

likhondom ziyawuphelisa umdla. Kufana nokungathi utya ibhanana inexolo layo!

Ukongeza nje ithontsi elinye okanye amabini esithambiso esenziwe ngamanzi kwincam yekhondom okanye kumphandle welungu lobudoda phambi kokuyifaka ikhondom kunokwandisa iimvakalelo. Unako nokuthenga iikhondom ezicutheke kakhulu kwiikhemesti ezenzelwe ukwandisa iimvakalelo. Enye indlela kukusebenzisa ikhondom yamabhinqa enxitywa ngabasethyini nenobundyengelele noko kwilungu lobudoda.

Andiyithandi indlela ezinuka ngayo iikhondom!

Ukuyivula ipakethi yekhondom nokuyibethisa ngomoya imizuzu embalwa kuya kunciphisa ivumba lerabha yeleyitheksi. Unako ukusebenzisa ikhondom enuka kamnandi okanye enesinongo esinuka kamnandi, nenuka bhelele. Enye indlela kukuthambisa isithambiso esinevumba elimnandi okanye esinevumba elithile elimnandi kwikhondom. Iikhondom ezinevumba lesinongo esithile okanye ezinuka kamnandi nezithambiso zinokuthengwa kwiikhemesti nakwezinye iivenkile yaye ziyafumaneka kwamaziko ezempilo.

likhondom zikarhulumente zifumaneka mahala yaye zikumgangatho ophantsi yaye zikrazuka lula.

Urhulumente unikezela ngeekhondom mahala yaye zivavanyiwe yaye zikumgangatho ophezulu. Abona nobangela baxhaphakileyo bokukrazuka kweekhondom kukungasetyenziswa ngendlela echanekileyo. Zigcine iikhondom zakho kwindawo epholileyo, ungayisebenzisi ikhondom ephelelwe lixesha, yaye wucudise umoya uphume kwincam yekhondom phambi kokuba uyifake. Kwakhona, qinisekisa ukuba usebenzisa isithambiso esenziwe ngamanzi esifana ne-KY jelly kuba ezenziwe nge-oyile ezifana neVaseline zinokuzenza zigqabhuke iikhondom.



Zincinci kakhulu iikhondom kum!

Iikhondom ziyanwebeka ukulungela nabuphi na ubungakanani belungu lobudoda. Unokuzithenga iikhondom ezinkulu ngokungaphezulu ezikhemesti. Enye indlela kukusebenzisa iikhondom zamabhinqa ezingavakali ziqinile kwilungu lobudoda.

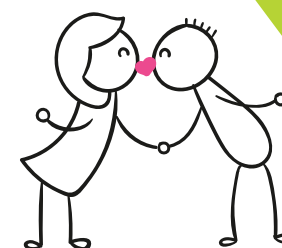
Ndive ukuba iikhondom zikarhulumente zine-HIV yaye zineempethu kuzo.

Ayiyo nyaniso leyo. Iikhondom zikarhulumente zihlolisiwe yaye zayiphumelela imiqathango yokuhlolwa engqongqo. Akukho HIV okanye zimpethu kuzo. Ngamanye amaxesha xa ikhondom isegcakasini ebushushwini, irabha eyileytheksi iyatshintsha, yaye kuye kubonakale ngathi kungakho imibungu kuyo ikhondom, kodwa akunjalo.

Ndithanda inyama enyameni (Towner)!

Oku kungavakala kumnandi kodwa yingozi enkulu ngokumalunga ne-HIV nezinye izifo ezosulela ngokwabelana ngesondo (STI infection transmission). Kubhelele kakhulu ukuba nihlangabezane neqabane lakho yaye nizigcine nikhuselekile nobabini. Oko kukuzithwalisa uxanduva nokuba nenkathalo ngento eniyenzayo!

IMPENDULO KWIMIBA EKUXHALABISAYO
NGEEXHONDOM ZAMABHINQA



THIS IS THE
INTERNATIONAL
FEMALE SYMBOL

Ngencukhacha ezithe vetshe tyelela iiklinikhi okanye isibhedlele esikufutshane kuwe, Okanye uqhagamishelane nabo ku:

www.bwise.com, www.ilovelife.mobi,
www.hivsa.com, www.choma.co.za, www.hi4life.co.za

National HIV and AIDS Helpline: 0800 012 322

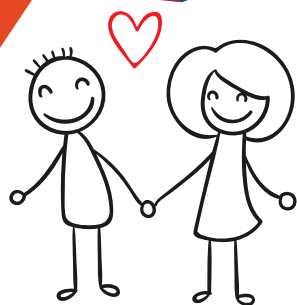


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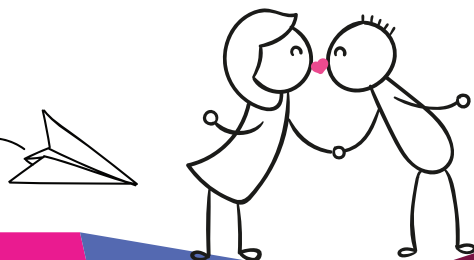
Ikhondom yamabhinqa imbi! Ibonakala ngathi yiplastiki enkulu!

Ikhondom yamabhinqa ayikho nkulu kangako. Inobude obulingana nobekhondom yamadoda, kodwa ibanzi yona. Inkulwana yaye inobubanzi obenza amadoda azive kamnandi yaye ayayithanda amadoda amaninzi.



Ikhondom yamabhinqa inengxolo ngexesha lokwabelana ngesondo. Oku kuba yimpoxeko enkulu yaye akuthandeki konke!

Ikhondom yamabhinqa ifuna isithambiso esingaphezulu kunekhondom yamadoda. Ukongeza isithambiso ngaphakathi kwikhondom okanye kumphandle welungu lobudoda kumele ukuyinciphisa ingxolo.



Ikhondom yamabhinqa ibiza phezulu kakhulu!

Iiklinikhi ezininzi zizinika mahala iikhondom zamabhinqa kwabo beze kwiiklinikhi zabo. Ukuba iklinikhi yengingqi okuyo ayinazo iikhondom, buza kunesi amagama eklinikhi ezikufutshane ezinazo ezi khondom.



Xa sisebenzisa ikhondom yamabhinqa, ngamanye amaxesha iyatyhaleka iye ecaleni ngethuba lokwabelana ngesondo. Ngamanye amaxesha iyatsaleka iphume.



Kulungile ukuba ikhondom yamabhinqa ishenxe iye kwelinye icala nakwelinye ngethuba lokwabelana ngesondo, kodwa ayimele kusuka iphumele ngaphakathi nangaphandle kwilungu lobufazi okanye kumva wakhe. Ukongeza isithambiso esingaphezulu ngaphakathi kwikhondom okanye kumphandle welungu lobudoda kumele ukuyinciphisa ikhondom ihlale endaweni enye.

Iikhondom zamabhinqa kunzima ukuzifaka.



Ukufaka ikhondom yamabhinqa kuye kube lula ngokumana uziqhelisa ukuyifaka. Ziqhelise ukuyifaka ikhondom xa uwedwa. Ukuba akuphatheki kakuhle xa ufaka ikhondom phambi kweqabane lakho, unokuyifaka kwiiyure eziyi-8 phambi kokuba wabelane ngesondo. Unokuyifaka uwedwa bucala kanye phambi kokuba wabelane ngesondo. Okanye ukuba iqabane lakho liyavuma, lingayifaka kuwe ngokwalo!



**IIMPENDULO KWIMIBA EKUXHALABISAYO
NGEIKHONDOM ZAMADODA**



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