

MAPFEKERWO ERING MUKATI MESIKARUDZI YEMUDZIMAI

1



Gezai maoko enyu nesipo uye aomesei nejira rakachena.



2



Sarudzai mamiriro amunonzwa makanyatsosununguka pakupfeka ring.



3



Batai uye mutsimbidzire mativi ering pamwechete. Munogona kuwana zvirinyore kupfeka ring kana mukaimonyorora kuti ive nemufananidzo we nhamba 8.



4



Shandisai rumwe ruoko rwenyu kubata nyama dzeganda dzakatenderedza mukati mesikarudzi yomudzimai yenyu.



5



Isai kwekupedzisira kwerimwe divi rering pamuromo wesikarudzi yomudzimai uye moshandisa chigumwe kusaidzira ring yakapetwa zvinyoro nyoro munzira yesikarudzi yomudzimai yenyu.



6



Isaidzirei kumusoro yakanangana nezasi kwemusana kusvika pamunokwanisa kusvika. Kana muchinzwa kusagadzikana nering, zvingangoita kuti haina kupfekwa kusvika kumberi mberi kwemukati mesikarudzi yemudzimai. Shandisai chigumwe chenyu kusaidzira ring kumberi kusvikira pamunokwanisa kusvika mukati mesikarudzi yemudzimai yenyu.



7



Ikozvino ring inofanira kunge yave kumusoro mukati mesikarudzi yemudzimai yenyu. Gezai maoko enyu kana mapedza. Kana maita dambudziko, batai vepakiriniki kana kuuya kuti muwane rubatsiro.

HUMBOWO HWAKAKOSHA

Regai ring yakapfekerwa, zuva rose, zuva rega rega:

Ring inofanirwa kugara yakapfekwa nguva dzose kusanganisira pakutevera, pakugeza, uye pakusangana pabonde.



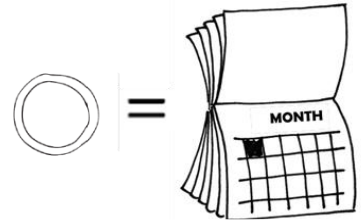
Kana ring ikadonha kana kuburitswa:



Pamwe pakachena: Edzai kupfeka zvakare ring munguva pfupi pfupi. Dzumburudzai ring mumvura yakachena uye mutevedzere mapfekerwo ari kune rimwe divi.

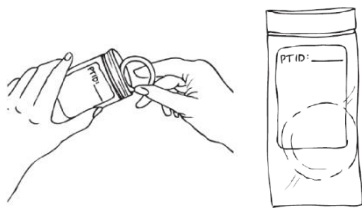
Pamwe pakasviba (pakafanana nechimbuzi kana pasi): MUSApfeka zvakare ring. Asi iisei mubegi ramakapiwa uye batai vepakiriniki munguva pfupi pfupi.

Kutsiva: Mushure memasvondo angangoita mana (4 weeks) ring inofanira kubviswa uye yotsiviwa neitsva.



Regerai: Madzimai anofanirwa kuregera kushandisa mvura kugeza mukati menhengo yesikarudzi yemudzimai (douches), sipo, zvimwe zvigadzirwa zvinoshandiswa pakuchenesa (detergents) uye mishonga yechivanhu (herbs) mukati mesikarudzi yemudzimai nguva dzose. Kana ring ichishandiswa, kushandiswa kwezvimwe zvigadzirwa zvemukati mesikarudzi yemudzimai hakukurudzirwi zvakare. Zvimwe zvigadzirwa zvemukati mesikarudzi yemudzimai zvakaita semacondomu, zvinotsvedzerera (lubricants), nematampon zvinoita kushandisa. Taurai nevashandi vetsvakurudzo musati mashandisa chero zvigadzirwa zvemukati mesikarudzi yemudzimai.

Musagoverana: Musagoverana ring yenyu nemamwe madzimai.



Kuchengeta: Maring akashandiswa neakasviba anofanirwa kuchengetwa akavharirwa mubag jena ramakapihwa nguva dzose. Chengetai maring asati ashanda ari maakuya ari kusvikira ave kuda kushandiswa. Musachengeta maring akashandiswa kana asina kushanda mufiriji kana pakanangana nezuva. Chengeterai kure nevana uye nemhuka dzinovaraidza (pets).

Zvekufambisa: Uyai nemaring akashanda ose neasina kushanda kukiriniki nguva dzose. Pakufamba, chengetai maring enyu pamuri kudzivirira kurasika.



Mibvunzo kana zvinetswa: Vashandi vetsvakurudzo varipano kukubatsirai nokukutsigirai. Tapota tibatei pakati pekushanya kana muine chero mibvunzo kana zvinetswa.