

# PrEP, PEP, noshowo ART

ART oopela dokulelepeka onkalamwenyo yaa mboka taya lumbu nombuto yoHIV, eepela dhino ohadhi kwathele moku shininga oshidhigu opo aakwiita yolutu kaya kombuto yoHIV yo kayi ihanene molutu. PrEP, PEP noshowo ART ohadhi longo momikalo dha yoolokathana mokukondjitha oombuto yoHIV no hadhi kondjitha oombuto poondondo dha yoolokathana. PrEP, PEP noART ihadhi pingakanithwa – ohadhi longo nawa uuna todhi lingitha ngaashi wa lombwelwa komunambelewa wuundjolowele.

## OMITI DHO KULELEPEKA ONGHALAMWENYO YAAMBOKA TAA LUMBU NOMBUTO YOHIV



### PrEP (Manga inooya moshiponga shombuto)

#### ODHOO LYELYE?

Aantu mboka kaayena ombuto yoHIV noya hala oku igamena kaya kwatwe kombuto yoHIV.

#### OHADHI LONGO NGIINI?

PrEP Ohayi gamene omuntu, moku etapo oshikandekitho sha kundukidha aakwiita yolutu, mbono oyo haya ponokelwa kombuto yoHIV.

#### AAYI LONGITHWA UUNAKE?

Ngele omuntu e li monkalamwenyo yoku mu gwilitha moshiponga shoku kwatwa kombuto yoHIV.

#### AAYI LONGO NAWA SHITHIKE PENI?

Uuna oPrEP ya longithwa ngashi shuuthwa, otai vulu okulonga nawa noku ku gamena koHIV. Oonkatu dhoku gamena nawa odha yoolokathana shiikwatelela komukalo gwo PrEP ngu gwalongithwa.

### PEP (Konima waya moshiponga shokukwatwa kombuto)

#### ODHOO LYELYE?

Aantu mbono ye li momalimbililo oshoka (oya exposingwa ) gwila moshiponga shoku kwata koHIV konima yoowili 72.

#### OHADHI LONGO NGIINI?

Ohayi keelele oHIV kayi taandele maakwaita yolutu. Ngele oHIV inayi taandela, ohayi si.

#### AAYI LONGITHWA UUNAKE?

PEP ohai tamwekwa meni lyoowili 72 konima wagwila moshiponga shoku kwatwa kombuto, tai nuwa kehe esiku uule wiiwike ine (4).

#### AAYI LONGO NAWA SHITHIKE PENI?

Oshi ikwatelela woo kiinima oyindji, ihe ngele omuntu okwa tameke okunwa oPEP mbala konima sho agwile moshiponga, eta kala tanu omiti iiwike 4 esiku kehe, opuna ompito onene kaa kwatwe mbuto yoHIV.

### ART (Epango lyokulelepeka onkalamwenyo)

#### ODHOO LYELYE?

Aantu mboka taya lumbu nombuto yoHIV.

#### OHADHI LONGO NGIINI?

Epango loART olakwatelelo okunwa omiti dayooloka dhoka hadhi shunitha uwindji wombuto yo HIV molutu lwomuntu noku indjipaleka aakwiita yolutu yankondopaleke uundjolowele.

#### OHAI LONGITHWA UUNAKE?

Aantu mboka yamonika ombuto yoHIV naya tameko okunwa omiti dhoART mbala.

#### OHALI LONGO NAWA SHITHIKE PENI?

Osha yoolaka komuntu nomuntu, ihe ngele owa tameke epango mbala, owuna ompito yoku kala wuna uukolele nonkalamwenyo yili nawa. Oku kala kepango ohashi kwathele wo oku keelela ombuto yi taandelithwe.

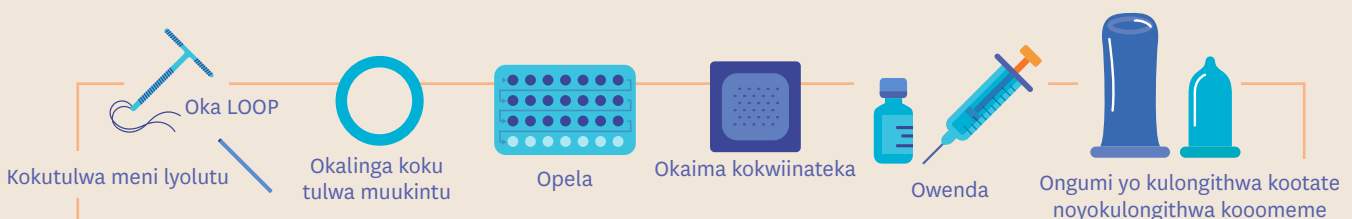
# Oku andjakaneka oompito ndhi ta dhi opalele moonkalamwenyo dhetu

Ngaashi omikalo dho luvalo lwalokekidhwa ha dhiya momikalo dha yooloka, mikalo dho kwiigamena koHIV nadho wo odhindji odhili mondjila. Omaludhi goPrEP ota gau tsikile nokundulula omaludhi omape, ngono taga ka gandjwa oompito dha yooloka koshigwana, yoo yaninge ehogololo ewanawa komikalo dho kwiigamena dhoopalela kehe gumwe.

## Eyelekanitho IyoPrEP noongumi

	Oongumi	Opela yoPrEP	IyoPrEP	Owenda
▶	<b>AAYI LONGITHWA NGIINI:</b> pethimbo lyiihulo; hayi tulwa kuulumentu (ongumi yootate) nenge muukiintu /konima.	<b>AAYILONGITHWA NGIINI:</b> Opela hayi nuwa kehe esiku.	<b>AAKA LONGITHWA NGIINI:</b> Okalinga aka tulwa muukiintu, haka lundululwa omwedhi kehe.	<b>NKENE HAYI LONGITHWA:</b> Owenda hayi gandjwa kehe konima yoomwedhi mbali .
♂♀	<b>MPA ONGUMI HAYI LONGITHWA:</b> Mukiintu/ konima, shiikwatelela koludhi lwiihulo talu longithwa.	<b>AAYI LONGO NAANAA PENI:</b> Ohayi longo olutu aluhe.	<b>AAKA TULWA PENI:</b> Ohaka tulwa mukiintu.	<b>MPA HAYI LONGO:</b> Aayi longo olutu aluhe.
♂	<b>ONKANDANGALA YA KUUME GWOMIIHULO OMULUMENTU:</b> Ezimino lyomulumentu olya pumbiwa.	<b>ONKANDANGALA YAKUUME GWOMIIHULO GWOMULUMENTU:</b> Ohayi pulwa unene koomeme, ohayi longithwa paumwene, ano kapuna eziminino lya pumbiwa.	<b>ONKANDANGALA YAKUUME GWOMULUMENTU GWOMIIHULO:</b> Ohaka longithwa kakiintu, pawumwene.	<b>ONKANDANGALA YAKUUME GWOMULUMENTU GWOMIIHULO:</b> Ohai longithwa kakiintu, paumwene.
+	<b>ONGUMI OHAYI WATHELE TUU LELA OKU KELELA OMBUTO YOHIV?</b> Ohayi gamene shakoyelela ee pelesenta 90% uuna ya longithwa pamukalo (yalongithwa noulubricant).	<b>PREP OHAYI WATHELE TUU LELA OKU KELELA ETAANDELEKO LYOMBUTO YO HIV:</b> Ohayi gamene shakoyelela peepelesenta 90% una ya longithwa nawa na kehethimbo.	<b>EGAMENO LYOKALINGA MOKU KELELA ETAANDELO LYOMBUTO YO HIV:</b> Okalinga aaka kwathele sigo opoopesenta 50% una kalongithwa nawa nopamulandu.	<b>EGAMENO LYOWENDA MOKUKELELA ETAANDELO LYO MBUTO YOHIV:</b> Ohayi gamene 99% uuna ya longithwa pamukalo nopashikulathano naaluhe.
🚫	<b>EGAMENO KOMIKITHI DHOHONI NOMATEGELELO:</b> Ohayi keelele omategelelo nomikithi dhohoni, uuna ya longithwa nawa ethimbo tokutha ombinga momilalo.	<b>EGAMENO KOMIKITHI DHOHONI NOMATEGELELO:</b> Ihayi gamene omategelelo noshowo omikithi dho honi.*	<b>EGAMENO KOMIKITHI DHOHONI NOMATEGELELO:</b> Ihaka gamene omategelelo noshowo omikithi dhohoni.*	<b>EGAMENO KOMIKITHI DHOHONI NOMATEGELELO:</b> Ihai gamene omategelelo noshowo omikithi dhohoni.*
✓	<b>MPA HAI ADHIKA:</b> Ompu okumonika.	<b>OPENI HAYI ADHIKA:</b> Otaya dhika miipangelo oyindji.	<b>MPA HAKA ADHIKA:</b> Otaka monika ashike miilongo yimwe (pula aanambelewa yuundjolowele).	<b>MPA HAI ADHIKA:</b> Inayi utha manga oku longithwa, onkene miipangelo, kayimo natango.

\* Omikalo dhoPrEP odha pumbwa okulongithwa aluhe pamwe nongumi noshowo omukalo ushii okwiinekelwa gokukeelela omategelelo, ngele tashi vulika. Monakuyiwa, omikalo odhindji dha yoolokathana dhopawunongononi, dhili momukalo gwopela nenge gwokalinga otadhi ka vula okugamena koHIV noku ninga omategelelo.



**Omikalo dhimwe dhoPrEP otashi vulika twa tsakaneka nale, molwashoka odha faathana nomikalo dhoku ngambeka oluvalo. (ngaashi oopela, okalinga nowenda)**

# Yamukula Omapulo Goye — Omiti dhoPrEP

Omuhalapo nawa! Ongame Omukalelipo Gokukelela/ Gokugamena aantu kombuto yo HIV. wuna epulo kombinga (**something is not ok here**) yomiti dhoPrEP?



*Eeno! Omiti dho PrEP oshike?*

Omiti dhoka omuntu keena ombuto yo HIV talongitha opo iigamene kaakwatwe kombuto yo HIV.

Oshitya **PrEP** Otashiti vir **Pre** (Manga) **Exposure** (Manga inooya moshiponga shokukwatwa kombuto yo HIV) **Prophylaxis** (Omiti dhokukelela etaandelo lyombuto).

*Ohadhi longo ngiini?*

Omiti dhoPrEP ohadhi tungupo egameno lyaakwiita yolutu opo yagamenwe kayakwatwe kombuto yoHIV. Shaashi ngele ombuto yo HIV itayi vulu oku kwata ko aakwaita yo lutu, ohayi si.

*Ohadhilongo nawa ngiini?*

Ngele owedhinu kehe esiku, ohadhi longo nawa molutu lyoye notadhi kugamene shithike poopesenta dhivulithe 90% moku kelela waakwatwe kombuto. Popya nomugandjimaye guundjolowele opo ekulombwele kutya omiti dhino ouna oku dhinwa ethimbo lithike peni opo dhitameke oku kugamena kombuto yoHIV.

*Omiti dhoPrEP odhili tuu mondjila okulongithwa kungame?*

Etokolo olyoye mwene. Olutu olwoye mwene , ano ehogololo olyoye mwene! Oto vulu oku longitha oPrEP ngele otoyoi momilalo ihe owa hala omukalo gumwe gwa gwedwapo kokwiigamena koHIV. Omikalo dhoPrEP odha pumbwa owala oku longithwa omathimbo uuna monkalamwenyo yoye pena ompito yoku kwatwa koHIV. OPrEP oina omauwana ihe aantu aashona tsakaneke omaupyakadhi omashona mokulongitha oPrEP( uuwehame wopokathimbo). Onkee osha simanalela opo ukundathane opulana yoye yokwiigamena koHIV nomugandji guundjolowele gwoye opo u minge etokolo lyomondjila.

*Omiti dhoPrEP otadhi vulu okugamenandje komikithi dhohoni nokuning etegelelo?*

Aawe! Omiti dho PrEP ita dhi vulu oku kugamena komikithi dhohoni nenge kuuninge etegelelo. Onkene oshivanawa okulongitha ongumi nomiti dhokungambeka oluvalo pamwe noPrEP.

*Opena iilanduli kaayishi iwanawa moku longitha oPrEP?*

OPrEP oyili owala ngaashi omiti dhikwawo. Opena aantu aashona haya mono omaupyadhi ngele ya longitha oPrEP, ngaashi uuwehame womutse, oku kanitha oshiviha /sha gwa pevi, okumbilingwa, onkungo nenge uuwehame womoshinena ihe ayihe mbino oyo pokathimbo otayi vulu oku kanapo muule yiiwike iishona.

*Otandi vulu okulongitha oPrEP ngele ondili komiti dhilwe?*

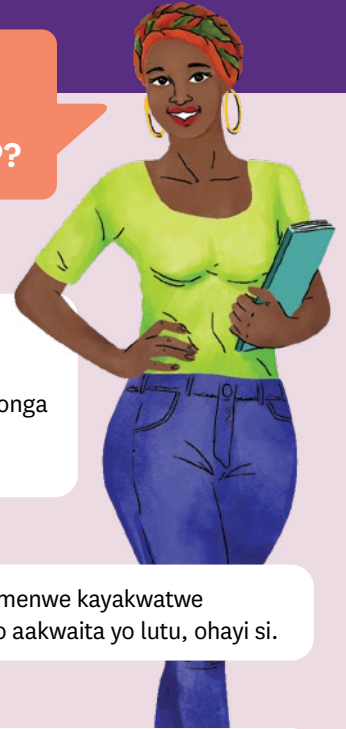
Eeno. PrEP ihayi piyaganeke omapango omakwao ngono una nale ihe shotango wuna okuninga popya nomunambelewa guundjolowele kombinga yomiti dhoka tolongitha oteku wathele oku kutha oonkantu dhi li mondjila.

*Ngele otandi nu oPrEP, otashiti kutya ina ndinwa omalovu niingamithi yilwe?*

Omalovu niingamithi, kayina upyakadhi melongitho lyoPrEP. Ihe kala wiigamena ngele tonu omalovu nenge to longitha iingamithi. Nongele toyi miihulo, longitha ongumi opo wiigamene komikithi dhohoni nokomategelelo.

*Oshike ndina okuninga ngele onda hala opela yoPrEP?*

Onkantu yotango okumona omuniilonga gopawundjolowele, oye te ku kwathele u kuthe oonkantu dha landulako.



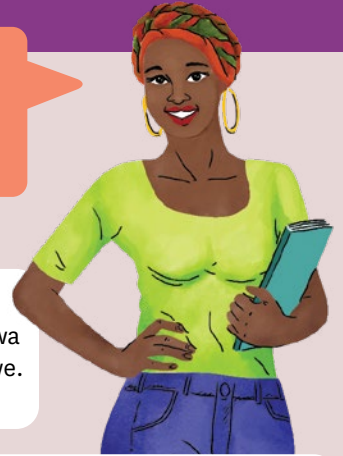
# Okuyamukula omapulo — Okalinga



**Omuhalapo nawa! Ongame Omukalelipo gokukeelela/gokugamena aantu kombuto yo HIV, ouna epulo kombinga yokalinga?**

**Okalinga oshike?**

Okokalinga ko silikona ompuumpuuka yina omuti woARV goDapirivine oha gu shunitha pevi oshiponga shombuto yo HIV. Okalinga haka aakatulwa muukiintu na ohaka zalwa uule womwedhi gumwe aguke opo kalundululwe. Okalongwa ha ka tulwamo nuupu na oha ka kuthwamo komulongithi.



**Aaka longo ngiini?**

Kashonanakashona okalinga aaka etha omuti goDapirivine guuka muukiintu uule gwomwedhi aguhe. Dapirivine ohayi kwathele okukeelela ombuto yoHIV yaa iindjipale molutu Molwaashoka ombuto yoHIV itayi taandele we molutu, ompito yoku kwatwa kombuto yoHIV ohai ninipala noonkondo.

**Oha ilongo nawa ngiini?**

Ngele owa kala nokuzala okalinga, noku kalundulula kehe omwedhi, okalinga ota kashunitha pevi ompito yoku hakwatwa kombuto yoHIV okupitila miihulo shithike poopesenta omilongo ntano(50%). Okalinga okena okuzalwa uule woowili omilongo mbali nane (24hrs) manga inoya miihulo opo kekugamene nawa kombuto yoHIV, na oDapirivine ohayi zimo mbala molutu ngele okalinga kakuthwamo. Onkene oshili shasimana wulongithe omaludhi galwe gokwiikelela waa hakwatwe kombuto yoHIV, ngaashi ongumi nenge wiingambeke waaye miihulo, muule woowili 24 hrs. Okalinga nakakalemo ethimbo alihe sigo takalundululwa konima yomwedhi kehe.

**Okalinga okoo palelandje tuu?**

Olutu olwoye, onkene ehogololo olyoye! Otashi vulika wulongithe okalinga ngele ohoyi miihulo na owa hala kwiigamena waakwatwe kombuto yo HIV ihe ito vulu kulongitha oopela dhoPrEP kehe thimbo. Sho oshili oshiholekwa shoye mwene, aantu inaa pumbwa kushi uva! Omaludhi goPrEP opapumbwa ashike kulongithwa uuna pena ompito yokukwatwa kombuto yoHIV, na oyina uwanawa nuuwinayi kaantu yayoolokathana. Oshasimana opo wukundathane nomugandji gundjolowe goye, kombinga yomathaaneke goye gokulongitha iigamenithi opo wuninge etokolo lyili mondjila.

**Okalinga otaka vulu okugamenandje komikithi dhohoni tuu oshowo okuninga etegelelo?**

Aawe! okalinga ota ke kugamene ashike kombuto yoHIV. Ngele owa hala wiigamene komikithi dhohoni nokomategelelo, oshivanawa okulongitha ongumi (noikwathitho yokututika ngele muli miihula yalongwa momoya ngele otashi vulika - lubricant) no kulongitha okalinga pamwe nomaludhi ogendji gengambeko lyoluvalo kakele kolinga yokukukelele waaninge etegelelo.

**Ohapukala puna iilanduli inai pumbiwa mokulongitha okalinga?**

Aantu yalwe ohaa mono omaupyakadi ngaashi okusitama toluluma, uukiintu ta gu nyu, woo gwatuta woo ta gu zi edhimba, nuuwehame moshinena. Luhapu omaupyakadhi ngano ohaga kala omashonano haga shuna konima yomasiku omashona nonande okalinga inaka zamo. Ngele ogwa mono omalunduluko puukiintu pethimbo tolongitha okalinga, oshivanawa wumone omupangi opo wukwashilipaleke kutya kageshi omadhidhiliko gomikithi dhohoni.

**Otandi vulu tuu kulongotha okalinga ngele ohe nu nale omi dhilwe, ile ohe longitha iingangamithi?**

Okalinga kakena uupyakadhi ngele oho longitha omalovu niingangamithi. Omi dhoka dhili mokalinga ohadhi kala ashike moshitopolwa shuukiintu, ihadhi andjakana nolutu aluhe. Ihekala aluhe wakotoka/wiigamena ngele to nu nenge tolongitha ingangamithi.

**Nandi kuthemo okalinga uuna teyi miihulo, tandi iyogo nenge ndili komathimbo?**

Aawe! Okalinga ina ka kapumbwa kakuthwemo nenge kayogwe.

- Okalinga ihaka piyaganeke omathimbo, ando gakwate ethimbo nenge taga e ndelele. Oshoopala oku longitha uuTampons nenge okakopi komathimbo pamwe nokalinga, okalinga ita kakeelele okweenda komathimbo. Omathimbo otaga vulu oku lundulula olwaala lwokalinga, ihe shino oshili nawa, itashi keelele okalinga ka kale itake kugamene kombuto yoHIV.
- Okalinga itaka shunitha omahalo goye gokuya miihulo. Konyala oomeme nootate oyendji ihaa uvu okalinga haka pethimbo yeli miihulo nayamwe nokuli oyagandja olopota kutya oha kiindjipaleke uututo wameme pethimbo lyiihulo nohaka kwathele wuuve nawa shinene.

**Oshike nda pumbwa okuninga ngele onda hala oku longitha okalinga?**

Onkatu yotango okumona omuyakuli gwopaundjolowe. Oteku kwathele wukuthe onkantu yalandulako.

# Oonkaatu dhokulongitha oopela dho PrEP

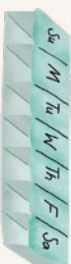
## 1 Pungula oopela dhoye pehala puupu nokumonika

Kwashili paleka kutya owedhi pungula pehala nawa itali monika kuunona, pehala Iyaana uututu.



## 2 Longitha okapakete kopela yakehe siku

Shino otashi kukwathele opo wukoneke opela ndjoka wuna okunwa kehe siku.



## 3 Kala nadhimwe popepi nangoye

Tula oopela dhimwe mokandjato koye kopeke nenge hoka hokala nako kehe thimbo. Pamukalo nguno oto kala wudhina ngele owa hala oku nwamo yimwe kilonga, kosikola, nenge uli molweendo. Kwashilipaleka kutya mpa we dhitula inapa tuta dho odhili wo megameno.



## 4 Oopela dhitakalo onga oshinakugwanithwa shoye shakehe siku

Nwa opela yoye powil yimwe nenge pethimbo limwe ndi wahogolola esiku kehe, ngashi pethimbo toopaleke omayego nenge sho tokalala.



## 5 Kambadhala omikalo dhayoolokathana dhoku pona opela

Kambadhala wudhitle kelaka, tonu enkuya Iyomeya, to petameke oshipala shoye wuuka komeho manga inoonina.



## 6 Tulako oAlaram /edhimbulukitho Iyowili kongodhi yoye nenge "OkApp" (Okapolograma) kokukudhimbulukitha

Tulako oAlaram kongodhi yoye nenge wu tulemo okApp (Okapolograma) koshali mongoghi koku kudhimbulukitha okunwa oopela dhoye noku kataala oopela dhoye koshipangelo nengekokapangelo. Oto vulu yo kulongitha okApp haka oku shangamo shoka wa hala oku kalombwela omuyakuli gopandjilowele.



## 7 Pula gulwe eku dhimbulukithe

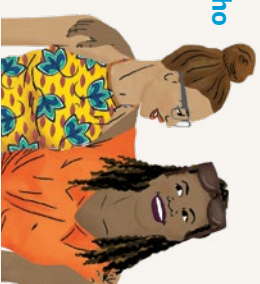
Pula kuume koye kopathole, aane gumbo nenge kahewa koye eku dhimbulukithe okunwa opela yoye.



Ino dhimbwa oku nwa opela yoye nendi!

## 8 Kutha ombinga muungundu womayambidhidho (support groups) noo kuume koye

Hangoye awike tolongitha oPrEP. Kwatathaneni naagundjuka aakweni oshowo oomeme yepipi eshona taalongitha oPrEP mwiyaambidhidhe. Uungundu womayambidhidho umwe ohau tsakanene oshipala noshipala, umwe ohau longitha omalungula.



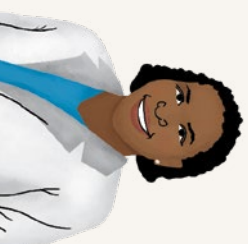
## 9 Kambadhala waamanapo oopela

Ilongekidha mbala ukatala oopela dhoye manga ina dhipwapo.



## 10 Dhiginina ilage nomugandjimayele guundjolowele

Ngele owa mono omaupyakadhi gopokathimbo ethimbo tonu oopela monathana nomugandjimayele guundjolowele opo dhiilundululwe nenge atale kutya ote ku kwathele ngiini. Otavulu woo okukukwathela ngele owuna uupyakadhi wokunwa opela esiku kehe.



Okunwa opela yoye kehe esiku otashi ku kwathele ukale wa garmenwa kombuto yo HIV



# Nkene una oku longitha olinga yo PREP

## 1 Tulapo edhimbulukitho, lyoku lundulula olinga kehe omwedhi.



- Edhimbulukitho otali vulu kukala mongodhi yoye, mokambo kiinakugwanithwa yesiku, etseyitho lili pehala ho talapo kehe siku ngaashi pesipili yokwitalala.
- Tulapo edhimbulukitho yokupula uulinga komugandjimaye guundjolowe. Oto vulu okulongitha ongodhi yoye undhithike iinima mbi wahala oku lombwela omugandjimaye muundjolowe.

## 4



## Kala wunapo olinga yo PREP yimwe yagwedhwapo.

Dit is atyd goed om 'n ondersteuningsvoorraad te hê as die ring op 'n onthigieniese plek uitkom of uitkom sonder dat u agterkom. Gaan met jou gesondheidsverskaffer om te sien of jy meer as een ring op 'n slag kan ontvang.

## 6

## Ilonga oku tulamo olinga noku yikuthamo opo ukale hoyitulamo mwene.

Olinga oyalongwa ompu noku tulwamo nokukuthwamo. Owa pumbwa oku kala wuuvite etumba oku tulamo olinga ngwee mwene uuna yagumo ngoye ouli kokule nipangelo nenge pamwe wahala oku yilundulula. Kambadhala ngwee mwene! Ngele ouna omapulo, pula omugandjimaye guundjolowe.



## 2

## Kutha ombinga muungundu woo mayambidhido golinga yo PREP (support group) noo kuume koye.

Hangoye awike tolongitha olinga yoPREP. Kwatathani naagundjuka aakweni oshowo oomeme yepipi eshona taalongitha olinga yoPREP mwiyanbidhido. Ungundu womayambidhido umwe ohau tsakanene oshipala noshipala, umwe ohau longitha omalungula.



Longitha omunwe goye ikale nawa pehala



## 7 Longitha iikaha yayela uuna totulamo olinga nenge to yikuthamo.

Aluhe iikaha yoye nai kale yayela uuna to tulamo sha muukiintu opo waa iyetele oombakteli dhanika oshiponga. Olinga ngele oyagwile pehala lya yela ngashi pombete nenge pokapendi, yitheta nuumeya manga ino ishunamo. Ngele oya gwile pehala pwakaka ngashi kokandjugo, ino ishunamo we tula mo omppe.



## 5

## Kuthamo ashike olinga yo PREP ngele wahala oku yilundulula.

Dhimbulukwa, olinga inayi pumbwa oku zamo uuna toyi miihulo, twilyogo, wuli komathimbo nenge twilyogo. Olinga itai kugamene ngele kali pehala muukiintu woye. Ngele olinga otayi ku piyaganake yuukilitha kashona nominwe dhoye. Olinga ompu nawa noku tulwamo yo ohai kuutumba nuupu muukiintu nawa. Ngele kuuvitile olinga nawa pethimbo toyi longitha mona omunambelewa guundjolowe.

## 3

## Pungula olinga yo PREP yagwedhwapo pehala indali tuta lyo olya talala, kokule naanona oshowo iinammenyo.



Kwashilipaleka kutya owakonga ehala lyoku pungula olinga yo PREP lyili nawa, lyili kokule naanona oshowo iinammenyo. Ehala nali kale lyakukuta, kaalyili poonte dhetango. Aagundjuka yanwe ohaye dhitula munda wayo wopeke nenge uundjato womagadhi noothewa. Oshwanawa oku kaleka olinga ndji inayi longithwa nale mokapakete moka yalongelwa opo yikale yayela.

## 8

## Inamutraambathana nandenande olinga yoye yalonga nenge inayilonga nomuntu guwe.

Kehe gumwe namone omugandjimaye guundjolowe gwe aka pewe yemwene.



Ahawe kashiti wondjila