

NZIRA DZOKURONGA MHURI

Nzira dzinoshanda kwenguva pfupi (Short Acting Methods), Nzira dzinoshanda kwenguva refu dzinokwanisa kuzopishinurwa (Long Acting Reversible Methods), uye Nzira yokusungwa mbereko (Permanent Methods)



KURONGA MHURI: ISARUDZO YAKO

 

NZIRA DZINOSHANDA KWENGUVA PFUPI (SHORT ACTING METHODS)

Idzi inzira dzokuronga mhuri dzinoshanda kubva pazuva rimwechete kusvika kumwedzi ingakwana mitatu

MAPIRITSI  **(99%) MUKUDZIVIRIRA KUBATA PAMUVIRI.**

Mapiritsi inzira pfupi yokuronga mhuri inoshandisa kudzivirira pamuviri. Mapiritsi anonwiwa nevanhukadzi zuva rega rega panguva dzimwechetedzo. Mapiritsi anoshanda sevizvi:

- Kudzivirira kana kutadzisa kuibva kwezai ramai.
- Kudzivirira mbeu yababa kusangana nezai raamai.

YAMBIRO: Mapiritsi haadzivirire kubatwa kwezvirwere zvepabonde kusanganisira HIV

KURONGA MHURI: Isarudzo Yako

MUZIMBABWE TINE MHANDO MBIRI DZEMAPIRITSI DZINOTI:

- (a) Combined Oral Contraceptives (COC) - muenzaniso wepiritsi iri inonzi 'Control' ne 'Marvelon28.'
- (b) Progestogen only pill (POP) - muenzaniso wepiritsi iri inonzi 'Secure.'

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- Kana mapiritsi achinwiwa zvakanaka (mazuva ose nenguva dzimwechetedzo), anoshanda kwezvikamu zvingaita makumi mapfumbamwe nepfumbamwe kubva muzana (99%)
- Kana mapiritsi achinwiwa zvakanaka (mazuva ose nenguva dzimwechetedzo), anoshanda kwezvikamu zvingaita makumi mapfumbamwe nepfumbamwe kubva muzana (99%)
- Mapiritsi inzira iri nyore kwazvo kushandisa zvakare haakanganisi kusangana kwemurume nemukadzi pabonde.
- Mapiritsi inzira iri nyore kwazvo kushandisa zvakare haakanganisi kusangana kwemurume nemukadzi pabonde.

YAMBIRO: Mapiritsi haadzivirire kubatwa kwezvirwere zvepabonde kusanganisira HIV

Kuronga Mhuri: Isarudzo Yako

KONDOMU RECHIRUME

KONDOMU RECHIKADZI

i. FC2: (Female Condom 2) *Iri ikondomu rechidzimai rakagadzirwa nerubber yokugadzirwa nemishina.*

ii. Cupid Female Condom: *Iri ikondomu rechidzimai rakagadzirwa nerubber*

— MuZimbabwe tine mhando mbiri dzemapiritsi dzinoti:

- Kondomu rechirume rakagadzirwa neka rubber katete zvikuru. Rinopfekwa munhengo yesikarudzi yemunhukadzi asati asangana nemunhurume pabonde. Kondomu iri rinonyatsoti tsepete nesikarudzi zvinoita kuti mvura dzinobuda pakusangana kwavaviri pabonde dzisasangana, izvo zvinodzivirira kubata pamuviri pamwe nekutapurirana zvirwere zvepabonde kusanganisira HIV.
- Iyi inzira inoshandisa nevanhukadzi, vachiita zvokubaiwa kudzivirira pamuviri. *Miyenzaniso yemajekiseni inoti:*
 - a. Depo Provera; inodzivirira kubata pamuviri kwemwedzi mitatu.
 - b. Petogen; inodzivirira kubata pamuviri kwemwedzi miviri.
- Kondomu iri rinopfekwa panhengo yomurume kana yasimuka apo vaviri voda kusangana pabonde. Rinoshanda kudzivirira mbeu yababa kuti isasangana nezai ramai panguva yebonde.
- Zvakanakira Majekesenai
 - Haakanganisi kusangana/ kutamba kwavaviri pabonde.
 - Haakanganisi huwandu hwemukaka waamai.
 - Anogona kushandisa nemadzimai mushure memavhiki matanhatu. vabva mukusununguka.
 - Majekiseni anoshanda nemazvo kana mudzimai achibaiwa panguva yakafanira nguva dzese.
- Makondomu aya anogadzirwa aine mafuta awo kuti bonde riwe nyore. Kune mhando dzakati kuti dzemakondomu echikadzi inzira yakavimbika kudzivirira pamuviri nezvirwere zvepabonde kusanganisira;
- YAMBIRO: **Nzira yokudzivirira pamuviri nekucherechedza mazuva angabatwa pamuviri (Fertility Awareness Methods (FAM) haidzivirire zvirwere zvepabonde kusanganisira HIV.**

NZIRA DZEKUCHERECHEDZA MAZUVA ANGABATWA PAMUVIRI [FERTILITY AWARENESS METHODS (FAM)]



**NZIRA YOKUDZIVIRIRA PAMUVIRI NOKUYAMWISA
[LACTATIONAL AMENORRHEA METHOD (LAM)]**

- Iyi inzira yekudzivirira pamuviri inoshandisa nemunhukadzi ari kuyamwisa mwana zvizere, kubva panguva yekusununguka kusvika pamwedzi mitanhatu mwana azvarwa.
- Kuti nzira iyi ishande zvizere kudzivirira pamuviri zvinotevera zvinofanira kutevedzerwa:
 - Mwana anofanira kunge achiyamwa mukaka waamai nguva dzose kusanganisira neusiku.
 - Mwana ngaayamwe kanosvika kana kupfuura kagumi pazuva.
 - Mwana anofanira kunge asingadyi chimwe chikafu kana kunwa mvura kunze kwemukaka waamai.
 - Amai vanofanira kunge vasati vatanga kuteera kubva pakusununguka mwana.
- Nokudaro, munhukadzi anokurudzirwa kufanoronga kushandisa imwe yenzira yekudzivirira pamuviri nguva iyi isati yapfura.

YAMBIRO: Nzira yokudzivirira pamuviri nokuyamwisa (Lactational Amenorrhea) haidzivirire zvirwere zvepabonde kusanganisira HIV.

A Jadelle (Progestogen- Only Contraceptive); Mhando iyi ine tumiti tuviri tune mishonga inodzivirira kubata pamuviri kwemakore anosvika mashanu.

B Implanon (Progestogen- Only Contraceptive); Iyi imhando ine kamuti kamwe chete kane mushonga unodzivirira pamuviri kwemakore anosvika matatu.

NZIRA DZINOSHANDA KWENGUVA REFU DZINOKWANISA KUZOPISHINURWA (LONG ACTING REVERSIBLE METHOD), MAIMPLANTS

- Malimplants tumiti tweplastic tungaenzaniswe netwemachisi. Anopfekerwa pasi peganda reruwoko rwemunhukadzi. Malimplants anodonhedzera tumishonga twekudzivirira pamuviri zvishoma nezhishoma. Anoiswa pasi peganda reruwoko nezhishoma nezhishoma. Anoiswa pasi peganda reruwoko nezhishoma nezhishoma. Anoiswa pasi peganda reruwoko nezhishoma nezhishoma.
- Kune mhando mbiri dzemalimplants dzinoti;

A Jadelle (Progestogen- Only Contraceptive); Mhando iyi ine tumiti tuviri tune mishonga inodzivirira kubata pamuviri kwemakore anosvika mashanu.

B Implanon (Progestogen- Only Contraceptive); Iyi imhando ine kamuti kamwe chete kane mushonga unodzivirira pamuviri kwemakore anosvika matatu.

INTRAUTERINE CONTRACEPTIVE DEVICE (IUCD)

MASHANDIRO ELOOP

KUVHARWA KWEMACHUBHU ANOFAMBISA ZAI REMUNHUKADZI KANA KUTI LOOP

- IUCD kana kuti Loop imhando yekudzivirira pamuviri kwenguva refu inogona kupishinurwa chero nguva. Parizvino muZimbabwe mune mhando imwe chete ye Loop inoshandisa inonzi Copper T – 380A. Zvakadaro, kunewo dzimwe mhando dze Loop dzinoshandisa kune dzimwe nyika dzinokwanisa kuzoshandisa muZimbabwe panguva inotevera.
- Loop kanhu kadiki zvikuru kakagadzirwa neplastic yakamonerwa mhangura (copper) kakafanana nevara 'T'.
- Loop yakapfava uye inokwanisa kupfekerwa muchiberekoo chemunhukadzi zviri nyore kuti idzivirire kubata pamuviri panguva ipi zvayo kana mudzimai asina pamuviri. Inogonawo kupfekerwa muchiberekoo maminitsi gumi kusvika kumaawa makumi mana namasere munhukadzi achangobva mukusununguka. Iyi inenge yava kunzi Post- Partum IUCD (PPIUCD).
- Loop ye Copper T 380A inoshanda kwemakore anosvika gumi nemaviri, ichigona kubviswa chero nguva kana mukadzi/vaviri voda kuita mwana kana kushandisa imwe mhando yekudzivirira pamuviri.

YAMBIRO: Loop haidzivirire zvirwere zvepabonde kusanganisira HIV.

YAMBIRO: Tubal ligation haigoni kupishinurwa (Is Not Reversible) uyewo haidziviriri zvirwere zvepabonde kusanganisira HIV.

YAMBIRO: EC haidzivirire zvirwere zvepabonde kusanganisira HIV.

YAMBIRO: Vasectomy haigoni kupishinurwa (Is Not Reversible) uyewo haidziviriri zvirwere zvepabonde kusanganisira HIV.

KUVHARWA KWEMACHUBHU ANOFAMBISA MBEU YEMUNHURUME (MALE SURGICAL CONTRACEPTION/ VASECTOMY)

- Mhando yekudzivirira pamuviri inokurudzirwa kumunhukadzi kana murume nemukadzi vasisadi kuita vana zvachose.
- Pakuitwa Tubal ligation, munhukadzi anoitwa ka operation kadiki nachiremba kuvhara machubhu anofambisa mazai. - Tubal ligation inoitirwa muchipatara kana kiriniki kazhinji munhukadzi akasvinura, mushure mekubayiwa jekiseni rechiveve panzvimbo ichachekwa kuti asarwadziwe.
- Bonde risina kudzivirira pasina kushandisa imwe yenzira dzokuronga mhuri.
- Kukanganwa kushandisa nzira yaakasarudza yokuronga mhuri nemavo.
- Mushure meka operation aka, munhukadzi anokwanisa kupfuirira zvake mberi nebonde zvinogutsa nekufadza vaviri.

YAMBIRO: Tubal ligation haigoni kupishinurwa (Is Not Reversible) uyewo haidziviriri zvirwere zvepabonde kusanganisira HIV.

YAMBIRO: Vasectomy haigoni kupishinurwa (Is Not Reversible) uyewo haidziviriri zvirwere zvepabonde kusanganisira HIV.

Developed and Produced By

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NZIRA YEKUDZIVIRIRA PAMUVIRI MUSHURE METSAONA (EMERGENCY CONTRACEPTION/EC)

- Pakuitwa Vasectomy, murume anoitwa ka operation kadiki nachiremba kuvhara machubhu anofambisa mbeu.
- Vasectomy inoitirwa muchipatara kana kiriniki murume akasvinura, mushure mekubayiwa jekiseni rechiveve panzvimbo ichachekwa kuti asarwadziwe.
- Mushure meka operation aka, murume anokwanisa kupfuirira zvake mberi nebonde zvinogutsa nekufadza vaviri.

YAMBIRO: Vasectomy haigoni kupishinurwa (Is Not Reversible) uyewo haidziviriri zvirwere zvepabonde kusanganisira HIV.

Kuronga Mhuri: Isarudzo Yako

Kuti munzwe zvihinji nezvezekuronga mhuri kana kudzivirira pamuviri, shanyirai chipatara, chiremba, nzvimbo dzinotengesa mishonga (pharmacy), vana mbuya/sekuru utano (Community Based Distributors /CBDs) kana imwewo nzvimbo yezvehutano.

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