

OPrEP kai shi omuti oo u na okulongifa onghalamwenyo yoye aishe.

Ohandi longifa ngahelipi oPrEP?

Longifa oPrEP lumwe mefiku efiku keshe. Keameno lili pombada, oPrEP onawa ilongifwe oule womafiku aheyal manga ino ya momhito yo kukutula moupayakadi woHIV.

Ngeenge onda nhuka po okunwa opela?

Ngeenge owa nhuka po opela ndele to dimbulukwa efiku tuu olo, i nwa ashike efimbo olo wa dimbuluka. Ngeenge owa dimbuluka mefiku la shikula ko, twikila nokunwa oPrEP pefimbo olo ho i nu shito. Ngeenge owa nhuka po okunwa oPrEP oule womafiku ashona, tameka okunwa oPrEP ngaashi shito, ndele to longifa omukalo umwe wokuliamena wa wedwa po, ngaashi eekondoma oule womafiku a 7 komesho.

OPrEP ohandi i longifa oule wefimbo li fike peni?

OPrEP nai longifwe shamha ashike u li moupayakadi wokukwatwa koHIV. Okulongifa oPrEP ehoololo loye. Oto dudu u xulifepo oku longifa oPrEP ngeenge u he li vali moupayakadi wokukwatwa koHIV ile wa hoolola oku longifa omikalo dimwe doku keelela oHIV.

Ohandi xulifapo ngahelipi okulongifa oPrEP?

Kutya nee ou na omatomheno elipipo okuxulifapo elongifo loPrEP, kendabala waa hololele omunailonga woundjolowe pamwe ope na ngoo oshinima ino shi diladila. Natango yoo, ope na omikalo dimwe po to dudu oku hoolola okulikeelela koHIV odo tashi dulika odo to kala wa hala okulongifa. Omunailonga woundjolowe ote ke ku pa ouyele u nasha noulefimbo oo u na oku kala to longifa oPrEP konima wa li u li meemhito odo tadi dudu oku ku kwatifa koHIV. Oto dudu okutamekulula oPrEP keshe efimbo u udite u li moupayakadi wokukwatwa koHIV natango.

Oshike vali nda pumbwa okushiiva kombinga yoPrEP?

- OPrEP kai shi etunhilo ile ouhaku woHIV
- OPrEP ihai keelele omikifi dikwao odo hadi tandavele pamilele. Okulongifa eekondoma mondjila na keshe efimbo oo ashike omukalo wokuliamena kudo.
- OPrEP ihai keelele u ninge eteelelo. Hoolola omukalo woku likeelela keetelelo ou we ku wapalela.
- Ito dudu okukwatwa koHIV pa kulongifa oPrEP. OPrEP ohai keelele oHIV iha kwate ko olutu loye.
- Apa tashi dulika, oPrEP nai longifwe pamwe nomikalo dikwao dokushunifa pedu oupyakadi wokukwatwa koHIV ngaashi okuya momilele da amenwa, elongifo lokondoma efimbo keshe to i momilele, epango lookaume vopamilele ovo tava lumbu nombuto yoHIV, epango lomikifi hadi tandavele pamilele, nekengho lovalumenhu.



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Omapulo oo haa pulwa luhapu kombinga

PrEP



OPrEP ehoololo dingi kovanhu ava vehe na ombuto yoHIV opo va keelele oHIV

OPrEP oshike?

OPrEP (epango omanga ino kwatwa) omukalo wokukeelela okukwatwa kombuto yoHIV pakunwa opela omanga ino kwatwa kombuto yoHIV nokutwikila okunwa opela pomafimbo opo u wete kutya ouli moupayakadi wokukwatwa koHIV. MoNamibia, oPrEP oi li mo molupe lopela hai nuwa lumwe mefiku. Omaludi amwe ape, ngaashi ovenda ile okalinga oko haka djalwa meni loukainhu, otashi dulika di ka kale di li po monakwiiwa.

OPrEP ohai longo ngahelipi?

Ngeenge owe li hange u li monghalo tai dulu oku ku kwatifa koHIV, oPrEP ohai longo pakukeelela ombuto iha hapupale ngeenge ye ya molutu loye. Pakukala inai hapupala, ombuto ohai fi diva, no ito kwatwa koHIV.

OPrEP oya faafana nepango loHIV (ART)?

Ahowe. OPrEP nepango loHIV ohadi longifa omini dokukondjifa oHIV di shiivike onga eeARV. OPrEP ohai longifwa ashike kovanhu ava inava kwatwa kombuto yoHIV opo ve likeelele kokukwatwa kuyo pefimbo ve li moupayakadi wokukwatwa. Lo epango loHIV, olonghalamwenyo aishe kovanhu ovo tava lumbu nombuto yoHIV opo va kale ve na oukolele.

OPrEP oya faafana no PEP?

Ahowe. Adishe odokukeelela ombuto yoHIV ashike ohadi longifwa sha yoolokafana. OPrEP ohai longifwa manga nopefimbo u li moupayakadi wokukwatwa kombuto omanga oPEP hai longifwa konima wa ya moupayakadi.

**OPrEP otai monika oshali
peenhele adishe douhaku depangelo.**

Ondi li moupayakadi wombuto yoHIV?

Ngeenge oho i momilele ndele ku na ombuto yoHIV otashi dulika u kale u li moupayakadi wokukwatwa kombuto yoHIV, unene tuu ngeenge:

- kaume koye kopamilele ota lumbu nombuto yoHIV
- ku shi shii kutya kaume koye wopamilele okwa fikama peni shi na sha nombuto yoHIV
- iho longifa eekondoma efimbo keshe
- ove ile kaume koye wopamilele oha kala vali nookaume vamwe ve lili vopamilele pefimbo e li naave

Okukala u li meteelelo ile to nyamifa ohashi lundulula olutu loye momikalo omo tashi ningi shipu opo ombuto yoHIV i ye molutu loye no i ku kwate. Ngeenge opo wa kwatwa kombuto yoHIV pefimbo u li meteelelo ile to nyamifa, okaana koye oke li moupayakadi wakula wokukwatwa koHIV.

Omolwashike ndi na okuhoolola oPrEP?

OPrEP oo omukalo dingi wokukeelela oHIV ngeenge ohashi kala shidjuu kwoove okulongifa omikalo dikwao, ngaashi eekondoma. Oto dulu yo okulongifa oPrEP mehokeko ovanhu vamwe vehe shi shi, tashi ku tula metonatelo loukolele woye mwene.

Onda wana okulongifa oPrEP?

Keshe ou e na okudja peedula 15 noku wete kutya oku li moshiponga shoHIV ota dulu okulongifa oPrEP. Ngeenge ou li koshi yeedula o15 nou udite u li moupayakadi wakula wokukwatwa ko HIV, popya nomunailonga woundjolowe.

oPrEP ohai longo?

Heeno! OPrEP ohai longo neenghono mokukeelela oHIV. Opo oPrEP i longe, omwa pumbwa okukala mu na omuti wa wana molutu loye u ku amene koHIV. Sho osho nee mokulongifa oPrEP lumwe mefiku efiku keshe osha fimana neenghono.

**OPrEP oi na eamenookulongifa
pefimbo u li meteelelo
nomanga to nyamifa.**

OPrEP oi na eameno?

OPrEP oi na lela eameno. OPrEP oi na eameno kokulongifa pefimbo u li meteelelo nomanga to nyamifa na ihai eta omaulema asha kokaana. Ihai kufa po oludalo ile ehala lokuya momilele. OPrEP oi na eameno okulongifwa pamwe nakeshe omukalo wokukeelela oludalo ile omini dimwe.

Ohandi ka mona oilanduli?

Ovanhu vamwe ota shidulika vamone oilanduli ngaashi ouyehame womutwe, womedimo ile va kale ve udite va fa tava hale okukunga. Ei ohai holoka momafiku ashona opetameko nohai kana po nefimbo. Popya nomunailonga woundjolowe e ku kwafele nokuxwepopaleka oilanduli keshe fiyo ya kana po.

**Onda hoolola
oPrEP ndi liamene
osho yoo okaana
kange koHIV."**

