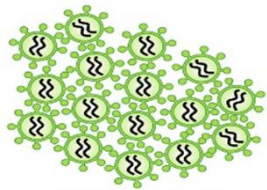


Kusadaira kumishonga zvinorevei?

Apo munhu anobatira hutachiwana hweHIV, hutachiwana hwunopinda mumuviri wemunhu hwotanga kugadzira zvipfanidzo zvakananana naihwo.

Mishonga inoshandiswa kurapa HIV inonzi *antiretrovirals*(ARVs). Kana akatorwa nemazvo, maARV anomisa hutachiwana kuti husagadzira zvipfanidzo zvakananana naihwo uye zvinobatsira vanhu vane HIV kuti vanzwe zvirinane uye kuti vararame kwenguva refu. Kazhinji kutora maARV nemazvo zvinoreva kutora mhando nhatu dzakasiyana dzemishonga yema ARV, nekuti zvinotora mushonga unodarika umwe wemaARV kumisa HIV kugadzira zvipfanidzo zvakananana nahwo.



HIV (isina kurapiwa)



Utachiona hunodzikiswa nekurapiwa

Zvisinei, maARV haana kuperera, uye nedzimwe nguva haakwanise kumisa hutachiwana hwose hweHIV kubva mukugadzira zvipfanidzo. Kana izvi zvaitika, HIV inokwanisa kuramba ichigadzira zvipfanidzo zvakananana naiyo inonzi “haidairi kumishonga”.



HIV isingadaviri kumushonga



Utachiona husingadaviri hunoramba huchiwedzera

Sei kusadaira kumishonga yema ARV riri dambudziko?

Kana kusadaira kumishonga kwaitika, munhu anofanira kumira kutora ARV isingachashandi uye otanga kutora mhando yemushonga we ARV wakasiyana. Nekuda kwezvi, munhu ane HIV isingadaire kumishonga anesarudzo shoma dzemishonga yemaARV yaanogona kutora kubatsira

kurarama zvakanaka. Zvekare, vanogona kutapurira vamwe hutachiwana husingadaire kumishonga.

Sei kusadaira kumishonga yemaARV iri shungurudzo mutsvakurudzo ino?

Ring yemunzira yesikarudzi yemudzimai ine ARV inonzi Dapivirine. Dapivirine iri kushandiswa kudzivirira HIV chete, uye haishandiswi kurapa vanhu vane hutachiwana hweHIV. Zvisinei, kana mudzimai akabatira HIV uye akaramba achishandisa ring, hutachiwana huri mumuviri make hunogona kusadaira kudapivirine uye kumishonga yakafanana yemaARV inoshandiswa kurapa HIV kana kudzivirira kutapuriranwa kwe HIV kubva kunamai kuenda kumwana.

Ko kusadaira kumishonga yemaARV kungadzivirirwa sei apo muri mu HOPE?

1. Dzivirira kubatira HIV: Kusadaira kumishonga yema ARV hakukwanisi kuitika kumunhu asina HIV.

Kune zvinhu zvakananana zvamunokwanisa kuita kuderedza njodzi yenyu ye HIV:

- Shandisai ring ye dapivirine yemunzira yesikarudzi yemudzimai nguva dzose.
 - Shandisai makondomu nemazvo.
 - Shandisai mushonga wekunwa wekudzivirira kubatira hutachiwana hweHIV (PrEP) (semuenzaniso Truvada)
 - Deredza huwandu hwevamwe vako vepabonde
 - Ita hunhu hwepabonde hunenjodzi yakaderera.
 - Kana uine chirwere chepabonde, rapiwa
 - Kurudzira umwe wako kuti aongororwe HIV
 - Kana umwe wako aine HIV mukurudzire kuti anwe mishongayema ARV sezvavakarairwa.
- *Bvunza chipangamazano wako nezve "umbowo pamusoro pedzimwe nzira dzokudzivirira HIV" zvinyorwa zveumwe umbowo hwakapamhidzirwa pamusoro penziraidzi.*

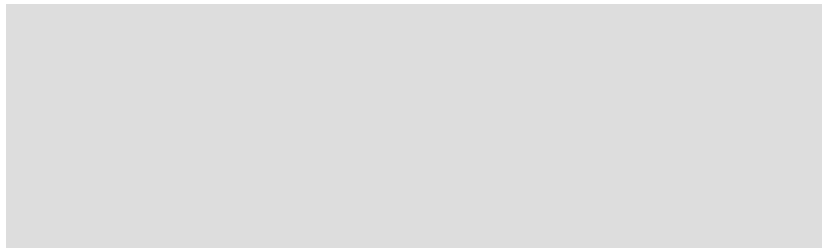
2. Ongororwai HIV nguva nenguva: Kuongororwa HIV kuchaitwa pakushanya kutsvakurudzo kwegwa kwegwa. Munofanira zvekare kuuya kukiriniki kuzoongororwa HIV kana muchifungidzira kuti mungange makabatira HIV pakati pekushanya. Kana ongororo yaratidza kuti mune HIV, zvakanosha kukurumidza ipapo ipapo kumira kushandisa ring yemunzira yesikarudzi yemudzimai kubatsira kudziirira kusadaira kumushonga. Kana kushanya kutsvakurudzo kukasaitwa, ari mutsvakurudzo anogona kubatira HIV, osazviziva, uye oramba achishandisa ring. Izvi zvinogona kukonzera kusadaira kumishonga imwe yemaARV.

3. Musagoverane maring emunzira yesikarudzi yemudzimai: Varimutsvakurudzo yeongororo vanoongororwa hutano nekuongororwa HIV nguva nenguva. Vanhu vasiri mutsvakurudzo havawani ongororoidzi dzeutano. Vanhu ava vanogona kuve neHIV, uye vosazviziva. Kana vanhu vane HIV vakashandisa ring yemunzira yesikarudzi yemudzimai, izvi zvinogona kukonzera kusadaira kumishonga yeamwe maARV.

Vashandi vetsvakurudzo varipano kubatsira

Vashandi vetsvakurudzo varipo kukupai umbowo uye kupangamazano varimutsvakurudzo, vamwe vavo, uye vamwe vemunharaunda nezvekusadaira kumishonga nemimwe mibvunzo kana zvavangangoshungurudzika nazvo.

Kana muine mibvunzo kana kuti muchida umwe umbowo, tapota shanyai kukiriniki ye tsvakurudzo:



Version 1.0, Shona, 26APR2016

HOPE

Out of ASPIRE, there is HOPE

***Umbowo pamusoro
pekusadaira kumishonga
kweHIV***

