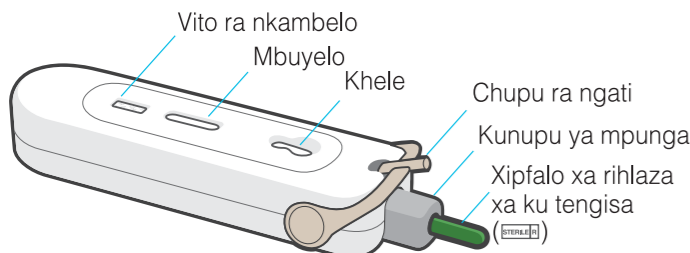


Languta vhidiyo: <https://www.ez2uzhivselftest.com/>

U fanele u va na swilo leswi swa ntlhanu:



- Phepha ra ku sula kumbe lapi ra ku sula
- Xipimankarhi
- Bodhlela ra Xihalaki xa Nkambelo
- Lapi ra ku sula leri nga ni xihoko

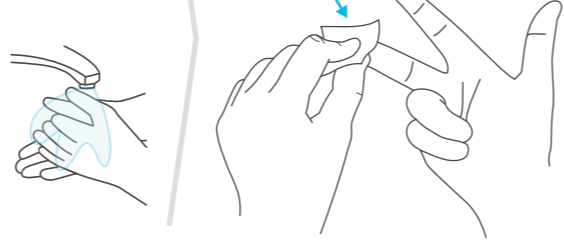
SWA NKOKA: U nga pfuli xifunengeto xa foil kufikela loko u hlaye swiletelo naswona u lunghekele ku endla nkambelo. Yi tirhisi xikan'we-kan'we loko u heta ku yi pfula.

TS Lava mpfuno lowu engeteleke? Hundzuluxela tluka

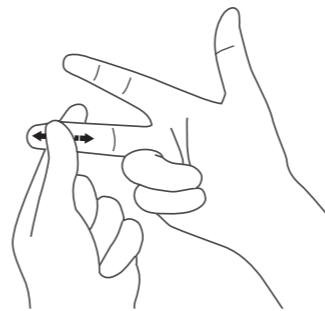
1 Hlantswa ni ku omisa mavoko. **Basisa** rintiho hi lapi leri nga ni xihoko.

Kamba siku ra ku hundzeriwa hi nkarhi u nga si pfula nkhwama wa foil.

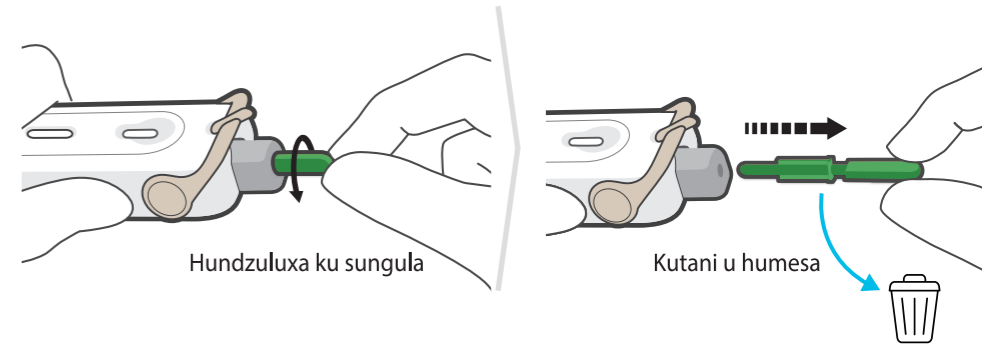
Lapi ra ku sula leri nga ni xihoko



2 Thova rintiho ra wena tisekoni ta 5 kuya eka 10.



3 Hundzuluxa kahle naswona u humesa xipfalo xa rihlaza lexi tengeke, kutani u xi cukumeta.



4 Kandziya kunupu ya mpunga leswaku u tlhava rintiho. **Kandziya hi matimba**

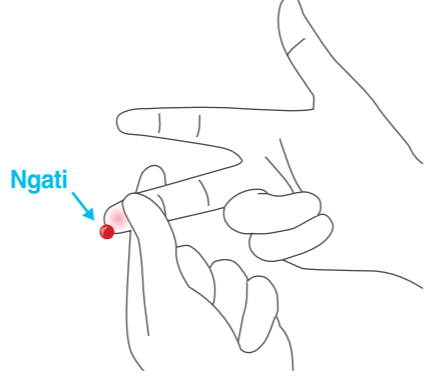


SWA NKOKA
Yi tlhava kan'we!

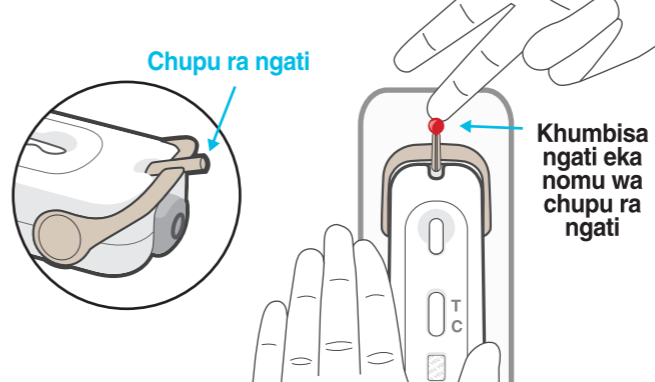
5 Veka nkambelo ehenhla ka swiletelo ekusuhi na mbuyelo.



6 Kama swinene endzhaku ka laha u nga ta tlhava hakona ku kuma ngati.

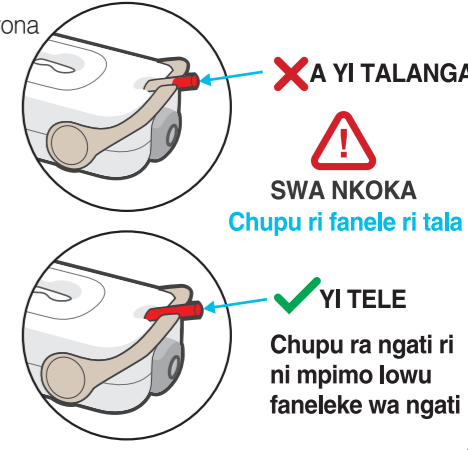


7 Tata chupu ra ngati hi ngati. Loko chupu ra ngati yi nga talanga, **kama rintiho** naswona u engetelela ngati.



Khumbisa ngati eka nomu wa chupu ra ngati

SWA NKOKA
Loko u ri ni xiphigo, sula rintiho ri basa naswona u kama nakambe

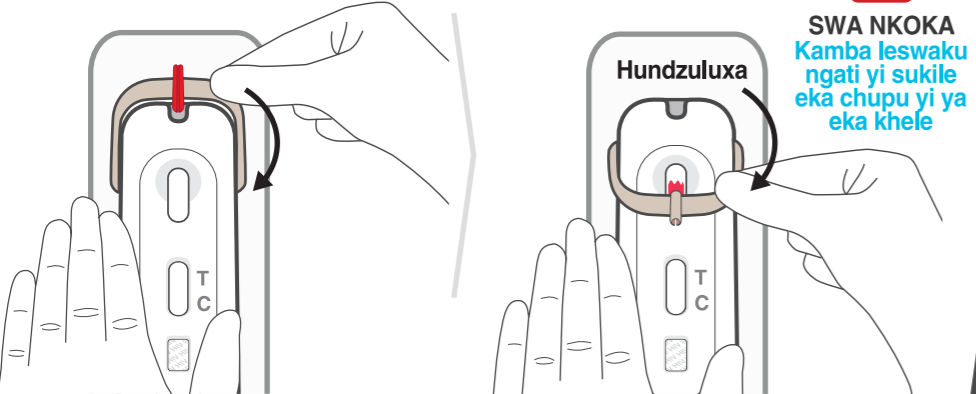


X A YI TALANGA

SWA NKOKA
Chupu ri fanele ri tala

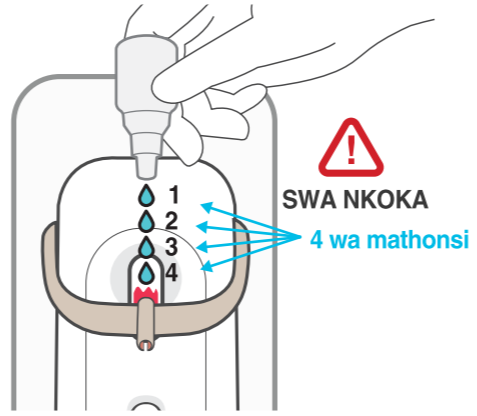
YI TELE
Chupu ra ngati ri ni mpimo lowu faneleke wa ngati

8 Khoma nkambelo etafuleni. Sweswi **Hundzuluxela chupu ra ngati** eka khele.



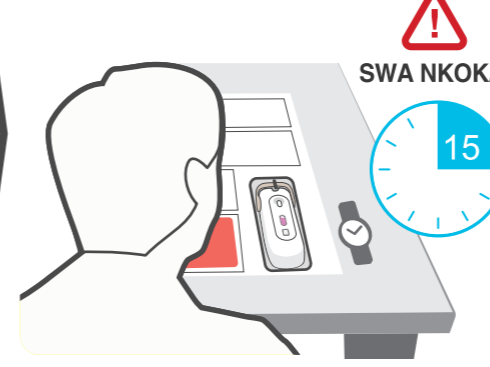
SWA NKOKA
Kamba leswaku ngati yi sukile eka chupu yi ya eka khele

9 Chela mathonsi ya 4 eka khele.

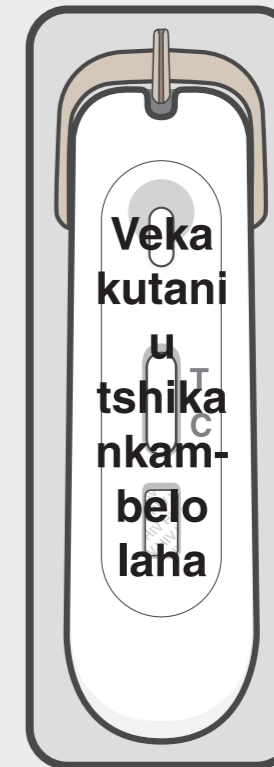


SWA NKOKA
4 wa mathonsi

10 Yima **timinete ta 15** u nga si hlaya uyelo. U nga yimi timinete ta ku hundza 20.



SWA NKOKA



Veka kutani u tshika nkambelo laha

SWA NKOKA

Tshika nkambelo laha, leswi swi pfuna hi ku tatisa chupu ra ngati

Mbuyelo

Tiyiseka leswaku u yima timinete ta 15 hi ku hetiseka.

Loko rintiho ra wena ri mpfempa ngati tirhisa phepha ra ku sula kumbe lapi ra ku sula.

Hi vukheta hlanganisa mbuyelo ra wena na **-**, na mihlawulo ya **+**.

Leswaku u kuma rungula leri engetelekeke hi HIV, hunduluxela tluka.

- ku nga vi na HIV

Loko ku humelela layini yin'we eka C, u kumeke u nga ri na HIV. A ku fanelangi ku va na layini eka T.

Lowu i nkambelo wo sungula.

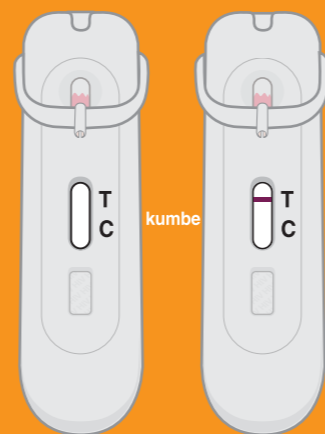
Kamba nakambe endzhaku ka tin'hweti ta 3.



? Nkambelo a wu tirhanga

Loko ku nga humelela layini eka C, nkambelo a wu tirhanga.

Lowu i nkambelo wo sungulai. Famba etlilini leswaku ku endliwa vukamberi byin'wana.



+ ku va na HIV

Loko ku humelela tilayini timbirhi, hambi ti nga vonaki, u kumeke u ri na HIV.

Lowu i nkambelo wo sungulai. Famba etlilini leswaku ku endliwa vukamberi byin'wana.

