

Comic Booklet!

INFOGRAPHICS
SIMPLIFYING
THE SCIENCE ON
HIV
PREVENTION
FOR
ADOLESCENT
GIRLS AND
YOUNG WOMEN.

Colophon
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MY AGE ZIMBABWE 2024

Authors
Tadiwanashe Burukai-Matutu

Co- Author
Nyasha Phanisa Sithole

Core Contributors
AGYW from Chingwizi Ward 1 in Mwenezi Rural District
,Masvingo Urban- Masvingo Province Zimbabwe

Contributors
Onward Chironda
Tendai Kunyelesa
Obedience Mazenge Salim
Bhebhe
Winnet Chakandinakira

Design
Tadiwanashe Burukai-Matutu



OrAP PrEP



**PREP: A SAFE AND EFFECTIVE
CHOICE FOR HIV PREVENTION.**



WHAT IS ORAL PREP?

PrEP (Pre-Exposure Prophylaxis) are pills taken to prevent HIV infection in HIV-negative individuals who are at high risk of exposure.

DID YOU KNOW?

- Globally the first daily oral PrEP pill was approved in 2012 by the United States of America ,Food and Drug Administration. In Zimbabwe it was approved in 2015 by the Medicines Control Authority of Zimbabwe. PrEP is now decentralised to all facilities in Zimbabwe
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HOW DOES IT WORK?

- PrEP works by preventing HIV from entering human cells and multiplying.
- PrEP is taken once a day ,at the same time every day, before a possible sexual exposure to HIV at least for 7 days and afterwards as long as a person is still at risk

WHEN DO I NEED PREP?

- If you regularly have sexual intercourse with a partner whose HIV status you do not know.
- If you are in a sero different relationship where one partner is HIV positive and the other is HIV negative.



PAYMENT AND ACCESS POINTS?

- It is given for free in all health facilities in Zimbabwe.
- Some private health facilities or pharmacies may charge a fee for it.
- -Remember to talk to your health care provider, community health worker or community HIV support groups to learn more and see if PrEP is suitable for you and to learn on possible side effects

REMEMBER!

PrEP is a safe and effective choice for HIV prevention when taken as prescribed
To use Oral PrEP with other HIV prevention methods including opting for voluntary medical male circumcision and using condoms correctly and consistently to avoid getting STIs

Its important to get regular HIV tests.

When taken as prescribed, oral PrEP reduces the risk of HIV infection through sexual exposure by over 90%.

Use PrEP to end HIV by 2030!



PrEP YEKUNWA



**PREP: SARUDZO INOSHANDA
KUDZIVIRIRA KUBATIRA HIV.**



CHII CHINONZI PREP?

PrEP zvakamirira izvo kuti Pre-Exposure Prophylaxis mapiritsi anonwiwa nemunhu asina utachiona hweHIV asi ari panjodzi huru yekubatira.

WANGA UCHIZVIZIVA HERE?

- Pasi rino rose PrEP yekunwa yakabvumidzwa kuti ishandiswe muna 2012 ku United States of America neve Food and Drug Administration. Muno muZimbabwe PrEP yekunwa yakabvumidzwa kuti ishande neve Medicines Control Authority of Zimbabwe muna 2015.
- Parizvino yave kuwanikwa kuzvipatara zvose zvemuno muZimbabwe.



PREP INOSHANDA SEI?

- PrEP inodzivirira utachiona hweHIV kuti husatapurirwa mumuviri wako.
- -Piritsi rePrEP rinonwiwa kamwechete pazuva, nenguva imwecheteyo zuva roga roga paunenge uchifungidzira kuti uri panjodzi yekubatira utachiona hweHIV.
- -Piritsi rePrEP rinofanirwa kumwiwa kwemazuva manomwe (7) usati waita zvepabonde.

NDINOKWANISA KUTORA PREP KANA ZVAITA SEI?

- Kana uchigara uchiita bonde nemunhu wausingazive kuti ane utachiona hweHIV here kana kuti kwete
- Kana uri muwirirano yekuti mumwe anorarama hutachiona hweHIV umwe asina hweHIV.



MUBHADHARO NE KWEKUIWANA?

- Munyika yedu yeZimbabwe PrEP unoiwana pachena kuzvipatara zvose.
- Asi zvakanaka kuti uzive kuti maPharmacy uye zvipatara zvisisri zvehurumemnde unogona kunzi ubhadhare kuti ukwanise kupihwa PrEP.
- Rangarira kutaura nevehutano vekuchipatara, vehutano vari munharaunda yaugere uye mapoka anoita nezvekudzivirira kubatira hutachiona hweHIV kuti uzive zvizhinji nezvePrEP uye kuti yakakunakira kuti ushandise here

RANGARIRA!

Gara uchiziva kuti PrEP inodzivirira kubatira hutachiona hweHIV kana ukainwa sekuudzwa kwaunenge waita Zvakakosha zvakare kushandisa PrEP nedzimwe nzira dzekudzivirira kubatira hutachiona hweHIV uye zvirwere zvepabonde (STIs) zvakaita semakondomu kana kuchecheudzwa kana uri murume.

Zvakakosha kugara uchiongororwa utachiona hweHIV.

Tinokukurudzirai kushandisa PrEP kuti tippedze dambudziko rehutachiwana hweHIV by 2030

Cabotegravir Long Acting (CAB-LA) Injectable Pre-exposure Prophylaxis (PrEP)

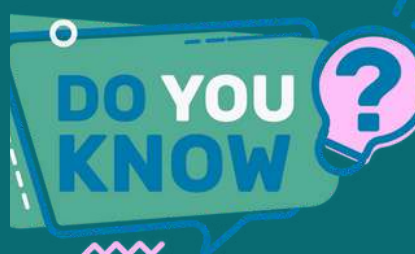
CAB-LA Injectable PrEP: A Safe and Effective choice for HIV Prevention



What is CAB LA also known as Injectable PrEP?

Cabotegravir –an HIV drug , PrEP(Pre-Exposure Prophylaxis) is an injection to prevent HIV infection in HIV-negative individuals who are at high risk of exposure.

- Globally the first injectable PrEP was approved for use by the Food and Drug Administration in the United States of America in 2021
- Zimbabwe was the first African country to approve the use of Injectable PrEP in 2022 through the Medicines Control Authority of Zimbabwe



How Does Injectable PrEP Work?

- The first two injections are given one month apart. After the second injection, it is given every 2 months.
- ARVs in general, including CAB, circulate throughout the body. CAB
- PrEP works by preventing HIV from entering human cells and multiplying.

When do I need to consider taking Injectable PrEP?

- If you regularly have unprotected sex with a partner whose HIV status you do not know. If you are in a sero
- discordant relationship where one partners is HIV positive and the other is HIV negative.



Payment and Access Point?

- It is for free in all health facilities in Zimbabwe. As of October 2024. Injectable PrEP is still under study in Zimbabwe and only available in 15 demonstration sites across Zimbabwe. Remember to talk with your health
- care provider to learn more and see if Injectable PrEP is suitable for you.



As of October 2024 demonstration sites or CAB LA:

- **SHAZ! Hub at CitiMed Hospital in Chitungwiza;**
- **Ngundu Rural Health Centre;**
- **Runyararo Clinic in Masvingo;**
- **Plumtree District Hospital;**
- **Beitbridge Wellness Centre, and**
- **Cowdray Park Clinic, Bulawayo,**
- **Mutare NSC,**
- **NAH-Harare,**

reminder

- Injectable PrEP is a safe, effective choice for HIV prevention when taken as prescribed Remember to
- use Injectable PrEP with other HIV prevention methods avoid male including condoms to getting STIs and circumcision.
- Remember it is important to get regular HIV tests.
- Use Injectable PrEP to end HIV by 2030

Cabotegravir Long Acting (CABB-LA) Injectable Pre-exposure Prophylaxis (PrEP)

**PrEP Yejekiseni: Sarudzo Inoshanda Kudzivirira
Kubatira Hutachiwana hweHIV**



Chii Chinonzi PrEP Yejekiseni?

PrEP yejekiseni inobaiwa munhu asina HIV asi ari panjodzi huru yekubatira HIV, kuti adzivirire kubatira HIV .

- Pasi rino rose PrEP yejekiseni yakabvumidzwa kuti ishande neve Food and Drug Adminstration veku United States of America muna 2021. Muna 2022, Zimbabwe yakava iyo nyika yekutanga mudunhu reAfrica kubvumidza kuti PrEP yekubaiwa sejekiseni inge ichishanda muno.

**WANGA
UCHIZVIZIVA
HERE?**



PrEP yekubaiwa sejekiseni Inoshanda Sei?

- PrEP inoanadzivirira kuti uye uchiitira kuti hweHIV kuti husararambe mumuviri wako
- Jekiseni iri rinobaiwa sezvinotevera:
 - ♥Maviri ekutanga anobaiwa akasiyana nemwedzi umwe.
 - ♥Kubva ipapo rinenge robaiwa kamwechete kwapera mwedzi miviri.

Ndinokwanisa kutora PrEP yekubaiwa jekiseni kana zvaita sei?

- Kana auchigara uchiita bonde risina kudzivirirwa nemunhu wausingazive kuti ane hutachiwana hweHIV here kana kuti kwete.
- Kana uri muwirirano yekuti mumwe ane HIV kana neutachiona umwe haana.



Mubhadaro nekwekuiwana?

- Munyika yedu yeZimbabwe PrEP yekubaiwa sejekiseni unoiwana pachena kuzvipatara zvehurumende. Panguva yakanyorwa, chinyorwa chino muna
- Gumiguru 2024, PrEP yejekiseni ichiri kuwanikwa muzvipatara gumi neshanu , nekuti ichiri kuongororwa nezvayo kuti tingaishandise sei muno muZimbabwe. Rangarira kutaura nevehutano kuti uzive zvizhinji nezvePrEP
- yekubaiwa sejkiseni uye kuti yakakunakira kuti ushandise here.



**Nzvimbo dzinowaniikwa
Prep rejekiseni kubviira
muna Gumiguru 2024 :**

- **SHAZ! Hub at CitiMed Hospital in Chitungwiza;**
- **Ngundu Rural Health Centre;**
- **Runyararo Clinic in Masvingo;**
- **Plumtree District Hospital;**
- **Beitbridge Wellness Centre, and**
- **Cowdray Park Clinic,Bulawayo,**
- **Mutare NSC,**
- **NAH-Harare,**

Rangarira!

- Yejekiseni ichi zivirira kuti kubatira hutachiona hweHIV kana ukaishandisa sekuudzwa kwaunenge waita kuchipatara navehutano
- PrEP yekubaiwa yejekiseni inoshanda ne nzira dzekudzviririra kubatira utachiona hweHIV uye zvirwere zvepabonde (STIs) zvakaita semakondomu, kuchecheudzwa.
- Zvakakosha kugara uchiongororwa utachiona hweHIV. inokukurudzirai
- kushandisa PrEP yejekiseni kuti tipedze dambudziko rehutavhiwana hweHIV by 2030

Post-Exposure Prophylaxis- PEP

PEP-It's a short course of HIV medicines taken after a potential exposure to HIV ,to prevent infection.

When can one take PEP?

- Used only in emergency situations. Appropriate for HIV-negative individuals after potential exposures to HIV including cases of sexual violence (rape), unprotected sex with someone who is HIV positive or whose status you don't know, injection through drug use, Or specific workplace accidents e.g when you work with sharp objects like needles (nurses, clothing designers), in case of blood contacts during an accident, when a condom breaks during sex.



Timing for PEP?

- PEP must be started within 72 hours (3 days) of exposure
- Remember the the sooner you start it, the better are your chances for preventing HIV .
- PEP is taken for 28 days and an HIV test will be done after 28 days to determine if it has worked

Did you know?

PEP is safe to take when pregnant and breastfeeding.



What happens when I am getting PEP?

- Your healthcare provider will have to conduct an HIV test first to ensure you are not already HIV positive. They will then
- offer you PEP and instructions on how to take them, including possible side effects and what you can do about them.

Payment and Access Points

- PEP is for free in all public health centres in Zimbabwe.
- However some private facilities including pharmacies may charge a fee for it.
- Visit your nearest health care facility including public health facilities, pharmacies, private health facilities to access PEP.
- We encourage you to talk to the health service provider and ask questions so your concerns are addressed fully- Not all Google sources are reliable.



What else should I consider when taking PEP?

- Ensure you take each dose as your healthcare provider instructs.
- Ensure you finish the whole course.
- Ensure you go for another HIV test after completing the 28 day course.
- You can take PEP before or after eating food.

Remember !
PEP is for emergencies, it is not meant to replace regular use of other HIV prevention methods.



Post-Exposure Prophylaxis- PEP

PEP-Mapiritsiaunopihwa kuchipatara mushure mekungewasangananenjodziinogona kutiubatire utachiona hweHIV.



PEP unoipihwa kana zvaita sei?

Unoipihwa kana uchine wasangana nenjodziyakafanananedzinotevera

- Wabatwa chibharo kana kuti kumbunyikidzwa pabonde Waita bonde risina kudzivirirwa
- nemunhu waunoziva kuti anorarama neutachiona hweHIV kana kuti wausingazive kuti akamira sei muropa rake maererano neutachiona hweHIV Kubvarukirwa nekondomu muri pakuita bonde Kana urimunhu anoshandisa zvinodhaka , zvinoshandisirwa
- majekiseni Wagumha ropakana mvura dzevanhu vausingazive mushure mekunge
- paitika njodzi mumugwagwa Uri pabasa pako, pakaita sekuva chiremba, kusona
- mbatya,wogumhana neropa ravanhu vausingazive chimiro chavo maererano neutachiona hweHIV
-



Nguva yakafanira kutorwa mushonga wePEP ndeipi?

- PEP inofanirwa kuti uitore pakati pemazuva matatu kana kuti 72 maawa mushure mekunge wasangana nenjodzi dzingaita kuti ubatire utachiwana hweHIV.
- Zvakakosha uzive kukurumidza kuwana mapiritsi ePEP kubatira kudzera mukana wako wekudzivirira utachiwana hweHIV. PEP inonwiwa kwemazuva anokwana
- makumi maviri nemasere (28), mazuva iwaya akwana unobva waingororwa ropa zvakare.

MAIZ-VIZIVA
HERE?

PEP inokwanisa
kutorwa nemadzimai
akazvitakura kana
kuti varikuyamwisa
pasina dambudziko



Chii chinoitika pakuwana PEP?

- Vehutano vanotanga nekukuongorora utachiona hweHIV kuti vazive chimiro chako. Ukawanikwa usina
- utachiona hweHIV unobva wapihwa PEP, vachikutsanangiurira zvizere kuti uninwa sei, kwenguva yakareba sei ,uye kuti inogona kukunzwisa musoro nezvimwewo ugare wakaziva kuitira usazorega.

Mubhadharo neKwainowaniikwa

- Inowanikwa kuzvipatara zvose zvemuno muZimbabwe, uye nekusanganisira kunotengeswa mishonga (pharmacy). Munyika
- ino yeZimbabwe, zvipatara zvose zvehurumende zvinosungirwa kukupa PEP pachena ,pasina mubhadharo. Asi zvakanaka kuti
- uzive kuti maPharmacy uye zvipatara zvisisri zvehurumemnde unogona kunzi ubhadhare kuti ukwanise kupihwa PEP. Tinokukurudzirai kuti mutaure nevehutano uye mubvunze
- mibvunzo kuitira kuti zvamunonetseka nazvo zvigadziriswe zvizere, musatsvaga mhinduro paGoogle.



Zvii zvimwe zvandofanirwa kuziva maererano nePEP?

- Inwa mushonga wePEP sekutaurirwa kwaunenge waitwa nana chiremba kuchipatara.
- Usazosiya mushonga uyu panzira , inwa wose kusvika wapera sekurairwa kwaunenge waitwa nevehutano.
- Usarega kuenda kunoongororwa zvakare ropa mushure mekunge wanwa kusvika apaera mapiritis kwemazuva makumi maviri nemasere (28).
- Unokwanisa kunwa mapiritsi ePEP usati wadya kana kuti wapedza kudya.

Rangarira!

PEP ndeyekushanidsa kana wasangana nenjodzi, haifanirwa kushandiswa nguva dzose.



DAPIVIRINE VAGINAL RING

A CHOICE FOR HIV PREVENTION FOR WOMEN AND GIRLS

WHAT IS THE DAPIVIRINE VAGINAL RING?

The dapivirine vaginal ring also known as 'The Ring' is an HIV prevention product developed to expand options for women and girls at high substantial risk of HIV infection. Key points about the dapivirine ring:



 Made of flexible silicone containing 25mg of the antiretroviral drug dapivirine, which slowly releases over 28 days.

 Inserted into the vagina and worn continuously for a month before being replaced.

 Shown to be safe and moderately effective in reducing HIV risk in clinical trials, with efficacy up to 65% for women with high adherence.

 Recommended for women who are unable or do not want to take oral or injectable PrEP, or when PrEP is unavailable.

STEPS

Read instructions and wash your hands, clean!

You self insert the ring into your vagina and wear it continuously for a month that is 28 days.

You remove the ring and self insert a new ring after 28 days.



- ***The ring can be used by pregnant women and breastfeeding has a well-tolerated safety profile and does not require refrigeration, for making it suitable resource-limited settings.***



REMINDER!

- The dapivirine vaginal ring is a safe, effective, and convenient choice for HIV prevention for Women and Girls.
- Use of dapivirine vaginal ring is discreet -allowing women and girls to have control over their bodily autonomy.
- Talk to your healthcare provider , community health workers or community groups on HIV to see if the ring is right for you and for its availability.
- Remember to also use the ring does not protect against sexually transmitted infections and unintended pregnancies use it alongside other HIV prevention and Family Planning products including condoms.

DAPIVIRINE VAGINAL RING

YEKUDZIVIRIRA UTACHIONA HWEHIV KUMADZIMAI
NEVASIKANA

CHII CHINONZI DAPIVIRINE VAGINAL RING?

Inzirayekudzivirira kubatira utachiona hweHIV, yakagadzirirwa kuti ishandiswe nemadzimai nevasikana vanova panjodzi yekubatira utachiona hweHIV.
vakakosha kuziva nezve Ring:



 Yakagadzirwa nerabha yesilikoni ine 25mg mukati, yemushonga unonzi Dapivirine, mushinga uyu unenge uchibuda mbichana mbichana kwemzuva makumi maviri nemasere (28).

 Vaginal Ring inoiswa munhengo yesikarudzi yemadzimai, yogaramo kwemwedzi wose (28 days), isati yabvisa.

 Vaginal Ring yakaongororwa ikaonekwa kuti, kumadzimai anenge achiishandisa zvakanaka inobatsira kusvika pa65% kuti munhu asabatire utachiona hweHIV.

 Vaginal Ring inokurudzirwa zvakare kuti ishandiswe nemadzimai vasingakwanise or vasiri kuda kushandisa nzira dzePrEP kudzivirira kubatira HIV kana kuti varikusingatowanikwe PrEP yacho.

MASHANDISIRO

Verenga rayiro zvizere, wogeza maoko ochena.

Unoipinza munhengo yako yesikarudzi, wogara nayo kwemwedzi wose anova ivo mazuva makumi maviri nemasere (28).

Wozoichinja zvakare kana mazuva iwayo akwana (28), woisa imwe



- ***Vaginal Ring inogona kushandizwa nemadzimai akazvitakura uye anoyamwisa.***
- ***Vaginal Ring iri rakagadzirwa zvekuti rinogona kushandiswa nemadzimai ari kusina mafiriji.***



RANGARIIRA!

- Dapivirine Vaginal Ring inzira itsva yekuti madzimainevasikanavakwanise kuzvidzivirira kuti vasabatire utachiona hweHIV, vasina mumwe munhu anovakanganisa Kuwana zvizere wana nguva yekutaurira nevehutano
- kuzvipatara, kana kuti munharaunda yaugere kana mapoka anoita zveHIV kuti ungaiwanekupi, mashandisirow ayo uye kuti yakakunakira here kuishandisa. Dapivirine vaginal ring haidzivirire zvirwere zvepabonde kana kubatira
- pamuviri naizvozvo inokurudzirwa kuti ishandiswe pamwe chete nedzimwe nzira dzekudzivira kubatira utachiona hweHIV zvakaita se PrEP kana makondomu uye kushandisa zvinoita kudzivirira kubatira pamuviri

Gonooms & Lubricants

1 TYPES

- Male and Females are available in Zimbabwe.
- Male condoms are more popular.
- Use correctly and consistently

2 ACCESSIBILITY-AFFORDABILITY

Condoms are found

- everywhere in Zimbabwe.
- Public Sector Condoms are for free.

3 VARIETY

- Condoms come in different flavors etc
- They are also available in different textures e.g. ribbed, dotted,

4 LUBE



- Lubricants can make sex more comfortable and pleasurable.
- Water-based lubes are condom-compatible. Oil-based lubes like massage oils can damage condoms and should be avoided.

5 TRIPLE PROTECTION

Condoms are the only method that offers triple Prevention

- -Prevents HIV
- -Prevents pregnancies
- -Prevents Sexually Transmitted Infections (STIs)

6 MALE CONDOMS

- Male condoms are made of latex and stretch to fit most penis sizes, although large and smaller sizes are available. Use only once per sexual act!

7 FEMALE CONDOMS

- Female condoms are designed that it can be worn up to 8 hours before sexual intercourse.
- They offer an option of choice, protection and safety.
- Use only once per sexual act!

FIND THE INTERNAL RING OF THE CONDOM



MAKE SURE THE OUTER RING IS COVERING THE ENTRANCE !



SQUEEZE THE INTERNAL RING LIKE AN OVAL



MAKE SURE THE PENIS OR SEX TOY GOES THROUGH THE CONDOM AND NOT TO THE SIDE



GET IN A COMFORTABLE POSITION AND INSERT THE CONDOM, THE RING SHOULD BE AGAINST THE CERVIX



TO TAKE OUT THE CONDOM, TWIST AND GENTLY PULL IT OUT



What makes condoms effective?

Condoms need to be used consistently and correctly
Put on before any sexual activity and use a new one for each act
sexual act
One Condom One Round!

Conclusion

Condoms and lubricant are essential for safe and enjoyable sex
Always use them consistently and correctly for triple prevention
Use condoms to End HIV by 2030

Makondomu nemaLubricant

AKAKOSHERA KUCHENGETEDZA NE KUFADZA BONDE

1 MHANDO

- Makondomu anowanikwa echikadzi uye echirume.
- Evarume ndiwo anozivikanwa zvikuru.
- Anoda kushandiswa zvakanaka uye nguva dzose.

2 MUBHADARO NEKWAANOWANIKA

- Makondomu anowanikwa kunzvimbo dzese.
- Kune makondomu ehurumendi anopiws mahara.

3 ZVAKASIYANA-SIYANA

- Makondomu anonwaikwa achinhuwirira zvakasiyana siyana.
- Anowanikwa muhutedzewa wakasiyana siyana sema ribbed.

4 LUBRICATION

- Lubrication anoita kuti kusanaga pabonde kuve kunonakidza uye kusingarwadze.
- Lubrication akagadzirwa nemvura ndiwo anofanirwa kushandisa.
- Lubrication akagadzirwa nemafuta anokanganisa makondomu zvinozoita kuti atsemuke vanhu vari pabonde.



5 DZIVIRIRO KUZVINHU ZVIRATU

Makondomu anodzivira zvinhu zvitatu zvinosnganisira:

- Kudzivirira kubatira utachiona hweHIV
- Kudzivirira kubatira pamuviri
- Kudzivirira kubatira zvirwere zvepabonde

6 MAKONDOMU EVANHURUME

- Makondomu evanhurume akagadzirwa zvekuti anotatamuka, saka nhengo dzose dzevarume nemizera yadzo dzinokwana
- Shandisa kamwe pakuita zvepabonde!

7 MAKONDOMU EMADZIMAI

- Makondomu emadzimai akagadzirwa zvekuti, rinogona kupfekwa kusvika kwemawa anosvika masere mudzimai kana musikana asati aita bonde
- Anopa vakadzi sarudzo, chengetedzo ne kuzvimhiirira.
- Shandisa kamwe pakuita zvepabonde!

TSVAGA RINGI IRI MUKATI MAKONDOMU



DZANYA RINGI WOITA KUIIPESANIISA YOITA SEVARA SERE



GARA PANZVIMBO YAKANAKA, WOPINZA CONDOMU MUKATI. RINGI YONOGARA PAMUSORO PECHIBEREKO



TARIISA KUTI RINGI YEPANZE YAKAVHARA SIKARUDZI YAKO HERE



MUNGUVA REBONDE BATSIIRA SIKARUDZI YECHIRUME KUTI IPINDE MUKATI, ISAPOYA NEPADIVI



KUBVIISA, BATA RINGI YEPANZE WOPINDURUDZA WODHONZA.



Chii chinoita kuti makondomu ave anoshanda?

Makondomu anoda kushandiswa nguva dzose uye nemazvo Kondomu rinopfekwa munhu asati atanga kuita zvepabonde

Mhedzisiro

Kuti muite bonde rinonakidza uye rakadziviririka shandisai makondomu Shandisai makondomu nguva dzose uye nemazvo kuti mudzivirire kubatira utachiona hweHIV, kudzivirira kubatira pamuviri uye kubatira zvirwere zvepabonde.

Ngatishandisei makondomu kuti tippedze dambudziko reutachiona hweHIV patinosvika muna2030

For Girls and Young women