

COMMITMENT CARD

Want to lower your risk
of getting HIV/AIDS,
STIs and cancer?

Yes, I'm
responsible

No, I
don't care

Book your circumcision
at reception and keep
this card as your
booking reminder



I will visit the clinic on:

DD | MM | 20YY

My name is:

My signature:



health

Department
Health
REPUBLIC OF SOUTH AFRICA

THINGS YOU NEED TO DO:







1. **Book an appointment** today; fill in booking date 

2. Take a half-day **off work** on the day of circumcision

3. Eat **breakfast** on the day of the circumcision

4. **Come back to the clinic** 2 days later for a check-up

Don't miss out on the **BENEFITS** of VMMC

-  **Safe**  **Quick**
-  **Free**  **Once-off**
-  **Lowers risk of HIV, STIs and partner cervical cancer**
-  **Improves sexual performance**



Day 1-3 post-operative pain scale



KARETE YA BOITLAMO

Re batla ho fokotsa monyetla wa kotsi ya hao wa ho fumana HIV/AIDS, mafu a thobalano (di-STD) le kankere?

E, ke a
ikarabella

Tjhe, ha
ke tsotelle

Beheletsa lebollo la hao clinic mme o boloke karete ena jwalo ka kgopotso ya peheletso ya hao **mahala**

 Ke tla etela tleliniki ka la:

LL | KK | SSSS

Lebitso la ka ke:

Tshaeno:



health

Department
Health
REPUBLIC OF SOUTH AFRICA

DINTHO TSEO O LOKELANG HO DI ETSA:

1. Beheletsa apoentemete
ho VMMC Clinic kajeno



2. Nka letsatsi la ho lofa **mosebetsing**
ka letsatsi la ho ya bololla



3. Eja **dijo tsa hoseng** ka
letsatsi la ho ya bolla



4. Kgutlela tleliniking
Matsatsing a 2 ha morao bakeng sa
tlhahlobo



Se ke wa fetwa ke **DIHLAPISO TSA VMMC**



E bolokehile



E a potlaka



Ke mahala



E etswa ha
nngwe



E fokotsa monyetla wa tshwawetso
ya HIV, di-STI le kankere ya molomo
wa popelo ho molekane wa hao



E ntlafatsa tshebetso ya tsa thobalano

Sekala sa tekanyo ya bohloko kamora
opareishene Matsatsing a 1-3



IKHADI LOKUZIBOPHEZELA

Ufuna ukunciphisa ingcuphe yakho yokungenwa yi-HIV/AIDS, ama-STI nomdlavuza?

**Yebo,
ngizimisele**

**Cha,
anginandaba**

Bhukha ukuze usokwe clinic futhi ugcine leli khadi njengesikhumbuzo sakho se-aphoyintimenti **yamahhala**

 Ngizovakashela umtholampilo ngo:-

DD | MM | YYYY

Igama lami ngingu:-

Isiginesha yami:



health

Department
Health
REPUBLIC OF SOUTH AFRICA

IZINTO OKUFANELE UZENZE:

1. Yenza i-aphoyintimenti e-VMMC Clinic namuhla



2. Thatha i-off emsebenzini ngosuku lokusoka



3. Yidla ibhulekifasi elinomsoco ngosuku lokusoka



4. Buyela emtholampilo izinsuku ezi-2 kamuva uyohlolwa



Ungaphuthelwa YIZINZUZO ze-MMC



Iphephile



Iyashesha



Imahhala



Yenziwa kanye



Inciphisa izingcuphe ze-HIV, ama-STI nomdlavuzo womlomo wesibeletho kuphathina wakho



Ithuthukisa ezocansi



Isikali sezinhlungu soSuku 1-3 ngemuva
kokuhlizwa

