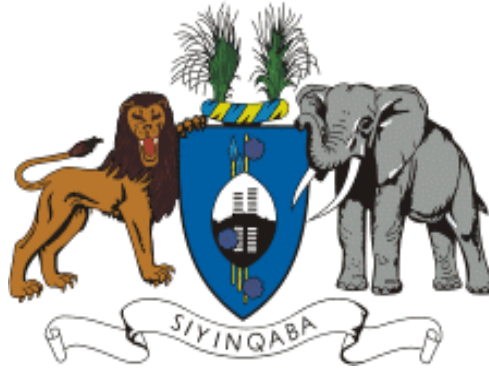
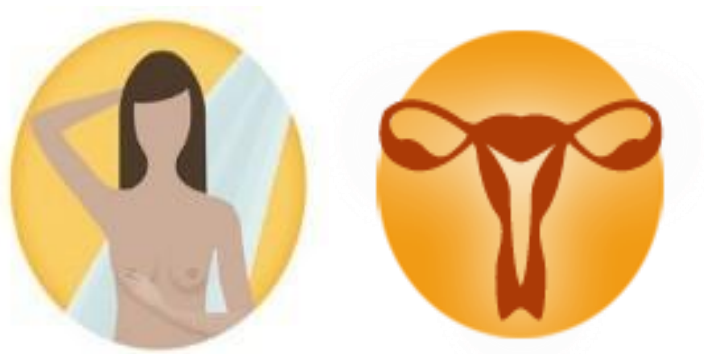




Litiko letemphilo

Incwadzi yemgcugcuteli

Tifundvo ngamdlavuza wemlomo wesibeletfo ne wemabele



Bristol-Myers Squibb Foundation

SECURE THE FUTURE®

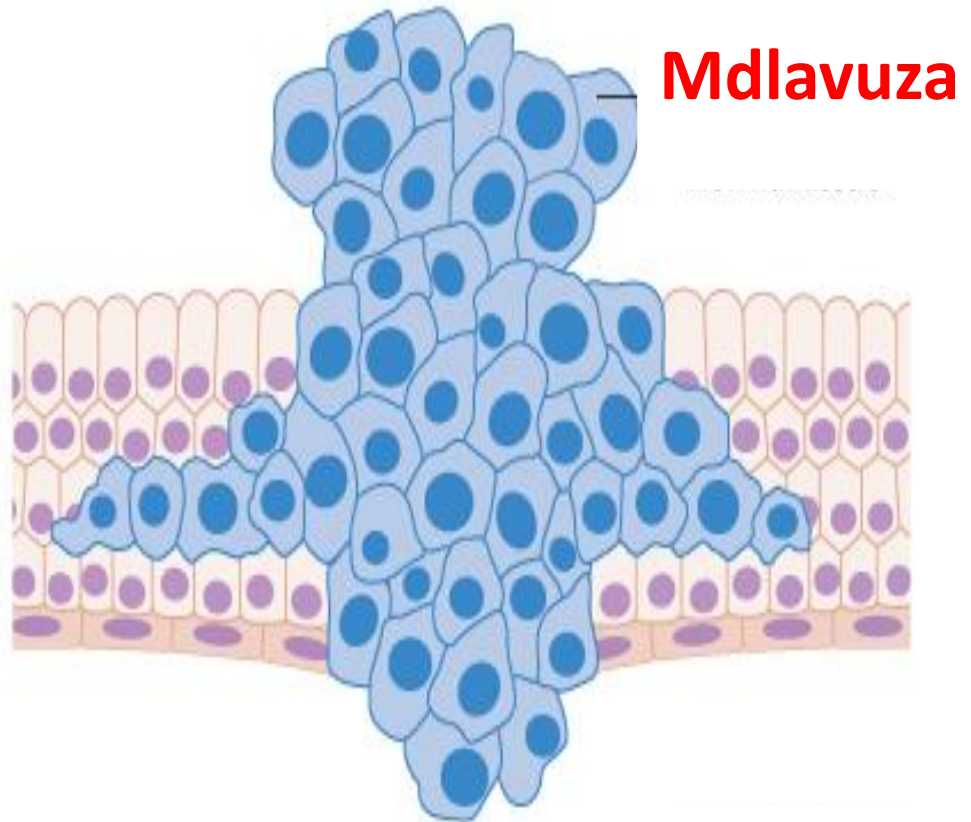
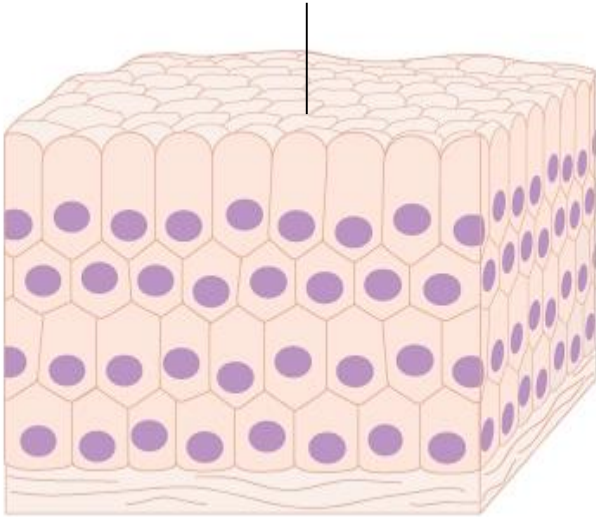
Care and support for Communities Affected by HIV/AIDS in Africa



Yini Mdlavuza?

Mdlavuza kuhluma kwetinyama temtimba ngalokungaka tayeledi

lokutayelekile

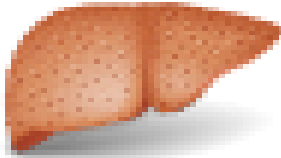


Mdlavuza ungahluma kuletinye taletitfo temtimba letilandzelako

Libele



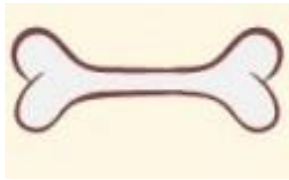
Sibindzi



Sisu



Ematsambo



Ingati



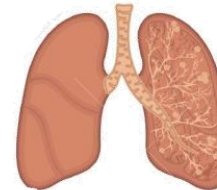
Sikhumba



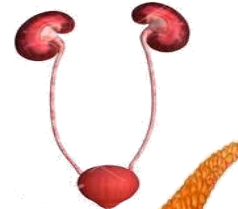
Bucopho



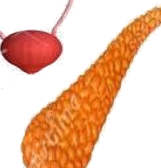
Umlomo



Emaphaphu



Tinso

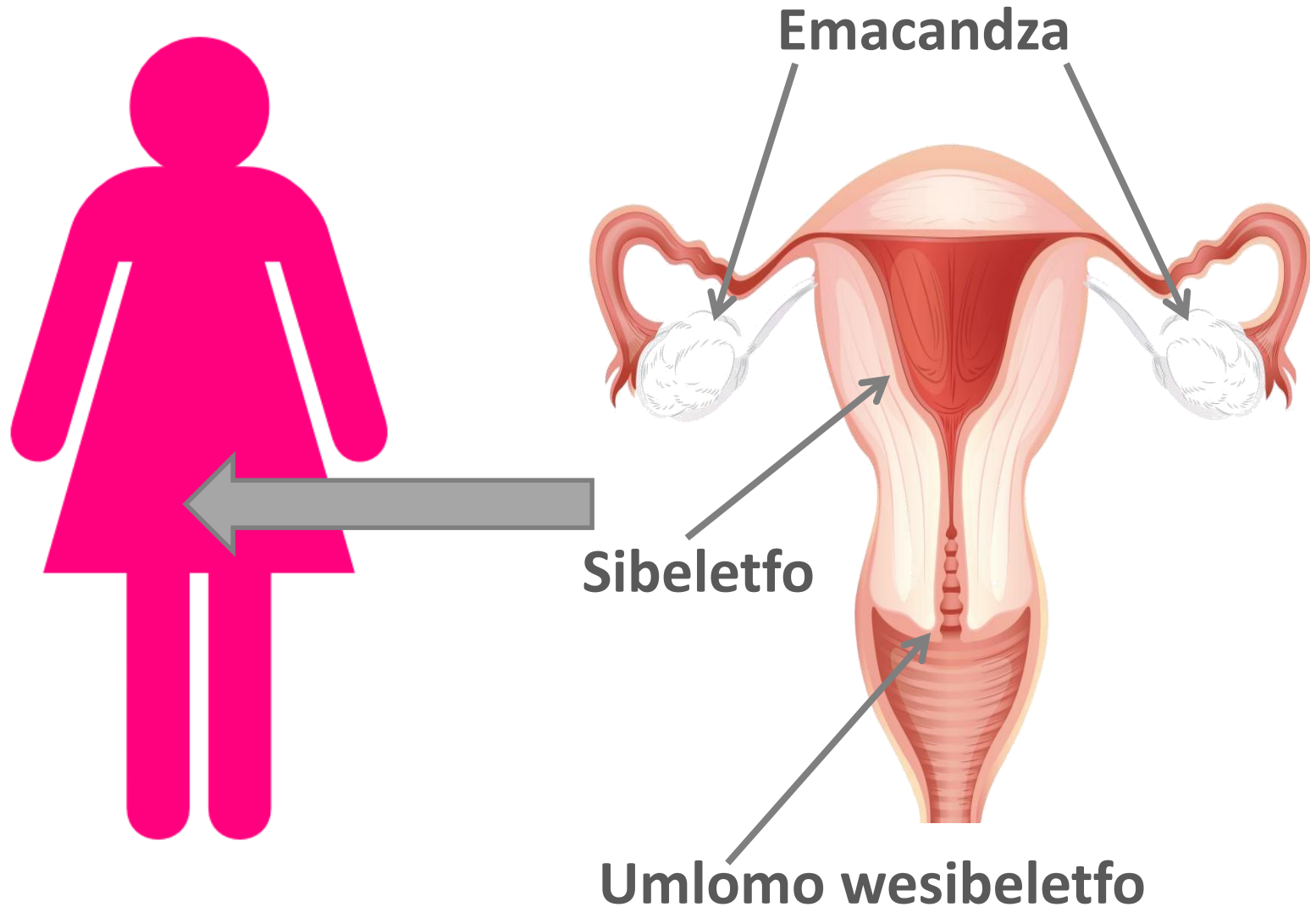


Lubendze

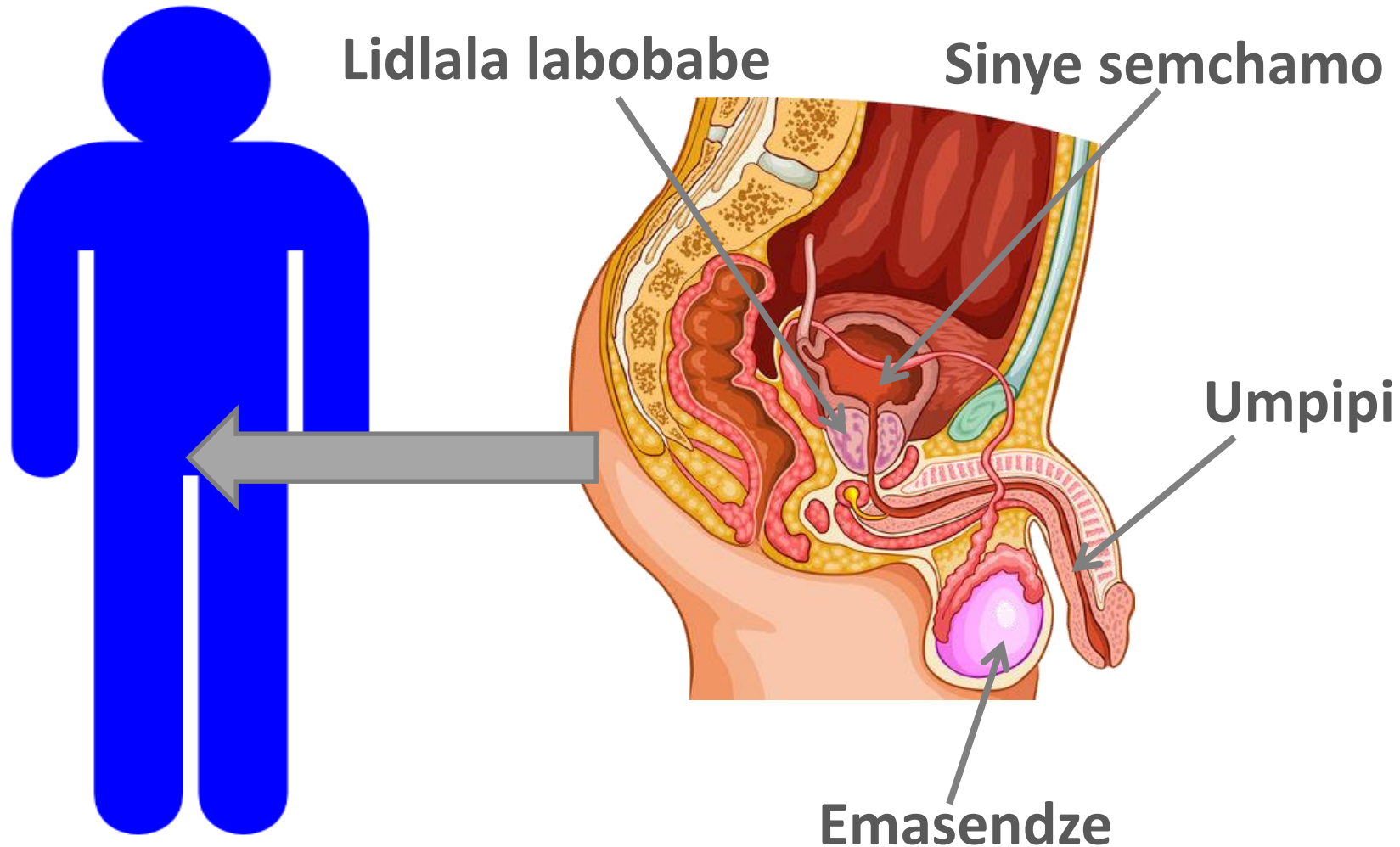


Umdzidzi

Mdlavuza kubantfu besifazane



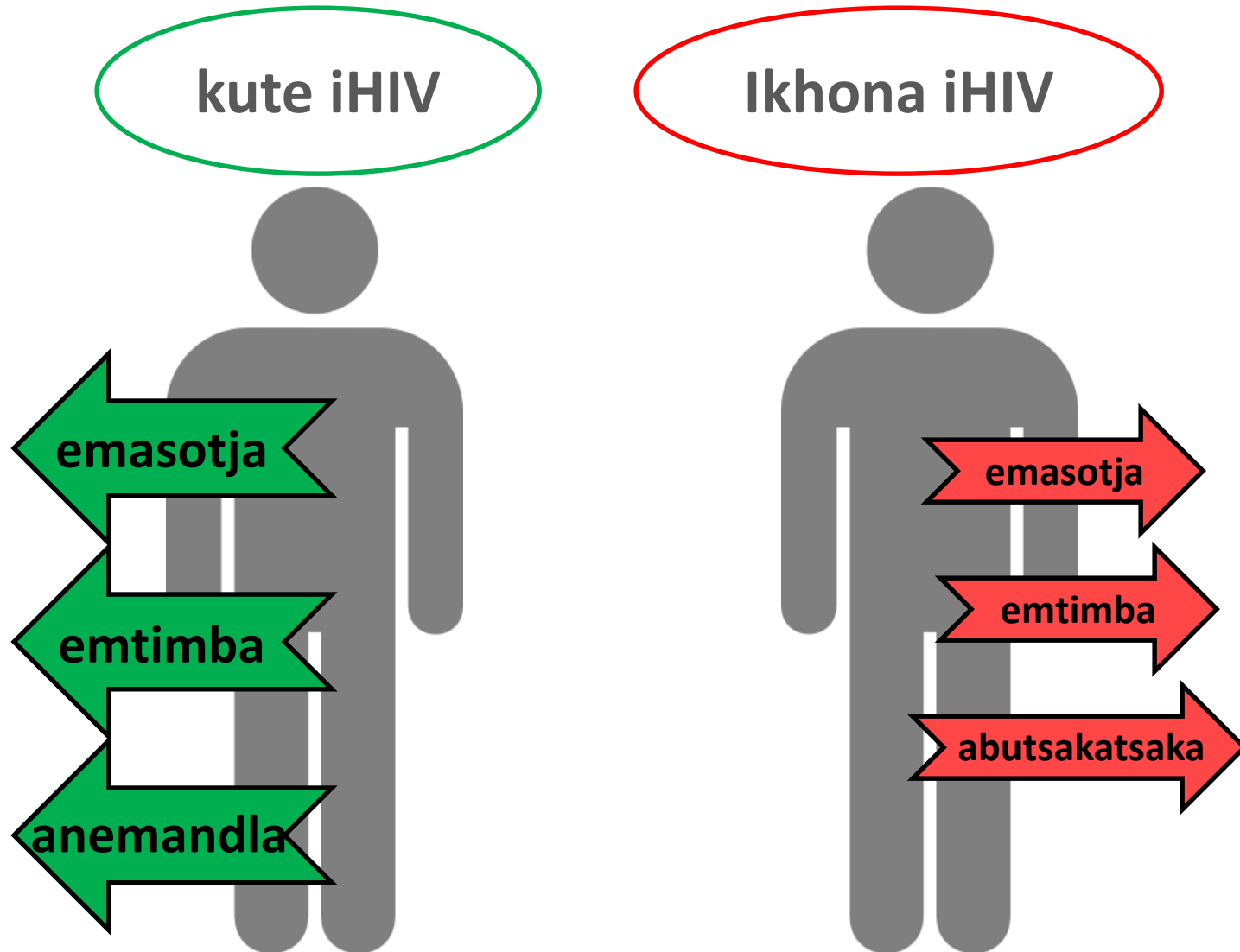
Mdlavuza kubantfu besilisa



Timphawu temdlavuza welidlala labobabe

- Bulukhuni bekukhipha, nekumisa umchamo
- Kukhula kwelizinga lekufuna kuyochama, ikakhulu ebusuku, kanye nebuhlungu uma akhipha lomchamo
- Emandla ekuphuma kwemchamo abamancane ente babe atikhandze atfundzela dvute netinyawo takhe
- Bulukhuni bekuminya umchamo
- Kuntfonsa kwemchamo endvukwini yababe ikakhulu uma sekatsi ucedzile kutfundza
- Kuva ungatsi umchamo usegcwele esinyeni kantsi ucedza kutfundza
- Kuvela ngekuphindzelela kwetifo tesinye neliphayiphi lelukhipha umchamo.

iHIV iwakhulisa kanjani ematfuba ekuba namdlavuza



Tintfo letinganciphisa ematfuba ekuba namdlavuza

Kudla tibhidvo netitselo, kushukumisa umtimba, kumunyisa, kusebentisa icondom



Tintfo letingakhulisa ematfuba ekuba namdlavuza

Kunatsa tjwala, kubhema, kudla lokunemafutsa, tifo tekulalana



Yini mdlavuza wemabele?

Kuhluma kwetinyama telibele lokungabonakala
nganati timphawu letilandzelako



1. kukhula lokungaka tayeledi



2. Kushintja kwesikhumba



3. Sigadla ekhwapheni



4. Ingono leshobeke ekhatsi

Kutihlola emabele

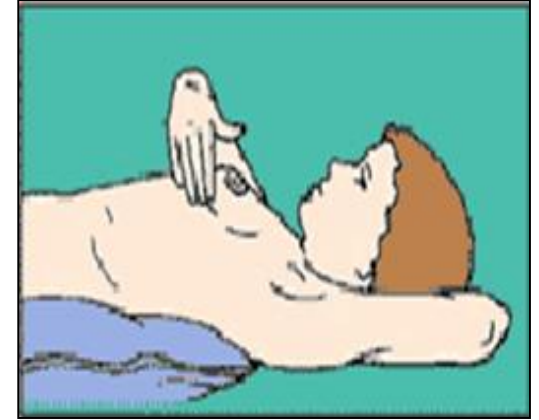
Tihlole njalo ngenyanga



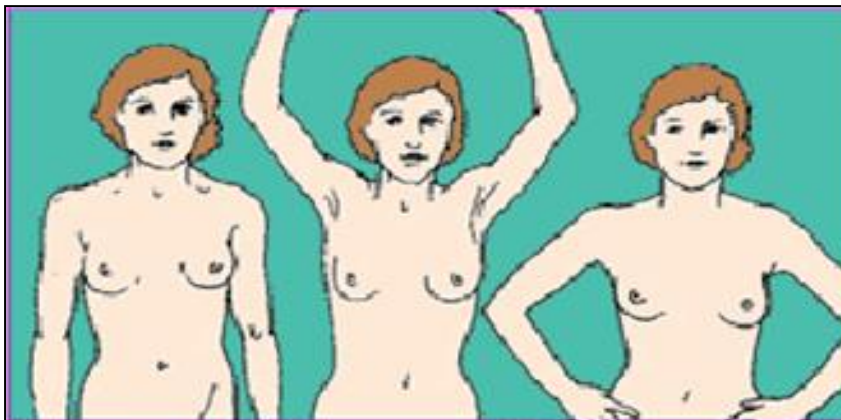
1. Usebentisa iminywe lemine
Uhambe sandingilizi kulo
lonkhe lebela



2. Uma asemile emabele
ungawahlola umile



3. Lala lakubeke khona,
uhambise iminyewe lemine
kuva kutsi kute yini tigadla
ebeleni



4. Ungawahlola umile embikwe sibukweni

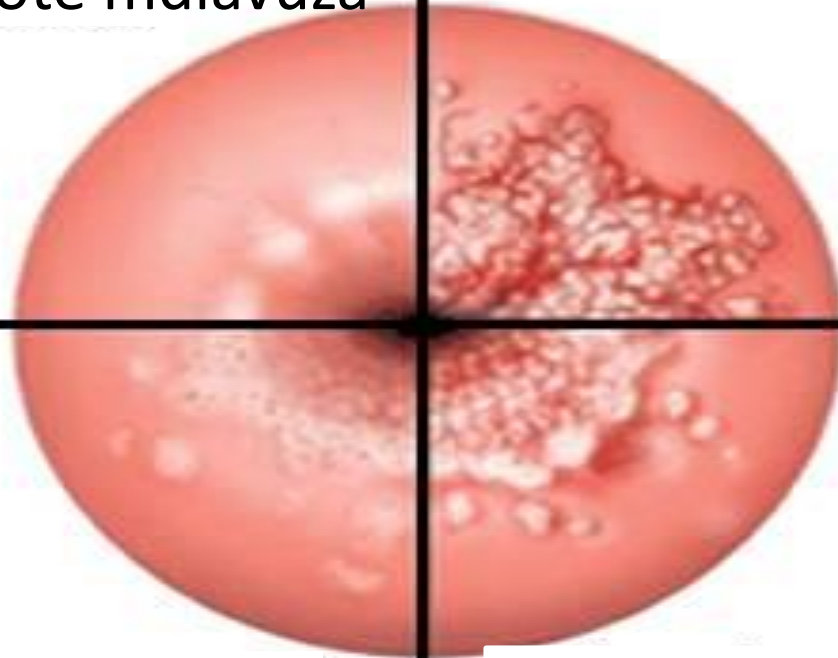
Tigaba ngamdlavuza wemlomo wesibeletfo

1. Umlomo



wesibeletfo
lote mdlavuza

4. Mdlavuza



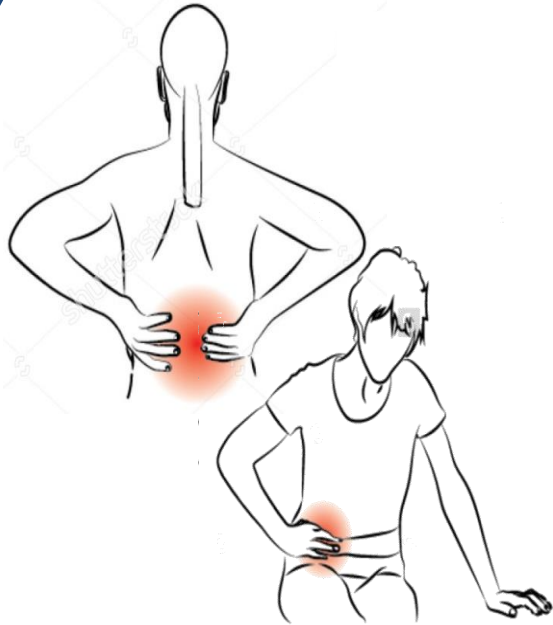
2. Kucala
kwemonakalo

3. Kwandza
kwemonakalo



Timphawu tamdlavuza wemlomo wesibeletfo

Uma lomonakalo usacala kubate timphawu lotivako.
Timphawu tivela uma sekunamdlavuza.



**1. Buhlungu
belukhalo
noma sinye**



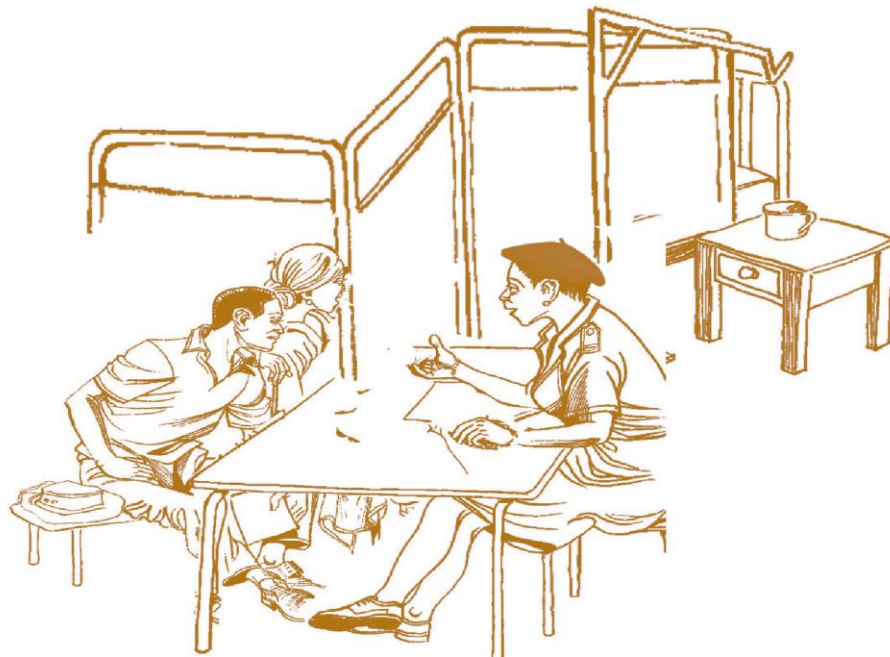
**2. Kopha emuva
kwekulalana, kwekuya
emfuleni noma sewema
kuya emfuleni**



3. Kuchecha

Lokufanele ukwati ngamdlavuza wemlomo wesibeletfo

- Kubalulekile kupopola mdlavuza njalo njalo
- Wonkhe wesifazane lowake waya ecasini kufanele ahlole mdlavuza
- Bomake labanengi basishiyile emhlabeni ngamdlavuza



Hamba emtfolamphilo lodvute nawe utositakala

