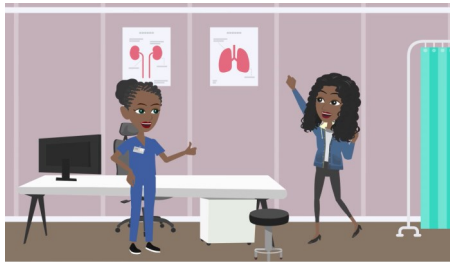
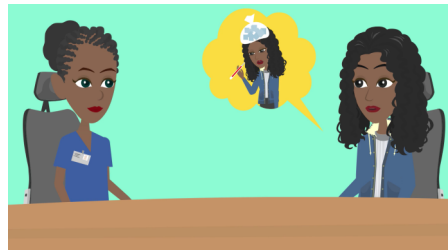




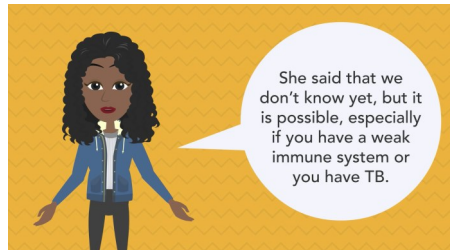
Vabva vandiudza kuti hutachiona huri muropa rangu hausi kuoneka!



Ndafara zvisingaite – hutachiona hwadzikira zvekuti hauchaoneki mumuviri mangu.



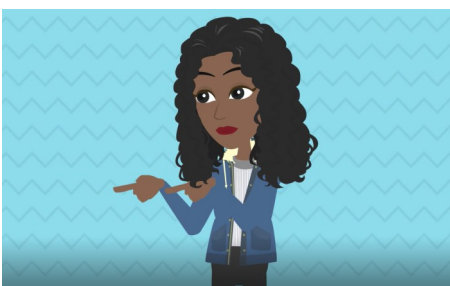
Ndavabvunza kuti chii chinoitika ndikabatwa neCOVID-19 uye kuti ndichanyanya kurwara here sezvo ndagara ndiine HIV?



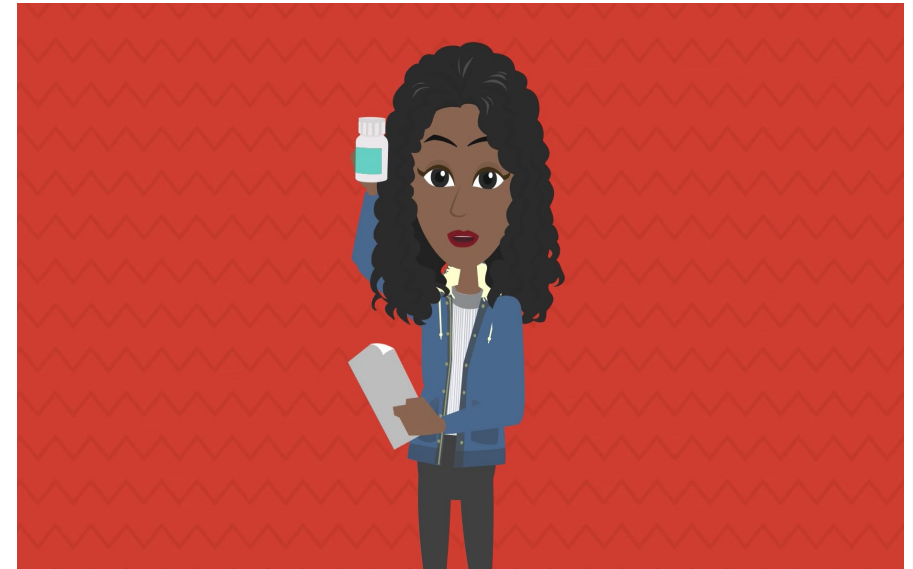
Vanditi havasati vaakuziva, asi zvinogona kudaro, kunyanya kana uine muviri usina kusimba kana kuti uine Rurindi. Ndosaka zvakanosha kuti ndirambe ndichinwa maARVs angu nemapiritsi eRurindi.



Ndabva pachipatara ndave kunzwa zviri nani, nekuti ndanga ndichiziva kuti ndawana zvese zvichaita kuti ndirambe ndakasimba nekuchengetedzeka.



Saka, edza kuzviitawo!

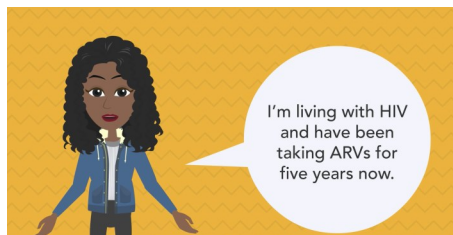


Kutaura nezveCOVID-19, HIV nemaARVs

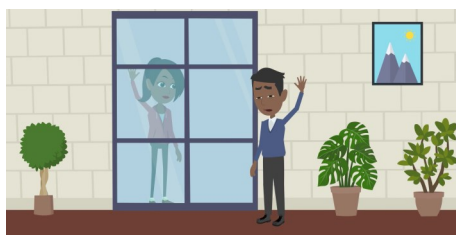


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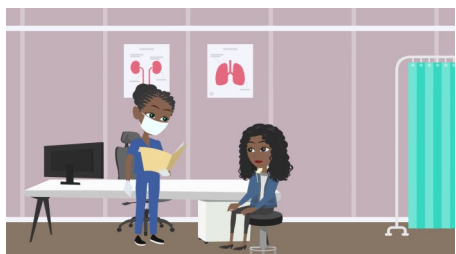
Murisei, zita rangu ndinonziFatima. Ndiri kurarama nehutachiona hweHIV uye ndaane makore mashanu ndichinwa maARVs. Ndinozviziva kuti ndirambe ndiri mutano uye ndakagwinya, ndi-



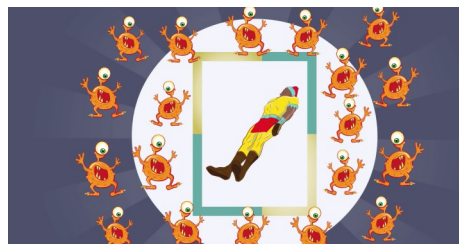
Saka pandakatanga kunzwa nezveCo-ronavirus kana kuti COVID-19, ndakanetsekana zvikuru. Ndiri kunzwa kuti kusaungana panzvimbo murizvikwata uye nekugara kumba matanho ari kushandiswa kuti hutachiona husapa-



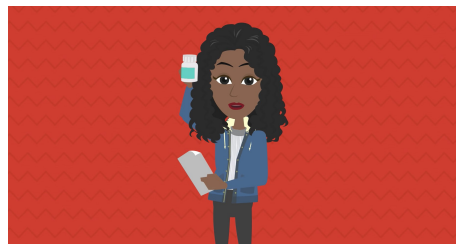
Izvi zvinonzwisika asi zvinorevei kwandiri, hutano hwangu nemaARVs angu? Ndichakwanisa kuramba ndiine hutano hwakanaka here uye nekuenda kuchipatara kunotora mishonga yangu?



Ndafunga kuti vamwe vanogona kunge vachinetsekana nezvimwechete, saka regai ndikutaurirei zvandakadzidza kubva kuna nurse vanondiona pachipatara.



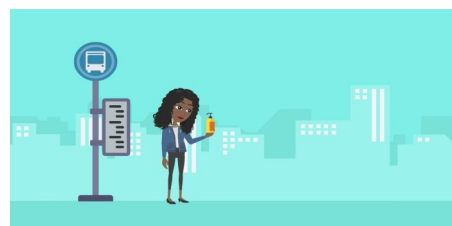
Sezvo COVID-19 chiri chirwere chinyowani, hatisati taziva kuti ichakanganisa sei vanhu vari kurarama neHIV. Asi zvatinoziva ndezvekuti ukasatora maARVs ako, HIV inobva yakuvadzazvinoreva kuti zvinenge zvave nyore kuti ubatwe nezvimwe zvirwere.



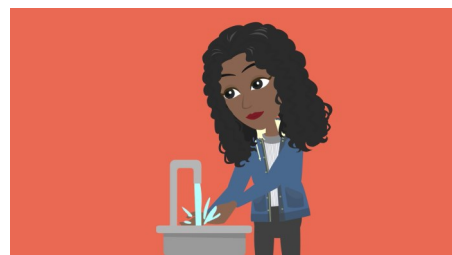
Zvakangokosha kunwa maARVs nenguva iyezvino sezvawaingoita pasati paane COVID-19. Izvi zvinoreva kuti haufanirwe kupererwa nemishonga yako.



Vakandiuza kuti zvipatara zvichange zvakavhurwa, uye tinofanirwa kuenda kuchipatara mazuva atinenge takaudzwa. Vakati pandichauya kuchipatara ndinofanirwa kukurumidza kusvika sezvo mamwe maPharmacy achivhara nguva yelunch isati yasvika



Ndanga ndichiziva kuti handifanirwe kubata kumeso kwangu nekuti zvimwe ndinogona kunge ndambobata chinhu chine COVID-19. P andaburuka bhazi ndashandisa mushonga wemaoko unouraya hutachiona sezvandakadzidziswa.



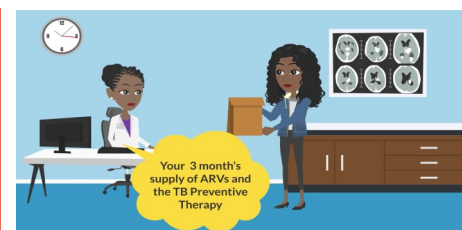
Pandazopinda muchipatara, ndabvumidzwa kugeza maoko angu ndisati ndaenda kwandinoonerwa.



Pandanga ndakagara mubhazi, ndakwanisa kusiya nzvimbo inokwana kuita 1 – 2 metres kubva kune vamwe vanhu vanga vari mubhazi uye maoko angu kuti asabate pese-pese. Zvaita nyore kuita nekuti munhu wese angaachiteedzera zvimwechetezvo.



Pandazosvika pachipatara, taudzwa kuti timire panze sezvo vanga vachida kubetsera vanhu vashoma panguva nenguva. Taudzwa kunzi timire takasiya nzvimbo inoita 1-2 metres pakati pedu. Ndaona shamwari dzangu ndiri ikoko, ndikadzidzira kuvabhabhaisa pane kuti ndivabate patinenge tichimbundirana.



Ndapihwa maARVs uye nemamwe mapiritsi andinomwa anodzivirira chirwere cheRurindi anondikwanira mwedzi mitatu. Nurse vati zvakanaka kuti ndiri kutora mapiritsi anodzivirira chirwere cheRurindi, sezvo usingade kubatwa neCOVID-19 neRurindi panguva imwe chete.