

DITLHATLHOBHO TSA BOTSOGO TSA NAKO LE NAKO JAANONG DI AKARETSA HIV.

DIRA GORE O BOTSE MODIRI WA BOTSOGO GORE O TLHATLHOBELWA ENG GO TLHATLHOBELWA MOGARE WA HIV GO BOTLHOKWA, MME O TSHWANETSE GORE O BO O NA LE MAIKEMISITSO A GO DIRA TLHATLHOBHO E.KE MMELE WA GAGO, KA JALO A E NNE TSHWETSO YA GAGO

Gakologelwa Ditshwanele Tsa Gago Tse Tharo Tsa Bothokwathokwa:

TSHWANELO YA GO DUMELA KGOTSA GO GANA

O na le tshwanele ya go rutiwa le go fiwa kitso gore o kgone go ilthophela go dumela kgotsa go gana go tthathojwa.



O Tshwanetse Wa:

- Tlhaloganya ditlamorago kgotsa dipelo tsa go tthathojwa
- Nna wena o itseelang tshwetso
- Netefatsa gore o itse tota ebile o dumela go tthatthobelwa HIV
- O tlhalose sentle se o se batlang

TSHWANELO YA GO SIDILWA MAIKUTLO KA PUISANO

O na le tshwanele ya go sidilwa maikutlo ka puisano pele le morago ga tlhatlhobo le fa o ka feletsa o sa dumele go tlhatlhobela mogare wa HIV.



Pele Fa O Dumela Go Tlhatlhobelwa HIV, O Tshwanetse Go Itse:

- Tsamaiso ya tlhatlhobo
- Le go tlhaloganya ka kgonagalo ya gago ya go ka tsenwa ke mogare wa HIV
- Gore o ka iphemela jang mo go amiweng ke mogare wa HIV
- Gore o ka fema jang go fetisitsa mogare ko go ba bangwe
- Ditselana tse o ka itseseng ba bagwe ka seemo sa gago

Morago Ga Go Tlhatlhobelwa HIV O Tshwanetse Go Itse:

- Mananeo a a fang ba ba tshelang le mogare kemo nokeng
- Ditsela tse di farologanyeng tsa kalafi
- Gore o ka fema jang go fetisitsa mogare ko go ba bangwe kgotsa gore o ka iphemela jang mo go amiweng ke mogare wa HIV
- Gore o ka itsise jang batho ka seemo sa gago sa mogare wa HIV
- Gore o ka dira jang go rotloetsa yo o tshelang le ene go itlhatlhobela HIV

Botsa ba botsogo gore o ka bona jang ditirelo tsa tshidilo maikutlo.

TSHWANELO YA GO TSHOLWA GA MADUO A GAGO E LE SEPHIRI

O na le tshwanele ya go laola gore mang a itse seemo sa gago go akarediwa le ba botsogo tota.



Itse Gore:

- Ke tshwanele ya gago go tlhopha go bolela maduo a gago, gore o bolelela mang, le gore leng. Gatelela gore maduo a gago a tsholwe e le sephiri.

NNA LE **KITSO**. TSAYA **TSHWETSO**.

BATLA **DITSHWANELO** TSA GAGO.

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