

PrEP nomuholike gwoye

ONGIINI NDI NA OKU YAMBIDHIDHA OMUHOLIKE GWANDJE E LI KO PrEP?

Oto vulu oku mu yambidhidha ngele to mu dhimbulukitha a nwe oopela dhe kehe esiku. M'kwathela a, mone ethimbo nosheenditho a ka tale omithi dhe. Popya na ye kombinga nke e na okunwa omithi dhe, nkee e na okutsikila ta nu omithi dhe nawa, mwa kwatelwa oku ke dhi tala koshipangelo. Tsa omukumo omuholike gwoye kombinga yuwanawa wepango lye.

OMUHOLIKE GWANDJE OKUNA OMALUNDULUKO (SIDE EFFECTS) OMAWINAYI GWOMITI NA OKWA HALA OKU ETHA OMITI. NANDI NINGE NGIINI?

Dhimbulutha omuholike gwoye kutya aantu yamwe dhidhilike omalunduko momalutu onga uuna ya tameke omithi dhoPrEP. Omalunduluko ngaka ogwopakathimbo oha ga holoka miiwike iishona lela omanga olutu ta lu ikilile omithi dhika. oshivanawa okunwa omithi dhoye manga ino ka nangala. Ngele omadhidhiliko ogakwata ethimbo ele, popya naalongi yuundjolowele poshipangelo kehe.

NGELE OMUKADHONA GWANDJE OKU LI KOPREP, OTA SHITI NGIINI MOHOLE YETU ?

Oku hogolola omithi dhoPrEP otashi mu kwathele amuhe nomuholike gwoye, ka mu kwatwe kombuto yoHIV. Ota shiti owu nako nasha nonkalamwenyo yomuholike gwoye no hole yeni. PrEP, ota shiti okusilathana oshimpwiyu paundjolowele opo mu kale mu na onkalamwenyo ombwanawa.

OMUKADHONA GWANDJE OTA VULU OKUNINGA ETEGELELO MANGA E LI KO PrEP?

Eeno, PrEP iha keelele oku etapo oluvalo nande. Osha simana oku longitha oongumi (condom) naashihe shoka ha shi keelela epunda opo wu yande oluvalo ina lulongekidhwa.

OMUKADHONA GWANDJE OKU LI METEGELELO, OTA VULU OKUPEWA OPrEP?

Eeno, omakonakono agendji oga mona kutya omithi dhoPrEP inadhiniika oshiponga kokanona ke li mu yina nenge ku meme yemwene. Uukwashili owo mbuka kutya, PrEP ota gamene okanona, meme eli metegelelo nenge ta yamitha kombuto yoHIV.

Ngele owuna epulo nenge wa hala uyelelele owundji kombinga yoPrEP , popya nomulongi gwuundjolowele kehe poshipangelo shili pope nande talela po epanja lyetu lyoFacebook.



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Ngame onda tokola oku yambidhidha



#PrEP.
YOYE, YO
OYA NDJE.

PrEP OSHIKE?

Efupipiko PrEP ota li ti; "pre- exposure prophylaxis." PrEP oyo oludhi lwOpela ha yi kwathele aantu mboka ita ya lumbu nombuto ka yakwatwe kombuto yoHIV. Opela yo PrEP oha yi vulu okunuwa ethimbo kehe lyesiku, kutya pena ikulya nande kaapena ikulya.

PrEP OHA LONGO NGIINI?

Ngele oho nu omiti dho PrEP esiku kehe, otashi kwathele oonkondo dhomiti dhi kale mombinzi oshowo moontumba dholutu. Shika otashi keelele ombuto yoHIV.

ANO OPREP OHA YI LONGO NGA?

Ngele owi yutha nawa kepango lyoPrEP otashi ku keelele okukwata koHIV nooplesenda omilongo omugoyi (90%).

OTASHI KUTHA ETHIMBO LI THIKE PENI OPO OPREP YI LONGE MOLUTU?

Opo omiti dhi longe nawa, oha shi kutha omasiku ga 7 ngele aaholathani oha yayi momilalo oku pitila konima, komatako, na oha shikutha omasiku 21 ngele aaholathani oha yayi momilalo okupitila komesho, kiilyovalithi.

NANDI KUTHE OPREP?

Popya noshipangelo kehe shi li popepi opo wu mone uyelele wu li mondjila kombinga yo ku tameka PrEP. Ashike kala nee ito lumbu nale nombuto yoHIV.

OMITI DHO PrEP ODHA OPALELA NDJE NGA?

PrEP omiti dhili nawa na odhina egameno, iha dhi lundulula omalutu getu, ooplesenda 90 % dhaantu ye li koPrEP ina ya mona omalunduluko omawinayi momalutu gawo, na yeli 10% oya mona omalunduluko (side effects) ethimbo ehupi lela ngaashi; okuya kiihwa olundji, lololoko, okukaniitha ehalo lyo kulya, epunda ta li thetwa, omutse ta gupwatuka. Ashike omalunduluko ngaka oha ga kwata omasiku omashona lela ngaashi omwedhi gwootango omuntu a tameke epango. Popya noshipangelo shoye ngele omalunduluko ngaka oga kwata ethimbo ele.

ONGIINI TA NDI MONO OMITO DHO PrEP?

Omiti dho PrEP oha dhi gandjwa oshali miipangelo ayihe yepangelo moNamibia. Omuntu oho ningilwa omakonakono gwo HIV tango manga ino pewa omiti dhika.

ONDA PUMBWA OKU NWA OMITI DHO PrEP ESIKUKEHE ONKALAMWENYO AYISHE?

Omiti dho PrEP, iha dhi nuwa uule wonkalamwenyo – oha dhi nuwa uule woshiwike, omwedhi nenge oomvula dhontumba uuna wu wete kutya owu li moshiponga sho kukwatwa kombuto yoHIV.

NGELE ONDA HALA OKWETHA PO OMITI DHO PrEP, OTANDI NINGI NGIINI?

Popya nomuniilonga guundjolowele poshipangelo. Oto tsikile nokunwa omiti dho ye uule womasiku 28 konima wa li moshiponga sho kukwata kombuto. Shika oku kwashilipaleka kutya owa gamenwa. Konima yo kweethapo omiti, natango oto vulu oku dhitameka uuna wu wete kutya owu li moshiponga sho ku kwatwa kombuto, to shi ningi moku talelapo oshipangelo kehe.



PrEP OTA VULU OKUNUWA NOMALOVU NENGE PAMWE NOMITI DHILWE?

Kapena naana uudhigu okulongitha omalovu uuna wu li koPrEP ashike oku nwa omalovu shapitilila oshili shanika oshiponga kuundjolowele woye na ota shi eta wudhimbwe okunwa omiti pethimbo. Nonando owu li kepango lilwe, omiti dhoPrEP ota dhi vulu okunuwa pawe nomiti dhimwe.

PrEP OYE IKE EGAMENO NDA PUMBWA?

Nonando PrEP okwa simana mokwiigamena ku kwatwe ko HIV, kapena omukalo guna egameno lyoplesenda ethele.

Uuna wu li ko PrEP, osha simana oku longitha omikalo dhilwe dho kwiigamena kombuto yo HIV ngaashi okulongitha okondoma.

PrEP iha keelele omikithi dhilwe dhomomilalo, osha simana okwiigamene komikithi dhilwe dhoka ha dhi kwata omuntu okupitila momilalo.

EYOOLOKO POKATI KOPREP NOMITI DHO PEP

Omiti dho PrEP oha dhi nuwa manga inoya moshiponga sho kukwatwa kombuto yoHIV omanga PEP omiti dhoka ha dhi nuwa konima waya nale moshiponga sho kukwata koHIV. PEP oha nuwa uulethimbo weewili 72 konima yoshiponga sho kukwatwa koHIV . Hol, konima okondoma yatopa , nande waya nale momilalo inolongitha okondoma nomuntu ena ombuto.

PrEP OKWA FAATHANA NOMITI DHO KU LELEPEKA OMBUTO YOHIV MOLUTU?

Aawe. PrEP oludhi ike lwomiti dhoku lelepeka oHIV ashike PrEP oha gamene aakwaita yolutu uuna oHIV ye ya molutu. Omiti dho ku lelepeka oha dhi shonopeke omwaalu gwoHIV molutu nokukaleka olutu lu na oonkondo mokulwitha omikithi dhilwe dhoka ha dhi etwa kombuto yoHIV.