



MALAILILE

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

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



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HIV SELF-TEST

IFYA KUBOMFYA ORAQUICK[®] UKUIPIMA AKASHISHI KA-HIV WE MWINE



1

MWELENDE KUJANA INZILA YAKU BELESHA KUBONA CIINDI CA MUPIMO



2

Zyibelesyo zyliliko: **zyakupipinya, akubika zyakupipinya a malailile.**



3

Izyakupipinya zyenu zijisya inkomo zybobile.



4

Amuzapule akujula inkomo ijisi **ikaboddelala.**



5

Amugusya civwunikilo.



6

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



7

Amubike kaboddelala mpokelede kwima.



8

Amukajalule akugusya zyoonse zyili mukapa kakulipinya. **MUTASOLI** kujata kabesyo kakulipiya nokokali kumbele, kupapaleta. **MUTASOLI** kulya munsamu ubamba tubelesyo twakulipiya.



9

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



10

Amunjizye **kapampanene** mukaboddelala icakumaninina mane kasike ansi.Chubu (tube).



11

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 icibbaddela

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



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

Amukapule ikupimwa limwi alimwi. Ikuti na kulangilwa kuti mwajanwa ikutalikwabillila ku kazunda ka sikalileke, amupimwe alimwe kwainda myeezi yotatwe.

CIPIMO CITAGWASHYI



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



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

MULADONAIKA IZYAJANIKA MUKUPIPIMA OKU

Tamuzyi izya janika kupima antela mwa donaike.

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

KUSOWA

Amugwisye ikasamu ikakupimwa, amubike ikawwunisyo akaboddelala alimwi akusowa zyoonse izilimukati aasowegwa izisofwu lyoonse.



