

# KUNAKEKELA SILONDZA SAKHO

EMUVA  
KWEKUSOKA  
NGEKWETEMPHILO

Siyakuhlaliselela ngekusoka! Cinisekisa kutsi uyaphila ngalokugcwele-100% bese ufundza loku kute wati kunakekela silondza sakho.

## SILAPHA KUTE SIKUNAKEKELE

Khumbula lenombolo: Uma unekukhatsateka mayelana nesilondza sakho shayela Inombolo Yelusito Iwe-MMC yemahora la-24 noma tfumela Please Call Me wamahhala bese ukhuluma namunye webahlengikati betfu.

082 808 61 52



## LOKUMCOKA KAKHULU!

I-MMC inciphisa bungoti bekutseleleka nge-HIV nema-STI kodvwa ayisusi bonkhe bungoti ngalokuphelele. Kute uvikeleke ngalokugcwele ngasosonkhe sikhatsi sebentisa lijazi lemkhwenyana futsi ube namunye umlingani. Emajazi emkhwenyane aphindze avikele kukhulelwa lokungakahlelwa.

### KHUMBULA:

Nanoma silondza siphola masinyane, singadzabuka kalula ngoba sikhumba asikacini. Hlukana nekuya ecansini nekushokosha emaviki lasitfupha emuva kwe-MMC kute ucinisekise kutsi silondza siphola ngalokufanele. Uma udzabula silondza, sitawutsatsa sikhatsi lesidze kuphola, futsi kungandzisa bungoti bekungenwa ngiletinye tifo kanye naletinye tinkhinga.

Khuluma nemlingani wakho mayelana nesidzingo sekungayi ecansini ngalesikhatsi usaphola kute nobabili nivumelane ngekungayi ecansini.

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### Emahora lambalwa emuva kwekusoka:

- Uma umjovo sewuphelile emtombeni, utawuva tinhlungu eceleni kwesilondza.
- Natsa emaphilisi etinhlungu lowatfole emfolamphilo ngendlela loyalwe ngayo.
- Gcoka umcaliselo lohlobile, longakumpintji. Beka irege yemcaliselo etulu kwesikhala seligwayi kute lihale libuke etulu. Loku kutawunciphisa kuvuvuka nekopha.
- Ungageza umtimba wakho ngendvwangu kodvwa ungamezi ligwayi lakho.

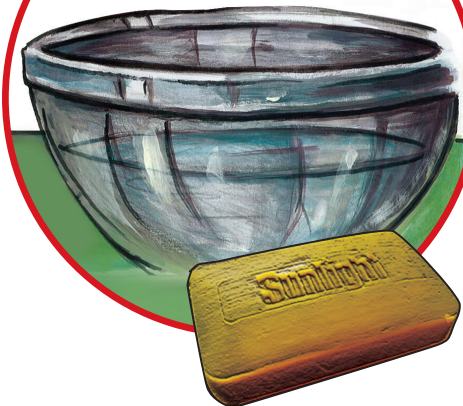
### Emalanga lamabili ekucala emva kwekusokwa:

- Phumula ngendlela lotsandza ngayo futsi ungamezavoci futsi ungenti umsebenti lomatima.
- Ntjintja umcaliselo onkhe malanga.
- Gcoka umcaliselo lohlobile nalongakumpintji futsi ungamezi ligwayi lakho libuke etulu.
- Ungakhiphi ibhandishi. Uma itiwela ungamezibuyiseli. Yani emfolamphilo.
- Ungaligezi ligwayi lakho.
- Buyela emuva emfolamphilo noma kudokotela emva kwetinsuku letimbili usokiwe kute sisebenti setemphilo sisuse ibhandishi futsi sihlale silondza sakho.

### Lilanga lesi-3 kuya kule-7 emva kwekusokwa:

- Ungatvovoci futsi ungenti umsebenti lomatima.
- Chubeka ungamezi umcaliselo lohlobile futsi ungamezi ligwayi lakho libuke etulu.
- Emva kwekukhishwa kwebhandishi ungamezeza umtimba wakho ngendlela letayekekile.
- Kudzingeka ugeze silondza sakho emahlandla lamatsafu ngelusuku ngemanti lahlobile nangensipho leshelelako. Sinconota insipho i-Sunlight lenembala loliphuti.

EMANTI LANENSIPHO  
KANCANE



### Ungaligeza njani ligwayi lakho:

- Bilisa emanti uwayekele adzambe kancane kute kube malula kuwatsintsa. Loku kutawucinisekisa kutsi emanti ahlobile futsi awanamagciwane.
- Hlanta sitja sekugeza ngemanti labilile.
- Gcwalisa sitja ngemanti labilile.
- Tsambisa lithawula lekugeza noma indvwangu lehlobile bese ugcobisa insipho endvwangwini.
- Sula silondza ngekucopehelela ngelithawula noma ngendvwangu. Ungadvonsi tintsambo temtfungo.
- Sula silondza some ngekucopehelela ngelithawula lelihlobile.
- Ungasebentisi ikotiniwuli ngoba ingangena esilondzeni ibange emagciwane.

### Lusuku lwe-8 kuya emavikini la-6 emuva kwekusokwa:

- Tintsambo temtfungo titawucala kutiphumela emuva kwetinsuku leti-10 kuya kuleti-14 njengoba silondza sesicala kuphola.
- Ungadvonsi tintsambo temtfungo. Atitiphumele tona ngoba ungahle uvule silondza bese sicala kungenwa magciwane.
- Chubeka kugeza silondza ngekucopehelela, nanoma ngabe tintsambo setiphumile.
- Ungacala kutivocavoca uma ngabe linyenti letintsambo temtfungo setiphumile.



**KHUMBULA: Ungalingi ufake emafutsa lafana ne-Dettol, emakhambi noma imitsi yasekhaya lafana nemlotsa noma bulongwe betilwane esilondzeni ngoba loku kungangenisa emagciwane.**



## TINTFO LEKUFANELE UTICAPHELE

Tinkinga emuva kwekusokwa atikavami, kodvwa lesinye sikhatsi kungaba nekungenwa magciwane, kopha, kuvuvuka kanye netinhlungu. Ngekunakekelwa lokufanele, letintfo leti tiyalashwa kalula.

**Uyacelwa kutsi uvakashele umtfolamphilo noma dokotela noma shayela Inombolo Yelusito lwe-MMC yamahhala lesebenta emahora la-24 ku-082 808 6152 uma uhlangebana noma ngikuphi kwalokulandzelako, njengoba kungaba luphawu lolukhomba kungenwa magciwane.**

- Ungakhushukelwa yihayihayi noma uve kushisa kakhulu.
- Ungativa ugula, njengekungabi nemandla noma ube nesicanucanu.
- Sisu sakho siyacinana noma siyacina.
- Umhlatsi wakho uyacina.
- Uba nemafitsi.
- Kuba neliphunga lelibi leliphuma esilondzeni.
- Kuba nebovu lobuphuma esilondzeni.
- Kuba nebumatima uma uchama.
- Sikhumba sakho sintjintja umbala.
- Kuba nekuvuvuka, noma imbilapho noma kucinana eceleni kwesilondza.
- Kuba netinhlungu letimane tivele esilondzeni, ikakhulu uma bewungenatinhlungu.

**Hlala Unenombolo Yelusito lwe-MMC elucingweni lwakho. Ungayishayela noma utfumele i-PCM yamahhala noma ngasiphi sikhatsi bese ukhuluma namunye webahlengikati betfu**

**082 808 61 52**



## TINTFO LEKUFANELE UTICAPHELE TIYACHUTJEKISWA..

### Kopha:

Kwetayelekile kutsi kube nekopha lokuncane emva kwe-MMC. Kute ucedze kopha, bamba ligwayi lakho ngesandla, tsatsa indwangu yekugeza lehlobile bese ucindezela indzawo leyophako emaminithi la-10 kuya kula-15. Uma kopha kuchubeka noma kuba nemandla vakashela umtfolamphilo losedvute/umphakeli tinsita masinyane noma shayela Inombolo Yelusito lwe-MMC.

### Kulawula tihlungu:

Kwetayelekile kuba netihlungu letidzambile emva kwekusokwa. Natsa emaphilisi etihlungu lowanikwe sisebenti setemphilo emva kwekusokwa. Uma tihlungu tichubeka ngekukhula kakhulu, uyacelwa kutsi utsintsane nemtfolamphilo wakho noma ushaye Inombolo Yelusito lwe-MMC.

### Kuvuvuka:

Loku kuvamile masinyane emva kwe-MMC. Kuvuvuka kufuneka kwehle emuva kwetinsuku letimbalwa. Gcina ligwayi lakho libuke etulu ngekusebentisa irege yemcaliselo wakho kute udzambise kuvuvuka. Uma kuvuvuka kuba nemandla, noma uma kunebovu lobuphuma esilondzeni uyacelwa kutsi utsintsane nemtfolamphilo wakho noma shayela Inombolo Yelusito lwe-MMC masinyane.

### Kuvukelwa:

Kungahle kube nekungakhululeki uma uvukelwe ngesikhatsi usalashwelwa i-MMC. Emadvodza lamanengi atfola kutsi kuyasita kudzambisa ligwayi ekuvukelweni, longakwenta kusula ligwayi ngekucophelela ngemanti labandzako noma ngekufaka i-ayisi kundwangu lehlobile bese uyibeka etukweligwayi. Kuyasita futsi kunatsa emanti lamanengi kute uchame kanengi. Yetama kulala ngeluhlangotsi, emadvolo akho aphakame ashaye esifubeni. Yetama kugwema kulala ubuke etulu.

J7528 - H - 0860/PAPPIKA

**CAPHELA: KHUMBULA, SIKHONA LAPHA KUTE SIKUSITE.  
UMA UNEKUKHATSATEKA NOMA UHLANGABETANA NETIMPHAWU  
TEKUNGENWA MAGCIWANE, SHAYA NOMA TFUMELA I-PCM YAMAHHALA KU:**

# 082 808 61 52

Lebhosha ikhicitwe ngekubambisana ne-PEPFAR, Litiko Lavelonkhe Letemphilo kanye Nebelilungelo Lekunakekela, lekuchaswe ngemali lebuya ku-USAID. Lokucuketfwe akuveti imibono ye-USAID noma yaHulumende Wase-United States.

