

MODERN ART FOR ZIMBABWE

**MUSHONGA  
WEKURAPA HIV,  
PAMUVIRI  
NEHUTANO HWEMADZIMAI**

Munhu wese ane  
hutachiona hweHIV  
anofanirwa kunwa mushonga  
wekurapa HIV – unonzi  
ART kana kuti maARVs

JANUARY 2021



**MADZIMAI ANE HIV ANOGONA**

**KUITA VANA VASINA**

**HUTACHIONA HWEHIV HERE?**

**EHE!** Mushonga wekurapa hutachiona hweHIV unodzivirira mwana kubva kuhutachiona hweHIV paanenge achiri mudumbu raamai, paanozvarwa nepaanoyamwa mukaka.

Madzimai anofanira kuenda kwavanorapwa nekukurumidza pavanongofungira kuti vave nepamuviri. Kuwana rubatsiro rwakakwana panguva yekuzvitakura kunokupa mukana wakakura wekuti uite mwana ane hutano hwakanaka.

Kana ukaongororwa ukawanikwa uine hutachiona hweHIV iwe watove nepamuviri, unofanira kutanga ART nekukasira kuitira kuti udzikisire njodzi yekutapurira hutachiona hweHIV kumwana.



**MISHONGA INONWIWA**

**NEMADZIMAI ANE PAMUVIRI**

**YAKAFANANA HERE**

**NEINONWIWA NEVAMWE**

**VANHU VANE**

**HUTACHIONA HWE HIV?**

ART yemadzimai akazvitakura inoda kuenderana neinonwiwa nevamwe vanhu vane hutachiona hwe HIV.

Nhungamiro yeZimbabwe yekurapa hutachiona hweHIV inokurudzira kuti munhu wese ane HIV anwe mishonga inorwisa chirwere cheHIV, zvisinei nekuti CD4 kana kuti viral load yavo yakamira sei.

Zvinosanganisira madzimai akazvitakura neavo vanotarisirira kuita pamuviri.



**MUSHONGA MUTSVA**

**WEKURAPA HUTACHIONA**

**HWE HIV MUZIMBABWE**

Tave kuchinja mushonga  
wekurapa hutachiona hweHIV  
wekutanga kana kuti first-line.

Kazhinji mushonga wekurapa  
hutachiona hweHIV unenge uri  
mubatanidzwa wemishonga  
mitatu yakasiyana yakasanganiswa  
mupiritsi rimwe chete – inonzi  
fixed-dose combination.



Mushonga mutsva uyu unenge uine; Tenofovir, Lamuvidine neDolutegravir. Dzimwe nguva unodeedzwa kuti TLD. Dolutegravir ndiwo wega mushonga mutsva mumusanganiswa uyu; imwe mishonga yagara yaivepo miviri, Tenofovir neLamuvidine uyezve wechitatu unonzi Efavirenz.

Kuti uwane ruzivo rwakawedzerwa, verenga bepa rakanzi "Kutanga ART."



**MADZIMAI ANE PAMUVIRI**

**UYE ANE HUTACHIONA**

**HWE HIV ANOKWANISA KUNWA**

**DOLUTEGRAVIR PASINA**

**CHINOVAKUVADZA HERE?**

**HONGU\***

Asi pane zvimwe zvinofanirwa kucherechedzwa pamusoro pazvo.

- \* Madzimai ose ane HIV anofanirwa kuudzwa umbowo hwese kubva kunana mukoti vehutano kuitira kuti vakwanise kuita sarudzo yakakwana.

**PANE NJODZI**

**HERE PAKUNWA**

**DOLUTEGRAVIR UINE**

**PAMUVIRI?**

Panogona kunge paine njodzi yekuita chirwere chinonzi maneural tube defects kumwana achiri mudumbu raamai kana amai vachinge vaita pamuviri vachinwa Dolutegravir.





**CHII CHINONZI**

**NEURAL TUBE**

**DEFECT?**

Inonzi neural tube mumwana ari kukura mudumbu ndiyo inozoita uropi, musana, dehenya nespine.

Neural tube inovharika mumazuva 28 ekutanga kwepamuviri pachibva kubata – kazhinji madzimai mazhinji anenge asati ave kuziva kuti ane pamuviri.





**Kana tube ikasavhara  
zvakanaka pamusana  
pechero chikonzero,  
mwana wacho anonzi  
ane neural tube defect.**

**Kubva dambudziko  
rekutanga rakaonekwa pakati  
peDolutegravir neNeural  
Tube muna 2018, njodzi  
iyi yadzikira. Nhungamiro  
dzakawanda, dzichisanganisira  
World Health Organisation  
(WHO) neZimbabwe, vava  
kukurudzira kutora dolutegravir  
kune vane pamuviri.**

**ZVII ZVAKANAKIRA**

**KUNWA**

**DOLUTEGRAVIR**

**UINE PAMUVIRI?**

Zvinosanganisira kukurumidza kudzikisa hutachiona mumuviri wemadzimai zvichivapa hutano hwakanaka.

Zvinodzikisira njodzi yekutapurira hutachiona kumwana ari mudumbu uye kune shamwari yako yepabonde.





**KO KANA**

**NDISINGADI KUITA**

**PAMUVIRI?**

Senguva dzose,  
unokurudzirwa kushandisa  
nzira yekudzivirira  
pamuviri inoshanda  
zvakanaka kana  
usingadi kubata  
pamuviri. Ndapota,  
taura namukoti  
wehutano kuti  
vakubatsire  
kusarudza nzira  
yekudzivirira  
pamuviri  
inoshanda uye  
inoenderana  
newe.

**KUNE MUMWE**

**MUSHONGA HERE KUNZE**

**KWEDOLUTEGRAVIR**

**KUNE VANE PAMUVIRI?**

Nhungamiro yeZimbabwe neWHO inokurudzira maARVs ane Efavirenz 400mg yakasanganiswa ne Tenofovir neLamivudine seimwe nzira pane Dolutegravir.

Imwe nzira yakawanikwa iri yakachengeteka kune madzimai ane pamuviri.

**ONA KUTI**

**WAITA SARUDZO**

**YAUNOGUTSIKANA**

**NAYO**

Kana uchinge  
wakaonekwa kuti une  
HIV wave nepamuviri,  
unogona kunge  
uchida kuwana  
rubatsiro  
rwakawanda  
runopfuura  
kutangwa  
pamushonga  
wekurapa HIV.





## ZVICHENGETEDZE

Hutano hwako  
uye kurapwa  
kwako ndizvo  
zvakananyokosha  
zvaunofanirwa  
kufunga kuitira  
kuti uite mwana  
ane hutano  
hwakanaka.

# NZWISISA

# SARUDZO YAKO

Unofanirwa kuona kuti unonzwisisa sarudzo yako – zvinosanganisira kuverenga ruzivo ruri pabepa rino.

Unofanirwa kuona kuti vashandi vehutano vanokurukura newe pa sarudzo yako uyezve kuti vanokoshesa sarudzo yako.



# Ruzivo rwakawedzera

Unogona kuwana rumwe ruzivo  
rwakawedzera (kana kubvunza  
mubvunzo maererano nekurapwa)  
kuclinic iri padyo newe, kuchipatara  
kana pamawebsites aya;

[www.pzat.org](http://www.pzat.org) ne [www.i-base.info](http://www.i-base.info)

