

Njila muakana bua kulongolola buledi bulenga



Nshinga wa Mabua a ngondo wa tshijila ntshinyi ?

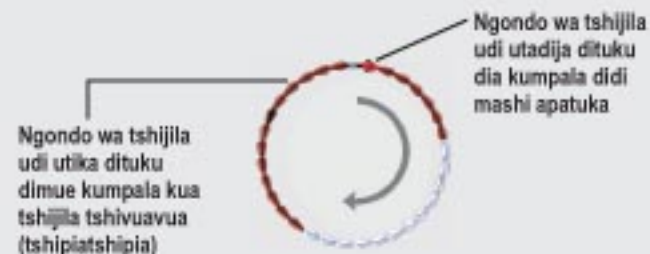
- ◆ Nshinga wa mabua a ngondo wa tshijila; nshinga udi ne tubua tua mekala mashilashilangana.
- ◆ Mikala a mabua adi awa anuambuluisha bua matuku audi mua kuimita ne matuku audi kuyi mua kuimita. Epuka disangila matuku aa kumuita.
- ◆ Nshinga wa mabua aa anuambuluisha kabidi bua kumanya matuku audi kuyi mua kuimita.



Nshinga wa mabua a ngondo wa tshijila, mmwimpe bua buledi bulenga ani ND, pa ba mamu lukana, makumi tshitema ne batanu (95%) kabena mua kuimita to, bobo balonda mikenji ya njila ewu. Batanu ke badi ne upukapuka unikosa ye dimita

Masanga a tshijila ni mafuku a tshijila

- ◆ Nshinga wa mabua a ngondo wa tshijila ne ngondo wa tshijila wa mamu.
- ◆ Nshinga wa mabua a ngondo wa tshijila udi deja mudi ngondo wa tshijila wa mamu



Kudi dishilingana pankatshi pa ngondo wa tshijila ne tshijila; tshijila tshia mamu tshidi tshituadja dituku didiye umona mashi. Mafuku a tshijila adi akonga mafuku onsu kubangila kuclikonde didi mashi apatuka too ne ku mbangilu wa tshijila cikuabu.

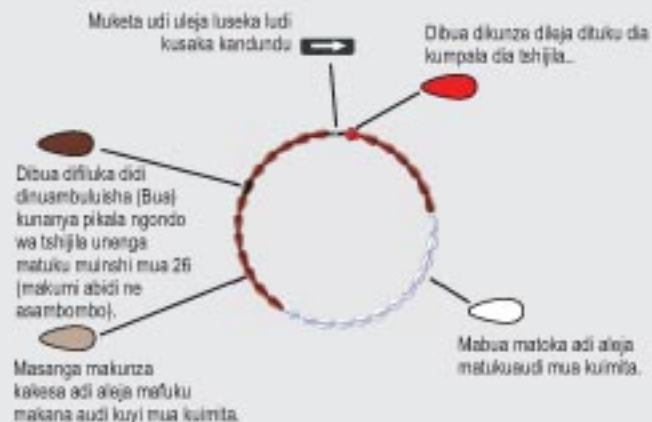


Collier du Cycle®

- ◆ Nshinga wa mabua a ngondo wa tshijila kaena epula muntu ku buledi bua VIH/Sida any ku tuishi tudi tufumina ku diangatangana dia muluma ni mukaji nansha.
- ◆ Nshinga wa mabua a ngondo wa tshijila, ni ntshintu tshia kunaya natshi nansha; bidi bikengela ku alama mu muaba musokoma.

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Mekala aa adi umvuija tshinyi?



Nshinga wa mabua wa tshijila adi ne tubua makumbi asatu ne tubidi, mpeta wa kandundu pamue ne kamu kadi ni muketa.

Nganyi udi mua kunzela nshinga wa mabua a ngondo wa tshijila ?

- ◆ Ba mamu badi ni ngondo wabu wa tshijila wabula bua matuku 26 to ne 32



- ◆ Bena nzubu badi ne muyuki mwimpe munkatshi muabo ne bitabiyabua kuolukuida mu matuku adi mamu mua kuimita



Mushindu kayi wa kuenzela ushinga wa mabua a tshijila ngondo wa tshijila ?

1. Dituku dia kumpala dia tshijila, teka kandundu pa dibua dikunze.



2. Funda tshimanyina pa dituku edi pa calendrier keba.



3. Pusa kandundu dituku ne dituku pa dibua didi dilonda, tu ngumuka ni dipusa kandundu nansha mu matuku makuabo a nashi.



4. Bimpe kuepuka disa, gila dituku didi kandundu kipika pa mabua matoke, bualu udi mua kuimita



5. Nudi mua kusanjila anu pikala kandundu kikala pa dibua dia dikala dia luishishi mpuka-mpuka idi mikese ya dimita



6. Teka tshia kabidi kandundu padibua dikunza mi dituku didi tshijila mupia mupia wa tuadij



Ntshingi tshidi mua kuenze pawikala mupua moyo bua kupusa kandundu londa mibelu eyi ?

Pawikala mupua moyo bua kupusa kandundu londa mibelu eyi :

1. Bangabanga anyi tangi lulula pa calendrier keba dituku diuwa mumone mashi

2. Pashishi bala matuku onsoadi mapita kutuadija musangu wa ndekelu dituku duivua mufunda pa calendrier to ne lelo enou ;

3. Pashishe ku bangi la ku dibua dikunze, pusa ka kandundu to ne ku dibua didi dikubananga ne dituku didi lele.



Diba kayi mua kuya kumona munyanga ?

- ◆ Pamuikala basangila mudituku did kakanu kikala pa dibua ditoke
- ◆ Pawikala wela majise udi muimita, buala kuena (mutua panshi) mu mona tshijila
- ◆ Pawikala mumona tshijila kumpala kua dibua dia dikala difikula, buena kuamba se matuku eba a ngondo wa tshijila adi muinshi mua matuku makumi abidine asambombo
- ◆ Pikala tshijila tshieba katshiyi tshipinga na dituku didi libondela dibua dia ndekelu dia mayi a buloba ; mibuena kuamba se ngondo weba wa tshijila mmupita matuku 32.



Matuku eba ngondo weba wa tshijila, yeye minshi mua matuku 26, anyiyeke mupita 32 misangu ibidi ku tshidimu, mabua a ngondo wa tshijila ka akukuambuhisha kabibi to.

Vuluka ne

Mabua a ngondo wa tshijila adi enda biakana anu :

- Pikala ngondo wa tshijila mulu mu pa ke matuku 26 ani mulua mule to ne ku matuku 32, musangu mupite pa umue, mabua wa ngondo wa tshijila ki akubumbanyine kabibi to
- Tuadija mabua a ngondo wa tshijila dituku dia kumpala diudi umona mashi,
- Pusa kandundu dituku dionso.
- Mu matuku a mabua matoke kamuena mua kusangila to.

Pamuapa udi mua kuindila bangabanga ni kuenzela masanga a tshijila.

- ◆ Pawudi mufuma ku dilela any udi wamusha, yukila ni munganga weba.



- ◆ Pawikala muenzela mushindu wa kulongolola ndelanganyi ; yukila ni munganga.



Mukabujima, udi ni ciabua kumanya menamena bijila bieba ndaku uyikila ni munganga weba, bangabanga ni kuenzela masanga a tshijila.