



DIKAELO TSA GO E DIRISA

O tshwanetse go latela dikaele tsa go dira diteko ka kelotlhoko gore o nne le dipholo tse di nepagetseng. O se ka wa ja kgotsa wa nwa bobotlana metsotso e le 15 pele o simolola teko kgotsa wa dirisa didirisiwa tsa go phepafatsa legano metsotso e le 30 pele o simolola teko.

TLHAGISO: Fa e le gore o nwa kalafi ya HIV (di-ARV) o ka bona maduo a a sa nepang.



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TSWANA

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TSELA YA GO DIRISA ORAQUICK[®] HIV SELF-TEST



O TLA TLHOKA TSELA YA GO LEKANYETSA NAKO YA TEKO



Kgetsana e na le: **dilwana tsa teko, sethomo sa teko le ditaelo tsa go e dirisa.**



Sediriswa sa gago sa teko se na le dikgetsana tse pedi.



Gagola e e nang le tshupu go e bula.



Tlosa sekhurumelo.



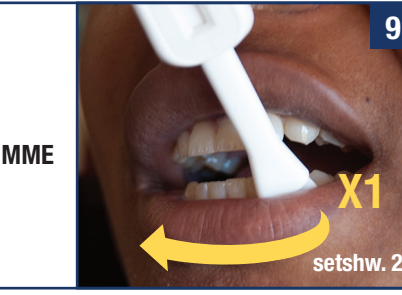
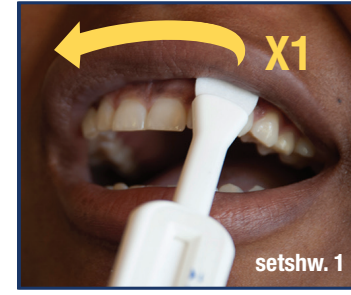
O SE KA wa tsholola seedi. **O SE KA** wa nwa.



Tsenya tshupu mo **sedirisweng** se se tshwarang tshupu.



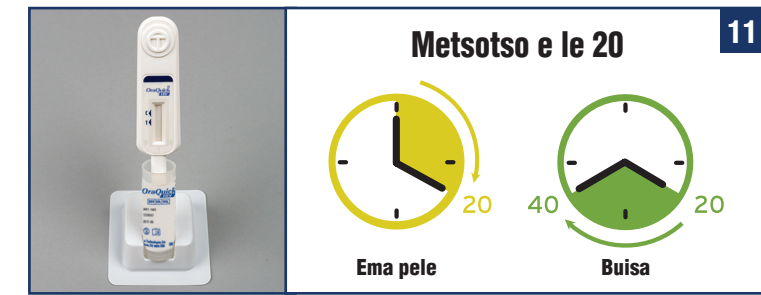
Bula kgetsana e e nang le **sediriswa sa teko** mme o se ntshe. **O SE KA** wa ama mosangwana o sephara ka menwana ya gago. **O SE KA** wa ja kgotsa wa kometsa seboloki.



Gatelela **mosangwana o o sephara** mo marining a gago mme o e tsamaise **mo marining a a kwa godimo gangwe** (setshw. 1) le mo **marining a a kwa tlase gangwe** (setshw. 2).



Mme o tsenye **karolo e e sephara** mo tshupung go fitlha e kgoma kwa tlase.



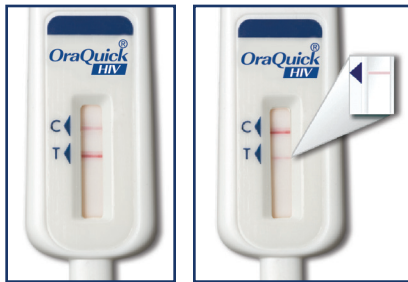
E TLOGELE MOO Metsotso e le 20 pele o buisa dipholo. **O SE KA WA** buisa dipholo morago ga metsotso e 40.

GO TLHALOSA DIPHOLO



Buisetsa maduo a teko mo lefelong le le nang le lesedi le le lekaneng

DIPHOLO TSA GO NNA LE MOGARE WA HIV



Methalo e tshwanetse go nna mebedi, lefa e le mesesane, go raya gore **O NA LE HIV** ebile o tshwanetse go dira teko e bile.



Ka bonako ka mo go ka kgonegang ka teng...
Etela Lefelo la go Dira Diteko Tsa HIV kgotsa **Lefelo la Pholo**

DIPHOLO TSE E SENG TSONE



Go se na mola fa thoko ga "C" (tota le fa go na le mola fa thoko ga "T"), kgotsa go le khibidu kwa morago go dira gore o se ka wa kgona go bala dipholo, sediriswa ga se dire kgotsa dipholo di tshwanetse go bolediwa. **O tla tlhoka go dira teko e nngwe.**



Sediriswa se ne se sa dire sentle. Etela Lefelo la go Dira Teko ya HIV kgotsa Lefelo la Pholo gaufi le wena go dira teko gape.

DIPHOLO TSA GO SA NNE LE MOGARE WA HIV

FA E KA BUISIWA PELE GA METSOTSO E LE 20, DIPHOLO DI KA NNA TSA SE NEPAGALE



MOLA O LE MONGWE go bapa le "C" le fa go sena mola go bapa le "T", dipholo tsa gago ke go re ga o na mogare wa HIV.

Dira teko e e tlwaelegileng. Fa o kile wa nna mo maemong a go nang le mogare wa HIV mo go one dira teko gape mo dikgwedeng tse 3.

GO LATLHA

Ntsha pakana ya teko, mme o tsenye sekhurumelo mo tshupung mme o latlhe dilo tsothe tsa teng mo matlakaleng a a tlwaelegileng.

