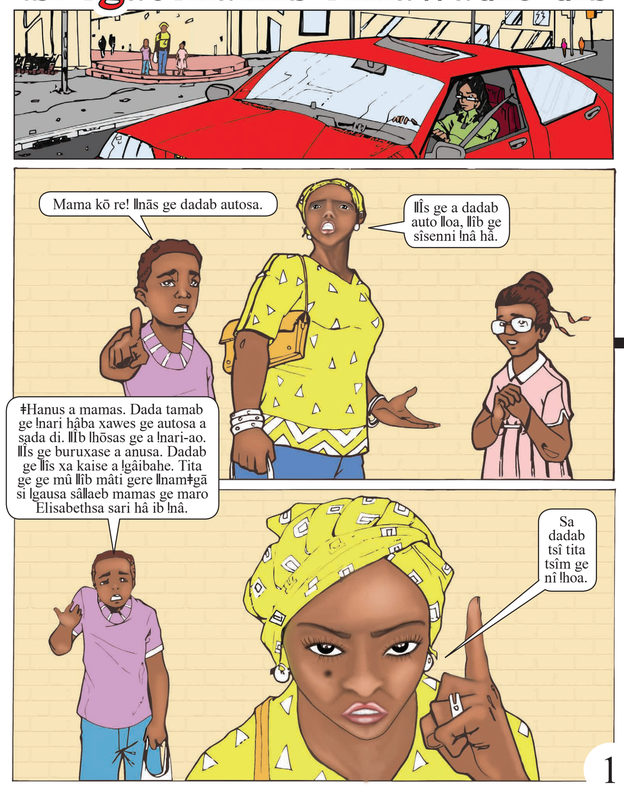
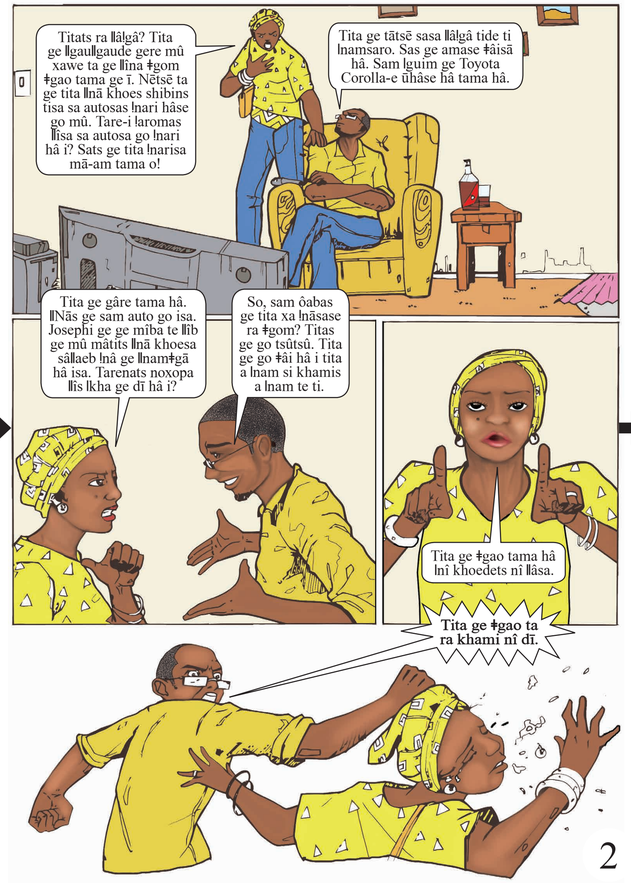
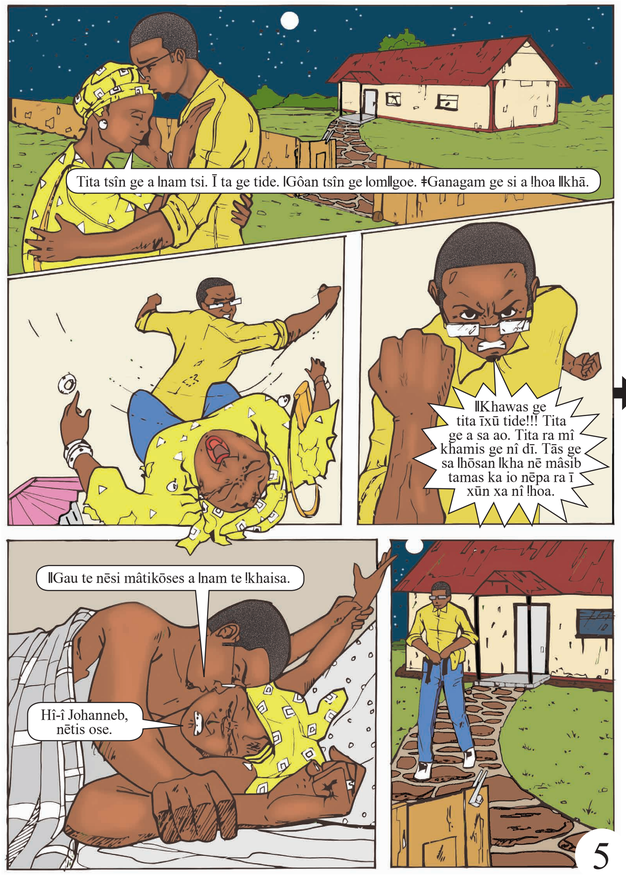
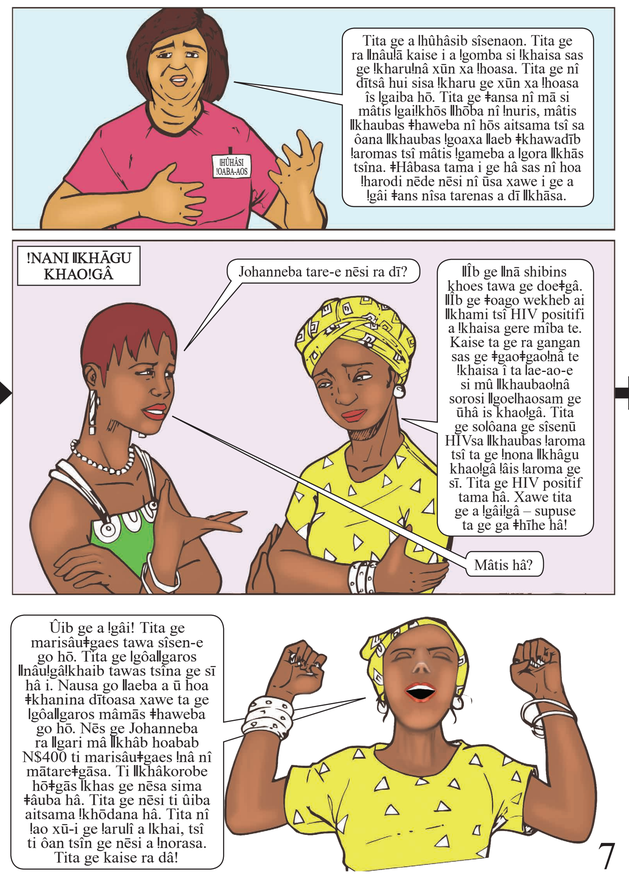
ǁGâulnāpe ǂkhawadīb, HIVs tsî ǂgaeǂnamis ǂkhawadīb dis









ǃǃGâulnāpe ǂKhawadīb tsî HIVs

ǃǃKhõǃǃkhōsasigu tarekhoedi ǃaroma

ǃǃGâulnāpe ǂkhawadīb ge ǂgui ǃgâi tama sîsenǂuiba gagasise tsî sorosise ǃkhõǂgã hâ, nēs ǃkha ra ǃgûǃhaose ǃarosen ra ǃǃkhõǃǃkhōsasib HIVsa ǂhīgus dib tsîna.

ǃǃKhõǃǃkhōsasib ge ǃoa hâ ǃǃkhã, aiǃǃgause ǃǃgarisa sorosi ǃǃgoelhaos ǃnâ-ū tamas ka io ǃǃgoelhaos ǃnâ kondomma sîsenū tama is ǃnâ.

ǃǃKhõǃǃkhōsasib ge sâusase hâ ǃǃkhã, aiǃǃgause ǂkhawadīb tamas ka io ǃaoǃaohes ra tarekhoedi tsî ǃgôade ǃaob ǃnâ mâi ī di tã hâ a ǃawemãdi, ǃǃâitsâdi tamas ka io ǃaeǃkhõ loabade sîsenū.

ǃǃKhãti hâ ǃkhais ge, tarekhoedi hîa ǃǃgâulnāpe ǂkhawadīb ǃnâ ûi hâ di, ge ǃnî ǃǃaega aitsama ǂgomǃgâsens tsî khoesisa ra ǂoaǃnâ tsîs ge ǃǃnāsa ǃaroma ǃǃkhã ǃaorosasiba ǃkhõǂgã hâ sorosi ǃǃgoelhaode di ra ūloasa.

ǃǃKhõǃǃkhōsasigu ǃgôan ǃaroma

ǃGôa-i hîa gere hîǃhuruhe tamas ka io ǃǃgâulnāpe ǂkhawadīb ǃnâ kai-i tsîn ge tanisens ǃgomsiga ega ǃǃî-i kaiǃhâis ǃnâ ũhâ ǃǃkhã – aiǃǃgause ǃhubulhubusenxūn hîǃhurus, ǃkharaga sorosi ǃǃgoelhao-ūs hōsan, tamas ka io sorosise ǂharugus maris, ǃhubulhubusenxūn tamas ka io ǃǃgoelǃkhaisa hōs ǃaroma. Nēn ge hoan hîa a ǃǃkhõǃǃkhōsa xūna HIVsa ǂhīhes ǃaroma.

Ôaǃnâdi ge ra ǃǃgau ǂkhawadīb ǃnâ ra ǃkharu khoen ǃǃîn tsîna ega sī nauna ra hîǃhurusa, tsî nē ǂgaeǂnamis ǂkhawadīb disa ra aiǃgû kaisa.

ǂAuna ǃâdi tsî nau hâ mãǂuidi hîa ǂkhawadīb xa ra ǃgû di ge a hōsa www.lac.org.na tawa.

Hanats mîǂgāb tamas ka io dî-e nē ǃâs xa nî ũhâs kara, o ǃhaoǃhaosen re ǂHanusi Huib ǃAwemãǃnans Senters (LAC) tawa:

Emails: comic@lac.org.na
Faks: 088 613 693
Xoaǃnâǃkhais: PO Box 604 ǃAeǃgams

Sida ge sa ǃnuri-oasa ra ǃǃnâu nē ǃâs xa.

Nē ǃâs ge ǃnorasase ǃgâiǃǃnâna a dîhe ǃkhã ǃgauǃnâs ǃaromadi ai, hoara da ra ǂgans ge, ǂans ra hōxũhe ǃurus nî ǃanǃgâhesa.

Elektronise ǃgâisa ǃâb nē mãǂuis dib tsîn ge a hōsa LAC website: www. lac.org.na

ǃÂs:
GRACE KAPERE

ǃNõnâdi tsî ǃgui ǂuib:
TAFY TANG ARTS & PERRI CAPLAN

Marisiǃuib:
UNITED STATES PRESIDENT'S EMERGENCY PLAN FOR AIDS RELIEF (PEPFAR) (www.PEPFAR.gov)

ǃGâis:
JOHN MEINERT PRINTING (PTY) LTD

Mãǂuis:
SURIB ǃOA!NÂDI TSÎ ǂGAOǂGAOǃNÂS PROJEKS, ǂHANUSI HUIB ǃAWEMÃǃNANS SENTERS (LAC)

Sîsenǃareǃnāugus Namibiab tsî Amerikab khoen ǃǃaegu hâs, ge ge ī ǃkhã kai nē ǃâs marisise ge mãǂgâhesa. Mîǂgãgu, ôaǃnâhõǂuidi tsî ǃkhõǃnamidi nēpa a ǃkhõǂgâsadi ge a xoa-ao-i di tsî United States Department of States di tama hâ.

PEPFAR

Legal Assistance Centre