

# CHIKUMBUSKO CHIBE MU MACHITIRO



*Chikumbusko cha Ungweru wa makandulu, chikuchikuchitika kuti tikukumbukire awo walikutaya maumoyo ghawo, chifukwa cha Edzi. Kufuma pa jando la muriri wa Edzi mu 1981, banthu 20 million mu charo chapasi, balikupotela na nthenda iyi, apo 40 million bakukhara na HIV/Edzi. Mu Malawi, pafupifupi banthu 84000 balikupotera na Edzi chirimika chamala, ndipo pafupiso banthu balala na baniche 1 Million bachali kukhala na HIV/Edzi.*

*Chikumbusko cha Ungweru wa makandulu chilato chake ni kutumbika awo balikufwa ku kachibungu aka. Ndiposo ndi kuyezga kulongora kuti bana bithu, badumbu, babari, bapapi, na babwezi awo wali na HIV/Edzi wakufighiririka. Uku ndiko kupenja kumanyiska banthu na kuchepesya soni izo zikuwako chifukwa chakuwa na HIV/Edzi. Kuchita nthaura kukuwovwira kumemeza chisokore cha kurwa na muriri, pakuti banthu bose balikukwaskika na kutayika kwa bakutemweka.*

*Apo tikufiska chikumbusko cha Ungweru wa kandulu chirimika chino, na fundo yakuti chikumbusko chiwe mu machitiro, tiyeni tikhukiske mawumba gha banthu kuchita machitiro gha chisokore cha kuwovwira kugega HIV, kuchepeska kwambukira kwake, kuchiska kupimiska ndopa, kufighirira walanda kupwererera na kulwazga balwari na kuwovwira bakukhwaskika na muriri uwu.*

Pala mungaba na mafumbo mungafumba ku:

## **MANET+**

P/B B377

Lilongwe 3

Tel 265-1-773 727

Fax 265-1-770 194

E-mail manetplus@manetplus.com

www.manetplus.com

## **National AIDS Commission**

P. O. Box 30622

Lilongwe 3

Tel 265-770 022/023/015

Fax 265-776 249

E-mail nac@aidsmalawi.org.mw

www.aidsmalawi.org.mw



*Chikumbusko cha ungweru wa makandulu chikukumbukika pachalo chose chapasi pa zuba la 15 May mu maupu 4,500 gha vyalo vyakukwanira 93. Chikumbusko cha ungweru wa makandulu chakwamba chikachitika mu chaka cha 1983 ku America apo chakuyambiska nthenda ya Edzi chikaba chindamanyikwe yayi, na banthu bakupotera na nthenda ya Edzi wandamanyikwe wanandi. Abo bakanogza chikumbusko ichi bakukhumba kukumbukira bose awo wakafwa na nthenda yiheni iyi nakupereka wovwiri kwa wose awo wali na kachibungu. Ichi chakhala chakulata chake cha chikumbusko.*

# ***Kasi Tichite Vichi Kuti Chikumbusko Chiwe Mu Uchitiro ?***

## **KUFIGHIRIRA WALANDA**

Banandi chomene awo walikufwa na Edzi balikuleka mwana panji bana. Banandi chomene mwa wana awa bakusowa chakurya, chikaya chakwenerera, vivwaro, na ndarama zafizi za masambiro gha pachanya. Banji mwa iwo, viwiviwi basungwana bakughazgika na nchito za kuphyora ndipo na kukorereka.

Uko tikukumbuka bakufwa, tose pamoza ngati wumba tisange nthowa yakuryeskerera balanda aba; ndipo tichite nchito zakusangira ndarama zakufighirira balanda aba. Ndi mulimo withu tose mu wumba withu kunena vya kuyuzga waniche, mu nthowa ya kuwakorerera na kuwaphyora na nchito zinsonono, ku awo bali na mazaza kusazgirako fumu za m'mizi na fumu zikulu.

## **KUCHISKANA KUYAKAPIMIKA NDOPA**

Mumawumba ghithu awo bakumanya mauwemi gha chipimo cha HIV mbachoko. Ntheura ni bachoko waka abo balikupimiska ndopa zawo, kuti wamanye usange wali na kakoko kara ka HIV panji yayi.

Kuwura kumanya vya kuti kuli kuwuzgika (kupangika mahara) nthwa wanthu kugonana kwambura kuvikiririka, wanji wakutora nthumbo kwambula kumanya kuti wali na HIV panji yayi. Ntheura banji mwa banthu aba, bakwambuzga kachibungu ku bawori panji wafumu, na ku wabonda bambura kubabika.

Tiyeni tichiskane kuyakapimiska ndopa kuti tikamanye usange tili na HIV, tifukefuke kukhazika malo ghakupimirako ndopa, timanyiske abo bali na HIV kuti muli wovwiri wa banangwa mu vipatala vya boma. Munkhwara wa kuchemeka ARV ghukutalikiska umoyo wa abo bali na HIV na Edzi, mwantheura ukuchepeska zinyifwa za wakutemweka withu.

## **KUPEREKA WOWWIRI MU CHIKAYA**

Sono balwari banandi kwakuluska bakupwerereka mu vikaya vyawo na bana bawo, bapapi, bagholi, bafumu babo panji wabali babo. Banandi chomene balwari ba HIV na Edzi bakuwezgekerera ku vikaya vyawo chifukwa chakufinyikizgana mu vipatala vinandi chomene. Mwasoka, balwari banyake ba Edzi bakufwa luwiro mu mawumba ghanyake chifukwa chakusowa wovwiri wakukhumbikwa. Banji bakulwara Edzi balije chakurya cha viwuru vitatu cha kulera thupi. Ndiposo banthu banyake balije ndarama zakugurira minkhwara gha kukhumbikwa, matenda ghakunjirirapo.

Uko tikukumbuka bakufwa, mu wumba withu, tiyeni tifukefuke kusakata ndarama na vyakurya kuti tifighirire bakukomwa na Edzi. Tiyeni tilimenge munda wa wumba wakusangira vyakurya vya kupereka kwa abo bali na Edzi mu mawumba ghithu. Tiyeni tinjiremo mu nchito zakusakatira ndarama; ndipo na ndarama izo tigurenge minkhwara, vyakurya na vufukusi vya vitewetero vyakuwovwirira mu chikaya (home based care kits).

## **KUFISKA MACHITIRO GHAKUKANIZGA HIV NA EDZI**

Nangauli banandi balikutaya bakutemweka babo chifukwa cha Edzi, nkharo zawo zindasinthe. Banthu banandi chomene bakugonana, kwambula kuvwara makondomu; ndipo awo wali mu nthengwa mbambula kugomezgeka.

Tiyeni tichitiske mawungano gha kumanyiska banthu vya maurwani gha kugonana banandi. Nthanga zisambizgike kuziwizga kugonana, ndipo tisambizge abo bali mu nthengwa kugomezgeka. Abo bakutondeka kuziwizga tibanjirikizge umo bangagwiriskira makondomu makora nyengo zose.