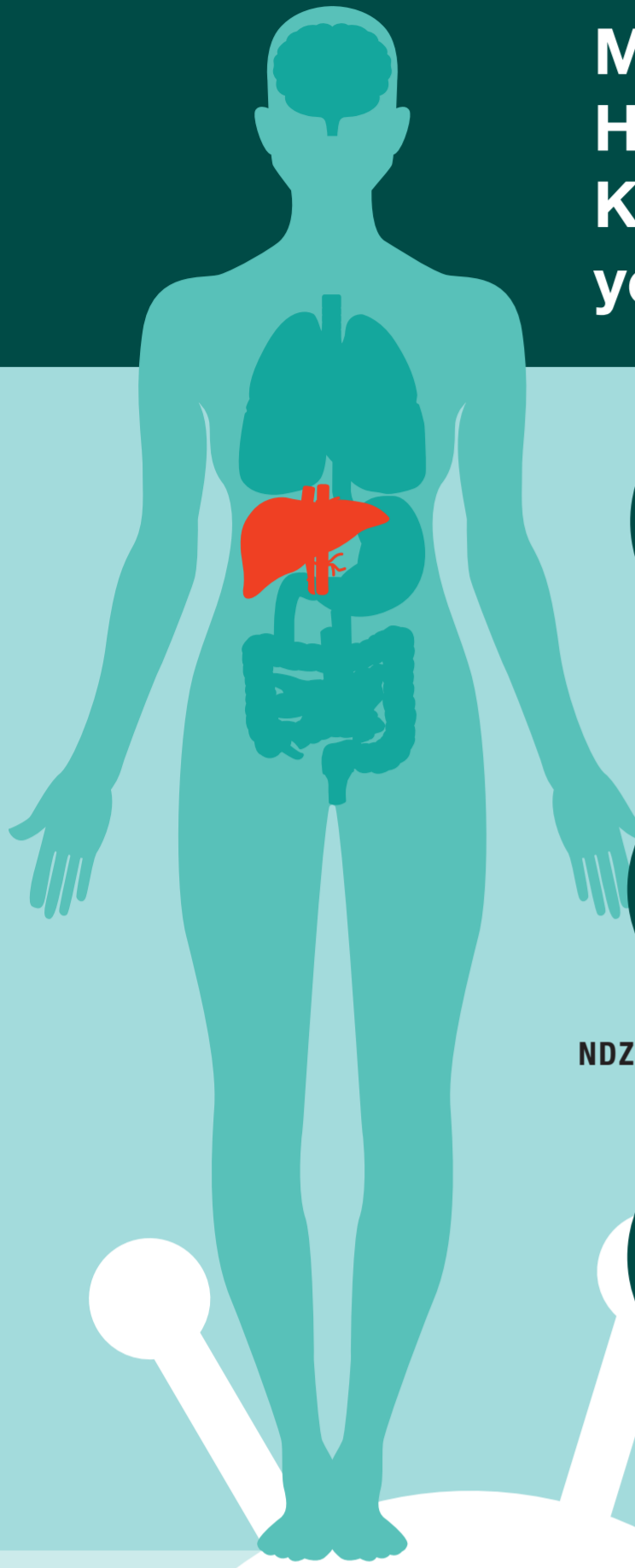


Mitiyiso ya swa Rihanyu ra Mpfimbaxivindzi

Mpfimbaxivindzi swi vula ku pfimba ka xivindzi. Hakanyingi wu vangwa hi xitsongwatsongwana. Ku na mixaka yo tala, Kambe mixaka ya B na C hi yona ya ntolovelo swinene.



KU HISA MIRI



NKARHALO



KU TWA U VABYA/KU HLANTA



NDZAHLEKELO WA NAVELO WA SWAKUDYA



KU ONDZA



MAHLANGANO YO VAVA



NHLONGE YA XITSHOPANA NA MATIHLO YA XITSHOPANA



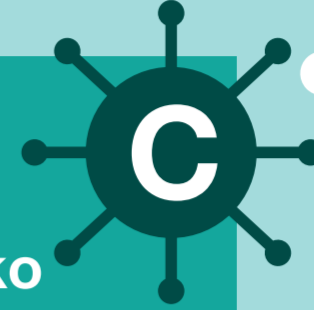
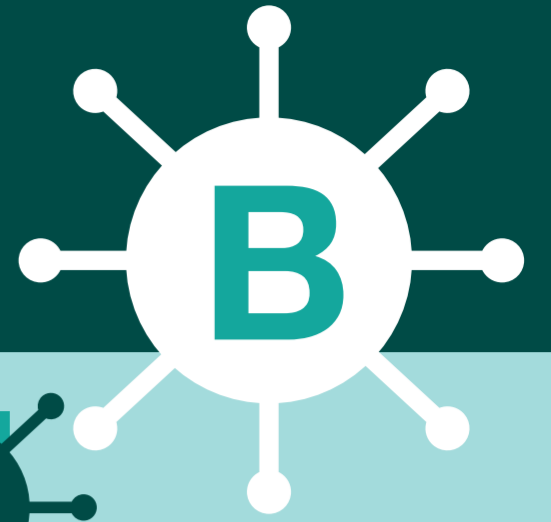
MAHUMO YO KWALALA/MITSAKAMISO YO DZWIHALA



KU LU MALUMIWA

Vanhu va nga ri vangani va na swikombeto. Loko swikombeto swi vonakala, swi nga va swi vava. Ndlela yi ri yoxe ya ku tiva loko u ri na mpfimbaxivindzi i ku endla xikambelo xa ngati.

Loko kamberwa u kumeka u ri na xitsongwatsongwana, hi ta ku pfuna ku lava nhlayiso wa swa rihanyu ku sivela vuvabyi bya nkarhi lowu taka na ku papalata ku hangalaka ka xitsongwatsongwana.



Ntluletovuvabyi

Mpfimbaxivindzi wa B and C yi tlulela kutlula HIV naswona ya hangalasiwa loko ngati leyi tluleriwe hi vuvabyi kumbe swihalaki swa miri leswi tluleriweke hi vuvabyi swi nghena emirini wa munhu un'wana.

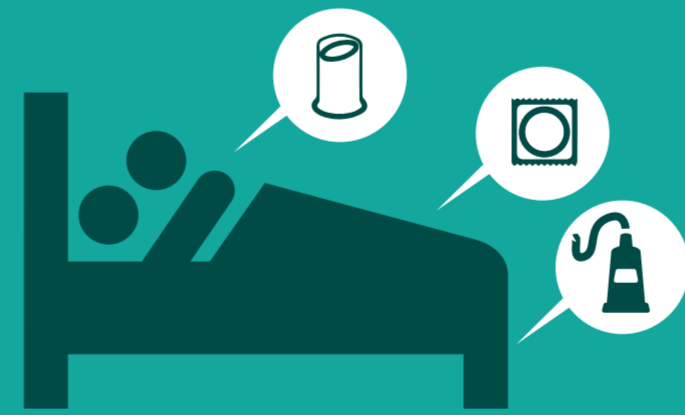
Ku kamberwa

U nga kamberwa mpfimbaxivindzi wa B na C eka muako lowu. Vulavula mutirhi wa swa rihanyu eka ndhawu leyi ku kuma swo tala.

Ku tisirhelela



Tirhisa switirhisiwa leswi xuviweke loko u tirhisa swidzidziharisi.



Tirhisa tikhondomu na xirhetelisi loko u endla u endla swa masangu.



U nga pfuki u siyerisane switsememin'wala, swichukuchamatino, kumbe swikaringana.

Nsawutiso? U nga sawutisiwa mpfimbaxivindzi wa B.

Murhi wo horisa? Mitluletovuvabyi hayimbirhi yi nga lawuriwa kambe mpfimbaxivindzi wa C wu nga horisiwa.

