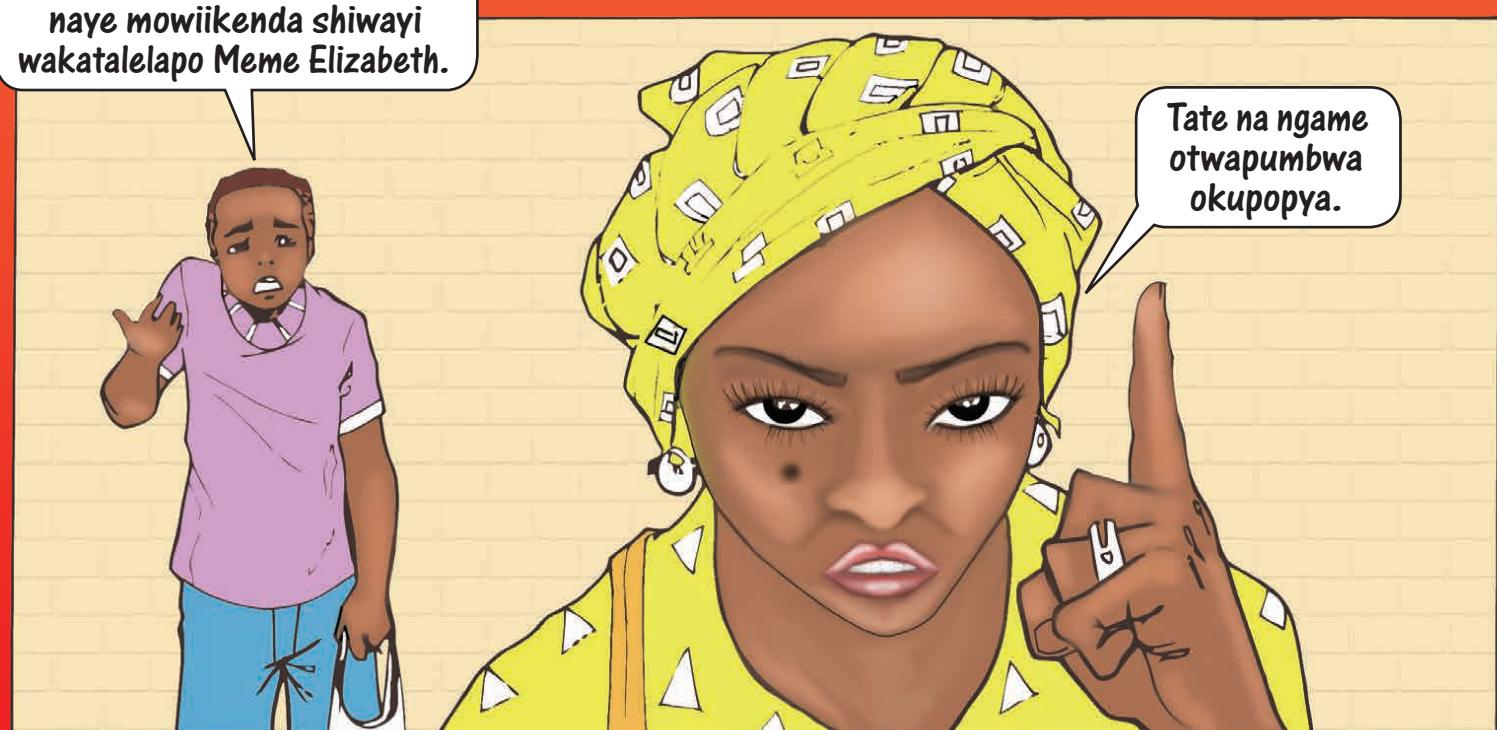
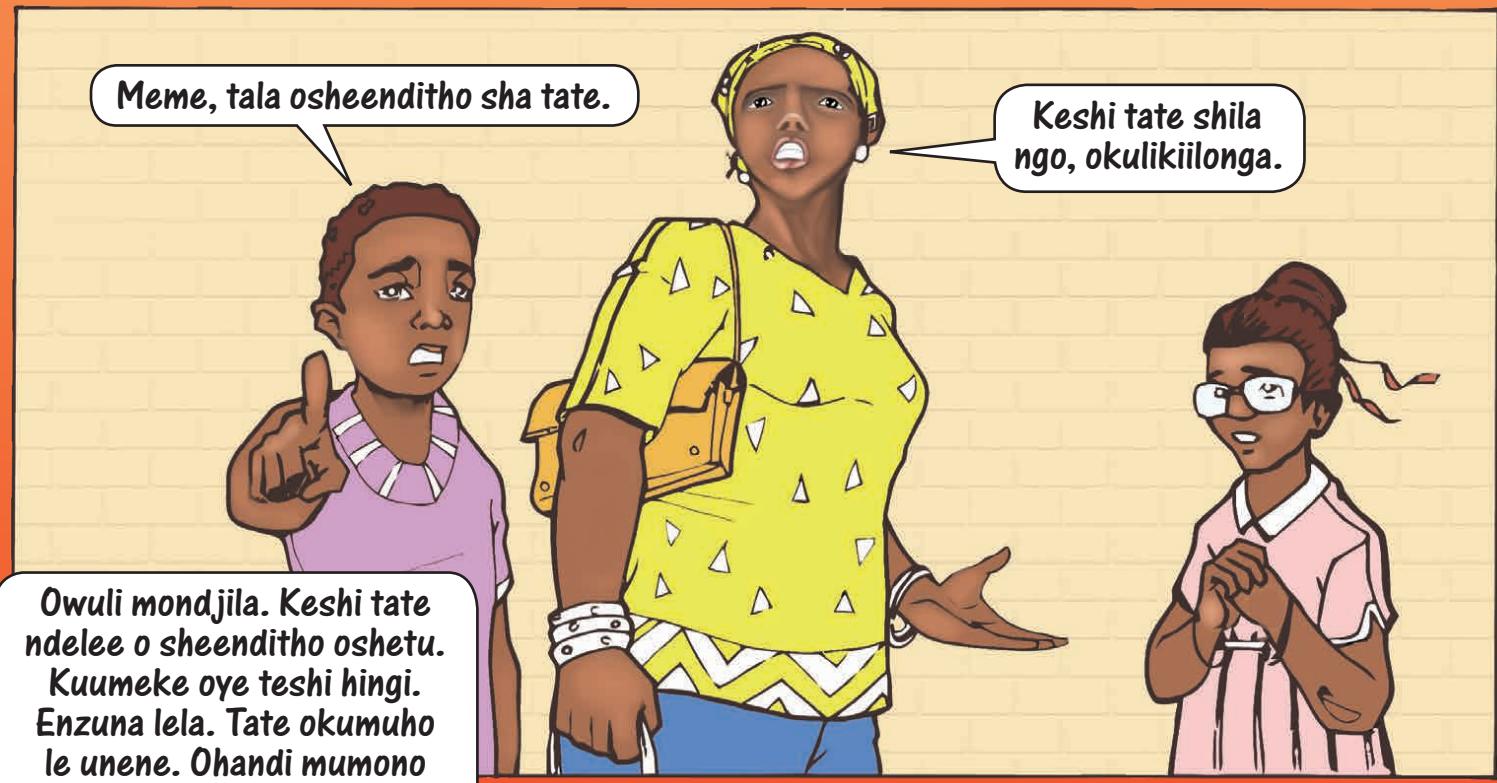
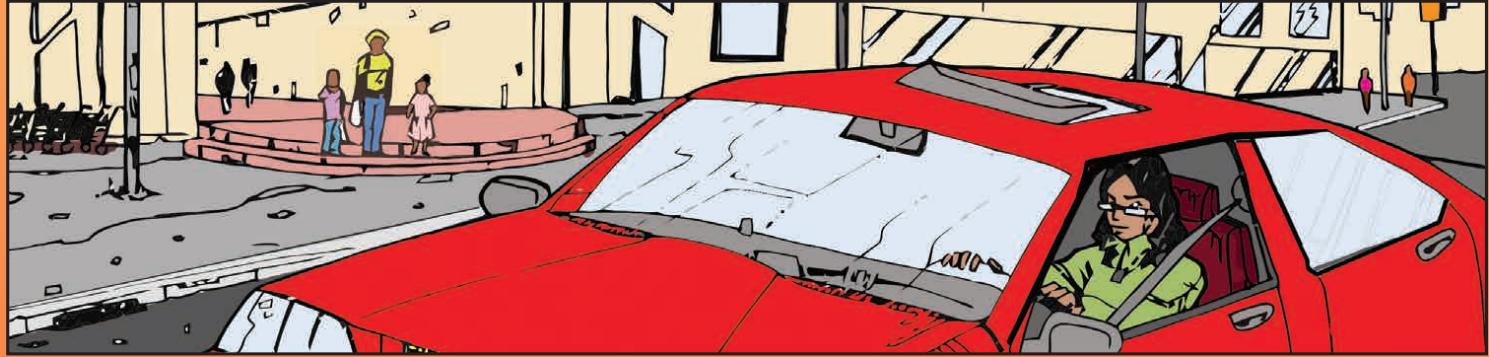


Omahepekekathano momagumbo, o HIV, nomahapeko gakwatakanithwa



Ohoyi momilalo naantuyamwe?
Edhidhiliko ondeli mona ashike kakwali ndeshiiteela. Nena onda mono omukulukadhi tashi kokandingosho tahingi ohauto yoye.
Omwolwashike ta hingi ohauto yoye? Ngwee kuhole ndiyi hinge?

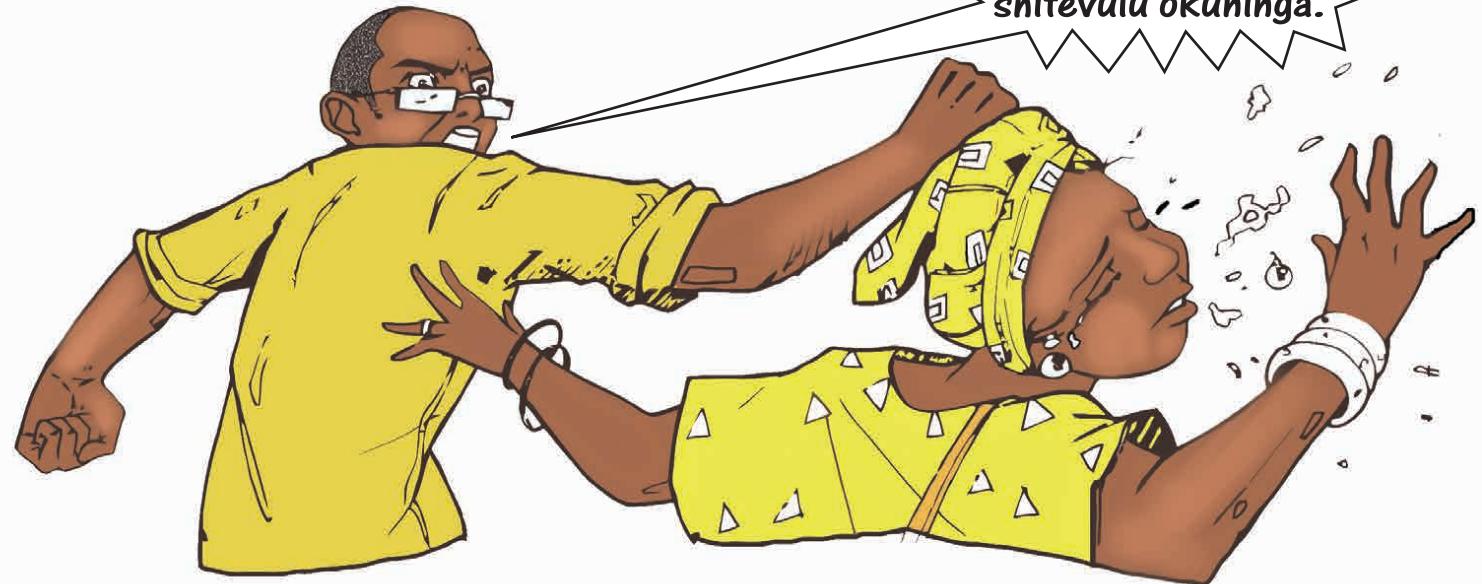
Ngame ohandiyi momilalo naantu yalwe muholike gwandje. Owa pukithandje nomuntu gwumwe.
Tse hatse otuke tuna ohauto yo Toyota corolla.

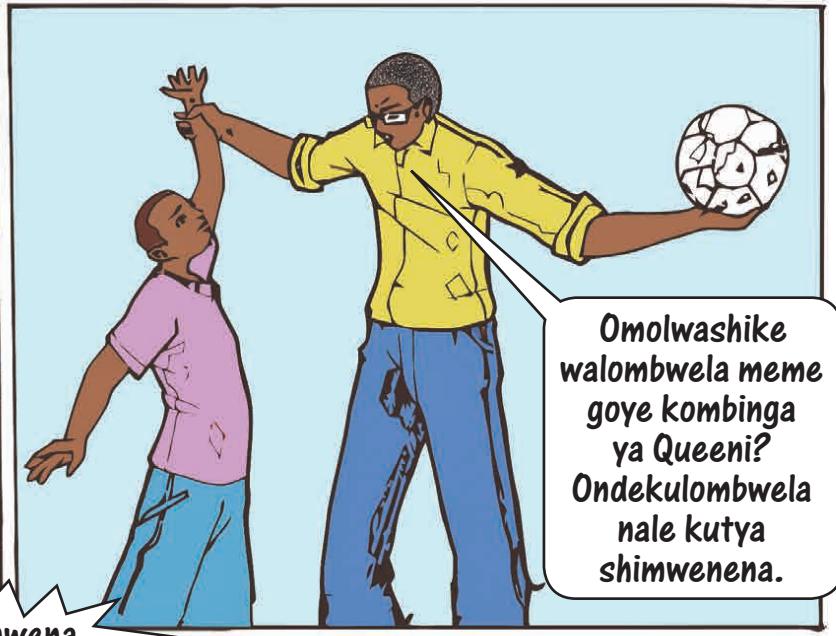
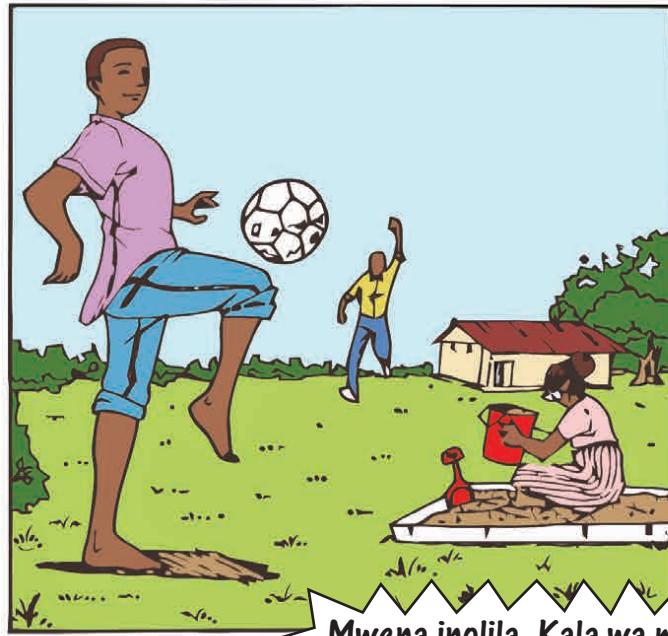
Ngame kandi shi egoya. Ohawuto oyetu.
Joseph okwalombelandje kutya ohokala nomukadhona ngo mo weenkenda. Oshike shimwepo inoo ninga nomukadhona ngono?

Owiitayeaela momumwoye.
Onduuuvite nayi. Nande ngoye owuholendje uunene nagame woo ondikuhole.

Inandi hala wukale wuna omakwatathano naakadhona yalwe.

Ngame ondi ningi shitevulu okuninga.





Mwena inolila. Kala wa mwena.



Mwena inolila. Kala wa mwena.



Opuna omakwatathano gayela pokato komahepekatano momagumbo na nkene aanona yetu taaya kiihumbatela-thana no kuume kawo no mo makwatathano naaholike yayo.

- Omahepekatano momagumbo ohaga kala omawinayi pomathimbo gamwe no kutula aanona moshiponga nenge nokweehamekwa
- Omahepekatano momagumbo otaga longo uunono uunona kutya oshinima sha taambiwako ongo omukalo go kukodjitha uupakadhi.
- Omahepekatano momagumbo otashi longo aanona opa yakale aahahu nuunonawawo
- Aanona mba ya talithwa Omahepekatano momagumbo oyo yamwe po mbo taakkala nokuhepeka ongaa aakuluntu
- Omahepekatano momagumbo ohaga vulu okukuthapo eyinekelo lyopawumwene kunakuningilwa omawuinayi akale ena uumbanda, no honi nokuuva kenawe oshilonga nenge ongushu
- Omahepekatano momagumbo otaga vulu okuyonagula omakwatathano pokati kaakuluntu naanona

Johannes ota dhengedje. Ye okwa dhenga Joseph. Joseph naye wo okwatameka okuninga ngaashi omikalo dha Johannes. Joseph okwa kala ha dhana nawa na Isabella ndele ohela ondemumona tadhenge Isabella.

Kuna oku zimina omahepekathano gomomagumbo.

Ngele epuko lyandje.
Andiimuuvitha nayi.
Ondina okushiitela andi
ningi nduno nguiini?

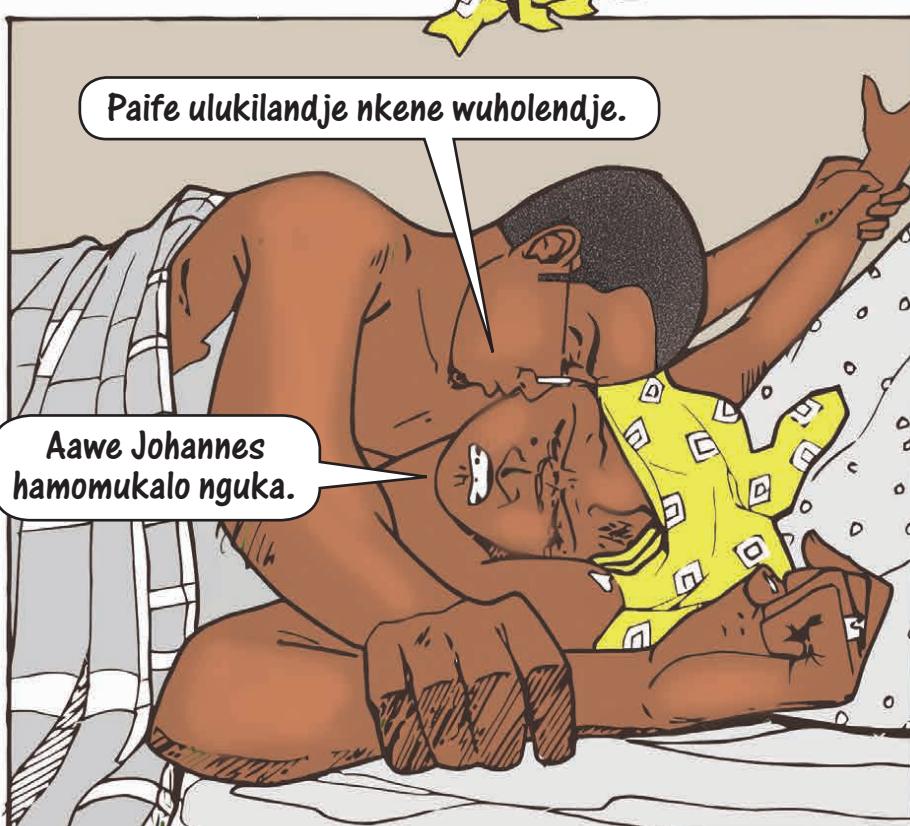
Aawo kuna okushiiteela. Ngele ngame nomusamane gwandje
tatu nyenyetaa ihadhengedje nando nenge adhenge uunona.
Ngweye naanona omwa hala okukala putse okadhimbo okashona?
Oto vulu okuninga etokolo shinasha nonakuyiwa pwaana
omayipulo kutya uunake edhengo tali ya ishewe.

Ondiku hole muholike gwandje, kwathandje waa thigendjepo!
Itandi kweehameke we mwakwotelwa naanona woo.

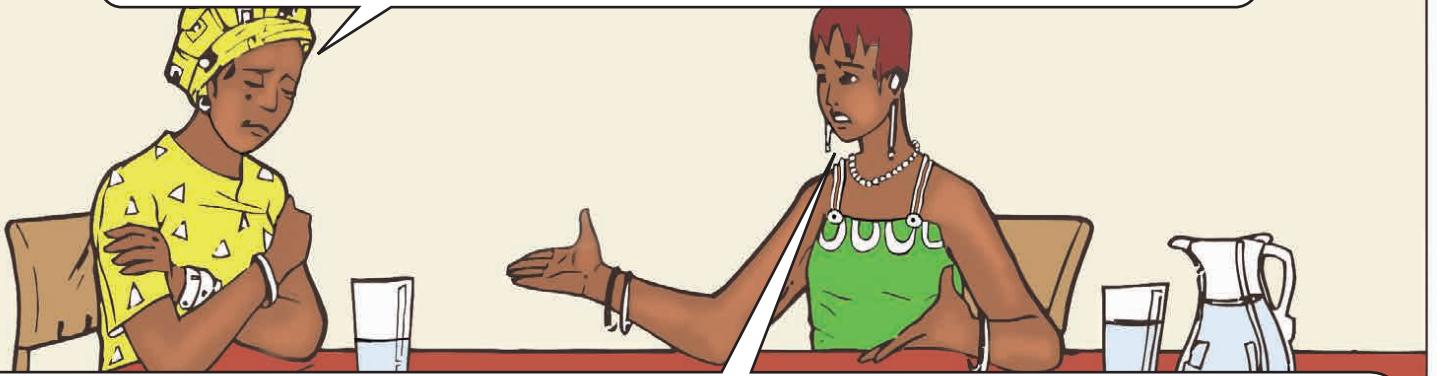




Nangame ondikuhole. Itandi yi we. Aanona oya kotha. Natuye mondunda tuka popyepo.



Tse na Johannes otwayi momilele. Kandali nda hala ihe oye okwa thiminikendje. Ina longitha no ngumi, ngaye ondishishi kutya ohayi pondje noomeme yalwe. Oshike ngele okuna ombuto yo HIV nongame andivulu okukwatwa.



Atuvulu okuku monena odokotola. Owahala okupopya nomuungawungi gwiinima yomomagumbo. Otavulu okukuwathela shi wuna okuninga. Otovulu oku patulula oshipotha nopolisi ngele owa hala.

Otandi ka ninga
omakonaakono
opondimone uumbangi
kolutu lwoye. Owapopi
kutya omusamane goye
inalongitha ongumi, ye
ohayi momilalo noomeme
yalwe, andi kupe omiti
opo dhiku gamene
kwaakwatwe kombuto yo
HIV. Owa hala ndikupe
omiti dhi tadhi ku gamene
opo kuninge etegelelo?



Opuna omiti tadhi vulu okushonopeka ombuto molutu opo waahakwatwe ko HIV. Ohadhi ithanwa post-exposure prophylaxis (PEP) omiti. Ohagu vulu okulonga ngele we gu tameke meendelelo konima yekwato nkonga. Oshasimana okunwa omiti muule woowili 72 ngele opuna oshiponga sho mbuto yo HIV. Ohadhi longo nawa ngele wedhi tameke meendelelo.

Owuna okudhi nwa uule womasiku geli 28, Ngele owa mwena po itadhi longo nawa. Epangelo ohali gandja omiti dho PEP oshali ngele itovulu okudhi futa. Ngele oshipangelo oshinene nenge okapangelogona mpa to pangwa omiti dho PEP kadhipo, oyena okukala yena ngaa dhagwana dhokutamekitha uule womasiku okuza pug a 3-7. Pula omiti dhokutameka pokathimbo hoka manga wa tegelela wumone dhagwana omasiku 28.

Opuna wo omiti dhoka tadhi vulu okukugamena komikithi dhohoni ngashi endongo nenge hepatitis. Oshili oshiwanawa okutameka okunwa omiti dhoka meendelelo ngele owali wuli moshiponga shomikithi dhoka dhohoni. Opuna woo omiti hadhi vulu oku gamena etegelelo ngele wedhinu pethimbo oyo tuu ndyo.

Omiti dhino ohadhi ithanwa oopela hadhi nuwa ongula ('morning-after pill'). Odhili pomaludhi 2, oludhi lumwe opela yimwe dji to vulu oku yinwa muule woowili 72 konima sho wakwatwa onkonga. Opela yoludhi olutiyali oyo dji nayo wuna okuyinwa muule woowili 72. Kala nee wushi kutya opela yoludhi luni yo morning-after pill wa pewa.

Ngele omiti inadhi nuwa ngaashi omalombwelo taga ti, nena omiti itadhi longo. Kala wushishi kutya pula omudohotola nkene wuna okunwa omiti.

OMUUNGAWUNGI
GWONKALO
YOMAMAGUMBO



Ngame ondili omuungawungi gwomahepekathano momagumbo. Onduuvitiko kutya okupopya shoka waningilwa oshidhigu unene. Otandi kambadhala okuku watela opo wu kwandjangele naasho sha ningwapo opo wu kale wuna oonkondo. Otandi kupe omawuyeletele opo wuka patulule oshipotha she kwatokonga, nankene wuna okumona ombapila yegameno okuza kohofa opo wuvule okwiigamena noshowo okugamena aanona yoye komahepeko konakuziwa. nankene toka ninga omayindilo gopashimaliwa gaanona yoye na nkene wuna okukwathelwa opo ondjokana yihilitwepo.

Kuna okukutha oonkatu adhihe dhoka, ihe oshikanawa oku tseye shoye shi shekwoopalela.

KONIMA YOOMWEDHI HAMANO ...

Johannes okwaningipo shike?



Okwa yi megumbo nokakadthona heya kokombashu, ye okwadhelendje talombwelendje tati okuna ombuto yo HIV. Ngame onda nyanyukwa shili sho walombwelendje opo ndika mone ondokotola sho twayi momilalo inaadhidamenwa. onda nwa omiti opo ndi gamenwe kaandikwatwe kombuto yo HIV, nondaiy kotutsa iikando yili itatu oomwedhi ndatu dha pitapo. Ngame kandina ombuto yo HIV, ngame omunelago, ngeno onda kватва kombuto.

Owulipo ngiini?

Onkalamwenyo ombwanawa. Onda mona ii longa onga omulungi gwopeshina mombaanga. Ondayile kombelewa yuudhemba yuuwanawa yaaanona. Oshapula ethimbo ele ihe ohofa oya tula mo eindilo lyopashimaliwa opo Johannes afute oondola N\$400 mombaanga yandje oomwedhi kehe. Kumwe niimaliwa yandje otashi tupe iimaliwa opo tu hupe. Payife okalamwenyo yandje oyili miikaha yandje mwene. Kandina uumbanda washa wee, naanona yandje oyagamenwa. Onduviiite ombili.



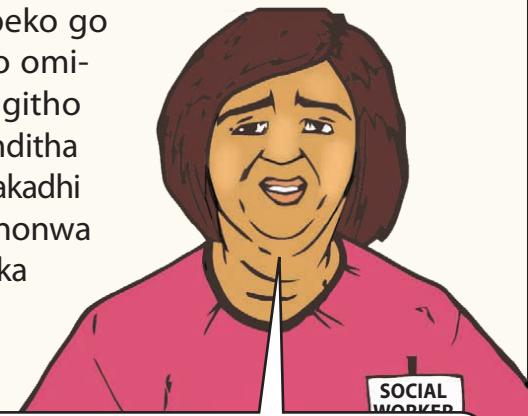
Omahepekathano omagumbo no mbuto yo HIV

Oshiponga koo meme

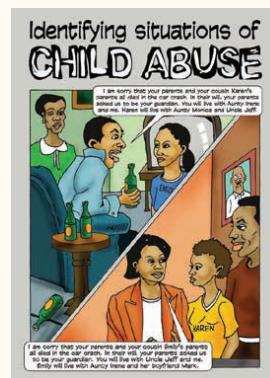
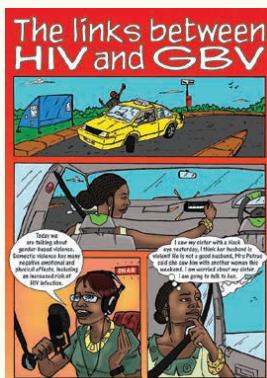
Omahepekathano omagumbo ogena omawuninayi pamayiyuvo nehepeko kolutu niilanduliko makwatelwa egandjo lyo mbuto yo HIV. Oshiponga she kuukilila, okuthiminikilwa koonkondo nekwatathano lyopamulalo nenge okutinda okulongitha ongumi mekwatathano lyopamulalo. Oshiponga she kuukilila ngaashi omahepekathano nenge omatilitho koomeme naakadhona yakale ya tila okuka konga ehungomwenyo, nenge okwiikonaakonitha nenge okukonga uuhaku wopaunamiti. Noshowo oomeme mbaya ninga iihakanwa yo mahepeko momagumbo, ohaya kala kaayena we ongushu tuyoyene notashi ya etele okuzimina nokutaambako oshiponga mekwatathano lyopamulalo.

Oshiponga kaanona

Okanona ka ningilwa omahepeko nenge katalithwa omahepeko go mamagumbo, otashivulika kakale kena uupyakadhi nomikalo omi-winayi mokukalamwenyo kwako, mwakwatelwa ngaashi elongitho lyiingangamithi, okukala wuna oohonda odhindji, nenge okwiilanditha pashimaliwa, iingangamithi nenge olukalwa. Ngoka ogo omawupyakadhi taga tula omuntu moshiponga sho mbuto yo HIV. Okwanonganonwa pamishagwa kutya nakuningilwa omahepeko naye wo otashi vulika aka ninge omuningi gwiimboluma monkalamwenyo ye. Sho osho ne tashi eta edhingoloko lyomahepekathano lyi tsikile.



Uufo mbuka nomishangwa tadhipopi kombinga yomahepeko atawu monika ko www.lac.org.na.



Ngele owuna omawuyelete gagwedhwapo nenge epulo kombinga yo katuuna ndjika ninga ekwatathano nombelewa yo
Legal Assistance Centre:

Email: comic@lac.org.na
Fax: 061-234953
Post: P.O. Box 604 Windhoek

Otwa hala okuuva eyamukulo talizi kungoye kombinga yo katuuna ndjika.

Okatwna ndjika oya pitikwa okwiindjipalekwa noma lalakano gena sha neyilongo shampa ashike onzo ya tseyithiwiwa. Oshitolopwa sha nyanyangindhwa shokafoka haka oshanyolwa momutholomolue iwo Acrobat (PDF) tashi monika ko-website ya: www.lac.org.na.

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