

# KUHEVA NTANI MUKISI GOHIV

# Wahepa nkenye apa kuruganesa singumi.

Mugara vaheva kuvhura simpe kugwana mukisi goHIV.Mugara vaheva hawe simpe gahepa kukwama nonkedi edi do “ABC”.A-Wahalihameseramo,B-Huguvara gumwe tupu,C-Ruganesa singumi.Yipo asi vagara nawo vahepa kudiva asi kupi vana sikamene nomukisi ogu goHIV,yipo asi novahali vawo vahepa kuva kona-kona.Mulyo unene:Nsne ono kara nepuro kuhamena mukisi goHIV ndi nokuheva hawe hedera tupu ndokotora ndi muhakuli gopopepi.

# ABC & MC



# NOKONYIMA KOMEHO

omeho vakuhéva wahépa kukuona-na  
na asi wakara nomukisi goHIV ndi.

A photograph of a woman with dark hair, wearing a white dress, looking down at a small white object she is holding in her hand. The object appears to be a condom. The background is plain white.

- Nampili ngomu asi awo tavavapopere koHIV,vagara vana kuheva simpe kapi tagwana noureru mukisi gomomakehe gwakara asi endsongo nayimwe ngoso.
  - Nsene vamuheva hawe age ngoso kapi tagwana usimbu mukisi ogo ntani kapi ana kara nondobva ezi azi vanda mosikova.
  - Vamati gona nawo kapi tavasitama noudigu nepu vavaheva ano vagara kurona kapi tava gwana kanker zokougara.
  - Vagara vaheva kuvhura kuzeresa usimbu mwenyo gwendi.

# UDONAKOMUKAIDI OGO VAMUHEVA NARETA NGAPI NSENE ASI MUGARA

# NGAPI NSENE ASI MUGARA

# MAUWA GAMWE? GAKARAMO?

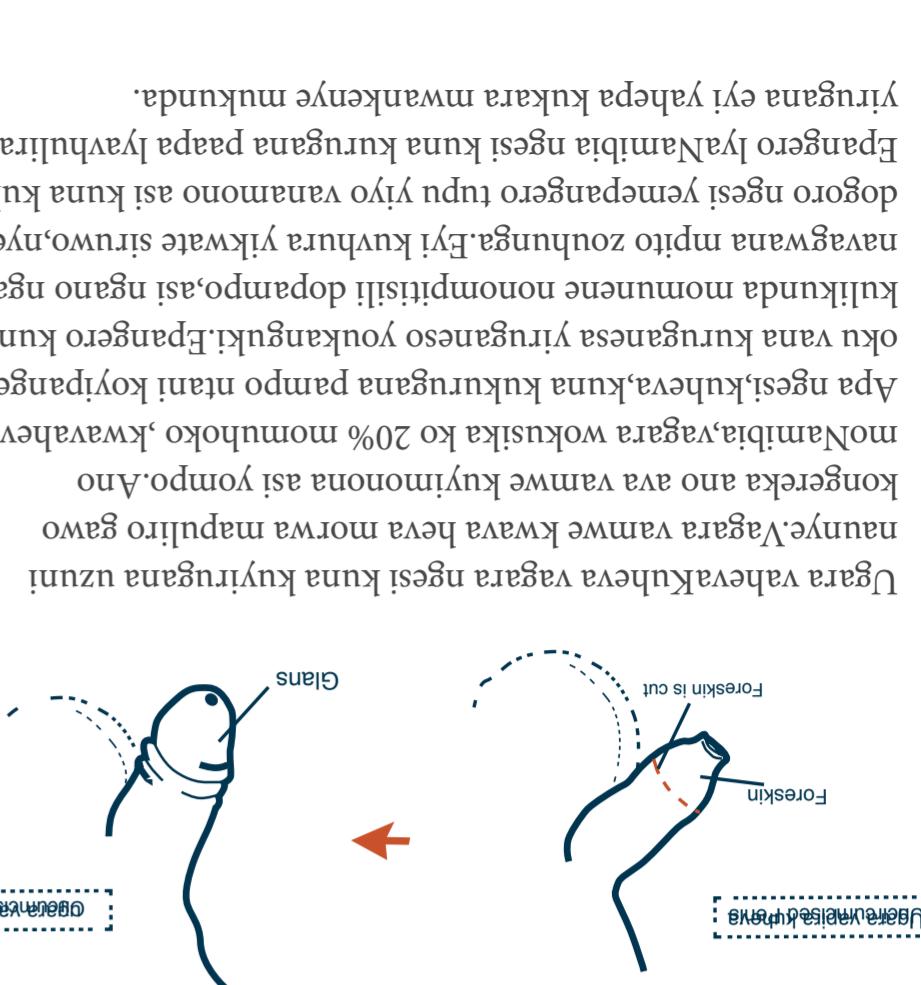
# MAUDONA GAKARAMO

- Nsene vana muheve,mugara ogo gahepa kundindira yivike 6,gahana kukara nomukadi kumwe,dogoro averuke.
  - Ntani elikwamo eli kutaura kuvhura kuretapo maudona nkenye.
  - Ndokotora gahepa kutura asi muntu ogu gaha rugana mazuva gonkandi dogoro yironda yendi yina kamba.



# MUGARA? NAGWANENAMO YINKE

Mugara ogu vahева konяара нопрекента 60% капи тагвана мукси гоХИЛ-үе симп gahепа kuruganesa singumi mouhonga ukenye siruwo Nsenе asi mugara ogo kapи vamuhева, skovva sendi sokomwenyo kуkara nodova eyi nayihoroka asi nseне kа vamuhева have nodova nazине ozo makura tazi kуkumuh uye mwamukwawo apa navakara kумве nomuksi nago ugorooro kuna kумиза. Koyili yimwe ana dunduko maku uyo kureata uye muksi ukenye. Hawe nseне sипапа oso va siгусако have kapи tagвана usimbu muksi ukenye.



MUGARA VANAHÉVE  
KUTANTA NSENE ASI  
YINKE YINA

Kuhéva kútanta asi kugusako sková sakara  
kedá(kougará)asi dumíke ugara.

# MUGARA VAHEVA



# Mujagara Vahева

- Kuhorako udigu asi **mugara gaha** gwana **HIV**
- Kuhorako asi **gahagwana mukisi nkenye pokulkara kumwe panyama mugara nomukadi ntani kurerupa**
- Nsene kuna kurugana nawa, **kupopera,kugenderera**



Gazzara onu molipopera ko HIV, ngwendi momonu odana udano wombara:

HIV, nkenye apa kuhara zi kugwane. Mugara vaheva, vige ney mukwati. Nye waha tarera pale zikare mwahana muntu. Ogu aka ra goka popera mudani gokonyima.

A Wahali hameseramo), B (Hugwara gumwe tupu) C Ruganesa singumi (condom). Moonu yakarra asi sipana sosiwa sa hepa kukura nomukwati gomuwa, novadani wokonyima wowa wa. Kuheva kwelike hawe kapi takuvatere.



## DANA UDANO MOUHUNGA:

- A** Wahalihameseramo:wahakara kumwe panyama momukaro gwahana epopero nyamoge.
- B** Kara ono hugwara gumwe tupu:wahepa kukara nomuhali gumwe tupu ntani wahepa kumuninka nage akuhuguvare nyovelike.
- C** Ruganesa singumi:ruganesa singumi mouhunga siruwo nasinye.
- MC** Vahева kukuheva yipo ogwedererekopero limwe.



**NawaLife Trust**  
namibian centre for communication programmes

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**MINISTRY OF  
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