



IPHILISI ELILODWA NGENYANGA.

UKUVIKELA OKUSEBENZA NGEMPILO YAKHO

Ucwaningo locwaningo oluhlola iphilisi kanye ngenyanga lokuvikela i-HIV. Kuvulekele amadoda aya ocansini nabesilisa, abesifazane abashintsha ubulili, abesilisa abashintsha ubulili, kanye nabantu abangebona kanambambili, abaneminyaka engu-16 nangaphezulu.

Ukuhlolwa kwezempilo okuvamile, ukunakekelwa kwezokwelapha kochwepheshe, kanye nesinxephezelo kunikezwa.



EXPRESSIVE-11

EXPRESS How You Move. Own How You Choose.

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**YIBA YINGXENYE YOCWANINGO LWE-PREP
OLWENZIWA KANYE NGENYANGA.**



UBANI ONGAJLOYINA?

Amadoda angama-Cisgender, abesifazane abashintsha ubulili, amadoda ashintshe ubulili, kanye nabantu abangenawo kanambambili abalala nabalingani ababelwa owesilisa ekuzalweni, abaneminyaka engu-16 nangaphezulu. Bonke ubunikazi bobulili nezidingo zokunakekelwa kwezempilo ziyahlonishwa, kuhlenganisa nalabo abasebenzisa ukwelapha ngamahomoni.

Okufanele Ukulindele

1. Ukuhlolwa okuphelele kwe-HIV kanye ne-STI.
2. Ukunakekelwa kwezokwelapha okuqhubekayo okuvela kochwepheshe abaqondayo ubuwena nolwazi lwakho.
3. Isinxephezelo sesikhathi nohambo.
4. Indawo eyimfihlo, ephephile, engenahlamba.

Indlela Yokujoyina

Xhumana nomhlinzeki wakho wokunakekelwa kwezempilo noma vakashela

<http://www.prepwatch.org/expressive11> ukuze uthole ukuthi uyafaneleka yini. Ukubamba iqhaza kuwukuzithandela ngokuphelele. Uzokwaziswa futhi usekelwe zonke izinyathelo zakho.



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