

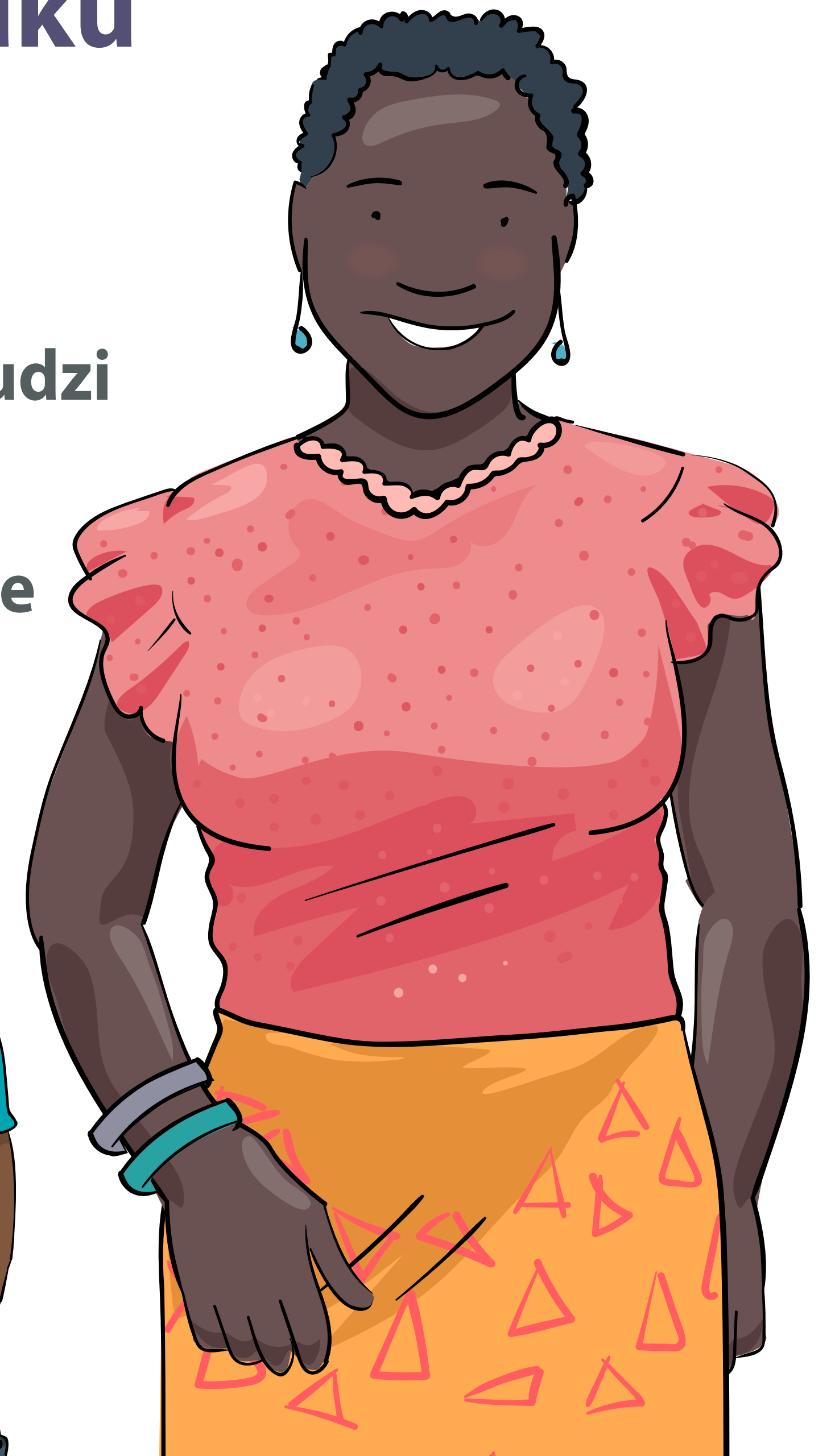


1. *Logo appears for 2 seconds.*

1.

Dzidzai nezvenzira mbiri dzinonzwisa manyuku-nyuku dzekudzivirira HIV

- Chii chinonzi Prep inonwiwa?
- Chii chinonzi ring yemunhengo yesikarudzi yemudzimai?
- Zvingashandiswa sei kudzivirira HIV uye sei zvakakosha kune madzimai?



2. Logo disappears and then title and images appear.

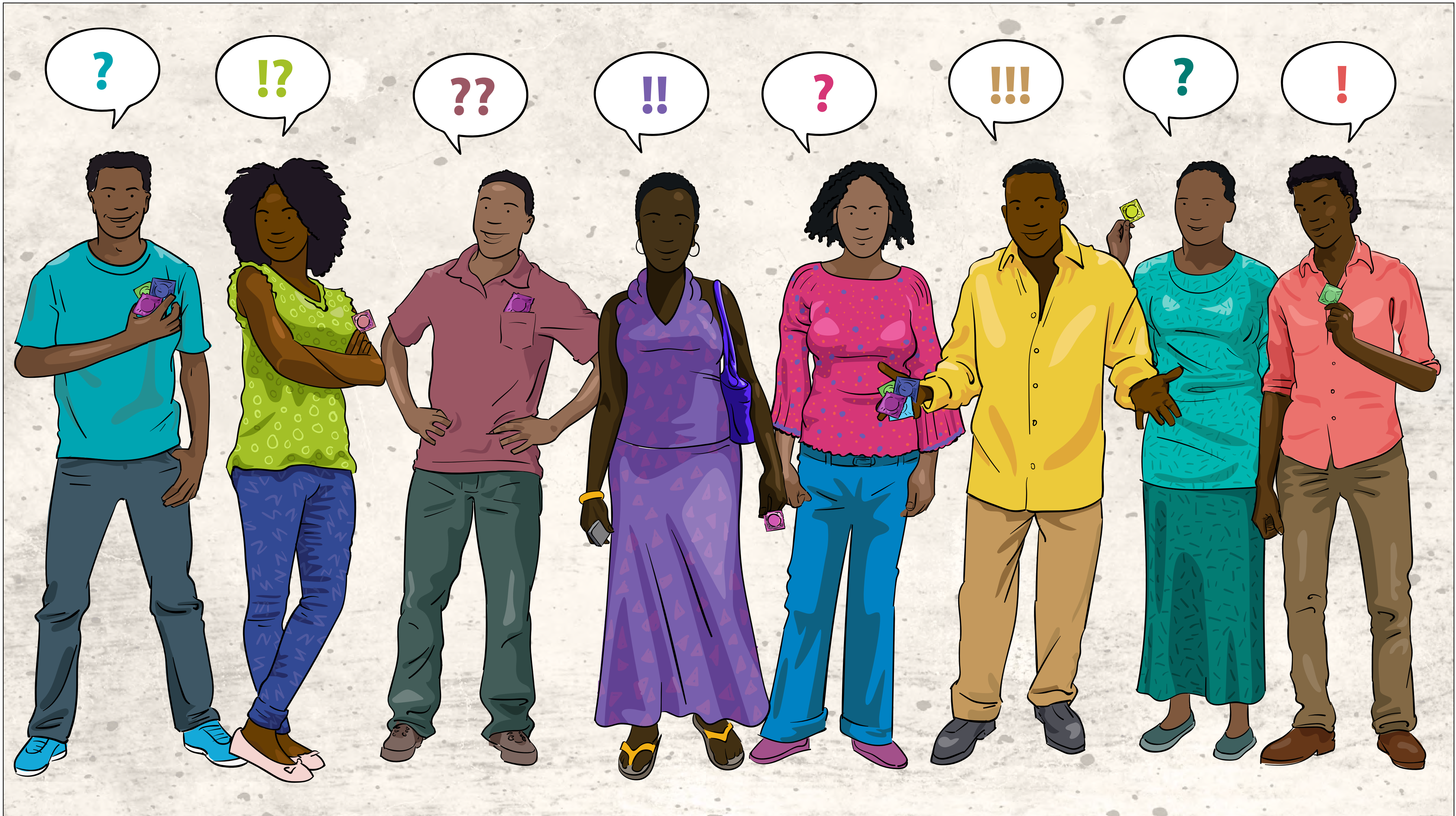
Madzimai ari pedo nekusvika churu nemazana mashanu (1500) ari pazera rekuzvara anotapurirwa HIV muAfrica zuva roga roga.



Ndiko kuti makumi matanhatu nevaviri (62) paawa yega yega.

3. (Narrator:) Nearly 1500 women of reproductive age are infected with HIV in Africa every day. That's 62 every hour. And these numbers are on the rise.

3. Madzimai ari pedo nekusvika churu nemazana mashanu (1500) ari pazera rekuzvara anotapurirwa HIV muAfrica zuva roga roga. Ndiko kuti makumi matanhatu nevaviri (62) paawa yega yega. Uye hwiwandu uhwi huri kukwira.



4. No single solution suits everyone. And not everyone is able to use condoms consistently.

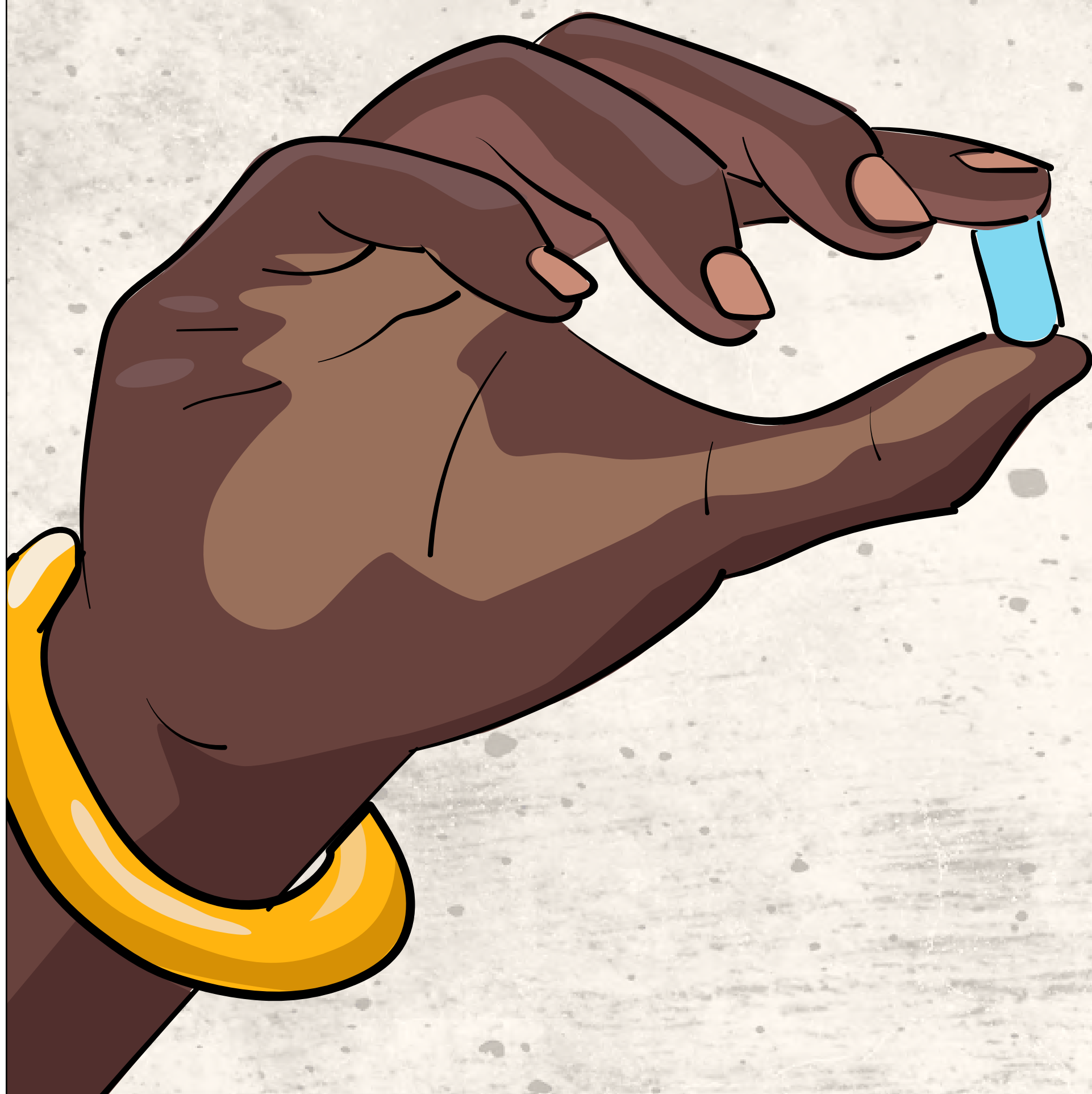
4. *Hapana mhinduro imwe chete inoita kumunhu wese. Uye havasi vose vanokwanisa kushandisa makondomu nguva dzose.*



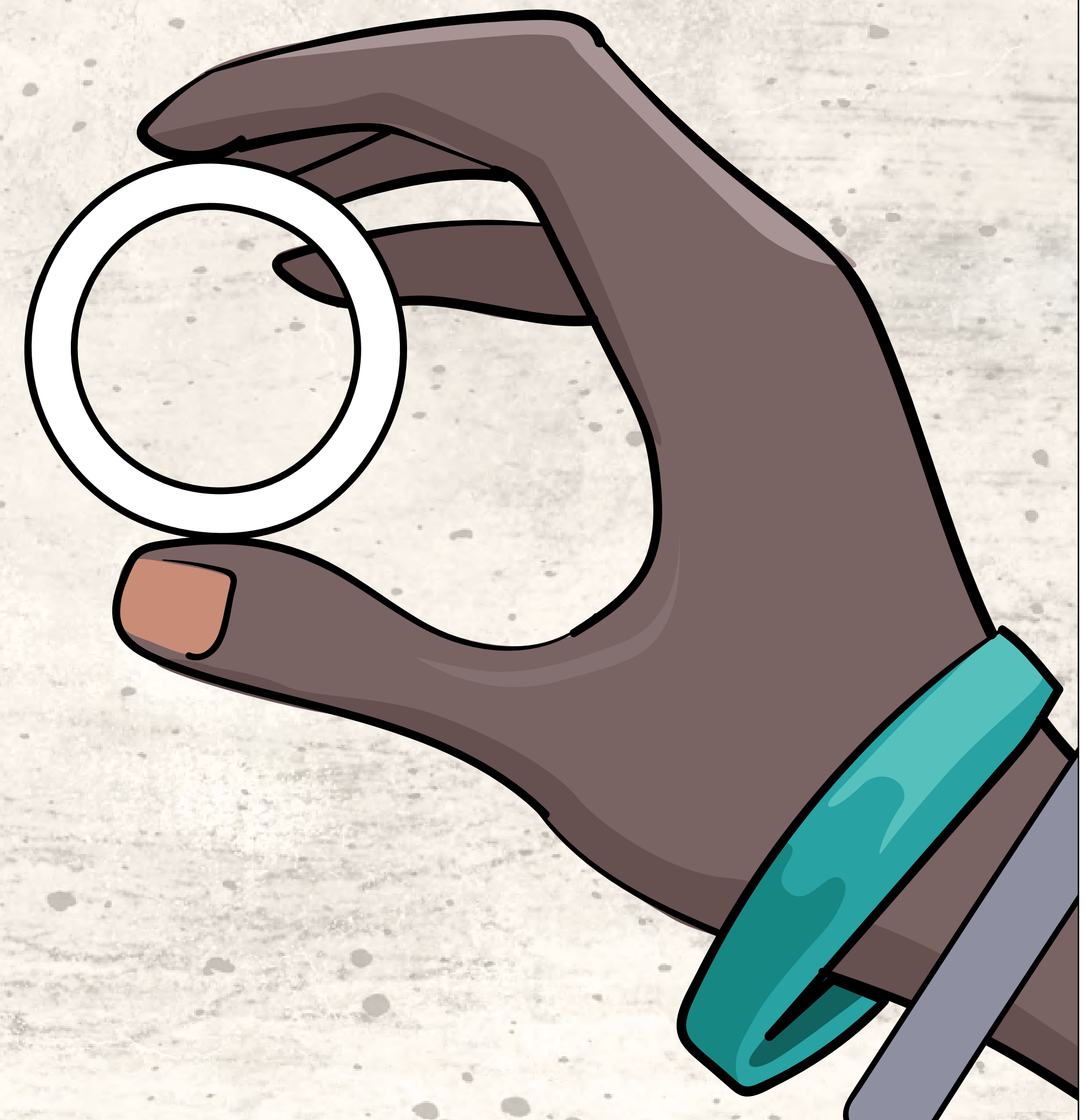
5. Additional prevention methods are required so women can choose a product they are comfortable using and feel supported by their partner and family.

5. Nzira dzokudzivirira dzinoda kuwedzerwa kuti madzimai agone kusarudza chigadzirwa chavanonzwa kusununguka nekugadzikana kushandisa uye kunzwa kutsigirwa nemumwe wavo nemhuri.

Oral PrEP



Vaginal Ring



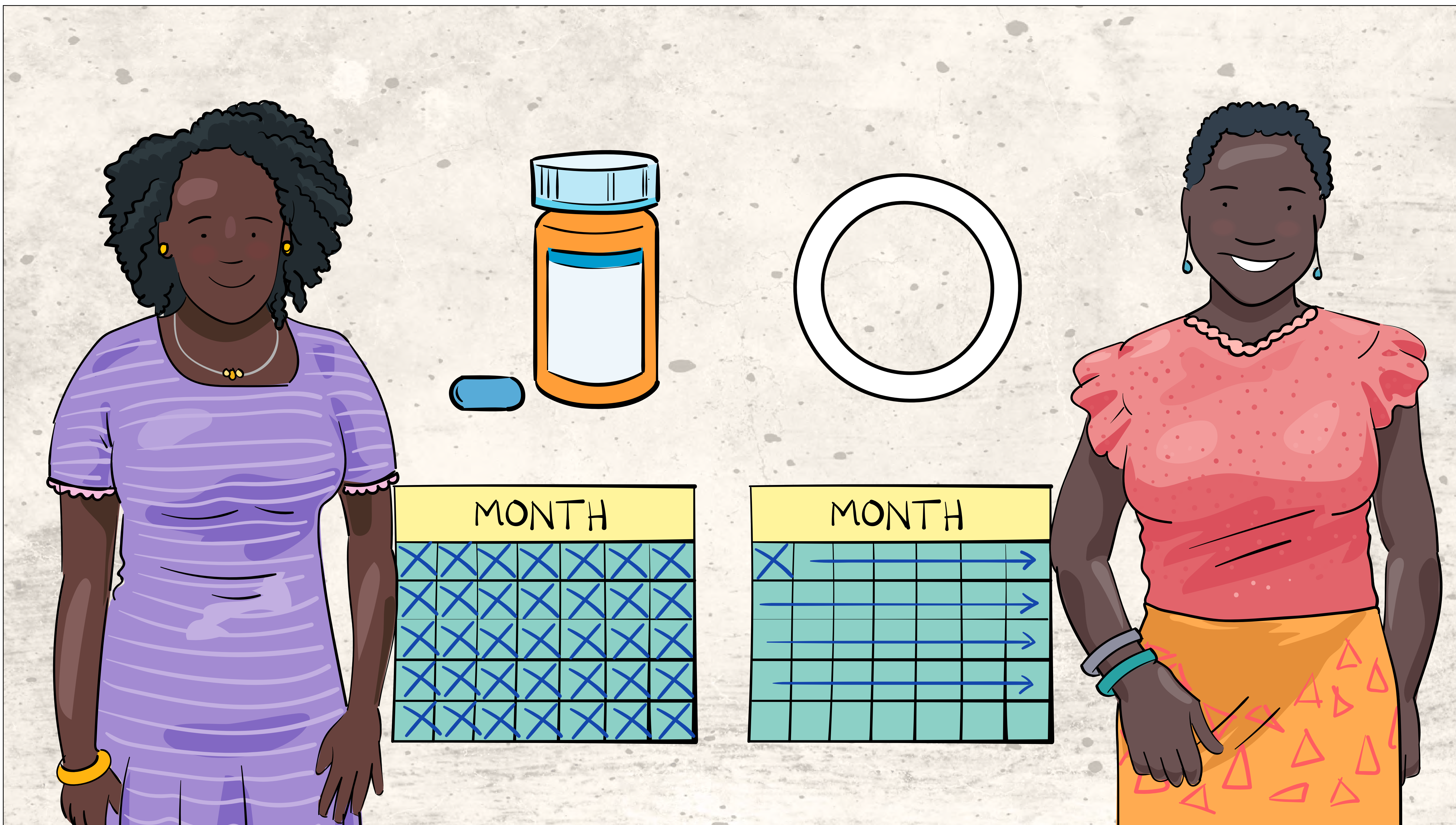
6. Two methods - a daily tablet called Oral PrEP and a monthly vaginal ring - could make a difference for many women.

6. Nzira mbiri- piritsi rinonwiwa zuva roga roga rinonzi PrEP nering yemwedzi wese yekunhengo yesikarudzi yemudzimai, - zvingaita musiyano kune madzimai akawanda.



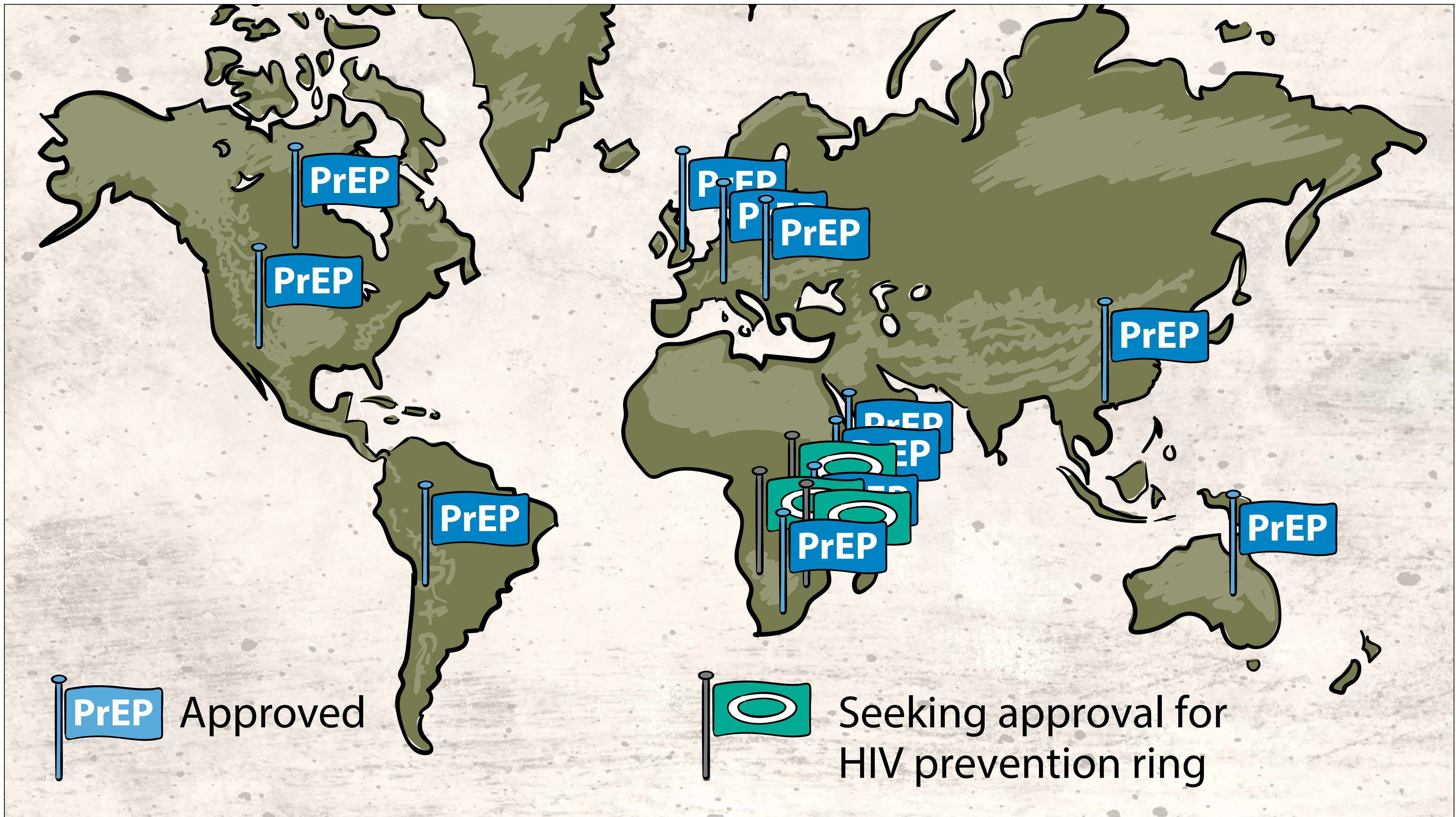
7. Large studies around the world and in Africa have shown that oral PrEP and the vaginal ring are safe and can protect against HIV.

7. Tsvakurudzo hombe pasi rose uye muAfrica dzakaratidza kuti PrEP yekunwa nering yekunhengo yesikarudzi hazvina njodzi uye zvinogona kuzivirira kubva kuHIV.



8. These methods work when the oral PrEP tablet is taken every day, or when the ring is kept in each month for the full month

8. *Kana piritsi rekunwa rePrEP richitorwa zuva roga roga kana kuti ring ichigara iri mukati kwemwedzi wakazara, mwedzi wega wega, nzira idzi dzinoshandanda.*



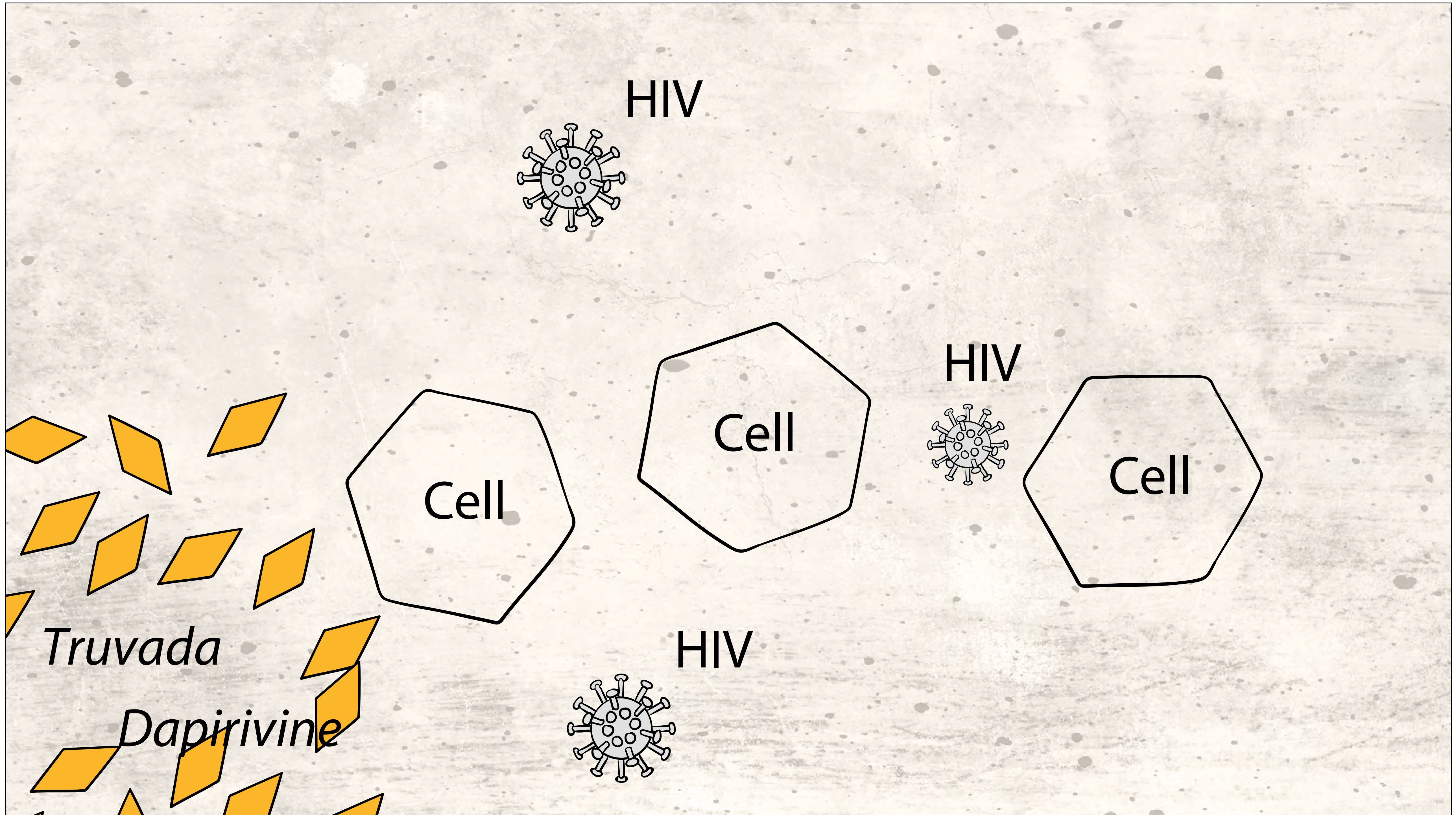
9. That's why many countries have approved oral PrEP and are beginning to make it available, and why approval is being sought for the ring.

9. Ndochikonzero nyika zhinji dzakabvumira PrEP yekunwa uye dziri kutanga kuita kuti iwanike, uye ndochikonzero mvumo iri kutsvagwa kuring.

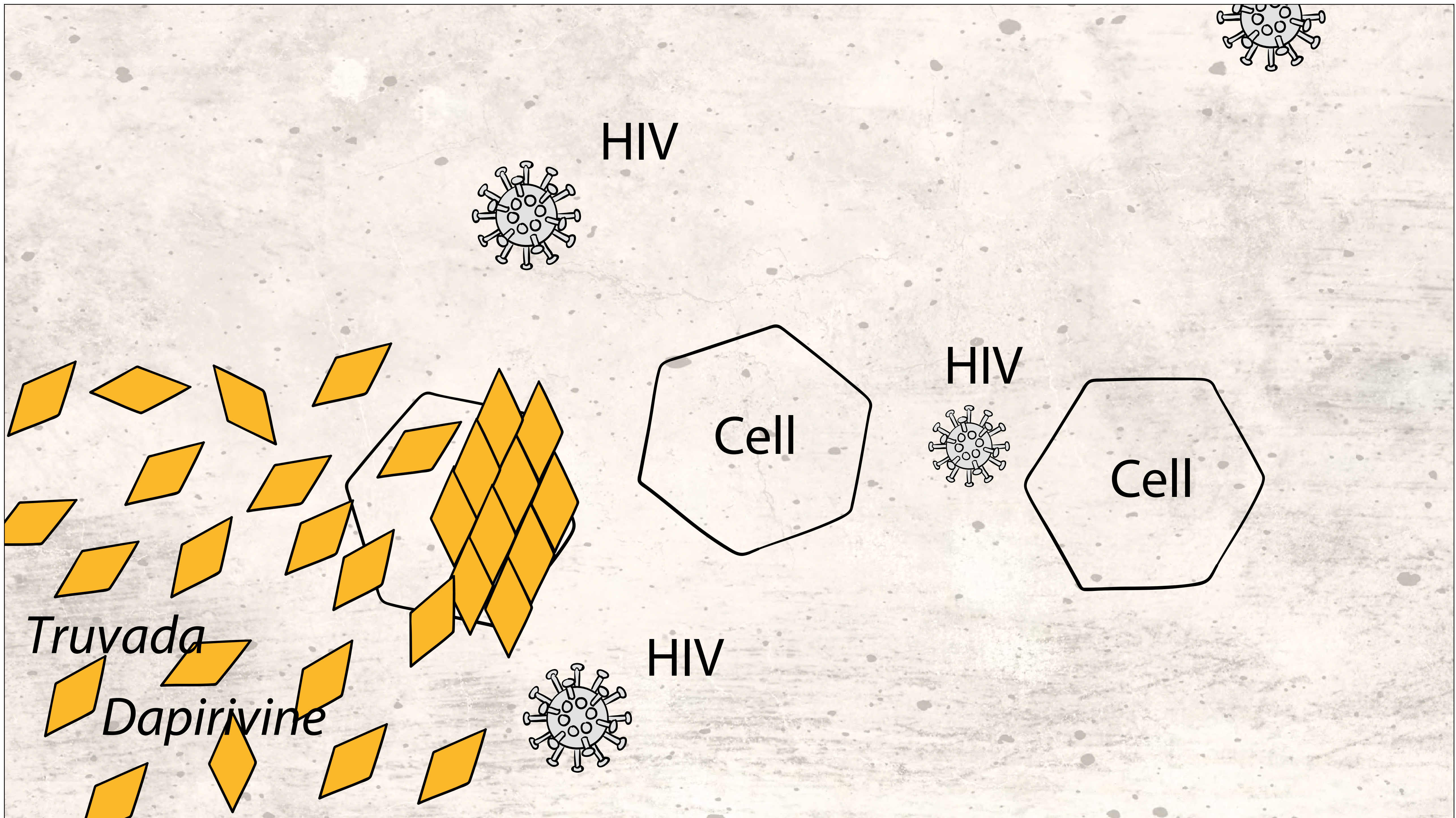


10. Both methods contain medicine that protect against HIV.

10. Nzira dziri mbiri dzine mushonga unodzivirira kubva kuHIV.

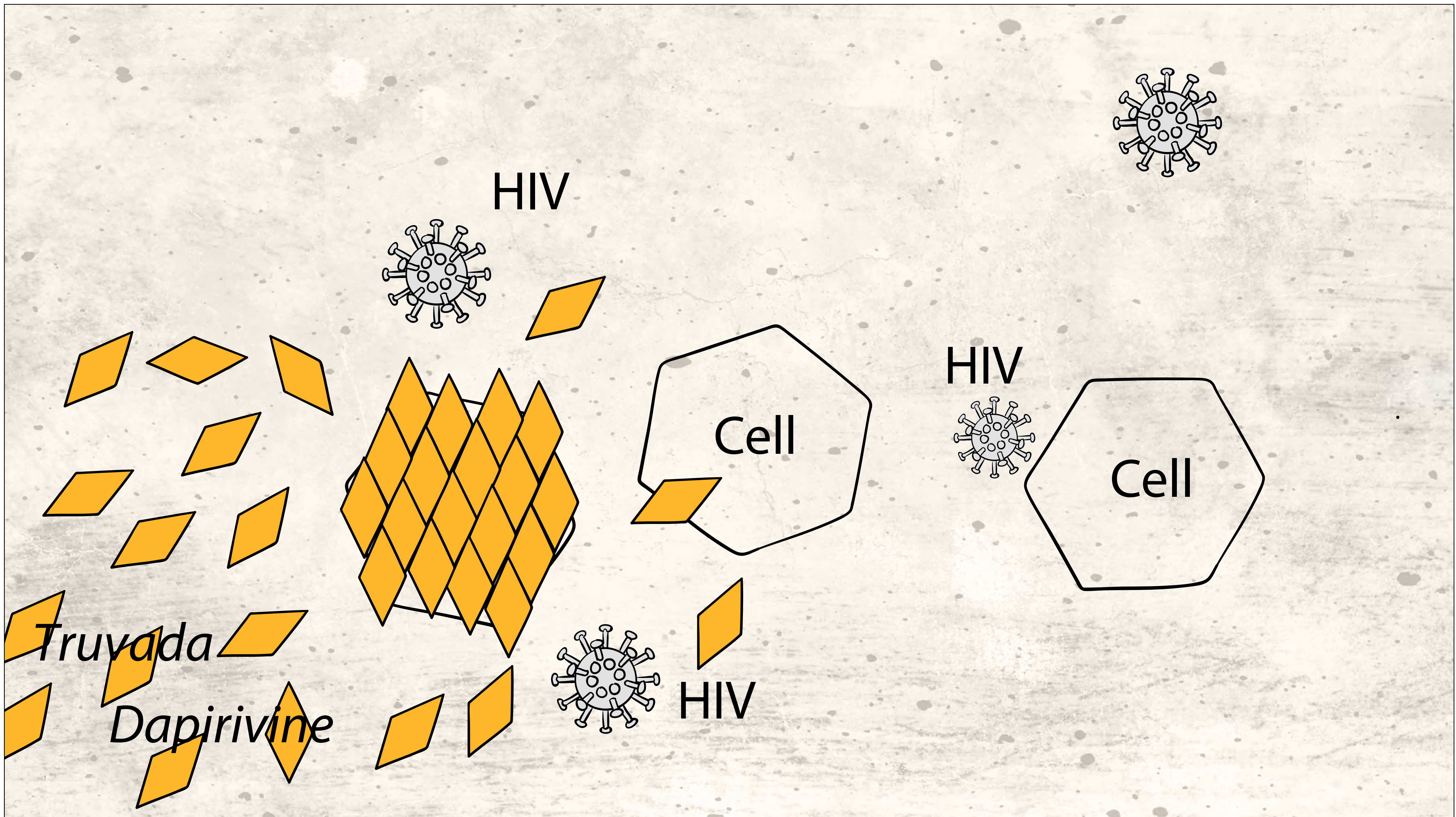


11.



12. They work in a similar way by preventing HIV from multiplying in the body. If the virus can't multiply, it can't take over the body.

12. Dzinoshanda nenzira yakafanana nekudzivirira HIV kubva mukuzviwanza mumuviri. Kana hutachiwana husingagoni kuzviwanza, hahugone kukurira muviri.



13. And if the virus can't take over the body, the person won't become infected if they are exposed to HIV – such as through sex.

13. Uye kana hutachiwana husingagone kukurira muviri, munhu haazobatire kana akave panjodzi yekubatira HIV- yakaita sekuburikidza nekusangana pabonde.



Oral PrEP

Pre-Exposure Prophylaxis

Truvada

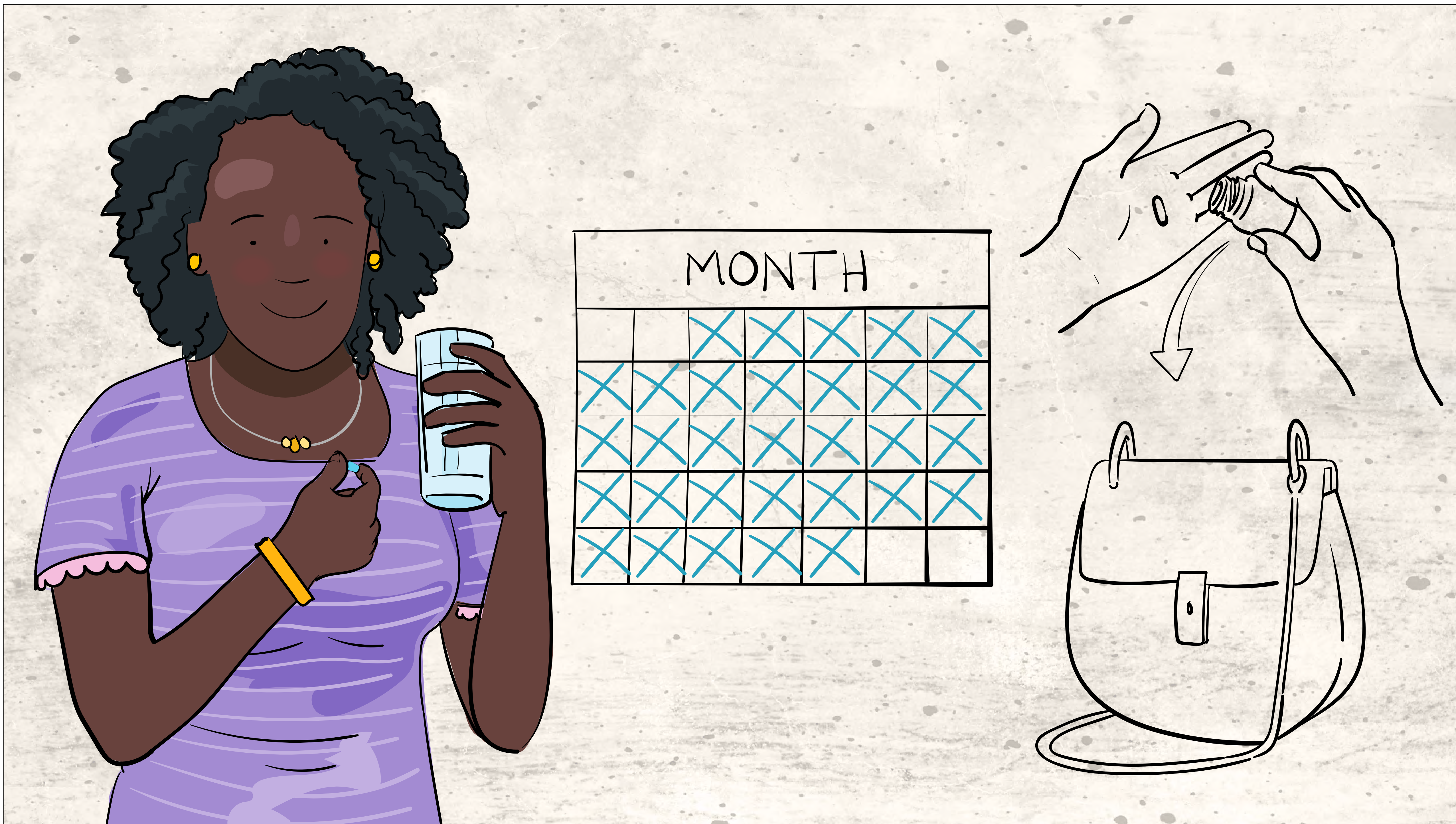
14. Now let's talk about Oral PrEP... PrEP stands for pre-exposure prophylaxis. Prophylaxis mean prevention. One kind of Oral PrEP tablet is called Truvada.

14. Ikozvino ngatitaurei nezve PrEP yekunwa...PrEP inomirira kuti pre-exposure prophylaxis. Prophylaxis zvinoreva kudzivirira. Mhando imwe yePrEP yekunwa ipiritsi rinonzi Truvada.



15. You may have heard about Truvada as a medicine for treating people with HIV, but it is also used as Oral PrEP for preventing HIV in people who are not infected.

15. Munogona kunge makambonzwa nezveTruvada semushonga wekurapa vanhu vane HIV, asi inoshandiswawo sePrEP yekunwa kuitira kudzivirira HIV muvanhu vasina kutapurirwa.



16. Tablets for HIV prevention must be taken EVERY DAY, just like contraceptive pills. You would collect a month's supply from a clinic BRING IT HOME AND SWALLOW one tablet every day.

16. Mapiritsi ekudzivirira HIV anofanira kutorwa ZUVA ROGA ROGA, sezvinoitwa mapiritsi ekudzivirira pamuviri. Maizotora emwedzi wose kubva kukiriniki MOENDA NAWO KUMBA UYE MOMEDZA piritsi rimwe chete zuva roga roga.



17. The medicine is released in the body...

17. Mushonga unobudisirwa mumuviri...



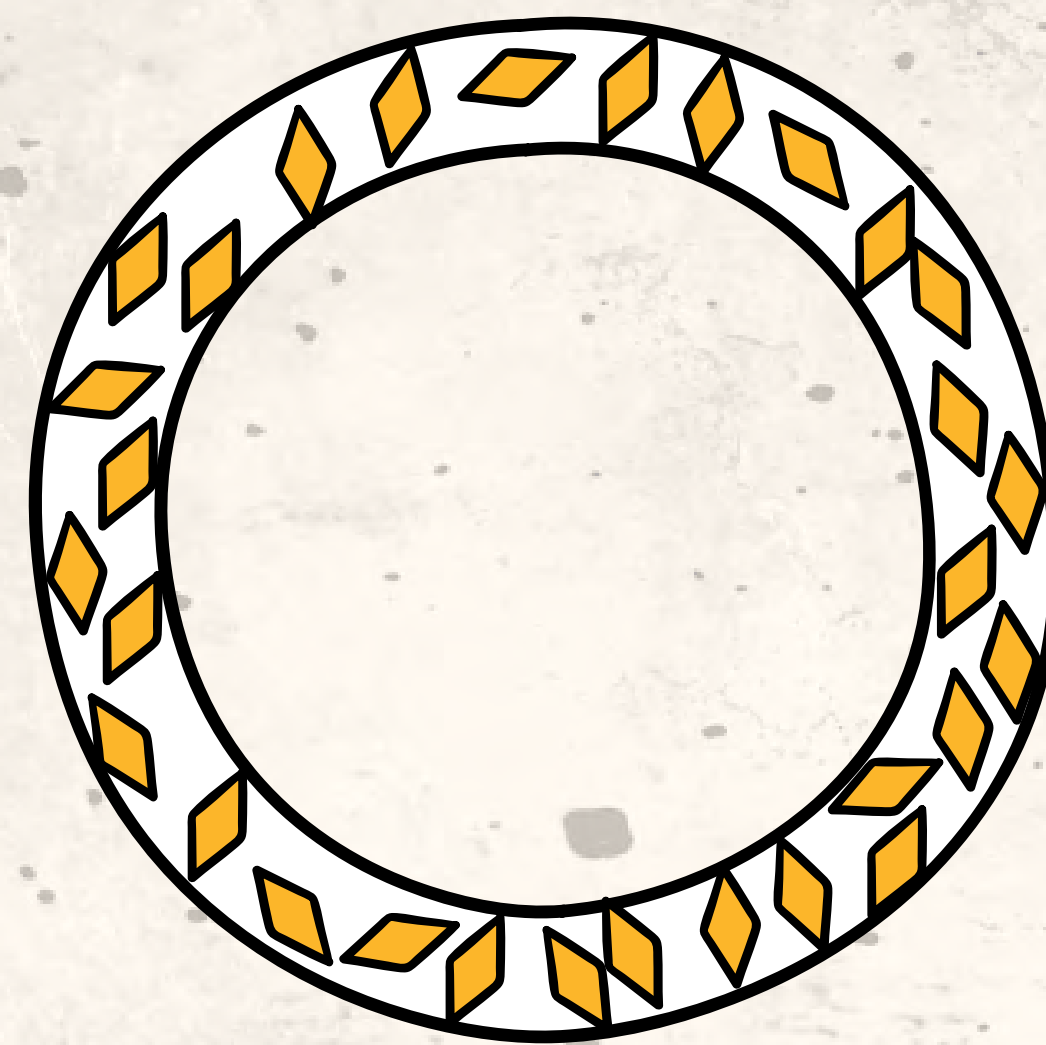
18. ...and protects against HIV infection. The tablet doesn't have to be taken with food.

18. ...uye unodzivirira kutapurirwa neHIV. Piritsi haridi kuti ringe richitorwa nechikafu.



19. Now let's talk about vaginal rings.
Vaginal rings may be new for you – but they are used in many countries for contraception.

19. Ikozvino ngatitaurei nezvering yekunhengo yesikarudzi yemudzimai. Maring ekunhengo yesikarudzi yemudzimai angangove matsva kwamuri- asi anoshandiswa kunyika zhinji kuitira kudzivirira pamuviri.

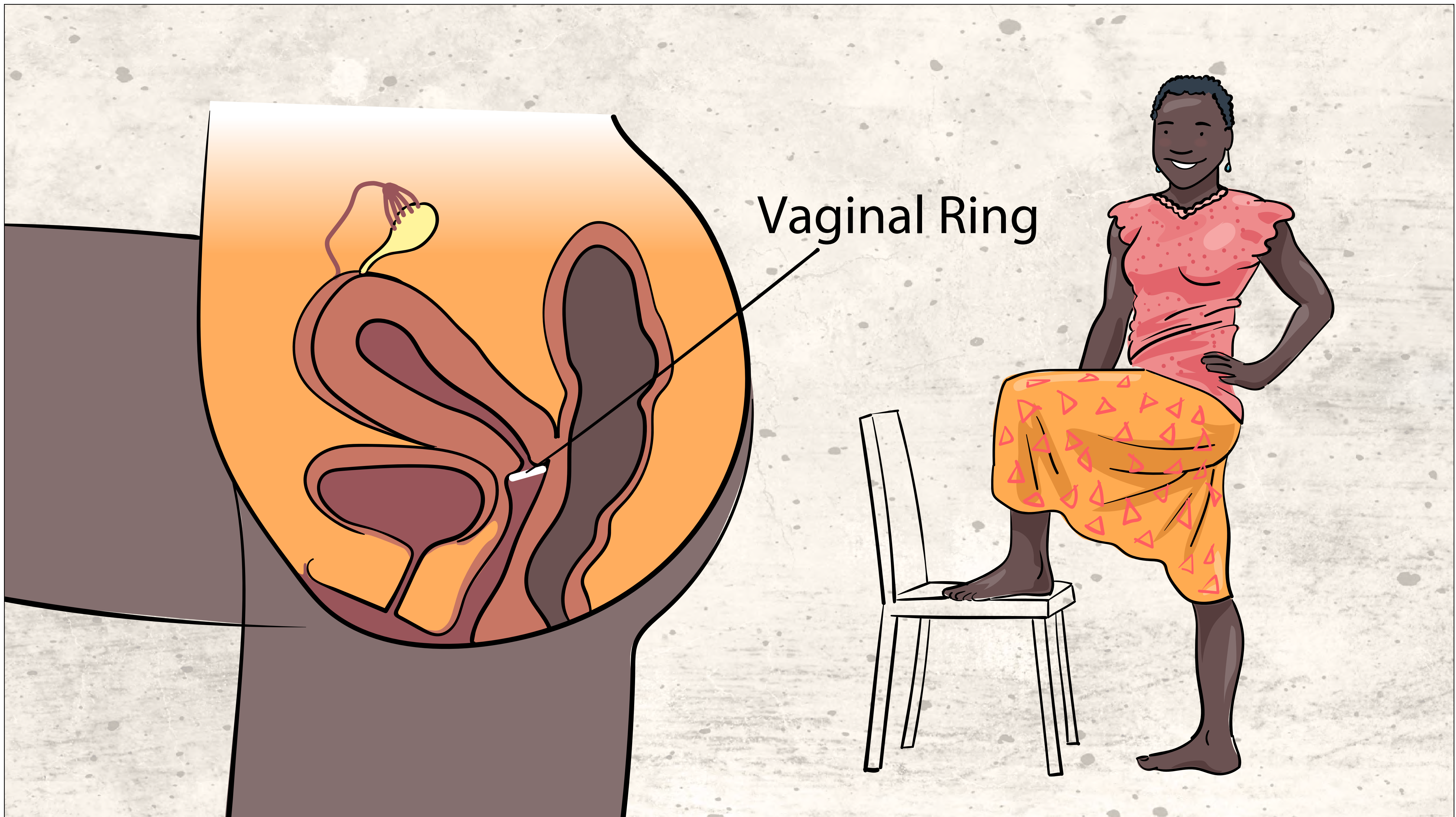


Vaginal Ring

Dapirivine

20. The ring for HIV prevention is similar to the ring for contraception, except that it contains an anti-HIV medicine instead. The medicine in the ring is called dapivirine.

20. Ring yekudzivirira HIV yakafanana nering yekudzivirira pamuviri, kusiya kuti ine mushonga unodzivirira HIV. Mushonga uri muring unonzi dapivirine.



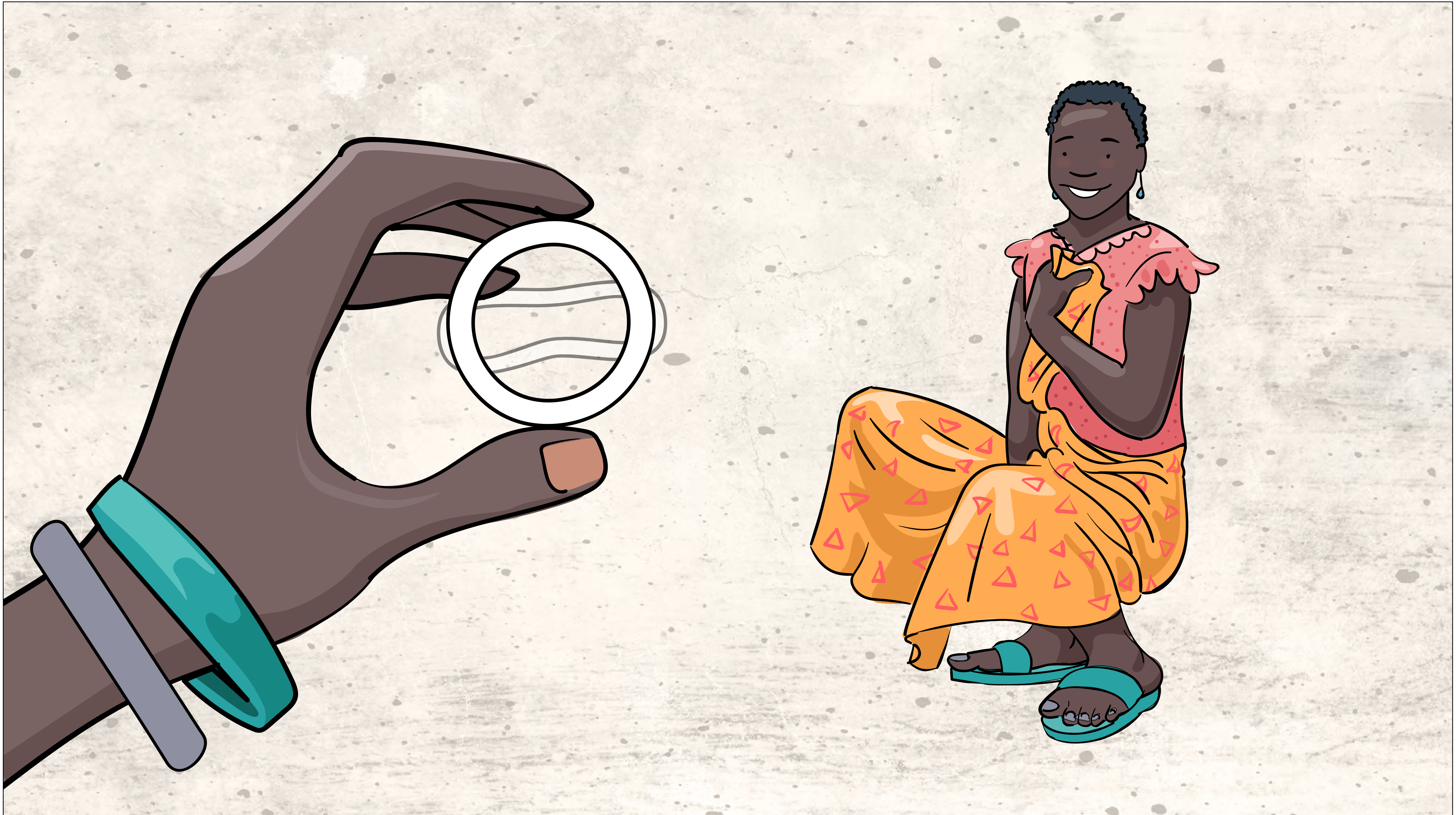
21. The ring is inserted high up in the vagina, where it slowly releases the medicine during the month that it is worn and protects against HIV infection through sex.

21. Ring inopfekerwa kumusoro kudenga munhengo yemudzimai yesikarudzi, umo mainoburitsa mushonga zvishoma zvishoma mumwedzi wainenge yakapfekwa uye inodzivirira kutapurirwa HIV kuburikidza nepabonde.



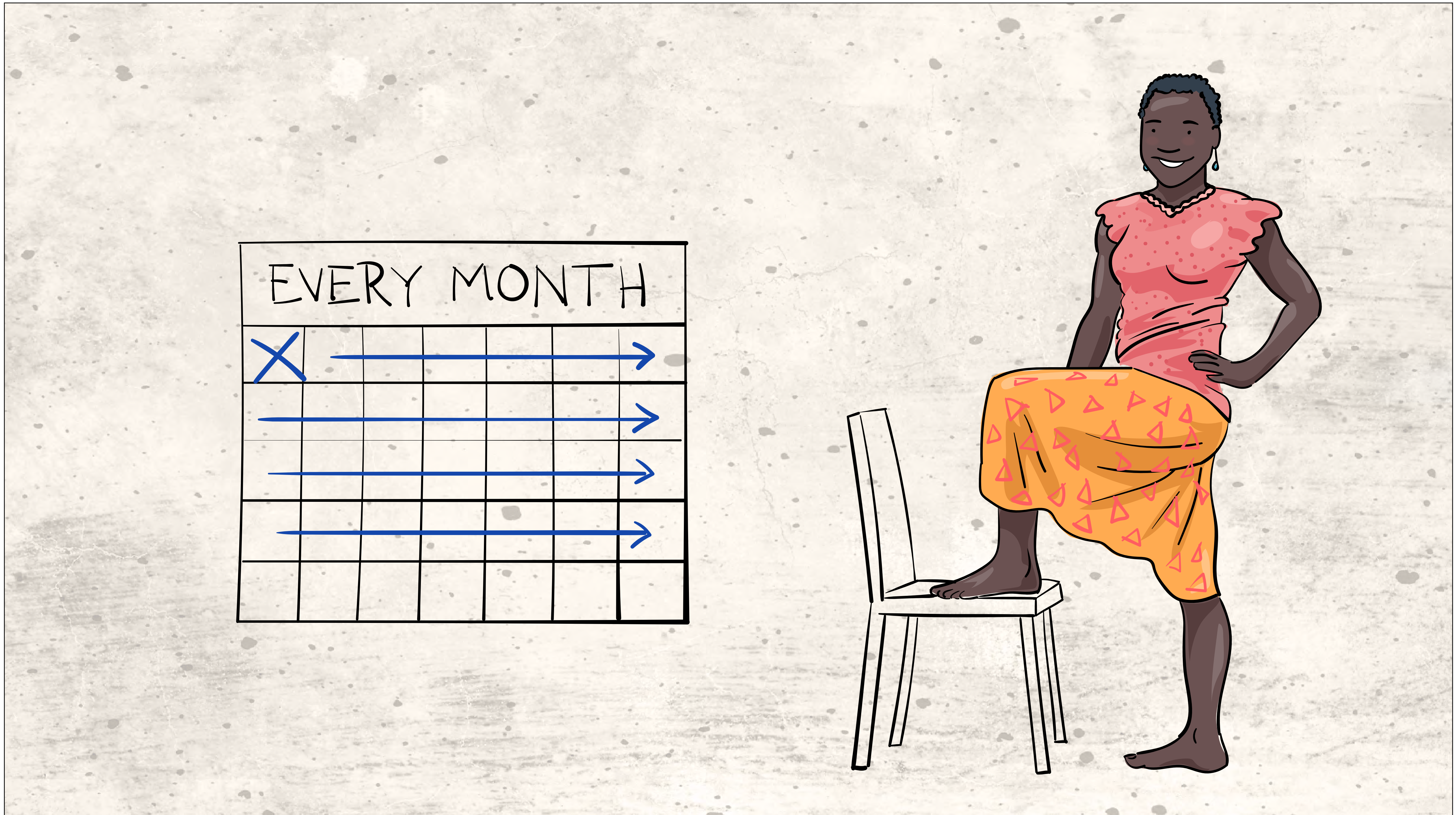
22. Women receive a ring at a clinic, and are shown by a nurse or doctor how to insert and remove it each month. The ring can also be inserted and removed by a provider if it's easier or more convenient.

22. Madzimai anopiwa ring pakiriniki uye anoratidzwa namukoti kana chiremba kuti inopfekwa nekubviswa sei mwedzi woga woga. Ring inogonazve kupfekerwa nekubviswa nemushandi anopa rubatsiro rwezveutano kana zviri izvo zviri nyore kana zvinoita.



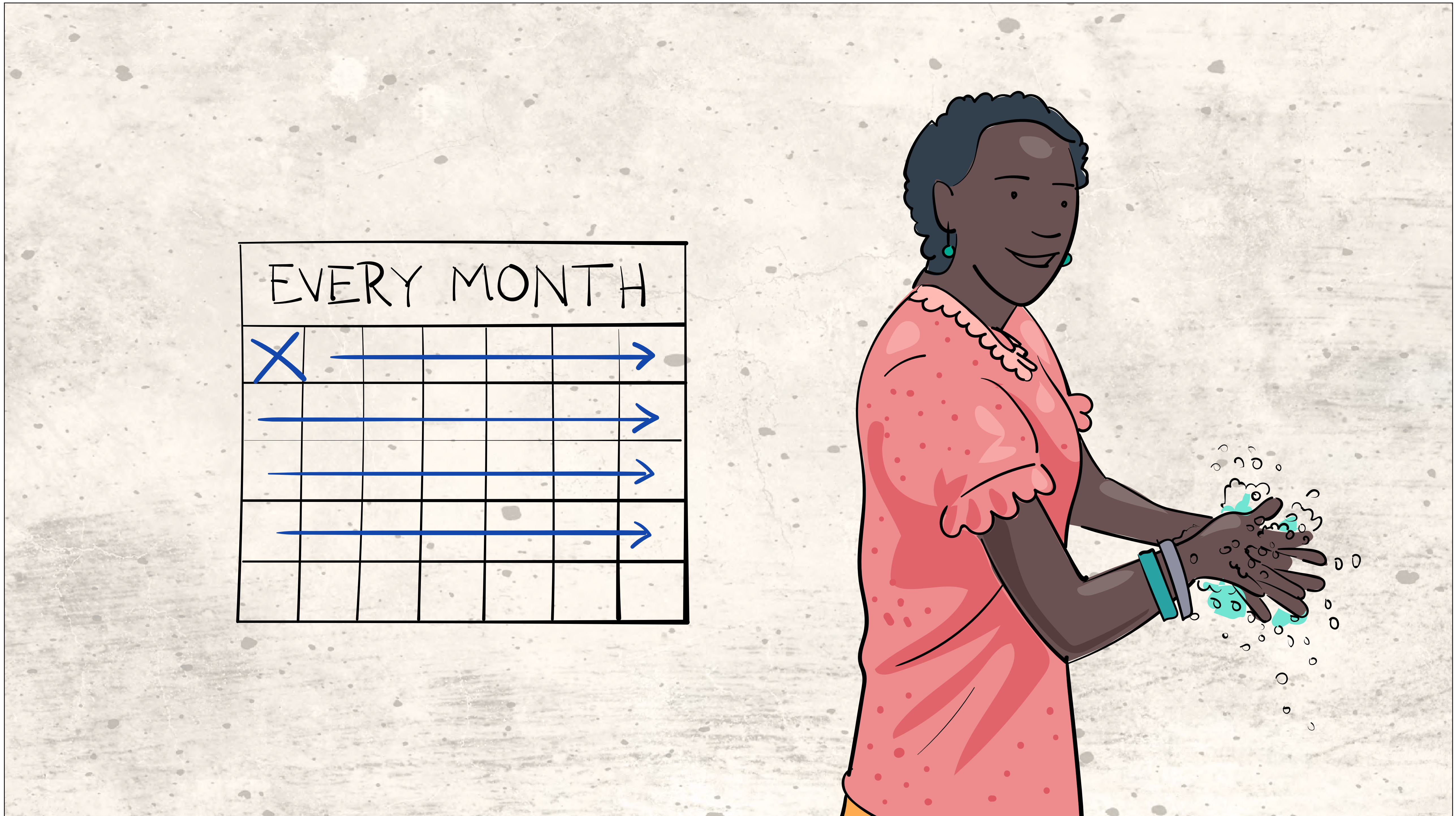
23. The ring is flexible. To insert it, it is pinched into the shape of a figure 8, and then pushed high up inside the vagina with a finger.

23. Ring inogona kupeteka. Kuti uipfeke, inodzvanywa kuti igadzire chimiro chenhamba ya 8, uye yosundirwa kumusoro kudenga mukati menhengo yesikarudzi yemudzimai nechigunwe.



24. After 1 month of continually wearing the ring, it is removed and a new vaginal ring is inserted.

24. Mushure memwedzi umwe chete wekuramba makapfeka ring, inobviswa uye ring yekunhengo yemudzimai yesikarudzi itsva inopfekerwa.



25. To remove it, a woman simply reaches into her vagina and pull it out with a finger.

25. *Kuti ibviswe, mudzimai anongosvika munhengo yake yesikarudzi uye oidhonzera kunze nechigunwe.*



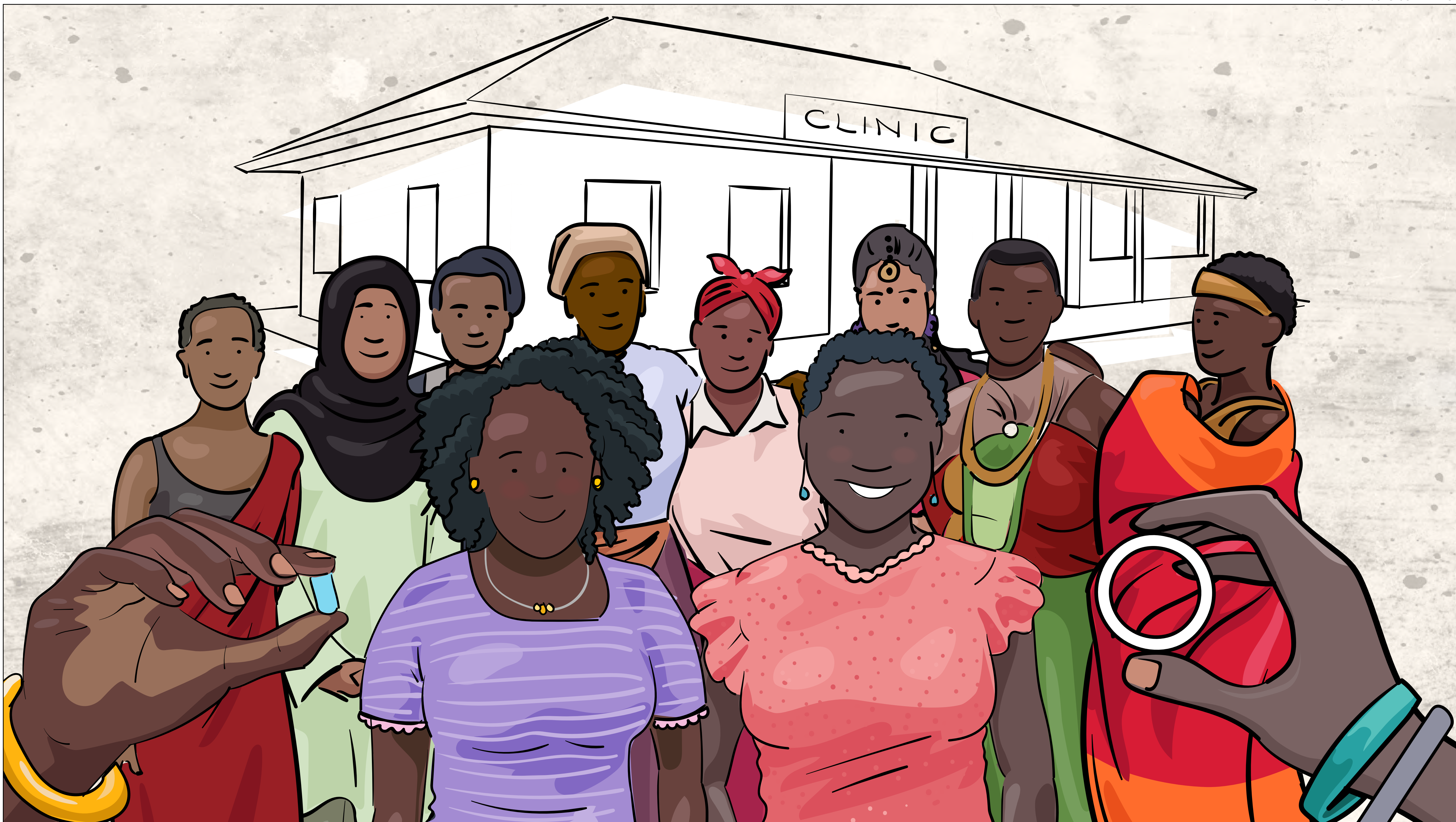
26. Once in place, the ring is not felt by the user. It doesn't interfere with daily activities and doesn't need to be removed during menstruation or sex.

26. Kana yangove panzvimbo, ring hainzwike neanoishandisa. Haikanganise zviitiko zvemazuva ose, uye haidi kuti ibviswe pakutevera kana pakusangana pabonde.



27. Many women forget it's there.

27. *Madzimai mazhinji anokanganwa kuti irimo.*



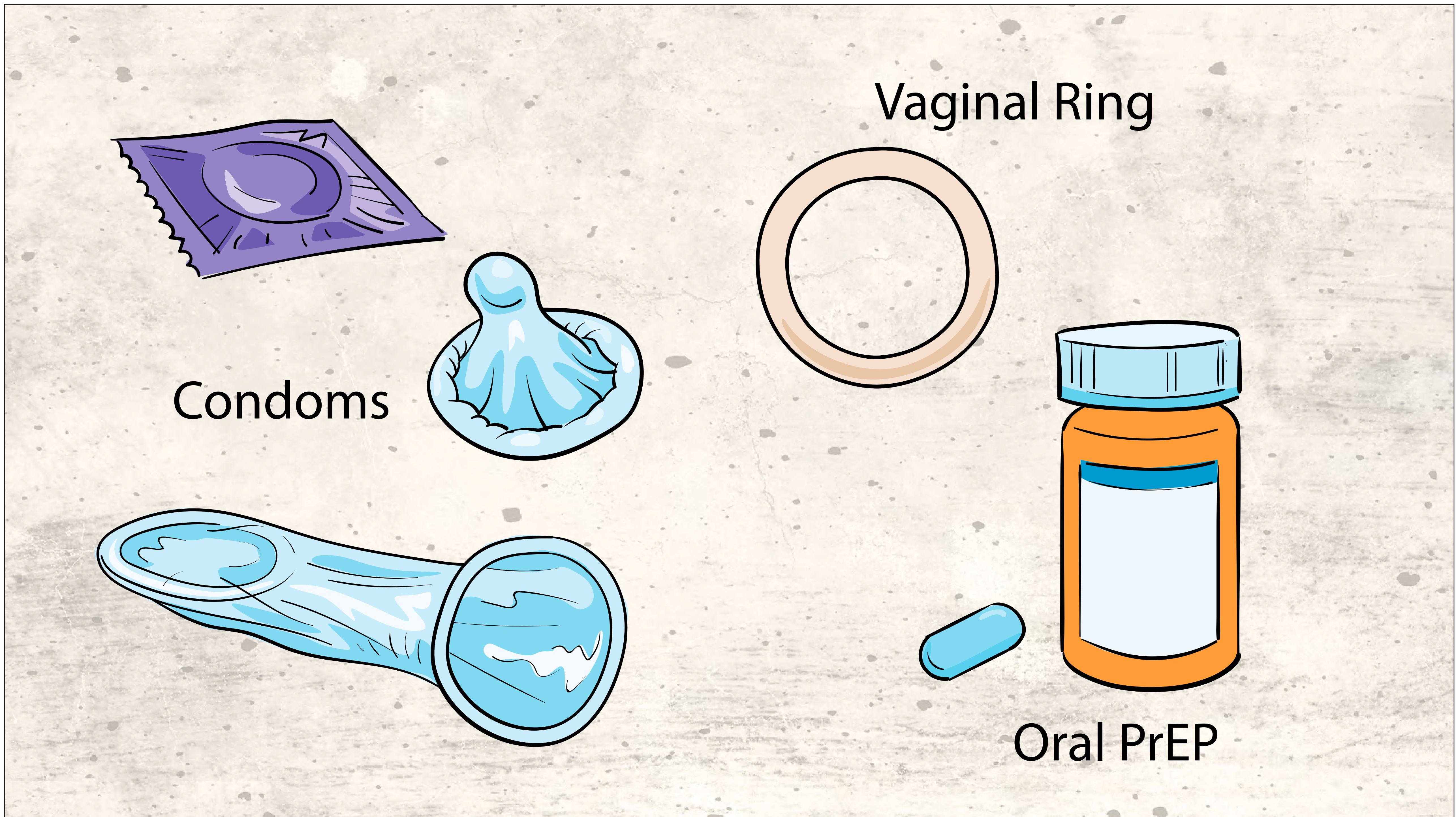
28. You just heard about two exciting methods for HIV prevention - Oral PrEP and the vaginal ring - that women may want to use.

28. Muchangobva kunzwa pamusoro penzira mbiri dzinonzwisa manyuku-nyuku dzekudzivirira HIV –PrEP yekunwa nering yekunhengo yesikardzi yemudzimai- izvo madzimai angada kushandisa.



29. As with any new medication, everyone reacts differently. Health providers are available to answer questions and discuss how Oral PrEP or the vaginal ring may suit different women's needs.

29. Sezvinoita chero mushonga mutsva, munhu mumwe nemumwe anoratidzira zvakasiyana. Vashandi vezveutano varipo kupindura mibvunzo nekukurukura kuti PrEP yekunwa kana ring yekunhengo yesikarudzi inogona kuenderana sei nezvido zvemadzimai zvakasiyana.



30. No single prevention option will be right for everybody - that's why we need different choices.

30. Hakuna nzira imwe chete yekudzivirira ichanakira munhu wese-ndicho chikonzero tichida sarudzo dzakasiyana.



31. The more HIV prevention options that become available, the more people are likely to be protected and live a healthy, HIV-free life.

31. Kuwanda kwenzira dzingavepo dzekudzivirira HIV, kuwandawo kwevanhu vangadzivirirwe nekurarama hupenyu hune hutano, husina HIV.

