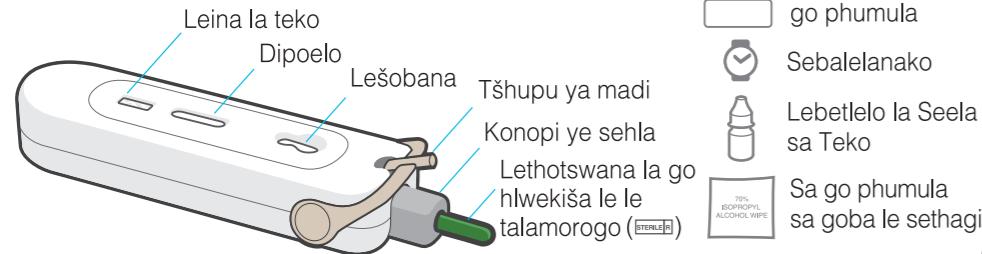




Lebelela bedio: <https://www.ez2uzhivselftest.com/>

O hloka dilo tše tše hlano:

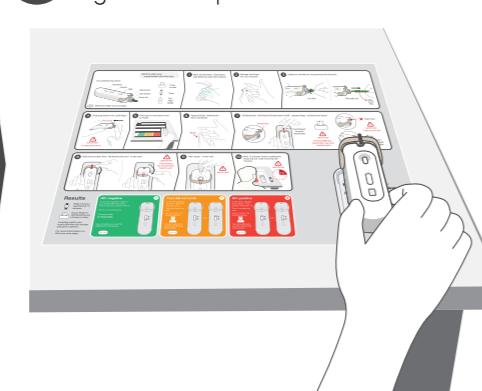


NSO O hloka thušo yengwe? Phetlolla letlakala

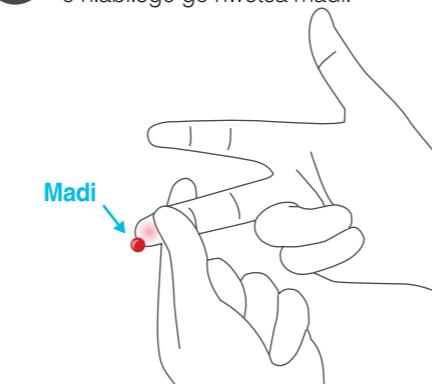
4 Kgoromeletša konopi ye sehla go iša go **hlaba monwana**.



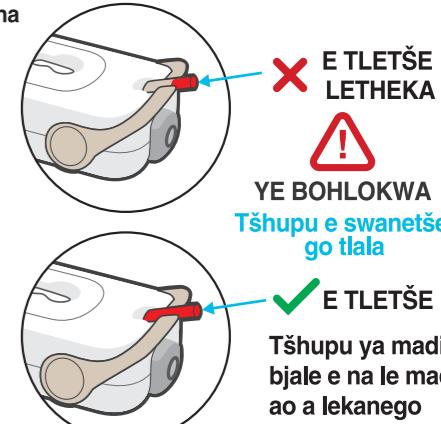
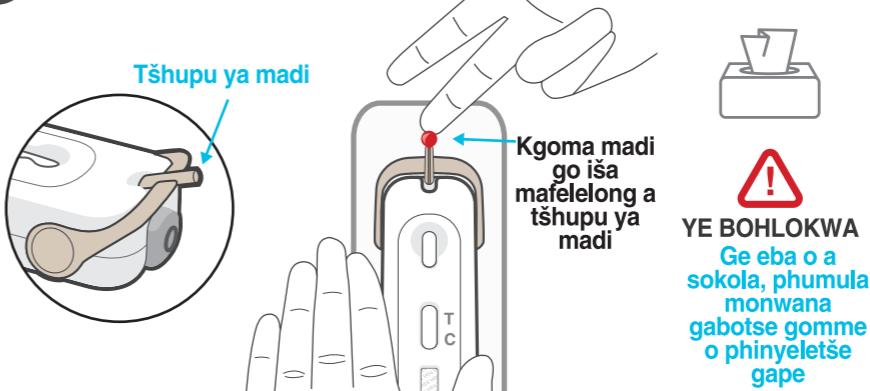
5 Bea teko godimo ga ditaelo kgauswi le dipoelo.



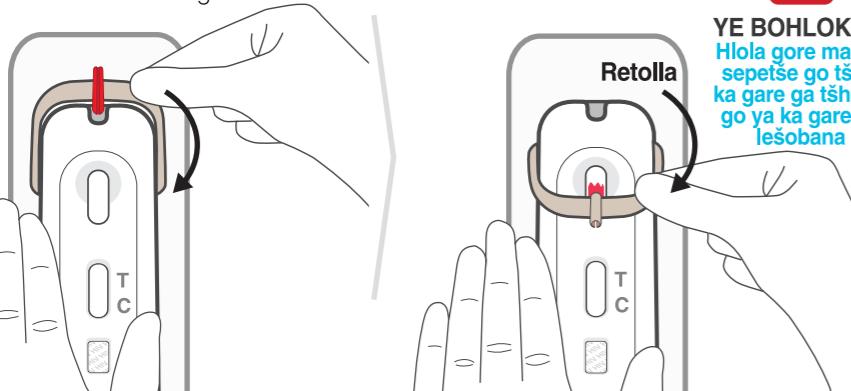
6 Pinyeletša kutšwana ka morago ga lefelo leo o hlabilgo go hwetša madi.



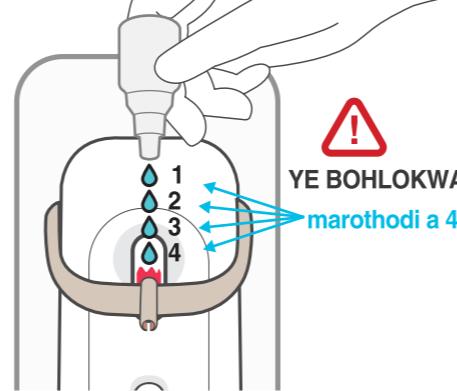
7 Tlatša tšhupu ya madi ka madi. Ge eba tšhupu ya madi ga se ya hlala, **Pinyeletša monwana** gomme o oketše madi a mangwe.



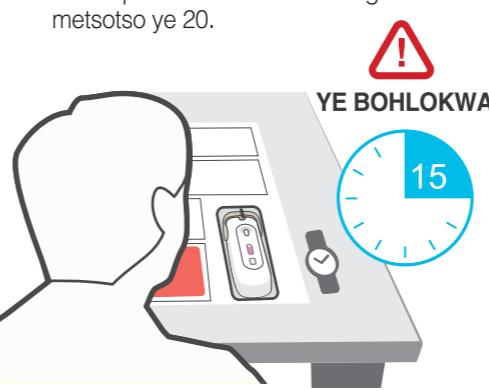
8 Tswarelela teko godimo ga tafola. Bjale **retollela tšhupu ya madi go iša** ka lešobaneng.



9 Tshela **marothodi a 4** ka gare ga lešobana.



10 Ema **metsotso ye 15** pele ga ge o ka bala dipoelo. O se ke wa ema go feta metsotso ye 20.



YE BOHLOKWA
Tlogela teko mo,
se se thuša ka
go tlatša tšhupu
ya madi

Dipoelo



Netefatša gore o ema metsotso ye 15 ka moka.

Ge eba monwana wa gago o sa tšwa madi šomiša thišu goba sa go phumula.

Ka hlokomelo lebelela dipoelo tše gago go ya le ka dikgetho tše .

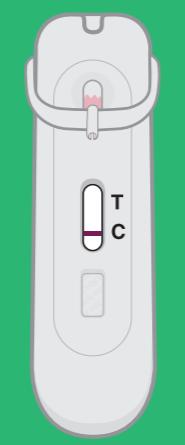
Bakeng sa tsebišo yengwe ka HIV, phehla lephephe.

HIV negative

Ge mothalo o tee o ka tšwelela mo go C, teko ya gago ke HIV negative. Ga go a tswanelo go ba le mothalo mo go T.

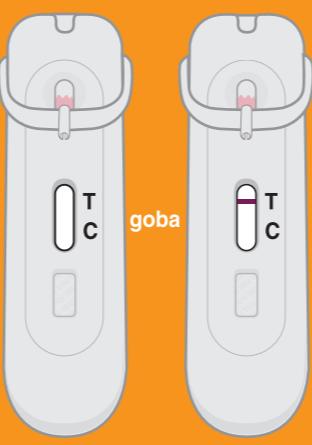
Ye ke teko ya go lekola.

Dira teko gape ka morago ga **kgwedi tše 3**.



Teko ga ya šoma

Ge eba ga go mothalo wo o tšwelelago go C, teko ga ya šoma. Ye ke teko ya go lekola. Sepela kliniking bakeng sa teko ya go ya pele.



HIV positive

Ge methalo ye mebedi e ka tšwelela, le ga e ka se bonagale kudu, teko ya gago ke HIV positive.

Ye ke teko ya go lekola.

Sepela kliniking bakeng sa teko ya go ya pele.

