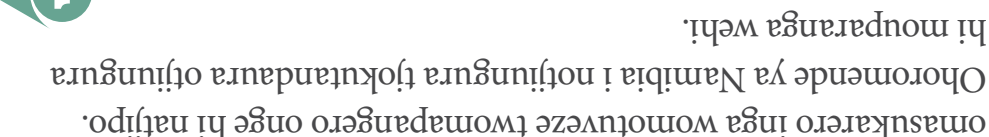


Omasukarero wovatumendu omaisireko womukova mbu kara kombanda yokapipi..



- Kombunda yokusukara, omurumendu u sokuundja ovivike 6 amaa kara norukatuko poo okuritjukutjura omuini, kutja eye ma veruke.
- Tjimuna komatauriro kangamwa ayehe pe ya rumwe aperi kara okauzeu kombunda yokusukara.
- Kohapo onganga i pa omundu omayuva tjiva wokusuva koviungura kombunda yokusukara.



○Varumendu mba sukara mozoperesende 60 kave
yenene okutoora Ondwi yEhinga – nungwari ovo
ngunda ve sokunguris a ozongumi zorukatuiko.

Okuthelevera pu pa yene, ozonguni ze sokunqunisiwa osemba
ofikando aTjhe. Movarumendu mbe hi ya sukara omukova
umbwi wokehi omutazazu Tjine, Tji Tji Tjita kufya owo u kururuke
poo okutauka morkutaku nokuyanDera Ondwi Yehinga
okuhita mortu noupnu. Kehl yomukova ku nounyama outikona
(Tangerhans cells) mbu nanukira Ondwi Yehinga okuhita mo.
Omukova Tji wa kondwa okufa ounyama mbwi ofji u isiwa po nu
nomba womahwangero wOndwi Yehinga au tikonaparisiwa.

- Pendje nondjeverero onditi kOndwi yEhinga, oumba wokutoora omitjise mbi za morukatuko tjimuna ovikamwaha outiti movarumendu mba sukara wina.
- Omasukarero ye tikonaparisa omahwangero nomauezu wouvere warwe mbu yetwa i omukova.
- Pe nomaumba omatiti womitjise vyokututama movazandona mba sukara nokangara yomokapipii movarumendu mba sukara.
- Ovarumendu mba sukara ve pe muna oupupu okutjinda oupipii wavo oukohoke.



Omasukarero wovatumendu kaye tjevere ovakazendu kOndwi yEhinga.

kuṭṭa omasukarero wovatumendu kaye
thevera ovakazendu k'ondwi yehinga, ovo
ve sokutiwa ohunga na wo kuṭa ve vatore
ovanatje vavo ovazandu, omapanga wavo
ma varwe kuṭa ve keriṣukariṣe poo ave

the kertsukarisa. Ovaka zendu mbe norukatu ku novarumendu mba sukara wina ve

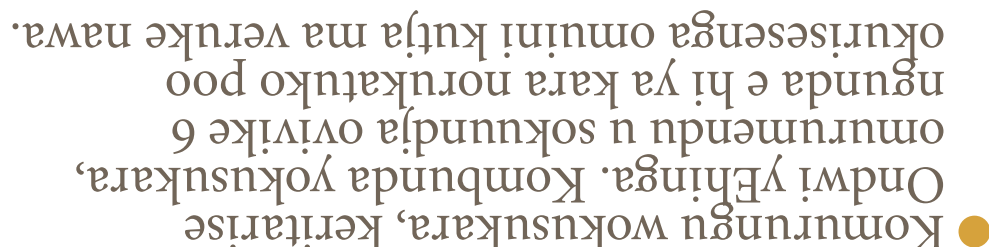
za morukutaku.
(onganda) na wina omitiye mbi
okutoora okangara yokorukutu
sukara ve ri mounba outi!
novarumendu mba
morukutaku ku
omapanga
Ovakazendu
aruhe.
ve ungurise ongumi
sokora chimkaza kupa

... nu aruhe ungurisa ongumi
vorukatuko.

Ovarumendu mba sukara ngunda mave yenene okuhwangwa i Ondwi yEhinga. Ovarumendu mba sukara ngunda ve sokuu-
ngurisa omiano vitatu 'ABC' mokuritjevera kOndwi yEhinga:

A (Abstinence/Okupakuka), **B** (Be faithful/Okutakama) en **C** (Condomise/ Ungurisa ongumi). Ovarumendu wina ve sokukatarewa kutja ve ritiije kutja ve nondwi vehinga poo kave na vo.

OHEPERO: Tji u nomapuriro kangamwa ayehe ohunga nomasukarero nomatjururiro wOndwi yEhinga, pura konganga poo onesa yopopezu na ove.



KOMMUNIKATION & KOMBUNDAS

ngunda e hi ya kara norukatu ko poo
okurisesenga omuni kutja ma veruke nawa.

Komurungu wokusukara, ovarumendu mave tarewa
Ondwi yEhinga, ave tarewa omiŋise vyarwe nawa nu tŋi
ve nomiŋise kangamwa mbi za morukatuko avi pangwa.
Omatarero wOndwi yEhinga oku ingwi ngu ma vanga.
Nungwari omasukarero kaye nondjeverero yarwe ye yandŋa
okutiŋaera Ondwi yEhinga kovandu mba hwangwa rukuru
nomapanga wavo. Okutiŋa omundu ngu nOndwi yEhinga

• Omasukarero Wovarumendu

- Ye **tikonaparisa oumba wovarumendu** okutoora **Ondwi yEhinga**.
- Ye tikonaparisa oumba **womitjise vyarwe omihwange mbi za morukatuko**
- Tji ya kaendisiwa nawa **kaye notjipo, ohakahana & omapupu**



NYANDA EHORE OSEMBA:

- A** Abstinence/Okuhinakukara norukatuko oomuno mbu hi natjipo kokuritjevera omuini.
- B** Be **faithful**/Ritizira pepanga rimwe nda tarewa nu ninikiza kutja eye me ritizire pove erike wina.
- C** Condomise/Ungurisa ongumi yorukatuko osemba otjikando atjihe.
- MC** Male circumcision/Sukara kondjevero ombweziwa.

