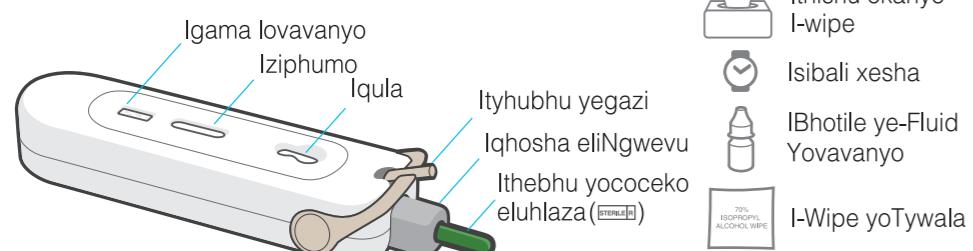


Bukela ividiyo: <https://www.ez2uzhivselftest.com/>

Udinga ezi zinto zintlanu:



XH Ufuna uncedo olungakumbi?
Tyhila iphepha

KUBALULEKILE: Sukuyívula iphakheji ye-foil de ube uyifundile imiyalelo kwaye ukulungele ukwenza uvavanyo. Sebeniza kwangoko xa uvula.



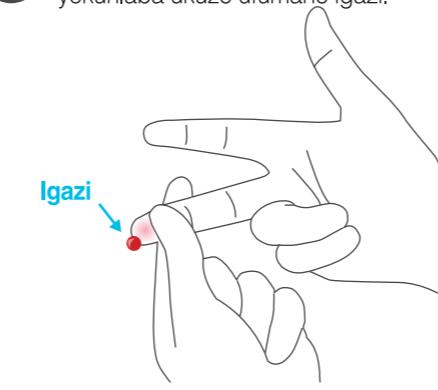
4 Tyhala iqhoshha elingwevu ukuze uhlabe umnwe.
Tyhala ngamandla



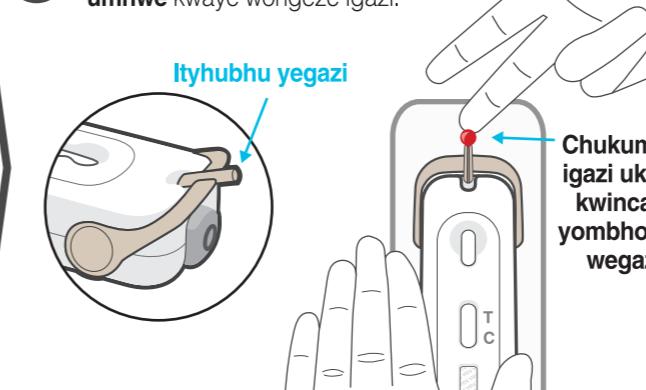
5 Beka uvavanyo kwimiylelo ecaleni kweziphumo.



6 Khamia ngokuqinileyo ngasemva kwendawo yokuhlabu ukuze ufumane igazi.



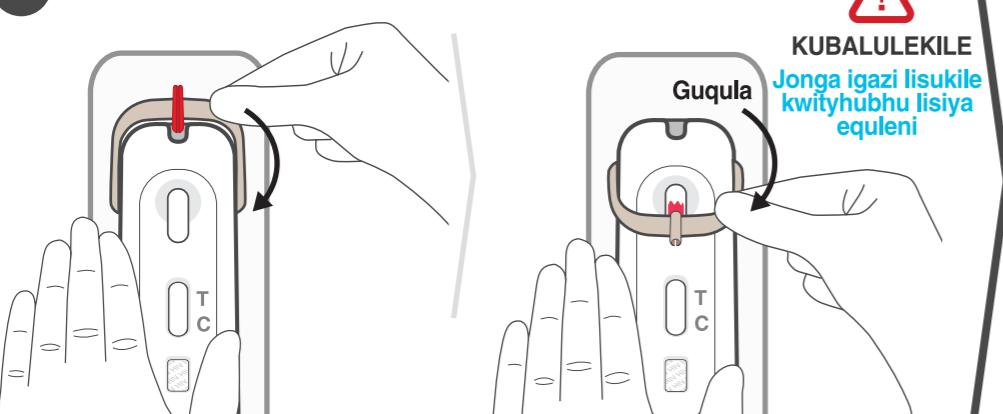
7 Gcwalisa ityhubhu yegazi ngegazi. Ukuba ityhubhu yegazi ayigcwalanga, **khamia umnwe** kwaye wongeze igazi.



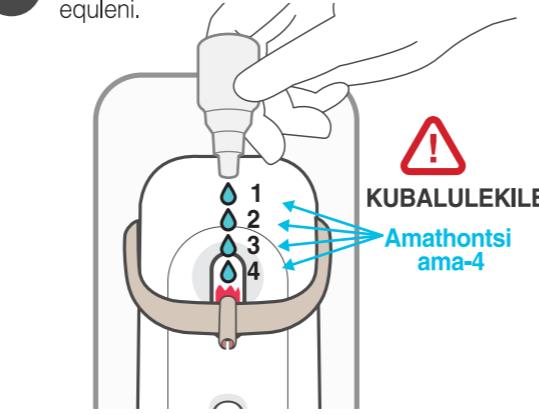
X IGCWELE ISIQINGATHA
KUBALULEKILE Ityhubhu kufuneka igcwale



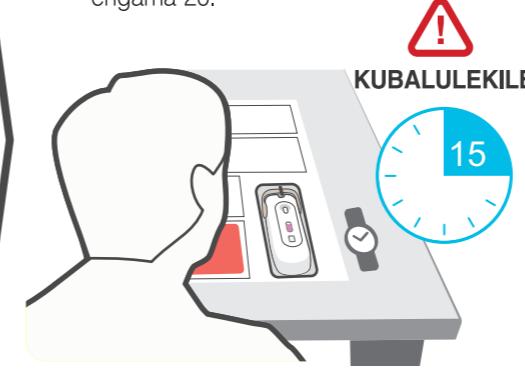
8 Bamba uvavanyo kwitafile. Ngoku **guqula ityhubhu yegazi** iye equleni.



9 Faka **amathontsi ama-4** equleni.



10 Linda **imizuzu eli-15** ngaphambi kokufunda iziphumo. Sukulinda ngapehezu kwemizuzu engama-20.



KUBALULEKILE
Shiya uvavanyo apha,
oku kuyanceda
ekugcwaliseni
ityhubhu yegazi

Iziphumo

⌚ Qinisekisa ukuba ulinde imizuzu eli-15 epeheleyo.

Ukuba umnwe wakho usopa sebeniza iphepa elithimbileyo okanye i-wipe.

Tshatisa ngononophelo iziphumo zakho kune nokukhetha kwa **-**, **?** kune no **+**.

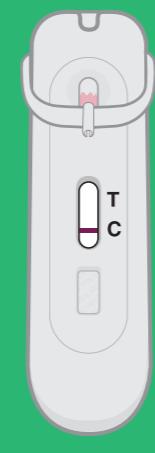
Ngolwazi oluthe kraty nge-HIV, tyhila iphepha.

Awunayo i-HIV

Ukuba umgca omnye uvela ku-C, uvavanyo ukuba awunayo i-HIV. Makungabikho mgca ku-T.

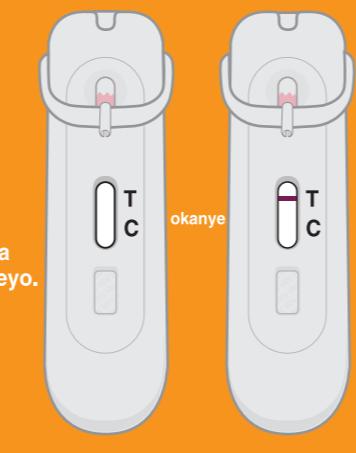
Olu luvalyano lokuhlola.

Vavanya kwakhona emva kweenyanga ezi-3.



Uvavanyo alusebenzanga

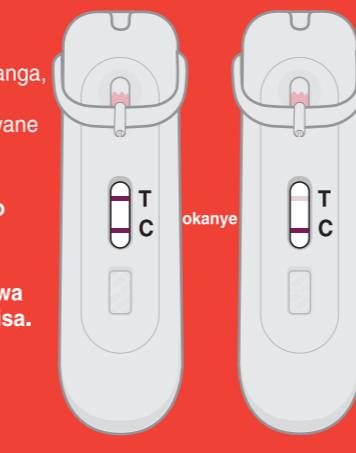
Ukuba akukho Umgca ovela ku-C, uvavanyo alusebenzanga. Olu luvalyano lokuhlola. Yiya ekliniki uyokuvavanywa ngokuqinisekileyo.



Unentsholongwane ye-HIV

Ukuba imiga eribini ayicacanga, nokuba ukuba unentsholongwane ye-HIV.

Olu luvalyano lokuhlola. Yiya ekliniki uyokuvavanywa uyokuqinisekisa.



Ufuna uncedo ngoVavanyo?

Ngaphambi kokuba uqale

Sukuyivila iphakheji ye-foil de ube uyifundile imiyalelo kwaye ukulungele ukuthatha uvavanyo. Sebenzisa kwangoko xa uvula.

Ukuhlaba Umnwe

Ngaba ndingosuleleka ngokuhlabu umnwe wam?

- Uvavanyo ludibane i-lancet engenazintsholongwane yokuhlabu umnwe kune iokwenza isampulu yegazi. Ithebu yococeko eluhlaza iqinisekisa ukuba i-lancet ihlale iococeko ngaphambi kokusetyenziswa.
- Ukuba uvavanyo luggityiwe ngokwemiyalelo ngokuhlabu izandla kune nokusetyenziswa kwe-wipe yoTwala, kukho umngciphiko omncinci wosulelo ekusebenziseni [i-Mylan HIV Self Test](#).

Ngaba unengxaki yokususa Ithebu yococeko eluhlaza?

- Kuvala jikisa ithebu yococeko eluhlaza ngama-90°, emva koko uyikhuphe.

Uyoyika izoba buhlungu?

- Sukuba nexhala, kuvakala ngathi yibhanti yerabha emnweni.
- Awuyi kuyibona inaliti.

Ulythalile iqhosha elingwevu kodwa awuboni gazi?

- Ngaba iqhosha liphumile? Zama kwakhona, tyhalo ngamandla. Phepha: Ihlabu kanye kuphela!



Ngaba iqhosha lingaphakathi? Khama umnwe wakho ngokucinileyo, ukuba awukabinalo igazi - yeka, kwaye ufumane uvavanyo olutsha.

Ukugcwalisu ityhubhu yegazi

Awazi ukuba ulibeke phi igazi?

- Umbobho wegazi unombala omdiza, tyhila iphepha ukube ubone umzobo okwinqanaba lesi-7.
- Musa ukufaka igazi kumngxunya ongwevu weqhosha.
- Sukufaka ngokuthe ngqo igazi equleni.
- Gowala ityhubhu yegazi, ilinganisa inani elifanelekiyelo legazi.
- Ulusu oluchukumisa ityhubhu alunakuchaphazel umphumo.

Awukwazi ukugcwalisu ityhubhu yegazi?

- Ukuba igazi liyangcola, sula umnwe wakho, emva koko khama umnwe wakho kwakhona.
- Yalatha umnwe wakho phantsi.
- Chukumisa ngobunono igazi kwincam yombobho.
- Ukuba awunalo igazi elaneleyo, sula umnwe wakho, emva koko khama umnwe wakho ngokucinileyo kwakhona.
- Ukuba awukabinalo igazi elaneleyo lokugcwalisu ityhubhu ngokupheleleyo, iziphumo zovavanyo azizukuchanekileyo. Yima, ufumane uvavanyo olutsha.

- Uyoyika izoba buhlungu?
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