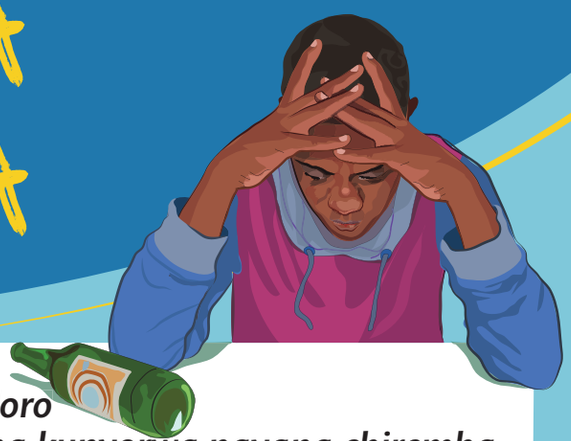
KUSHANDISA ZVINODHAKA



Zvinomborevei?

Kushandisa zvinodhaka zvinoreva kushandisa doro nemishonga inonyorwa navana chiremba neisina kunyorwa navana chiremba, zviine chinangwa chekushandura zvamuri kunzwa, kuti muwedzere simba, kuchangamuka, kupombonoka kana kuderedza marwadzo.

- Kana kunwa kuchikonzera matambudziko kana kuwedzera njodzi kwamuri kana kune vamwe, kana kuti apo kushandisa izvi kunowedzera, kunosvika patinoti zvanyanya kana kuti hazvichamisiki, ndizvo zvinoreva kushandisa zvinodhaka.
- Zvinodhaka zvinowanzoshandiswa zvakapfuura mwero zvinosanganisira doro, kachasu, mbanje, mushonga wechikosoro (bronco, lean) maARV (efavirenz) kana asina kunyorerwa nachiremba, namo, mapiritsi ekupedza marwadzo, nezvimwewo.

Sei vanhu vachishandisa zvinodhaka?

- Kuedza kuderedza kushushikana / kurerutsa zvinorema
- Kuda kukanganwa nhamo, zvavanotya uye zvinovanetsa
- Kukanganwa zvinotyisa maringe neCOVID-19 pamwe nekushushikana kunobva mune zvainotitadzisa kuita uye shanduko mumaramiro emazuva ese.
- Kupunyuka manetswa, kupombonoka, kunzwa kufara kana kunakidzwa
- Kuteedzera vamwe
- Kupanduka
- Kungoedzawo
- Kusaenda kubasa, kushaya zvekuita
- Kufunga kuti zvinobatsira kuti munhu anatsoshanda nemazvo kana kuti agone basa

Ndinoziva sei kuti idambudziko?

Idambudziko kana:

- muri kushandisa zvinodhaka zvinokonzera njodzi pautano hwenyu nehwevamwe; kana kushandisa zvinodhaka kuchikuisai imi nevamwe munjodzi yakawedzerwa, kana kuti kushandisa izvi kuchiita kuti mushandure sarudzo dzamunoita.
- uri wechidiki, nyangwe kushandisa zvinodhaka pano neapo kunogona kuva nenjodzi, kunogona kukanganisa kukura kwepfungwa, kwowedzera mikana yekuita sarudzo dzisina kunaka, zvichisanganisira kukanganwa kunwa maARV kana kusarudza kusamanwa zvachose nenguva yamunofanirwa kumanwa kana nenzira yamunofanirwa kumanwa nayo.
- mashandisiro enyu akasvika pekuti "zvanyanya". Tinoti "zvanyanya" kana:
  - muchishandisa zvakawanda uye/kana kakawanda
  - muchishandisa zvinodhaka kuti musafunga kana kunzwa nezvemamiriro eupenyu hwenyu.
  - kudhakwa kwave kuita sezvinonzi ndiyo yega nzira yekuti munzwe zvakanaka kana kuti mugone kutarisana nematambudziko enyu.
  - musingasununguki kana kugona kushamwaridzana nevamwe kunze kwekunge muri kushandisa zvinodhaka.
  - muri kuedza kuregedza kushandisa zvinodhaka kana kuderedza mashandisiro asi zvichiramba.
  - muchitora nguva yakareba kuti kubata kwezvinodhaka mamuri kupere
  - muchigara mune havi yekutora zvinodhaka uye musina zvamugona kuita kana musina kuzvitora.
  - kushandisa zvinodhaka kwava kukanganisa magariro enyu nevamwe kumba, kuchikoro kana kubasa
  - muchirega kushandisa maARV apo munofanirwa kumashandisa, kana kuti kuregedza zvachose.
  - muchirega kuita zvamunofanirwa kuita mazuva ose zvakaita sekugeza, kuverenga kana kudya.

Ndinonzwa zviri nani, kushushikana kushoma uye ndinopinda kufara kana ndichishandisa zvinodhaka kana doro, saka ndozvisiirei?

Pane zvizhinji zvinotaurwa pamusoro pekushandisa zvinodhaka zvakanyanya zvisiri zvechokwadi. Izvi zvinosanganisira zvinonzi zvinoderedza kushushikana; zvinorapa kusuruvara kekufunganya; zvinowedzera simba pamwe chete nekuvhura pfungwa; hazvitadzise kuita zvinodiwa. **Zvakakosha kuti munzwisise njodzi kana matambudziko anogona kubva mukushandisa zvinodhaka.**

Ndinoziva sei kuti idambudziko?

- Pfungwa dzevachiri kuyaruka dzinenge dzichiri kukura kusvikira pamakore 25. Doro nezvinodhaka zvinokanganisa kukura kwepfungwa .
- Doro nezvinodhaka zvinokanganisa zvatinofunga, sarudzo yatinoita, kuisa kwedu pfungwa panzvimbo imwe chete uye ndangariro.
- Kushandisa zvinodhaka nguva dzose kana zvakanyanya:
  - Kunoita kuti munhu AWEDZERE kunzwa kushushikana kwemazuva ose.
  - **KUNOWEDZERA** mukana wekuti munhu aite zvirwere zvepfungwa.
  - Kunotadzisa kutsvaga nzira dzekugadzirisa nyaya yekushushikana dzinonatsoshanda.
- Vachiri kuyaruka vanonwa doro zvakanyanya vane mukana wakakura wekuedza kuzviuraya.
- Vachiri kuyaruka vanonwa doro zvakanyanya vane mukana wakapetwa rutatu wekumanikidzwa kuita bonde kudarika avo vasinganwi.
- Mbanje inogona kuderedza huwandu hwedzimwe mhando dzemaARV muropa.

Ndezvipi zvandingaite nezvazvo?

- Chinhu chekutanga kudzidza maringe nekushandisa zvinodhaka kunzwisisa njodzi nematambudziko azvinogona kukonzera.
- Ngapave nemunhu mumwe chete zvichienda mberi anonzwisisa matambudziko ekushandisa zvinodhaka wamunokwanisa kutaurira zviri pamwoyo penyu muchivande. Kumbirai munhu uyu kuti agova "bhururu" wenyu kuti akubatsirei kuregedza kushandisa zvinodhaka kana doro. Rangarirai kuti panguva yeCOVID 19 munogona kushandisa masaisai, nhare kana mameseji kutaura nabhururu wenyu.
- Muchibatsirwa nemunhu uyu kana vanhu ava, fungai zvinokuremerai mupfungwa zvinosaka mushandise zvinodhaka. Zvinyorei pasi.
  - Ndezvipi zvinokutambudzai?
  - Ndezvipi zvinokonzera kushushikana muupenyu hwenyu?
- Pachinhu chimwe nachimwe chamanyora, edzai kufunga kuti ndezvipi zvamungaite kana mava kunzwa zvinhu izvi kana kufunga pfungwa idzi panzvimbo yekushandisa zvinodhaka kana kumwa doro. Fungai zvamunogona kuita muri mega pamwe chete nezvamunogona kuita nevamwe.
- Kumbirai shamwari dzenyu kuti dzikubatsirei kutambira kure nezvinodhaka pamwe nedoro.
- Itai chibvumirano na"bhururu" wenyu kuti munozomuudza kana mukadzokera shure motanga kushandisa zvinodhaka kana kumwa doro zvakare. Musanyepe uye musaite zvinhu muchivande.
- Kana mukadzorera shure, tangai patsva zvekare. Dzimwe nguva zvinoda kudzidzira.
- Tarisai zvamakanyora pasi muone kuti pane zvamungada kuwedzera kana kushandura here.
- Tsvagai rubatsiro kubva kuna chiremba, chiremba wezvirwere zvepfungwa kana mazvikokota wezvemafungire evanhu nekuti dzimwe nguva kumira kushandisa mushonga pasina rubatsiro kunogona kuva nenjodzi. Panguva yeCOVID 19 zvinogona kunetsa kuti vanhu vaonane asi munogona kuwana rubatsiro pamasaisai kana pafoni.

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