene abbala "T", eci caambilizya kuti tamujesi kazunda ka bulvazi bwa sikalileke.

### KUSOWA

Amugwisye ikasamu ikakupimina, amubike ikawvuniso akabbodela alimwi akusowa zyoonse izilimukati aasowegwa izisofwu lyoonse.



Amuunke kubusena bulafwafwi nko bapima kazunda ka sikalileke nokuba kuchibaddela cila awafwi kuti mukapimwe alimwi.

