



NABANTU ABATSHA BAMKELEKILE APHA! SITHEMBISA UKUNINYANGA NGENTLONIPHO NANGENTEMBEKO

Yiza uzofumana ulwazi neenkonzo!

○ Ngamalungelo akho ngezempilo yezesondo

○ Ngendlela yokutya esempilweni

○ Indlela yokuzikhusela kwi Ngculaza, nezifo zokwabelana ngesondo Drop, nezinye

○ Indlela ezohlukeneyo zokukhusela ukumitha

○ Indlela yokumelana neengxaki ezikukhathazayo emphefumleni ezinje ngestress, ukuhlukunyezwa nangaliphi na uhlobo

○ Xa ufuna ulwazi noba lunjani ngezempilo

○ Ulwaluko olukhuselekileyo

○ Xa ufuna icondoms

○ Xa ufuna ukuzivavanyela intsholongwane yengculaza, iSifo sephepha nezifo ezosulela ngokwabelana ngeSondo, kunye netreatment

○ Ungafumana nenkonzo zokuncedisana nabantu abakhulelweyo (umzekelo ukuhlukuhla)

○ Ukuba asinayo lenkonzo uyifunayo siyacebisa ukuba ungatyelela phi ukuze uzifumane ezonkonzo

PHOLA FAKA ICONDOM!!!



Ngencukhacha ezithe vetshe tyelela iklinikhi 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

