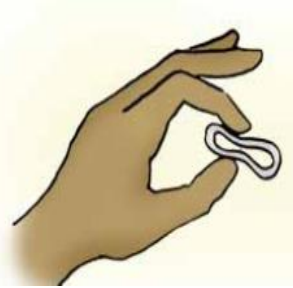


Sei kuva nering yemunzira yesikarudzi yemudzimai yekudzivirira HIV?

Kupa mikana yekudzivirira HIV kwakakosha nekuti mudzimai oga oga angangova nezvaanoda zvakasiyana. Maring emunzira yesikarudzi yemudzimai angangopa zvamungawane zvakanwanda:

- **Kushanda kwakatiirebei** : Maring emunzira yesikarudzi yemudzimai anoiswa uye osiwa arimo munzira yesikarudzi yemudzimai kwemwedzi mumwechete. Izvi zvingabatsire madzimai vanoomerwa nekurangarira kushandisa chigadzirwa zuva rega rega kana panguva yebonde.
- **Kuva nyore pakushandisa**:Madzimai mazhinji vanoona ring iri nyore kupfeka uye nekubvisa.
- **Kushaya njodzi**: Tsvakurudzo dzakataridza kuti ring haina njodzi pakushandisa.
- **Zvakavanzika**: Maring emunzira yesikarudzi yemudzimai anogona kuiswa uye kubviswa muchivande. Mamwe madzimai angangotenda kuvanzika kana vasingade kuti vamwe vazive kuti varikushandisa chigadzirwa chinodzivirira HIV.



Ring yeDapivirine yemunzira yesikarudzi yemudzimai inoshanda sei?

Kana ring ichinge iri munzira yesikarudzi yemudzimai, mushonga weDapivirine unobuda zvishoma nezvishoma. Dapivirine inoshanda nekudzivirira HIV kuti isagadzire zvifananidzo zvakanwanda naiyo, saka kana mudzimai aine mukana wekubatira HIV kana ring yedapivirine ikange iri munzvimbo, utachiwana hunemukana mukuru wekufa husati wapararira mumuviri make. Tsvakurudzo dzakataridza kuti ring yedapivirine yemunzira yesikarudzi yemudzimai inokwanisa kuderredza mukana wemudzimai wekubatira utachiwana hweHIV.Kana ikange ichishandiswa nguva dzese, kusanganisira nguva yebonde uye yekutevera, njodzi yekubatira hutachiwana inotoderera.

Ko ring yakaoma kupfeka uye kubvisa here?

Madzimai mazhinji vanoona ring iri nyore kupfeka uye kubvisa. Hapana zvinoita kuti zvitsvedzerere zvinonyatsodikanwa pakupfeka ring, asi mvura inogona kushandiswa sezvinodikanwa. Kana ring ichinge yakapfekwa zvakanaka, madzimai mazhinji havainzwi.

Ko ring inganyungudika kana kurasika mukati memuviri here?

Kwete. Ring haikwanisi kunyungudika. Mukufamba kwemwedzi umwe, mushonga wedapivirine unoburitswa zvishoma nezvishoma asi ring pachayo haishanduki. Ring haikwanisiki kusaidzirwa kumusorosoro kana kurasika mukati memuviri.

Ko ring ingadonhera kunze here?

Izvi hazviwanzoitika, asi zvingangoitika. Kana madzimai akashushikana kuti ring yatsvedzera kunze, vanogona kushandisa munwe wavo kuona kana ichakapfekerwa kana kusandura pagere ring. Kana ring ikadonhera kunze, inogona kudzumburudzwa mumvura yakachena uye inogona kupfekwazve.

Pane zvakaipa zvinobva mukushandisa ring here?

Tsvakurudzo dzakataridza kuti ring yedapivirine yemunzira yesikarudzi yemudzimai haina njodzi ikasiwa yakapfekwa kwemwedzi wega wega. Haisandure makuriro kana mamiriro emunzira yesikarudzi yomudzimai, kukonzera gomarara repamuromo wechibereko, kana kukonzera mamwe matambudziko makuru ehutano. Ring haina zvainoita pamafambiro ekutevera kwemudzimai.

Ko madzimai kana vamwe vavo vachanzwa ring here pakusangana pabonde?

Mamwe madzimai nevamwe vavo vangangonzwa ring munzira yesikarudzi yemudzimai pakusangana pabonde asi izvi hazvizokuvadzi kana umwe wavo. Madzimai anokurudzirwa kukurukura nezve kushandisa ring nevamwe vavo.Kusiya ring yakapfekwa nguva dzose, kusanganisira panguva yebonde,zvinopa kudzivirira kwakanyanyisa ku HIV.



Ko kana madzimai akava nepamuviri vakapfeka ring? Ingakuvadza mwana wavo here?

Vaongorori havasati vaziva kuti dapivirine ingave nezvainoita kumwana wemudzimai kana akashandisa ring akazvitakura. Nokuda kwaizvozvi, madzimai anokumbirwa kushandisa nzira dzokuronga mhuri nguva yavanenge vachishandisa ring, uye kumira kushandisa ring kana vazvitakura.Tsvakurudzo dzirikurongwa kuona kana zvisina njodzi kushandisa ring kana munhu akazvitakura.



Pane chinhu chisingafanire kuitwa nemadzimai pavanenge vachishandisa ring here?

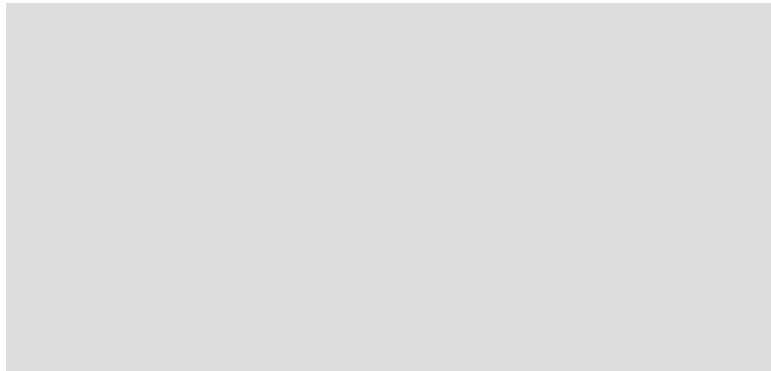
Kunyangwe muchishandisa ring kana kusashandisa, tsika dzineutano dzemunzira yesikarudzi yemudzimai dzinokurudzirwa nevashandi vekiriniki.

Madzimai havafanire kushandisa zvekugezisa mukati menzira yesikarudzi yemudzimai, sipo, kana zvimwe zvigadzirwa kugeza mukati menzira

yesikarudzi yemudzimai. Madzimai havafaniri kushandisa mishonga yechivanhu kana zvimwe zvigadzirwa kuomesa kana kudzora nzira yesikarudzi yemudzimai. Idzi tsika dzinokuvadza uye dzinogona kuwedzera mukana wehutachiwana munzira yesikarudzi yemudzimai.

Pamunenge murikushandisa ring, kushandisa hwidibiro (diaphragms), komichi yeropa rekutevera uye zvivharo zveumromo wechibereko hazvikurudzirwi zvakare, uye kushandisa nzira dzokuronga mhuri dzema ring emunzira yesikarudzi yemudzimai hakubvumidzwe. Madzimai anogona kushandisa matampon, makondomu evarume uye emadzimai, zvinouraya mbeu dzababa, zvizorwa zvinotsvedzerera, rupu (loop) uye mimwe mishonga yemunzira yesikarudzi yemudzimai kana zvigadzirwa zvakanyorwa nachiremba.

Kana muine mibvunzo kana muchida umboo hwakapamhidzirwa, tapota shanyai kukiriniki yetsvakurudzo:



HOPE

Out of ASPIRE, there is HOPE

Mibvunzo inowanzo bvunzwa pamusoro peDapivirine Ring Yemunzira Yesikarudzi Yemudzimai



Andrew Loxely