

UKUTLHOGOMELA INCEBA LAKHO

NGEMVA KOKUSOKA KWESIKHUWA KOMDUNA (i-MMC)

**Siyakuthokozisa ngokusoka! Yenza isiqiniseko sokobana
uphola nge-100% begodu funda lokhu ukobana
ulithhogomela njani inceba lakho.**

SILAPHA UKUKUTLHOGOMELA

Nayikuthi utshwenyeka ngenceba lakho Dosela iNomboro yeSizo ye-MMC
esebenza ama-awara ama-24 namkha thumela i-Please Call Me (i-PCM)
yasimahla begodu ukhulume nelinye lamanese wethu.

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OKUQAKATHEKE KHULU!

I-MMC yehlisa ingozi yokutshwayelwa yi-HIV nama-STI kodwana ayisusi ingozi ngokupheleleko. Ukuze ufumane ukuvikeleka okupheleleko, hlala usebenzisa ikhondomu begodu ube nomlingani munye. Amakhondomu godu akhandela isidisi esingakahlelelwa.

KHUMBULA:

Nanyana inceba liphola msinyana, lingadabuka lula ngombana isikhumba sisesebuthakathaka. Balekela ukuya emsemeni kanye nokuskomora iimveke ezisithandathu ngemva kwe-MMC ukuqinisekisa bona inceba lakho liphola ngefanelo. Nayikuthi udabula inceba, lizakuthatha isikhathi eside ukuphola, begodu lingahle landise ingozi yokutshwayeleka kanye nokhunye ukuhlangangana.

Khulumisana nomlingani wakho ngethogeke yokubalekela ukuya emsemeni ngesikhathi usapholisa inceba ukuze nobabili nizigedle ngokuzila umseme.

UKUTLHOGOMELA INCEBA LAKHO

Ama-awara ambalwa ngemva kokusoka kwakho:

- Ngemva kobana umjovo uphele, uzazizwa unobuhlungu obuncani magega nenceba.
- Sela amapilisi weenhlungu owanikelwe yitlinigi ngendlela olayelwe ngayo.
- Yembatha izambatho zangaphasi ezihlwengileko, ezingakubambiko. Beka irege yeembatho zakho zangaphasi phezu kwesiqu somphambili ukuze uhlale ujame rwe. Lokhu kuzakwehlisa ukuvuvuka nokopha.
- Ungahlamba umzimba wakho ngetjhila kodwana unghlambi umphambili wakho.

Amalanga wokuthoma amabili ngemva kokusoka kwakho:

- Phumula ngendlela ongakghona ngayo begodu balekela ukuzithabulula umzimba kanye nomsebenzi obudisi.
- Tjhugulula izambatho zakho zangaphasi ngamalanga.
- Yembatha izambatho zangaphasi ezihlwengileko, ezingakubambiko begodu gcina umphambili wakho ujame rwe.
- Ungasusi ibhandijthi. Nayikuthi iyawa ungayijamiseleli. Tjhinga etlinigi.
- Ungahlambi umphambili wakho.
- Buyela etlinigi namkha kudorhodera wakho ngemva kwamalanga amabili ngemva kokusoka khona isisebenzi sezamaphilo sesiphrofetjhinali sizakususa ibhandijthi begodu sihlale inceba.

Amalanga ama-3 ukuya kwali-7 ngemva kokusoka:

- Ungazithabululi umzimba begodu ungenzi umsebenzi obudisi.
- Ragela phambili nokumbatha izambatho zangaphasi ezihlwengileko begodu gcina umphambili wakho ujame rwe.
- Ngemva kobana kususwe ibhandijthi unghlamba umzimba wakho ngokujayelekileko.
- Utlhoga ukuhlamba inceba kathathu ngelanga ngamanzi ahlwengileko nesibha esinganamandla khulu. Siphakamisa bona usebenzise isibha se-Sunlight esarulani.



Uhlwengisa njani umphambili wakho:

- Bilisa amanzi begodu uwalise aphole khona uzakukghona ukuwathinta. Lokhu kuzakuqinisekisa bona amanzi ahlwengile begodu awanamulwana.
- Hlwengisa isitja ngamanzi abilako.
- Zalisa isitja ngamanzi abilisiweko.
- Thambisa ithawula namkha itjhila begodu tjtatjha isibha ngesineke kiyo.
- Sula inceba lula ngethawula namkha itjhila. Ungadosi iintitjhi.
- Yomisa inceba ngesineke ngethawula ehlwengileko.
- Ungasebenzisi ivolo yekoteni ngombana ingangena encebene begodu ibange ukutshwayeleka.

Ilanga lobu-8 ukuya eemvekeni ezisi-6 ngemva kokusoka:

- Iintitjhi zizakuthoma ukuziphumela ngokwazo ngemva kwamalanga ali-10 ukuya kwali-14 njengombana inceba lizabe sele lithoma ukuvaleka nje.
- Ungadosi iintitjhi. Zivumele ziziphumele nakungasi njalo uzakuvula inceba godu begodu utshwayelwe malwelwe.
- Ragela phambili nokuhlwengisa inceba ngesineke, nangemva kobana iintitjhi ziziphumele.
- Ungathoma ukuzithabulula umzimba lokha inengi leentitjhi sele liphumile.



KHUMBULA: Ungalingi utjhatjhe iinzeso ezifana neDitholi, amakhambi namkha iinhlaha zangekhaya ezifana nomlotha namkha ubulongo encebene ngombana lokhu kungabanga ukutshwayeleka.



IZINTO OKUFANELE UZIQALE

Imiraro ngemva kokusoka ayikandi, kodwana kwesinye isikhathi kungaba nokutshwayeleka, ukopha, ukuvuvuka nobuhlungu. Ngetlhogomelo lamambala, yoke lemiraro ingararululwa.

Sibawa uvakatjhele itlinigi yakho namkha udorhodera namkha Dosela iNomboro yeSizo ye-MMC yasimahla esebenza ama-awara ama-24 ethi 082 808 6152 nayikuthi uba neminye yalemiraro, ngombana ingaba litshwayo lokutshwayeleka.

- Ukuba nokutjhiswa komzimba okuphezulu namkha ukuzizwa unomtjhiswo omkhulu.
- Ukuzizwa ugula, okufana nokubabuthakathaka namkha ukuzizwa ngathi uyagula.
- Isisu sakho siqinile namkha sibophene.
- Umhlathi wakho uqinile.
- Ukuba nesithunthwana.
- Ukuba nomnuko omumbi ovela encebene.
- Ukuba nobovu obuphuma encebene.
- Ukuba nomraro wokuhlambuluka.
- Isikhumba sakho sitjhuguluka umbala.
- Nawuba nokuvuvuka namkha ukuthamba embilapheni namkha magega nenceba.
- Ukuzwa ubuhlungu bamsinyana encebene, khulukhulu nayikuthi bewuseze ungezwa ubuhlungu.

Hlala ugcina inomboro yeSizo ye-MMC emtatweni wakho. Ungadosa umtato namkha uthumele i-PCM yasimahla ngesinye nesinye isikhathi ukuze ukhulume nelinye lamanese wethu

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IZINTO OKUFANELE UZITJHEJE ZIYARAGA..

Ukopha:

Kujayelekile ukopha kancani ngemva kwe-MMC. Ukujamisa ukopha, beka umphambili wakho esandleni, thatha ivasilabhu ehlwengileko begodu gandeleda endaweni eyophako imizuzu eli-10 ukuya kweli-15. Nayikuthi ukopha kuragela phambili namkha kuba kumbi khulu vakatjhela itlinigi yakho/umnikeli wesizo ngokurhaba okukghonekako namkha Dosela iNomboro yeSizo ye-MMC.

Ukulawula ubuhlungu:

Kujayelekile ukuzwa ubuhlungu obulingeneko ngemva kokusoka. Sela amapilisi wokubulala iinhlungu owanikelwe basebenzi besiphrofetjhinale ngemva kokusoka. Nayikuthi ubuhlungu busese bumbi, sibawa udosele umtato itlinigi yakho namkha dosela inomboro yeSizo ye-MMC.

Ukuvuvuka:

Lokhu kujayeleke msinyana ngemva kwe-MMC. Ukuvuvuka kufanele kwehle ngemva kwamalanga ambalwa. Gcina umphambili wakho ujame rwe ngokusebenzisa irege yezambatho zakho zangaphasi ukwehlisa ukuvuvuka. Nayikuthi ukuvuvuka kuba kumbi khulu, namkha nayikuthi kuvela ubovu thintana netlinigi yakho namkha dosela inomboro yeSizo ye-MMC.

Ukuvukelwa:

Ukuvukelwa kungakwenza ungazigedli ngesikhathi usaphola ku-MMC. Inengi lamadoda lifumana ukobana kuyasiza ukupholisa umphambili wabo, okungenziwa ngokusula umphambili ngesineke ngamanzi amakhaza namkha ngokubeka irhwaba etjhileni elihlwengileko begodu ulibeke phezu komphambili. Godu kuyasiza ukusela amanzi amanengi khona uzakuhlambuluka njalo. Linga ukulala ngehlangothi, amadolo wakho uwadosele esifubeni. Linga ukobana ungalali ngomhlana.

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**YELELA: KHUMBULA, SILAPHA UKUKUSIZA. NAYIKUTHI UTSHWENYEKA
NAMKHA UFUMANA AMATSHWAYO WOKUTSHWAYELEKA, DOSELA
NAMKHA THUMELA I-PCM YASIMAHLA KU**

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