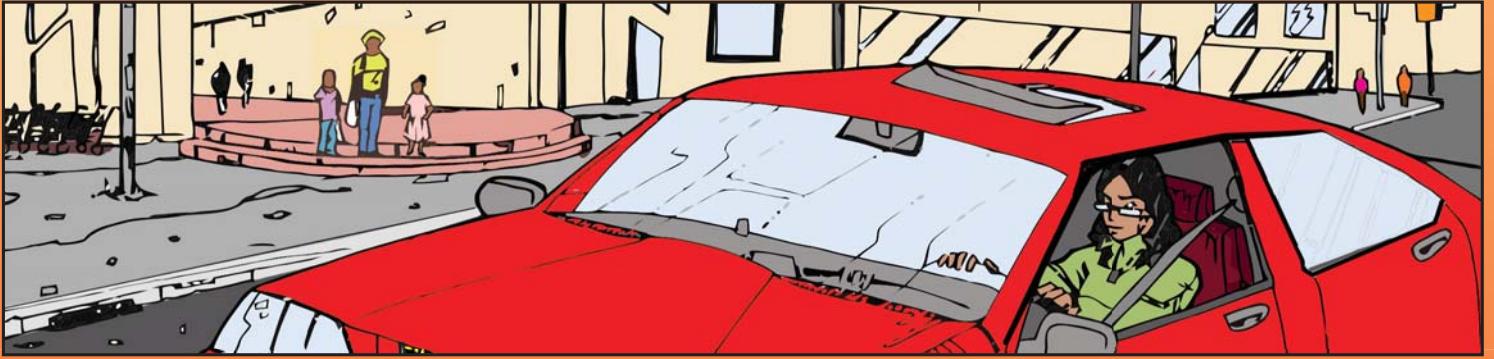


# Omahepekathano momagumbo, o HIV, nomahepeko gakwatakanithwa



Meme, tala osheenditho sha tate.

Keshi tate shila ngo, okulikiilonga.

Owuli mondjila. Keshi tate ndelee o sheenditho oshetu. Kuumeke oye teshi hingi. Enzuna lela. Tate okumuho le unene. Ohandi mumono naye mowiikenda shiwayi wakatalelapo Meme Elizabeth.

Tate na ngame otwapumbwa okupopya.

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?

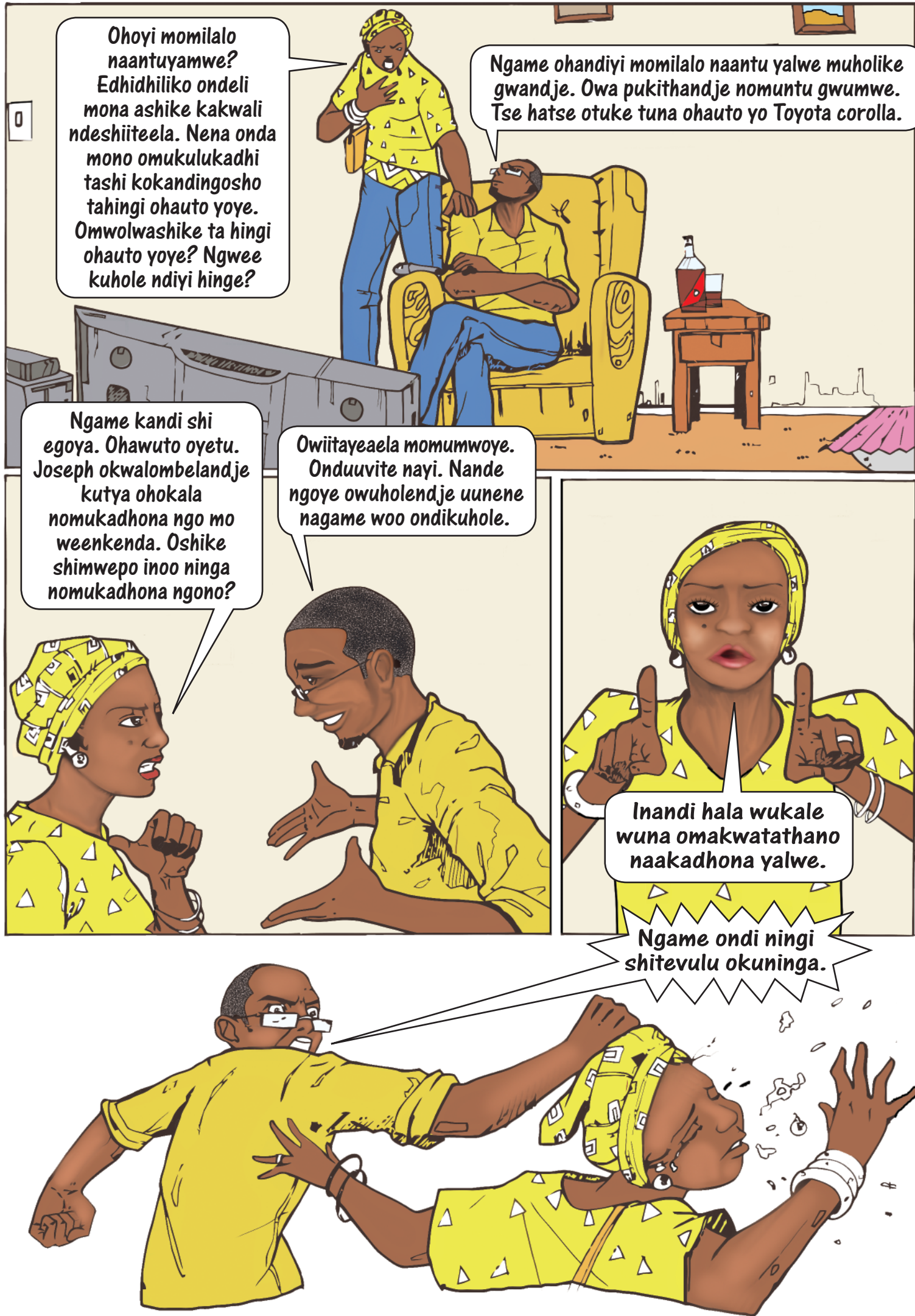
Ngame ohandiyi momilalo naantu yalwe muholike gwandje. Owa pukithandje nomuntu gwumwe. Tse hatse otuke tuna ohauto yo Toyota corolla.

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

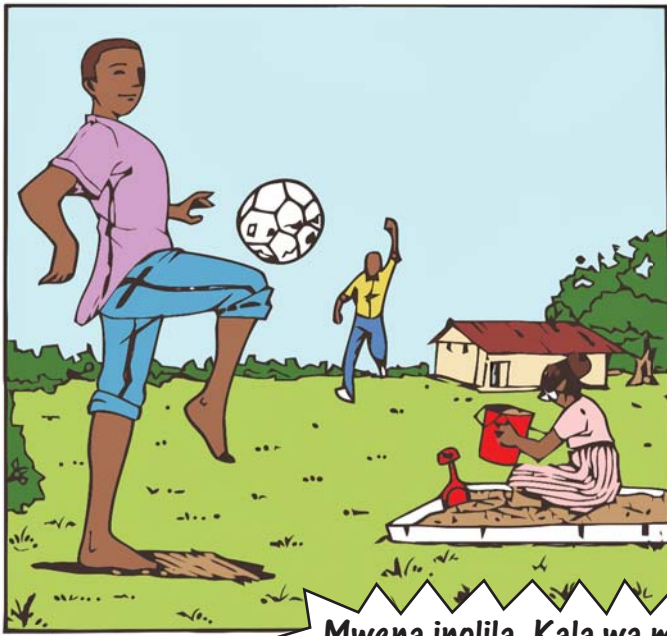
Owiitayaeala momumwoye. Onduuvite nayi. Nande ngoye owuholendje uunene nagame woo ondikuhole.

Inandi hala wukale wuna omakwatathano naakadhona yalwe.

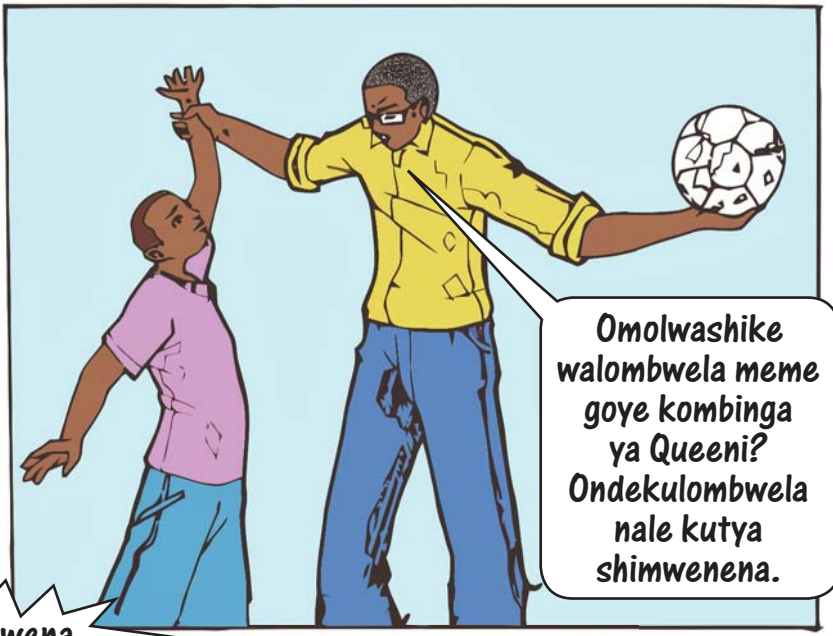
Ngame ondi ningi shitevulu okuninga.







Mwena inolila. Kala wa mwena.



Omolvashike walombwela meme goye kombinga ya Queeni? Ondekulombwela nale kutya shimwenena.



Mwena inolila. Kala wa mwena.



Omolvashike wakutha po etanga lyandje?



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

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

Johannes ota dhengedje. Ye okwa dhenga Joseph. Joseph naye wo okwatameka okuninga ngaashi omikalo dha Johanes. 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 nguini?

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 edhenge tali ya ishewe.

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



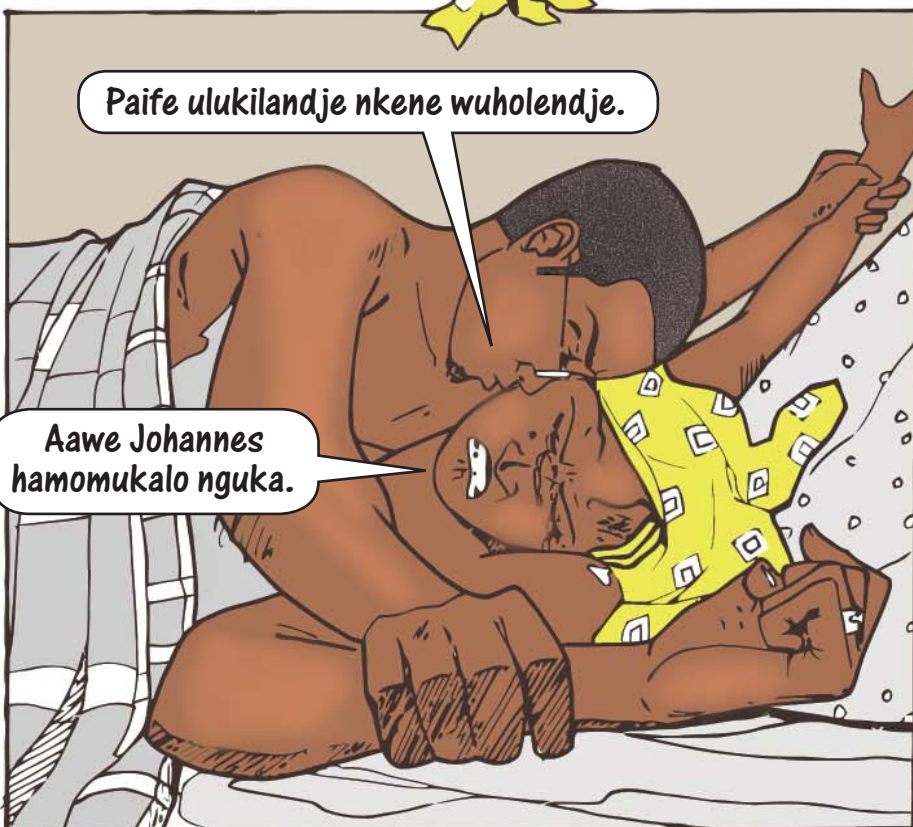




Nangame ondikuhole. Itandi yi we. Aanona oya kotha. Natuye mondunda tuka popyepo.



Ino thigandjepo we  
ngame omulumentu goye!!  
Otoningi ngaashi tiikulombwele.  
Ino lombwela nando ookuume  
koye kimbinga yaashika  
nenge pamwe pwiili.



Paife ulukilandje nkene wuholendje.

Aawe Johannes  
hamomukalo nguka.





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 oshivanawa okutameka okunwa omiti dhoka meendelelo ngele owali wuli moshiponga shomikithi dhoka dhohoni. Opuna woo omiti hadhi vulu oku gamena etegelelo ngele wedhinu pethimbo olyo 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

SOCIAL  
WORKER

Ngame ondili omuungawungi gwomahepekathano momagumbo. Onduuviteko kutya okupopya shoka waningilwa oshidhigu unene. Otandi kambadhala okuku watela opo wu kwandjangele naasho sha ningwapo opo wu kale wuna oonkondo. Otandi kupe omawuyeleele opo wuka patulule oshipotha she kwatonkonga, 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 yihulitwepo. Kuna okukutha oonkatu adhihe dhoka, ihe oshiwana oku tseye shoye shi shekwoopalela.

KONIMA YOOWEDHI HAMANO ...

Johannes okwaningipo shike?

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

Owulipo ngiini?

Onkalamwenyo ombwanawa. Onda mona iilonga onga omulongi gwopeshina mombaanga. Ondayile kombelewa yuudhempa yuwanawa yaaanona. Oshapula ethimbo ele ihe ohofa oya tula mo eindilo lyopashimaliwa opo Johannes afute oondola N\$400 mombaanga yandje omwedhi kehe. Kumwe niimaliwa yandje otashi tupe iimaliwa opo tu hupe. Payife okalamwenyo yandje oyili miikaha yandje mwene. Kandina uumbanda washa wee, naanona yandje oyagamenwa. Onduviite ombili.





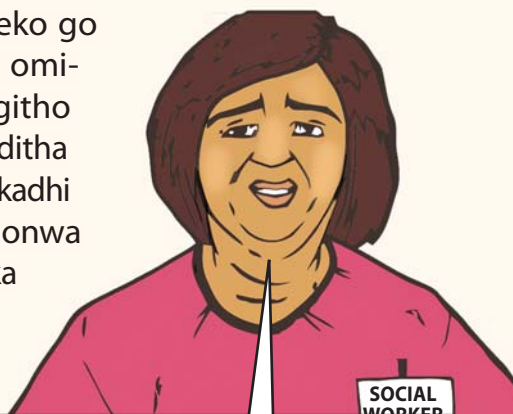
# Omahepekathano omagumbo no mbuto yo HIV

## Oshiponga koo meme

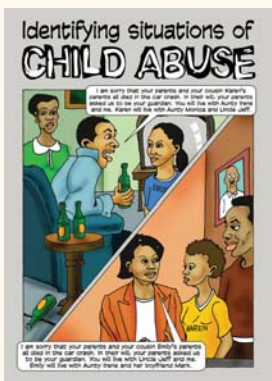
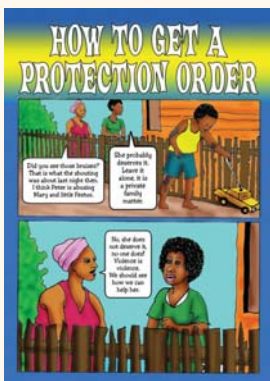
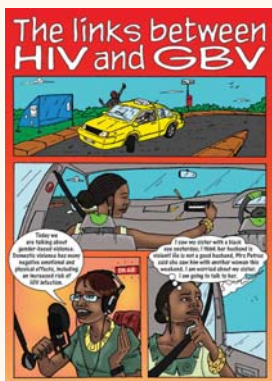
Omahepekathano omagumbo ogena omawuninayi pamayiyuvo nehepeko kolutu niilanduliko makwatelwa egandjo lyo mbuto yo HIV. Oshiponga she kuukilila, okuthiminikilwa koonkondo nekwatathano lyopamulalo nenge okutinda okulongitha ongumi mekwatathano lyopamulalo. Oshiponga she kuukilila ngaashi omahepekathano 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 muyoyene notashi ya etele okuzimina nokutaambako oshiponga mekwatathano lyopamulalo.

## Oshiponga kaanona

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



Uufo mbuka nomishangwa tadhishopi kombinga yomahepeko atawu monika ko [www.lac.org.na](http://www.lac.org.na).



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

Email: [comic@lac.org.na](mailto: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 lakano 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](http://www.lac.org.na).

**Ehokololo:**  
GRACE KAPERE

**Omufatululi gwokafo haka:**  
GABRIEL AUGUSTUS

**Omathano, omutholomo netulomelandalathano:**  
TAFY TANG ARTS & PERRI CAPLAN

**Omuya mbidhidhi gwo pashimaliwa:**  
UNITED STATES PRESIDENT'S EMERGENCY PLAN FOR AIDS RELIEF (PEPFAR) ([www.PEPFAR.gov](http://www.PEPFAR.gov))

**Omuyanyangidhi:**  
JOHN MEINERT PRINTING (PTY) LTD

**Omuholokoli:**  
GENDER RESEARCH AND ADVOCACY PROJECT,  
LEGAL ASSISTANCE CENTRE

This comic was funded by a grant from the United States Department of State. The opinions, findings and conclusions stated herein are those of the author and do not necessarily reflect those of the United States Department of State.



NAMBIANS AND AMERICANS  
IN PARTNERSHIP TO FIGHT HIV/AIDS

**PEPFAR**



Legal Assistance Centre