

**Sei kutevedzera zvatarwa kwakakosha kana ndikasarudza ring muHOPE?** Kutevedzera zvatarwa zvakananyanya kwaive kwakakosha muASPIRE kuongorora kana dapivirine ring yaikwanisa kudzivirira madzimai kubva kuHIV. MuHope, kutevedzera zvatarwa kwanyanya kwakakosha nokuti kunobata kuzvidzivirira kwenyu kubva kuHIV pachezvenyu zvakadini.

**Kana ndikashandisa ring nguva dzese, ndinowana muyero wekuzvidzivirira kwadini?** Tinoziva kuti kudzivirira kubva kuHIV kwakakwira kusvikira kwepedzisira kana ring ichishandiswa nguva dzose, uye kuti ring haidziviriri kana isina kushandiswa. Zvakakosha kuziva kuti kana uchipfeka ring nguva zhinji, asi isiri panzvimbo apo unenge uri panjodzi yekubatira HIV (somuenzaniso, unoiburitsa pakuita bonde), ungangova usina kudzivirirwa. Pakatanga vatsvakurudzi kupa maresults eASPIRE vakanga vasina kutarisa kuti kushandisa ring nemazvo sezvatarwa kungava nechekuita nemashandiro ayo. Vakazowana nguva yokunzvera mubvunzo uyu. Umbowo hutsva kubva kuASPIRE hunoratidza kuti ring ikashandiswa nguva zhinji, kudzivirira HIV kunokwanisa kuva nezvikamu makumi manomwe nezvishanu kubva muzana (75%) kana kukwira, uye kana ikashandiswa nguva dzose kudzivirirwa kunokwanisa kupfuura zvikamu makumi mapfumbamwe kubva muzana (90%). Zvichabuda kubva muHOPE zvichabatsira vatsvakurudzi kunzwisisa zvakananyanya kujeka kuti ring inodzivirira zvakadii kana ikashandiswa nguva dzose.

**Sei kushandisa nemazvo kwakakosha kutsvakurudzo yeHOPE mushure mazvose?** Kushandisa nemazvo kwakakwirira mumadzimai vanosarudza ring zvichatibvumira kunzwisisa kwakawedzerwa pamusoro pekushanda kwering kana ichishandiswa nguva dzose. Umbowo uhu hwakakosha kuitira kuziva kutangisa kuendesa ring munharaunda mune ramangwana.

**Chii chichaitika ndikaita matambudziko ekushandisa ring muHOPE?**

Vashandi vatsvakurudzo yeHOPE vanoda kuti mugadzire hurongwa hwenyu hwekudzivirira HIV hunoenderana nemararamiro enyu. Kana mukasarudza ring asi moona kuti mune matambudziko ekuishandisa, vana chipangamazano vachakubatsirai kukunda matambudziko api zvawo. Kunyangwe mukasarudza kusashandisa ring, kana kusandura pfungwa dzenyu pamusoro



pekushandisa ring, vana chipangamazano vachakubatsirai kutsigira chero hurongwa hwamasarudza pakuzvidzivirira kuHIV.

**Ko shamwari yangu kana mumwe wemumhuri achida kushandisa ring?**

Parizvino, ring inowanikwa chete kune vari mutsvakurudzo yeHOPE. Zvakakosha kuti musagoverana ring kana kungopa. Madzimai asiri mutsvakurudzo vanogona kusawana kuongororwa HIV kana pamuviri nguva dzose, kana kuonekwa zvehutano nguva dzose. Kana vakashandisa ring uye vakaita matambudziko, vanogona kusawana rubatsiro rwavanoda. Ring inogona chete kukudzivirirai kubva kuHIV kana muchiishandisa nguva dzose, zvichireva kusaipa kune vamwe.

**Ko vaive mutsvakurudzo yeASPIRE uye vaive nekushandisa nemazvo kwakaderera vanobvumidzwa here kupinda muHOPE?**

Vese vaive muASPIRE vachapihwa mukana wekupinda muHOPE. Tinotenda vese vaive muASPIRE vakatibatsira kuratidza kuti ring yakanga isina njodzi uye inobatsira kuderedza njodzi yeHIV. Tinobvuma kuti vamwe vaive mutsvakurudzo vakasangana nematambudziko mukushandisa ring kana kutosarudza kusaishandisa. MuHOPE tinoshuvira kuti vese vaive mutsvakurudzo vanokodzera 'kutanga patsva' nemukana wekuderedza njodzi yavo yeHIV napose panogoneka. Naizvozvo, tinoda kupa vose vaiva mutsvakurudzo mukana wekuwana ring uye mimwe mibairo yemutsvakurudzo.

**Ring inoshanda zvakaenzana here kumadzimai emazera ose?**

Mu ASPIRE, takadzidza kuti njodzi ye HIV haina kuderedzwa kune vaiva mutsvakurudzo vari pasi pemakore 21. Vatsvakurudzi varikuita tsvakurudzo dzakanangana nokutsinhira zvingavapo zvingangobata kushanda kwering kumadzimai echidiki. Tinoziva kuti madzimai echidiki mu ASPIRE vangange vakawana matambudziko akawanda nekushandisa ring asi panogona



kunge pane zvimwe zvikonzero zvinobata kushanda kwering zvakare. Zvakakosha kubata kuti madzimai ose vanga vari mutsvakurudzo ye ASPIRE vachange vakura kudarika makore 21 panguva yavachapinda mu HOPE. Zviri kwatiri sevashandi vetsvakurudzo, varimutsvakurudzo, uye vemunharaunda, kubatana nekutsigira madzimai echidiki munzira dzinonzwisika kuitira kuti vagone kuwana uye kushandisa nguva dzose nzira dzinoshanda dzekudzivirira HIV dzinoenderana nemararamiro ehupenyu hwavo.



## KUTEVEDZERA ZVAKATARWA UYE KUZVIDZIVIRIRA HIV MUHOPE

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

