

EKWATONKONGA MONDJOKANA

Oshituthihango

Ngashingezi
otandi mu ithana
omusamane
nomukulukadhi.



Otaya monika
ya nyanyukwa.
Otaya ka
kala pamwe
nonkalamwenyo
ombwanawa.



KONIMA
YOOMVULA
NTANO ...

Owa lí pení?
Onde ku mono
sho to popí
nomulumentu
gumwe pondje
yegumbo. Ngweye
eliko lyandje, ino
popya we tuu
naye nande.

Kandi uvite
ombili. Omusamane
gwandje ota longitha
oonkondo kungame.
Kandi uvite egameno
megumbo lyandje.





EGAMENO LYOOMEME NUUNONA

Onde ya huka ndí lopote
oshipotha shekwatonkonga.
Omukwatinkonga oye
omusamane gwandje.

Onda nyanyukwa sho we ya
oku shí lopota. Ompango otayí
ti kutya osho ekwatonkonga
uuna omuntu ta thimínikilwa
okuya momulalo. Shíka otashi
ti kutya omusamane ota vulu
okukwatonkonga pamukalo
ngoka omuntu ngoka kee
shirike ha vulu okuninga.

Otandi ke ku fala wu ka mone ndohotola. Otaka nínga
omakonakono opo a kuthe ko humbangí kolutu lwoye. Ote
ke ku pa wo omiti ndhoka tadhi ke ku keelela waa kawte
komukithí gwo-HIV noku ku gamena waa níngé etegelo.

Eeno onde dhí pumbwa. Aluhe ohatu longitha okondoma.
Oshikando shíka ína longitha okondoma. Otandi dhíladhíla oha yí
momílalo naakiíntu yalwe nongashingeýi otandi kawte ko-HIV.

Otandi ke ku pa oopela hadhi ithanwa
omití dhokukeela waa kawte komíkithí
(PEP). Oopela ndhíka otadhi ku gamene
waa kawte ko-HIV. Otandi ku pe oopela
dhomasiku gatatu. Shíno omolwashoka
otwa pumbwa okukonakona omuthíka
gwoye gwo-HIV. Ngele ekonakono olyu
ulike waa na ombuto, owa pumbwa okunwa
oopela ndhíka uule womwedhí gumwe. Ino
dhimbwa nando okunwa oopela nongele
owe dhí dhimbwa itadhi ka longa.

Otadhi gamene
wo kokwaaníngá
etegelelo,
otandi ka nwa
opela yímwe
muule woowíli
72 sho nda
kawtonkonga
nokonima yoowíli
72 oonkwawo?

Eeno. Otandi ka
nyolela mo omasíku
mokakalata koye
kuundjolowele.
Owu na okugalukila
kungame omathimbo
ngaka tandi ke ku
pa. Opo ihe tatu
níngi ekonakono lílwe
lyo-HIV nekonakono
iyetegelélo.



KONIMA
YOMVULA
YIMWE ...



Oto vulu okuninga ekwatathano nomutamaneki gwoye opo wu mu lombwele mu tsakanene ngele ye ine ku dhengela. Owu na okukonga uuyelele kutya olye omutamaneki mokuninga ekwatathano nomunambelewa omupolisi ngoka ta konakona oshipotha shoye.

Ompango otayi ti kutya omalongekidho gowina ohaga ningilwa oohatoyi/oonzapo ndhoka itaadhi vulu okwiikwatha. Oohatoyi ndhoka itadhi vulu okwiikwatha mwa kwatelwa kehe gumwe ngoka e li oshihakanwa shekwatonkonga. Omalongekidho gowina otaga vulu okukwatela mo ehala moka ompangu tayi ka ningilwa uuna to gandja uumbangí woye, elongekidhululo lyomahala gokukuutumba mongulu yompangu naampoka aantu taya ka thikama, nenge taku pitikilwa ekwathelo lyomuntu ngoka te ku thindikile. Ompangu dhimwe ohadhi kala dha pata oshitopolwa shotelevisi. Ngele otapu longithwa otivii. Itamu ka pitikwa mu kale mondunda yimwe onga aatamanekwa. Ngele owa hala okuningilwa omalongekidho gowina mompangu yoye, oshihwepo wu shi kundathane nomutamaneki kuyele ngaashi tashi vulika.

ESIKU LYOMPANGU ...

Okwa lí ndi shí kutya
otu na okupewa ehala
lyopaumwene opo tu
tegelele ompangu. Onda
tila kutya otandi ka mona
omusamane gwandje.

Eeno ompangu otayí
vulu okuninga iinima opo
ompangu yekwatonkonga
yi kale ompu komuntu
ngoka a kwatwonkonga.



Oto ka gandja ehokololo
lyoye mbala. Sho to gandja
ehokololo lyoye, kuumé koye
otaka kala a kuutumba
pooha nangoye. Ita ka popya
sha nangoye omanga to
gandja uumbangi, ashike ote
ke ku yambidhidha wu kale
wu na omukumo.



Okwa thindile ndje pombete
e ta hula mo oonguwo
dhandje. Onda kala tandi
mu lombwele kutya na ethé
ndje ndele ina hala.

Ngweye owa yona
eyono etilithi.
Ondjokana nenge
omakwatathano
galwe gopahole
kage shí
okukwatonkonga.
Molweyono ndika,
otandi ku pe egeelo
lyomimvo 10
mondholongo.



KONIMA YESIKU LYOMPANGU ...



Owa li ependa lela mompangu. Okwa li ndu uvite uugumbo molwoye. Oshikwawo ishewe, omudhingoloko gwetu aguhe ogwa nyanyukwa molwoye. Ila wu tale.

Ompangu oya li unene ya gama kungame, ashike onda nyanyukwa molwashoka inandi kuthitha mo uumbangi wandje. Okukala ndi na oshipotha kompangu osha kala sha pa ndje omukumo kutya onda ninga oshinima shi li mondjila. Shoka omusamane gwandje a ninga osho eyono etilithi/ekumithi.



Aantu oyendji ohaya tila okupopya kombinga yiinima ngaashi omahepekathano gomomagumbo nomakwatonkonga. Oshipotha shika osha gandja oshiholelwa kutse atuhe kutya osha simana okulopota omiyonena una dha holoka.

Aantu oyendji ohaya tila okupopya kombinga yomaupyakadhi ngaka molwashoka oya tila shoka aantu yomomudhongoloko taa katty. Ashike otwa hala okuulukila ookuumet ketu omakwatho getu. Ekwatonkonga olyo eyono ekumithi noli na okumona egeelo edhigu.

Rasamane olundjí
oyo aanene noye na
oonkondo ye vule
aakulukadhi yawo. Inaya
longitha oonkondo
dhawo opo ya pangele
aakulukadhi.

Ombiimbéli ínayí tya
kutya omusamane ota
vulu okukwatonkonga
omukulukadhi gwe.
Ngele aantu otaya
longitha Ombiimbéli opo
ya longithe iikolokosha
ya tya ngaaka, kayu
uvité ko elongo lyayo.

Nonando owu kale ho
futu omukulukadhi
gwoye iigonda, itashí mu
níngí a kale eliko lyoye.

Onda nyanyukilwa
aantu sho ya tameka
okupopya kombinga
yiikolokosha
yomomagumbo.
Ondu uvité kutya
otandí ka kokela
momudhingoloko gwa
gamenwa molwasho.

Namibia oku
na oompango
oombwanawa,
ashike ohashi
kwata ethimbo,
opo aantu yi ilonge
kombinga yadho
noku dhi uva ko.
Onda nyanyukwa
molwashoka
oompango
otadhi longo.

EKWATONKONGA OSHIKE?

Ekwatonkonga olyo "omakwatathano gopaíhulo taga ningwa shaa lí pamauvathano".

Ekwatonkonga kali shí owala omakwatathano gopaíhulo; olya kwatera mo wo omalongekidho agehe gokuya miihulo.

Osho ekwatonkonga ngele okuya miihulo okwa ningwa pamukalo gwelongithonkondo nenge gwethimíniko, nenge monkalo moka ngoye waa na ehogololo lya manguluka.

Ondjokana nenge omikalo dhilwe dhomakwatathano gopahole HASHO ethimíniko lyokuya mekwatonkonga.

SHOKA WU NA OKUNINGA UUNA WA KWATWONKONGA

Ngele owa kwtwonkonga, owu na oku ka lopota mbala ekwatonkonga kOshikondo shEgameno lyOomeme nAnona, nenge kositaasi yopolisi. Oshikondo shEgameno lyOomeme nAnona ohashi patuluka okuza ohetatu (8) yongula sigo opontano (5) yokomatango, Omaandaha sigo Etitano. Ngele osha ningwa uusiku nenge mehuliloshiwike, kwatathana noshitaasi shopolisi yopopepi nangoye. Otaye ku kwatakanitha nomunilonga gwOkoshikondo shEgameno lyOomeme nAnona. Omuntu gwontumba gwo kOshikondo shEgameno lyOomeme nAnona "oha dhengelwa" uule woowili 24 esiku alihe.

Ngele ito vulu okumona Oshikondo shEgameno lyOomeme nAnona, pula omuntu gwontumba gwo kositaasi shopolisi kehe opo e ku fale koshipangelo. Ngele oya tindi, inda ngoye mwene koshipangelo. Osha simana kutya opo wu ka ningilwe omakonakono kundohotola mbala ngaashi tashi vulika. Lombwela ndohotola kutya owa kwtwonkonga.

Okukwathela okukaleka po uumbangí uuwanawa:

- Ino iyoga.
- Ino lundulula iikutu.
- Ino opaleka ehala mpoka pya ningilwa ekwatonkonga.
- Ino lya nenge wu nwe sha.

OMOLWASHIKE WU NA OKULOPOTA EKWATONKONGA

Ohashi pula omatsomukumo ogendji oku ka lopota ekwatonkonga. Ngele ino lopota ekwatonkonga, omukwatinkonga ita pewa egeelo. Omukwatinkonga ota kala a manguluka notashi vulika a ka kwtwonkonga ishewe omuntu gulwe.

Ompango otayi ku gamene paumwene onga oshihakanwa shekwatonkonga. Kashí lí pamulandu opo iifokundaneki, oradio nenge otivii yi nyanyangidhe uuyelele mboka tawu gandja uukwatyia woye.

OWU NA

... EPULO?
... EGWEDHELOPO?
... OWA PLUMBWA UUYELELE OWUNDJI?

KWATATHANA NATSE!

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Otwa hala okuuva eyamukulo lyoye kombinga yokatuuna ndjika.



Molwuuyelele wa gwedhwa po kombinga yOmpango yEkelelo lyEkwatonkonga, okukuthitha mo oshipotha shekwatonkonga nenge okumona ookopi dhiinyanyangidhwu yetu, alikana tu dhengela koLegal Assistance Centre.

Ehokololo:
RACHEL COOMER

Omafano, omutholomo netulomelandulathano:
DUDLEY VIALL naPERRI CAPLAN

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Okafo haka otaka vulu okuningwa ookopi omolwomalakano ge na sha nelongo, shampa ashike onzo ya tseyithilwa.

Ontopolwa yokanyolwa haka yopalusheno yoshyinyanyangidhwu shika otayi adhika ko website yo LAC: www.lac.org.na



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