



Malawi EMPOWER Activity

USAID Expanding Malawi HIV/AIDS Prevention with Local Organizations Working for an Effective Epidemic Response
(EMPOWER)

UTHENGA WA PrEP

DZIWANI ZA CHITHANDIZO CHA KUMWA MANKHWALA OTETEZA KU KACHIROMBO KA
HIV USANAKATENGE (PrEP)



CHAM
Christian Health Association of Malawi



fhi360
THE SCIENCE OF IMPROVING LIVES

DZIWANI ZA CHITHANDIZO CHA KUMWA MANKHWALA OTETEZA KU KACHIROMBO KA HIV USANAKATENGE (PrEP)

Kodi PrEP ndi chiyani?

- PrEP ndi mtundu wamankhwala umene umamwedwa ndi munthu oti alibe HIV kuti apewe kutenga kachiroboka.

Kodi ndingamwe bwanji mankhwala a PrEP?

- Umayenera kumwa m'bulu umodzi kamodzi patsiku. Tikulimbikitsidwa kumwa PrEP nthawi yomweyomweyo tsiku ndi tsiku kuti musamayiwale kumwa mankhwalawa. Ngati mungaiwale, kumbukilani kumwa nthawi yomwe mwakumbukilayo koma musamwe mibulu yoposa umodzi patsiku. Ndikotheka kuma mankhwalawa utadya kapenanso usanadye.

Ndiyenera kudziwa ziti pa mankhwala a PrEP?

- Mukuyeneranso kumayezetsa magazi pakatha miyezi itatu iliyonse
- . Mankhwala a PrEP samachilitsa ku kachiroboka ka HIV.
- Chithandizo cha PrEP ndi chimodzi mwa gawo la kuteteza kukachiroboka ka HIV pogwiritsa ntchito njira zophatikiza zotetezera ku kachiroboka ka HIV. Ndiye tikukulimbikitsani kuti muzigwiritsanso njira zina zotetezela pa nthawi yogonana monga kugwiritsa ntchito makondomu ndi ma lubu
- Pamene mwalandila mankhwala a PrEP, musagawane ndimunthu wina aliyense. Mankhwala ndi anu basi! Musayike moyo wanu pachiposezo pogawana mankhwalawa ndimunthu wina.

Ndiyenera kusunga kuti mankhwala a PrEP?

- Mankhwala a PrEP amayenera kusungidwa malo opita mphepo ndi owuma, Musunge mankhwalawa mubotolo lake lotsekedwa bwino ndipo muyike patali ndi ana.

Mankhwala a PrEP amatenga nthawi yaitali bwanji kuti agwire ntchito?

- Amatenga masiku makumi awiri (20) kuti apereke chitetezo chokwanira atamwedwa tsiku ndi tsiku. Ndikofunika kuziteteza ndi njira zina ngati kugwiritsa ntchito kondomu pamasiku amenewa!

Kodi mankhwala a PrEP amatenga nthawi yaitali bwanji kuti asiye kugwira ntchito?

- Pafupifupi sabata imodzi mutasiya kumwa tsiku lililonse koma ndikwabwino kuyamba kuziteteza ndi njira zina monga mukasiya kumwa mankhwalawa.

Chithandizo chimenechi ndingachipeze kuti?

- Mutha kupeza chithandizo cha PrEP muzipatala za mishoni za Piriti ndi St Luke ku Zomba. Malowa mukapezanso zisamaliro zosiyanasiyana zokhudza HIV, matenda opatsirana pogonana komanso kulera.

Kodi zovuta zimene zimabwera ndi mankhwalawa ndi ziti?

- Ena amakhala ndi zovuta za mphamvu yochepa akayamba kumene kumwa mankhwala a PrEP. Zovuta zambiri zimachoka pakapita masabata ochepa pamene thupi lanu

lazolowelera mankhwalawa.
Zovuta zimene zimatha
kupezeka ndi monga:

Nseru, Mutu, Kutopa, Kutsegula
mmimba, Kumva kukhumudwa, Kulota
zosakhala bwino, Kusanza ,Ziwengo,
Kuvutika ndi kupeza tulo, Kusintha kwa
chilakolako chakudya

- Ngati mungakumane ndi zovuta
izi kapena simukumva bwino
m'nthupi mukamwa
mankhwalawa, adziwitseni
azaumoyo amene amakupatsani
chisamalilo mwachangu. Auzeni
a zaumoyowa ngati mukumwa
mankhwala ena ngakhale
azitsamba kapena mavitameni.
Chifukwa izi zimatha kukhudza
kagwiridwe ntchito bwino ka
PrEP ngakhale kamankhwala
ena.

Ngati ndikumwa mankhwala a PrEP kodi ndidzamwa moyo wanga wonse?

- Ayi. Ndikofunika kumwa
mankhwalawa tsiku lililonse
pamene muli pachiopsezo
chotenga kachiroombo ka HIV,
koma mukazafika poti simuli
pachiopsezo mukhonza
kuzakambilana ndi opereka
chithandizo chazaumoyo kuti
azakuthandizeni.
Mukafukufukuyi mukhala ndi
mwayi wokumwa mankhwalawa
kosachepera chaka chimodzi.

Kodi ndikhonza kumwa mankhwala a PrEP usiku umodzi basi?

- Ayi. Mukuyenera kumwa
mankhwalawa patsiku kamodzi
kwa masiku osachepera makumi
awiri kuti mulandire chitetezo
chokwanila.

Chingachitike ndi chiyani nditaphonya kamwedwe ka mankhwala a PrEP?

- Ngati mungaphonye kumwa
mankhwala a patsiku, muyenera
kumwa pa nthawi yomweyo
yomwe mwakumbukila
mukatero mupitilize kumwa
tsiku lina lililonse monga
mwamasiku onse.

Mankhwala a PrEP sagwira ntchito izi:

- Kuteteza ku matenda opatsana
pogonana
- Kupewa mimba
- Kupewa kachiroombo mutakhala
kale pachiopsezo chotengera.
PrEP amateteza musanakhale pa
chiopsezo.

Ngati ndikumwa mankhwala a PrEP ndingasiye kugwiritsa ntchito makondomu pogonana?

- Kugwiritsa ntchito makondomu
ndi njira yabwino kwambiri kuti
muziteteze kukachiroombo ka
HIV. Makondomu amateteza ku
matenda opatsirana pogonana
komanso mimba ngati
agwiritsidwa ntchito moyenera
pa nthawi zonse.
- *Mankhwala a PrEP ayenera
kugwiritsidwa ntchito ndi njira
zina zotetezera kukachiroombo ka
HIV monga:*
 - Makondomu
 - Uphungu
 - Mankhwala okumwa
utakhala kale pachiopsezo
chotengera HIV (PEP)
 - Chikhalidwe cha umoyo
wathanzi
 - Chithandizo cha
mankhwala a matenda
opatsirana pogonana
 - Mankhwala a ma ARV kwa
abwezi amene ali ndi
kachiroombo ka HIV