



Key Messages on HIV Counseling and Testing and the Use of ARVs



Photo: Makopano Letsatsi/EGPAF, 2022

Messages on HIV counseling and testing

- You have decided to visit the facility today to access health care services.
- It is important to know your HIV status today.
- Please encourage your sexual partner, biological children, other family members, friends, and others to know their HIV status and get relevant health care services.

Educational messages about HIV, transmission, infection, and disease progression

NB: Assess the client's knowledge about HIV and adjust your messaging accordingly

- HIV is a virus that attacks the body's immune system, preventing it from fighting other opportunistic infections.
- When HIV is not controlled with antiretrovirals (ARVs), the virus spreads and advances to AIDS (Acquired Immune Deficiency Syndrome), a state in which the body's immunity system is weakened and unable to fight other infections.
- HIV can be transmitted from one person to another through blood; unprotected sex; and from mother to child during pregnancy and childbirth, as well as breast milk during breastfeeding when someone who is HIV-positive and their status is either unknown or they are not adhering well to ARV treatment (poor adherence creates the possibility of a high viral load, which makes it possible to transmit HIV to others).

MOLAETSA KA TLHABOLLO LE TLHATLHOBO EA KOKOANA HLOKO EA HIV

- U nkile khato e nepahetseng, ho tla setsing sa bophelo ho tla fumana litšebeletso
- Ho molemo hore u tsebe boemo ba hau ba tšoaetso ea HIV kajeno
- Khothaletsa molekane, bana, litho tsa lelapa, metsoalle le batho ba bohlokoa ho uena ho tseba boemo ba bona e le hore ba fumantšoe tšehetso e hlokalahalang

MOLAETSA OA THUTO KA KOKOANA HLOKO EA HIV, E TŠOAETSANA JOANG LE BOEMO BO HA TŠOAETSO E SE E JELE SETSI HAHOLO

Hlokomela: Ithute tsebo ea motho pele, ele hore fane ka melaetsa e molokelang

- HIV ke kokoana-hloko e hlaselang sesole sa 'mele ebe 'mele o sitoa ho itšireletsa khahlanong le mafu.
- Haeba kokoana-hloko ea HIV e sa laoloe ka litlhare e ka ngatafala ho fihlela 'mele o ba boemong ba AIDS. AIDS ke boemo boo sesole sa 'mele se seng se sitoa ho itoanela khahlanong le mafu ebe 'mele o se o bokaneloa ke mafu a mangata
- Kokoana hloko ea HIV e ka feta ka mali, le ka thobalano esa tšireletsehang le motho ea nang le tšoaetso, kapa le motho a phelang le tšoaetso empa a sa sebelise litlhare ka nepo, kapa a sa tsebe boemo ba hae ba HIV. Hape kokoana-hloko ea HIV e ka feta ho tloha ho Mme ho ea ho lesea nakong ea bokhachane, nakong ea pelei esita le nakong ea kanyeso.

Key messages to HIV-negative clients

- What is the result of your HIV test today?
- Continue using prevention measures against HIV, such as using condoms every time you have sex.
- *If your sexual partner is HIV-positive, we encourage you to use PrEP (pre-exposure prophylaxis). (Please provide PrEP IEC materials)*

Key messages to HIV-positive clients

Key messages to clients newly diagnosed as HIV-positive and freshly initiated on antiretroviral therapy (ART)

- What are the results of your HIV test today?
- It is important to start ART immediately after confirmation of your HIV-positive status to support your health (use the red bead B-OK bottle to illustrate the messaging on “viral replication”).
- ARVs suppress the replication of the virus in your blood—this gives your body the ability to fight other infections (use the red and black bead B-OK kit to illustrate the messaging on how ARVs work to suppress the virus).
- Ensure to take your ARVs every day at the same time or immediately when you remember.
- Failure to adhere to the medications gives the virus the ability to build resistance and multiply in your body.

NB: Highlight, like any other medication, they can expect some side effects using ARVs.

- Side effects may last a few weeks until your body gets used to the medication; please do not stop your ARVs.
- Please report immediately to the facility or call if you experience intolerable side effects while taking your ARVs.
- Do not share your ARVs with anyone, including your family members.
- Let us agree on the best reminder to remember to take your ARV treatment on time every day (use the B-OK kits to illustrate treatment benefits associated with treatment adherence).



Photo: Makopano Letsatsi/EGPAF, 2022



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MELAETSA KAMORA TLHAHLOBO

MOLAETSA HO BATHO BAO SEPHETHO SE SA BONTSENG TŠOAETSO

- Sephetho sa hau sa tlhahlobo ea HIV se eme joang?
- Tsoela pele ka litaba tsa ho itšireletsa khahlanong le HIV joaloka ho sebelisa likhohlopo (Condoms) ka mehla hau etsa thobalano
- **HOPOLA: Haeba u na le likamano tsa thobalano le motho ea nang le tšoaetso ea HIV re u Khothaletsa ho sebelisa lipilisi tsa PrEP. (mofe molaetsa ka PrEP. bakeng sa ho tsoela-pele ho ithuta ka tšebeliso ea PrEP.)**

MOLAETSA HO BATHO BAFUMANOENG KA SEPHETHO SENANG LE TŠOAETSO

MOLAETSA HO BATHO BA QALANG HO TSEBA HORE BA PHELA LE KOKOANA-HLOKO EA HIV LE HO QALA HO NOA LITLHARE

- Sephetho sa hau sa tlhahlobo ea HIV se eme joang?
- Ho molemo ho qala ho noa litlhare tsa li ARV molemong oa bophelo ba hau.
- Litlhare tse na tsa li ARV li thethefatsa le ho thibela ho ata hoa kokoana hloko ea HIV maling, e be sesole sa 'mele se ba matla khahlanong le mafu.
- Etsa ka hoohle o noa litlhare ka nako e tsoanang letsatsi ka leng, kapa hang ha u hopola.
- Ha u sa noe litlhare ka nepo, ho etsa hore litlhare li se sebetsa hantle, 'me kokoana-hloko e iphe matla maling a hau.

Hlokomela: Joalo ka litlhare tsoohle, Li-ARV le tsona li na le litla-morao.

- Litla-morao li ka nka libeke tse 'maloa ho fihlela 'mele oa hau o tloaela litlhare Leha hole joalo, u se li tlohele.
- Ha u ba le matšoao a litla-morao ka lebaka la litlhare itlalehe setsing sa bophelo hang-hang
- Qoba ho arolelana li-ARV le motho ofe kapa ofe, le ha ele oa lelapa.
- 'Na le uena releta lumellana ka mokhoa oa ho u hopotsa ho noa litlhare tsa hau tsa li-ARV.



Photo: Makopano Letsatsi/EGPAF, 2022



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Treatment literacy messages

NB: Use the B-OK kit sequentially, starting with (1.) Red beads (2.) Black & Red beads (3.) Black beads

- Antiretroviral (ARV) treatment controls HIV from multiplying in your blood.
- Once you test HIV-positive, it is important to start antiretroviral therapy (ART) immediately.
- Anyone diagnosed with HIV and is adherent to ART can live a long and healthy life.

Facilities providing ART services

- The Ministry of Health offers standard health care services across all facilities in the country.
- If you have a facility of choice to continue treatment check-ups, your initial facility can make such an arrangement for you.

Reminders about ART clinic appointments

- The facility can remind you of your clinical appointments; ask your health care worker.
- If you wish to be reminded of your clinic appointment dates, please share your contact number with a health care worker to receive an SMS reminder two days before the clinic appointment date.

NB: If they need support while at home, let them know village health workers are always available in their community to help.



Photo: Makopano Letsatsi/EGPAF, 2022

MOLAETSA OA THUTO KA LITLHARE TSA LI ARV

Hopola ho sebelisa B-OK kit

- Li ARV li thibela ho ata hoa kokoana hloko ea HIV maling
- Ho molemo ho qala ho noa litlhare tsa ARV hang ha u fumana hore u phela le kokoana hloko ea HIV
- Motho a ka phela bophelo bo botle nako e telele a ntse a phela le kokoana hloko ea HIV ha feela a noa litlhare tsa li ARV ka nepo.

U KA FUMANA LITSEBELETSO LITSING LIFENG

- Litsebeletso tsa bophelo li ea tsoana litsing tsohle ka hare ho naha
- Haeba u khetha ho fumana Litsebeletso setsing se seng ntle le sena, re tla o hokahanya le setsi se joalo ntle le tika-tiko

U KA THABELA U HOPOTSOA HA ELE NAKO EA HO KHUTLELA SETSING

- Setsi sena le mokhoa oa ho hopotsa batho ka matsatsi a bona a ho khutlela setsing
- Ha u lakatsa ho hopotsoa, re kopa linomoro tsa mohala oa hau, kapa ea motho eo u mo tsepang. Re tla u romelle molaetsa ka sms matsatsi a mabeli pele ho letsatsi la ho itlaleha setsing

Hopola: haeba u hloka tsehetso, basebeletsi ba tsa bophelo ba teng ka mehla metseng ho u fa tsehetso



Photo: Makopano Letsatsi/EGPAF, 2022

Setting expectations for clients as they visit the facility for check-ups or drugs-refills

- It is important to bring all remaining ARV tablets during each clinic appointment visit.
- At each appointment, you and the health care worker will count the remaining number of ARV tablets to calculate your level of medication adherence.

Messages to clients missing their clinic appointments, as well as treatment defaulters

- You have decided to come to the facility today; it is important for your health.
- You should not be afraid to report to the facility under any circumstances.
- Your health is our priority (use the B-Ok kits to illustrate the benefits of treatment adherence).

NB: Reinforce the need for clients to attend clinic appointments and live a healthy life

- You will receive an SMS reminder two days before your clinic appointment.
- Inform the facility if you cannot come on the appointed date or arrange with someone who can fetch your medication on your behalf to avoid running out of treatment.
- If you cannot come back here, you can temporarily pick up your treatment from a nearby facility as a visitor or ask to transfer out if you are travelling for an extended period.

LITEBELLO HA U ETELA SETSI KA MATSATS'I A BEHILOENG

- Ho bohlokoa ho tla le litlhare tsohle tse setseng ha u tla setsing sa bophelo
- Re tla bala lipilisi tsa hau tsa li ARV mmoho le uena makhetlo oohle ha u tla setsing 'me re netefatse 'moho hore u li sebelisa ka nepo

MOLAETSA HO BATHO BA SA TŠEPAHALLENG MATSATS'I A HO KHUTLELA SETSING KAPA BA ILENG BA TLOHELLA LITLHARE

- U nkile khato e ntle ea ho iponahatsa setsing sa bophelo letsatsing lena, molemong oa bophelo ba hau.
- Tseba hore ha hona maemo a ka etsang hore u tšabe ho iponahatsa setsing sa bophelo
- Re le setsi, re mona ho u sebeletsa (Sebeletsa B-OK obontsa Molemo oa sebeletsa litlhare hantle)

HOPOLA: Ka mehla tšepahalla matsatsi a hau a ho khutlela setsing e le hore u lule u phetse hantle

- U tla fumana molaetsa ka mohala u hopotsang ho itlaleha setsing matsatsi pele ho letsatsi la ho tla.
- **E le ho qoba ho felloa ke litlhare**, haeba u na le lebaka le ka u sitisang ho itlaleha setsing sa bophelo ka letsatsi le behiloeng, tsebisa setsi sa bophelo e le ho lumellana ka letsatsi le leng, le mokhoa u ka fumanang litlhare ka ona.
- Haeba u hlolleha ho khutlela mona, u ka kopa litlhare setsing sa bophelo se haufi, kapa,ua kopa lengolo la ho fumana Litšebeletso setsing se seng sa bophelo.

Key messages on supporting clients who are newly diagnosed with HIV and initiated ART

NB: Inform clients of the various forms of support—people and support groups

- It is important to disclose your HIV status to someone or people you trust so they can support you; examples include:
 - **A buddy:** Someone you can confide in (a friend, parent, child, partner, etc.)
 - **Support groups:** Groups that provide psychosocial and adherence support to treatment. We can link you with such groups if you wish to be a member. Examples of these groups include: Community ART Groups (CAGs), caregivers support groups, Ariel and teen club, peer support groups (PSGs)
 - **Other social support:** Anyone in your life who can offer you support (an employer, teacher, community health worker)

The key message on care and support as well as patient tracking by the health facility

- We will contact you over the phone to provide virtual support with your permission.
- We will call you in seven days and one to three months post ART initiation.
- Kindly suggest the best time a health care worker may call to inquire about how well you are coping with your ARVs, your disclosure process, and any other issues such as:
 1. ARV refill
 2. Blood draw for viral load monitoring
 3. Other medical check-ups and care

Please let the health care workers at the facility know as soon as you change your phone numbers when you come for your appointment

MOLAETSA OA TS'EHETSO HO BATHO BA QALANG HO TSEBA HORE BA PHELA LE KOKOANA-HLOKO EA HIV LE HO QALA HO NOA LITLHARE

Ho molemo ho tsebisa motho kapa batho bao u ba tšepang ka boemo ba hau, e le hore ba u tšehetse boemong bona.

- U ka fumana tšehetse ho batho ba mekhahlelo e fapaneng:
 - **Buddy:** motho eo u ntšanang se inong le eena eo u ka behang makunutu oohle a bophelo ba hau ho eena. Mohlala: motsoalle, motsoali, ngoana, molekane joalo-joalo.
 - **Lihlopha tsa batho ba phelang le ts'oaetso ea HIV:** li fana ka tlhabollo ea maikutlo le tšehetso ea ho tšepahalla litlhare, 'me re ka u hokahanya le tsona ha u batla ho ba setho. mohlala oa lihlopha tsena; CAGs, lihlopha tsa methaka, lihlopha tsa bahlokomeli ba bana ba litlhareng, le lihlopha tsa bana ba litlhareng le tse ling.
 - **Bats'ehetsi ba bang:** e ka ba batho ba bohlokoa ba ka u tšehetsang litabeng tsa hau tsa bophelo mohlala; Mosebetsi oa tsa bophelo, Mosebeletsi oa tsa bophelo metseng, lelapa, mosebetsi-'moho, kapa moahisane.

TŠEHETSO LE TŠALO -MORAO EA HO IPONAHATSA SETSING

- Ka tumello ea hau re tla u etsa tšalo-morao ka mohala ho u fa tšehetso re le basebetsi ba tsa bophelo.
- Re tla u letsetsa matsatsing a supileng kamora ho qala ho noa litlhare, khoeli ho isa ho tse tharo.
- Nako e nepahetseng ea ho u letsetsa ke efeng? E le ho utloa hore na litlhare li u tšoere joang, le ho utloa hore na hona le motho eo u mo tsebisitseng boemo ba hau le tse ling joalo ka:
 1. Ho lata litlhare,
 2. Hokha mali sebakeng sa ho methoa hoa sekahla sa tšoaetso ea kokoana- hloko ea HIV maling kamora ho qala ho noa litlhare tsa Li ARV
 3. Ho etsa litlhahlobo tse ling tsa bohlokoa

Key messages on viral load (VL) blood draws

- You can live a long and healthy life with your HIV-positive status if you take your ARVs well (use the black beads B-OK kit for treatment adherence and viral suppression messaging).
- VL monitoring gauges how well treatment is working or not working for you.
- When ARVs start to work, the amount of virus in your blood reduces, and slowly, your body gets healthy and viral load is no longer detectable (use the black beads B-OK kits to illustrate the undetectable = untransmittable (U=U) messaging)
- It is your right and responsibility to know the scheduled dates for your blood draws.
- It is your right and responsibility to ask your health care worker your blood test results and what they mean for your health.



Photo: Makopano Letsatsi/EGPAF, 2022

Key messages for tracking missed appointments, defaulters, and those lost to follow-up returning to care

- We will communicate with you to remind you of your return date to the facility and check in on how you are coping with your treatment.
- We will follow you using the following methods:
 - We will call you if you do not present at the facility on your clinic appointment.
 - A community health worker may visit you at your home. They will discreetly come to your home and ask why you are not coming to the facility.
 - Health care workers may visit you at your home. They will discreetly come to your home to ask why you are not coming to the facility

NB: Tell clients to inform you if their telephone number changes—it can be through them when they are at the facility or another person

MOLAETSA KA HOKHA MALI U HLAHLOBELA SEKHAHLA SA T'SOAETSO EA KOKOANA-HLOKO EA HIV MALING

- U ka phela halelele, bophelo bo botle u ntse u phela le kokoana- hloko ea HIV, ha feela u noa litlhare tsa hau ka nepo ho beha kokoana-hloko ea HIV tlasa taolo.
- Tlhahlobo ea sekahla sa kokoana-hloka ea HIV e bohlokoa ho u bontsa hore litlhare li sebetsa hantle, kapa chee.
- Li-ARVs li thethefatsa kokoana-hloko 'me sekahla sa tsoaetso se ea theoha, 'mele oa hau o qale ho phela hantle (*use the black & Red beads B-Ok kit to illustrate the viral suppression messaging*)
- Hona ho fokotsa menyetla ea ho fetisetsa t'soaetso ea HIV ho motho e mong
- Ke tokelo le boikarabello ba ba hau ho tseba ka linako tseo u lokelang ho khuoa mali ka tsona.
- Ke tokelo le boikarabello ba hau ho botsa mooki ka sephetho sa thlatlhobo e entsoeng.



Photo: Makopano Letsatsi/EGPAF, 2022

T'SALO- MORAO HA U SA IPONAHATSE SETSING

- Re tla lula re buisana le uena ho u hopotsa nako ea ho khutlela setsing sa bophelo le ho utloa hore u ntse u sebelisa litlhare tsa hau ka nepo.
- Mekhoa ea ho buisana le uena ke e latelang
 - Re tla u letsetsa ha u sa fihla setsing ka letsatsi leo re u lebeletseng ka lona.
 - Mosebeletsi oa tsa bophelo metseng a ka u etela lapeng. U tla tla ka boitlhompho, ka lekunutu ho fumana mabaka a u sitisang ho itlaleha setsing
 - Basebetsi ba lekala la bophelo le bona ba ka u etela lapeng kapa mosebetsing. Ba tla tla ka boitlhompho, ka lekunutu ho fumana mabaka a u sitisang ho itlaleha setsing

Hlokomela: Re tsebise hang ha li nomoro tsa mohala li ka fetoha, e kaba ka motho e mong kapa ha u tlile setsing

Key messages about TB prevention therapy (TPT)

TPT is the treatment given to reduce the risk of acquiring TB disease in the following high-risk groups:

To clients newly identified as HIV-positive:

- All newly diagnosed PLHIV are encouraged to be initiated on TPT during ART initiation.
- TPT can be taken for three to six months, depending on the regimen provided.
- If you were not given TPT, it is important to ask your health care worker about it

To clients who already know their HIV status but never received TPT:

- Any time when you are at the facility, you can receive TPT.
- It is important to remind the health care worker to provide you with TPT when you are on ART.
- TB/HIV co-infected clients can take TPT upon completion of TB treatment.
- All children under the age of 15 years living with TB patient are supposed to be given TPT despite of their HIV status

NB: Let clients know they can inquire about TPT from their health care worker on the day they are enrolled on ART

MOLAETSA KA LIPILISI TSE FOKOTSANG MONYETLA OA LEFUBA (TPT)

TPT; ke lipilisi tse fanoang ho fokotsa monyetla oa ho fumana tsoaetso ea lefuba (TB) mekhahlelong e na e latelang;

Ho batho ba qalang ho tseba ka boemo ba tsoaetso ea HIV

- Ke tsaonelo ea hau ho fumana TPT mohlang o qalang ho noa li ARV
- Ke lipilisi tsa nakoana (khoeli tse 3 ho isa ho tse 6 ka ho fapana ka mofuta)
- Ho bohlokoa ho botsa kapa ho buisana le mooki oa hau ka litaba tsa TPT

Ho batho bao eleng khale ba tseba boemo ba tsoaetso ea HIV, empa ba so fumane TPT

- Nako efe kapa efe ha u le setsing u tla fumantsoa TPT
- Ho bohlokoa ho ehlisoa mooki oa hau hore ha u so fumane TPT ebile u noa lithare tsa li-ARV
- Motho a phelang le tsoaetso a nang le lefuba, qetellong ea kalafo o lokeloa ho fua TPT
- Bana ba ka tlase ho lilemo tse 15 ba lulang le motho a nang le lefuba (TB) le bona ba lokela ho e fua ho sa tsotellehe boemo ba tsoaetso

Hlokomela: Botsa kapa ho buisana le mooki oa hau ka TPT mohlang o qalang ho phaka li ARV setsing sa bophelo

Key messages on the importance of cervical cancer screening for women living with HIV

NB: Inform clients that women living with HIV are at an increased risk of getting cervical cancer

- Every woman living with HIV is encouraged to get screened for cervical cancer every two years.
- Cervical cancer screening services are provided free of charge at every health facility.
- The cervical cancer screening procedure is fast and can be done when you go to the health facility for other services.
- Cervical cancer screening is not painful, however, you may feel minor discomfort.
- If you are found to have pre-cancerous lesions (changes that can lead to cancer) on your cervix, you can get treated immediately
- You have a right to seek cervical cancer screening services from a health care worker at any health facility

MOLAETSA KA TLHATHLOBO EA MOFETŠE OA MOLOMO OA POPELO

Hlokomela: Basali ba phelang le kokoana-hloko ea HIV ba tlokotsing ea mofetše oa molomo oa popelo.

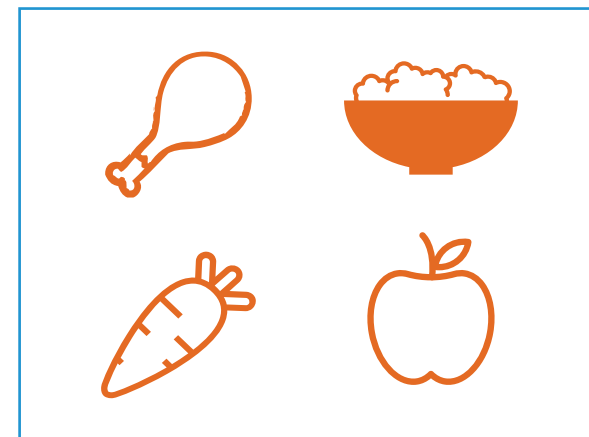
- Mosali e emong le emong ea phelang le kokoana-hloko ea HIV o khothaletsoa ho hlahlobela mofetše oa molomo oa popelo lilemo tse ling le tse ling tse peli.
- Tlhahobo e etsoa litsing tsohle tsa bophelo 'me ke mahala.
- Tlhahlobo hae nke nako e telele ka hoo u khothaletsoa ho hlahloba hau ile setsing sebakeng sa Litšebeletso tse ling.
- Tlhahlobo hae bohloko.
- Ha u ka fumanoa u na le phetoho tse ka bakang mofetše oa molomo oa popelo, u ka phekoloa hang hang setsing moo.
- Ke tokelo le boikarabello ba hau ho botsa kapa ho buisana le mooki oa hau ka litaba tsena.

Key messages on nutrition

NB: You can live a long and healthy life with an HIV-positive status if you take your ARVs well and eat healthily.

Eating healthy includes:

- Eating at least three meals per day
- Ensuring you eat three food groups daily (proteins, carbohydrates, vegetables, and fruits)
- For example, your three meals could be:
 - a. Breakfast:** carbohydrates and protein
 - b. Lunch:** carbohydrates and protein or carbohydrates and vegetables
 - c. Supper:** carbohydrates and vegetables.
- Drinking clean, safe water
- Washing your hands with clean running water and soap before handling food
- Keeping food covered at all times and in clean containers

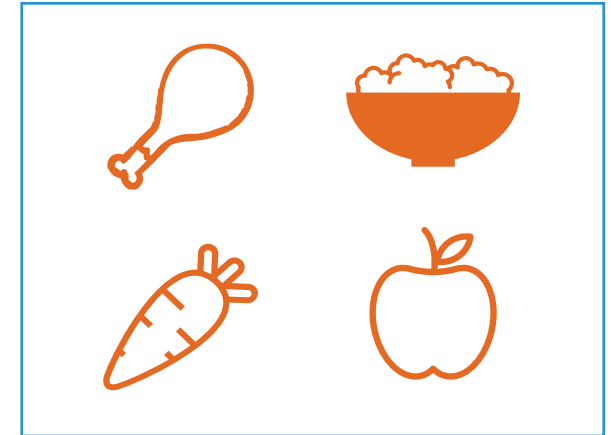


MOLAETSA KA PHEPO E NEPAHETSENG HO BATHO BA PHELANG LE KOKOANA-HLOKO EA HIV

Hopola: U ka phela ha lelele, bophelo bo botle u ntse u phela le kokoana- hloko ea HIV maling, ha feela u noa litlhara tsa hau ka nepo,'me u boetse u ja hantle.

Ka ho ja hantle ho boleloa eng

- Hoja lijo bonyane makhetlo a mararo ka letsatsi.
- Leka hore lijo tsa letsatsi li kenye mefuta e meraro ea lijo
- Mohlala; (limatlafatsi, liaha -'mele le lithibela-mafu).
 - a. Hoseng u ka ja limatlafatsi le lihaha 'mele,**
 - b. Motšoare, limatlafatsi le lihaha 'mele kapa li thibela mafu,**
 - c. Mantsiboea limatlafatsi le lithibela mafu.**
- Noa metsi a hloekileng khafetsa
- Etsa bonnete ba hore nako eohle pele u ts'oara lijo o hlapa matsoho ka sesepa le metsi a phallang
- Beha lijo tsa hau ka likotlolong tse hloekileng tse koahetsoeng ka linako tsohle
- Ela hloko hore ka mehla ha u tlile setsing, u tla ema sekaleng ho sheba boima ba 'mele, le bolelele ba hau.



You can select nutritious food items from the table below:

Note that your weight and height will be measured each time you visit the health facility

Carbohydrates	Protein	Vegetables and Fruits
Porridge, corn, Bread, Wheat, Rice Samp, Potatoes, Pasta, Sorghum Sweet potato	<p>Meats Pork, Beef, Mutton, Liver, Tripe</p> <p>Poultry and Fish Fish, eggs, turkey, chicken</p> <p>Milk and milk products Milk (fresh, sour), Cheese, Yoghurt</p> <p>Legumes Dried beans, peas, lentils Nuts Peanuts</p> <p>Seeds Pumpkin seeds</p>	<p>Green leafy vegetables Spinach, rape, cabbage, tenane, seruoe, leshoabe, bobatsi, qhela</p> <p>Others Baby marrows, peppers, onions, eggplant</p> <p>Yellow vegetables Carrots, butternut</p> <p>Red vegetables Tomatoes, red cabbage, red onions</p> <p>Fruits All fruits, including apricots, bananas, mangos, grapes, peaches, apples, oranges, lemons, berries</p>

Key nutritional messages for pregnant and breastfeeding mothers

- Breastfeed your child exclusively for the first six months of life. Do **NOT** give water or other fluids to your baby; only give prescribed medication.
- Introduce complementary feeding after six months and continue breastfeeding until the child is at least two years old (can continue longer if desired).
- Ensure that your child gets vitamin A every six months from the age of six months to five years and deworming tablets every six months from one year old to five years old

Remember: To take your child for growth monitoring monthly at your village health worker's place or to the nearest health facility until the child reaches five years

Lenane le latelang la lijo le ka u thusa u khetha lijo tsa phepo e nepahetseng

Hlokomela hore boima le bolelele ba hao li tla sheboa nako le nako ha u etela setsing

Limatlafatsi	Lihaha 'mele	Lithibela mafu
Papa, poone, bohobe, koro, rice, setampo, litapole, makarone, mabele, litapole tse tsoekere	<p>Nama Fariki, khomo, nku, libete</p> <p>Lihlaisoa tsa khoho le tlhapi tlhapi, mahe, kalakunu, khoho</p> <p>Lebese le lihlaioa tsa teng Lebese (motsilili, mafi), cheese, lebese le hoameng/ yoghurt</p> <p>Legumes Linaoa, lierekisi, mankotomane</p> <p>Peo Lithotse tsa mokupu</p>	<p>Meroho Sepiniche, rapa, kabeche, tenane, seruae, leshoabe, bobatsi, qhela</p> <p>Tse ling Baby marrows, peppers, hanyanese, eggplant</p> <p>Yellow vegetables Lihote, mokopu</p> <p>Red vegetables Tamati, kabeche e khubelu, hanyanese e khubelu</p> <p>Litholoana Litholoana tsohle joalo ka mampolekose, libanana, morara, liperekisi, liapole, lilamunu, lamunu e bolila/lemon, monokotsoai</p>

MOLAETSA HO BATSOETSE

- Anyesa lesea la hau letsoele khoeli tse tšeletseng u sa mo tsoakele ka letho (hose metsi kapa lijo) ntle le moriana oa ngakeng.
- Qala ho fa ngoana lijo tse bonojoana ha a qetile khoeli tse tšeletseng. U tsoele-pele ho mo anyesa ho fihlela a le lilemo tse peli kapa ho feta.
- Etsa bonnete ba hore ngoana o fumane letsoai la Vitamin A le pilisi ea manyooa nako e behiloeng.

Hopola: ho isa ngoana sekaleng khoeli le khoeli motseng kapa setsing sa bophelo ho fihlela a le lilemo li hlano.