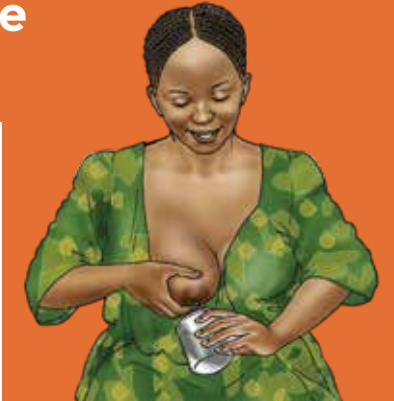


Ngapi no kandana maudigu gahwa ku karapo po kuzamweka komavere

- ✓ Tura no kukakadeka mukeke goge ko mavere mo uhunga. Kuzamweka kapi kwa hepa ku kukoresa.



- ✓ Pura murugani go ukanguki akulikide omu no yirugana.
- ✓ Nsene nondungu do mavere ditauka, turako masini go komavere. Waha ruganesa nkenye rudi ro magadi, kugusako nsene kuna ga kunangwire mugavi sirugana so ukanguki.
- ✓ Zamweka rorunzi moku nomena asi mavere goge gaha dunda ndi gakore.
- ✓ Nsene mukeke kapi ana zamwa, ove kuna hepa kukandako masini gamwe mukurerupika mavere goge.
- ✓ Tulika masini ono kanda mevega lyo utenda, nye kipasi mo ure wo novili do kupita po 6 dogoro 8.
- ✓ Nsene asi evere limwe ndi nagenye gazuva kukora ndi upyu po kukwatako, kamone murugani go ukanguki.
- ✓ Tara mokana ko mukeke goge nsene muna kara yironda no yimboroworo. Nsene ono yigwanamo, kamone murugani go ukanguki.
- ✓ Nsene asi mukadi ga kara no kambumburu ko HIV, age gaha zamweka mukeke gwendi ko nondungu do mavere da tauka ndi kupita honde. Mevega, zamweka kevere nalyo peke ntani kanda no kutjisa masine ge mevere yina kundama.

Yo kuvhura kudiworoka



- ✓ Zamweka siruwo sosire esi novhura: nomvhura mbali (2) ndi kupitakanapo yido vankondopeka.
- ✓ Kuzamweka ko mavere kuwapukurura ukanguki

woge ntani kuninkisa mukeke akare mukanguki, nondunge no kupama.

- ✓ Moomu ono kuzamweka siruwo sosire, yimo hena muna kugwanamo mauwa nove no mukeke goge.
- ✓ Pura murugani go ukanguki akulikide asi ngapi nozamweka. Nsene kuna kugwanekera no udigu wo kuzamweka, zogera udigu woge no murugani go ukanguki.
- ✓ Ezamweko masini go komavere gelike mo makwedi go kuhova ntazimwe (6) ku kuvatera mo kudira kusumbapara, sinene tupu asi kapi ono tengwire kosidira.
- ✓ Po kugwanesa mukeke goge makwedi 6, twikira kuzamweka no kutameka kumupa nondya nado peke.
- ✓ Masini go komavere kuvhura kugapungura ure wo novili 6 sitware ko novili 8 mevango lyetenda, ntani ure wo novili 72 mevega lyo kutendekera.
- ✓ Nomena yidiviso yezimo lyo kupwaga-pwaga, upyu, udigu po kuhesera ndi kunyoka kulya, konda asi eyi kwa hepa ekumbururo lyo ngenderera.
- ✓ Vanepata navenye kuna hepa kulikuhwa no nsewa no mema nkenye apa, moku kandana mauvera.
- ✓ Zinya kuvhura kukagwisa HIV ko mukeke po siruwo so kuzamweka, sinenepo nsene kapi ana kugwana uhaku. Mo kupopera mukeke goge, gwana ekonakono nkenye apa mokudivilisa ntambo zo ukanguki woge ko HIV.

Republic of Namibia



Ministry of Health and Social Services



Rukwangali



Ngapi nozamweka mukeke goge

Zogera no murugani go ukanguki ntani dingura
www.RightStart.com.na mokugwana mapukururo gomanzi
 no felemu domu nozamweka mukeke goge

Yinke ono hepa kudiva?

- ✓ Zamweka komavere ure wo nomvhura 2 ndi kupitapo.
- ✓ Kuzamweka komavere kugava nondya nadinye no mema, eyi ga hepa mukeke goge mosiruwo so makwedi 6 go kuhova geparu lyendi. Tameka kuzamweka komavere monda zovili zimwe zo kuhampuruka. Nomesa asi ozamweke mukeke goge masini go kuhova go siuhenga, gadivikwa asi ehenga.



- ✓ Ehenga kupopera mukeke goge ko mauvera go manzi.
- ✓ Kuzamweka komavere kwelike kutanta asi kugava masini go monturo gelike ntani kwato hena yapeke (kwato masini nagopeke, nondya ndi yokunwa, nampili mema go kumakera), kugusako nomutji adi gamupa ndokatora ndi nesa, mo makwedi 6 go kuhova.
- ✓ Kupa mukeke goge nayinye, masini go monturo no nondya peke ndi yo kunwa, muna kwatere masini go vakeke go kurunga, masini go yimuna ndi mema (eyi vana kutumbura asi nondya do kuvhonga) komeho zo makwedi 6 kuzesupika sivaro so masini goge go monturo ntani kuvhura kuveresa mukeke goge.
- ✓ **Diworoka asi:** moomu ono kugava masini go monturo go manzi, yimo hena ono kukara no masini go monturo gomanzi. Kanda masini go monturo, sene asi ure ono kara no mukeke goge.

Vatera mukeke ayike komavere goge

- ✓ Tura mukeke gomuhere-here ponturo zoge poope tupu konyima zo kuhampuruka.
- ✓ Zamweka komavere monda zo vili zimwe (1) zo kuhampuruka.
- ✓ Kuyika mukeke komavere ku kuvatera okare no masini gomonturo gomanzi no kukandana yironda no kutauka ko nondungu do mavere.

Mokunomena asi mukeke ayike nawa:

- Kundika ndungu zevere kono murungu do mukeke. Ndindira dogoro kana ko mukeke goge kazahame.
- Tura usimbu mukeke ponturo zoge kutundilira kevhu, no kurwamena ndungu zoge zevere kutwara keguru lyo kana ko mukeke.
- Mukeke kuna hepa kutura evere mokana.

Yidiviso Yine (4) yo kuyika nawa:

1. Kuzahama unene kana ko mukeke.
2. Kumona sirakuhi keguru lyo kana ko mukeke, sivhulise pevhu.
3. Murungu gepevhu go mukeke kupwagamo.
4. Sizumu so mukeke kuna kuguma kevere lyoge.



Mukeke goge gahepa kudameka kukoka kaliwora po kuzamwa, no kupwizumuka yiruwo yimwe.

Yikando yo kusika kupi nani hepa zamweka komavere?



- ✓ Zamweka komavere mukeke goge yikando eyi ana hara, masiku no Mutenya, nampili yikando 8 sitware ko 12 (nkenye novili mbali (2) yitware kwa ntatu (3)).
- ✓ Kuzamweka yikando yo yinzi kuvatera rutu roge rukare no masini go monturo gomanzi.
- ✓ Twikira kuzamweka dogoro mukeke aga manemo masini mevere no kutundako mwene. Mupa evere ekwawo no kupulisira mukeke goge atokore sene ana hara kutwikira kuzamwa ndi hawe.
- ✓ Masini go kuhova aga tundu mevere mema-mema moku sesupika enota lyo mukeke. Masini go kukwamako kutunga rutu ntani kugusapo nzara zo mukeke.
- ✓ Noyidiva sene asi mukek goge kuna kuzamwa nawa masini go monturo, nsene asi age kuna kusitama masitamo go ruvara ro kuhetekera yikando 6 mezuva ntani kuna kuneta.