

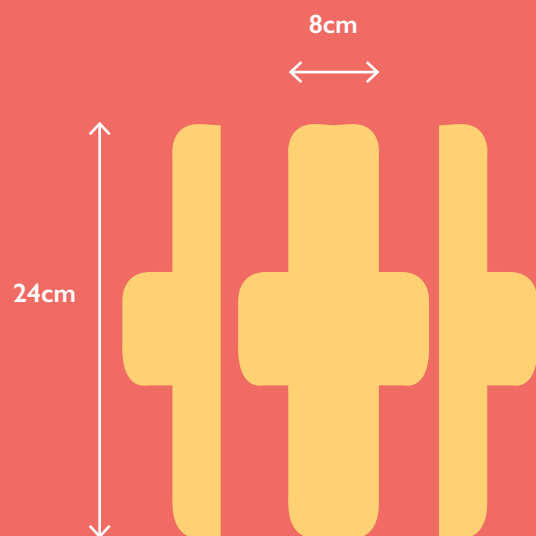
Omuano wokuungura oviungurisiwa vyoukohoke womayuva woukazendu ponganda

Konda omihapo vitatu kotjina otjipepu tji tji nomahitiro omawa wokambepo tjimuna (cotton). Oure ngau rire 24 cm, noupapi 8 cm. (otja tji vya raisiwa kehi mba komamuho)

Yatata ovikoro vyomihapo vyoye kumwe, posi ya u yese ovipapakero amavi rekareka.

Konda oviungurisiwa mbiri tjimuna ovimata/ cotton nao, oure 22 cm, oupapi 28 cm.

Yanga okamata/cotton koye nga povikando vine kokutja ke hitasane nomuhapo 22 cm/7cm nu u hitise moukoto wotjijungurisiwa tjoye tjouveruke.



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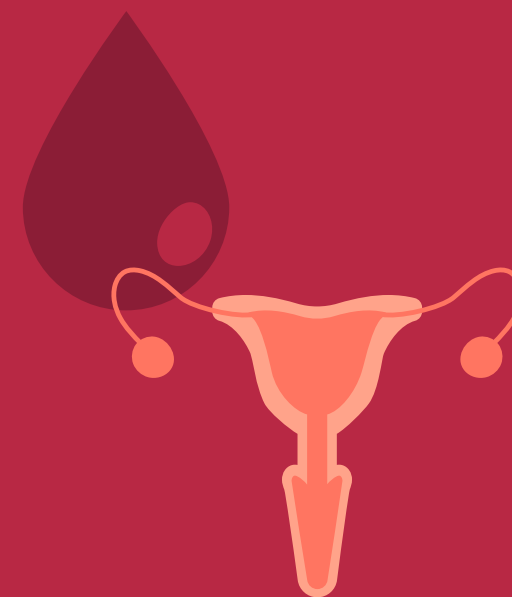
Kondjivisiro yokomurungu tona ongoze kozonganda nda:

1. Omberoo yomutoororwa worukondwa
2. Omberoo yotjirata tjokahuro
3. Ovaungure vouveruke mbe vasa kotjiwana
4. Ovaungure vouveruke votjiwana
5. Oministeri Youveruke Nonḁunino Yotjiwana
6. Oministeri Yotutumbo novikunwa, nomaḁunino womahi



- 5 -

Pamwe matu yenene okuhonga ovasukona avehe motjiwana ohunga noukohoke womayuva woukazendu

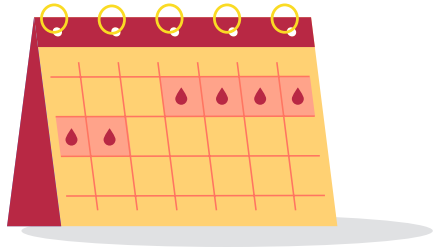


Pamwe matu yenene
okuhonga ovasukona
avehe motjiwana ohunga
noukohoke womayuva
woukazendu



KFW

DW
DEVELOPMENT
WORKSHOP



1. Omayuva woukazendu otjikwaye?

- Omayuva ongaro youkazendu ndji uta omuatje omukazona tji ma zako kozombura zounatje.
- Omayuva omakohororero woukazendu nge wondja omueze auhe. Ovikoro vyonganda yomukazendu ombi pita morutu romukazendu.
- Popengi ye uta okuza povanatje vozombura 12 ngaa kozombura 45-55.

2. Ovikaŋena ooviŋe?

- Omayuva ye ya kombunda yomayuva 28, aye kara oure womayuva 5-7.
- Omapandjarero wombinđu nga ye yenena okuyandera pozomiriritera 35.
- Omiihamo mbi yetwa i yomayuva woukazendu okuihamwa kehi yezumo.
- Mu kara omahembero nonyekera okuza kotjiwaŋa okuisira kombazu nokuhina ondjiviro.
- Okuhina okuyenda kosikore mena romayuva woukazendu.
- Oviungurisiwa vyoukohoke vyomayuva woukazendu ondiru komaŋundu tjiva.

3. Ondjeverero nomatjindiro omawa womayuva woukazendu

- Ovasukona mave yenene okupaha ombatero kovipangero novaungure vouveruke komiano omisemba vyokuzengurura ouzeu mbwi.
- Okuungurisa oviungurisiwa vyouveruke tjimuna (pads poo tampons)
- Okuungurisa oviungurisiwa vyouveruke mbi yenena okuungurisiwa rukwao (tara motjiraisiro tji tjiri kongotwe).

4. Omiano mbi he ri omikohoke kokutjevera omayuva woukazendu

- Ovasukona novakazendu kave sokuungurisa amarapi omakuru, nozotjaitonga orondu vi yenena okuhwanga omitjise nu vi yeta ombameno.
- Oopomihingo vyombazu: omakara, ehi poo oviyao. Vi sokunakaurwa mena rouzeu mbu vi yeta kouveruke worutu.
- Oviungurisiwa vyoukohoke vyomayuva woukazendu mbya ungurwa kutja vi unguire rumwe kavi sokuungurisiwa povikando novikando orondu vi yenena okuyeta omitjise.
- Okuungurisa ouruwo ouhazendu poo otuveze tu matu yenene okuhwanga omitjise, vi yenena okuyezurura ondondo yomahwangero womitjise.

5. Ongwaye epu ndi tji ra sokutunonga atuhe?

- Omundu auhe ma sokutjiwa ohunga nomayuva youkazendu, noondarire kutja u ye muna poo ke yemunu kokuvatera okutjizira ovasukona vetu okuhita osikore.
- Omayuva woukazendu otjiŋa tji tji varwa otjotjiundikwa, ovanene ovengi otji ve muna kouzeu okunyamukurira ko, ave yesa ovasukona ovengi okuhina okutjiwa kutja mape kawondja tjike kuvo, nu ave ha rongerisiwa okutjiinda ouzeu mbwi nawa.
- Ovanatje ve hepa okuzuvisiwa amarundurukiro ngu ve tuurungira mo kokutja ve upikwe nozondunge zokuyakura poo okuzengurura ouzeu mbwi oupupu.
- Tizira ovakazendu novasukona mondjeverero nokuvepa oviungurisiwa vyouveruke mbi ri vyo, nokuveŋakamisa komakwekuriro nomahembero nge za mokati kotjiwaŋa.
- Tunduza omayakuriro wondjivisiro ndji ri yo nomahongero komaŋundu.
- Otjiwaŋa okuyandja omasa nokuzuvisa ovasukona novakazendu okuungurisa omiano omikohoke tji ve ri komayuva wawo woukazendu.



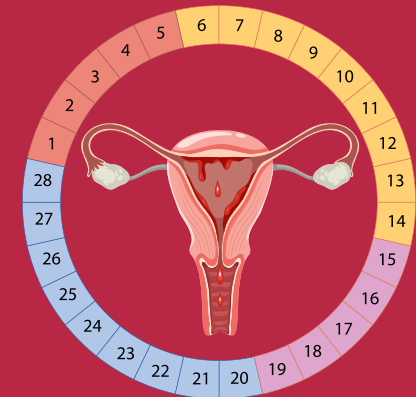
Ongaendero yomayuva woukazendu

Ongaendero yomayuva woukazendu kohapo ye munika movakazendu kombunda omayuva 28, noondarire kutja ongaendero ndji i haŋika otja koure womayuva 20-40 posi ya kangendo onene ndji ŋa pa.

Omueze auhe, ovikoro vyonganda vya memwa kokurongerera ouŋumbapare, ei ri pitisiwa okuza momburo yawo (ovaries). Ei ndi ri kawondja okukahaama monganda.

Tji ra wana nombeva yomurumendu, ovikoro vyonganda vi tizira ei nombeva ndji momuinyo mbu ri wo, ongaendero ndji i kurama ngandu omukazendu tja panduka. Ei tji ri hawanene nombeva yomurumendu ri pita pamwe novikoro vyonganda momwano wombinđu pokati komarama womukazendu. Ondova ndji ondji isanewa kutja omayuva woukazendu nu i kara ko oure womayuva 5-7.

Ouvere nomitjise vi yenena okurundurua ongaendero yomayuva woukazendu rumwe aye tanana omayuva ngu ya sokukara ko poo aye tikonaparisa oure womayuva. Okuhina okurya ovikurya oviveruke ku tikonaparisa ongaendero ndji.



Omueze
Ovikoro vyonganda ombi wira pehi, omueze au kawondja/wondjo Komurungu wouŋumba, onganda i uta okusura/okupapivara.

Oruveze rouyenda womaŋumbaparero
Omawaŋeno wei nombeva yomurumendu ye kara meyuva 14

Komurungu womaha-kaeneno wei nombinđu yomurumendu
Ovikoro vyonganda vi uta okusura/okupapizara

Komurungu womueze
Ovikoro vyonganda vi kawondja komurungu okusura poo okupapivara, ei tji ri ha wanene nombeva yomurumendu, ozombwise zoukazendu ze uta okuyaruka pehi, ovikoro vyonganda opuwo avi wire pehi.