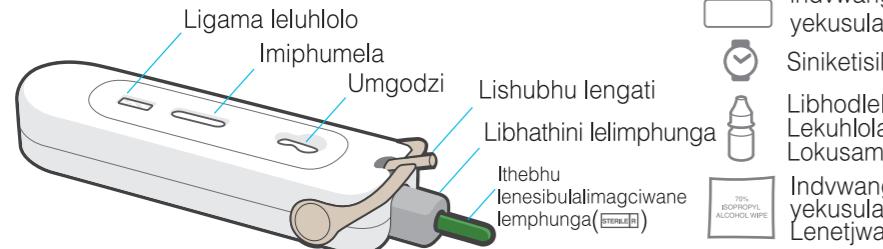




Buka levidiyo: <https://www.ez2uzhivselftest.com/>

Udzinga letintfo letisihlanu:



SS Idzinga lusito lolunyenti? Vula likhasi

LOKUBALULEKILE: Ungavuli sakazana wefoyela udzimate ufundze imiyalelo futsi ukulungele kuthesta. Sebentisa ngaleso sikhatsi uwuvula.

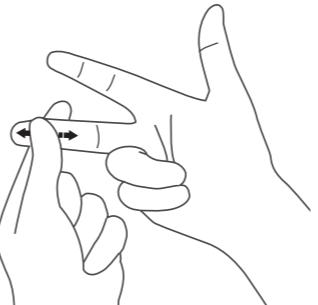
1 Geza usule tanda. Hlobisa lugalo ngend-vwangu yekusula lenetjwala.

Hiola sikhatsi sekuphelela kusetjentiswa ngembi kwekuvula sakazana wefoyela.

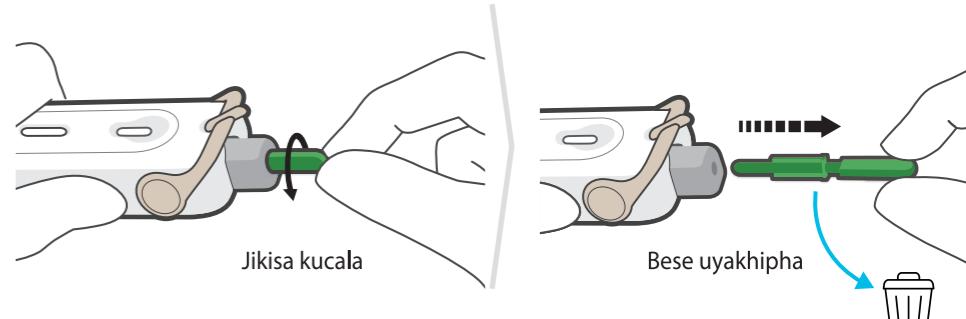
Indvwangu yekusula Lenetjwala



2 Masaja lugalo lwakho emasekhondi lasukela ku-5 kuya ku-10.



3 Gwabula kancane ukhiphe simbonyo lesiluhlata, bese uyasilahla.



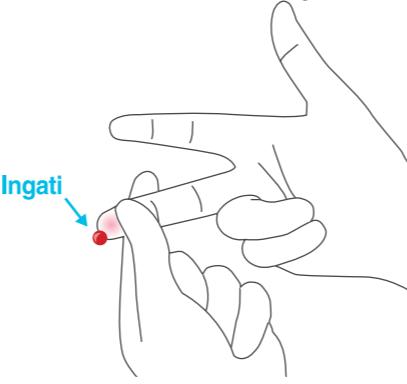
4 Phusha likinobho lelimphunga kuchushuta lugalo.



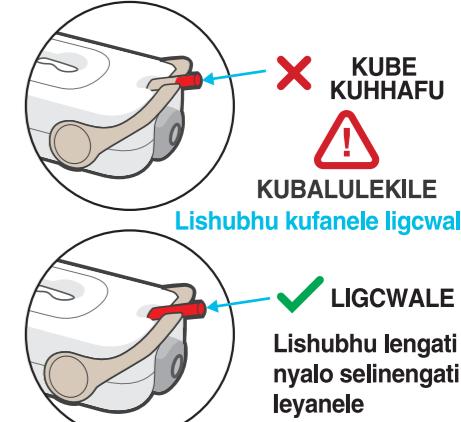
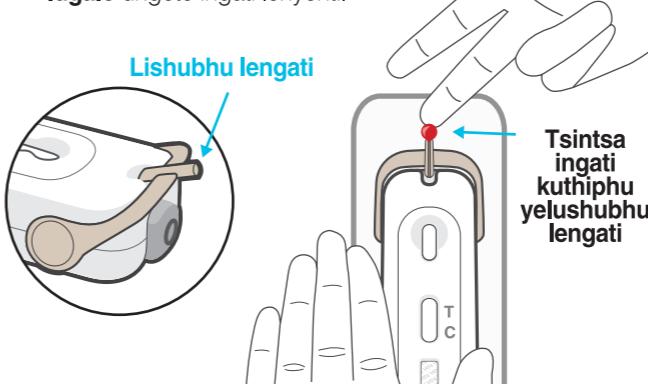
5 Beka ithesti kumiyaileo dvutane nemiphumela.



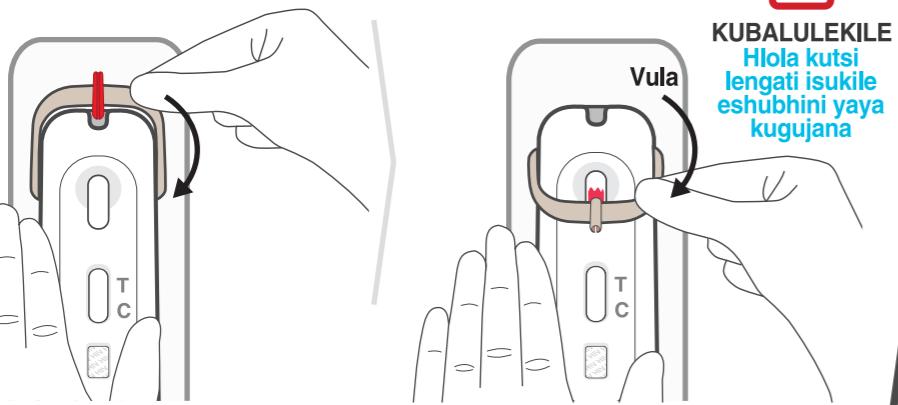
6 Khama ucindzetele ngemuva kwalapho uchushute khona kutfola ingati.



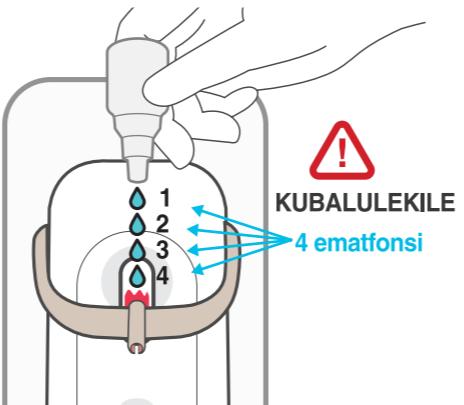
7 Gcwalisa lishubhu lengati ngengati. Uma lishubhu lengati lingakagcwali, **khama lugalo** ungete ingati lenyenti.



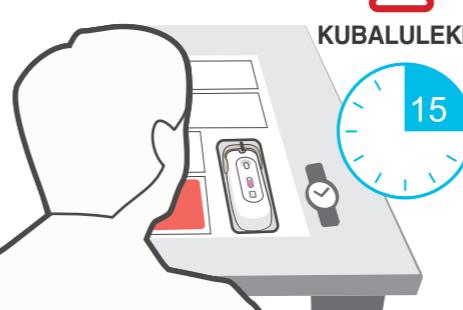
8 Bamba ithesti etafuleni. Nyalo tjekisela lishubhu lengati kugujana.



9 Ngeta 4 ematfonsi kugujana.



10 Lindza 15 lemizuzu ngembi kwekufundza iiphumela. Ungalindzi ngetulu kwemizuzu lengema- 20.



Shiya ithesti lapha, loku kusita ekugcwaliseni lishubhu lengati

Imiphumela



Ciniseka kutsi ulindza imizuzu leli-15 legcwele.

Uma lugalo lwakho lusopha sebentisa ithishu noma indvwangu yekusula.

Ngekucaphelisisa fananisa uphumela wakho na **-**, **?** ne **+** letinye tindlala.

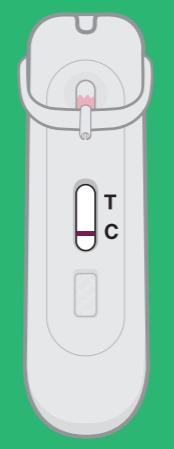
Mayelana nelwatiso nge-HIV, vula likhasi.

Ayunayo i-HIV

Uma umugca munye ubonakala ku-C, awunayo i-HIV. Kufanele kungabi nemugca ku-T.

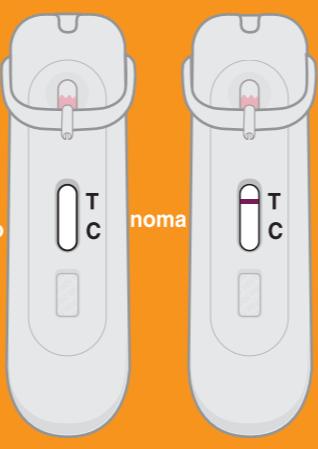
Lena yithesti yekusrina.

Thesta futsi emva **kwetinyanga leti-3.**



Ithesti ayikasebenti

Uma kungekho umugca lovelako ku-C, ithesti ayikasebenti. Lena yithesti yekusrina. Yiya emtfolamphilo uyothestwa futsi.



Une- HIV

Uma imigca lembili ibonakala, noma ngabre ayikagcami, une-HIV. Lena yithesti yekusrina. Yiya emtfolamphilo uyothestwa futsi.

