

DURA RERUZIVO PAMUSORO PECHIRWERE CHERURINDI



Kufambiswa kwemubatanidzwa wemasangano
anofambisa mabasa eHIV/AIDS

**DZIVIRIRAI
KUPARARIRA
KWECHIRWERE**

**KUNOBATSIRA
KUDZIVIRIRA
ZVOSE ZVIRI
ZVIVIRI**

**DZIVIRIRAI KUBATIRA
KWECHIRWERE
CHERURUNDI**

- Mushonga wekudzivirira chirwere weBacillus Calmette-Guérin (BCG)
- Kuchengetedza utano
- Kutevedzera zvinodiwa pakutora mushonga

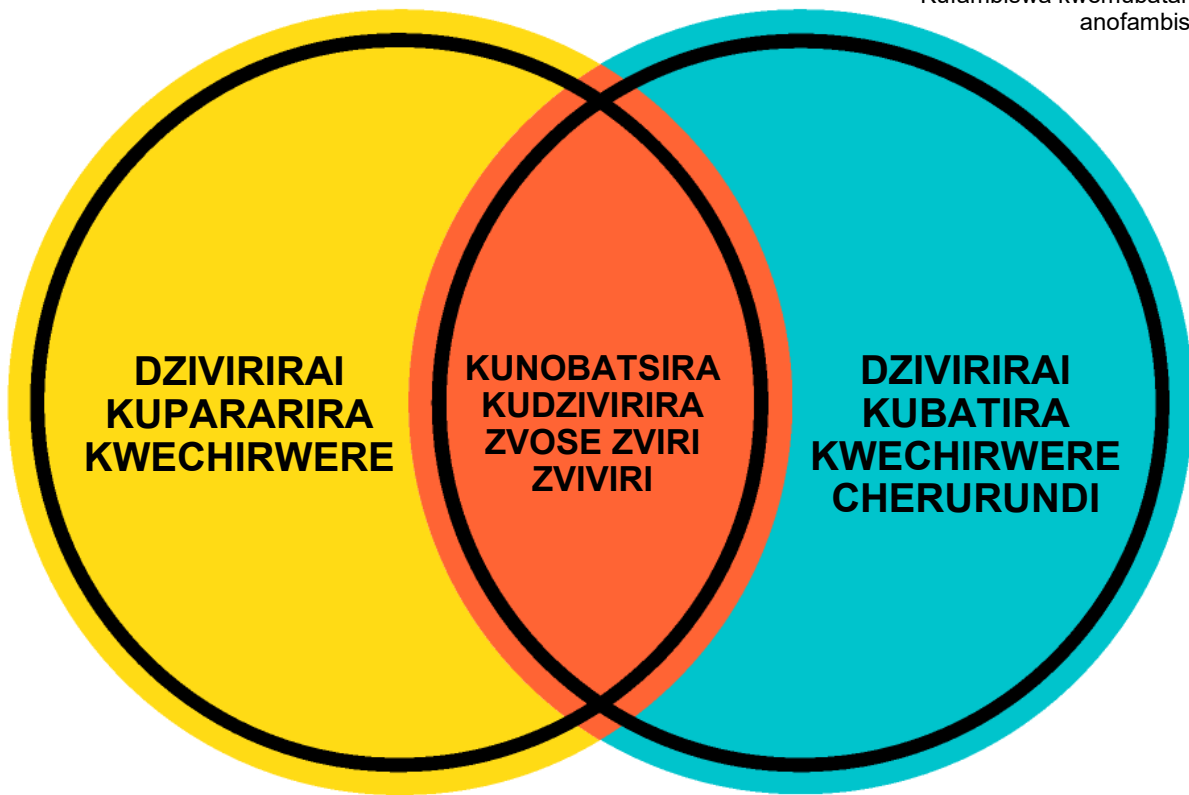
- Kutora mushonga wekudzivirira kubatira kwechirwere cheRurindi (TPT)
- Gadzirisa kukanganisika kunokonzera nekutora zvinodhaka
- Gadzirisa mashoko akaipa anotenderera asi asiri echokwadi maererano neChirwere cheRurindi
- Garai makatarisa zvirwere zvinenge zviri mumuviri panguva imwe chete
- Zvekudya
- Magariro evanhu anokonzera chirwere
- Kuitwa ongororo yeChirwere cheRurindi

- Tevedzai nzira dzinoderedza kubatira kwechirwere: Vharai muromo panguva yamunenge muchikosora, pfekai jira rinovhara muromo, cherechedzai kuti mweya uri kutenderera zvakanaka here muchipatara uye ngwarirai nzvimbo dzinoita kuti kutapurirana chirwere kukwire
- Dzidziso kune veruzhinji
- Tangisa kunwa mushonga weChirwere Cherurindi kana mangowanikwa kuti munacho

RUMWE RUZIVO



Kufambiswa kwemubatanidzwa wemasangano anofambisa mabasa eHIV/AIDS



- Mushonga wekudzivirira chirwere weBacillus Calmette-Guérin (BCG) kunyanya kuvacheche nevana vadiki
- Ivai nechokwadi chekuti mishonga haisviki pakupera.
- Kuchengetedza utano hwakanaka (kuita zvinodiwa pakupepa vane utachiwana hweHIV, chirwere cheshuga, zvirwere zvekufema nezvimwewo)
- Dzidziso yakanangana nezveutano.
- Zveutano hwepfungwa nezvimwe zvikwata zvinobatsira
- Ongororai Chirwere cheRurindi kuitira kuti murape chirwere ichi kana chiripo.
- Kutevedzera zvinodiwa pakutora mushonga: Rambai muchitora mushonga wenyu kunyangwe mava kunzwa zviri nane.

- Kubairwa kwemushonga wekudzivirira kubatira kweChirwere cheRurindi (TPT) kune vari kurarama neutachiona hweHIV uye nevamwe vavanofambidzana navo uyewo mamwe mapoka ari panjodzi yekubatira zvirwere. Kurapwa kwevanhu vakabatira Chirwere cheRurindi chinokasika kudavira kumushonga kusanganisira 3HP, 1HP, 3HR, 4R, uye 6H. Kune vanhu vakabatira Chirwere cheRurindi chisingakasiki kudavira kumushonga, murwere anofanira kutora mushonga welevofloxacin kwemwedzi mitanhatu.
- Gadzirirai kukanganisika kunokonzera nekutora zvinodhaka (kuputa, kunwa zvinodhaka, nezvimwewo)
- Gadzirirai mashoko akaipa anotenderera asi asiri echokwadi maererano neChirwere cheRurindi.
- Ongororai kana muwere ane Chirwere cheRurindi.
- Itai kuti muderedze magariro evanhu anokonzera chirwere.
- Kubatsira pane zvekudya; Kupiwa kwemapapa ekuwaniswa zvekudya. Kudya kwanaka kwakakosha!

- Vharai muromo panguva yamunenge muchikosora. Kosorerai mukati megokora renyu.
- Ongororwai kuti muneChirwere cheRurindi here kana muchigara nemunhu ane chirwere ichi.
- Tangisai kunwa mushonga weChirwere Cherurindi kana mangowanikwa kuti munacho Kutora mushonga kunobatsira kudzivirira vamwe waunofemerana navo mweya.
- Kubudikidza nedzidziso kune veruzhinji; vapai ruzivo pamusoro pemashoko anotendera muvanhu pamusoro pechirwere asi asiri echokwadi.
- Pfekai jira rinovhara muromo nemhuno.
- Nharaunda yaunogara yakakosha: kusununguka kwemaunogara uye kutenderera kwemweya zvakakosha.

NZVIMBO DZAKAKOSHA ZVEKUPERENGA ZVEPAMASAI-SAI EHINDANETI

MASHOKO AKAKOSHA:

[HTTPS://WWW.STOPTB.ORG/WORDS-MATTER-LANGUAGE-GUIDE](https://www.stoptb.org/words-matter-language-guide)

MASHOKO AKAKOSHA EZVINOFANIRA KUTEVEDZWA KUBVA KUSANGANANO REZVEUTANO REWHO:

[HTTPS://WWW.WHO.INT/PUBLICATIONS/I/ITEM/TLS-NTP-MANUAL-2023](https://www.who.int/publications/i/item/tls-ntp-manual-2023)

