

# PrEP ye Madzimai



PIRITSI RIMWECHETE

KAMWECHETE PAZUVA

RINODZIVIRIRA HIV

Mashoko aya ndeevanhu vose vanosarudza kuzivikanwa se madzimai, kunyange vasina kuzvarwa vari vanasikana, uye vanoita bonde nevanhurume.

HIV chirwere chepabonde. PrEP inodzivirira kutapuka kwehutachiwana hwe HIV kumadzimai kunyange vasina kushandisa ma condom.

PrEP ipiritsi rinosanganisira mishonga miviri ye HIV inoti Tenofovir (TD) ne Emtricitabine (FTC).

**PrEP Inoshanda!**

# Ko PrEP yakandinakira here?

PrEP inoshanda zvisinei nekuti uri murume here kana mukadzi, zvisinei nekuti unosarudza kuzivikanwa semurume here kana mukadzi, uye zvisinei nerudzi rweganda rako.



Asi chekutanga, unofanirwa kutanga wawana ruzivo rwakakwana usati wasarudza kushandisa PrEP. Verenga zvakazara pano:  
[www.womenandprep.org.uk](http://www.womenandprep.org.uk)

# Vakadzi vakazvarwa vari varume vakazosarudza kuchinja, ne PrEP

PrEP inodzivirira HIV zvisinei nemhando ye bonde yavasarudza kuita.

Inodzivirira kunyange vasina kuvhiyiwa (kuitwa operation) nana chiremba kuti vachinje sikarudzi.

Sarudzo yekuti unonwa mapiritsi mangani uye kangani inoenderanawo ne mhando ye bonde inoitwa asi kunwa mazuva ese kunokurudzirwa.

Unogona kuwana rubatsiro kune idzi nzvimbo:

[www.cliniq.org.uk/pep-prep](http://www.cliniq.org.uk/pep-prep)

[www.dean.st/trans-non-binary](http://www.dean.st/trans-non-binary)

# PrEP nema Homonzi

Hazvina njodzi kushandisa PrEP kana uchishandisa ma homonzi (hormones) ekusimbisa hukadzi hwako, uye hazvina njodzi kushandisa PrEP kana uri mudzimai anoshandisa HRT mumazuva ekuguma ura/kutevera. Hazvina njodzi zvakare kushandisa PrEP kana uchinwamishonga yekudzivirira pamuviri (yakafanana ne ring, patch, pill, kana implant).



# PrEP ne Pamuviri

Kana urikuronga kana kuzama kuita pamuviri, kana kuti usiri kushandisa mishonga yekudzivirira pamuviri, kushandisa PrEP mazuva ose kunogona kukuchengetedza kuti usabata hutachiwana hwe HIV. Asi, kana wabata pamuviri, zivisa chiremba wako.

Kana uchiri pa njodzi yekubata HIV, nhungamiro inokurudzira kuti urambe uchishandisa PrEP. Hazvina njodzi kushandisa PrEP kunyange uchiyamwisa mwana. Mushonga unosvika mumukaka mushoma zvekuti hauna njodzi.

Ona: [www.womenandprep.org.uk](http://www.womenandprep.org.uk)

Shandisa mudziyo uyu kutarisa kuti PrEP ingapesana nemamwe mapiritsi aunonwa here: [www.hiv-druginteractions.org/checker](http://www.hiv-druginteractions.org/checker)

# Mabasa epabonde

PrEP inogona kushandiswa kunyange neavo vanoshanda mabasa epabonde. Vazhinji vanoshanda basa iri vanochengetedza hutano hwavo hwepabonde, asi vatengi vavo kana vamwe vavanoshanda navo vazhinji vanogona kusazvichengetedza. PrEP inodzivirira HIV kana ukamanikidzwa kuita bonde pasina condom.

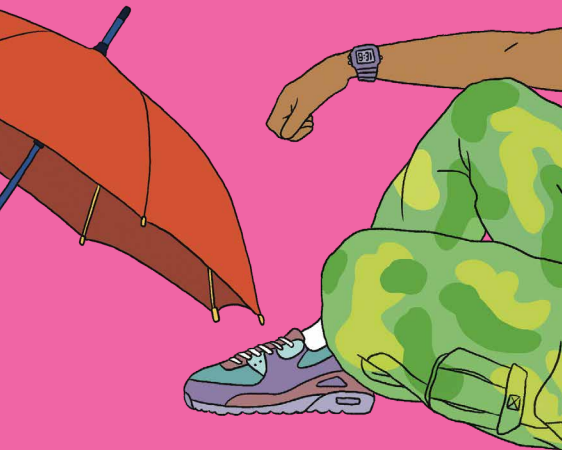
Rubatsiro rwakagadzirirwa hutano hwepabonde (pasina mibvunzo, rusaruro kana kushoropodzwa) rwuripo, uye rwunokurudzirwa.

Batana ne nharaunda yeavo vanoshanda mabasa epabonde:  
[www.uglymugs.org](http://www.uglymugs.org)



# Kuwana PrEP mu UK

PrEP inowanikwa muzvipatara nemakiriniki e zvehutano hwepabonde zve NHS mu England, Scotland, Wales ne Ireland.








Munguva shoma  
inotevera kuchava  
nenzvimbo dzimwe  
zhinji dzichange  
dzichiwani kwa  
PrEP, dzakafanana  
nekwa chiremba  
wako kana zvitoro  
zvemishonga zviru  
pedyo newe.

# Pekutangira

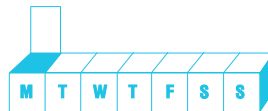
- Taura na chipangamazano wehutano, chiremba kana mukoti ku kiriniki
- Unofanira kuongororwa ropa kuti une hutachiwana hwe HIV here. Unofanirwa kuongororwa ne fourth-generation antigen/antibody test
- Unofanirwa zvakare kuongororwa ropa kuti une hepatitis B here. Mishonga iri mu PrEP inoshanda kudzivirira zvese HIV ne hepatitis B.

Ropa rinoongororwa pachena muzvipatara zvehutano hwepabonde zve NHS kana ukataura kuti urikushandisa PrEP.

 Kuongororwa HIV nezvimwe zvirwere zvepabonde kunokurudzirwa kana warara nePrEP kana kuti usina.

## Mashandisirwo e PrEP

Inwa piritsi rimwechete kamwechete pazuva kwemazuva manomwe (7) usati waita bonde. Ramba uchinwa mazuva ose. Kana wafunga kumira kushandisa PrEP rangarira kuti unofanira kuramba uchinwa kwemazuva manomwe (7) kubva musu wawapedzisira kuita bonde.



**Zano:** Shandisa bokisi remapiritsi (Pill box). Iyi inzira yakareruka yekuona kana wadarika rimwe zuva usina kunwa.



**Zano:** Sarudza nguva yakakunakira yekunwa PrEP woramba uchinwa panguva imwechete iyoyo mazuva ose.



**Zano:** Tara nguva panhare yako kuti ipote ichikurangaridza kana nguva dzekunwa dzakwana.

**Zano:** Ukakanganwa kunwa piritsi panguva yemazuva ose, inwa ipapo pawazvifungira. Zviri nani kunonoka pane kurega.





Ramba uchinwa PrEP kwemazuva manomwe usingaite bonde usati warega.

## **Wongororo/Cherechedzo**

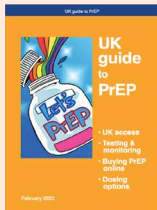
Kugara uchiwongororwa ropa kwakakosha kana uchishandisa PrEP. Gara uchitariswa ropa rako mwedzi mitatu kana mina yege yega. Kiriniki yezve utano hwepabonde inozitora ropa rako nekutarisa kushanda kwe itsvo dzako. (Zvekuti izvi zvinoitwa kangani zvinosiyana pamunhu ne munhu.)

Kuongororwa ropa ne itsvo uku kunoitwa pachena muma kiriniki e zvehutano hwepabonde e NHS kana ukataura kuti urikushandisa PrEP.


# Kukanganisika kana kusawirirana PrEP

Vanhu vazhinji vanoshandisa PrEP zvakanaka pasina dambudziko kana kurwariswa nayo. Kune avo vano kanganisika, ka zhinji hazvinyanye kuvakanganisa, uye zvinowanzopera mumazuva mashoma shoma.


Zvakanaka kutariswa pano ne apo kuti pane kumwe kukanganiswa kana kurwariswa ne PrEP kuri kuitika here, asi hazviitike kazhinji.



Kurambwa ne mishonga – kashoma kuti munhu arambwe ne PrEP. Verenga zvakazara pano: [www.i-base.info/guides/prep/pdf](http://www.i-base.info/guides/prep/pdf)



**PrEP inogona  
kukubatsira  
kuti ufadzwe ne  
bonde pasina  
kutya kana  
kunetseka ne  
nyaya ye HIV.**



# Rwumwe ruzivo

[www.womenandprep.org.uk](http://www.womenandprep.org.uk)

[www.i-base.info/prep-for-women](http://www.i-base.info/prep-for-women)

[www.prepster.info/prep4women](http://www.prepster.info/prep4women)

[www.iwantprepnw.co.uk](http://www.iwantprepnw.co.uk)

[www.bhiva.org/PrEP-guidelines](http://www.bhiva.org/PrEP-guidelines)

Kuti uwane magwaro eruzivo urwu pachena tumira email ku Sophia Forum pa [info@sophiaforum.net](mailto:info@sophiaforum.net) kana kuti kumbira paIndaneti pa (izvi zvinosanganisira bhuku re PrEP rizere rine ma peji 24):  
<https://i-base.info/forms/order.php>



[www.sophiaforum.net](http://www.sophiaforum.net)