



# Omalombwelo

Oshiwambo

## UUYELELE KOMBINGA YO SHIKALIMO

Onga oshitopolwa sho progalama yaavali yaanona aakadhona ashona naambono yeli mepipi lyekopolo, oshili sha simana opo aavali yakale ya mona omauyelele kombinga yomikalo omipe dho kwiigamena kombuto yoHIV, ngaashi oopela ha dhi nuwa dho PrEP noshowo okalinga koPrEP, dhono tadhi vulu oku kalekapo uu wanawa nuundjolowele waanona yawo. Aakuthimbinga ota ye kiilonga kombinga yomaludhi goPrEP ngono ta ga monika miipangelo yetu, yoo taya vulu okupukulula omauyelele ga puka ngaa yena kombinga yoPrEP, noku uvako omauwanawa kaanona ta gazi moPrEP mo paife (pethimbo ta ye yi longitha) no sho woo monakuyiwa, nokutala kesimano dhanonkandangala lyomumvali opo omunona anwe omiti dhoPrEP amanguluka. Yo ta ya vulu okutungapo otseyo yokupopya naanona kombinga yoPrEP, oku ya yambidhidha mekutho mbinga lyagwo moPrEP, okuyi longitha muule thimbo, noku kandulapo uutondwe wu nasha nelongitho lyo PrEP.

Pehulilo lyoshinyangadhalwa shino:

- Aavali otaya kala ye na uuyeleele wagwana kombinga yoPrEP, yoo ta vulu oku gandja uuyeleele nkene na omolwashike PrEP hayi longithwa nosho woo omauwinayi gayo.
- Aavali otaa vulu oku tothamo omawuwanawa komunona ta longitha PrEP, nomalimbililo yena kombinga yoPrEP.
- Aavali otaa dhimbulula esimano lyedhano nkandangala lyawo mokuwilika omunona gwawo melongitho lyo PrEP pahalo lyawo.
- Aavali otaa vulu oku tothamo omikalo dho kuyambidhidha aanona opo ya tameke oku longitha oPrEP momukalo omuwanawa, mwakwatelwa omakwatho ngoka ta geya kwatha okusinda omashongo gopautondwe.

### OMATUMWALAKA GASIMANA

- OPrEP oyili momikalo odhindji, ngaashi oPrEP yo kunuwa noyo kutulwa molutu (ashike yokutulwa molutu mo paife katu yina).
- PrEP oha gamene etandeloko lyombuto yoHIV. PrEP ota vulu okulongithwa pamwe nomikalo dhikwawo dho ku gamena okwa ha tandlekitha ombuto yoHIV mwakwatelwa, ongumi (yootate/yooMeme). Omikalo dhangi dhoku igamena kombuto yoHIV odho ndhoka omuntu ta vulu oku longitha pwaana omalimbililo
- PrEP okuna egameno na kena uupyakadhi nande.
- Omipopoyo dhaana oshili kombinga yoPrEPohadhi teyapo aagundjuka mboka yali yena okwiigamena kaya kwatwe komukithi goHIV, ihe ohaya hogolola oku landula omapopyo gaana oshili omolwa uumbanda nuutondwe.
- Aavali oyena edhanonkandangala lyasimana melongo lyowino noku tseyithila aanona omikalo dhokwiigamena komukithi gwoHIV, ngaashi PrEP opo yakale yeli muundjolowele.
- Mopaife nomo nakwiiwa, aavali otaya vulu okuya mbidhidha aanona yiitulemo melongitho ewanawa lyoPrEP. Shino oshakwatelamo omakwatho guukilila kaanona, oku Kaleka kokule omashongo guuyeleele wapuka kombinga yoPrEP nosho woo omitotolombo nuutondwe okuziilila kuyakwawo.

# OMALOMBWELO GOSHINYANGADHALWA

EFALOMO (15 OMINUTE)	IITSA YO MUWILIKI
<ol style="list-style-type: none"> <li>1. Ninga efalomo shiikwatelela koshikalimo sho shinyangadhalwa.</li> <li>2. Ngele ino pula aavali ya nyole okatsutsu kopetamako , ya topolela oombapila dho katutsu, e to yape ethimbo ya shange. Ya tseyithila elalakano lyo ka tutsu kutya, oku ndhindhilika nkene ontseyo nuunongo wawo ta u lunduka pethimbo lyo shinyangadhalwa, onkene inaya pumbwa oku nyolapo omadhina gawo pombapila. Yelitha kutya, ino tegelela yakale yeshii omayamukulo agahe komapulo, ihe naya shange owala shi yuuvite osho shili mondjila.</li> <li>3. Konima yokatutsu kapwa, gongela oombapila dho katutsu. Lombwela aakuthimbinga ya shune pomahala gawo opo mu tameke noshinyangadhalwa shoshene.</li> <li>4. Tameka no kupula aakuthimbinga kutya oshike hashi eta opo aagundjuka momudhingoloko gwawo ya gwile moshiponga sho ku kwatwa kombuto yoHIV na oshike aagundjuka yena okuninga opo ya shunithe pevi iponga mbino?</li> <li>5. Tumbula kutya oPrEP yo kunuwa noyo kalinga odho wo omikalo mbali aagundjuka naantu yalwe ta ya vulu okulongitha opo ya shunithe pevi oshiponga sho kukwatwa kombuto yoHIV: Yelitha wo inima yasimana tayi landula: <ul style="list-style-type: none"> <li>• PrEP ndjono ta yi fatululwa (Pre -Exposure Prophylaxis) opela yoludhi lwoku gamena omuntu kaa kwatwe kombuto yoHIV. Uuna omuntu talongitha oPrEP, ombuto yo HIV itayi kwata aakwiita yolutu. Shino otashiti itayi vulu oku indjipala molutu nomuntu ita kwatwa kombuto yoHIV.</li> <li>• OPrEP ohayi longo nawa lela uuna ya longithwa ngaashi shuuthwa. OPrEP yo kunuwa, ohayi nuwa esiku kehe. OPrEP yo kalinga, ohaka lundululwa omwedhi kehe.</li> <li>• Una aantu ta longitha oPrEP, ohaya kala yena eyinekelo, noyena omalimbililo omashona kombinga wuundjolewele wa wo.</li> <li>• Omauyebele otaga holola kutya, aantu mbono haya longitha oPrEP iha ya yimihulo nokuume kopaihole ya yoolokathana, nelongitho lyoongumi ina li shuna pevi nande nande.</li> <li>• OPrEP ka yina uuwinayi kombinga yolualo yo iha yi shunitha pevi ompito yoku ninga etegelelo.</li> <li>• OPrEP ogo omukalo omuwanawa kaantu oyendji, mwakwatelwa mbono:</li> </ul> </li> </ol>	<p>Leshela aavali omapulo gokatsutsu kopetameko mokule nenge pitika aavali ya longe muungundu yeli ooyaali opo shikwathele aavali mboka ye na euveko efupi nenge ina ligwana nawa.</p> <p>Pethimbo lyo katustu kopetameko, aavali mbono kayali yena otseyo yoPrEP, otaya vulu okumona okatsutsu ta ke yangwangwaneke. Una avalali kayena ontseyo yasha nande kombinga yoPrEP, omukwatelikomeho ota vulu oku nukapo okatutsu haka. Ashike oshina oshilonga/ sha simana opo agandje okatustu kokonima yootundi.</p> <p>Aavali otashi vulika yakale inaya mona oPrEP nale. Ngele otashi vulika, etelela omaludhi go PrEP taga adhika miipangelo yeni, opo wu yuulikile.</p> <p>Ngele aavali otaya ti, oku longitha oPrEP otashi lundulula omukalo gokulongitha ongumi, ya holela kutya, omakonakono oga ningwa kaanongononi oya mona kutya kapena uumbangi ta gu shikoleke (Fonner 2016). Omakonaakono gamwe aakuthimbinga oya lopota yena okuume yomomilalo aashona no ha ya longitha oongumi melandulathano konima sho ya tameke oopela dhoPrEP (Cassidy,2021)</p> <p>Omolwa shoka ongundu yiina aantu ya yoolokathana, otaya vulu oku mona uuwanawa okuzilila mo PrEP, aavali yamwe otaya vulu nokuli oku holola ehalo lyoku longitha oPrEP. Ya shilipalitha kutya oto vulu okuya kwathela nokuyapa omauyebele gagwedhwapo, ngele oya hala oku longitha oPrEP .</p>

- Kaa yeshi iizemo yawo yoHIV oshowo yoo kuume kawo kopaihole, nenge ookuume taya lumbu nombuto yoHIV ihe natango inaya dhimbululwa.
- Ngono keena eyinekelo mu kuume ke kopaihole ne momuholike gwe?
- Ngono ena uunyengwi moku popya omilalo dha gamenwa nakuume kopaihole
- Ngono keena uuthemba wokutya sha mo hole yayo (unene tuu ngele puna eyooloko lyo omvula odhindji pokati kawo)
- Ena kuume kopaihole hemu hepeke
- Ngono opo a monika omukithi gwohoni
- oPrEP oyaantu mbono yahala okwiigamena kombuto yoHIV pamukalo ngono taa vulu oku kondolola yoyene!
- Omuntu ngu ha longitha oPrEP ota vulu oku tameka oku longitha oPrEP, noku yeetha ethimbo ahala. Omuntu oha lombwelwa alongithe oPrEP uuna kwa dhimbululwa kutya oku li moshiponga sho ku kwatwa koHIV. Shaashi ohashi kala oshidhigu okutseya kutya oshiponga shoku kwatwa komukithi gwo HIV otashi holoka uunake/ ethimbo peni, osha pumbiwa opo omuntu ngoka akwatwa kedhiladhilo lyo hulithapo oPrEP opo apopye naaniilonga yopaundjolowele, yo ye mupe omauyebele kombinga yomikalo dho kwiigamena ta vulu oku longitha.

## OSHILONGWA 1: OOHUKE NE (10 OMINUTE)

1. Yelitha kutya oPrEP ohayi pukithwa nomikalo dhimwe dho kwiigamena koHIV. Moshinyangadhalwa shino, aakuthimbinga otaya pewa ompito yoku konaakona uunongo wawo nokwiilonga iininma iipe.
2. Topola “okapakete” koombapila dho mauyelele dhili hamano. Ya lombwela ya tale kuyebele woPrEP, PEP noshowo oART. Gandja uuyele wa simana okuza moombapila moka, ya tseyithila kutya, otaya kamona ompito yoku yamo nawa ku yoyene, ngele yayi komagumbo.
3. Pula aakuthimbinga ayehe ya thikame pokati kongulu. Ya lombwela kutya oto kalesha etumbulo kombinga yomukalo gokwiigamena koHIV. Omukuthimbinga naye ko/ mo huke moka muna edhina lyo mukalo wo kwiigamena ngono nda leshe: oongumi, omuti gokulelepeka onkalamwenyo yaamboka taa lumbu nombuto yoHIV (ART), oPrEP, nenge oPEP.
  - a. *Omukalo nguno gwekelelo ohagu longitha omuti gwokulelepeka oku gamena akwiita yolutu koHIV – PrEP*
  - b. *Omukalo nguno ohagu longo nawa mekelelo lyomikithi odhindji dhohoni, noshowo ekelelo lyomategelelo – Ongumi*

## IITSA YO MUWILIKI

Dhimbulukwa okweenda moshikalimo shuumbapila wuyebele naavali manga inaya tameka oshinyangadhalwa shawo shookona dhili nee . Ino ipula kutya oyena nale uuyebele kombinga yepango lyo (ART) nolyo PEP.

Ngele aavali inaya hala oku kutha ombinga, nenge ta yeende kashona mokuhogolola ohuke, nenge taya monika yatila oku ninga omapuko, ya tseyithila kutya, shino oshidhano ashike mono atuhe ta tu ilongeleko uunongo uupe nokapena ngono ategelelwa amonemo ayihe yi li mondjila. Oto vulu wo oku longitha omikalo dha yooloka dho payidhano opo ya mangeluke. Oshiholelwa, dhana okangalo konima wa mana okulesha etumbulo kehe, ngweye topula ayehe ya matukile koohuke dhawo ngele okangalo kapuko.

- c. *Omukalo nguno otagu vulu oku longithwa moshiponga/ miikumpungu yombadhilila, mbyono tayi vulu oku kutula moshiponga shoku kwatwa koHIV-PEP*
  - d. *Omukalo gwe gameno nguno ohagu longithwa komuntu ngono ta lumbu nombuto yoHIV, opo ombuto yoHIV molutu lwe yi kale itayi vulu okutaandela, nokugamena kuume ke kopaihole – ART*
  - e. *Omukalo nguno ohagu etapo eyinda pokati kolutu noshowo iikunguluki mbyono tashi vulika yikale ya humbata oHIV-ongumi*
4. Konima yokulesha etumbulo kehe, gandja ethimbo kaakuthimbinga ya hogolole oohuke, pula omukuthimbinga ngono ahogolola ohuke yili mondjila opo ahokolele omadhiladhilo ge. Ngele eyamukulo oPrEP, PEP, nenge oART, lombwela aakuthimbinga ya ka leshe uuyejelele wa gwedhwapo mombapila yomauyejelele ndjoka weya pa. omanga nee ombapila yomukuthimbinga kaayina omauyejelele kombinga yongumi, ngele opweya epulo kombinga yelongitho lyongumi, otashi kapulwa moshinyangadhalwa sha landulako mono muna omuyenda gwowina.
  5. Konima showa lesa amatumbulo agehe, pandula aakuthimbinga ayehe, toya lombwele ya shune komahala gawo.

Ngele topopi kombinga yo kwikeelele komatagelele metumbulo lyaB, dhenga omuthindo kutya oPrEP ihayi keelele etegelele, na osha simana kaagundjuka ya kale yeshishi.

Oku ulukila aakuthimbinga mombapila yuuyejelele mpoka taya vulu okumona uuyejelele otashi kwathele opo ya koneke nawa, yoo ta ye keendamo wo yoyene nale. Ngele ongundu oyina aantu yena elongo lyili pevi, ya tula muungundu wo yaali opo katu kanithe nande ogumwe ngele ngoye nayalwe yuulikila mpoka pwa shangwa.

Pandula omapuko: Ngele gumwe okwa ningi epuko, ya pandula molwa uupendafule wawo, to pandula wo ongundu sho yiilongo pamwe. Omapuko getu, ogo gamwe gomaalongi yetu aawanawa.

## OSHILONGWA 2: OMUPOPI GOMWEENDA (25 OMINUTE)

1. Lombwela aakuthimbinga kutya otse aanelago moku kala twa wayiminwa komuyenda gowina, ngono ena owino yagwana kombinga yoPrEP na ota vulu oku yamukula omapulo getu.
2. Pula aayenda opo yiipopye yooyene, mwakwatelwa nkene ta ya longo mekwatathano noPrEP (ngaashi ngame omuniilonga gundjolowele ha gandja opela yoPrEP nenge omukalelipo gopaundjolowele mekelele lyoHIV nokulonga aagundjuka kombinga yopela yoPrEP noshowo okalinga koPrEP.
3. Topola aakuthimbinga muungundu wo yaali ndee to pula, okangudu keshe ka pule omuyenda gowina epulo.
4. Konima yomminute mbali, indila omwiiyambi gumwe kehe mokangundu a popye epulo limwe lomomapulo okangundu kawo.
5. Konima yepulo lya yamukulwa, pula oka ngundu kalandulako, pula ngele oyena epulo epe nenge pamwe epulo lyawo olya yamukulwa nale. Ngele oyena epulo epe, na yeli pule
6. Tsikila sigo uungundu wa puko
7. Ngele okwa hupa ethimbo, pitika ompito yomapulo ga gwedhwapo.

## IITSA YO MUWILIKI

Longekitha aaniilonga yopawundjolowele no showo omukalelipo gwekelele lyetaandelo yoHIV pethimbo opo yuuveko aakuthimbinga nokwiilongekidha wo pethimbo. Popya wo naakuthimbinga opo ya pule omapulo goopalela aagundjuka. Ngele omapopyo gaashi goshili oga holoka mokatutsu kotango, nenge moonkudathana dha piti, oto vulu okugapula omupopi ashewa pethimbo lyo shinyangadhalwa.

Ngele ino mona omupopi ashewa, nyola omapulo nomalimbililo tagazi mongundu. Pula omuniilonga gopaundjolowele nenge omukalelipo gwekelele yombuto yoHIV, shikwatelela kepulo, komayamukulo gawo pokati kiinyangadhalwa opo gu ka gandje omayamukulo pethimbo lyoshinyangadhalwa shalandulako.

Pethimbo lyoka tutsu, aavali otaya kala yahala okuuva mpono/ nkene aanona yawo yaagundjuka aamati naakadhona taya vulu okwiilonga omawuyejelele genasha noPrEP. Konima yo omupopiwowina amana okupopya, mupula atseyithile mpoka aagundjuka naakuluntu taya vulu okumona/ okwiilonga uuyejelele ogundji.

## OSHILONGWA 3: IINYANDWA (30 OMINUTE)

## IITSA YO MUWILIKI

- Yelithila kutya paife kehe gumwe okuna uuyeleele wopetameko woPrEP, ongundu otayi ka pulakena koonkundathana pokati kaankintu yaali kombinga yoPrEP. Okanyandwa otaka kadhanwa miitopolwa iiyali. Konima yoshitopolwa kehe, aakuthimbinga otaaka pulwa yadhiladhile kombinga ya nkene yuuvu/yapulakene oonkundathana. Mokwiikwatelela koonkundathana, aakuthimbinga otaka pulwa ya dhimbulukwe kwashoka oomeme yali ya popi kombinga yomauwanawa goPrEP, nokomalimbililo kombinga yaanona taalongitha oPrEP, no sho wo komayamukulo kombinga yomalimbililo. Uvithako aakuthimbinga petameko kutya opuna uuyeleele waali mondjila no ta wu vulu okunwethamo omalimbililo goomeme, naakuthimbinga oyena okukala yena okuga kotokela.
- Pula aakuthimbinga yaali ya dhane okanyandwa mokwendulula miitsa yopetameko. (Tala oshinyolwa koho yetukulwa ta li landulako)?
- Pandula aakuthimbinga ngoye to ya pula ya kuutumbe.
- Nyola iipalanyolo tayi landula pombapila onene:

### Omowashike omuvali ena oku yambidhidha omunonakadhona gwe melongitho lyoPrEP?

#### Mbela omalimbililo geni tashivulika ga kalepo kombinga yoPrEP?

- 1.
- 2.
- 3.

#### Omowashike shina okukala elimbililo?

#### Omayamukulo kombinga yomalimbililo

- 1.
- 2.
- 3.

- Pula aakuthimbinga yadhiladhile kombinga yaa shoka yuuvu. Omowashike omuvali ena okuyambidhidha omunona gwe ta longitha oPrEP? Nyola omayamukulo goye koho, “Omowashike omuvali ena okuyambidhidha omunona gwe ta longitha oPrEP?”
- Ngashingeyi pula kombinga yomalimbililo ngoka tashivulika aavali ya kale yena kombinga yoPrEP. Tula momusholondondo ngoka aakuthimbinga yuvu okuzilila mokanyandwa nagalwe wo tashi vulika ya kale yena/ yuuvu okuzilila momudhingoloko. Uuna omalimbililo ngoka ga tothwamo, pula aakuthimbinga ya dhiladhile kutya omowashike yena omalimbililo. Aakuthimbinga ota vulu okulongitha shono ya mono mokanyandwa nenge ya zimine kutya otashi vulika shi kale momidhingoloko dhawo. Lwahuginina, ya pula ya dhimbulukwe nkene elimbililo kehe lyali lyakandulwapo mokanyandwa nenge yeetepo

Ngele to hogolola ngono tadhana okanyandwa, hogolola omuvali ngono anika iyyolitha ye ota kala uvite ugumbo moku kutha ombinga. Nakale eshi kulesha. Ngele omuntu gumwe awike ahala okukutha ombinga moshinyandwa, omudhewuli ota vulu okudhana oshitopolwa oshikwawo. Ngele aadheuli oyeli yaali, kehe gumwe ota vulu okumona ompito. Aantu mbono yaali naya dhane wo oshitopolwa sha landulako oshitiyali/ nenge yalwe aape yaali. (Ngele aape yaali taya kutha ombinga, naya kale yayelithilwa kutya oshinakugwanithwa shawo moshinyandwa oshinipo.)

Oshinyandwa osha nyolwa (“ Omukulukadhi 1” ile “Omukulukadhi 2”) aakuthimbinga naya manguluke oku etapo omadhina ngono taga opalele oshinyandwa.

Ngele ongundu yaakuthimbinga oyina aalumentu oyendji, oshinyandwa nashi dhanwe ngaashi shili ihe konima ya mana, pula ongundu kutya, otashi kala sha yooloka mbela ngiini, ngele osha dhanwa pokati kaalumentu yaali. Oshiholelwa, opuna omikalo aalumentu taya vulu oku

longathana kombinga yoPrEP mokukwathela aanona yawo yaakadhona ya longithe oPrEP? Pamukalo gumwe ongundu otayi vulu oku hogolola nkene oonkundathana tadhi kala dha yooloka ngele oonkundathana odhili pokati kaakiintu ile kaalumentu kelongitho lyo PrEP ko kaana ko kamati. Oshiholelwa, nkene aavali taya vulu oku kundathana mokukwathela aanona yawo yaamati mokulongitha oPrEP?

Mokutseyithila aakuthimbinga metetekelo kutya otaya vulu okuuva omawuyelele gapuka moshinyandwa, otashi kwathele ya pulakene neyitulemo, opo ya koneke uuyeleele mbu wuli mondjila (Schwarz,2016.)

Ngele aakuthimbinga oya tokola kutya itaya yambidhidha aanonakadhona yawo melongitho lyoPrEP, dhidhilika nokutya moshinyandwa mono enene dhiladhilo, oku dhimbulukwa shono sha ningwa miinyandwa, noku dhiladhila kombinga nkene aavali taya vulu oku yambidhidha elongitho lyoPrEP.

omakandulepo/omayamukulo gawo. Udhitha mokakololo omadhiladhilo geetwapo.

7. Paife, galukila kokanyandwa e to pula aakuthimbinga yaali ya tsikile sigo opehulilo nenge u hogolole yamwe aape yatsikile.
8. Nonatango pandulileni aakuthimbinga omake e to ya pula ya kutumbe.
9. Galukila kokatafuula, e to gwedhapo oshitsa oshiye kukehe shilwe.
10. Konima yoku udhitha okakololo, pula ngele opuna omalimbililo gasimana ta ga pula oonkundathana dhomuule. Elimbililo nali hogololwe molwashoka aavali oya hala okutseya oshindji nenge ongundu ka kwali yuuvite sha kandulwapo moshinyangadhalwa muka. Dhindhilika omalimbililo inaaga kandulwapo gaye moonkundathana dhomuule naapopi yowina ngele opo yeli poshigongalelee, onkundathana dhomeendelelo mongundu nenge kuningwe omapekapeko gomuule, nosho oropota okuzilila komukwateli komeho.

Oshiholelwa shupyakadhi, okutya “omolwashike” nomayamukulo kupyakadhi mbuka okuli ngaashi tashi landula muokololo.

Uupyakadhi – Oyendji ota kiitala kutya omunona kadhona gwandje okuna okuume kopaihole oyendji.

Omolwashike uupyakadhi waholokapo – Uundjolowele wopamadhiladhilo otau vulu okehamekwa komahokololo goluudhi ndu.

Omayamukulo – oPrEP otayi mweetele uwanawa wuundjolowele wopalutu, nongele onda kala kombinga ye, ota mono kutya inandi zimina omahokololo gapuka ta ga popiwa kombinga ye. Shino otashi wathela mokugama uundjolowele wopamadhiladhilo. Otandi vulu oku kwathela yalwe mokuuvako uyelele woshili kombinga yoPrEP, shono tashi vulu oku shunitha pevi omahokololo gaashi goshili noshowo omaupyakadhi ngono taga holokapo kwambono haya longitha oPrEP.

## OSHI LONGWA 4: ONDJODHI YO MUNONA GOYE (20 OMINUTE)

1. Dhimbulukitha aavali, yatate a tumbulwa mokanyandwa ngoka a hala omunonakadhona gwe a ninge kuume ke momangeshefelo. Pula aavali yi topole muungundu wa yatatu, e ta topolelathana etengenekothaneko lyondjodhi yenine aanona yawo monkalamwenyo. Ngele oya tseya ondjodhi dhono aanona yawo yena, nadho wo otadhi vulu oku topolelwathana. Oondjodhi dhoka nadhi kale dhayela ngaashi “omunona gwandje okwa dhiladhila a ninge omukuluntusikola yopondondo dhopombanda”, nenge dha mbwalangandja, ngashi “onda dhiladhila omunona gwandje esiku limwe a ka ninge omuntu a simana momudhingoloko gwawo”.
2. Una kehe gumwe a topolelathana ondjodhi muungundu wawo, pula gumwe gomongundu a topolelathane ondjodhi nongundu ayihe.
3. Yelithila aakuthimbinga kutya moshinyangadhalwa muka otatu ka dhiladhila kombinga ya nkene oPrEP tayi vulu okukwathela aanona yetu aagundjuka yaadhe ondjodhi tweya nunina nadhoka yena yoyene.
4. Longitha ondjodhi ndjino onga oshiholelwa: “Ondjodhi yomunona gwandje okuninga ndohotola”. OPrEP otayi kwathela ngiini omuntu gwotumba adhe ondjodhi ndjika?

## IITSA YO MUWILIKI

Ngele omapulo gee twapo kombinga yoondjodhi dhoka aavali ya nunina aanona yawo opo ya ninge amatokolo – Unene tuu moondjodhi dhono ye li ompinge nadho – Osha simana opo aavali mbano yuveko kutya aanona oyena wo amatokolo gawo. Oondjodhi dhono aavali ya nunina aanona yawo, otashi ulike ohole, ashike dho inadhi simana dhivule oondjodhi dhono aanona yena yo yene. Pamathimbo gamwe, aavali kayeshi kutya aanona oyena amatokolo geli ngiini, no yuuvite ya manguluka moku topolelathana oondjodhi dhawo dhoka ya nunina aanona. Omaludhi goondjodhi adhihe, ogopala miinyangadhalwa mbika.

Uuna tolongo oshinyadhalwa shika, osha simana oku kwashilipaleka kutya, aantu mbono taya lumbu nombuto yoHIV otaya vulu wo okwaadha oondjodhi dhawo. Aantu mboka taya lumbu nombuto yoHIV otaya vulu oku kala nonkalamwenyo ombwananwa yo oyina uundjolowele mokutseya mpoka yathikama

- Ngele omuntu gwontumba okwa gamenwa kombuto yoHIV, pampito oyindji oha kala ena omalimbililo omashona. Shono hashi etitha ya kale yena oonkondo neitulemo okukondjitha yahumithe komeho eilongo lyawo.
  - Omunona gwandje otashi vulika a kwate kehaloehalolyo kwiilonga iinima yuunongononi nuunamiti oku zilila mokumona omauwanawa miikwaunamiti iipe yopaunongononi ngashi oPrEP.
5. Ngashingeyi pula oongundu dhi galukile mongudu yimwe ya kundathane oondjodhi ndoka yali ya kundathana muungundu wawo.
  6. Enda mongulu wupulakene nkene onkundathana tadhi ende. Una onkundathana dhuka pehulilo, pula yamwe ya topolelathane mongundu nkene oPrEP tashi vulika yi kwathele aanona yawo ya adhe oondjodhi ngaashii dha kundathanwa.
  7. Patako nokutya atuheni otuneni oondjodhi dhanona yetweni nayo wo oyena ondjodhi dhawo yene. Okulongitha oPrEP otashi vulika shikale omukalo/ondjila gokukandulapo uupyakadhi wokwaadha oondjodhi dhawo.

muundjolowele noku dhiginina epango lyawo.

## OSHILONGWA 5: OKU POPYA NUKEKA (45 OMINUTE)

1. Dhimbulukitha aakuthimbinga kutya aavali oyena oshinakugwanithwa sha simana medhanonkandangala lyundjolowele waanona ya wo. Mono mwa kwatelwa okupopya naanona nkene yena okuninga omatokolo gapaundjolowele omawanawa, mwakwatelwa oku ongitha oPrEP. Omakwathano omawanawa naanona, ogo woo omukalo aavali taya vulu oku holola/ okuulika olukeno kaanona yawo.
2. Pula aavali ya dhiladhile kiinyangadhalwa yapiti, kombinga yontseyo yomakwatathano omawanawa noshowo omawinayi naanona ya wo. Shanga omawukwatya kehe go makwatathano ngaka.
  - Oshiholelwa, omakwatathano omawinayi ota gavulu oku kwatelamo: omagandambadhi, omalundilo, omayeleanitho, nokwaahapulakena.
  - Oshiholelwa, omakwatathano omawanawa, otaga vulu okukwatelamo: okulongitha omipopyo dhopalutu dhina ombili, kaapena omayeleanitho/omapangulo ashike ulika olukeno, esimaneko lyomunona noku ulika ohokwe komayiyuvo gawo.

## IITSA YO MUWILIKI

Ngele opena ethimbo, aakuthimbinga otaya vulu oku dhilaadhila omikalo dha yooloka ndhoka aavali taya vulu oku kwathela aanona yagundjuka melongitho lyoPrEP. Uuna tamu topolelathana uuyelele mbuka, omuwiliki na kwashilipaleke kutya uuyelele mbuno owa etwapo kaanona yagundjuka.

Ngele aavali itaa holola yena ehalo lyoku yambidhidha aanona ya longithe oPrEP, ya dhimbulukitha kutya uunongo mbuka yiilonga ota shi vulika ita ye gu longitha paife ihe otashi shiwa tagu kakala guna oshilonga monakuyiwa.

Dhilaadhila kombinga yomwaalu gwootate nomeme mboka ya kutha ombinga, ngoye toya lundulula shikwatelela kukashike koo okantu, opo pukale puna uuthike pamwe pokati koomeme



3. Ndhindhilika, opuna omikalo, mwakwatelwa omakwatathano, oku yambidhidha aagundjuka mo kulongitha oPrEP. Topolela, eto endulula mepandja lina omawuyebele taga landula. Tseyithila aakuthimbinga kutya, omawuyebele ngano ogazi kaagandjuka.

Aagundjuka otaya ti aakuluntu otaya vulu oku ya kwathela ngeyi:

- a. Okupulakena komayiyuvo gawo noku ya kwathela mokuninga omatokolo kombinga yomukalo goPrEP ngu omuwanawa kuyo.
  - b. Ina ya pangulwa mokuhogolola okulongitha oPrEP.
  - c. Oku ya pa uuyebele kombinga yoPrEP.
  - d. Naya kwathelwe oshimaliwa shokuya kuupangelo, ya ka tale oPrEP, nenge tuya thindikile/tu ye nayo, noku tothamo uupangelo mboka hawu gandja oPrEP.
  - e. Oku ya dhimbulukitha okunwa oopela dhawo, uuna ya hogolola oPrEP.
  - f. Oku ya kwathela mokutaalela omaupyakadhi gopakathimbo, mwa kwatelwa okuya pa iikulya pethimbo.
4. Lombwela aakuthimbinga kutya, moshikundathanwa muno otaya kalongitha omauyebele ngono yeshi nale omawanawa nomawinayi nokukwatelamo shono yiilongo, nkene aavali yena okuyambidhidha aagundjuka mbono taya longitha oPrEP. Omukwateli komeho ota kwatele komeho, niiholelwa iyali, konima otaka topola aakuthimbinga muungundu mono teke yapa ethimbo opo ya etepo iiholelwa yayo.
5. Nyola oshiholelwa shotango, “Omusamane okwaadha okambapila komauyebele goPrEP mondunda yokulala yomwanakadhona”. Ulika “**omakwatathano omawinayi methano 1**” Pula ongundu kutya oshike ya mono. Otaya vulu okutya oya mono omayeleanitho, omalundilo, ongeyo komusamane, nosho wo uumbanda okuza komonakadhona. Ngashingeyi ulika “**omakwatathano omawanawa methano 1**” pula ongundu omayiyuvo gawo. Methano ndi lina oshiholelwa shiwa, ongundu oya dhimbulula tuu omakwatya gomakwatathano omawanawa ga hololwa komusamane?

Oshiholelwa, otaya vulu okutya: oku ulike ohokwe you kutseya yee okwamanguluka. Lwahugunina, pula ngele okwa holola ngaa eyambidhidho ngaashi kwali shapumbiwakaangundjuka. Methano ndino otaya vulu okutya (a) omushamane okwali apulakene nawa.(b) inapangula.

6. Nyola oshiholelwa shino “Meme okwa dhimbulula kutya omwanakadhona oha longitha oPrEP. Ulika ” **omakwatathano omawinayi methano 2**” Pula ongundu kutya oshike ya mono sha ningwapo – nomakwatya gomakwatathano omawinayi geni ya dhimbulula. Mbino otayi vulu oku kwatelamo: enyanyagulepo lyoopela,

nootate mongundu. Oshiholelwa, ngele ongundu oyina etata (50%) lyaalumentu, oshinyandwa shono aanyandi taya kalelepo oomeme, nashi lundulilwe kootate. Kala noshinyandwa sha kalelwapo okuza koombinga adhihe (Meme/ Tate), nonande omwaalu gwongundu oguna Ootate nenge Oomeme oyendji

omanyenyeto/ omagandambadhi, eyalekanitho ewinayi, okuuva konayi no kwaahena ombili komonakadhona.

Ulika “**omakwatathano omawanawa methano 2**” Pula omawukwatya gomakwatathano omawanawa ya mono. Mbino otayi vulu oku kwa telamo: ohokwe you kutseya, kapena eyelekanitho ewinayi, oku pulakena, noshowo emanguluko moku ilonga uuyebele uupe.

Lwahugunina – Pula ngele oya dhimbulula omaya mbidhidho ngono taga pulwa kaagundjuka mbono taya longitha oPrEP. Ngaashi: okupulakenwa (a), nokapuna eyelekanitho ewinayi (b).

7. Ngashingeyi, topola aakuthimbinga moongundu ne. Ya ulikila iiholelwa ine yili poombapila dhokoshipelende. Pula oongundu dhithaneke dhe elekele omathano, momukalo gwoshinyandwa, taya nyanda omakwatathano omawinayi no ma wanawa moshinyandwa. Oshiholelwa, ongundu 3 otayi thaneke thaneke ethano tali holola omakwatathano omawinayi noma wanawa moshiholelwa oshititatu (Scenario 3). Pula opo gumwe gomongundu kaadhana oshinyandwa. Ngono ina kwatelwa oye taka hokolola shoka okangundu ke etapo.

Ombapila yokoshipelende nayi shangwe ngeyi:

1. *Yinagona gokakadhona okagundjuka, okwi itaala kutya ohaka yi momilalo.*
  2. *Omusamane okwa dhimbulula kutya, omwanakadhona okwa longitha ongodhi ye ta kongo okapangelo hono haka gandja oPrEP noshowo iikwathitho goluvalo lwa longekidhwa.*
  3. *Omukulukadhi okwa dhimbulula kutya omwanakadhona okwaya koka pangelo kuundjolowele yapamba iihulo/oluvalo inemu tseyithila.*
  4. *‘n Moeder leer dat haar dogter opgehou het om PrEP te gebruik.*
8. Pula ongundu yi galukile komahala gawo. Ongundu yotango nayi dhane oshinyandwa shili moshiholelwa shotango (Scenario 1) komeho gongundu ayihe. Tameka noshinyandwa shomakwatathano omawinayi, aakuthimbinga yamwe mongundu ota ye po noshinyandwa – omanga gumwe go mongundu otaka hokolola shoka shaningwa po, kombinga yo makwatathano omawinayi gali ga holoka moshinyandwa. Shalandulako pula okangundu kotango kanyande omakwatathano omawanawa, omuhokololi na yelithe omaukwatya gomakwatathano omawanawa noshowo omaukwatya go mayambidhidho gelongitho lyoPrEP ga holoka moshinyandwa.
  9. Ithana ongundu ya landulako, tsikila sigo oongundu adhihe dha mana okunyanda.

10. Konima oongundu adhihe dhamana oku nyanda, naya pandulilwe omake. Pula aakuthimbinga ya tyesha kwaashoka ya kuthamo medhewo ndi.
11. Hulitha noku topoletana kutya oshinyangadhalwa shino, ota shi tulikile kutya omalutu getu ohaga popi oshindji, nande ka pena iitya ya tumbulwa, onkene osha simana opo aavali yandhidhlike kutya aantu ihaa kwatathana owala mokupopya nondaka ihe omayinyengo gomalutu nago ohaga vulu okugandja etumwalaka. Ishewe, otashi tu ulukile kutya omathimbo gamwe osha simana oku pulukena kaa pena omayeleanitho omawinawi. Ngele oshidhigu oku yambidhidha omugundjuka tanu oopela dhoPrEP, oku pulakena nomadhiladhilo nomutima gwa patuluka, olyo etokolo ewanawa/lyili mondjila.

## OSHILONGWA 6: OTO NINGI SHIKE? (25 OMINUTE)

## IITSA YO MUWILIKI

1. Pitika aakuthimbinga ya tseye kutya aanona ina pumbwa owala eyambidhidho lyukilila oku zilila kaavali yawo. Oya pumbwa wo eyambidhidho lyaali meukililo. Oshiholelwa, oya pumbwa wo aavali yawo ya kale taa vulu oku kandulapo/ okushonopeka uuyeleele waali mondjila nenge wuli ompinge kombinga yoPrEP mokati kaavali yakwao yaanona oshowo momidhingoloko dhawo.
2. Yelitha kutya moshinyangadhalwa muka oto kalessa oshiholelwa. Oongundu ndjoka ya longelele pamwe moshinyangadhalwa sha hugunina natango wo otai kala pamwe, ihe pampito mpano pehala lyoku thaneka ethano, otaa ka etapo omayamukulo.



3. Ulika **ethano 5** ngweye to lesa enene dhiladhilo muule: *Tate okwa hala omunonakadhona gwe a kale a gamenwa kombuto yoHIV, ihe uuna ta kambadhala oku sheetapo, meme gwe ohati otashi eta esithahoni mezimo oshoka aashiinda otashi vulika ya dhiladhile kutya omunonakadhona gwawo oku hole okuya miihulo naalumentu oyendji. Oshike shono tate ta vulu okuninga po?*



4. Uulika **ethano 6** neyamukulo dhilaadhilo. Pula aakuthimbinga ya yelithe pakana ihe hapamathano ngele eyamukulo ndika otali vulu oku longa na oshike shina oku ningwapo opo shilunduluke.



5. Ngashigeyi ulika **ethano 7** eto lesa enene dhiladhilo muule: *Omulongi gopaundjolowele ota lombwele omugundjuka kadhona gwoomvula 16 kutya inashi opala opo a longithe oPrEP. Omuyakuli okwa sitha ohoni okakadhona molwo okuya miihulo. Oshike shono aavali yena oku ninga po?*

Ngele ota shivulika, gandja epapa, kuungundu mbono we sheenditha nawa (Nando ongundu ndjo yesheenditha nawa, oya hogolola okwe tapo oka yi nyanyudho), shino otashi tsu omukumo moku ninga thigathano omawanawa maakuthimbinga.

Omathano ngono ga nyolwa uuyeleele moshingilisa, naga nyolwelulwe moshiwambo.

Ngele to nyanyangidha omathano, nagakale omanene opo aanangundu ayehe ya moneko okuza miipundi yawo. Nenge, nyanyangidha omathano ogendji opo uungundu uushona (opo mboka ya kuutumba yegamathana ya vule oku longitha ethano limwe) otaya vulu yakale yena omathano gawo yene ngele oga gwana .



6. Uulika **ethano 8** neyamukulo dhiladhilo. Pula aakuthimbinga ya yelithe (niitya ihe hapa ku ulika omathano) ngele eyamukulo otali vulu okulonga nenge shoka shina oku ningwa opo li lundululwe.



7. Ulika **ethano 9** eto lesa enene dhiladhilo muule: *Suwala yomukulukadhi okwa sitha ohoni omukulukadhi sho a pitika omwanakadhona a longithe oPrEP, kutya otashi etitha a kale ina mona oluvalo. Omusamane gwe okwe shi dhimbulula na okwa hala oku pukulula mumwainakadhona nokugamenena etokolo lyaakwanegumbo. Oshike tate ena oku ninga?*



8. Uulika **ethano 10** neyamukulo dhilaadhilo. Pula aakuthimbinga ya yelithe (pakana ihe ha pamathano) ngele eyamukulo otali vulu okulonga nashike shina oku ningwa po.

9. Lwahugunina, lesa wo omashongo gaali muule. Omashongo ngano inaga pumbwa oku kwatelamo ethano. Ogo:
  - a) *Meme a hala tate a yambidhidhe omunonakadhona melongitho lyoPrEP, mono kwali ihe mu yambidhidha methimbo lyapiti. Oshike shono meme ena oku ninga?*
  - b) *Omuwiliki gwopambepo gwopomudhigoloko oha ningi euvitho kutya egandjo lyoPrEP okuzilila kokapangelo kopopepi otashi tsu omukumo aagundjuka ya yone pambepo. Oshike shono aavali yaagundjuka yomomudhingoloko yena okuninga po?*
10. Pula okangundu kehe okuza koshinyangadhalwa sha piti opo yee etepo omadhilaadhilo omawanawa koshiholelwa kehe. Uuna ya topolelathana omayamukulo gawo, ga nyola meshongo kehe meukililo.
11. Una omayamukulo agehe ga tothwamo, pula aakuthimbinga ya hogolole eyamukulo ndjoka ta liya monkatu yotango oku kandulapo omashongo gomuA na ndjoka ta li ya mokantu yotango oku kandulapo omashongo gomuB. Pandula ongudu ndjoka ya sindana.
12. Nolwahugunina, pula aakuthimbinga ngele oyu uvite yiilongekidha oku kutha ombinga moonkundathana , na ngele hasho, oshike shono tashi ya ningitha ya kale yu uvite yiilongekidha?

Ngele opuna ethimbo, pehala lyoku dhana iinyandwa iyali ya hupako (ka yina omathano) ya gandjwa, pula aakuthimbinga ya hokolele oshiningwanima shuutondwe welongitho lyoPrEP. Oshiningwanima shino nashi kale tashi vulu oku holoka momidhingoloko dhawo. Ngoye to pula ongundu yi dhilaadhile omayamukulo gaakuthimbinga, ke dhiladhilo ndjoka lya etwapo

As daar tyd is, of in plaas daarvan om die laaste twee scenario's (sonder beelde) te gebruik, vra die deelnemers om 'n situasie te beskryf waar iemand PrEP-gebruik stigmatiseer. Dit moet 'n situasie wees wat hulle glo waarskynlik in hul gemeenskap sal plaasvind. Vra dan die groep om antwoorde op hierdie deelnemer se gegenereerde scenario te dinksrum

## OSHIKONGWA 7: OKU HOLOLA OMALALAKANO GETU NE HULITHO (10 OMINUTE)

1. Pandula ayehe kekuthombinga lyawo ne litulemo lyawo muule gwesiku alihe.
2. Pula aakuthimbinga yuudhithe okatutsu kopehulilo. Naa udhithe yeli muungundu wo yaali, opo kaa ya patele kondje mboka yaana ontseyo yoku leshe. Fatululila aakuthimbinga kutya ota vulu oku hogolola ya shange omadhina gawo pombapila yotutsu ngele oyena ohokwe nenge yakale inaa shanga. Ngele oya hala oku tseya kutya oya monamo ngapi mokatutsu, oya pumbwa oku shangapo omadhina gawo.
3. Tseyithila aakuthimbinga kutya oto hulitha noku pula kehe gumwe opo apopye elalakano enene ye na ngashingeyi kombinga yaanona mbono ta ya longitha oPrEP.
4. Konima ayehe ya popya, nangoye yatseyithila omalalakano goye. Otaga vulu oku kala giikwatelela komapekaapeko nenge kepulo lya li lya pulwa pethimbo lyoshinyangadhalwa ihe inali yamukulwa.
5. Hulitha noku tseyithila aavali kutya, oya simana moku yambidhidha nokukwatela komeho aanona moonkalamwenyo dhawo. Aanona ihaya kongo owala omayamukulo kuyo, ashike oya hala wo omayambidhidho. Ota ya vulu oku yambidhidha aanona okuninga omatokolo ngono tage ya kwathele ya kale muundjolowele ya gamenwa, mwa kwatelwa okwaa ha kwatwa kombuto yoHIV. Ngele oya hala okwiilonga oshindji kombinga yoPrEP, ota ya vulu oku ka popya nomuniilonga guundjolowele.
6. Gandja embo lyo mawuyelele, mwa katelwa mpoka taya vulu okumona oPrEP momidhingoloko dhawo. Pula ngele opuna omapulo gahugunina.

### IITSA YO MUWILIKI

Ngele aavali oto keya mona ishewe moshinyangadhalwa nenge moshigongi shimwe konima yootundi, oto vulu okuya topelela omayamukulo gokatutsu kopetameko no kahugunina moshigongi sha landulako, todhenge omuthindo noku opaleka uuyelele mpoka ina wu yela nawa. Ngele otashi vulika aavali mbaka ito ke ya mona we, ya tseyithila kutya oto vulu omana oku talela okatutsu ka huguninwa meendelelo konima yoshinyangadhalwa opo kehe gumwe a mone iitsa ye.

Omalalakano ina ga pumbwa gakale gena iizemo iinene. Oshiholelwa imwe oyo mbika: "otandi ilongo ngaye mwene kombinga yoPrEP", "Otandi pula omwanakadhona gwandje ngele okuuya uuyelele wunasha noPrEP", nenge "Otandi pula Ndohotola gwandje ngele oha gandja oPrEP".

Ngele ota mu mono ompito yoku tsakanena ishewe konima yotundi ndjino, tseyithila aakuthimbinga kutya moshikando tashiya tamu kamonathana, oto ka pula kehe gumwe, ngele oya hedha komeho mo moku adha omalalakano gawo. Nongele kapuna ompito yoku tsakanena ishewe, pula ngele oya pumbwa eyambidhidho opo yavule okuya komeho nomalalakano gawo.





**Uyelelele wa  
gwedhapo wo  
madheulo**

# OKAKONAKONO KO PETAMEKO/ NOPEHULILO LYOOTUNDI

## Osho nenge Hasho

Omatumbulo taga landula ogeli kombinga yomiti dhoPrEP. Gamwe ogeli mondjila gamwe oga puka. Tula okangombe (✓) mokakololo keli pooha nelombwelo kehe lyili mondjila.

- Opela yoPrEP ohayi gamene komategelelo.
- Opela yoPrEP ohayi gamene omuntu kaa kwatwe komikithi dhohoni dhilwe, kaa dhishi owala oHIV.
- Ngele omuntu okuli kepango lyoPrEP, ina pumbwa oku longitha ongumi.
- Uukwaathike pamwe muukwakashike kookantu nomahepeko ohai ningitha oshidhigu opo aakadhona yuuka muugundjuka oshowo oomeme aagandjuka yiikelele kombuto yoHIV.
- Omiti dhoPrEP ohadhi nuwa kaantu mboka itaya yalumbu nombuto yoHIV.
- OPrEP yoku nuwa ihai kelele oluvalo.
- OPrEP ohayi longo nawa ngee yanuwa melandulathano.
- Oopela dhoPrEP odhina iilanduli iwinayi iishona lela.
- Oopela dhoPrEP ohadhi gamene uhakwatwe koHIV ngele wedhinu nawa melandulathano.
- Oopela dhoPrEP odha pumbwa oku nuwa kehe esiku opo dhilonge nawa.
- Okalinga koPrEP oka pumbwa oku lundululwa kehe omwedhi.
- Shampa wa tameke epango lyoPrEP, owuna oku kala kepango ndika onkalamwenyo yoye ayihe.
- Kehe gumwe hanu oopela dhoPrEP okuna omalalakano gokukala ena okuume oyendji yopamilalo.
- Aavali naatekuli mboka haa kwathele oyana yaakadhona yaagundjuka okukonga omauhaku goPrEP , ohashi kwathele aanona yayo yakale inaaya kwatwa kombuto yoHIV.
- Omuvali ngele oha popi naanona ye yaagundjuka yaakadhona kombinga yoPrEP, ohashi kwathele aagundjuka mbaka yakale ya gamenwa no yakalekepo omaundjolowele gawo.
- Omaludhi gamwe omapegoPrEP otaga ka holoka mbala.

## Tsithakumwe

Thaneka omusinda wu tsithekumwe ekelele lyoHIV nenge epango lyomiti kolumoho nefatululo lyomiti lyili mondjila kolulyo.

<b>ART</b> (epango)	Ohayi nuwa kaantu mboka itaa yalumbu nombuto konima aningi oshihakanwa shombuto yoHIV opo iikelele kombuto yoHIV.
<b>PrEP</b> (manga inoo ninga oshihakanwa)	Ohayi longithwa kaantu taya lumbu nombuto, yipange ombuto yoHIV.
<b>PEP</b> (waninga oshihakanwa)	Ohayi longithwa kaantu mboka itaaya lumbu nombuto yoHIV opo yiikelele yaha kwatwe koHIV.



# OMAYAMUKULO GO KAKONAAKONO MANGA INO PEWA OOTUNDI NOKONIMA YOOTUNDI

## Osho nenge hasho

Omatumbulo nga gena uyelele wuli mondjila oga pewa uungombe. (✓)

- Opela yo PREP ohayi gamene komategelelo.
- Opela yoPREP ohayi gamene ku akwate komikithi dhohoni dhilwe, kaashishi ashike oHIV.
- Ngele omuntu okuli kepango lyoPREP, ina pumbwa okulonghitha ongumi.
- ✓ Oukwaathike pamwe wopaukwashike koo okantu oshoyo omahepeko oheshininga shidhigu kaanona yaakadhona aagunjuka opo yii gamene kombuto yo HIV.
- ✓ OPreP ohayi nuwa kaantu mboka itaa ya lumbu nombuto yoHIV.
- ✓ OPreP ihayi piyaganeke oluvalo.
- ✓ OPreP otayi dhikugamene ngele dhanuwa meukililo.
- ✓ Oopela dho PrEP odhina omaupyakadhi gopokathimbo omashonalela.
- ✓ Oopela dhoPrEP ohadhilongo nawa okukeela ombuto yoHIV ngele dha nuwa shili mondjila.
- ✓ Oopela dhoPrEP dhapumbwa oku nuwa kehe siku opo dhilongo nawa.
- ✓ Okalinga ko PrEP,nakalundululwe kehe omwedhi.
- Ngele owatameke okunwa oopela dhoPrEP, ouna okudhinwa uule yonkalamwenyo yoye ayihe.
- Kehe gumwe hanu oopela dhoPrEP ota dhiladhila okukala ena ookuume kopaihole oyendji.
- ✓ Aavali naatekuli mba haa yambidhidha aakadhona yawo aagundjuka ya pewe oPrEP otaya kwathele aakadhona yawo yakale inaya kwatwa koHIV.
- ✓ Ngele aavali ohaya popi naagundjuka yawo aakadhona kombinga yoopela dhoPrEP,otashi kwathele aagundjuka mboka yakale ya gamenwa yo oyena uundjolowele.
- ✓ Omikalo dhimwe omipe dho PrEP otadhi kaholoka mbala.

## Tsithakumwe

<b>ART</b> (epango)	Ohayi nuwa kaantu mboka itaa yalumbu nombuto konima aningi oshihakanwa shombuto yoHIV opo iikelele kombuto yoHIV. <b>(PEP)</b>
<b>PrEP</b> (manga inoo ninga oshihakanwa)	Ohayi longithwa kaantu taya lumbu nombuto, yipange ombuto yoHIV. <b>(ART)</b>
<b>PEP</b> (waninga oshihakanwa)	Ohayi longithwa kaantu mboka itaaya lumbu nombuto yoHIV opo yikeelele yaha kwatwe koHIV. <b>(PrEP)</b>

## VOLGSTUKKE

## 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 olakwatelamo okunwa omiti dayooloka dhoka hadhi shunitha uwindji wombuto yo HIV molutu lwomuntu noku indjipaleka aakwiita yolutu yankondopaleka 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.

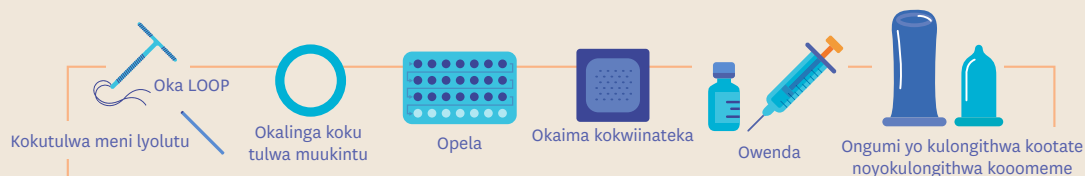
# Oku andjakaneka oompito ndhi ta dhi opalele moonkalamwenyo dhetu

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 yaning ehogololo ewanawa komikalo dho kwiigamena dhoopalela kehe gumwe.

## Eyekanitho lyoPrEP noongumi

	Oongumi	Opela yoPrEP	Okalinga koPrEP	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> Eziminio 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 gokukelela 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 opela, okalinga nowenda)**

# Yamukula Omapulo Goye — Omiti dhoPrEP

**Omuhalapo nawa! Ongame omukalelipo gwekelelo lyombuto yoHIV. Owuna epulo kombinga yomiti dhoPrEP?**



**Eeno! Omiti dho PrEP oshike?**

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

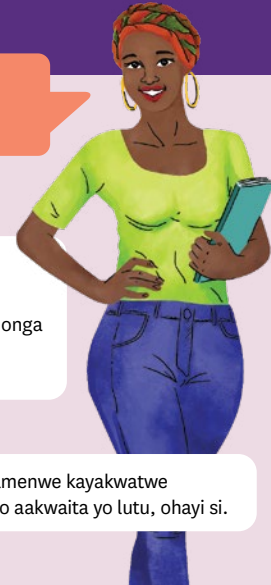
Oshitya **PrEP** Otashiti vir **Pre** (Manga) **Exposure** (Manga inooya moshiponga shokukwatwa kombuto yo HIV) **Prophylaxis** (Omiti dhokukelela etaandelo lyombuto).

**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 lyouye notadhi kugamene shithike poopelesenta 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 otoyimomilalo 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 iivanawa 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 talongitha 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.

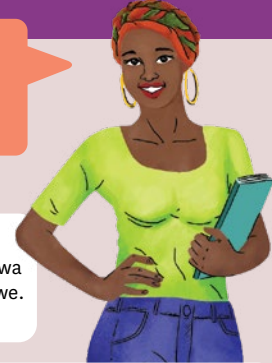
# Okuyamukula omapulo — Okalinga



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

**Okalinga oshike?**

Okokinga 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?**

Kashonakashona 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 ogapumbwa ashike kulongithwa uuna pena ompito yokukwatwa kombuto yoHIV, na oyina uwanawa nuuwinayi kaantu yayoolokathana. Oshasimana opo wukundathane nomugandji gundjolowele goye , kombinga yomathaneke 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 momeya ngele otashi vulika - lubricant) no kulongitha okalinga pamwe nomaludhi ogendji gengambeko lyolualo kakele kolinga yokukukelela 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 wukwashiipaleke kutya kageshi omadhidhiliko gomikithi dhohoni.

**Otandi vulu tuu kulongotha okalinga ngele ohe nu nale omiti dhilwe, ile ohe longitha iingamithi?**

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

**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 iihaa uvu okalinga haka pethimbo yeli miihulo nayamwe nokuli oyagandja olopota kutya oha kiindjipaleke uututo wameme pethimbo lyiihulo nohaka kwathele wuue nawa shinene.

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

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

# Oonkaatu dhokulongitha oopela dho PREP

## 1 Pungula oopela dho ye pehala puupu nokumonika

Kwashiti paleka kutya owedhi pungula pehala nawa itali monika kuunona, pehala lyaana uututo.



## 2 Longitha okapakete kopela yakethe siku

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



## 3 Kala nadhimwe popepi nangoye

Tula oopela dhimwe mokandjato koye kopoke nenge hoka hokala nako kehe thimbo. Pamukalo nguno oto kala wudhina ngele owa hala oku nwamo yimwe kilonga, kosikola, nenge uti motweendo. Kwashiti paleka kutya mpa we dhitula inapa tuta dho odhiti wo megameno.



## 4 Oopela dhitatako onga oshinakugwanithwa shoye shakehe siku

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



## 5 Kambadhala omikalo dhayoolokathana dhoku pona opela

Kambadhala wudhitule kelata, tonu enkuya lyomera, to petameke oshipala shoye wuka kometho manga inoonina.



## 6 Tulako oalaram /edhimbulukitho lyowili kongodhi yoye nenge "okApp" (Okapolograma) kokukudhimbulukitha

Tulako oalaram kongodhi yoye nenge wu tulemo okApp (okapolograma), koshali mongoghi koku kudhimbulukitha okunwa oopela dho ye noku katata oopela dho ye koshihangelo nengekokapangelo. Oto vulu yo kulongitha okApp haka oku shangamo shoka wa hala oku kalombwela omayakuli gopaundjilowe.



## 7 Pula gulwe eku dhimbulukithe

Pula kuume koye kopahole, aanejumbo nenge kahewa koye eku dhimbulukithe okunwa opela yoye.



Ino dhimbwa oku nwa opela yoye nena!

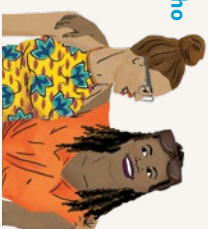
## 9 Kambadhala waamanepo oopela

Ilongekidha mbala ukatale oopela dho ye manga ina dhipwapo.



## 10 Dhiginina ilage nomugandjima ye guundjolowe

Ngele owa mono omauyakadhi gopokathimbo ethimbo tonu oopela monathana nomugandjima ye guundjolowele opo dhihundululwe nenge atale kutya ote ku kwathele ngini. Otavulu woo okukwathela ngele owuna uuyyakadhi wokunwa opela esiku kehe.

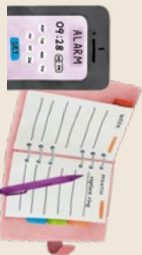


Okunwa opela yoye kehe esiku otashi ku kwathele ukale wa gamenwa kombuto yo HIV



# Nkene una oku longitha olinga yo PREP

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



- Edhimbulukitho otali wulu kukala mongodhi yoye, mokambo kinakugwanithwa yesiku, etseyitho litl pehala ho talapo kehe siku ngaashi pesipiti lyokwitalala.
- Tulapo edhimbulukitho lyokupula uulinga komugandjima yeye guundjolowele. Oto wulu okulongitha ongodhi yoye undhithiike inima mbi wahala oku lombwela omugandjima yeye guundjolowele.

4



## Kala wunapo olinga yo PREP yimwe yagwedhwapo.

Dit is altyd goed om 'n ondersteuningsvoorraad te hê as die ring op 'n orhigiëniese 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 onthang.

## 6 Ilonga oku tulamo olinga noku yikuthamo opo ukale hoyitlamo mwene.

Olinga oyalongwa ompu noku tulwamo nokukuthwamo. Owa pumbwa oku kala wuwite etumba oku tulamo olinga ngwee mwene uuna yagumo ngye ouli kokule niipangelo nenge panwe wahala oku yilundulula. Kambadhala ngwee mwene! Ngele ouna omapulo, pula omugandjima yeye guundjolowele.



2

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

Hangoye awike tolongitha olinga yoPREP. Kwatathane ni naagundjuka aakweni oshowo oomeme yepipi eshona taalongitha olinga yoPREP mwiyaambidhido. Uungundu womayambidhido umwe ohau tsakanene oshipala noshipala. umwe ohau longitha omalungula.



Longitha omurwe goye ikale nawa pekala



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

Aluhe iikaha yoye nai kale yeyela uuna to tulamo sha muukintu opo waa iyetele oombakteli dhanika oshiponga. Olinga ngele oyagwile pehala lyayela ngashi pombe nenge pokapendi, yitheta nuumeya manga ino ishunamo. Ngele oya gwile pehala pwakata ngashi kokandjugo, ino ishunamo we tula mo omppe.



3

## Pungula olinga yo PREP yagwedhwapo pehala inali tuta lyo olya talda, kokule naanona oshowo iinamwenyo.



Kwashtilipateka kutya owakonga ehala lyoku pungula olinga yo PREP lyili nawa, lyili kokule naanona oshowo iinamwenyo. Ethala nali kale lyakukuta, kaalyili poonte dhetango. Aagundjuka yamwe ohaye dhitula muundjato wayo wo peke nenge uundjato womagadhi noothewa. Oshwanawa oku kaleka olinga ndji inayi longithwa nale mokapakete moka yalongelwa opo yikale yayela.

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

Dhimbulukwa, olinga inayi pumbwa oku zamo uuna toyi miithulo, twilyogo, wuli komathimbo nenge twilyogo. Olinga tai kuganene ngele kalli pehala muukintu woye. Ngele olinga otayi ku pyaganeke yuukilitha kashona nominwe dho ye. Olinga ompu nawa noku tulwamo yo ohai kuutumba nuupu muukintu nawa. Ngele kuuvitile olinga nawa pethimbo toyi longitha mona omuambelewa guundjolowele.



Akawe kashiti wovajila

## 8 Inamruambathana nandenande olinga yoye yalonga nenge inacyilonga nomutu guwe.

Kehe gumwe namone omugandjima yeye guundjolowele gwe aka pewe yemwene.

## OSHILESHA SHO SHINYANGADHALWA 3

- Omukulukadhi 1:** Oshivanawa oku kumona! Ethimbo ele lyapitipo!
- Omukulukadhi 2:** Nangaye ondi shishi! Oshivanawa oku kumona! Eeno shili , omukadhona gwoye ota monika akoka shili.
- Omukulukadhi 1:** Nogwoye woo! Oshivanawa ngele ta ya zipo putse yaka kale pamwe tse tupopye po.
- Omukulukadhi 2:** Lombwelandje, iinima otayi ende ngiini kune amuhe?
- Omukulukadhi 1:** Otuli nawalela. Omukadhona gwandje ote shi enditha nawa lela mosikola niizemo ye yekonaakono lyahugunina oyali iivanawa noonkondo. Otwa nyanyukwa, nota tu dhilaadhila kutya ota vulu okuya koshiputudhilo shopombanda omvula ta iya.
- Omukulukadhi 2:** Oshivanawa! Ngame omukadhona gwandje ota shanga ekonaakono omvula ta iya, ihe mopaife okuli mongundu yaakadhona nokwaninga omuwiliki nokuli. Okweya kegumbo nuuyelele tau hokitha omakutsi.
- Omukulukadhi 1:** Onda kala ndishishi nale kutya okuna oku ninga omuwiliki! Uyeyelele guni eku lombwele?
- Omukulukadhi 2:** Ehee, okwa kala nokupopya nkene aakadhona yena oku kwatelapo uundjolowele wayo nankene yena oku keelela omategelelo. Oushii kutya gumwe gomookuume ke okwa ningi etegelelo omvula yaziko, no shakala shili momadhiladhilo ge unene.
- Omukulukadhi 1:** Ano oto popi kombinga yaNancy?
- Omukulukadhi 2:** Eeno! Osholela.
- Omukulukadhi 1:** Ohoni shili! Nancy okwali e na owala omimvo 15 sho a ningi etegelelo. Ondishishi aakuluntu ye oyali yu uvite nayi no ya li ya geya sho ihaayi we kosikola. Ye Nancy okwali ena omagano. Nenge nokuli okwali tuulike a kotoka manga inaaya monkalo ndjo.
- Omukulukadhi 2:** Ondishishi ina ya monkalo ndjoka oye awike na ondi uvite ina tu pumbwa oku mupa ondjo mbala. Itandi ka nyanyukilwa ngele tatu popi iitya yoku mu uvitha nai omanga e li nale monkalo ndjoka odhigu. Ngame nomumwandje otwa kala nokupopya nkene aakadhona tayii adha ye li moonkalo dhoka ngashi Nancy. Moongundu dhomukadhona gwandje , oha ya popi oshindji kombinga yankene shili shasimana oku tsey a omikalo dhoku kelela waa ninge etegelelo oshowo oku kelela ombuto yoHIV, oyena okutseya omikalo ngaashi oku longitha oongumi. Onda limbililwa ngele Nancy okwali tuu eshi omikalo dho kwiigamena kaa ninge etegelelo nenge omakwathelo. Okapangelo ha ke li popepi negumbo lyawo oke shiwiki haka tidhapo aakadhona mboka ta ye ya taapula oongumi. Oku kala a kotoka itashi kwatha sha ngele ke na uuyelele wa gwana nenge womayakulo.
- Omukulukadhi:** Eewa, ondi uviteko oshitsa shoye. Ashihe shino osha ningi ndje ndi dhilaadhile kombinga yuuyuni mbuka nkene u tilitha kuunona wetu! Ihe oto dhilaadhila kutya edhilaadhilo ewanawa aanona ya kale ya tsey a kombinga yelongitho lyoongumi? Ngawo ita tu ya lombwele nee ya kaye momilalo? Na ngele aalumentu inaa hala kulongitha oongumi nenge ta ye ya kondjithile momilalo, aakadhona yetu otaa ningi ngiini?
- Omukulukadhi 2:** Ondu uvite shi wa hala okutya! Ohe landula koonkundana, ishewe ohandi uvu iinima kookuume kandje, na ohe kala nda limbililwa unene molwo omukadhona gwandje. Ihe ote dhilaadhila oshi wanawa opo ya tseye omikalo odhindji dhokwiigamena yoyene, mwa kwatelwa okwi ikaleka kokule niuhulo. Ngaashi tuu wazi nokutumbula, oya pumbwa oku tseye omikalo ndhoka ina dhi ikolelela komulumentu ngaashi oku zala oongumi yaalumentu.
- Omukulukadhi 1:** Ngaashi shike?



**Omukulukadhi 2:** Ote dhiladhila iingambekithi yoluvalo ngashi oopela dhokukeelela waaninge etegelelo nosho oku keelela waakwatwe kombuto yoHIV ngaashi omiti dho PrEP. Tse nangoye otushi kombinga yengambeko lyoluvalo, ihe oushi tuu omiti dhoPrEP? Ngaye ka ndali ndiishi sigo omukadhona gwandje a lombwelendje, tandiyi leshawo ngame mwene. Opela yoPrEP ohai nuwa opo ikelele omuntu kaakwatwe kombuto yoHIV. Ngele opa holoka sha pethimbo lyiihulo, nenge ongumi inai longithwa, omumwandje ota kala agamenwa kombuto yoHIV.

**Omukulukadhi 1:** Owa hala omukadhona gwoye akale talongitha omiti dhono? Ngele kadhina shilanduli metokolo lye, ino limbililwa kutya pamwe ota tameke okuya momilalo naantu oyendji?

**Omukulukadhi 2:** Eeno, ondiinekela omukadhona gwandje mokuninga etokolo lye, noku dhimbulukwa iilongwa shono twe mu longo no showo oohedhi twedhi kundathana naye. Na inandi hala shimwe shomomatokolo ge shihulile momaupyakadhi gonkalamwenyo. Dhilaadhila iinima mbi twa ningile manga twa li aashona.

### Okafudho

**Omukulukadhi 1:** Oto popi shike hano? linima twa ningile!?!? linima ya fa shike!?!? Ngaye kandali ndina kuume gopayihole. Nangweye oushishii!

**Omukulukadhi 2:** Itandi popi kombinga yookaume vopayihole. Oto dhimbulukwa ethimbo ndiya wa yoga metale ndiya lyi li popepi nomukunda gwetu? Okwali we shipondola okuli taaguluka, ihe atushe otwali tushi oto ninginemo ndee kapena ngu ta vulu oku ku kwathela. Nokonima owali wa lombwele ndje kutya owa li wa tila nokwali kushiwo nawa ngele etale oto li piti.

**Omukulukadhi 1:** Oh! Ohandi dhilaadhila esiku ndjoka nangaye woo. Okwali tali vulu oku kala ewinai.

**Omukulukadhi 2:** Nangame ondishishi! Owali wakotoka shili, ihe owa li wa ningi oshinima shika mokwaatseya kutya otashi vulu oku kutula muupyakadhi uunene. Konyala atuheni otwa ningeni iinima ya tya ngaaka moonkalamwenyo dhetu. Kakwali to dhiladhila kutya oshali oshihwepo nenge oshaanawa okuyoga wuna iigamenithi mbyoka ta yi kukwathele waa ningine? Ogwo omukalo gokukwashilipaleka kutya etokolo lyoye ita li hulile muuwinayi?.

**Omukulukadhi 1:** Ohe dhilaadhila esiku ndjoka olundji nankene nda li ndina elago okuli taaguluka. Kandishi kutya omolwashike nda li nda kambadhala. Mbela inandi shi dhiladhila nawa kwali. Mo ku shi dhiladhila ohashi tilitha ndje natango!

**Omukulukadhi 2:** Osho naanaa! Na onde shi tseya kutya kwali wuna omumati gwopaihole, ihe owa hokanwa poomvula dho 18. Owiinekela omukadhona gwoye ota yi koshiputudhilo shopombanda poomvula 17. Oushishi ngiini kutya ita kala e na kuume kopaihole pethimbo lyeilongo lye? Shi ikolelela keilongo lye, ota shi shiwa aka kale mosikola oomvula ntano komeho! Itashi kala shili nawa ngele a tseya kombinga yiigamenithi niinima mbyono ta yi kalekepo onkalamwenyo, uuna tashikeya pethimbo mpoka ye tekeilongitha? Osho he dhilaadhila oPrEP ngawo.

**Omukulukadhi 1:** Yee omusamane gwoye ota ti ngiini?

**Omukulukadhi 2:** Eeno! Ondjodhi ye okwa hala omwana kadhona gwetu aninge omunangeshefa pamwe naye. Petameko sho nde mu tseyithile kombinga yomukadhona gwetu ti ilongo oPrEP nomikalo dhoku ngambeka oluvalo nankene tashi tukwathele oku kuthapo omalimbililo getu gamwe, okwali limbililwa kutya aantu ya lwe otaa kala ta ye mu dhilaadhilile ngiini.

**Omukulukadhi1: Oshonaana! Aantu otaa kala taa dhilaadhila kutya yee ombwanda!**

**Omukulukadhi 2:** Eeno, ihe tse otu shishii kutya ye okwa hala oku kala akotoka mokukwatela po uundjolowele we. Ihe mopaife oku shiwete kutya oPrEP nomikalo dhoku ngambeka oluvalo odho omikalo ta vulu okulongitha opo iigamene ye a tungepo onkalamwenyo ye. Kutse atuhe, kombinga yaashi aantu tayi ipula inashi simana ngaashi uundjolowele wo mwana kadhona gwetu nenge

eitulomo lye mokwaadha iilalakanenwa ye (ondjodhi), nenge nokuli aka ninge omunangeshefa pamwe natate gwe. Shikwawo olye ta uvu kombinga yomiti ndhi ta nu, ngele itatu lombwele aantu yalwe.

**Omukulukadhi 1:** Ihe moshili nee, ngele aashinda oye shi mono, oto ningi ngiini?

**Omukulukadhi 2:** Aantu aluhe oye na owala oku kala ya konga shoka yena ok uku popya! Ihe kungame mwene ondi shii lalakanono lyandje. Otandi ya lombwele kutya oPrEP oyoku kwatelapo uundjolowele womumwandje kadhona, shono osho sha halika komuvali kehe. Otwe mulonga nkene ena oku longitha onet yoomwe, okuyoga oonyala dhe, oku tundilwa noshotuu, oPrEP oshimwe ishewe tashi gamene uundjolowele we.

**Omukulukadhi 1:** Ohoo, omumoye kadhona okuli talongitha oPrEP ngashingeyi?

**Omukulukadhi 2:** Aawe ina tameka manga. Ihe okwa pulandje ngele otashi vulika tuye naye kokapangelo miiwike tayi ya, opo tu vule okupula dohotola omapulo gamwe gena sha noPrEP. Omumwandje okuna uyeyelele wagwana, ihe onda hala uve uyeyelele wagwana kookapyoko. Onkene ota tu yi tu kuuve nawa shi twaashi, opo ihe omumwandje ta tokola ngele oshinima a hala oku longitha mongashingeyi nenge ote shitseya owala ye eke shilongithe komeho.

**Omukulukadhi 1:** Omayele oge li mondjila ngoka. Oshoka ngele ino shi tseya manga ino shipumbwa, uuna to ke shipumbwa ethimbo ota li ka kala lya pwapo.. oongashi owala iilongitho yokwiigamena waa se omeya.

**Omukulukadhi 2:** Oshonaana. Shono wo tashi kala entompelo ewanawa opo mu shipopye no mumoye kadhona manga inaaya koshiputudhilo shopombanda, nenge manga inaa shuna komuhandjo.

**Omukulukadhi 1:** Uf! Ihe akwetu shino otandi shi etapo ngiini? Omwanakadhona gwoye oye eshi kweetele pehala ongoye wu mulombwele.

**Omukulukadhi 2:** Eeno! Otandi vulu oku kulombwela edhina lyo kapangelo mpa amuhe ta mu vulu okuya opo mu kuuve kombinga yoPrEP. Nomwanakadhona gwoye ota kala eshi kutya oto mu yambidhidha ngele okwa hala oku longitha oPrEP nenge iingambeki yolualo nenge ayihe mongashingeyi nenge monakuyiwa.

**Omukulukadhi 1:** Otashi kakala oshiwana ngele wa kuthapo omitenge dhimwe, unene tuu shi tu li muuyuni mbu muna omaupyakadhi gagwililapo aanona yetu

**Omukulukadhi 2:** Oshoshili! Okukuthapo uupyakadhi gumwe komapepe gawo oshoyo getu osha simana unene.

*Okafudhepo nokutegeleka oonkundathana dha landulako*

# OSHILONGWA 5

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## Omakwatathano omawinayi methano 1



**Omakwatathano omawanawa methano 1**

## Omakwatathano omawinayi methano 2



**Omakwatathano omawanawa methano 2**

## OSHILONGWA 6

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### Ethano 5



**Tate okwa hala omwanakadhona gwe a gamenwa kombuto yoHIV, ihe kehe ethimbo ta kambadhala oku etapo oshitsa shino, meme gwomukadhona ohati otashi sitha ohoni egumbo, molwaasho ashiinda otashi vulika yadhiladhile kutya omunona okuna okuume yomihulo oyendji.**

## Ethano 6



**Tate gwomunona omugundjuka, okwa lombwele meme gwomunona kutya, oshihwepo omunona gwe akale ena ukolele, nokweetha omipopyo dhaantu., shivulithe omunona gwe akale ina gamenwa paundjolowele yoo ashiinda taa nyanyukwa.**



## Ethano 7



**Omugandjiyakulo gopaundjolowele okwa lombwele okanona kadhona koomvula omulongo nahamano kutya inashi opala opo ka longithe oPrEP. Okwe ka sheke wo sho hakayi momilalo.**

## Ethano 8



**Aavali yomugundjuka omukadhona oyayi ko kapangelo ya ka lopote kutya omugandjiyakulo gopaundjolowele okwali asheke okanona sho kapula kapewe oPrEP. Ngaashingeyi okanona haka okeli kasa ohoni oku shunako oku mona omakwatho gopaundjolowele pokapangelo mpoka. Aavali oya pula shoka tashi vulu okuningwapo opo oshiningwanima shika kashi holoke we kaagundjuka oyakwawo.**

## Ethano 9



**Suwala ya meme gwomunonakadhona okwe mu pe ombedhi molwaashoka a etha omunona a longithe oPrEP, okwa gwedhako kutya omunona kadhona nguno ita ka mona aanona. (Omusamane okwa dhimbulula sho she endepo, nokwali a hala oku pukulula omumwaina nokugamena omatsokumwe gegumbo lye)**

## Ethano 10



**Omusamane ta ya mbidhidha omukulukadhi gwe moku topolelathana uumbapila tau kundaneke uuyejelele kombinga yoPrEP nomumwayina kadhona. Okakundaneki ota ka popi nkene oPrEP hayi longo, noku yelitha kutya kayina uuwinayi mokwaa hamona aanona.**