

Nati tidlela tekuvikela ligciwane

Human Papillomavirus (HPV):

Ligciwane HPV libanga mdlavuzane wetinhlobo letiyifika (9) netisumpe esitfweni sangasese. Kujovela leligciwane leHPV ngulokuhamba embili kuvikela leligciwane lelibanga mdlavuzane.

Kunezuzo kuwovonkhe muntfu noma unangakhi iminyaka

Lomjovo uvikela wonkhe muntfu kutsi angalitfoli leligciwane uma asengakalitfoli. Uma umuntfu ukewabanesifo lesihambelana naleligciwane welapheka noma wabanesedlulela mdlavuzane lomjovo utamsita kutsi angaphidzi asitfole. Ngetulu kwaloku, uma unesibeletso kumcoka kutsi uhlala ngekutihlola, ujovalie noma cha kungakusita kutsi mdlavuzane usheshe ubonakale.



Nati tidlela longatiladzela kuvikela

ligciwane lelibanga mdlavuzane (HPV) kanye netisumpe esitfweni sangasese

- ✓ Uma ngenemtfwana wentfombatane loneminyaka lenu 9 kuya ku 14, ngingenta siciniseko kutsi ngiyamusayinila kutsi ayojova umjovo we HPV
- ✓ Uma ngiwesifazane, ngidzinga kutihlola mdlavuzane wemlomo wesibeletso
- ✓ Ngitawukhuluma nalengibatsadzako kutsi batfwana babo bemantfombatane bativikele ngekujova lomjovo weHPV nekutsi batihlole mdlavuzane wemlomo wesibeletso



Uvikela njani

tisumpe esitfweni sangasese kanye

netinhlobo tamdlavuzane letiyifika (9)



Ngabe ungumtfo yini?

Uma ungue, kumele wati ngaleligiwane lelibanga mdlavuzwa (HPV).

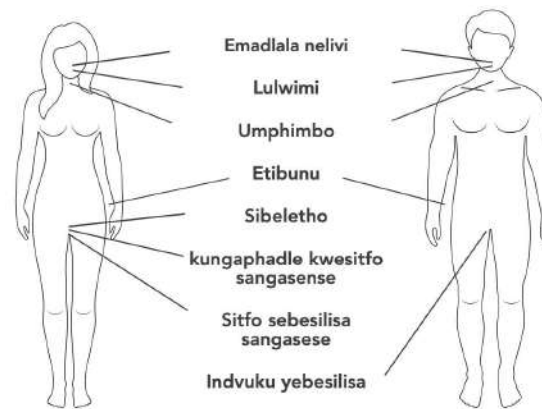
Kubantfu labalishumi (10) labayifika (9) bakebabanalo leligiwane leHPV esikhatsini lesitsite emphilweni yabo.

Bantfu balitfola leligiwane lelibanga mdlavuzwa (HPV) ngekutsitsana kwetinyama noma umtimba nakuyiwa encasini ngamphasi kwelukhalo, ngemlomo, kanye naletinye titfo temtimba ngaphandle kwekulalana.

Lijazi lemkhwenyane (condom) alivikeli ngalokuphelele kuleligiwane ngoba solo tinyama tiyatsitsana.



Letinye tinhlolo tamdlavuzwa letibangwa ligciwane HPV



Bowati yini

Leligiwane lingahlala emtimbeni wemuntfu iminyaka lengemashumi lamine (40 years) beseliyavuka emvakwaloko lingumudlavuzwa. Lokukusho kutsi lolokwenta nyalo kungakuhlupha emuva kweminyaka nyaka.

Tisumpe

Tiyini?

- Tigadlana noma timila letivela tibetinengi dzawonye noma sisodvwa. Esikhatsinilesiningi asibibuhlungu, kepha singaluma noma sifife ingatana
- Lingatfolakala noma ngukuphi emtimbeni kusukela elukhalo kuya emadvolweni, ngemuva nangembili emtimbeni wemuntfu kanye nasemlonyeni.
- Noma ngabe unaloleligiwane, kungakutsatsa tinyanga nome iminyaka ngaphimbi kwekutsi kuvele tisumpe
- Usengamtselela lomunye leligiwane ngaphandle kwekutsi ubenetinkhomba noma timphawu tetisumpe esitfweni sakho sangasese.

