KUCHITAPO KANTHU POKUMBUKIRA OMWALIRA

Mwambowu, womwe cholinga chake ndi kukumbukira omwalira kamba ka Edzi, ndi wofunika. Kuyambira pomwe Edzi idadziwika mchaka cha 1981, anthu okwana 20 miliyoni amwalira ndi matendawa, pamene ena 40 miliyoni ali ndi kachirombo koyambitsa Edzi ka HIV. Kuno ku Malawi, anthu 84,000 anamwalira chaka chatha kamba ka Edzi, pamene anthu oposa 1 miliyoni ali ndi kachirombo ka HIV.

Choncho ndi koyenera kuti tidzikhala ndi mwambo ngati uwu wokumbukira omwalira. Pokumbukira omwalira, tiyeni tigwirane manja pothandiza okhudzidwa, monga ana amasiye. Mwambowu ukutikumbutsanso kuti tisiye kusalana kamba ka Ezi. M'malo mosalana, tiyeni tigwirane manja polimbana ndi matendawa amene akhudza munthu aliyense m'dziko muno.

Pokumbukira mwambowu chaka chino,womwe mutu wake ndi ***Kuchitapo kanthu tikamakumbukira omwalira****, tiyeni timange chimvano ngati cha mavu pogwira ntchito limodzi ndi kulimbikitsana wina ndi mzake pantchito yopewa matendawa, kuchepetsa kufala kwa matendawa, komanso kukayezetsa magazi kuti tidziwe ngati tili ndi kachilombo ka HIV kapena ayi, kusamalira ana amasiye ndi omwe ali ndi kachilombo ka HIV.*

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Timakumbukira anthu omwalira kaamba ka edzi tsiku lamulungu lachitatu la mwezi wa Meyi chaka chilichonse, m'maiko 93 pa dziko lonse. Mwambo woyamba udachitika chaka cha 1983 ku Amerika, edzi ikungoyamba kumene. Anthu amakumbukira abale omwe adamwalira kaamba ka matendawa omwe panthawiyo adaali odabwitsa.

POKUMBUKIRA OMWALIRA TICHITE CHIYANI?

Kuthandiza ana amasiye

Ana amasiye akuchulukirachulukira masiku ano kamba ka matenda a edzi. Anawa amasowa zinthu chakudya, zovala, komanso ndalama zolipilira maphunziro. Koma pali anthu ena opanda chikondi amazunza ana otere powagwiritsa zintchito zoposa misinkhu yawo ndi kuwagwililira.

Choncho, pokumbukira omwalira, tiyeni tonse pamodzi tilimbike pogwira ntchito kuti kangachepe kamene tipeze tiwagawireko ana amasiye. Aliyense m'midzi mwathu atenge udindo wosamalira ana amasiye; komanso kukamuneneza ogwilira ana amasiye ku boma.

Tilimbikitsane kukayezetsa magazi

Anthu ambiri m'midzi mwathu sakudziwa ubwino wokayezetsa magazi kuti adziwe ngati ali ndi kachilombo ka HIV.Izi zikuchititsa kuti anthu azigonana mosadziteteza ndi kubereka ana osadziwa ngati ali ndi HIV. Zotsatira zake ndi zoti ena amapatsira kachirombo kwa okondedwa awo ndiponso ana awo.

Ndi koyenera kuti pamene tikukumbukira abale amene adamwalira kamba ka Edzi, tilimbikitsane wina ndi mzake kukayezetsa magazi athu. Ngati m'dera lathu mulibe malo oyezetsera magazi, tiyeni tipemphe boma kapena mabungwe ena kuti atikhazikitsire malowa.

Pajatu masiku ano boma likupereka mwa ulere mankhwa ARV. Mankhwalawa amathandiza kuti anthu odwala edzi azikhala ndi moyo wosadwaladwala; potero nkuchepetsa imfa za anthu odwala Edzi.

Kusamalira odwalira kunyumba

Chiwerengero tsopano chachuluka cha anthu odwalira kunyumba. Kunyumbako, anthuwa amasowa ndalama zogulira mankhwala komanso chakudya. Chifukwa chosowa chisamaliro chokwanira, ena mwa odwalawa amamwalira nthawi yawo isanakwane.

Choncho pamene tikukumbukira omwalira, tiyeni tipeze njira zopezera khobidi ndi chakudya chothandizira anthu odwala edzi. Tiyeni tilime minda ya gulu kuti zokolola zake tithandizire anthu ovutika kamba ka matenda a Edzi.

Kupewa Edzi

Masiku ano anthu ambiri tikuzindikira kuti Edzi ilipodi.Ngakhale zili chonchi, ndi zodabwitsa kuona kuti anthu ena sakusintha khalidwe. Anthu ambiri tikadachita zomwe zija zachikale zogonana ndi anthu ambirimbiri, achinyamata akuyamba kugonana akadali a nthete, pamene ena sakhulupilika kwa amuna kapena akazi awo. Enanso akugonana mosadziteteza.

Tiyeni tsono pamene tikukumbukira omwalira, tichititse misonkhano m'madera mwathumo yolangiza anthu kuyipa kogonana mosadziteteza. Achinyamata tidikire m'paka tidzalowe m'banja, akuluakulu tiyeni tikhulupirike kwa anzathu apabanja. Kwa amene sangathe kudzisunga, tiwalangize za kugwiritsa ntchito kondomu nthawi zonse komanso moyenera. Tilimbikitsane kukayezetsa magazi kuti tidziwe ngati tili ndi kachilombo ka HIV kapene ayi.