

IINIMA YA SIMANA MOVETA YOKUKEELELA OMAHEPEKA-THANO GOMOMAGUMBO



Gender Research & Advocacy Project
LEGAL ASSISTANCE CENTRE
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Ekwato onkonga oshike?

Ekwato onkonga ohali holoka uuna omuntu "tayi momilalo" pwalongithwa "onkalo yethiminiko".

Kutya nee aalumentu nenge aakiintu ayehe ota ya vulu okukwatwa onkonga

Oku ya momilalo otashi fatululwa kutya osha kwaterlamo:

- etulomo lyuulumentu muukiintu, mokana, nenge pokati komatako gomuntu mukwawo
- etulomo oshilyo kehe sholutu lwomuntu nenge shoshinamwenyo muukiintu nenge pokati komatako
- etulomo lyoshinima kehe muukiintu nenge pokati komatako
- elatho nelaka iilo yopaumwene yomulummentu nenge omukiintu
- kehe omukalo go ku pendula iilo yopaumwene.



"Onkalo yethiminiko" otayi fatululwa kutya omuntu okwa kondjithwa nenge a thiminikwa ko:

- elongitho lyoonkondo nenge omambandameko
- embandameko lyoku etitha omayehameko galwe
- ita vulu okuzamo monkalo moka eli
- ita vulu okuvako nenge okukeelela onkalo ndjoka eli muyo molwashoka okwa kolwa/eli kohi yiingangamithi/a kotha/ena uulema
- omuntu ota idhimbiye a fa omuntu gulwe nenge ta idhimbiye a fa sho ta ningi kashi shi omulalo
- eholoko po lyaantu yevule pugumwe olya longithwa okumbandameka omuntu opo aye momulalo
- omuntu gumwe oku li kohi yoomvula 14 omanga gumwe omukuluntu kuye noomvula 3.

Omiti dhokukeelela omuntu kukwatwe kombuto yoHIV (PEP)

Otashi vulika u pumbwe okukonaakonwa ombuto yo HIV notashi vulika u pewe omiti dhokukeelela ku kwtwe kombuto yo HIV (PEP). Omiti dhika otadhi kwtalele opo ombuto yoHIV kayi ku kwate. Omiti dhika (PEP) ohadhi gandja oshali ngele it vulu okufuta.

Ekwato onkonga moondjokana

Ondjokana itayi kwata moshipala ekwato onkonga. Ngele omusamane okwa thiminike omukulukadhi gwe nenge omukulukadhi a thiminike omusamane gwe, nena otashi talika ko ekwato onkonga. Ekwato onkonga, ekwato owala onkonga ngele omuntu okwa ti ina hala nenge a thiminikwa okuya momulalo.



Ekwato nkonga ekwato owala nkonga...nando omo ndjokana!

Shoka wu na okuninga ngele owa kwtwa onkonga

Kaleka uumbangi:

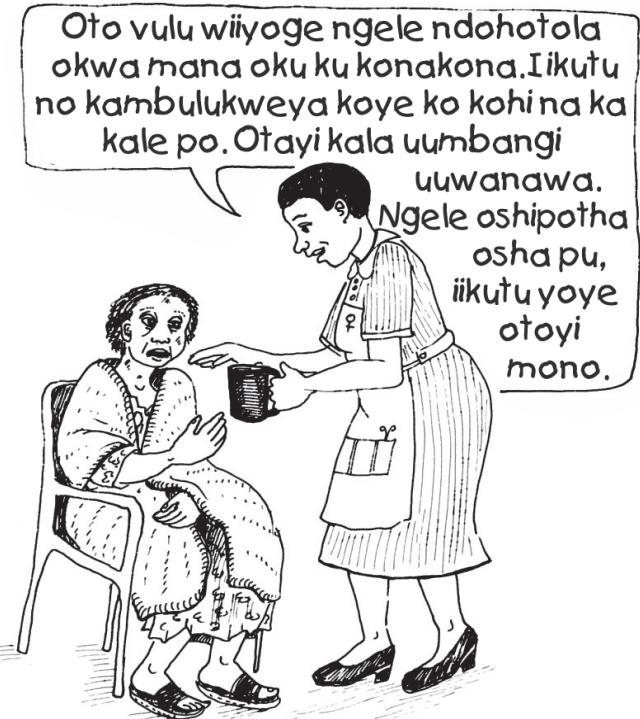
- Ino iyoga.
- Ino lundulula omuzalo gwoye.
- Ino opaleka ehala mpoka wa kwtelwa onkonga.
- Uumbangi kehe wu tula mombapila. Ino wu tula moshinayilona (mefwagalala).

Inda kopolisi nenge kOshikondo shEgameno lyOomeme nDunona

Ouna okulopota ekwato onkonga kopolisi opo nakukukwata onkonga a kwtwepo. Omauyelete goye otaga kalekwa paumwene. Epangulo wo nalyo otali kalekwa paumwene, ano itali kala montaneho yaayehe.

Inda kundohotola, koshipangelo, nenge kokapangelona

Mona ndohotola nenge omupangi meendelelo ngaashi tashi vulika. Ndohotola ota vulu oku ku pa omiti okukeelela ku kwtwe kombuto yoHIV nokomikithi dhlilwe ndhoka hadhi taandele oku momilalo, osho wo omiti dhokukeelela okuninga epunda lya za mekwatonkonga.



Ngele owa ningi epunda okuza mekwato onkonga

Ngele owa ningi epunda okuza pokukwatwa onkonga oto vulu okukuthamo epunda shi li paveta. Ninga omakonakono ku talikwe ngele owu na epunda ngele omathimbo goye oga kalako, ngoye to lombwele omundohotola goye uuna wa hala okukuthamo epunda.

Komauyelete gagwedhwapo lesa Omapukululo Genasha Noveta Yoku Ngambeka Ekwato Onkonga.



Pakwatho lyopashimaliwa lya za ko Embassy yoRepublic yaFrance

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