

## Ekiwandiiko kino kikuwa amawulire agakwaata ku kwegattira emabega ewafulumirwa era n'akawuka kamukenenya.

### Okwegattira emabega ewafulumirwa kye ki?

Okwegattira emabega ewafulumirwa tutegeeza ng'omusajja ateeke obusajja bwe mu muganziwe emabega gyafulumira. Si kyekimu ng'okuteeka obusajja mu bukyaala "Okuva emabega" oba "okuva mumugongo".



### Ani yegatta emabega ewafulumirwa?

Newankubadde abantu bangi baswala okukyogerako, abantu abebika bingi begattira emabega ewafulumirwa. Abaami n'abakyala bafuna okwegattira emabega ewafulumirwa. sinsonga oba yegasse n'amusajja oba mukazi.

### Lwaki abantu bayinza okufuna okwegattira emabega ewafulumirwa?

Ensonga nyingi lwaki abantu bennyigira mu kwegattira emabega ewafulumirwa. Ezimu kwezo mulimu: okugezaako okumanya bwekuulikika,,essanyu, ekiwubaalo, okumala amangu, okuwulira nga bakumimye, okusanyusa omwagalwawo, sente ,ngoli lubuto oba munsonga z'ekyikyala. nga enkola eyokwegema okuzaala, okukuma vaginite, okwongerera omukwano era nensonga endala nyingi.

### Akawuka kamukenenya kasobola okusigibwa nga kayita mukwegatta emabega ewafulumirwa?

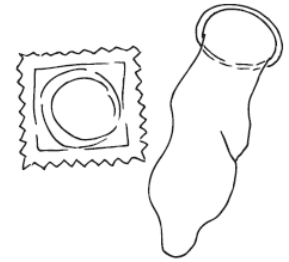
Yee mu butuufu, okwegattira emabega ewafulumirwa nga tolina akapiira ka kalimpitawa kiteeka abantu mukatyabaga akawaggulu nnyo okufuna akawuka kamukenenya okusinga engeri zonna ez'okwegatta. Okwegattira emabega ewafulumirwa ng'atolina kapiira ka kalimpitawa kyabulabe eri abakyaala okusinga okwegattira mu bukyaala nga tolina kapiira ka kalimpitawa bwekituuka ku kufuna akawuka kamukenenya n'endwadde eziyitira mukwegatta.

### Lwaki okwegattira emabega ewafulumirwa nga tolina kapiira kyabulabe nnyo?

Akawuka kamukenenya kasobola okusigibwa amangu nga kayita mu kwegattira emabega ewafulumirwa kubanga akabuubi k'omukyenda ekifulumya bbi(rectum) kawewevu nnyo ate tekalina bisereza eby'obutonde. Akabuubi ke kyenda ekifulumya bbi(rectum) kangu nnyo okukosebwa nga wegattira emabega ewafulumirwa nga tewali kiserezaayo, ekiwa akawuka ka mukenenya ekubbo ely'okuyingira mu mubiri amangu.

### Nsobola ntya okweziyiza okufuna akawuka kamukenenya nga n'egattira emabega ewafulumirwa?

Engeri esinga okweziyiza okufuna akawuka kamukenenya nga wegattira emabega ewafulumirwa kwe kukozeza akapiira kakalimpitawa n'ekisereza ekirimu amazzi (nga KY Jelly). Ekisereza/ekigonza ekirimu oyilo (nga Vasiline oba body lotion) kigya kuyuzza condom era tekirina kukozebwa.



Engeri endala ez'okukeendeza obuzibu mulimu okukeendeza omuwendo gw'abantu bewegatta nabo era n'okulekerawo okwegattira emabega ewafulumirwa odde kungeri endala ez'okwegatta ezitali zabulabe nnyo. **Tekimanyiddwa obanga okukozeza akaweta ka dapivirine ak'omubukyala kawa okuziyiza okufuna akawuka kamukenenya nga kuyita mukwegattira emabega ewafulumirwa. Akaweta tekalina kusonsekebwa mu kyenda ekifulumya bbi(rectum).**

### Lwaki kyamugaso okwogera kukwegattira emabega ewafulumirwa mu HOPE?

Abakyaala n'abaami bangi tebamanyi nti okwegattira emabega ewafulumirwa nga tokozesezza kapiira kakalimpitawa kibateeka mu katyabaga kamaanyi akokufuna akawuka kamukenenya n'edwadde endala eziyita mukwegatta. Omukozi mu kunoonyereza akusaba omubulire byonna ebikwata ku n'eyisa ez'okwegattira emabega ewafulumirwa okukakasa nti banakyaawa bafuna amawulira gebetaaga okweziyiza.

Akaweta tekakolebwa kuziyiza kawuka kamukenenya nga kayitira mu kwegattira emabega ewafulumirwa era tekalina kukozezebwa mukyenda ekifulumya bbi(rectum). Singa nakyewa afuna akawuka kamukenenya mukiseera ky'okunonyereza, okumanya kuneyisaye ku by'okwegattira emabega ewafulumirwa kijjakuyamba abanoonyereza okutegeera oba nga akawuka kamukenenya kayinza okuba nga kayitira munkola endala ez'okwegatta ezitaziyizibwa ng'okozesa akaweta k'omubukyala.

**Abakozi mu kunoonyereza webali okukuyamba** Abakozi mu kunoonyereza webali okutegeera era n'okubuddabudda banakyewa, abaami babwe, era n'abantu bo mu bitundu abalala ku bikwata ku kwegattira emabega ewafulumirwa era n'ebibuuzo byonna oba okwemulugunya bye bayinza okuba nabyo. era bagya kukikola nga tebakunenya era mungeri yekikugu.



**HOPE**  
HIV Open-label Prevention Extension  
*Out of ASPIRE, there is HOPE*

Amawulire agakwata ku  
kwegattira emabega  
ewafulumirwa

Bwoba olina ebibuuzo oba wetaaga amawulire agasingawo, mwattu kyalira kilinika y'okunoonyereza:

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