

Nkene wuna okukelela uupyakadhi gopethimbo lyokuyamutha

- ✓ Tula okanona nawa kegundji Ino keehameka nande shotoka yamutha, ngele oto nyengwa pula omuniilonga guundjolowele eku ulukile nkene wuna okukakwata.
- ✓ Ngele owa tende keendungu dhomagundji, tulako omashini. Ino longitha nande omagandhi gasha kakele ngele walombwela koniilongo guundjolowele kutya gwayekako.
- ✓ Yamutha alushe opo omagundji gaazinde gogeehame.
- ✓ Ngele owa kala ino yamutha okaana ethimbo kena kulya, ikanda opo egundji lyikale inali kukuta.
- ✓ Omashini ngo twiikanda gatula pokuma pwa talala, ashike inaga kalapo uule woowili 6 sigo 8.
- ✓ Ngele egundji lyoye limwe nenge ageshe otaga ehama nenge gapupyala ngele toga gumu, inda koshipangelo.
- ✓ Tala ngele okanona okena iilalo mokana, nongele okena kafala koshipangelo.
- ✓ Ngele owuna ombuto yoHIV ina pumbwa okuyamutha okaana ngele okuna oshilalo nenge tazi ombinzi kondungu yegundji, ota vulu kuyamutha kegundji ekwawo, yetathinimo omashini kegundji ndo itali vulu kuyamwata.



linima mbyo wuna kudhimbulukwa



- ✓ Yamutha sigo okahanona taka ganitha eemvula mbali nangele otashishuwa oto vulu kupitililapo mpo.
- ✓ Okuyamutha otaku yambulapo uundjolowele woye nookahanona koye otaka kala kena uundjolowele, kakotoka nokena eenkondo.
- ✓ Puule ngaa wethimbo lyokuyamutha koye, oko ngaa kompito odhindji ngoye nokahanona koye tamumono omauwanawa.
- ✓ Pula omuniilonga guundjolowele ekuulukile nkene wuna okuyamutha. Nge owuna uupyakadhi nokuyamutha shikunda nomupangi.
- ✓ Okuyamutha okaana oomwedhi 6 dhopetameko otashi kugamene kokuninga etegelelo shampa ike omathimbo goye inaga galuka.
- ✓ Shampa okahanona koye kaningi oomwedhi 6, tsikila nokuyamutha ngoye totameke okukapa iikulya yilwe.
- ✓ Omashini gokontulo otovulu kugapungula peshala lyatalala uule woowili 6 - 8, nongele otagatula meshala lyokutalaleka otaga vulu kukalamo uule woowili 72.
- ✓ Tala omadhidhiliko goshimela, uupyu, okufudha nuudhigu nenge okutinda okulya molwashi iinima mbyono otayi pumbwa esiloshimpwiyu lyomeendelelo.
- ✓ Aanegumbo ayeshe naya kale alushe hayiikoshu komake nothewa nomeya opo kelelelwe omauwehame.
- ✓ Meme ota vulu okupa okaana oHIV shotayamutha uunene uuna keli kepango. Opo nee wugamene okanona koye, konakonwa ndele toshuwa mpono wathikama nombuto yoHIV.

Republic of Namibia



Ministry of Health and Social Services



Nkene wuna okuyamutha okaana koye

Popya nomuniilonga guundjolowele nokutalelapo epandja lyawo www.RightStart.com.na. Opo wumone uyelelele owundji nuuVideo wa nkene wuna okupalutha okanona koye

Shoka wapumbwa okutseya

- ✓ Yamutha sigo opoomvula mbali nenge wakondopo.
- ✓ Okuyamutha okugandja iikulya aishe nomeya ngoka okaana koye kapumbwa pethimbo lyoomwedhi 6 dhonetameko. Tameka okuyamutha konima yowili yimwe sho wapulumuna. Shilipaleka kutya okaana koye okayama omashini ngoka gopetameko haga kala omashunga hagiithanwa colostrum.



- ✓ Omashini ngono gopetameko goColostrum ohaga gamene okaana komikithi odhindji.
- ✓ Okuyamutha oko akuke otashiti yamutha ike kontulo opuwu, inogandja wee sha shilwe kakele komiti dhoka dhagandjwa kundohotola nenge komupangi, peemwedhi 6 dhonetameko.
- ✓ Okupalutha okaana kontulo niikulya yilwe nenge iikunguluki mwakwatelwa omashini gomoondoha, omashini giimuna nenge omeya manga oomwedhi 6 inadhi thika ohashi shunitha pevi omashini nohashi ehameke okanona.
- ✓ **Dhimbulukwa:** Mpa ngaa puthike okuyamutha koye opo ngaa pethike okukala wuna omashini ogendji. Ngele gwaningi ogendji gakandamo.

Kwathela okaana mokukwata egundji lwoye

- ✓ Konima yokupulumuna, shula okaana ndele toka tula nawa kegundji.
- ✓ Yamutha muule woowili 6 dhonetameko konima yokupulumuna.
- ✓ Okutula okanona nawa kegundji otashi shilipaleke kutya okanona otaka yama nawa.
- ✓ Okutula okaana nawa kegundji otashikwatha wukale wuna omashini ogendji nokukelela wuninge iilalo koondungu dhomagundji.

Okushilipaleka kutya okaana okakwata egundji nawa

- Nyenga omilungu dhookaana nondungu yegundji. Tegelela sigo okana kokaana kamakula nawa.
- Mehendelelo tula okaana kegundji okuzilila pevi opo ondungu yegundji yiye nawa mokana kokaana.
- Ondungu yegundji nayiye aishe mokana kokaana.

Omadhidhiliko gotaguulike kutya owa tula nawa okaana kegundji:

1. Okaana kokana okapatuluka kapwako.
2. Owuna kukala wuwete oshipa oshiludhe shono shili komilungu gopombanda gookana shivulthe gopevi.
3. Omulungu gokaana gopevi owuna kukala kuguwete.
4. Oshama shokaana oshina kukala sha nyenga kegundji lwoye.

Okaana koye okena kukala taka thipi takanana nakashona nopompito yimwepo otaka mwenapo.



Ondina okuyamutha lungapi



- ✓ Yamutha okanona ngaashi kahala omutenya nuusiku, lwiikando 8 sigo 12 (moowili 2-3).
- ✓ Okuyamutha alushe otashi kwathele olutu lwoye lukale wuna omashini ogendji.
- ✓ Tsikila okuyamutha sigo okaana kiikuthako kookene kegundji. Gandja egundji ekwawo tweetha okaana katokole ngele okahala natangonenge aawe.
- ✓ Omashini ngo haga ziko tango kegundji ohaga kala gayula gafa omeya tagalalakanene okukutha okanona enota. Omashini ngo haga landulako ogena iitungithi notaga kutha okaana ondjala.
- ✓ Owuna okumona kutya okaana otaka yamu nawa molwashi okena okusitana lwiikando 6 mesiku omeni gena olwaala ko otaka gwedhako koshiviha.