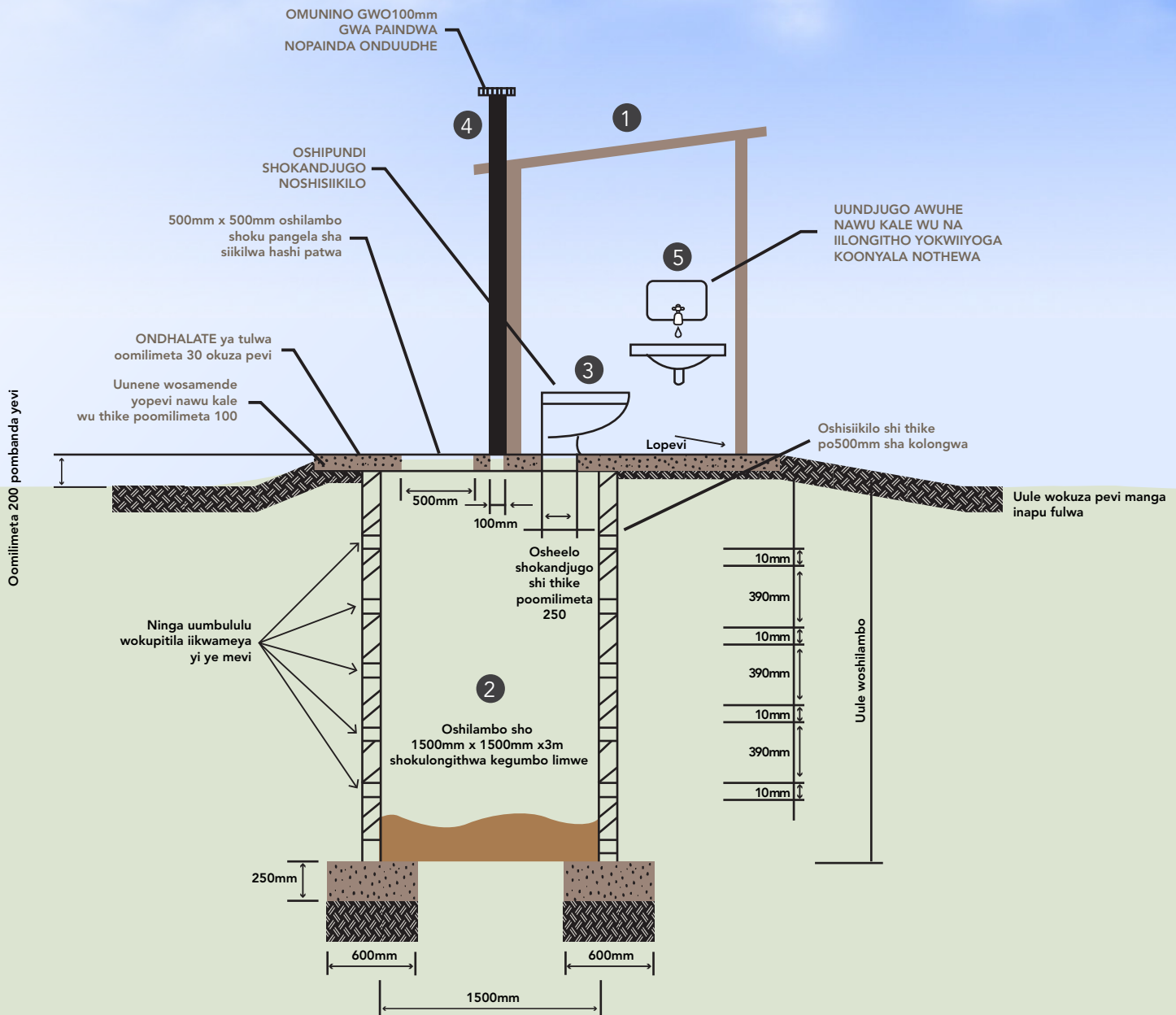




# IITUNGITHI NOKUNGONGA OKANDJUGO KOSHILAMBO

Ongomukalo gokukondjitha omukithi gwehuli (Hepatitis E), aakalimo ayehe yomiitopolwa ya gumwa koHepatitis E moka kaa mu na omeya nenge uundjugo, otaya tsuwa omukumo ya tunge uundjugo wiilambo sha ikwatelela komilandu tadhi landula. Okandjugo koshilambo otaka vulu ka kale kegumbo limwe nenge ka kale haka longithwa komagumbo gaali nenge gane.



**1 OKUTUNGA:**  
Omutungilo gokandjugo gwa ngongwa e ta ka tungwa niilongitho tayi opalele

**2 OSHILAMBO:**  
Nashi kale oometa 1.9 muule nometa yongonga nenge yoombinga ne ya thika pometa 1 sigo 1.5

**3 OMBIGA YOKANDJUGO:**  
Ombiga yokandjugo nayi kale yi na oshisiikilo, hashi kala sha pata ethimbo alihe na itashi vulu okupatululwa kaanona (pokati kombiga nelambo napu kale pu na uule inawu pitilila poosentimeta 25)

**4 OMBEPO:**  
Okandjugo naka kale ke na omunino goplastika nenge goshitenda gu thike poomilimeta 100 muunene, gwa paindwa nopainda onduudhe, noshikeelitho shoondhi pombanda

**5 OKWIIYOGA KOONYALA:**  
Uundjugo awuhe nawu kale wu na iilongitho yokwiiyoga koonyala nothewa

Oopulana dhokutunga uundjugo wa taambwa ko kelelo lyoshilando shaVenduka otadhi monika mombelewa kehe yopashikandjohogololo. Kwashilipaleka wu landule omilandu ngaashi dha tulwa po.



# KEELELA OMUKITHI GWEHULI (HEPATITIS E)

Ombuto yomukithi gwehuli oya kala po ngashingeyi oomvula mbali na otayi tsikile nokutaandela moshigwana. Ombuto yomukithi gwehuli oyi na oonzo monyata (oongaga) nomomikalo dhokwaa he na eisiloshimpwiyu lyopauyogoki. Ongomukalo gomeendelelo gokukondjitha ombuto ndjika, opwa pumbwa okutulwa miilonga oonkatu dhi li ndatu momagumbo nomoshigwana opo ku keelwe etaandelo lyombuto yoHepatitis E. Oonkatu ndhika ndatu odha dhengwa oshihako kelelo lyoshilando shaVenduka nokuuMinisteli wuundjlowele nuukalinawa.



## 1 KWASHILIPALEKA KUTYA OLI NA OKANDJUGO KA GAMENWA

Oto vulu wo okutunga okandjugo koye mwene nenge mu tunge okandjugo pamwe naashiinda shoye (Tala konima yokafo haka)

## 2 OKUKALA NIILONGITHO YOKWIIYOGA KOONYALA

Yoga oonyala dhoye nomeya taga tondoka nothewa manga ino tameka okuteleka nokulya nokonima yokulongitha okandjugo, okushendja omunambo gokaana, okoopaleka megumbo nokutakamitha aavu.



## 3 KWASHILIPALEKA KUTYA OMEYA OGA PUNGULWA NAWA

Yoga iikwatelitho ayihe nothewa manga ino yi longitha. Omeya ngoka ga kala inaga longithwa uule woshiwike naga opalekwe. Iikwatelitho nayi kale ya siikilwa ethimbo alihe.

