

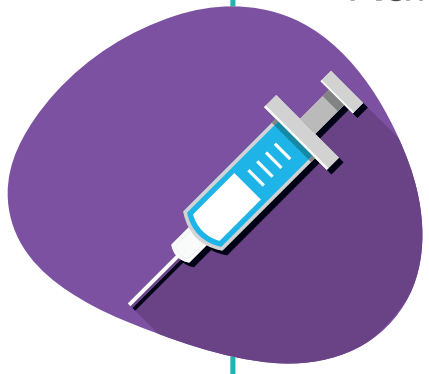


# Uvikela njani

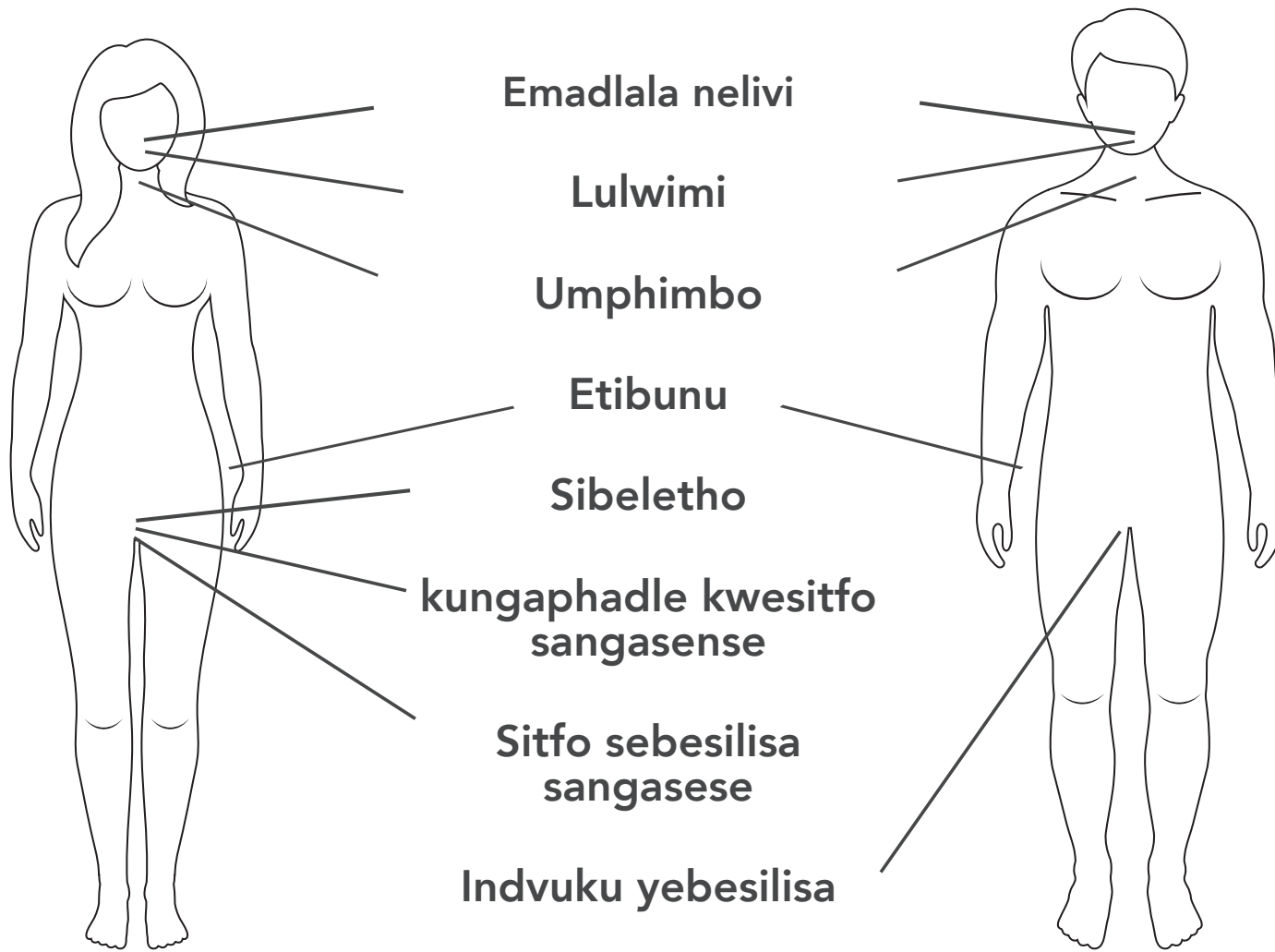
tisumpe esitfweni sangasese kanye  
netinhlobo tamdlavuzwa letiyifica (9)

## Bowati yini

Ligciwane HPV libanga mdlavuzwa wetinhlobo letiyifica (9) netisumpe esitfweni sangasese. Kujovela leligciwane leHPV ngulokuhamba embili kuvikela leligciwane lelibanga mdlavuzwa. Kunezuzo kuwowonkhe muntfu noma uneminyaka lemingakhi. Lomjovo uvikela wonkhe muntfu kutsi angalitfoli leligciwane uma asengakalitfoli. Uma umuntfu ukewabanesifo lesihambelana naleligciwane welapheka noma wabanesedvulela mdlavuzwa lomjovo utamsita kutsi angaphidzi asitfole. Ngetulu kwaloku, uma wesifazane ahlala ngekutihlola mdlavuzwa wemlomo wesibelethe angavikeleka ngekutsi mdlavuzwa wemlomo wesibelethe usheshe ubambeke.



## Tinhlobo tamdlavuzwa letibangwa ligciwane HPV



## Tingatselo tekuvikela mdlavuzwa lobangwa ligciwane HPV kanye netisumpe esitfweni sangasese

- ✓ Uma nginemtfwana wentfombatane loneminya lengu 9 kuya ku 14, **ngingenta siciniseko kutsi ngiyamusayinila kutsi ayojova umjovo we HPV**
- ✓ **Uma ngiwesifazane,** ngidzinga kutihlola mdlavuzwa wemlomo wesibelethe
- ✓ **Ngitawukhuluma nalengibatsadzako** kutsi batfwana babo bemantfombatane bativikele ngekujova lomjovo weHPV nekutsi batihlola mdlavuzwa wemlomo wesibelethe.

## Ungumutfu yini?

Bantfu balitfoli leligciwane lelibanga mdlavuzwa (HPV) ngekutsitsana kwetinyama noma umtimba nakuyiwa encasini ngamphasi kwelukhalo, ngemlomo, kanye naletinye titfo temtimba ngaphandle kwekulalana. Lijazi lemkhwenyane (condom) alivikeli ngalokuphelele kuleligciwane ngoba solo tinyama tiyatsitsana.

