

Comic Booklet!

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

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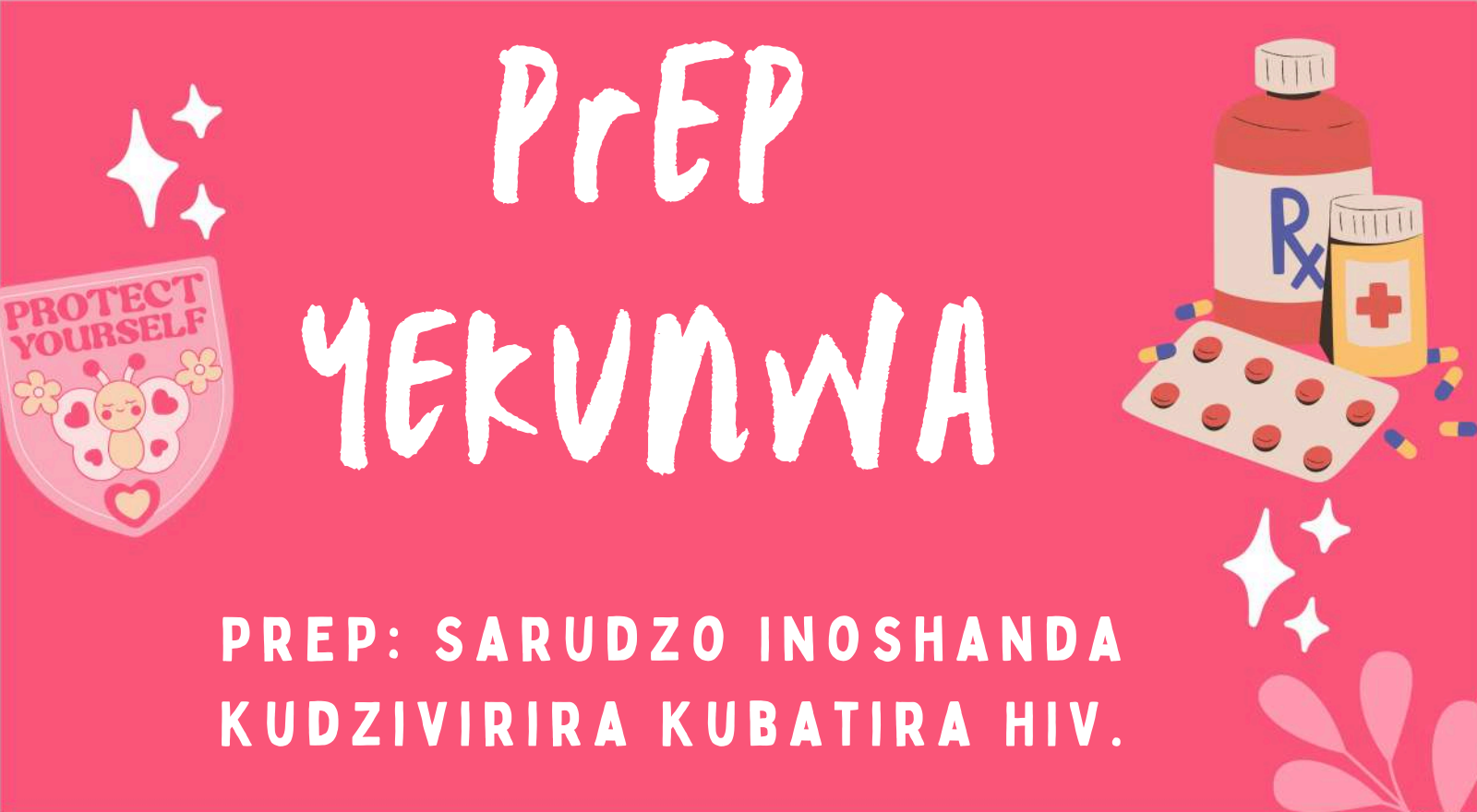
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PREP: SARUDZO INOSHANDA KUDZIVIRIRA KUBATIRA HIV.



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 (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 inadzivirira kuti hweHIV kuti husarame 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 ma neutachiona umwe haana.



Mubhadaro nekwekuivana?

- 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 sejekiseni 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-Mapiritsiaunopihwa kuchipatara mushure mekungewasanganenanjodziinogona kutiubatire utachiona hweHIV.

PEP unoipihwa kana zvaita sei?

Unoipihwa kana uchine wasangana nenjodziyakafanananedinotevera

- 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

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.

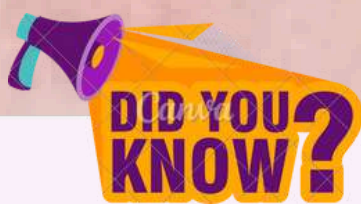
 Vaginal Ring inokurudzirwa zvakare kuti ishandiswe nemadzimai vasingakwanise or vasiri kuda kushandisa nzira dzePrEP kudzivirira kubatira HIV kana kuti varikusingatowanikwe PrEP yacho.

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 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 zvakaite se PrEP kana makondomu uye kushandisa zvinoita kudzivirira kubatira pamuviri

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 SIKA RUDZI 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