

# EKWATONKONGA MONDJOKANA

*Oshituthihango*

Ngashingeyi otandi mu ithana omusamane nomukulukadhi.



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

KONIMA YOMVULA YIMWE ...

Ngweye omukulukadhi gwandje. Owu na okuninga kehe shoka nda hala.



Ashike sho twa hokana otwa zimine tu kale tu thike pamwe.



KONIMA YOOMVULA NTANO ...

Owa li peni? Onde ku mono sho to popi 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.



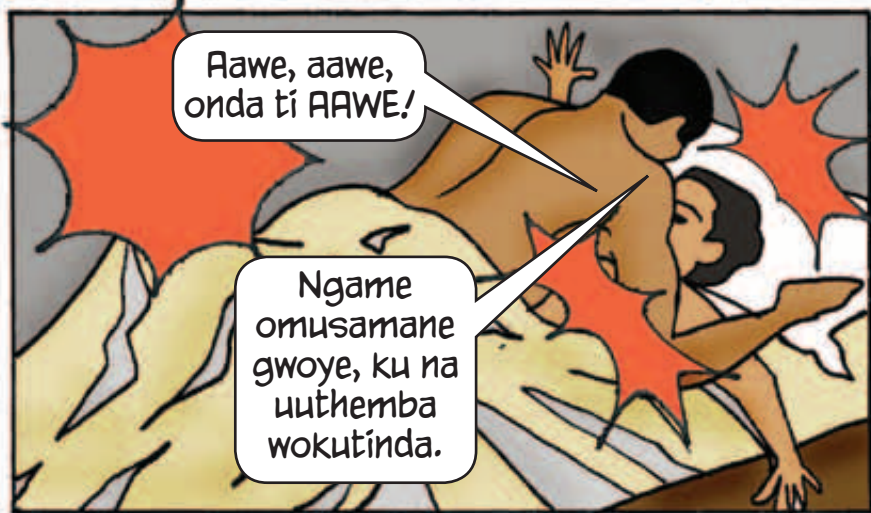


Otandí ka lala. Nangoye íla wu ka lala.

Itandí ka lala ngashingeyí. Onda pumbwa natango okulonga po ílonga yimwe yokombelewa mbyoka nde ya nayo kegumbo.



Aluhe osho ashíke ho tí ngaaka. Oto dhiladhíla kutya onkalamwenyo yoye oya símana unene yí vule yandje. Owa puka. Onda tí kutya owu na oku ka lala ngashingeyí nangame.



Aawe, aawe, onda tí AAWE!

Ngame omusamane gwoye, ku na uuthemba wokutínda.



Otandí yí ndí ka nwe ombíila.



Alíkana kwathíi ndje. Otandí dhiladhíla omusamane gwandje okwa kwata ndje koonkondo.

Owu na okuya kopolísi e to ke shí lopota. Owa hala tu ye pamwe?

EGAMENO  
LYOOMEME  
NLIUNONA

Onde ya huka ndi lopote oshipotha shekwatankonga. Omukwatinkonga oye omusamane gwandje.

Onda nyanyukwa sho we ya oku shi lopota. Ompango otayi ti kutya osho ekwatankonga uuna omuntu ta thiminikilwa okuya momulalo. Shika otashi ti kutya omusamane ota vulu okukwatankonga pamukalo ngoka omuntu ngoka kee shiwiike ha vulu okuninga.

Otandi ke ku fala wu ka mone ndohotola. Otaka ninga omakonakono opo a kuthe ko uumbangi kolutu lwoye. Ote ke ku pa wo omiti ndhoka tadhí ke ku keelela waa kwatwe komukithi gwo-HIV noku ku gamena waa ninge etegelelo.

Eeno onde dhi pumbwa. Aluhe ohatu longitha okondoma. Oshikando shika ina longitha okondoma. Otandi dhi ladhila oha yi momilalo naakiintu yalwe nongashingeyi otandi kwatwa ko-HIV.

Otandi ke ku pa oopela hadhi ithanwa omiti dhokukeela waa kwatwe komikithi (PEP). Oopela ndhika otadhí ku gamene waa kwatwe ko-HIV. Otandi ku pe oopela dhomasiku gatatu. Shino omolwashoka otwa pumbwa okukonakona omuthika gwoye gwo-HIV. Ngele ekonakono olyu ulike waa na ombuto, owa pumbwa okunwa oopela ndhika uule womwedhi gumwe. Ino dhimbwa nando okunwa oopela nongele owe dhi dhimbwa itadhí ka longa.

Otadhí gamene wo kokwaaninga etegelelo, otandi ka nwa opela yimwe muule woowili 72 sho nda kwatwonkonga nokonima yoowili 72 oonkwawo?

Eeno. Otandi ka nyolela mo omasiku mokakalata koye kuundjolowele. Owu na okugalukila kungame omathimbo ngaka tandi ke ku pa. Opo ihe tatu ningi ekonakono liwe lyo-HIV nekonakono lyetegelelo.



Ngame omuniilonga gwonkalonawa. Onda lombwelwa ndi popye nangoye kombinga yekwatonkonga. Ekwatonkonga olyo eyono enene. Ondu uvite ko kutya okupopya kombinga yaashoka wa ningilwa osho oshidhigu noonkondo. Otandi ka kambadhala oku ku kwatha okukwandjangela naashoka sha ningwa po opo wu kale wu na oonkondo.

Tangi. Inandi dhiladhila nando onale kutya shika onashi ka ningilwa ndje.

## KONIMA YOMVULA YIMWE ...

Ngame omutamaneki. Ongula otandi ka gandja uumbangi kutya omusamane gwoye okwa monika ondjo sho e ku kwatonkonga. Onda ku ithana nena opo ndi ku ulukile nkene ondunda yompangu yi li noku ku yelithila shoka sha tegelelwa mompangu. Molwashoka owi ithanwa nomalongoekidho gowina metokolo lyoye, otapu ka kala oskrina/elapithaila pokati koye nomusamane gwoye. Shika otashi ti kutya otaka kala mondunda yimwe nangoye sho to gandja uumbangi, ashike ngoye ito ke mu mona.



Onda tila.

Ondi shi shi shika osho oshidhigu kungoye. Ihe dhimbulukwa, shoka a ningi osho eyono noku na okugeelwa molwasho.

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

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

ESIKU LYOMPANGU ...

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

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



Oto ka gandja ehokololo lyoye mbala. Sho to gandja ehokololo lyoye, kuume 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 ethe ndje ndele ina hala.



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



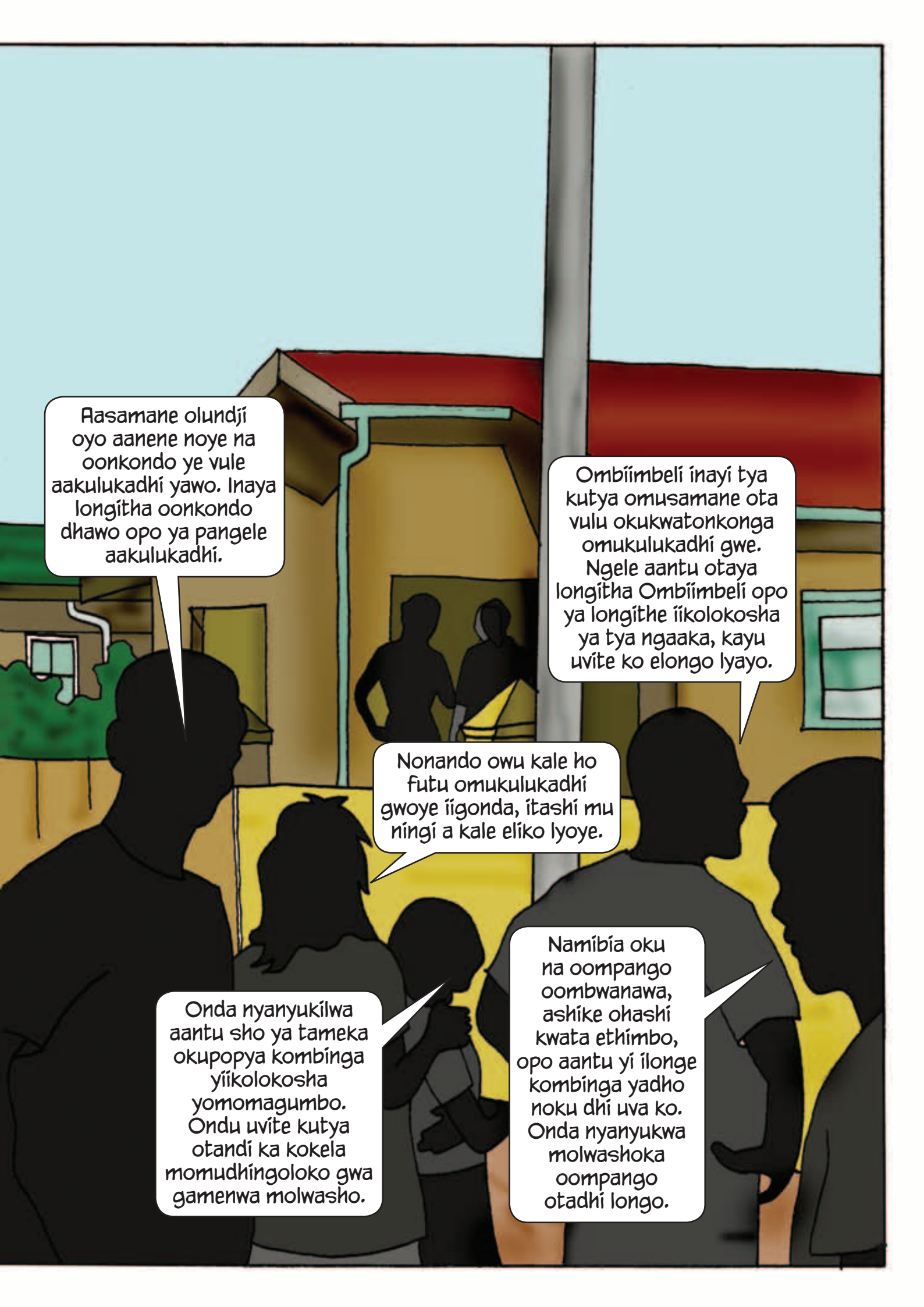
KONIMA YESIKU LYOMPANGU ...

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.

Rantu oyendji ohaya tila okupopya kombinga yininima ngaashi omahepekathano gomomagumbo nomakwatonkonga. Oshipotha shika osha gandja oshiholelwa kutse atuhe kutya osha simana okulopota omiyonena uuna dha holoka.

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



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

Ombiimbeli inayi tya kutya omusamane ota vulu okukwatonkonga omukulukadhi gwe. Ngele aantu otaya longitha Ombiimbeli opo ya longithe iikolokosha ya tya ngaaka, kayu uvite ko elongo lyayo.

Nonando owu kale ho futu omukulukadhi gwoye iigonda, itashi mu ningi a kale eliko lyoye.

Onda nyanyukilwa aantu sho ya tameka okupopya kombinga yiikolokosha yomomagumbo. Ondu uvite kutya otandi 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 gopaihulo taga ningwa shaa li pamauvathano".

Ekwatonkonga kali shi owala omakwatathano gopaihulo; olya kwatela mo wo omalongekidho agehe gokuya miihulo.

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

Ondjokana nenge omikalo dhilwe dhomakwatathano gopahole HASHO ethiminiko lyokuya mekwatonkonga.

## SHOKA WU NA OKUNINGA ULUNA WA KWATWONKONGA

Ngele owa kwatwonkonga, owu na oku ka lopota mbala ekwatonkonga kOshikondo shEgamenno lyOomeme nAanona, nenge kositaasi yopolisi. Oshikondo shEgamenno lyOomeme nAanona 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 nomuniilonga gwOkoshikondo shEgamenno lyOomeme nAanona. Omuntu gwontumba gwo kOshikondo shEgamenno lyOomeme nAanona "oha dhengelwa" uule woowili 24 esiku alihe.

Ngele ito vulu okumona Oshikondo shEgamenno lyOomeme nAanona, pula omuntu gwontumba gwo koshitaasi 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 kwatwonkonga.

Okukwathela okukaleka po uumbangi 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 kwatwonkonga ishewe omuntu gulwe.

Ompango otayi ku gamene paumwene onga oshihakanwa shekwatonkonga. Kashi li pamulandu opo iifokundaneki, oradio nenge otiiivi yi nyanyangidhe uyeyelele mboka tawu gandja uukwatya woye.

## OWU NA

... EPULO?

... EGWEDHELOPO?

... OWA PUMBWA ULUYELELE OWLUNDJI?

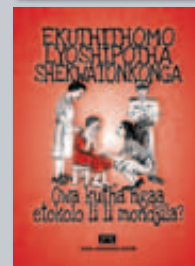
## KWATATHANA NATSE!

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Otwa hala okuuva eyamukulo lyoye kombinga yokatuuna ndjika.



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

Ehokololo:  
RACHEL COOMER

Omafano, omutholomo netulomelandulathano:  
DUDLEY VIALI naPERRI CAPLAN

Omuwiliki gwoprojeka:  
RACHEL COOMER naDIANNE HUBBARD

Omuqwatheli:  
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LEGAL ASSISTANCE CENTRE,  
2010



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



Ontopolwa yokanyolwa haka yopalusheno yoshinyanyangidhwa shika otayi adhika ko website yo LAC: [www.lac.org.na](http://www.lac.org.na)

