

FUMANA ULWAZI!

Amalungelo akho empilo yezesondo-amalungelo abantu bonke ukwenza izigqibo ngempilo yakho yezesondo ngaphandle kokunyanzelwa, ukucalucalulwa, nobundlobongela.

Unelungelo

- Lokufuna, ufumane, wabelane ngolwazi olumalunga ngezesondo
- Lokuzikhethela iqabane
- Lokuthatha isigqibo ngezesondo
- Lokwenza isigqibo ngokuba ufuna abantwana nini na
- Lokufumana iingcebiso neenkonzo zexabiso, ezikhuselekileyo nezinga calucaluliyo, kunye nezinye iinkonzo zempilo yezesondo ezinjenge ngcebiso nokuhlolwa kwezifo ezosulelana ngokwabelana ngesondo, ukufumana amayeza neenkonzo zabantu aba khulelweyo
- Lokuphila impilo engena bundlobongela
- Lokwenza isigqibo sokuba uyafuna na ukutshata
- Lokuzanelisa ngezesondo ngendlela ekhuselekileyo
- Lokuzikhethela ukuba uyafuna ukwabelana ngesondo na
- Lokufumana iinkonzo zempilo yezesondo ngaphandle kokuvunyelwa ngabazali xa uneminyaka elishumi elinambhini nangaphezulu



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