Ukapezeka ndi kachirombo ka HIV nkofunika kusamala zedi monga kumamwa ma ARV.

Kodi ma ARV ndichiyani?

Ma ARV ndi mankhwala omwe amachepetsa kuchulukana kwa HIV m'thupi mwa munthu ndipo amalimbikitsa chitetezo cha m'thupi.

Month: ______________________

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno? Inde ☐ Ayi ☐

____

Kodi ndinadukiza pomwa mankhwala? Inde ☐ Ayi ☐

____

Kodi pali mankhwala ena omwe ndikumwanso? Inde ☐ Ayi ☐

____

Kodi ndidzapitanso liti kuchipatala?

____

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Ma ARV amathandiza kulimbikitsa chitetezo cha m'thupi mwanu, komanso:

- Matenda amachepa
- Thupi limakhala ndi mphamvu
- Umoyo ndi thanzi zimakhala bwino

Month: ____________________

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno?

____

Inde ☐

Ayi ☐

Kodi ndinadukiza pomwa mankhwala?

____

Inde ☐

Ayi ☐

Kodi pali mankhwala ena omwe ndikumwanso?

____

Inde ☐

Ayi ☐

Kodi ndidzapitanso liti kuchipatala?

____

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Ma ARV sachiritsa EDZI

Imwani ma ARV potsatira ndondomeko anakuuzani adotolo chifukwa makhwalawa safunika kulekeza kapena kudukiza ayi kuti agwire ntchito yake bwino m'thupi mwanu.

Month: ____________________

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno? Inde ☐ Ayi ☐

____

Kodi ndinadukiza pomwa mankhwala? Inde ☐ Ayi ☐

____

Kodi pali mankhwala ena omwe ndikumwanso? Inde ☐ Ayi ☐

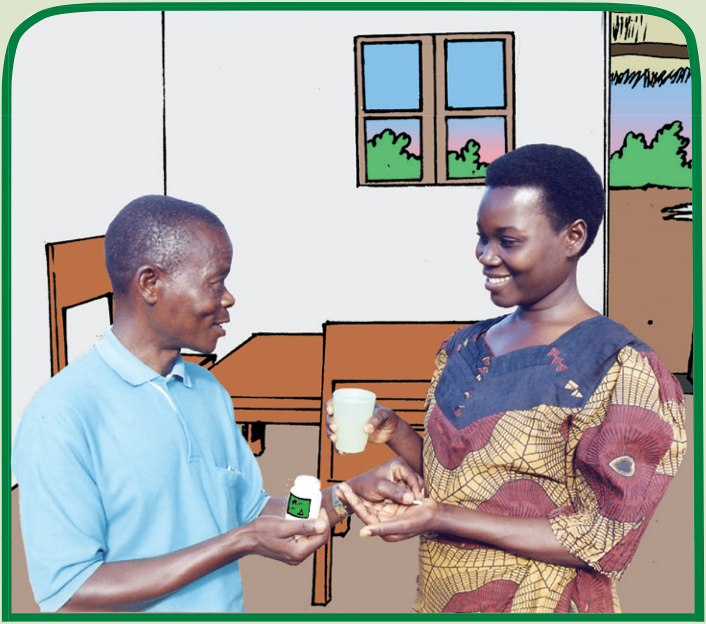
____

Kodi ndidzapitanso liti kuchipatala?

____

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Imwani ma ARV potsatila ndondomeko ya adotolo anu.



Ngati muona china chokaikitsa mthupi mwanu kaonaneni ndi adotolo.

Month: ____________________

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno? Inde ☐ Ayi ☐

Kodi ndinadukiza pomwa mankhwala? Inde ☐ Ayi ☐

Kodi pali mankhwala ena omwe ndikumwanso? Inde ☐ Ayi ☐

Kodi ndidzapitanso liti kuchipatala?

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Onetsetsani kuti muli ndi ma ARV okwanira mwezi wonse.

Ngati muli paulendo wokagona komweko, onetsetsani kuti mwatenga ma ARV anu nthawi zonse kuti mumwe nthawi yake ikakwana

Month: ____________

	Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno? Inde ☐ Ayi ☐

Kodi ndinadukiza pomwa mankhwala? Inde ☐ Ayi ☐

Kodi pali mankhwala ena omwe ndikumwanso? Inde ☐ Ayi ☐

Kodi ndidzapitanso liti kuchipatala?

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Idyani zakudya zakasinthasintha zopezeka mdera lanu zothandiza kulimbikitsa chitetezo cha mthupi mwanu.

Zakudyazi sizifuna ndalama zambiri ayi pakuti zambiri zimapezeka m'mudzi!

Month: ____________________

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno? ____________________

Inde ☐
Ayi ☐

Kodi ndinadukiza pomwa mankhwala? ____________________

Inde ☐
Ayi ☐

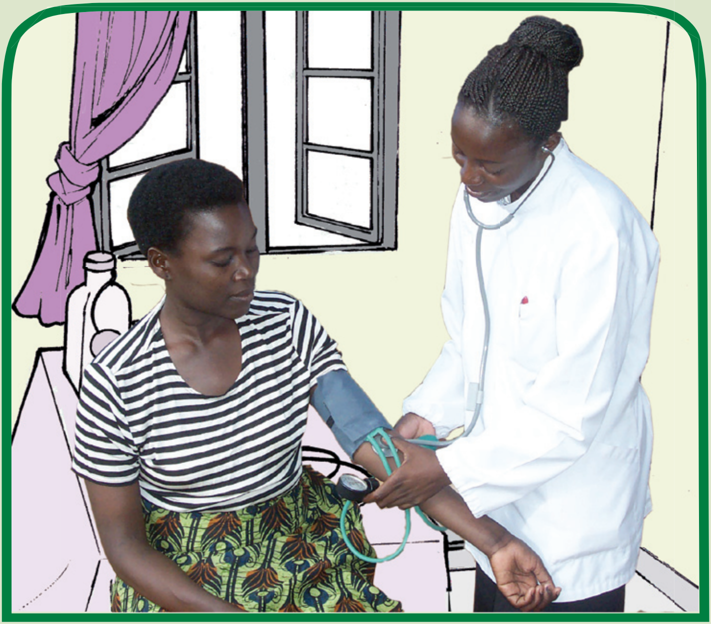
Kodi pali mankhwala ena omwe ndikumwanso? ____________________

Inde ☐
Ayi ☐

Kodi ndidzapitanso liti kuchipatala? ____________________

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Pitani kuchipatala nsanga ngati mumva kuwawa m'thupi komanso ngati mukutsegula, kukhosomola kapena kudwala malungo.



Dziwitsani adotolo anu zoti inu mukumwanso ma ARV kuti adziwe chochita.

Ngati mukudwala matenda ena ndikofunikira kumwa mankhwala kuti muchire.

Month: ____________________

Sun	Mon	Tue	Wed	Thur	Fri	Sat

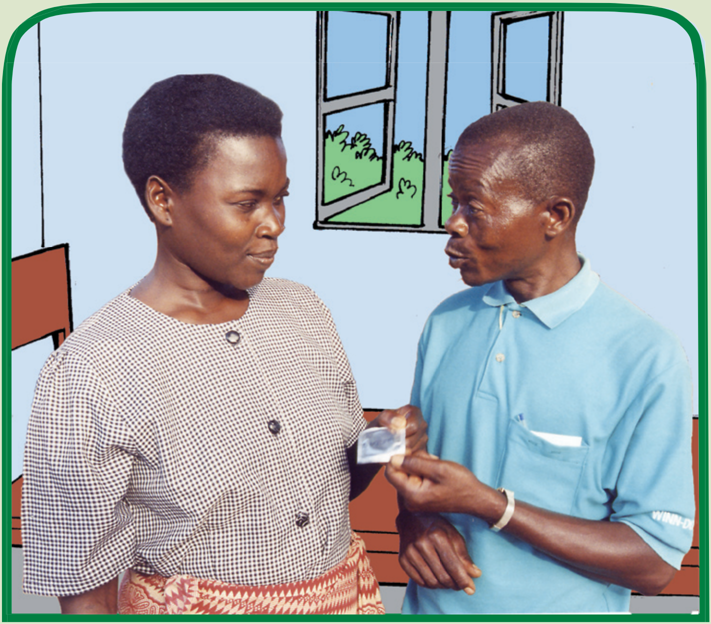
Kodi ndinadwalapo mwezi uno? ____________________ Inde ☐ Ayi ☐

Kodi ndinadukiza pomwa mankhwala? ____________________ Inde ☐ Ayi ☐

Kodi pali mankhwala ena omwe ndikumwanso? ____________________ Inde ☐ Ayi ☐

Kodi ndidzapitanso liti kuchipatala? ____________________

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!



Pamene mwapezeka ndi kachirombo ka HIV komanso mukumwa ma ARV gwiritsani ntchito makondomu kuti mudziteteze komanso kuti musafalitse kachiromboko kwa ena.

Month: ______

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno? Inde ☐ Ayi ☐

______

Kodi ndinadukiza pomwa mankhwala? Inde ☐ Ayi ☐

______

Kodi pali mankhwala ena omwe ndikumwanso? Inde ☐ Ayi ☐

______

Kodi ndidzapitanso liti kuchipatala?

______

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Ma ARV sagawana ndi wina aliyense.
Izi siziyenera kuchitika ngakhale
pang’ono.

Month: ______

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno? Inde ☐ Ayi ☐

______

Kodi ndinadukiza pomwa mankhwala? Inde ☐ Ayi ☐

______

Kodi pali mankhwala ena omwe ndikumwanso? Inde ☐ Ayi ☐

______

Kodi ndidzapitanso liti kuchipatala?

______

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Pezani ma ARV kwa okhawo amene ali woloredwa kupereka kapena kugulitsa mamkhwalawo, osati pamsika.

Adotolo azachipatala okha ndi amene ali woyenera kupereka mamkhwala pofuna kupewa ngozi.

Month: ____________________

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno?

Inde ☐

Ayi ☐

Kodi ndinadukiza pomwa mankhwala?

Inde ☐

Ayi ☐

Kodi pali mankhwala ena omwe ndikumwanso?

Inde ☐

Ayi ☐

Kodi ndidzapitanso liti kuchipatala?

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Kodi alipo wina amene mungafune kuti adziwe zam'mene m'thupi mwanu muliri?

Uzani kapena dziwitsani munthu yekhayo amene inu mumamukhulupirira.

Month: ____________________

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno?

Inde ☐

Ayi ☐

Kodi ndinadukiza pomwa mankhwala?

Inde ☐

Ayi ☐

Kodi pali mankhwala ena omwe ndikumwanso?

Inde ☐

Ayi ☐

Kodi ndidzapitanso liti kuchipatala?

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Pezani anzanu kapena achibale ngakhalenso mabungwe womwe mukuwakhulupirira kuti akuthandizeni moyenera.

Month: ____________

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Kodi ndinadwalapo mwezi uno? Inde ☐ Ayi ☐

Kodi ndinadukiza pomwa mankhwala? Inde ☐ Ayi ☐

Kodi pali mankhwala ena omwe ndikumwanso? Inde ☐ Ayi ☐

Kodi ndidzapitanso liti kuchipatala?

Awuzeni amene amakukumbutsani zakamwedwe ka mankhwala ngati pakufunika china chili chonse!

Kumwa mankhwala a ma ARV potsatira malangizo a dotolo kumavuta poyamba koma mungathe kupitiriza mutaikapo mtima.

Pezani chilimbikitso cha kamwedwe ka ma ARV kwa banja lanu, abale anu, adotolo ndi mabungwe ngati NAPHAM.

Mabungwe amene angakuthandizeni:

MACRO
P.O. Box 797, Lilongwe-Tel: 01-759-291

NAPHAM
P/B B355, Lilongwe-Tel: 01-791-943, 01-770-641

MANET+
P/B B377, Lilongwe - Tel: 01-773-727

MANASO
P.O. Box 2916, Blantyre - Tel 01-635-018/046

Lighthouse
P.O. Box 106, Lilongwe - Tel 01-758-705

Zipatala za boma

Zipitala za mishoni

Kafunseni za mabungwe a za EDZI dela lanu ku chipatala chili chonse.

Dziwani izi:
Mankhwala a ma ARV amafunika kumwa panthawi yake pa moyo wanu wonse kuti agwire ntchito yake bwino.

Dzina:

Nambala:

Malo olandirira chinthandizo:

September 2004

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in collaboration with partners