



MIRAYIRIDZO YEMASHANDISIRO

Munofanira kutevedzera maitiro ekuzviongorora nemazvo kuitira kuti muwane dudziro chaiyo. Musadya kana kunwa kwemaminitsi anokwana gumi nemashanu (15 minutes) musati matanga kuzviongorora kana kushandisa zvekugezesa mukanwa kwemaminitsi makumi matatu musati matanga kuzviongorora.

YAMBIRO: Kana uri pachirongwa chekurapiwa HIV (maARV) panogona kubuda zvekunyepa.



Kana muine MIBVUNZO, chayai runhare zvisina mubhadharo panhamba dzinotevera : **08080117**



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SHONA

ORAQUICK®
HIV SELF-TEST

MAITIRO EKUZVIONGORORA MUCHISHANDISA VHENEKO yeOraQuick®



MUCHAFANIRA KUVA NENZIRA YEKUTARISA NGUVA INOTORWA NEVHENEKO



Chipaketi chine: **chinoshandiswa pakuongorora, chekumisira zviri kuongororwa uye mirayiridzo yemashandisiro.**



Vheneko yenyu ine homwe mbiri.



Vhurai homwe ine **kabhodhoro**.



Bvisai chivharo.



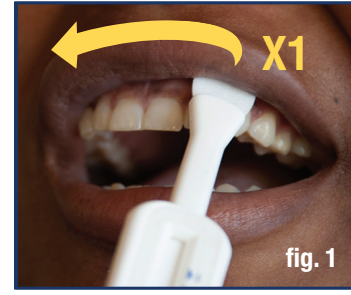
USABUDISE budise mvura iri mukati. **USANWE.**



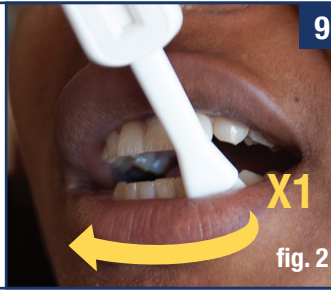
Pinzai kabhodhoro mune **chekugadzikira**.



Bvarura chipaketi chine **chekuongorora nacho** wochibudisa. **Usabate** kwakatesva kwachwo neminwe yako. **USADYE** kana kumedza mushonga unochengetedza.



UYEZVE



Dzvanyidzirai **kumberi kwakaita kunge chipunu** pamatadza enyu, mochikokora **nechekumusoro kwemazino kamwechete** (fig. 1) uyezve **kuzasi kwemazino kamwechete** (fig. 2).



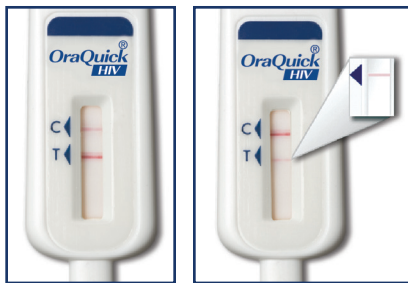
Isai **kumberi kwese kwakaita kunge chipunu** mukabhodhoro kusvikira kwagumha pasi.



Mochisiya zvakadaro mozoverenga zvabuda kana kwapera maminitsi makumi maviri (20 minutes). Musaverenga zvabuda kana kwapera maminitsi makumi mana (40 minutes).

KUDUDZIRA ZVABUDA MUONGORORO Verengera mushumo wacho munzvimbo ine chiedza chakajeka zvakanwana

KUVA NEHUTACHIWANA HWEHIV



Mitsetse miviri yakakwana, kunyange mutsetse wacho usinganyatsooneka, zvinoreva kuti ungangodaro UINE HIV uye unofanira kuongororwa zvekare.



Nekukasika ...
Chayai runhare **ZVISINA MUBHADHARO** panhamba dzinoti **08080117** kana **Shanyirai nzvimbo inoongororwa hutachiona hweHIV iri pedyo kana kunzvimbo kunorapirwa**

HAPANA CHABUDA



Kana pasina mutsara padivi pa“C” (kunyange paine mutsara padivi pa“T”), kana kuti pakaita ruvara rutsvuku pese, zvinoita kuti vheneko isaverengeke. Vheneko inenge isiri kushanda saka inofanirwa kudzikororwa. **Munofanira kuwana imwe vheneko.**



Vheneko haina kushanda zvakanaka. Chayai runhare **ZVISINA MUBHADHARO** panhamba dzinoti **08080117**
Enda kunzvimbo inoongororwa HIV: sekuNew Start Centre, chipatara kana kiriniki, unoongororwa nemushandi wezveutano.

KUSAVA NEHUTACHIWANA HWEHIV

ZVABUDA ZVINOGONA KUNGE ZVISIRI IZVO KANA ZVIKAVERENGWA MAMINITSI MAKUMI MAVIRI (20 MINUTES) ASATI AKWANA



MUTSARA MUMWE chete padivi pa“C” zvakare PASINA mutsara padivi pa“T”, zvinoreva kuti **HAMUNA HUTACHIWANA HWEHIV.**



Garai muchiongororwa. Kana makasangana nenjodzi yekubatira HIV, ongororwai zvakare mumwedzi mitatu. Chayai runhare zvisina mubhadharo kuti muwane ruzivo pamusoro penzira dzakanaka dzehutano.
Chayai runhare **ZVISINA MUBHADHARO PANHAMB** **DZINOTI 08080117** kuti muwane zvizere

HAUNA KUNZWISISA KUTI DUDZIRO YATI KUDII

Watadza kunzwisisa dudziro yako kana kuti hauna chokwadi kuti dudziro yako yati kudii.

MARASIRWO

Buditsai chekuzviongororesa, vharai bhodhoro morasa zvese mubhini renyu remazuva ese.



Enda kunzvimbo inoongororwa HIV: sekuNew Start Centre, chipatara kana kiriniki, unoongororwa nemushandi wezveutano.

MASHOKO NEZVECHIGADZIRWA ICHI

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

ZVACHAKAGADZIRIRWA

OraQuick® Yekuzviongorora HIV yakagadzirirwa kushandisirwa kunze kwemuviri uye inoshandiswa kuona kana uine masoja emuviri eHIV-1 neHIV-2.

PFUPISO YEONGORORO

OraQuick® Yekuzviongorora HIV inoshandiswa kamwe chete, inoongorora zvakaita mapuroteni ichitsvaga masoja eHuman Immunodeficiency Virus Type 1 (HIV-1) neType 2 (HIV-2) mumvura dzemumukanwa. OraQuick® Yekuzviongorora HIV yakagadzirirwa kushandiswa nechero asina kudzidzira basa pakuzviongorora kuona kana aine utachiona hweHIV-1 neHIV-2. Chigadzirwa chacho chinoiswa mumukanwa, zvekuti kwakatesva kwacho kunoenda pakati pedama nematadza, uchiita kakuchikweshera kumatadza. Chigadzirwa chacho chinobva chaiswa mukagaba kane mushonga wagara wakayerwa kare. Mvura inenge yabva mumatadza inobva yapinda muchigadzirwa chacho nekwakatesva kwacho, yoyerera ichipinda mukamugero kekuongororesa. Painenge ichiyerera nemukamugero, panova nekamutsetse kane ruvara munzvimbo yakaita se‘T’ kuratidza kuti pawanika masoja ekurwisa HIV. Kana pasina kuwanika masoja ekurwisa HIV, hapana kamutsetse kanobuda. Kana ongororo yacho yaitwa nemazvo, panova nekamutsetse munzvimbo yakaita se‘C’ yepanoratidza zvabuda. Ndiwo unonzi mutsetse wekuonesa kuti chekuongororesa chirikushanda zvakanaka.

KUSHANDA KWEONGORORO

Pakuongorora kwakaitwa, vanhu 900 vakanga vasingazivi pavamire nezveHIV vakapiwa OraQuick® HIV Self-Test kuti vashandise. Zvakabuda zvakaenzaniswa nezvakabuda murabhoritari yemazuvano. Zvakabuda murabhoritari zvakaratidza kuti vanhu 153 vakanga vaine HIV uye 724 vakanga vasina HIV. Vanhu vanomwe (7) havana kubatanidzwa paongororo yakaitwa. Zvakabuda pakuenzanisa ndeizvi:

- 99.4% (152 pavanhu 153) vakataura zvazviri kuti vane HIV. Zvinoreva kuti 1 pavanhu 153 vane HIV akati akanga asina HIV. Iyi iongororo yakanyepa kuti hapana utachiona.
- 99.0% (717/724) vakataura zvazviri kuti vakanga vasina HIV. Zvinoreva kuti 7 pavanhu 724 vasina HIV vakati vakanga vanayo. Iyi iongororo yakanyepa kuti pane utachiona.
- Uyewo, 1.8% yevakabvunzwa (16 pavanhu 900) havana kuwana zvakabuda paongororo.

ZVIRI MUKATI MEPAKETI

- Chipaketi chimwe chete chine:
 - Chipaketi Chakakamuka (5X4-0004) chine Chekuongorora Nacho, Mushonga Unochengetedza uye Kachigubhu Kemushonga Unoshandiswa Pakuongorora
 - Chekumisira Zviri Kuongororwa
 - Mirayiridzo Yemashandisiro

Zvimwe zvinodiwa asi zvisina kusanganisirwa apa: Wachi kana chimwe chinoratidza nguva

YAMBIRO UYE ZVEKUNGWARIRA

- Wakawanda vanowanzova nekakutya pavanenge vachizviongorora HIV. Asi, kana uchitya zvakanyanya, unogona kumbomira kusvika wadzikama, kana kuti unogona kunoongororwa nachiremba wako kana kukiriniki yekwaunogara.
- USA**shandise ongororo iyi kana uine HIV.
- Shandisa mvura yemumukanwa chete. Ongororo iyi haitwi pachishandiswa ropa, seramu, mukaka wemuzamu, purazima, urume, weti, mvura yemusikarudzi kana dikita.
- USA**dye kana kunwa mumaminitsi 15 usati watanga ongororo.
- USA**shandise zvinoshandiswa pakuchenesa mukanwa (sezvakaita mushonga wekukuchukudza mukanwa) mamimitsi 30 usati watanga ongororo.
- Bvisa zvinhu zvemazino zvakadai sezvinobata mazino kana zvimwe zvinovharidzira matadza usati watora mvura dzemumukanwa.
- Kana siri yakakuvadzika kana kuti kana paine zvisimo mupaketi, kana zvakakuvara, zvakatyoka, kana kuvhurika, usaite ongororo yacho.
- Kana nhasi, adarika musi wakanzi ‘Shandisa Asati Asvika,’ usaite ongororo yacho.
- Vanhu vanofanira kuva pane chiedza chakakwana kuti vaone zvinenge zvabuda paongororo. Kana pakava nemitsetse miviri panzvimbo yakanzi “T” na“C” paChekuongorora nacho, zvabuda zvinoonekwa sekuti pane utachiona.
- USA**vhure chero rimwe remapaketi kunze kwekuti wagadzirira kuita ongororo.
- USA**ite ongororo iyi kana zvekuongororesa zvacho zvakambogumhana nemishonga inoshandiswa kuchenesa mudzimba (sezvakaita jik).
- Kana wakambova muchirongwa chekuedza mishonga yeHIV, panogona kubuda pachinzi une utachiona, asi izvi zvingasareva kuti une utachiona hweHIV. Unofanira kunzwa zvimwe kubva kune vanoona nezveutano hwako.
- USASHANDISA** ongororo iyi kana une makore 11 zvichidzika.

2 30 °C MACHENGETEDZERO

- Chengeta uye itira ongororo iyi munzvimbo inotonhorera.
- USA**saite ongororo iyi kana zvinhu zvayo zvange zviri panze pane tembiricha inodarika 2°-30° C (36°-86° F).
- Ongororo ino inofanira kuitwa patembiricha dziri pakati pe15°-37° C (59°-99° F).

ZVISINGAGONI KUITWA NEONGORORO IYI

- Mirayiridzo yeOraQuick® Yekuzviongorora HIV inofanira kunyatsotevedzerwa kuti pabude mashoko akarurama.
- Kana uri pachirongwa chekurapiwa HIV (maARV) panogona kubuda zvekunyepa.
- Kana uine HBV, HCV kana HTLV (I/II), unogona kuwana mushumo wekunyepa.
- Kubuda ropa mumukanwa zvinogona kuita kuti pabude mashoko asina zvaanoreva. Kana pakabuda mashoko asina zvaanoreva, enda kunoongororwa kuzvimbo yezveutano iri pedyo newe.
- Hapana mashoko akaunganidzwa anoratidza kushanda kweOraQuick® Yekuzviongorora HIV pavanhu vari kuitwa PrEP.
- OraQuick® Yekuzviongorora HIV inogona kutadza kuona utachiona hweHIV hwakabatiririwa mumwedzi 3 yadarika.
- Nezvemushumo wakarurama, kuwedzera ruvara kwemutsetse wekuongororesa hazvirevi kuwanda kwemasoja anorwisa chirwere mumvura yaongororwa.
- Mushumo wakarurama unozozivikanwa kana paitwa imwe ongororo inoitwa nemunhu akadzidzira basa achiona kana zvakabuda nezveHIV zviri izvo.

MIBVUNZO NEMHINDURO

1. Zvii zvinoitwa neongororo yacho?

OraQuick® Yekuzviongorora HIV inoshandiswa pakuzviongorora kunoitwa kunze kwemuviri kweHIV (HIV-1 neHIV-2) mumvura dzemumukanwa. Ongororo yacho inoona kana paine masoja emuviri anokubatsira kurwisa utachiona. Kuratidzwa kwekuti pane utachiona angori mavambo uye panozodiwa imwe ongororo inoitwa panzvimbo dzeutano kuti zvioneke kana utachiona huripo zvechokwadi.

2. Ndeapi anonzi ‘maitiro ane ngozi’ panyaya dzeHIV?

Maitiro ane ngozi anotsanangurwa nechero chimwe chezviri pasi apa:

- Bonde (nekusikarudzi, mumukanwa kana kunobuda netsvina) nevakawanda
- Kuita bonde nemunhu ane utachiona hweHIV kana kuti wausingazivi kuti akamira papi panyaya yeHIV
- Kuita bonde kwemurume nemurume
- Kuzvibaya madhiragi anorambidzwa kana masiteroidhi
- Kushandisa tsono kana majekiseni zvashandiswa nevamwe
- Kuita zvebonde kuti munhu awane mari
- Kubatwa kana kurapiwa hepatitis, TB kana chirwere chinotapuriranwa pabonde sezvakaita syphilis

3. Kana ndapinda mumaitiro ane ngozi, ndinofanira kutora nguva yakareba sei ndisati ndazviongorora?

Unogona kuzviongorora chero nguva; kana uchizviongorora pasati papera mwedzi 3 kubva pamaitiro ane ngozi uye pachibuda kuti hauna utachiona, unogona kunge uri mushumo usina kururama. Unofanira kuzviongorora zvakare mwedzi 3 pashure pemaitiro ane ngozi. Unogonawo kuongororwa kunzvimbo inoona nezveutano.

4. Nei ndisingafaniri kuita ongororo iyi ndichangobva kuita maitiro ane ngozi?

Paunenge wabatira utachiona hweHIV , muviri wako unoedza kurwisa utachiona hweHIV kuburikidza nekugadzira masoja anodzivirira. Masoja acho anowanika mumvura dzemumukanwa. Zvinotora mwedzi 3 kuti masoja aya asvike padanho rekuti ongororo inogona kuaona.

5. Ongororo iyi yakarurama zvakadini?

Pakuongorora kwakaitwa, vanhu 900 vakanga vasingazivi pavamire nezveHIV vakapiwa OraQuick® HIV Self-Test kuti vashandise. Zvakabuda zvakaenzaniswa nezvakabuda murabhoritari yemazuvano. Zvakabuda murabhoritari zvakaratidza kuti vanhu 153 vakanga vaine HIV uye 724 vakanga vasina HIV. Vanhu vanomwe (7) havana kubatanidzwa paongororo yakaitwa. Zvakabuda pakuenzanisa ndeizvi:

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6. Ndinogona kuwana HIV nekushandisa ongororo iyi?

Ongororo ino haina zvinhu kana utachiona hweHIV zvingaite kuti munhu atapurirwe utachiona hweHIV.

7. Munhu anofanira kuongororwa kangani kuti ane HIV?

Kana usina kumbobvira waongororwa HIV, unofanira kuongororwa kanodarika kamwe chete. Kana ukaita (maitiro ane ngozi) zvinogona kukutapurira utachiona hweHIV unofanira kuongororwa kanodarika kamwe chete pagore (kurudziro yeWorld Health Organization). **Kana uchinzwa kuti une mikana yakawanda yekubatira utachiona hweHIV, unofanira kugara uchiongororwa.**

8. Zvinorevei kana pakabuda kuti hauna utachiona?

Kunzi usina utachiona zvinoreva kuti ongororo haina nguva yadarika inodarika mwedzi 3 kuti HIV ionekwe kubva panguva inenge yaitwa maitiro ane ngozi. Kana pava **nemwedzi inodarika 3** kubva pawakaita maitiro ane ngozi uye wakanyatsotevedzera Mirayiridzo yemashandisiro, ungangove usina HIV. Kana paine **mwedzi iri pasi pe3** kubva pawakaita maitiro ane ngozi, **mirira inyatsokwana 3** usati waongororwa kubva pawakaita maitiro ane ngozi kana kuti enda kunzvimbo inotarisirwa utano.

9. Ndinofanira kuitei kana pakabuda kuti handina utachiona?

Kana usina kumbobvira waita maitiro ane ngozi munguva yadarika inodarika **mwedzi 3**, uye wakanyatsotevedzera Mirayiridzo yemashandisiro, kakawanda ungangove usina HIV. Kana usina kunyatsotevedzera Mirayiridzo yemashandisiro, unofanira kuzviongorora zvakare kuti uve nechokwadi chekuti panobuda zvakarurama. Kana wakamboita chero maitiro ane ngozi munguva yadarika inopfuura **mwedzi 3**, unogona kunge uri panguva inonzi ‘window period’. ‘Window period’ inguva yekuti munhu anenge abata utachiona hweHIV, asi muviri wake unenge usati wagadzira masoja. **Kana uchifunga kuti ungave wakabatira HIV mumwedzi 3 yadarika**, unofanira kuzviongorora zvakare HIV **mwedzi 3** kubva panguva yemaitiro ane ngozi. Kana ukaramba uchiita maitiro ane ngozi anogona kuita kuti ubatire HIV, unofanira kugara uchiongororwa nguva nenguva.

10. Zvinorevei kana ukanzi une utachiona?

Kana ukanzi une utachiona zvinoreva kuti unogona kunge uine HIV. **Imwe ongororo inogona kuitwa panzvimbo inotarisirwa utano kuti zvioneke kuti zvechokwadi une utachiona.**

11. Ndinofanira kuitei kana ndikaona kuti ndine utachiona?

Unofanira kunzwa zvimwe kunzvimbo inoona nezveutano kuti paitwe imwe ongororo inoratidza kuti zvabuda muongororo zvakarurama. Panguva iyi, kiriniki yako, chiremba, kana nyanzvi yezveutano ichataura newe nezvematanho anofanira kuzotorwa.

12. Ndinogona here kuwana mashoko ‘ekunyepa’ ekuti handina utachiona?

Mashoko ‘ekunyepa’ ekuti hauna utachiona anogona kubuda pamusana pechero zvikonzero zvinotevera:

- Kana wakaita maitiro ane ngozi mumwedzi isingadiliki 3 yadarika usati waita ongororo
- Kutadza kuverenga zvabuda paongororo woona sekuti hauna utachiona
- Kusanyatsotevedzera Mirayiridzo yemashandisiro
- Kupfeka zvinhu zvemazino zvakadai sezvinobata mazino kana zvimwe zvinovharidzira matadza paunenge uchitora mvura dzemumukanwa
- Kana uchinwa mishonga yePrEP kana kuti kana uri kurapiwa HIV (ARV)

13. Ndinogona here kuwana mashoko ‘ekunyepa’ ekuti ndine utachiona?

Mashoko ‘ekunyepa’ ekuti une utachiona anogona kubuda pamusana pechero zvikonzero zvinotevera:

- Kutadza kuverenga zvabuda paongororo woona sekuti une utachiona
- Kusanyatsotevedzera Mirayiridzo yemashandisiro
- Kusamirira maminitsi 15 wabva kunwa, kudya, kana maminitsi 30 pashure pekushandisa zvinoshandiswa pakuchenesa mukanwa usati waita ongororo
- Kupiwa mishonga yeHIV
- Kukwesha matadza ese kakawanda pakutora mvura yemumukanwa

14. Ndekupi kwandingawane rubatsiro kuwedzera ruzivo nezveHIV?

Unogona kuwana rubatsiro rwekuwedzera ruzivo kukiriniki yekwaunogara, kuna chiremba, kana nyanzvi inoona nezveutano.

15. Ndinogona here kuita ongororo ino kana ndiri kutora mishonga yekudzivirira HIV HIV (PrEP inonwiwa)?

Kana uchinwa mishonga yePrEP kana kuti kana uri kurapiwa HIV, panogona kubuda mashoko ekunyepa.

16. Ndinoziva sei kana zvekuongororesa zvangu zvichishanda?

Kana ongororo yako isiri kushanda zvakanaka uchaona kamutsetse pedyo ne“C” pachekuongorora nacho. Kana pasina mutsetse pedyo ne“C” ongororo yako haina kushanda.

17. Ndinogona kuongorora kana ndiine pamuviri here?

Hongu, kana uine pamuviri, unogona kuongorora chero nguva.

ZVINHU ZVINOGONA KUKANGANISA UYE ZVEKURAPIWA ZVISINGAENDERANI

Paongororo dzakaitwa mukiriniki nezvemvura yemumukanwa, pakawanika mashoko kuvaiongororwa ane chekuita nezvimwewo zvirwere zvaivaipo, zvirwere zvemumukanwa, utachiona hunotapukira asi husiri HIV, nezvimwewo (semuenzaniso, fodya, kushandisa zvekukuchukudzisa mukanwa mumaawa 24 eongororo, mishonga inoenderana nezviri kuitwa, zvekubatisa mazino, kudya uye kunwa wava kuda kuongororwa). Muongororo imwe yakaitwa yevanhu 40, kunwa doru, kukwesha mazino, kushandisa zvekukuchukudzisa mukanwa kana kuputa fodya kwasara maminitsi 5 kuti ongororo iitwe, zvakaoneka kuti hazvina chazvinochinja pane zvichabuda paongoro. **Kana uine HBV, HCV kana HTLV (I/II), unogona kuwana mushumo wekunyepa.** Zvinokurudzirwa kuti vashandisi vambomira kwemaminitsi 15 pashure pekudya kana kunwa uye kwemaminitsi 30 kana vachinge vamboshandisa zvekuchenesa nazvo mukanwa.

KUTSANANGURWA KWEZVINOMIRIRWA NEZVIRATIDZO							
LOT	Nhamba dzemusi wekugadzirwa	REF	Nhamba yechigadzirwa		Ngwarira, verenga mapepa achauya nacho		Ona mirayiridzo yemashandisiro
	Usadzokorore kushandisa	IVD	<i>Chinoshandiswa kunze kwemuviri</i> mudziyo unoshandisa pakuongorora		Nyakugadzira	EXP	Musi wekupera kushanda
	Zvinokanganiswa netembiricha		Shandisa asati asvika			DOM	Musi wekugadzirwa

Logo

Zvakagadzirwa kuThailand zvichigadzirirwa: OraSure Technologies, Inc.



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