

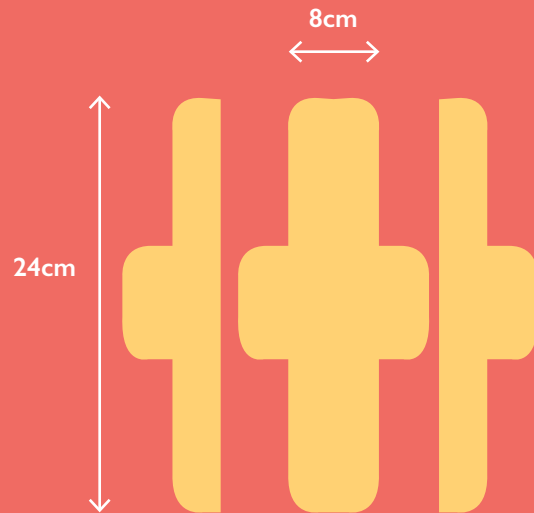
## Nghene una oku li ningila oulikwafifo voye mwene keumbo.

Teta oshilapi shili momitungilo 3 (ngaashi ta shuulikwa pedu kolumosho) oshilapi nashikale shipu nawa noha shipiti omepo ngaashi oyo ya longwa moshiyata sholundele. Oule washo naukale ee 24cm, nounene washo naukale uli lwopee 8cm.

Oilapi i 3 oyo wateta ihondjela kumwe toi kwatakanifa kominghulo dayo yeluuakilila .ino hondja mokati koshilapi shoovene.

Kufa oshilapi sholudi lolilapi haidulu oku pona oikunguluki ngaashi oilapi oyo yalongwa meembindja doutalala , shiteta momutungilo wayukilila ( ombine) weemeta difike po 22cm nounene wee 28cm.

Tonya oshilapi osho wa hondja lwoikando ili 4 opo shikupe omutungilo wee 22cm nounene wee 7cm, shi xwela meni laasho wahondja tete.



## Kouyelele uhapu inda mekwatafano na amwe omahangano taa landula:

1. Ombelewa ya councilor woshikandjo hoololo
2. Ombelewa yeledo lodoropa
3. Ovanailonga voku yandja omauyelele moshiwana
4. Ovanambelwa voku yandja omauyelele oudjolowele moshiwana
5. Ouminsitry wonghalo nawa noundjolowele
6. Oumistry wo unamapya, omeva netulululo ledu.



## Eungaungo loukoshoki wokomafimbo



Moukumwe umwe, oha tu dula oku yandja omapukululo longo kounona vetu aveshe voukadona moshiwana, kombinga yefimano loukoshoki wokomafimbo.

## 1. Omafimbo oshike?

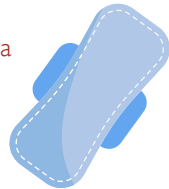
- Omafimbo oo omukalo wopaushitwe hamu pitile oomeme ovo veli mepipi loku mona ounona.
- Omafimbo ohaa holoka koomeme keshe komwedi, hashi pitile moshidalelo.
- Ovakinhu oha va dulu oku hovela omafimbo okudja pomido 12 fiyo omido 45 -55

## 2. Oshi li shoovene shi lipipo?

- Oupokati wohonde hai dulu oku tika pefimbo loku ya komafimbo oili pee 35 millilitres
- Amwe omo madidiliko ashiivika unene, omwa kwatelwa ouyehame woku keshaulwa medimo.
- Moshiwana omwa didilikwa omaningo onai aetififwa komaitavelo opa mifyuuluwakalo nomauyelele ehefi oshi li kombinga yo kuya komafimbo.
- Oku faula keetundi pefimbo ounona tava wapaleke, osha didilikwa shihapu neenghono.
- Oulikwafifo voko mafimbo hava landifwa meefitola, ota va dulu oku kala vena ondilo neenghono kova neumbo vamwepo.
- Eenghono doye molutu no malihumbato ohaa dulu oku lunduluka pefimbo loko mafimbo.

## 3. Eungaungo lomafimbo ena eameno

- Ounona voukadona ota va dulu oku konga omakwafo opa mufika opombada okudja pou clinic ovo veli momidingonoko davo ile kovanambelewa velilepo oundjolowe moshiwana, noku mona omakwafelo moupyakadi wavo.
- Longifa oulikwafifo ovo vena oukoshoki ngaashi ou pads ile tampons
- Longifa oilikwafifo oyo ya nuninwa oku longifwa lwoikando ihapu, ukale uli meameno (tala omalombwelo kombada yokafo)



## 4. Omikalo di hena eameno pefimbo loko mafimbo

- Oomeme nounona voukadona ina va pumbwa oku longifa oilapi ya kulupa ile oifokundaneki neembapila, molwaasho ota idulu oku vakweya, oku vaetela eembuto doudo, noku kala yoo vehena emanguluko.
- Elongifo lomikalo dopamifyuuluwakalo ngaashi

omite, edu, ile omafo oda pumbwa oku henukwa, molwaasho ota didulu okwee tififa onghalo yo ku hena oundjolowe.

- Oulikwafifo ngaashi ou pads noshoyo ou tampons valongifwa nale, ina va pumbwa oku longifwa vali, molwaasho oshili shanyika oshiponga oku etififa omikifi.
- Oku longifa oundjuwo ina vayela ile eenele da mbwalangadja odo hadi li kwafelelwa kukeshe umwe ngenge oushitwe ta wiifana, ota didulu oku kala oshiponga oku ta ndavelifa omikifi.

## 5. Mbela omolwashike oshipalanyole eeshi, shili sha fimana ku fyeni atusheni?

- Keshe umwe okwa pu mbwa oku shiiva kombinga yomafimbo, kutya nee ovovo havai komafimbo ile ihavaiko, opo ashike shikaleke eyambidido lounona vetu voukadona meetundi efimbo alishe.
- Oku ya komafimbo osha ta likako onga oshi holekwa shomunhu paumwene, no vadali vahapu ovena oupyakadi woku popya noku kundafana nounona vavo kombinga yomafimbo, osho sha etififa opo ounona voukadona luhapu va kale ve hena omashiivo nounongo kombinga yomalunduluko oo haeya momalutu avo, noha ve lihaluka ve hewete osho vena oku ninga ngenge omafimbo avo ahovela.
- Ounona vo fikola ova pumbwa oku pewa omaudifeko kombinga yomalunduluko oo haa holoka kuvo, noku pewa ounongo nghene vena oku ungaunga nao.
- Oomeme nounona vo ukadona ova pumbwa oku kalekwa meameno tashi pitile moku pewa omakwafo taa pumbiwa oo tae vakelele oku ningilwa omaningo onai noku fifwa ohoni moshiwana.
- Naku xwaxwamekwe eemito doku li monena omauyelele omondjila, noku yandja omalongo pukululo momaumbo.
- Oshiwana nashi tuwe omukumo wokuu dako noku yambidida ounona voukadona noomeme, nghene vena oku longifa omikalo dina oukoshoki pefimbo loku ya komafimbo.

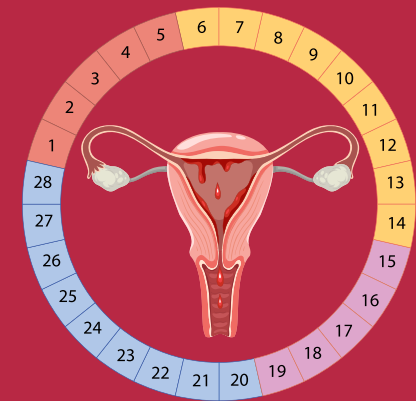
## Edingonoko lomafimbo

Edingonoko lomafimbo oha li holoka moshitukulwa sholutu shi nasha noludalo lomukainhu, moule womafiku eli 28, ashike nande ongaho edingonoko lomafimbo oha li dulu oku kala ya yooloka she li kwatelela komunhu nomunhu, okudja pomafiku 20 fiyo 40 osho natango sha sha ta li kako kutya, kashina oupyakadi ile epuko lasha.

Omwedi keshe ombinga yomeni loshidalelo ohai tu kululapo noku longekida edingonoko lomafimbo, eshi eyi limwe lamangululwa oku dja kombinga oko hali kala latuvikilwa (Ovaries) eyi oha lilidenge olweendo layuka koshidalelo oko hali ka tendulilwa opo nee omafimbo taa hovele.

Ngeenge eyi olai moshidalelo omo la shakenamo noshikuti dalifi oku dja komaxu omulumenhu, oshidalelo ota shindulukapo okanimwena oko kaningwapo. Edingonoko lomafimbo oha li mwenapo oule wefimbo alishe olo omukainhu eli meteetelelo. Ngeenge eyi ina li tendulwa, oha lilumbakana mumwe noitopolwa oyo ya uvika oshidalelo kodje yasho, tali tatuka opo nee ta li pitimo oku pitila pombululu yoshidalelo shomukainhu, tashi holoka molupe lohonde. Netiko lohonde eli olo nee hali ufanwa edingonoko lomafimbo, noha shikwata omafiku eli 5-7.

Pefimbo lomafimbo ahovela, omukainhu ota dulu oku kwa twa kouyehame ile komukifi ngaashi efimbo olo lapita pokati komafimbo, tali dulu oku lelepekwa ile omafimbo taa kwata efimbo lishona ile omafimbo taa kwata oule udulife poshivike. Onghalo yomanyutu (omukifi wondjala) owa didilikwa haudulu okwee tififa omafimbo akwate efimbo luxupi.



**Efimbo lokomafimbo**  
Meni lo shidalelo oha mu ha lakana tamu holoka etiko lohonde osho hashuufanwa omafimbo.

**Omukalo welongekido leyi.**  
Eyi oha li ende layuka moshidalelo luhapu mefiku eti 14.

**Elitumbulo loshidalelo**  
Oshidalelo ota shi li tumbula melilongekido loku pitifamo ohonde.

**Elitumbulo loshidalelo laxuuninwa**  
Oshidalelo ota shi twikile noku li tumbula noku li longekidila omafimbo. ngeenge eyi ina li tendulwa, ee holomone do ludalo oha dipu ongushu nopo nee oshidalelo ota shi lilongekida okuu mbamo eyi.