



OMALOMBWELO NKENE OKASHINA HAKA LONGITHWA

Landula omalombwelo gokulongitha okashina nawa opo u mone oshizemo shi li mondjila. Ino lya nenge u nwe uulethimbo wominute 15 manga inoo tameka okwiikonakona nenge u longithe iyyopalekitho yomokana uulethimbo wominute 30 manga inoo tameka okwiikonakona.

ELONDODHO: Ngele ou li kepango lyoHIV (ARV) otashi vulika u mone oshizemo sha puka.



www.oraquickhivselftest.com

OSHIWAMBO

ORAQUICK® HIV SELF-TEST

NKENE TO LONGITHA OKASHINA KOKWIikonakona OHIV KO-ORAQUICK®



OWA PUMBWA OKUYELEKA UULETHIMBO WEKONAKONO



Mokapakete omu na: **okampunda kiilongitho yokukonakona, okatenteko kokamuligu nomalombwelo nkene okashina haka longithwa.**



Okampunda kiilongitho yokukonakona oke na uumpunda uyali.



Tuula okampunda hoka ke na okamuligu kekende.



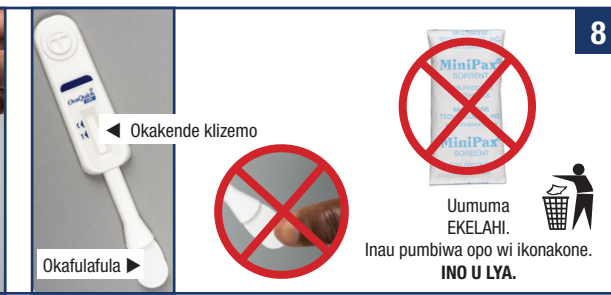
Kutha ko okasiikilo.



INO tilahi mo oshikunguluki. **INO** shi nwa.



Kulukithila okamuligu kekende **mokatenteko.**



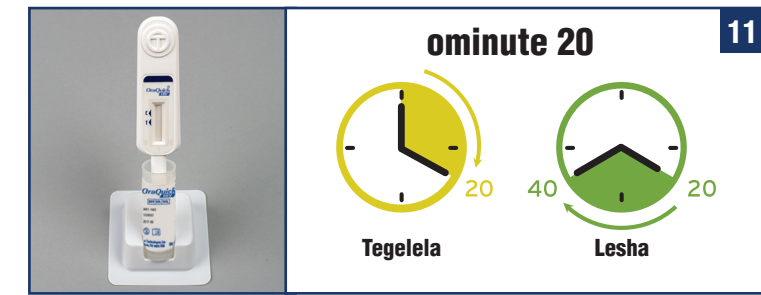
Tuula okampunda hoka ke na **okashina kokukonakona** e to ka kutha mo. **INO** kwata okafulafula nominwe dhoje. **INO** lya nenge u nine uumuma.



Thindila **okafulafula** kontumba yomayego e to ka thetitha **kontumba ayihe yomayego gopombanda lumwe aluke** (ethano. 1) noshu wo **kontumba ayihe yomayego gopevi lumwe aluke** (ethano. 2).



Tula **okafulafula** mokamuligu kekende sigo ka gumu koshitako.



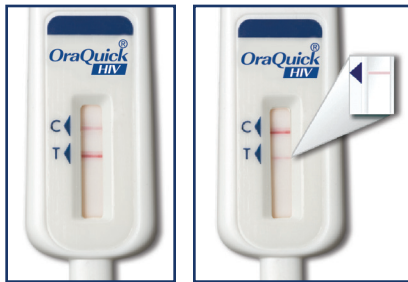
KE ETHA KA KALE MPOKA uule WOMINUTE 20 opo awa u leshe oshizemo. **INO LESHA** oshizemo konima yominute 40.

OKULESHA IIZEMO



Leshela iizemo yekonakono mehala li na uuyeleele wa gwana

OSHIKIZEMO SHO-HIV POSITIVE



Uumusinda uyali, nando okamusinda inaka tonata nawa, osha hala okutya otashi vulika u na o-HIV nowa pumbwa u konakonwe ishewe.



Mbala ngaashi tashi vulika . . .

Talela po Endiki lyOkwiikonakonitha oHIV nenge Oshipangelo shi li popepi nangoye.

OSHIKIZEMO SHAA LI MONDJILA



Kapu na okamusinda ka tegama nondanda "C" (nonando opo na okamusinda ka tegama nondanda "T"), nenge omuzizimba omutiligane ohagu shi dhigupaleke okulesha oshizemo, ekonakono kali li mondjila noli na okuningululwa.

Ou na okuninga ekonakono ekwawo.



Ekonakono inali ningwa mondjila.

Talela po Endiki lyOkwiikonakonitha oHIV nenge Oshipangelo shi li popepi nangoye opo u konakonwe natango.

OSHIKIZEMO SHO-HIV NEGATIVE

NGELE OSHIZEMO OWE SHI LESHA MANGA OMINUTE 20 INAADHI PITA PO, OSHIZEMO OTASHI VULIKA SHI KALE SHAA LI MONDJILA



OKAMUSINDA KAMWE ka tegama nondanda "C" NOKAPU NA okamusinda ka tegama nondanda "T", oshizemo shoye otashi ti KU NA oHIV.

Kala ho ikonakona ethimbo nethimbo. Ngele pamwe owa kwatwa koHIV, ikonakona natango konima yoomwedhi 3.

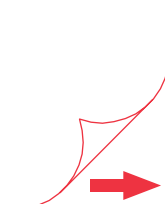
WA LIMBILILWA OSHIZEMO

Ino tseya oshizemo shoye nenge wa limbiliwa oshizemo shoye.

Talela po Endiki lyOkwiikonakonitha oHIV nenge Oshipangelo shi li opopepi nangoye opo u konakonwe natango.

EKELAHI

Kutha ko okati kokwiikonakona, siikila okamuligu kekende e to ekelehi ashihe mendoloma liiyagaya.



UYUELELE WOSHILONGOMWA

[REF] **5X4-1000, 5X4-1001, 5X4-2001**

NKENE KA NUNINWA OKULONGITHWA

Okashina kOkwiikonakona O–HIV ko–OraQuick® okashina kopaunamiti kokukonakona kombanda yolutu hoka haka longithwa komuntu mwene okukonakona aakwiita yolutu yoHIV-1 noHIV-2 miikunguluki yomokana. Okashina haka oka nuninwa ongekwapo okukonakona aakwiita yolutu yokukondjitha oHIV-1 noHIV-2 maantu ye na ombuto yoHIV.

ENGONGO LYEKONAKONO

Okashina kOkwiikonakona oHIV ko–OraQuick® ohaka longithwa ashike lumwe, ohaka konakona oHIV nokukonakona aakwiita yolutu yokukondjitha oHIV Oludhi 1 (HIV-1) nOludhi 2 (HIV-2) miikunguluki yomokana. Okashina kOkwiikonakona oHIV ko–OraQuick® oka nuninwa okulongithwa kaalongithi yakwalukehe yi ikonakone yo yene okutala ngele oya kwatwa ko koHIV-1 nokoHIV-2. Okashina ohaka tulwa mokana, opo okafulula ka kale pokati kompanda nontumba yokomayego, e ta ka thetithwa ihe nduno kuntumba yokomayego. Okashina ohaka tulwa nduno mokamuligu kekende ke na oshikunguluki she elekwa nale. Oshikunguluki shokombanda yontumba yomayego ohashi yi mokashina tashi pitile mokafulafula, e tashi kungulukile ihe nduno mokahala kekende lyiizemo. Manga tashi kunguluka mokahala kekende lyiizemo, okamusinda ke na olwaaala ohaka holoka pooha nondanda “T” mokakende kiizemo ngele aakwiita yolutu yokukondjitha oHIV oya ndhindhilikwa. Ngele inapu dhindhilikwa aakwiita yolutu yokukondjitha oHIV, ihapu holoka okamusinda. Ngele ekonakono olya ningwa mondjila, okamusinda ohaka holoka pooha nondanda “C” mokakende kiizemo. Haka ohaki ithanwa okamusinda kongamba.

OKULONGA NAWA KWOKASHINA

Mepekapeko lyopaunamiti, aantu 900 mboka yaa li yaa shi mpoka ya thikama noHIV oya li ya pewa Okashina kOkwiikonakona oHIV ko–OraQuick® opo ye ka longithe. Iizemo yepekapeko oye elekaniithwa nekonakono lyomolabola. Oshizemo shepekapeko lyomolabola osha holola kutya aantu 153 oya kwatwa koHIV naantu 724 inaa kwatwa koHIV. Eyelekanitho lyiizemo olya li ngaashi tashi landula:

- Oopelesenda 99.4 dhaantu (aantu 152 yomaantu 153) oya hokolola oshizemo shawo mondjila kutya oya kwatwa koHIV. Shika otashi ti kutya aantu 1 yomaantu 153 ya kwatwa koHIV oya fatululula oshizemo shawo mondjila kutya oya kwatwa koHIV.
- Oopelesenda 99.0 dhaantu (aantu 717 yomaantu 724) oya hokolola oshizemo shawo mondjila kutya inaa kwatwa koHIV. Shika otashi ti kutya aantu 7 yomaantu 724 inaa kwatwa koHIV oya fatululula oshizemo shawo kutya oya kwatwa koHIV. Shika ohashi ithanwa oshizemo shi li positive sha puka.
- Ishewe, oopelesenda ashike 1.8 dhaantu ya ningilwa omapekapeko (aantu 16 yomaantu 900) ya ndopa okumona oshizemo shasha shekonakono.

SHOKA SHI LI MOKAPAKETE

- Okapakete kamwe oke na:
 - Uumpunda wa topolwa (5X4-0004) u na Okashina kOkukonakona haka longithwa ashike lumwe, Uumuma nOkamuligu kekende ke na oshikunguluki
 - Okatenteko kokamuligu
 - Omalombwelo gOkulongitha okashina

likwaniipangitho ya pumbiwa ihe ihayi kala mokapakete: Otundi

⚠️ ELONDODHO NOMIKALOLONGEKIDHO

- Aantu oyendji ohaa kala ye na uumbanda kashona ngele taa ikonakonitha oHIV. Ihe ngele ou na uumbanda lela yokwiikonakona, onawa u tegelele sigo uumbanda wa kodha opo u ikonakone, nenge u konakonwe kundohotola gwoye nenge pokakilinika ke li popepi nangoye.
- Ngele ou na oHIV, **INO** longitha okashina haka.
- Longitha ashike oshikunguluki shomokana. Eikonakona ihali ningwa nombinzi, omahini gokegundji, omasita goluvalo, omasita, oshikunguluki shokoshiyovalithi shoomeme nenge nomeya gomazigudhe.
- INO** lya nenge u nwe uulethimbo wominute 15 omanga inoo tameka okwiikonakona.
- INO** longitha iyopalekitho yomokana (ngaashi othewa yomokana) uulethimbo wominute 30 manga inoo tameka okwiikonakona.
- Kutha ko iitenda yokomayego nenge kehe shimwe shoka sha siikila oontumba dhomayego manga inoo kutha mo oshikunguluki mokana.
- Ngele okampunda oka tuuka nenge ngele shimwe shomilongitho kashi po, sha teka, nenge sha patuluka, ino longitha okashina haka.
- Ngele esiku lyomena olya pitilila pesiku ndyoka okashina ke na okukala ka longithwa, ino longitha okashina haka.
- Aantu oya pumbwa okukala ye na uuyelele wa gwana mehala moka tamu ningilwa ekonakono opo ya wape okulesha oshizemo shekonakono. Ngele uumusinda uyali otau monika poha nondanda “T” nondanda “C” kOkashina kOkwiikonakona nowa tonata nawa, oshizemo shekonakono oshi li positive.
- INO** patulula nando okampunda kamwe sigo wa mono kutya owi ilongekidha okwiikonakona.
- INO** longitha okashina ngele oka guma iikwathewa.
- Ngele owa kutha ombinga metuntilo lyoHIV koshipangelo, otashi vulika u mone oshizemo shi li positive sho to longitha okashina haka, ashike otashi vulika itaashi ti kutya owa kwatwa koHIV. Ka konakonwe natango koshipangelo.
- INO** longitha okashina haka ngele ou na omimvo 11 okuya pevi.

🌡️ 30 °C OKUPUNGULA

- Pungula ngoye e to longitha okashina haka mehala inaali pupyala.
- INO** longitha okashina haka ngele oka kala ka pungulwa mehala li na ondjele yuupyu nuutalala ya pitilila yi li pokati ko-2° no-30° C (36°-86° F).
- Okashina haka oke na okulongithwa mehala li na ondjele yuupyu nuutalala yi li pokati ko-15° no-37° C (59°-99° F).

OMANGAMBEKO GOKASHINA

- Omalombwelo gokulongitha Okashina kOkwiikonakona oHIV ko–OraQuick® oge na okulandulwa nawa nuukeka opo u mone oshizemo shi li mondjila.
- Ngele ou li kepango lyoHIV (ARV) otashi vulika u mone oshizemo sha puka.
- Ngele ou na oHBV, HCV nenge oHTLV (*I/II*), otashi vulika u mone oshizemo sha puka.
- Ehicho lyombinzi mokana otashi vulika li etithe oshizemo shi kale shaa li mondjila. Ngele oshizemo shekonakono kashi li mondjila, talela po oshipangelo shi li popepi nangoye.
- Uuyelele wepekapeko lyopaunamiti inau gongelwa natango opo u ulike kutya Okashina kOkwiikonakona oHIV ko–OraQuick® ohaka longo ngiini maantu mboka ye li kepango lyoPrEP.
- Okashina kOkwiikonakona oHIV ko–OraQuick® ohashi vulika kaa ka ndhindhilike omikithi ndhoka dhe ya molutu konima yoomwedhi 3.
- Oshizemo ngele oshi li positive, okutonata kwokamusinda koshizemo kaku thike pamwe nomwaaalu gwaakwiita yolutu moshikunguluki shoka tashi konakonwa.
- Oshizemo shi li positive oshi na okukolekwa komunawino gopaunamiti opo a koleke kutya oHIV oya monika shili molutu.

OMAPULO NOMAYAMUKULO

1. Okashina ohaka ningi shike?

Okashina kOkwiikonakona oHIV ko–OraQuick® ohaka longithwa kombanda yolutu nohaka longithwa komuntu mwene okwiikonakona oHIV (HIV-1 noHIV-2) miikunguluki yomokana. Okashina kokwiikonakona ohaka ndhindhilike aakwiita yolutu mboka haa kwathele mokukondjitha omikithi. Oshizemo shi li positive hasho shahugunina nekonakono lya gwedhwa po koshipangelo olya pumbiwa okukoleka kutya oshizemo oshoshili.

2. Oshike tashi kwatitha ndje koHIV?

Shoka tashi ku tula moshiponga shokukwatwa koHIV otashi fatululwa kiinima tayi landula:

- Omilalo nookuume oyendji yopamilalo
- Omilalo nomuntu e na oHIV nenge nomuntu ngoka waa shi kutya okwa thikama peni noHIV
- Omilalo pokati komulumentu nomulumentu omukwawo
- Okulongitha oopela/omiti dhi indikwa
- Okutaambathana oonane noowenda
- Okulanditha omilalo/uumbwanda
- Ngele owa monika nenge wa pangwa ehuli, oTB nenge omikithi dhopamilalo ngaashi syphilis

3. Okonima yethimbo li thike peni ndi na okwiikonakona ngele onda li moshiponga shokukwatwa koHIV?

Oto vulu okwiikonakona ethimbo kehe; ngele oto longitha okashina haka konima yoomwedhi 3 sho wa li monkalo ye ku tula moshiponga shokukwatwa koHIV nongele oshizemo shoye shi li negative, oshizemo shoye otashi vulika shi kale shaa li mondjila. Ou na ishewe okwiikonakona konima yoomwedhi 3 konima sho wa li monkalo ye ku tula moshiponga shokukwatwa koHIV, opo waa kale wa limbiliwa oshizemo. Oto vulu wo oku ka konakonwa koshipangelo.

4. Omolwashike kaandi na okulongitha okashina haka mbala ashike konima nda li monkalo ya tula ndje moshiponga shokukwatwa koHIV?

Uuna wa kwatwa kombuto yoHIV, olutu lwoye ohalu kambadhala okukondjitha ombuto yoHIV naakwiita yolutu. Aakwiita yolutu mbaka ohaa adhika wo miikunguluki yomokana. Ohashi kutha sigo oomwedhi 3 okweela aakwiita yolutu mbaka poondondo ndhoka tadhi vulu okundhindhilikwa kokashina haka.

5. Okashina haka ohaka gandja tuu iizemo yi li mondjila?

Mepekapeko lyopaunamiti, aantu 900 mboka ya li yaa shi kutya oya thikama peni noHIV oya li ya pewa Okashina kOkwiikonakona oHIV ko–OraQuick® opo ye ka longithe. Iizemo oya yelekanithwa nekonakono lyomolabola. Iizemo yomolabola otayi holola kutya aantu 153 oya monika oHIV naantu 724 inaa monika oHIV. Eyelekanitho lyiizemo olya li ngaashi tashi landula:

- Oopelesenda 99.4 dhaantu (aantu 152 yomaantu 153) oya hokolola oshizemo shawo mondjila kutya oya kwatwa koHIV. Shika otashi ti kutya aantu 1 yomaantu 153 ya kwatwa koHIV oya fatululula oshizemo shawo mondjila kutya oya kwatwa koHIV.
- Oopelesenda 99.0 dhaantu (aantu 717 yomaantu 724) oya hokolola oshizemo shawo mondjila kutya inaa kwatwa koHIV. Shika otashi ti kutya aantu 7 yomaantu 724 inaa kwatwa koHIV oya fatululula oshizemo shawo kutya oya kwatwa koHIV. Shika ohashi ithanwa oshizemo shi li positive sha puka.
- Ishewe, oopelesenda ashike 1.8 dhaantu ya ningilwa omapekapeko (aantu 16 yomaantu 900) ya ndopa okumona oshizemo shasha shekonakono.

6. Otandi vulu okukwatwa koHIV uuna tandi longitha okashina haka?

Okashina haka kake na ombuto yoHIV nenge sha tashi vulu okukwatitha omuntu koHIV.

7. Olungapi omuntu e na okwiikonakonitha oHIV?

Ngele ino konakonwa nando onale oHIV, ou na okukonakonwa iikonda ngele iishona lumwe. Ngele oho ningi iinima mbyoka tashi vulika yi ku etele oHIV ou na andola okukonakonwa lumwe omumvo kehe (ekunkililo lyOngongahangano yUundjolowele mUuyuni).

Ngele ou uvite kutya ou li moshiponga oshinene shokukala wa kwatwa koHIV, kala to ikonakonitha okuza ethimbo nethimbo.

8. Oshizemo shi li negative otashi ti ngiini?

Oshizemo shi li negative otashi ti kutya okashina inaka ndhindhilika nando aakwiita yolutu; ihe nando ongaaka, ohashi vulika shi kuthe sigo oomwedhi 3 opo okashina ka ndhindhilike oHIV. Ngele opwa pita **oomwedhi 3** okuza sho wa li monkalo ye ku tula moshiponga shokukwatwa koHIV nowa landula nawa nuukeka Omalombwelo gokulongitha okashina, otashi vulika u kale waa na oHIV. Ngele opwa pita ethimbo inaali thika **poomwedhi 3** okuza sho wa li monkao ye ku tula moshiponga shokukwata koHIV, **tegelela oomwedhi 3 dhu udha** dhi pite po okuza sho wa li moshiponga shokukwatwa koHIV opo u ikonakone nenge u ye koshipangelo shi li popepi nangoye.

9. Nandi ninge ngiini ngele onda mono oshizemo shi li negative?

Ngele kwa li monkalo yasha ye ku tula moshiponga shokukwatwa koHIV muule **woomwedhi 3**, nowa landula nawa nuukeka Omalombwelo gokulongitha okashina, nena otashi vulika lela u kale waa na oHIV. Ngele ino landula nawa Omalombwelo gokulongitha okashina, ikonakona natango opo u kale waa na omalimbililo kutya oshizemo shoye oshi li mondjila. Ngele owa li monkalo yasha ye ku tula moshiponga shokukwatwa koHIV muule **woomwedhi 3** dha piti, otashi vulika wa kwatwa koHIV, ashike olutu lwoye inalu ninga aakwiita yolutu natango. **Ngele ou wete kutya otashi vulika wa kwatwa koHIV meni lyoomwedhi 3 dha piti**, ikonkona natango konima **yoomwedhi 3**. Ngele owa tsikile okuninga iinima mbyoka tayi ku tula moshiponga shokukwatwa koHIV, kala to ikonakona okuza ethimbo nethimbo.

10. Oshizemo shi li positive otashi ti ngiini?

Oshizemo shi li positive otashi ti kutya otashi vulika u na oHIV. **Ekonakono lya gwedhwa po nali ningwe koshipangelo okukoleka oshizemo.**

11. Nandi ninge ngiini ngele onda mono oshizemo shi li positive?

Owa pumbwa okuya koshipangelo u ka konakonwe ishewe okukoleka oshizemo. Pethimbo ndyoka okakilinika ke li popepi nangoye, ndohotola, nenge omunawino gopaunamiti otaka kundathana shoka u na okuninga.

12. Otandi vulu okumona oshizemo shi li negative ‘sha puka’ nokashina haka?

Oshizemo shi li negative ‘sha puka’otashi vulu okuholoka molwomatompelo taga landula:

- Ngele ou wete kutya owa li monkalo ye ku tula moshiponga shokukwatwa koHIV omanga omweedhi 3 inaadhi pita po manga inoo inkonakona
- To lesha oshizemo papuko to ti oshi li negative ihe nani hasho
- Itoo landula nawa nuukeka omalombwelo gokulongitha okashina
- Ngele owa zala sha komayego ngaashi iitenda nenge sha shilwe shoka sha siikila oontumba dhomayego omanga to theta oontumba dhoomayego nokafulafula
- Ngele oho nu omuti gomokana gwoPrEP nenge ngele u li kepango lyoHIV (ARV)

13. Otandi vulu okumona oshizemo shi li positive ‘sha puka’ nokashina haka?

Oshizemo shi li positive ‘sha puka’otashi vulu okuholoka molwomatompelo taga landula:

- To lesha oshizemo papuko to ti oshi li positive ihe nani hasho
- Itoo landula nawa nuukeka omalombwelo gokulongitha okashina
- Itoo tegelele ominute 15 dhi pite po konima yokulya, yokunwa, nenge ominute 30 dhi pite po konima yokulongitha omiti dhokwoopaleka mokana manga inoo longitha okashina
- Wa pewa ontuntila yoHIV

14. Openi tandi vulu okumona ekwatho nenge esiloshimpwiyu lya gwedhwa po kombinga yoHIV?

Oto vulu okumona ekwatho lya gwedhwa po kokakilinika ke li popepi nangoye, kundohotola, nenge komunawino gopaunamiti.

15. Otandi vulu okulongitha okashina haka ngele ohandi nu omiti dhokukelela oHIV (oPrEP yomokana)?

Ngele oho longitha oPrEP yomokana, otashi vulika u mone oshizemo sha puka.

16. Otandi mono ngiini okutya okashina kandje otaka longo nawa?

Ngele okashina koye otaka longo nawa oto mono okamusinda ka tegama nondanda “C” kokashina koye. Ngele kapu na okamusinda ka tegama nondanda “C” nena okashina koye itaka longo.

17. Otandi vulu okulongitha okashina haka uuna ndi li metegelelo?

Eeno, ngele ou li metegelelo oto vulu okwiikonakona ethimbo kehe.

IIKUNGULUKI YILWE NOMIKITHI DHILWE

Ongoshitopolwa shepekapeko lyopaunamiti lyiikunguluki yomokana, uuyelele owa li wa gongelwa okuza kaakuthimbaing shi na sha nomikithi ndhoka hadhi endele mumwe nenge omauvu galwe, omikithi dhomokana, oombuto dhomavu dhaa shi dhoHIV, nosho wo iikumungu yiilwe (ngaashi, okulongitha omakaya, othewa yomokana meni lyoowili 24 manga inoo ikonakona, omiti hadhi nwinwa mumwe, iitenda yokomayego, nenge okulya nenge okunwa nziya manga inoo ikonakona). Mepekapeko lya yooloka lyaantu 40, okunwa omalovu, okubrasha omayego, okulongitha othewa yomokana nenge okuhila omakaya ku na ominute 5 omanga inoo ikonakona, oya monika kutya kayi na uupyakadhi washa koshizemo shekonakono. **Ngele ou na oHBV, oHCV nenge oHTLV (I/II), otashi vulika u mone oshizemo sha puka**. Aalongithi yokashina haka otaa kunkililwa ya pitithe po ominute15 konima yokulya nenge yokunwa e taa pititha po ishewe ominute 30 konima yokulongitha omiti noothewa dhomokana.

| EFATULULO LYOMANDHINDHILIKO | | | | | | | | | | |
|-----------------------------|----------------------------|---------------------------------|----------------------------|----------------------------|---|----------------------------|--|----------------------------|--------------------------------|-------------------|
| | [LOT] | Okooode yOkampunda | | [REF] | Onomola yOkaatoloko | | Elondodho, Lesha Omikanda dhi li pamwe nokashina | | Lesha Omalombwelo gOkulongitha | |
| | | Ino Longithulula | | [IVD] | Okashina kopaunamiti <i>haka konakona kombanda yolutu</i> | | Omunduluki | | [EXP] | Esiku lyOkukwisha |
| | | Ongamba yOndjele yuupyu nuutala | | | Ka longitha manga esiku ndika inaali pita | | | | [DOM] | Esiku ka Ndulukwa |

OraSure Technologies, Inc.

| | |
|---------------|--|
| | Ka ndulukwa moThailand, ka ndulukilwa |
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