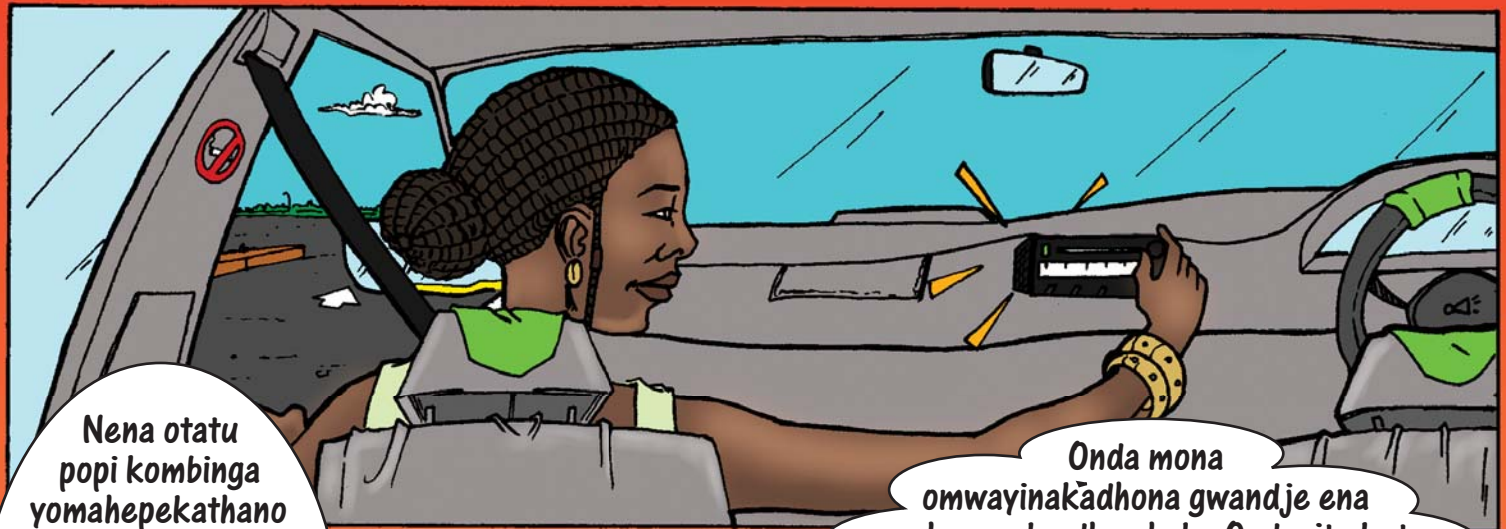


Ekwatathano pokati ko mbutu yo HIV no mahepekathano momagagumbo



Nena otatu
popi kombinga
yomahepekathano
momagumbo,
omahepekathano
ngoka ogena
omawunayi pamaiyuvo
nuuwinayi wopalutu
mwakwatelwa eyo
pombanda lyo
mbuto you
HIV.

OWULI MOMBEP



Onda mona
omwayinakadhona gwandje ena
omesho omaluudhe ohela. Onduvite kutya
omusamane gwe omuhahu keshi omusamane
omwaanawa nando. Petrus okwati okwemumona
nomukadhona mehuloloshike ndika. Ondina
omayipulo kombinga yomukadhona.
Otandi ka popya naye.



Mwameme ondina omayipulo kombinga yoye. Onda mona wuna omadhidhiliko omawinayi koluntu lwoye. Oheku dhenge?

Ondakala ndina uumbanda okukulombelwa. Nonda tila okulombwela kehe gumwe. Oha dhengendje nomathimbo gamwe oha thiminikendje tuye momilalo.

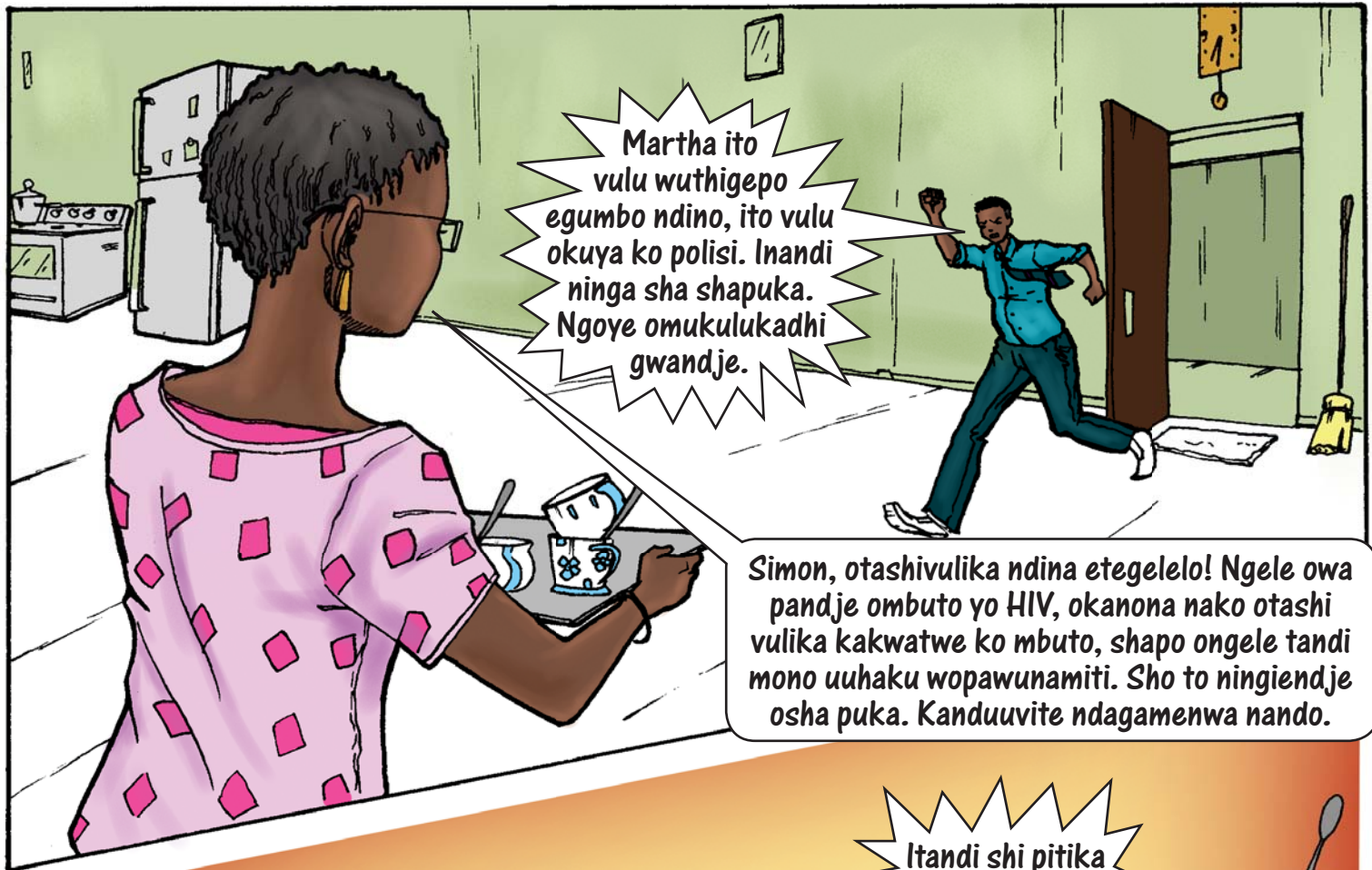


Ahawe! Shoka osho ekwato lyonkonga. Kapena ngoka ena uuthemba woku thiminikila omuntu aye naye momilalo. Oto ningi poshike?

Kandishiwo! Okwatinda okulongitha ongumi. Ondemupula alongithe ongumi, ihe okwa dhengendje. Nonduvite ndina etegelelo. Pamwe okuna nando ombuto yo HIV?

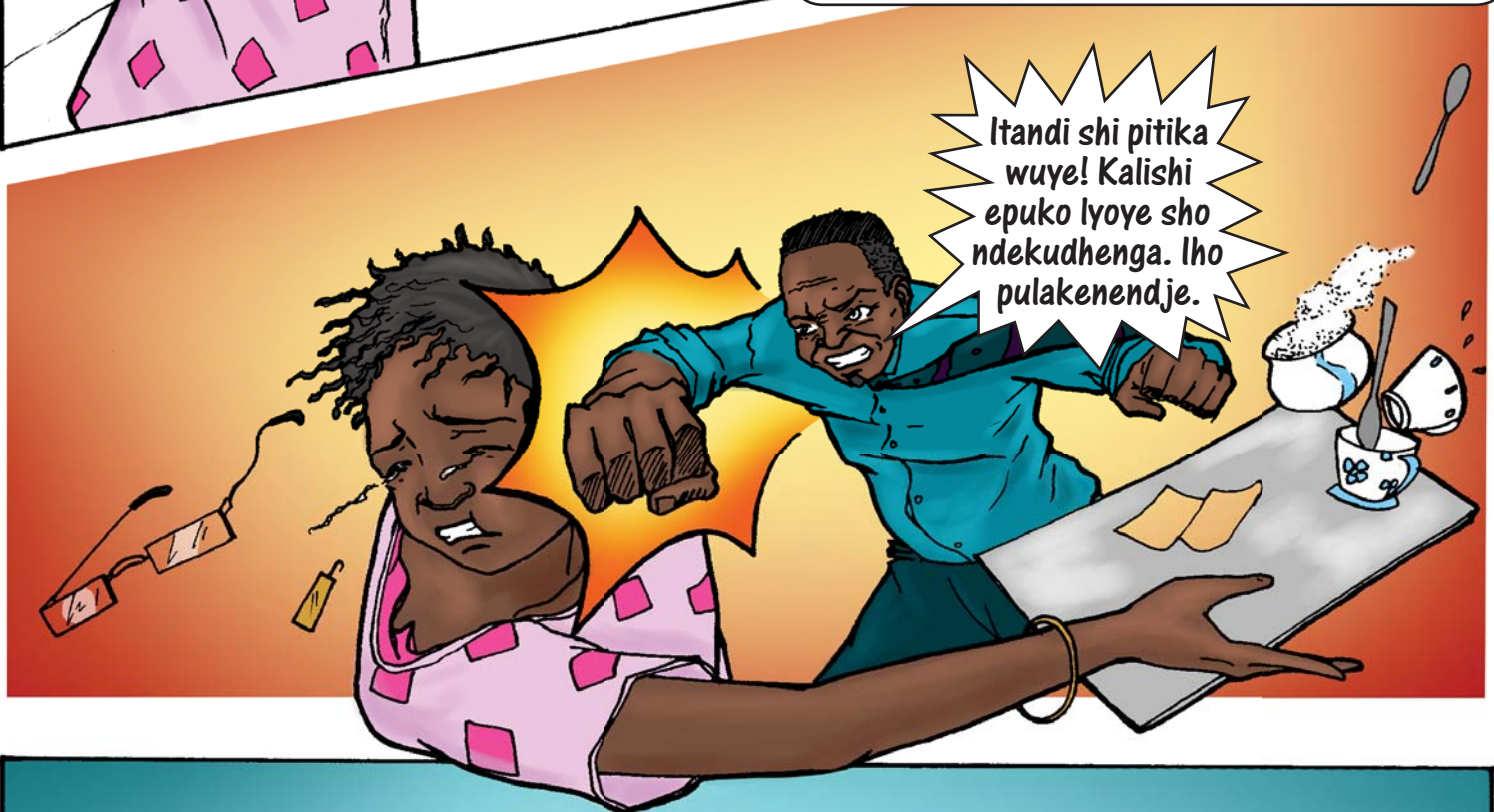


Kwathandje wuye nangame. Otatuyi kokapangelogona, nangele owahala, oto vulu okupatulula enyenyeto lyoye ko polisi.

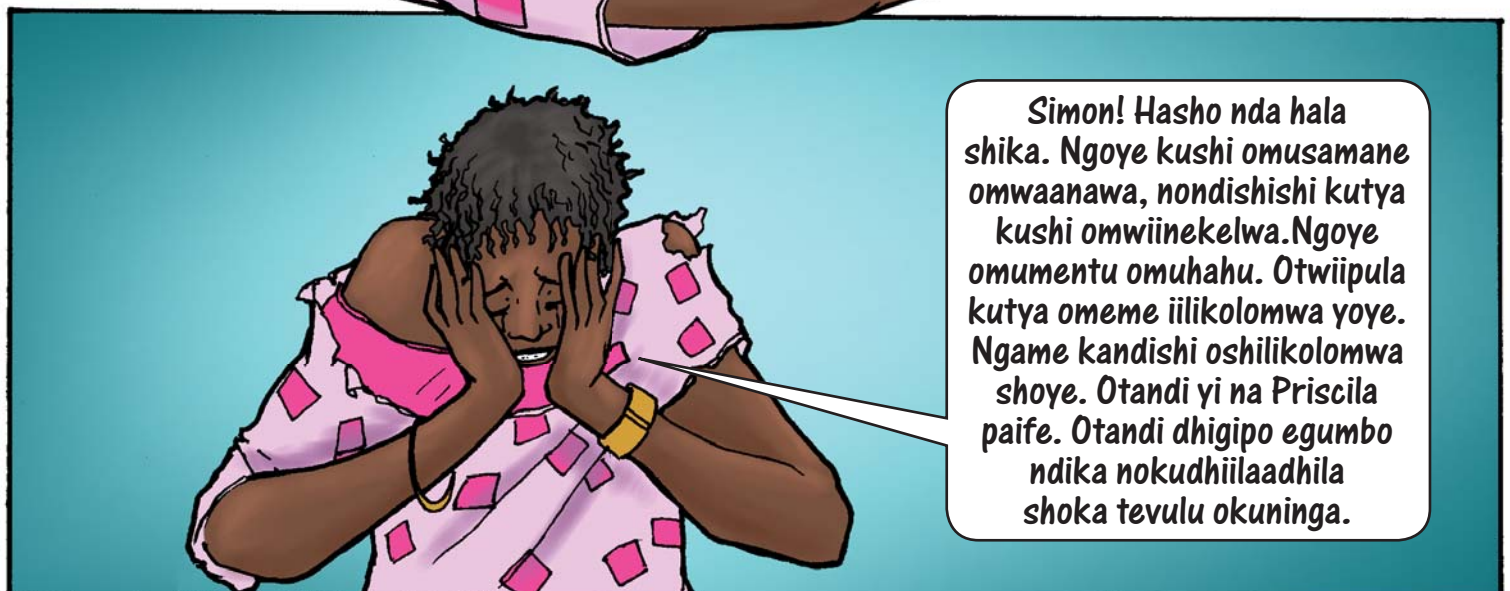


Martha ito
vulu wuthigepo
egumbo ndino, ito vulu
okuya ko polisi. Inandi
ninga sha shapuka.
Ngoye omukulukadhi
gwandje.

Simon, otashivulika ndina etegelelo! Ngele owa
pandje ombuto yo HIV, okanona nako otashi
vulika kakwatwe ko mbuto, shapo ongele tandi
mono uuhaku wopawunamiti. Sho to ningiendje
osha puka. Kanduu vite ndagamenwa nando.



Itandi shi pitika
wuye! Kalishi
epuko lyoye sho
ndekudhenga. Iho
pulakenendje.



Simon! Hasho nda hala
shika. Ngoye kushi omusamane
omwaanawa, nondishishi kutya
kushi omwiinekelwa. Ngoye
omumentu omuhahu. Otwiipula
kutya omeme iilikolomwa yoye.
Ngame kandishi oshilikolomwa
shoye. Otandi yi na Priscila
paife. Otandi dhigipo egumbo
ndika nokudhiilaadhila
shoka tevulu okuninga.



Sarah okwayi ko polisi opo aka lopote kutya mwayinamati okwemu kwata koonkondo. Opolisi oyemu fala kokapangelogona opo omundohotola emu pange ye amone uumbangi wagwana koluntulwe. Sarah okuna oku mona epango lyo PEP lyokugamena ombuto yo HIV. Sarah okuna uulalo uushona niipogonyoka sho kwali a kwatwa koonkondo. Omumwayinamati okuna ombuto yo HIV ye inalongitha ongumi. Shika otashi ti Sarah okuli moshiponga oshinene okukwa twa kombuto yo HIV. Nuupyakadhi mbuka otawuvulu oku shonopekwa ko miti ngele okwa longitha o PEP.

Gloria okwali akwatwa koonkondo ku tatekulu gwe. Nena okuli mokapangelogona eya a mone omiti dho PEP. Ohadhi shuna pevi e yindjipalo nekoko lyo mbuto yo HIV. Okweya mo meendelelo konima sho a kwatwa koonkondo, nokwali apewa omiti dhasiku omashona. Paife okweya amone omiti dhe dhagwanapo. Shika oshili ngeyi kutya omundhohotola ota tala kutya omiti itadhi eta uupyakadhi washa. Okuna okunwa omiti dhe asiku kehe uule womasiku 28.



John na Ndino oyeli aakuthimbinga moshikonga yo ku keelela omahepekathano momagumbo kosikola yawo. Oyeya kokapangelogona opo ya pule omawuyelel. Omapekaapeko mo Namibia ogamono kutya gumwe gomaakadhona yeli yane mepipi lyoovula 10-14 okwa mona omahepeko. Uuna John ana Ndino yuuvu shika, oya tokola yuuvitheko noku kumagidha aalongwa yo posikola yawo, opo yapopye ngele taa hepekwa.



Rebbeka okuna ombuto yo HIV. Okuli poka pangelogona eya komakonaakono. Omumati gwe okuna aakadhona oyendji. Ngele Rebbeka okwemupula alongithe ongumi, ohemu dhenge opo kaapopye sha. Okwa mwena ihapula we omumati gwe naye ihalongitha we ongumi.



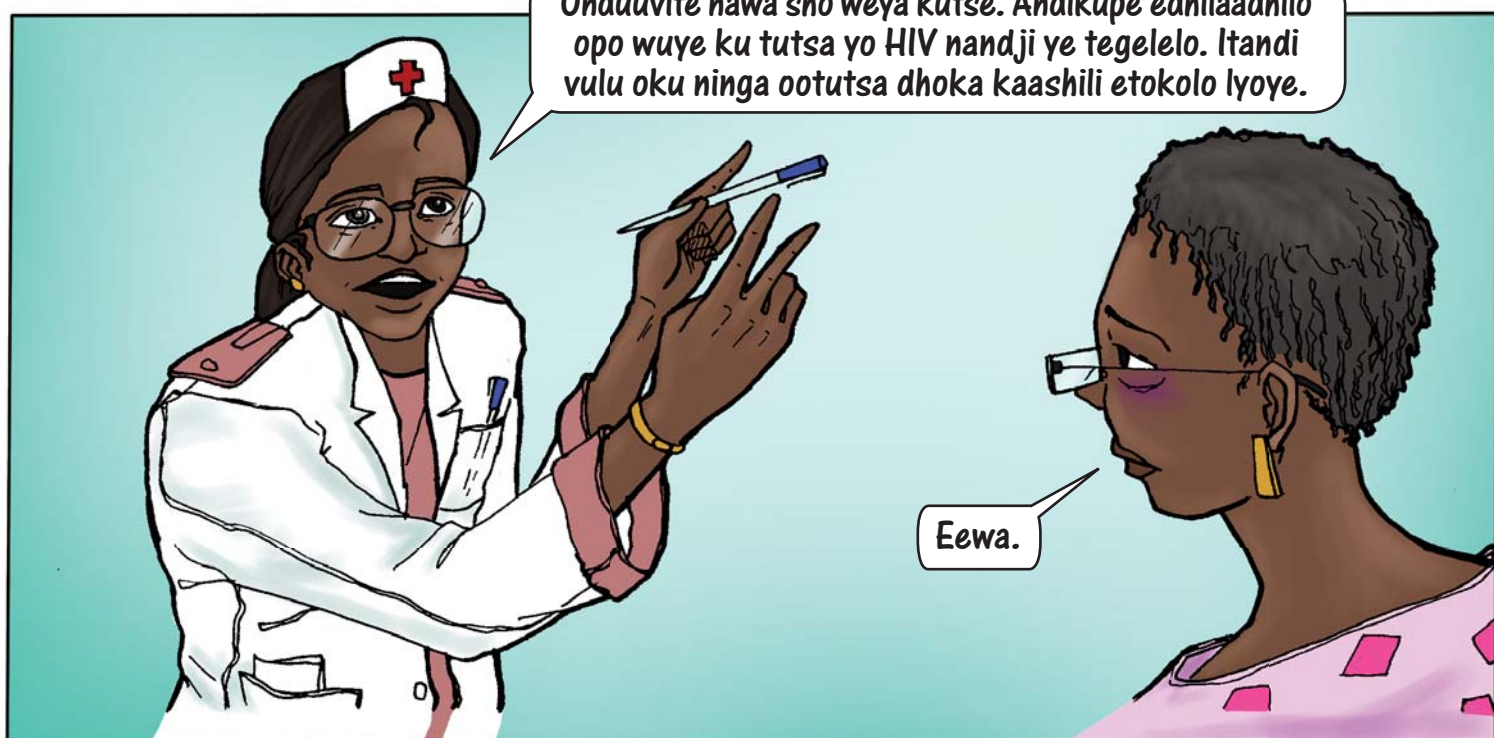
Okwa tengekekwa kutya oyendji yomoshititatu shoo meme mo Namibia oya tskaneka omahepeko okupitila miikaha yaaholike yawo.

Omahepeko ogena omawunayi gopamayi uvo, palutu, niilanduliko mwakwatelwa eyindjipalo lyo mbuto yo HIV.



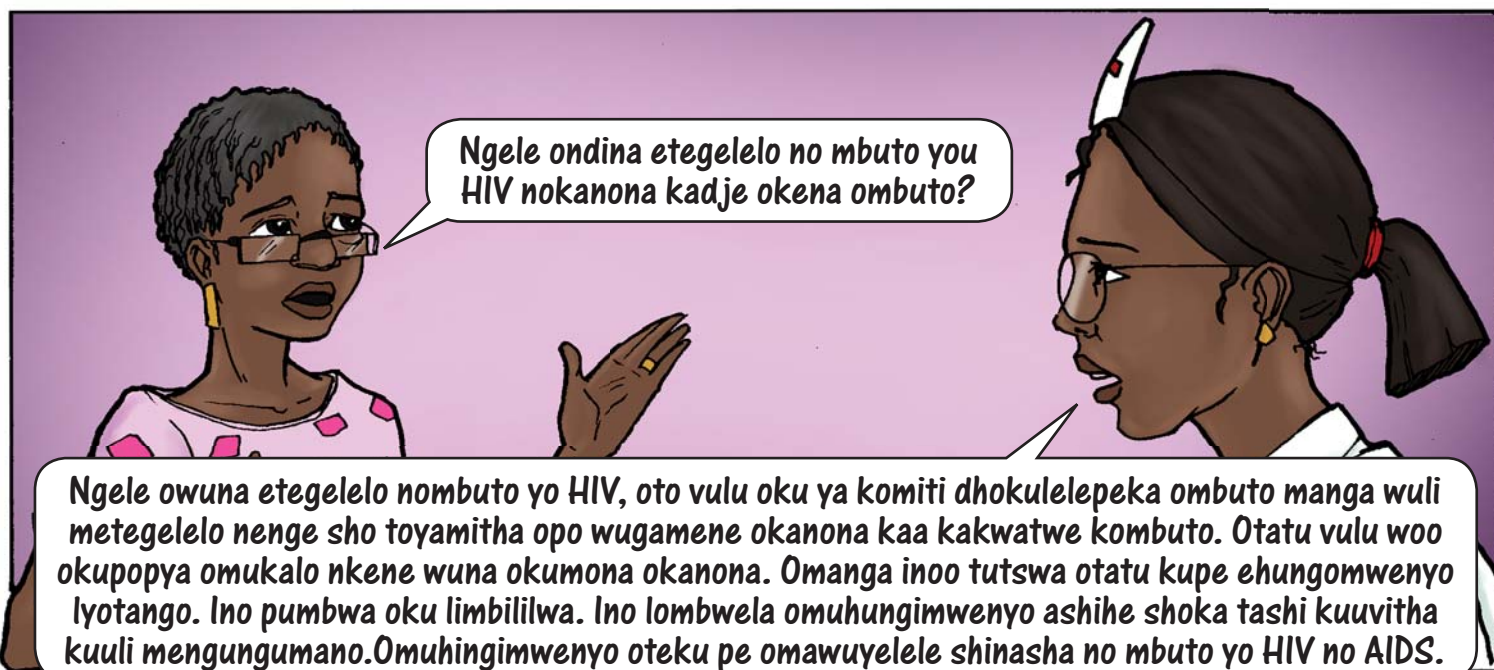


Omusamane gwandje okwakala nokuhepekandje, palutu, pamayiyuvo, nenge pamilalo omwedhi odhindji.



Onduuvite nawa sho weya kutse. Andikupe edhilaadhilo opo wuye ku tutsa yo HIV nandji ye tegelelo. Itandi vulu oku ninga ootutsa dhoka kaashili etokolo lyoye.

Eewa.



Ngele ondina etegelelo no mbuto you HIV nokanona kadje okena ombuto?

Ngele owuna etegelelo nombuto yo HIV, oto vulu oku ya komiti dhokulelepeka ombuto manga wuli metegelelo nenge sho toyamitha opo wugamene okanona kaa kakwatwe kombuto. Otatu vulu woo okupopya omukalo nkene wuna okumona okanona. Omanga inoo tutsa otatu kupe ehungomwenyo lyotango. Ino pumbwa oku limbililwa. Ino lombwela omuhungimwenyo ashihe shoka tashi kuuvitha kuuli mengungumano. Omuhungimwenyo oteku pe omawuyelele shinasha no mbuto yo HIV no AIDS.

KONIMA
YO MASIKU
GA TATU

Konima yo ma siku ga tatu. Martha owuna etegelelo nomakonaakono otaga ulike kutya kuna ombuto yo HIV. Ashike kwathandje wu tseye kutya otashi kwata iiwike 12 konima sho wayi momakwatathano opo otutsa yi mone ngele owuna ombuto yo HIV. Otandi ku shangele esiku mokakalata koshipangelo, opowukala wushi kutya uunake toya kotutsa you HIV.

Kandi shiwo nkene ndina okwiinekela omusamane gwandje okukala tayi momilalo noomeme yamwe. Kandi shiwo ngele ota hulitha po okudhangadje. Ngele okwa tameke okuhepeka okanona?



Martha opuna omikalo nkene wuna okwiigamena mwene no kanona koye komahepeko gomusamane gwoye. Oto vulu okupopya naa na mbelewa haawungawunga nonkalo dhomomagumbo, aapolosi, omusitagongalo, nenge kehe ngu wiinekela shinasha netokolo lyoye. Otovulu okumona egameno lyo paveta kohofa ya mangestrata eto zimo megumembo wu kakale na kuume koye nenge polukalwa lumwe. Oto vulu okuninga eyindilo lyosapota yopaveta yoye ndje noka nona. Otuna omawuyelele mpaka to vulu wuka leshe onga etameko.

IINIMA YA SIMANA MOVETA YOKUKEELELA OMAHEPEKA-THANO GOMOMAGUMBO



Gender Research & Advocacy Project
LEGAL ASSISTANCE CENTRE
Windhoek, Namibia, 2008

Omahepekathano gomomagumbo oshike?

Omahepekathano gomomagumbo ogo omahepekathano ngoka haga ningilwa omukwanezimo nenge omuntu gwontumba ngoka e na omakwatathano gopankalathano nomuhepeki. Ununa uunona owo iihakanwa yomahepeko, nena ohagi ithanwa "omahepeko guunona".

Omakwatathano gopankalathano oshike?

- Ondjokana
- Okukala pamwe/Aantu mboka haya lumbu pamwe onga omusamane nomukulukadhi ashike inaya hokana
- Omuholikekadhona nenge omuholikemati
- Aantu yaali mboka oyo aavali yokanona
- Aavali noyana
- Aakwanezimo ye na ekwatathano lyuukwazimo, ngaashi mpoka hekulu ta futile utekulu osikola (ano uunona wa walwa kumumwayina)

Iiholelwa yomahepekathano gomomagumbo

1. Ehepeko lyokolulu, ngaashi okudhenga, okuthanga nenge okufika.
2. Ehepeko lyopaihu, ngaashi ekwatongona nenge okuthiminika omuntu gwontumba u ye naye miihulo.
3. Ehepeko lyopamahupilo, ngaashi okwiindika omuntu a kale niinima nenge iimaliwa mbyoka a pumbwa nenge a tegelela a kale e na (ngaashi ikulya nenge oondjambi dhawo).
4. Omatilitho, ngoka haga mbandameke omuntu pakulongitha omatilitho nenge omaihumbato gu ukila ko.
5. Omahepeko, ngoka tagi iyendulula nenge okukwatathana naantu yontumba pamikalo ndhoka inaaya hala.
6. Okuyonagula, okuya megumbo nenge okukutha iinima yomuntu gwontumba pwaa na euvathano ne ihaamu zi megumbo limwe.
7. Ehepeko lyopamaiyuvu nenge lyopakana, omaihumbato ngoka haga ningi omuntu a kale u uvite a geyithwa noonkondo nenge a sa ohoni. Shika osha kwatela mo okutukagula kehe ethimbo nenge omaihumbato gondumbo.
8. Omatilitho, okuninga iinima yimwe yomwaambika osho omahepekathano gomomagumbo.

Oshili wo omahepekathano gomomagumbo ngele okanona oka pitikwa ka tale oshilyo shimwe shomofamili tashi hepekwa palutu, paihulo nenge pamwenyo (pamaiyuvu).

Oshike to vulu okuninga ngele owa tsakaneka omahepeko gomomagumbo?

- (1) Oto vulu okuninga eindilo lyegamemo lyopaveta.
- (2) Oto vulu okuninga oshipotha kopolisi.
- (3) Oto vulu okupula opolisi yi gandje elondodho lyopaveta komuhepeki gwoye.

Oto vulu okuya kopolisi e to ningi eindilo lyegamemo lyopaveta pethimbo limwe.

Ngame kandi witeko efatulo lyo "omahepekathano gomomagumbo". Ngame onda i'ndishi omahepekathano oga kwafelamo owala omahepeko gokolulu, ihe efatulo ndika olya kwafelamo omahepekathano paliko noshu wo pamadhladhilo.



Efatulo olya tala komikalo odhindji moka aantu haya hepeke yakwawo. Ngele oweshi tala momikalo ngoka ota mono kuya dhoka odho omikalo odhindji dhomahepekathano, ihe kadhiishi omadhengo gokolulu.



Oveta yegameno oshike?

Oveta yegameno oyo oveta yomutanekwa yompangu ndjoka tayi utha kutya omuhepeki na hulithe po omaihumbato ge guukolokoshi/gomahepeko, a kale kokule naantu mboka ta hepeka, nenge a thige po egumbo lyawo.

Eindilo lyegamena lyopaveta oto li indile ngiini?

1. Inda kOmpangu yaMangestrata. Ino pumbwa hahende nOmunambelewa gwOmpangu ote ku kwathele mokuudhitha oofooloma.
2. Oto vulu okufalela ombangi ndjoka ya mono omahepeko sho taga ningwa nuumbangi mboka wu na po, ngaashi iinyolwa yopaunamiti.
3. Omupanguli otaka tala keindilo lyoye. Ngele opu na uumbangi wa gwana, egameno lyopaveta lyopakathimbo otali ningwa. Omupanguli otashi vulika a kale a pumbwa omaeyelele ga gwedhwa po manga inaa ninga etokolo.
4. Ununa omutamanekeka a pewa elombwelo lyegameno lyopaveta lyopakathimbo, oku na okutokola ngele ote li taamba ko nenge ote li pataneke.
5. Ngele omutamanekeka ote li pataneke, otapu kala iihokolola, haku tiwa omapulakeno, mompangu yaMangestrata/Ompanguli. Iihokolola mbika otayi kala paumwene. Pethimbo lyiihokolola kehe gumwe otaka gandja ombinga yehokolola lyo. Opo ihe Omupanguli taka ninga etokolo kutya ota gandja euthoveta lyelombwelo lyegameno lyopaveta lyahuginina nenge aawe.
6. Ngele omutamanekeka okwa zimine elombwelo lyegameno lyopaveta, elombwelo lyegameno lyopaveta otali kala lyahuginina nopwaa na iihokolola yasha.
7. Ompangu otayi tumu okopi yelombwelo lyegameno lyopaveta koshitaasi shopolisi yopomudhingoloko.



Omolvomauyelele ga gwedhwa po, Elongithwambo lyOveta yOkugamena Omahepekathano gomOmogumbo mona oLegal Assistance Centre.



Pakwathelo lyUukalelipo
wOrepublika yaFrench
Legal Assistance Centre
P.O. Box 604, Windhoek, Namibia
Tel. 061-223356



Martha okwa popya nomunambelewa nomuungawungi gwiinima yomomagumbo ngoka emukwathele opo eyepo noompangela dhe. Martha okwa tseye kutya Simon ita hulithapo okumukuhepeka nokuya momilalo inaadhigamenwa noomeme yalwe. Okwa tokola emuthigepo. Martha okwakakala kumwayina kadhona, okwayi kohofa ya mengistrata okuninga eindilo ndyoka tali thiminike opo Simon afute osapota omenga eli metegelelo sigo okananona taka valwa. Martha okwayi koka pangelogona konoma yiiwike 12. Okwa yi kotutsa oshikando oshitiyali niizemo oyati ye kena ombuto yo HIV.



Omikalo ntano dhomahepekathano momagumbo dhoka thadhi indjipalitha ombuti yo HIV

1. Ehepekathano lyo palutu otali indjipalitha ompito yo kukwatwa kombuto

Lilalo nenge iipogonyona pethimbo lyo kuya momilalo otashi ningitha oshipu opo ombuti yo HIV yipitile pokati kohepeki no mu hepekwa.

2. Ehepekathano momgaumbo nokuya momilalo naaholike oyendji

Omapekaapeko uguulike kutya aayihepeki oyena omikalo dhimwe yafa aasamane mboka haayi momilalo naaholike oyendji poshikandi shimwe. Ngele ohoyi momilele naantu oyendji ohashi indjipalitha oshiponga sho kukwatwa ko mbuto.

3. Omahepekathano momagumbo no momilalo odhindji

Okuya momilalo okudji maantu taahepekathana, molwashoka kutya omulumentu omuhahu okuuvite kutya okuna uuthemba okutokola kutya otayi momilalo uunake na omumeme kena uuthemba wo kutinda.

4. Ilizemo yo mbuto yo HIV maantu haahepekathana

Omukulukadhi eli moma hepeko okuna uumbanda wo kupula omusamane gwe opo yaye kotutsa nenge opopye kutya okuna ombuto yo HIV. Ota kala uuvite uudhigu woku lombwela omusamane opo ya longithe ongumi.

5. Uupakadhi wo kumona oonzo dhmawunawana

Omukulukadhi hakala nomusamane omuhepeki otaka atila okuya aka kongo uunamiti nomawunawana palwe.

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

Email: comic@lac.org.na

Fax: 061 234 953

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 tseyithilwa. Oshitopolwa sha nyanyangindhwa shokafo haka oshanyolwa momutholomolupe lwo Acrobat (PDF) tashi monika ko-website ya: www.lac.org.na.



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