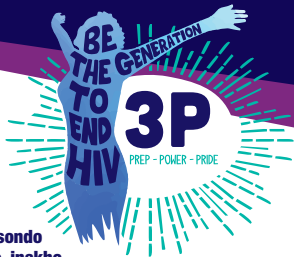




**PrEP yindlela entsha yokuzikhusela kwintsholongwane kagawulayo. Thathwa yonke mihla, ikunceda uhlafe ungenayo intsholongwane kagawulayo.**



## **IINYANI EZIYI 5 MALUNGA NOPREP**



**1. Ukuba uthatha iPrEP uze wabelane ngesondo nomntu onentsholongwane kagawulayo, inakho ukunqanda intsholongwane ekusuleleni umzimba wakho.**



**2. PrEP usebenza ngcono ukuba umthatha ntsuku zonke.**



**3. PrEP akakhuseli ukukhulelwa nezinyo izifo zokwabelana ngesondo.**



**4. PrEP uyimfihlo—akunyanzelekanga uxelele mntu ukuba uyamsebenzisa.**



**5. PrEP ukhuselekile—abantu abambalwa banganemiphumela esecaleni ephelayo emva kweveki ezimbalwa.**

**IDTHF IKHANGELA OMAMA ABASEBATSHA ABAMINYAKA IYI 16–24  
ABAFUNA UKUBA YINXALENYE YESIZUKULWANA ESIPHELISA  
INTSHOLONGWANE KAGAWULAYO.**

**UKUFUMANISA UKUBA UPREP UKULUNGELE, TSALELA UMNXEBA  
UTHABISA 078 533 8113 OKANYE UTYELELE EDTHF YOUTH CENTRE.**

*Sasaza ulwazi, hayi intsholongwane kagawulayo.*



**DESMOND TUTU  
HIV FOUNDATION**

*Youth Centre*