

STDs/STIs/Omikithi hadhi zi momilalo

Omikithi dhohoni nenge tutye omikithi/uuvu mboka ha u taandelekithwa pethimbo **lyomukalalathana**.

Stereotype/omadhiladhilo ga puka-

Oku yalula omuntu nomadhiladhilo gapuka nenge ongundu yaantu shi ikwatelela mukwaahena oshili. Oshiholelwa, "ye ita vulu okuhinga molwaashoka omukiintu" nenge aalumentu ayehe aapwidhi nomagoya".

Testicles/Omatupa

Omatondo/omatupa nenge **iilyo yiivalitho** yomulumentu moka hamututuma **omasita goluvalo** noku pungulwa.

Transmission/Etaandelo

nkene oshinima hashi zi pehala limwe shuuka kehala ekwawo. Ombuto **yoHIV** oha yi taandelekithwa **kombinzi nombinzi** momakwatathano pokati kaantu. Ombuto **yoHIV** olundji oha yi **taandele mokulalathana** pwaana **ongumi**, noshowo momikalo dhimwe **dhiihulo** ngaashi oku **lalathana pakana**. Oha yi **taandele** wo momikalo dhimwe dhaashi dhoku lalathana ngaashi okuza **moshivalelo** shayina oku ya momunona, pethimbo lyoku pulumutha, okuyamutha kontulo nenge okulongitha iinima yimwe mbyoka ya kwatwa kombuto, oonane, okuululwa nenge okushatwa.

Transsexual/Omuntu iilundulula

Omuntu ngoka alundulula **iilyo ye yoluvulo** metando.

Transvestite/Omuntu ha monika shi ili

Omuntu ngoka ha monika shi ili, omuntu ngoka ano **ngele omukiintu** ha monika afa **omulumentu** nenge ando **omulumentu** ihe oha monika afa **omukiintu**.

UN

Ongongahangano yiigwana, olutu lwopaigwana ndoka luna oshinakugwanithwa shooveta dhopaigwana, uuthemba waantu, epongololo lyiikolokosha, ekandulepo lyomikundu ngaashi oshikukuta nenge iiponga yopaunshitwe, eyambulepo lyombili, uuyuki negameno lyopaigwana.

UNAIDS

Ehangano lili oshitopolwa shoUN ndyoka lina oshinakugwanithwa shekwathelo **lyoHIV/AIDS**.

Urethra

Okamunino moka hamu endele **omasita** maalumentu nomaakiintu, aalumentu oha ya pombo wo **omasita goluvalo** oku pitila **mokamunino** haka.

Urine/Omasita

Omeya ngoka ga kwisha okulonga molutu noku **pombwamo**, iiti yanathigo oha yi yogo ombinzi nomeya ngoka, go ogo nee omasita.

Uterus/Womb- Oshivalelo

shomukiintu moka eyi hali yi noku yamo opo li itunge nokushituka okanona.

Vagina/onkama

uukiintu womukiintu nenge tutye oshilyo **shoshivalelo** ano mboka wa holama pokati komagulu, ya kwatakanitha kumwe **onkama noshivalelo** (natamgo oha yi ithanwa ondjila yuukiintu).

Vaginal opening omilungu.

uupitilo **wonkama** nenge ano wuukiintu, mpoka tapu monika puna iipa yafa

Vas Deferens/omuthipa

Okamunino komulumentu hoka haka humbata **omasita goluvalo** okuza momatondo okuya **mokandjato komasita goluvalo**.

Virus/Ombuto

oshinima shina omwenyo shoka sha pumbwa **ehala** lyoku kala opo shi hupe.

Vulva/Oontumba

oontumba dhimwe dhili meni **lyuukintu** womukiintu, moka mwakwatelwa **okandimba** heya ihaa ka gumwa nande nangele okagumwa omuntu ota uvu nawa noonkondo, iipa yuukintu **nuupitilo wuukiintu**.

WHO

Ehangano lyuundjolowele muuyuni, olutu lwopaigwana luundjolowele.

World Aids Day

Mulyotango lyaDecemba, esiku ndjoka kehe gumwe ha dhimbulukwa nkene **oHIV/AIDS** yetu guma atuhe.