Mo Botsanang ba botsogo ba rotloetsa badiri ka dithloko tse bone go nna le kito le go tsaya tsa mulokola ne ka botsogo ka bone. Mokatelo a ka botsogo ka gofa ditirelo ba ditshinawang goa go le gongwe ka nako eile mogare go go lgorongwa gongwe go botlwa e go mtho a dithakano e hlae. Ditirelo tsho tse tsaya boikarabelo tse botsogo e le bone. Mo Botswana ba botsogo ba rotloetsa badiri ka ditirelo tsa bone go nna le kitso le go tsaya tsa mulokola ka botsogo ka bone. Mokatelo a ka botsogo ka gofa ditirelo ba ditshinawang goa go le gongwe ka nako eile mogare go go lgorongwa gongwe go botlwa e go mtho a dithakano e hlae. Ditirelo tsho tse tsaya boikarabelo tse botsogo e le bone.

**Mogare wa HIV**

- Itlhatlhobela tse go nna le bana ka boitlhophelo ESENG ka tshoganetso: Dirisa mefuta ya katologanyo tsholo e e babalesegileng, e sireletsa thata ebile e go siametse ka dinako tsotlhe.

**Bolwetse jwa kgotlholo**

- Kopana go tlhatlhobelwa bolwetse jwa kgotlholo e tona, go sakgathalesego gore a o na le mogarewa HIV ka nako e nna nna le bana ka boitlhophelo.

**Kankere ya Molomo wa Popelo**

- Itlhatlhobela kankere ya Molomo go tsho tse ditshwetso tse di botlhokwa ka botsogo ja gago!

- Tsaya dipilisi tsa di ARV go bolwetse qhetho ya mogare wa HIV go p' le lo losteng.

**Loaro lwa borre lo lo babalesegileng**

- Fokotsa ditshono tsa lona go tsenwa ke mogare wa HIV
- Sireletsa rre go tsenwa ke kankere ya bona
- Sireletsa mokapelo wa gago wa mme go luna le bana ka boitlhophelo
- Tsaya di ARV tsa go tsho tse ditirelo tsa diphilo tse di qhetho ya kankere ya molomo wa popelo
- Thusa gore bona jwa ga me le seka jwa tsho tsho tsho tse ditirelo tsa diphilo tse di qhetho ya kankere ya molomo wa popelo
- Tsaya tshwetso ya go dira loaro lwa borre

**InTEGRATED SRH AND HIV/AIDS SERVICES**
### INTEGRATED SRH AND HIV/AIDS SERVICES

Botswana health care system encourages clients to be empowered and to take responsibility for their health care. The health care system aims to provide basic integrated services to everybody at any level of contact. All health care services should be integrated and linked whenever possible.

As a consumer of these services, each client should be assisted by health care workers to provide with integrated services. Ask for, and about all services you may need especially the following whenever you go to visit a health facility.

#### Routine HIV Testing
Know your HIV status and make relevant health-related decisions.

- **Family Planning:**
  - Protect yourself from sexually transmitted infections including HIV and unwanted pregnancy: Use a condom and another method of family planning.
  - Decide or plan when to have your children and how many to have.
  - Have children by choice and NOT by chance: use safe, effective, and convenient regular methods of contraception.

#### Cervical cancer
Screen for cervical cancer for prevention, early detection and treatment.

- **Routine TB Screening:**
  - Demand to be screened for TB whether you are HIV negative or positive.

#### Family Planning:
- Test for HIV
- If HIV infected or positive
  - Stick to one partner
  - and break the chains and prevent re-infection

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