

Gwaro rino riri kukupai umbowo pamusoro pekusangana pabonde nekumashure kunobuda netsvina uye nezve HIV.

Chii chinonzi kusangana pabonde nekumashure kunobuda netsvina?

Kusangana pabonde nekumashure kunobuda netsvina kunge murume achiisa nhengo yake yesikarudzi mukati menhengo yeumwe wake nekumashure kunobuda netsvina kana kuti kunogara tsvina. Izvi hazvina kufanana nekunge nhengo yesikarudzi yemurume ichiiswa mukati menhengo yesikarudzi yemudzimai "nekumashure" kana kuti "nekumusana".

Ndiani anoita bonde nekumashure kunobuda netsvina?

Kunyangwe vanhu vakawanda vachinyadzikana kutaura nezvazvo, vanhu vakasiyana siyana vanoita bonde nekumashure kunobuda netsvina. Vose varume nevakadzi vanoita bonde nekumashure kunobuda netsvina, zvisinei nekuti vamwe vavo varume kana kuti vakadzi.



Sei vanhu vangangoita bonde nekumashure kunobuda netsvina?

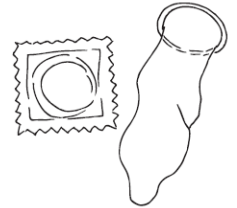
Pane zvikonzero zvakanakisa zvinoita kuti vanhu vaite bonde nekumashure kunobuda netsvina, zvimwe zvinosanganisira: kudakunzwisisa, kunakirwa, kunzwa kusanakidzwa, kukurumidza kurasa mbeu, kunzwa zvakasungika, kufadza umwe, mari, nguva yekuzvitakura kana nguva yekuteera, senzira yekuronga mhuri, kuchengetedza "humhandara", kuwedzera kuvapedyo pedyo, uye nezvimwewo zvikonzero zvakanakisa.

HIV inogona kutapuriranwa nekusangana pabonde nekumashure kunobuda netsvina here? Hongu. Saizvozvo, kusadzivirira bonde rekusangana nekumashure kunobuda netsvina kunoisa vanhu panjodzi yakakura yekubatira HIV pane dzimwe nzira dzekusangana nadzo pabonde.

Kusadzivirira bonde rekusangana nekumashure kunobuda netsvina kune njodzi yakanyanyisisa kumadzimai pane kusadzivirira bonde rekusangana nekunzira yesikarudzi yemudzimai kana tatarisana nekubatira HIV nezvimwe zvirwere zvepabonde.

Sei kusadzivirira bonde rekusangana nekumashure kuine njodzi yakanyanyisisa zvakadaro?

HIV irinyore kutapurirana nenzira yekusangana pabonde nekumashure kunobuda netsvina nekuti nyama dzekunochengetwa tsvina dzinokuvara nyore nyore uye hadzina kutsvedzerera (lubrication) kunowanzo wanikwa. Nyama dzekunochengeta tsvina dzinokuvara nyore nyore panguva dzekusangana pabonde nekumashure kunobuda netsvina pasina kutsvedzerera, zvichipa mukana urinyore wekuti hutachiwana hwe HIV hwupinde mumuviri.



Ndingazvidzivirira sei kubva kuHIV panguva yokuita bonde nekumashure kunobuda netsvina?

Nzira yakanakisa yekuzvidzivirira nayo kubva kuHIV kana muchiita bonde nekumashure kunobuda netsvina kushandisa makondomu uye zvinotsvedzerera zvinemvura (zvakaite seKY jelly). Zvinotsvedzerera zvine mafuta (zvakaite seVaseline kana mafuta ekuzora muviri) zvino kanganisa makondomu saka hazvifaniri kushandiswa.

Dzimwe nzira dzokuderredza njodzi dzinosanganisira kuderedza huwandu hwevamwe pabonde uye kutsiva bonde rekusangana nekumashure kunobuda netsvina nekuderredza njodzi pahunhu hwepabonde. **Hazvizivikanwe kuti kushandisa ring yedapivirine munzira yesikarudzi yaamai kunopa kudzivirira kubva mukubatira HIV nekusangana pabonde nekumashure kunobuda netsvina. Ring haitombofanire kupfekwa kumashure kunobuda netsvina.**

Sei zvakanosha kutaura nezvekusangana nekumashure kunobuda netsvina muHOPE?

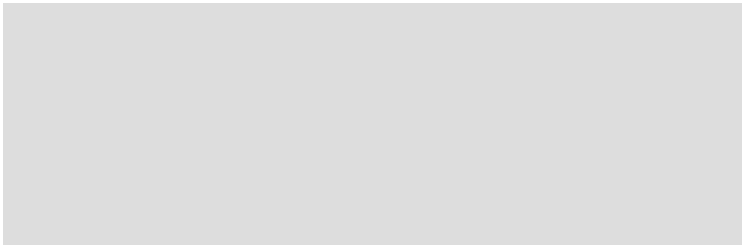
Madzimai akawanda nevarume havazivi kuti kusadzivirira bonde rekumashure kunobuda netsvina kunovaisa panjodzi yakanyanya yeHIV nezvimwe zvirwere zvepabonde. Vashandi veongororo vanokumbira kuti musununguke kutaura zvamunoita nezve kusangana pabonde nekumashure kunobuda netsvina nekuva nechokwadi chekuti varimutsvakurudzo vawana humbowo hwavanoda kuti vazvidzivirire.

Ring haina kugadzirirwa kudzivirira kutapuriranwa kweHIV nebonde rekumashure kunobuda netsvina uye haifaniri kushandiswa kunobuda nako tsvina. Kana ari mutsvakurudzo akabatira HIV panguva yetsvakurudzo, kuziva nezvemaitiro ekusangana pa bonde nekumashure kunobuda netsvina kuchabatsira vaongorori kunzwisisa kuti hutachiona hunogona kunge hwakatapuriranwa nokuda kwenzira dzemaitirwo ebonde asingagone kudzivirirwa nering yemunzira yesikarudzi yaamai.

Vashandi vetsvakurudzo varipano kubatsira.

Vashandi vetsvakurudzo varipo kukupai umbowo uye kupangamazano varimutsvakurudzo, vamwe vavo, uye vamwe vemunharaunda nezvekusangana pabonde nekumashure kunobuda netsvina uye nechero mibvunzo kana zvimwewo zvavangango shungurudzika nazvo, uye tichazviita pasina kupa mhosva uye nenzira yakakodzera.

Kana muine mibvunzo kana kuda umwe umbowo, ndapota svikai kukiriniki yeongororo:



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Umbowo pamusoro
pekusangana pabonde
nekumashure kunokubuda
netsvina.

