

A-Abstinence/Eidhiliko

Eidhiliko ota li okwa ha ninga sha; ota shi vulika shitye okwa ha nwa. Ota shi vulika shitye okwa ha hila omakaya. Moohapu dhomilalo, **eidhiliko** ota li ti okwa ha ya momilalo.

Abstinence/Eidhiliko olya yooloka ku **Absence/okwaapo**, shoka ta shiti oku kala kokule noshinima shontumba, oshiholelwa, ngele uunona owa faula osikola, oha u ndhindhilikwa **absent/kaapo**.

Oho **idhilige** okumatuka, nonande oho yi koshigongi shaanateletika. Ngele **ino ya** ko kuudhano, nena kuko nande.

Miinima yohole, **Okwiidhilika** ota ku ti okwa ya momilalo nande.

Ndhimbulukwa:

- Oto vulu oku kala wu hole omuholike gwoye noku kala naye itaa mu lalathana.
- Ngele omwalalathana nale, natango ota mu vulu okuhoogolola eidhiliko.
- Ngele iho yi momilalo olundji, nena owuna oompito ooshona oku kwatwa kombuto yoHIV.
- Oto vulu oku kala wu hole omuholike gwoye noku kala naye itaa mu lalathana.
- Oto vulu oku inekela omuholike goye, ashike omolwashike wuna oku inekela omuholike goye gwamukweni nale.

EIDHILIKO OLYO ALIKE 100% EGAMENO LYOKOLELA MOKU KONDJITHA
ETAANDELO LYOMBUTO YOHIV.

Oto vulu oku kwata kombuto mokikalo dhilwe dhaashi dhopamilalo. Tala omabipila yuukwashili woHIV.

B-Be Faithful/Kala wuna uuyuki

Oku **kala nuuyuki** ota shiti oku kala ashike nakuume gumwe mekwatathano lyohole nolyeinekelo. Ino pumbwa oku kala wa hokana. Ino pumbwa oku kala omukriste. Oku **kala nuuyuki** ongele ashike wuli nomuntu gumwe. Oku kala nomuholike okwo uuyuki nohole pokati kaantu yaali. Oshinima einekelo, na oshinima uuyuki kumukweni wo. Mekwatathano lyohole nolyopauyuki, oto vulu okupoya kombinga yomilalo, ookoondoma, uusimba nombuto yoHIV wamnguluka nopwaana uumbanda.

C- Use a Condom/Longitha Ongumi/Okooondoma

Ngele oho **longitha okooondoma** nawa nolundji (kehe ethimbo uli momulalo gwoludhi kehe) oto kala wuna oopresenda 97% dhoku keelelwa kuusimba, omikithi dhopamilalo nombuto yoHIV/AIDS.

Owuna oku kala wushi nkene wuna oku **longitha okooondoma** nawa, opo yi longe nawa. Ndhimbukwa kutya ookoondoma **dhoshilumentu** nenge **dhoshikiintu** ota dhi ku keelele owala kombuto yoHIV uuna dha longithwa:

- Ethimbo kehe to yi momulalo
- Lumwe ashike poshikando/endingoloko kehe okondoma yimwe
- Ompe no ina yi tuuka.
- Yina omagadhi golela ngaashi ngono go K-Y

Ndhimbulukwa: Ino longithulula nande okondoma.