



# **Sarudzo dzemukudzivirira HIV**

**Nzira yekupanga mazano yakanangana neari  
mutsvakurudzo**

# Kushanya kwekupinda mutsvakurudzo





Títambíre...

...uye mazvíta!

# Kupangamazano kwekushandisa ring sezvakatarwa muHOPE

**SARUDZO:** Kukubatsirai kusarudza nzira  
yakanakisisa yekudzvirira HIV kwamuri

**HURUKURO YAKASUNUGUKA:**  
Pamusoro pesarudzo dzenechekuita  
nekushandisa Ring kana dzimwewo nzira  
dzekudzvirira HIV

# Kukubatsirai kusarudza


Haasi mudzimai wese anoda kushandisa Ring

Muhurukuro dzedu, ticha...

Kurukura nezvering kana dzimwewo nzira dzekudzivirira HIV dzamunosarudza

Kubatsirai kusarudza urongwa hwenyu hwakanakisisa hwekudzivirira HIV mamuri

Kubatsirai kugadzirisa urongwa hwenyu



**Kugoverana  
uwandu  
hwemushon  
ga muRing**

# Hurukuro yakasununguka

## NDICHA

- Terera zvamunenge masangana nazvo muchishandisa ring kana dzimwe nzira dzekudzivirira HIV
- Kubatsirai kukurira zvimhingamupini pakudzivirira HIV
- Kubatsirai kuramba musina HIV



## HANDIZOKU


- Kukutongai
- Manikidzai kushandisa ring

# Imwe tsvakurudzo yeRing

Nditaurirei pamusoro pesarudzo yenyu yekupinda mutsvakurudzo ino...

Ndeipi mimwe mibairo yaivepo mukupinda muASPIRE?

Ndeipi ingave imwe mibairo yekupinda muHOPE?



Chii chamakanzwa pamusoro  
pezvakabuda muASPIRE?



# Zvakakosha zvakabuda muASPIRE

- ✓ Ring inokwanisa kuderedza zvakanyanya mukana wemudzimai kukubatira HIV
- ✓ Kuchengetedzeka kwakakwirira kana Ring ichishandiswa nguva dzose
- ✓ Ring haichengetedzi kana isingashandiswe
- ✓ Ring haina njodzi zvachose kuishandisa

# Ring?

'Hongu, ndinoda kushandisa Ring"

"Kwete, handide kushandisa Ring"

"Pamwe, handisati ndave  
nechokwadi"



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Nditaurirei pamusoro pesarudzo yenyu

# Zvamakasangana nazvo neRing

Chii chakakubatsirai kushandisa Ring muASPIRE?

Imhingamipini dzipi dzamakakurira?

Ndeupi urongwa hwamunahwo hwekushandisa Ring

mutsvakurudzo ino?

# Zvamunoshushikana nazvo pamusoro peRing

Handifarire  
kuichengeta  
irimo nguva  
dzose

Haiite kuti  
ndigadzikane

Yakasviba

Haina  
kunaka  
kuutano  
hwangu

....

Vamwe  
vanondiudza  
kuti  
ndisaishandisa

Inogona  
kudonha  
panze



Mumwe  
wangu  
haazoidi

Inoita kuti  
ndinzwe  
kurwara

# Dzimwe nzira dzekudzivirira HIV

Shandisa ring  
nguva dzose

Shandisa  
macondom  
nguva dzose

Kurudzira umwe  
wako kuti  
achecheudzwe

Shandisai mishonga  
yekudzivirira  
inonwiwa (oral PrEP)



Deredza uwandu  
hwevaunosangana  
navo pabonde

Kana umwe wenyu  
ane HIV, kurudzirai  
kushandisa maARV  
sezvakatarwa

Kurudzira umwe  
wako  
kuongororwa HIV

Rapwa zvirwere  
zvepabonde

Ita zvepabonde zvine  
njodzi yakaderera

# Urongwa hwenyu pakudzivirira HIV

Ndeupi urongwa hwekushandisa mhandu  
dzekudzivirira HIV dzamasarudza?

Chii chamungaite kuti muve nechokwadi  
nekubudirira kwenyu pakushandisa nzira idzi?

# Matambudziko pakudzivirira HIV

.....

Zvakaoma  
kutura  
neumwe  
wangu

Handigare  
ndine  
makondomu  
nguva dzose

Zvakangon  
dikurirawo  
ipapo

Ndinokanganwa  
kushandisa  
makondomu

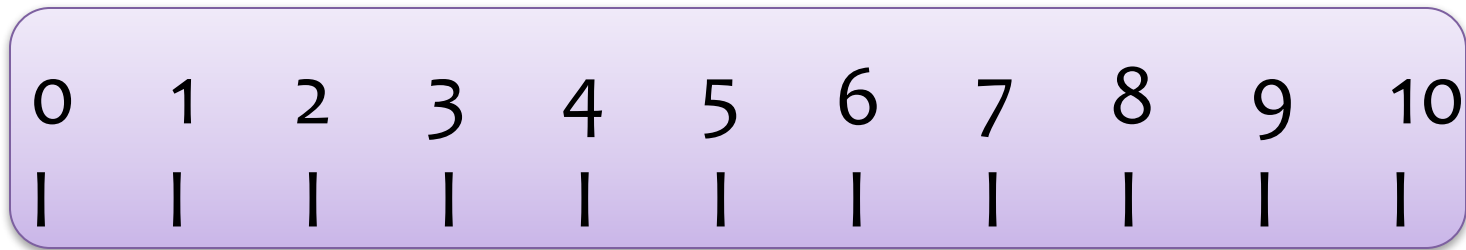
Umwe  
wangu  
haadi

Ndainwa uye  
ndaisafunga



# Chipimo chekukosha

Pachipimo chekubva pana 0 kusvika ku10 apo 0 achireva kusakosha zvachose uye 10 kukosha zvakanyanyisisa, zvakakosha sei kwamuri kushandisa nzira dzamasarudza dzekudzivirira kubata HIV?



Zvazvina kukosha  
zvachose

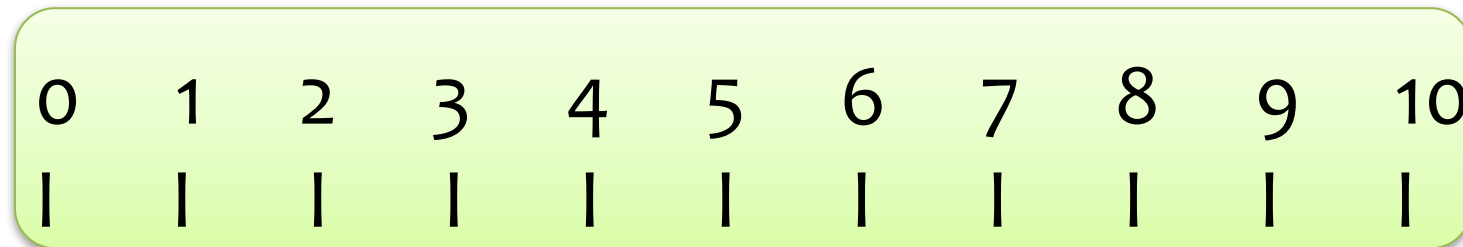
Zvakanyanyisa  
kukosha

Ndezvipi zvimwe zvikonzero nei masarudza nhamba iyoyo uye kwete 0 kana 1?



# Chipimo chekuva nechokwadi

Pachipimo chekubva pana 0 kusvika ku10 apo 0 achireva kusava nechokwadi zvachose uye 10 kuva nechokwadi zvakanyanyisisa, mune chokwadi sei kuti muchakwanisa kushandisa nguva dzose nzira kudzivirira kubata HIV dzamasarudza?



Handina chokwadi  
zvachose

Ndine chokwadi  
chakanyasisa

Chii chinoita kuti kuva nechokwadi kwenyu kuve nhamba iyoyo uye kwete 0 kana 1?

Chii chingabatsira kuti ikwire pamusoro?

Mungaite kuti zvikwanisike sei?



Chii chimwe chamungade kutaura  
pamusoro pezvacho nhasi...

...pamusoro peRíng?

...pamusoro pedzimwe nzira dzokudzivirira  
utachiona hweHIV dzawasarudza?

# Kushanya kunotevera

Tinosangana rini zvakare?

Tichaitei?

Rangarirai:

Kudzoka neRing yenyu

Ndichakupai zvinenge zvakabuda muongororo  
yeuwandu hwemushonga unenge wawanikwa  
muring kubva pamwedzi wechitatu

# Kushanya kunozotevera

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Months 1, 2, 3, 6, 9



Títambíre... ..uye mazvíta!

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Hurukuro yedu yanhasí

# Zvisineyi kuronga kwatinenge takaita dzimwe nguva zvatinenge takaronga panzira dzokudzivirira HIV zvinogona kuramba

## Ndakabudirira



- Wakaíta zvakanaka, wakabudirira muhurongwa hwako!
- Kana uchida, tinogona kukurukura kuti unogona kuenderera mberi sei

## Handina kubudirira



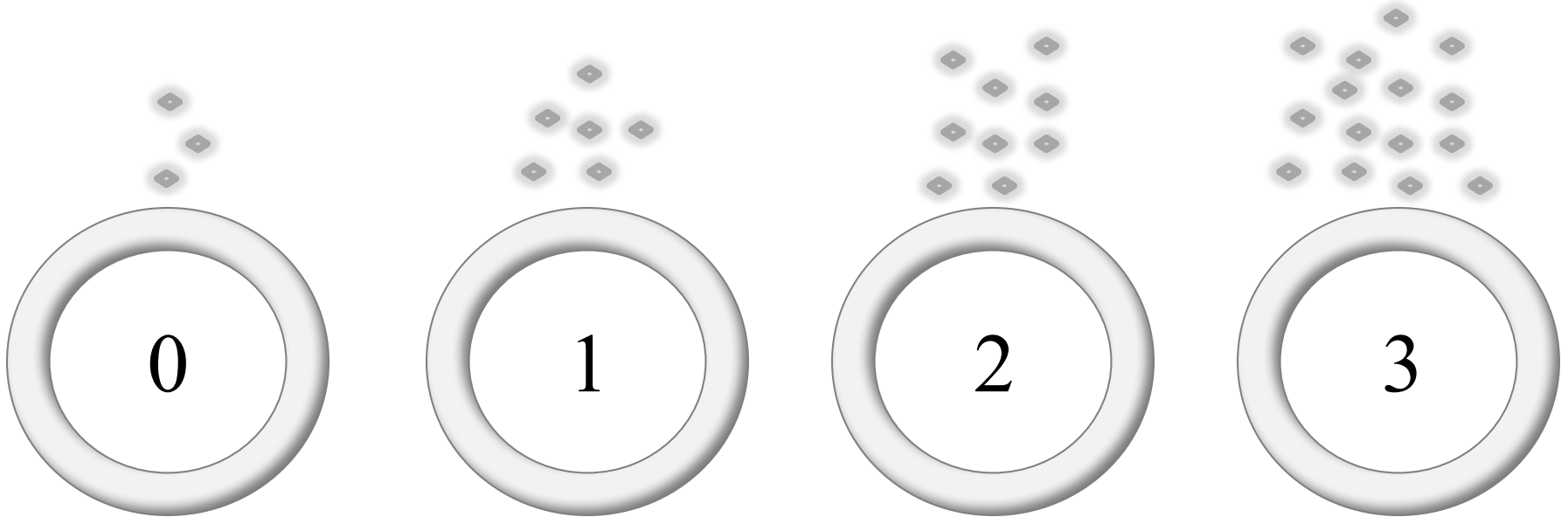
- Hazvina mhosva; Handisi pano kukutongesai
- Kana uchida, tinogona kushanda pamwe kuitira kuti zvigofamba zvakanaka

# Uwandu hwemushonga muRing

Ring yakashandiswa  
zvakaderera



Ring yakashandiswa  
zvakakwirira



Kuderera kana  
kushaya kuchengetedzwa



Kuchengetedzeka  
kwakakwirira

# Rangarirai...

Zvinobuda paongororo yemushonga unenge wasara muring zvinogona kusavimbika kusvika pa100%

Tinogoverana nemi pane zvinenge zvabuda paongororo kuti...

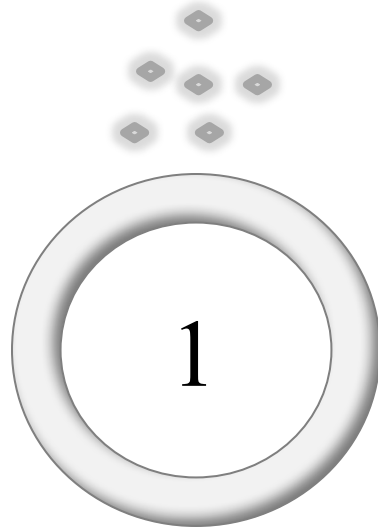
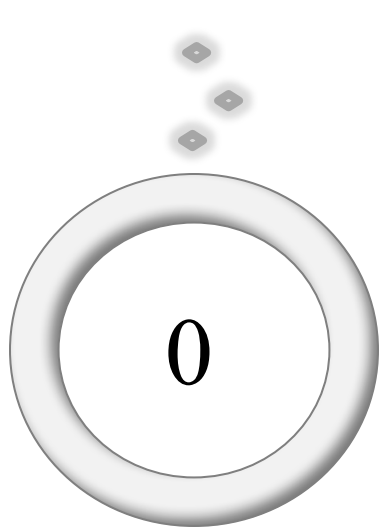
- Mugoziwa chiero chekudzivirwa kwamunenge makaitwa kubva kuring
- Kutí mugogona kusarudza kutí munoda kushandisa ring zvakasiyana nezvamanga muchiita kutí chiero chekudzivirirwa kwenyu chikwirire

Zvirí kwauri kutí unozosarudza kuítei nezvaunenge waudzwa.

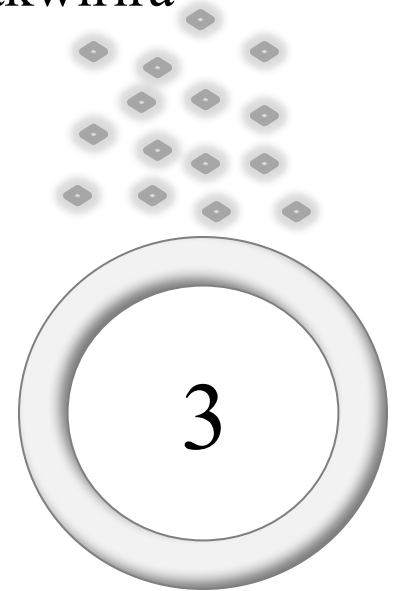
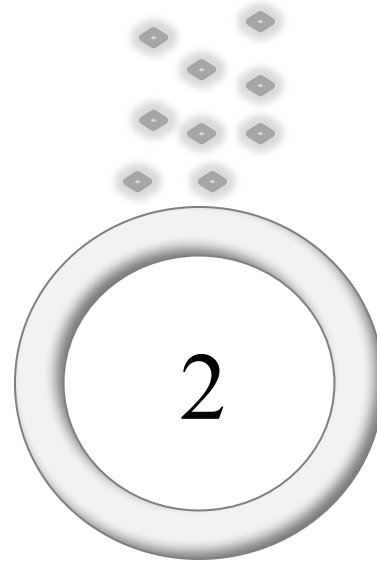


# Kukwirira kana kudzikira kwekuchengetedzwa kwako

Kuderera kana  
kushaya kuchengetedzwa



Kuchengetedzeka  
kwakakwirira



Chii chamunofunga pamusoro peizvi?  
Chii chingave chakakonzera zvakubuda muongororo?  
Izvi zvingarevei pamusoro peurongwa hwenyu hwekudzivirira HIV?

# Ndedzipi dzimwe nzira dzekudzivirira HIV dzawakasarudza patakapedzisira kusangana?

Shandisa ring  
nguva dzose

Shandisa  
macondom  
nguva dzose

Kurudzira umwe  
wako kuti  
achecheudzwe

Shandisai mishonga  
yekudzivirira  
inonwiwa (oral PrEP)



Deredza uwandu  
hwevaunosangana  
navo pabonde

Kana umwe wenyu  
ane HIV, kurudzirai  
kushandisa maARV  
nemazvo

Kurudzira umwe  
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Rapwa zvirwere  
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Ita zvepabonde zvine  
njodzi yakadereraurs

# Kuteverera

Zvinhu zvakafamba sei neurongwa  
hwekudzivirira HIV?

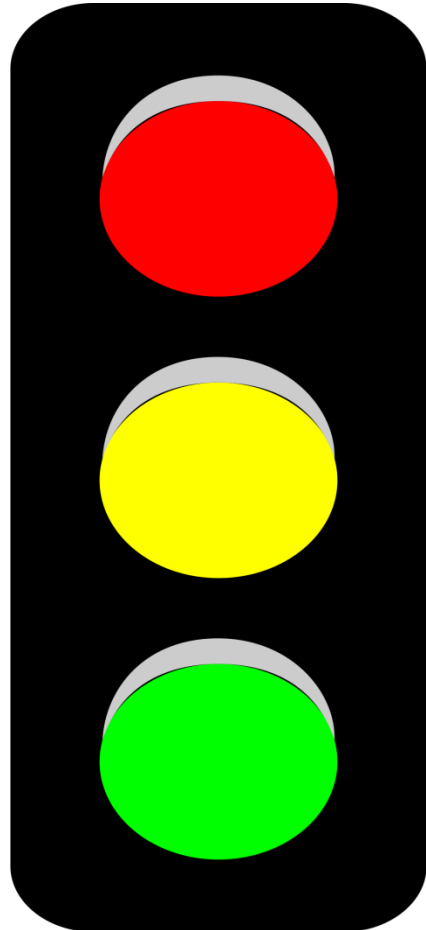
Chii chakashanda?

Chii chisina?

Zvipingaidzo zvipi zvamakasangana nazvo

Makazvikurira sei?

# Zvamunonzwa pamusoro peurongwa hwekudzivirira

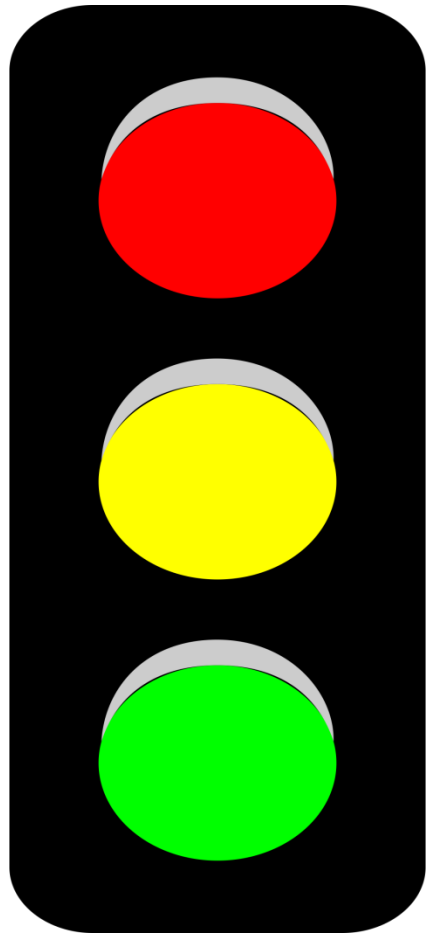


Urongwa hwangu hauna kushanda,  
Ndinofanira kuita zvimwe  
zvakanzatsosiyana kuti ndisabate HIV

Urongwa hwangu hwakaitavo zvisihoma.  
Ndinofanira kuchinja zvimwe zvinhu kuti  
ndikwanise kuzvichengeta zvirí nani  
kubva kuHIV.

Urongwa hwangu hwakafamba  
zvakanaka chaizvo. Ndinogofanira  
kuramba ndichiita zvandiri kuita kuti  
ndizvichengete kubva kuHIV.

# Kukurira zvimhingamupini



Ndedzipi dzimwe nzira dzekudzivirira HIV dzinogona kukushandirai zvirinani?

Chii chaungaite kuti nzira iyoyi ikufambire zvakanaka?

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Zvimhingamupini zvipi zvaunofanira kukurira kuti ubudirire?

Pane zvawanga uchiita mwedzi wopera chii chaungachinje kuti ubudirire?

Chii chatingaite munguva yatiri tese kuda kuti ubudirire?

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Chii chakakubatsira kuti nzira yako yekudzivirira HIV ibudirire?

Chii chaungaite kuti hurongwa hwako hwekudzivirira HIV hurambe huchibudirira?

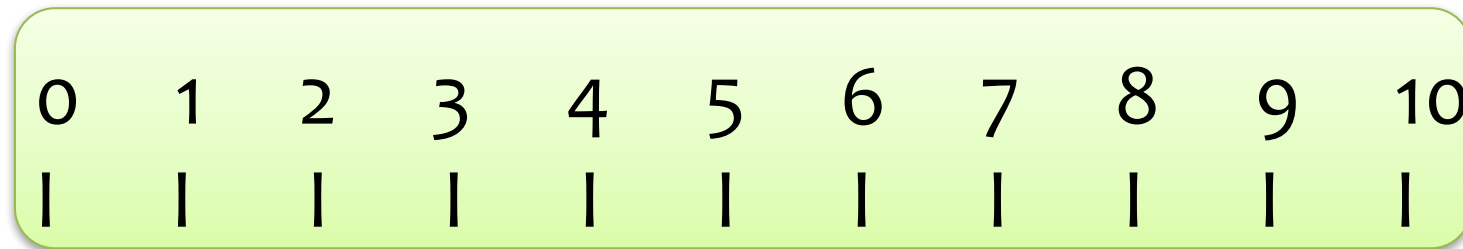
# Urongwa hwemavhiki ari pamberi

Pane here chero chimwe chinhu chiri kuitika  
mumavhiki mashoma anotevera chinogona  
kukanganisa urongwa hwenyu hwekudzivirira  
HIV?



# Chipimo chekuva nechokwadi

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Handina chokwadi  
zvachose

Ndine chokwadi  
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utachiona hweHIV dzawasarudza?



# Kushanya kunotevera

Tinosangana rini zvakare?

Tichaitei?

Rangarirai:

Kudzoka nering yenyu

Ndichakupai zvinenge zvakabuda muongororo  
yeuwandu hwemushonga unenge wawanikwa  
muring kubva pamwedzi wechitatu

# Kupera kwekushanya

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Month 12



Títambíre... ..uye mazvíta!

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Hurukuro yedu yanhasí

# Zvisineyi kuronga kwatinenge takaita dzimwe nguva zvatinenge takaronga panzira dzokudzivirira HIV zvinogona kuramba

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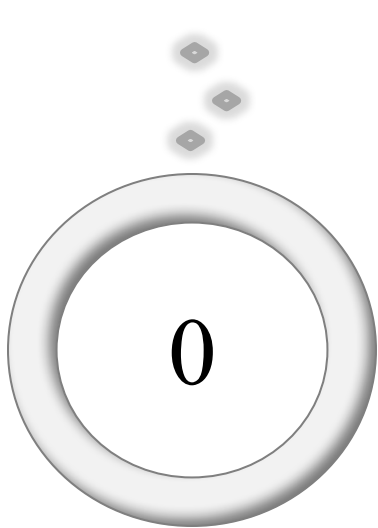
## Handina kubudirira



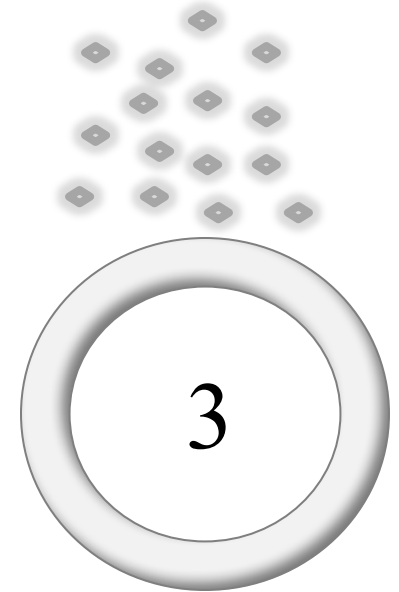
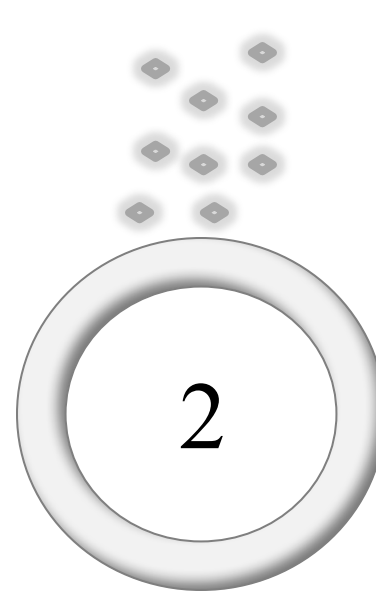
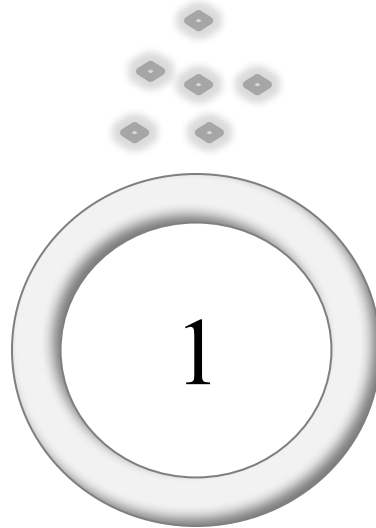
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# Uwandu hwemushonga muRing

Ring yakashandiswa  
zvakanzerera



Ring yakashandiswa  
zvakanwirira



Kuderera kana  
kushaya kuchengetedzwa



Kuchengetedzeka  
kwakanwirira

# Rangarirai...

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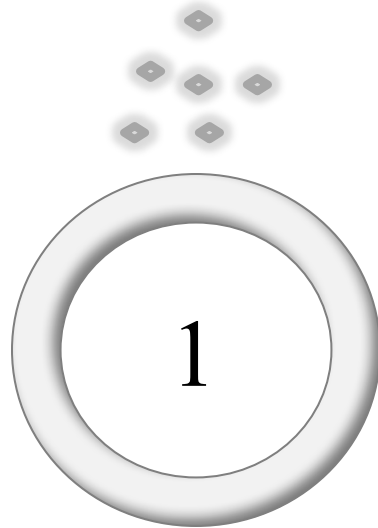
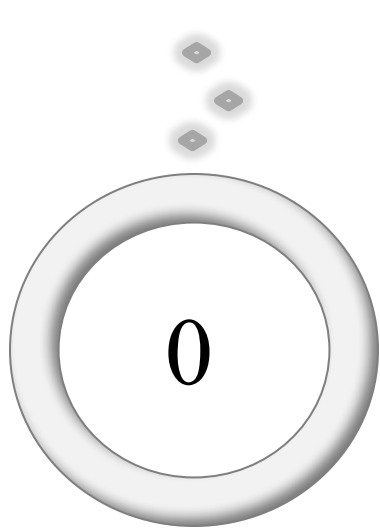
Tinogoverana nemí pane zvinenge zvabuda paongororo kuti...

- Mugoziwa chiero chekudzivirwa kwamunenge makaitwa kubva kuring

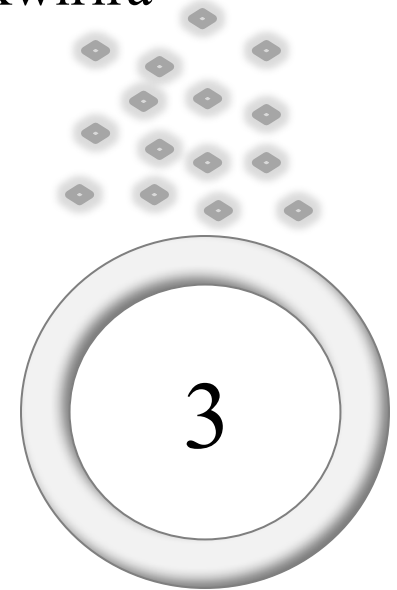
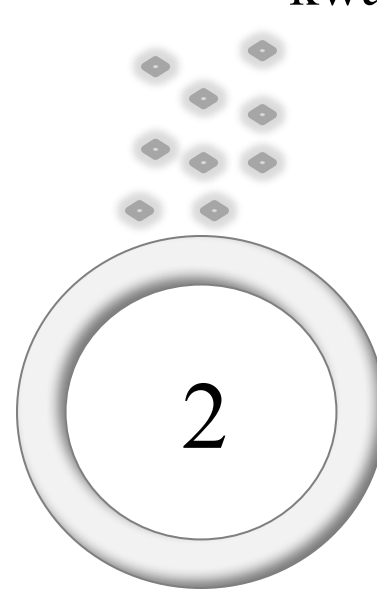
Zvirí kwauri kuti unozosarudza kuítei nezvaunenge waudzwa.

# Kukwirira kana kudzikira kwekuchengetedzwa kwako

Kuderera kana  
kushaya kuchengetedzwa



Kuchengetedzeka  
kwakakwirira



Chii chamunofunga pamusoro peizvi?  
Chii chingave chakakonzera zvakubuda muongororo?

# Ndedzipi dzimwe nzira dzekudzivirira HIV dzawakasarudza patakapedzisira kusangana?

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nguva dzose

Shandisa  
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# Kuteverera

Zvinhu zvakafamba sei neurongwa hwenyu  
hwekudzivirira HIV?

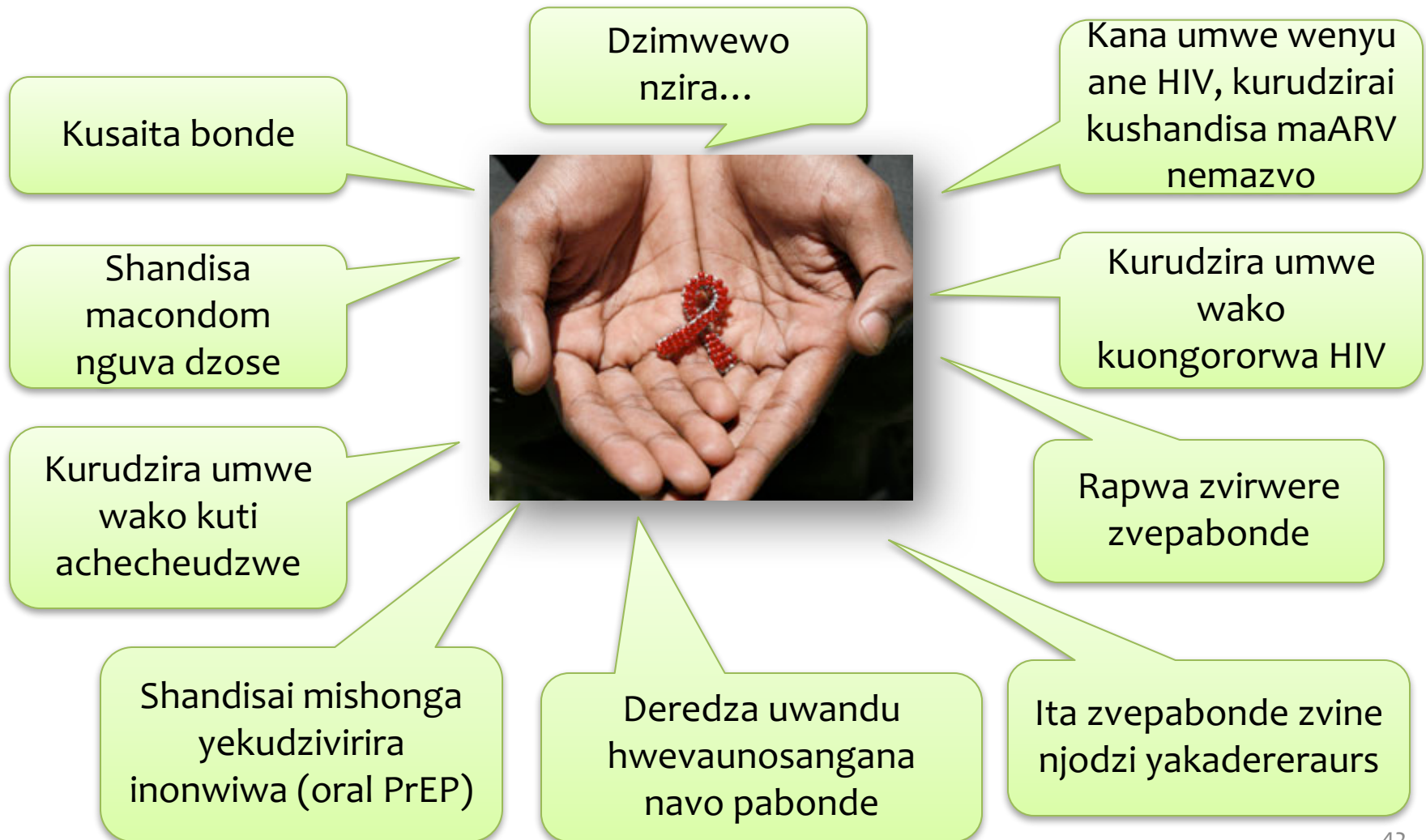
Chii chakashanda?

Chii chisina?

Kufungai zvekumashure...

Inzira dzipi dzekudzivira HIV dzakashanda  
zvakanakisisa kwamuri paiva  
mutsvakurudzo?

# Ndedzipi dzimwe nzira dzokudzivirira HIV dzaunoda kusarudza kubva iko zvino uchienda mberi?



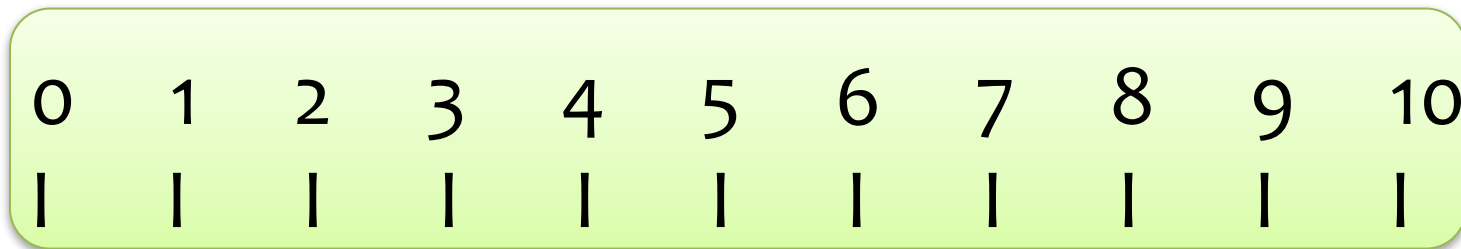
# Urongwa hwekudzivirira hwenguva nguva iri mberi

Ndehupi hurongwa hwauinawo hwekushandisa nzira dzawasarudza?

- Chii chaungaiite kuti ubudirire?
- Zvimhingamupinyi zvipi zvaunofunga kuti ungasangane nazvo uye ungazvikunda sei?

# Chipimo chekuva nechokwadi

Pachipimo chekubva pana 0 kusvika ku10 apo 0 achireva kusava nechokwadi zvachose uye 10 kuva nechokwadi zvakanyanyisisa, mune chokwadi sei kuti muchakwanisa kushandisa nguva dzose nzira kudzivirira kubata HIV dzamasarudza



Handina chokwadi  
zvachose

Ndine chokwadi  
chakanyasisa

Chii chinoita kuti kuva nechokwadi kwenyu kuve nhamba iyoyo uye kwete 0 kana 1?

Chii chingabatsira kuti ikwire pamusoro?

Mungaite kuti zvikwanisike sei?



Chii chimwe chamungade kutaura  
pamusoro pezvacho nhasi...

# Mazviita!!!!

- Nekuva umwe wevanhu vakazvipira mutsvakurudzo yeHope
- Nekusununguka kwenyu pahurukuro dzedu
- Chikamu chenyu chekubatsira kuderedza uwandu hwevakadzi vane utachiona hweHIV muAfrica



Mazvita