

A – Idilika omilele

Okulidilika otashiti oshinima itoshiningi, otodulu wutye, ito nu omalodu, itoshili omakaya. Pamilele, **okulidilika** otashiti, ito yi momilele nande nande.

Okulidilika inashifaafana nashi toti **kashipo**, eshi tashiti okukala waahepo pukuma ilo pehala. Oshihopenenwa ongaashi ounona wafaula ofikola ohau didilikwa kutya **kavaliko**.

Natango otodulu **okulidilika** wu hatondoke nande nee owaya kokapale komaudano. Ashike ngenge **kupo** pomaudano opo kupo ashike.

Ngenge ouli mohole, **okwiidilika** otashiti ito yimomilalo nande nande.

Dhimbulukwa:

- Otodulu okukala wuhole kaume koye tokala naye ndele itoyi naye momilele;
- Nande ngenge owaya nale momilele, otodulu okukala ihooshining we, ano tolidilike;
- Kokuya koye momilele omafimbo omashona, nokukwatwa koye kombuto otakukala kwashonopala;
- Omunhu oo ena ombuto yo HIV otadulu okukala tamonika ena oundjolowelee eedula dihapu manga inatameka okuvela;
- Otodulu okulinekelwa kaume koye, nde omolwashike una okulinekelwa ou ali nale kaume kakaume koye?

OKWWIDILIKA, ANO OKWAHAYA MOLILELE OO ASHIKE OMUKALO GWAGAMENEKEKA, EPELESENDA EFELE (100%) TODULU OKULIYAMENA KETADAVELIFO LOMBUTO YO HIV.

Otodulu yo okukwatwa kombuto momikalo diheshi domilele ngaashi datumbulwa metetekelo.

B – Linekelafaneni

Okulinekelwa otashiti kala ashike wuna kaume koye umwe opamilele owu welinekelwa. Itashiti ngenge kutyaomuna okukala mwahombolafana. Inopumbwa okukala omukriste.

Okukala omulinekelwa nomunashili ongenge ashike una kaume koye umwe. Okukala na kaume otashiti okukala omunashili nohole pokati kovanhu vavali. Otashiti okukala wuna einkelwa, nokukala una neitalo mu kaume koye. Oukaume wuna ohole neinkelafano otamudulu mukudafane mwamanguluka shina nomilele, elongitho lyokondoma, uufimba nosho yo mbuto yo HIV muhena nande uumbanda.

C – Longifa okoondoma

Ngenge **owalongitha okondoma** pamukalo ethimbo keshe toyi momilele owuna omphito yepelesenta omilongo omugoyi naheyali (97%) wukale inononga eteelelo inalidiladilwa, omikithi dohoni noshowo HIV/AIDS.

Owuna okukala wushi **okulongifa okondoma** nawaopo yikale yekulongela ngaashi shapumbiwa. Dimbulukwa kutya, **okoondoma yoshilumenhu ilo yoshikainhu** otayi dula owala okukwaamena ko mbuto yo HIV/AIDS uuna toyilongifwa ngaashi tashilandula:

- Efimbo keshe toyi momilele
- Toyi longifa lumwe aluke poshikando
- Longifa okoondoma ipe yo inayi tuuka
- Watutikako nomwiigwayo odo daufwa ngaashi K-Y

Dhimbulukwa: Inolongifa okoondoma yalongifwa nale, kayina eyameno.