

## UBURYO BWO GUFASHA ABABYEYI KURINDA ABANA BAVUKA UBWANDU BWA VIRUSI ITERA SIDA

*Imfashanyigisho mu gufasha abafite ubumuga kumenya no kwirinda icyorezo cya SIDA.*

Iki gitabo cyahinduwe n'Urugaga rw'abafite ubumuga mu kurwanya icyorezo cya SIDA



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Ibanzirizacapwa no gushushanya byakozwe na KIBONDO Editions*

## GUSHIMIRA

*Iyi mfashanyigisho yateguve n'urugaga rw'Abafite Ubumuga mu Kurwanya SIDA (UPHLS) babitewemo inkunga na PEPFAR/HRSA binyuze muri Handicap International.*

*Mu gutegura iyi mfashanyigisho hari abantu batandukanye babigizemo uruhare rukomeye. Turashimira by'umwihariko:*

- *Abafatanyabikorwa n'abagenerwabikorwa b'umushinga “Strengthening the capacities of the Rwandan Community to Integrate PWDs into HIV/AIDS national response” ibitekerezo batanze mu gutegura iyi mfashanyigisho*
- *Abakozi b'uyu mushinga uruhare bagize mu kunononsora iyi mfashanyigisho*
- *Abafite ubumuga n'ibigo byita kandi bigafasha abafite ubumuga batandukanye bakoreweho igerageza mu rwego rwo kunoza iyi mfashanyigisho*
- *Turashimira abakozi ba TRAC na CNLS uruhare bagize mu kunoza iyi mfashanyigisho.*

*Turashimira kandi byimazeyo umuryango Handicap International ku nkunga baduteye mu rwego rwa tekiniki n'amafaranga kugira ngo iyi mfashyanyigisho igere ku bantu benshi bafite ubumuga.*

## Icyitonderwa:

*Ibitekerezo bikubiye muri iyi mfashanyigisho ni ibya UPHLS ntibivuga ko ariko PEPFAR/HRSA ibibona.*

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<b>I. IBISOBANURO BIMWE NA BIMWE KURI VIRUSI ITERA SIDA NDETSE</b>	

## NO KURI SIDA UBWAYO

### 1.1. *Virusi itera SIDA ( VIH) ni iki?*

Ni akanyabuzima gato cyane kataboneshwa ijisho, kamunga ubwirinzi kamere bw'umubiri w'umuntu kakawugabiza indwara zinyuranye .

### 1.2. *SIDA ni iki ?*

Ni uruhurirane rw'ibimenyetso by'indwara zinyuranye zifata umuntu bitewe n'uko ubwirinzi kamere bw'umubiri we butagifite ubushobodzi bwo kumurinda, kuko buba bwashegeshwe na virusi itera SIDA.

### 1.3. *Uko virusi itera SIDA yandurwa*

**Hari uburyo butatu virusi itera SIDA yandurirwamo :**

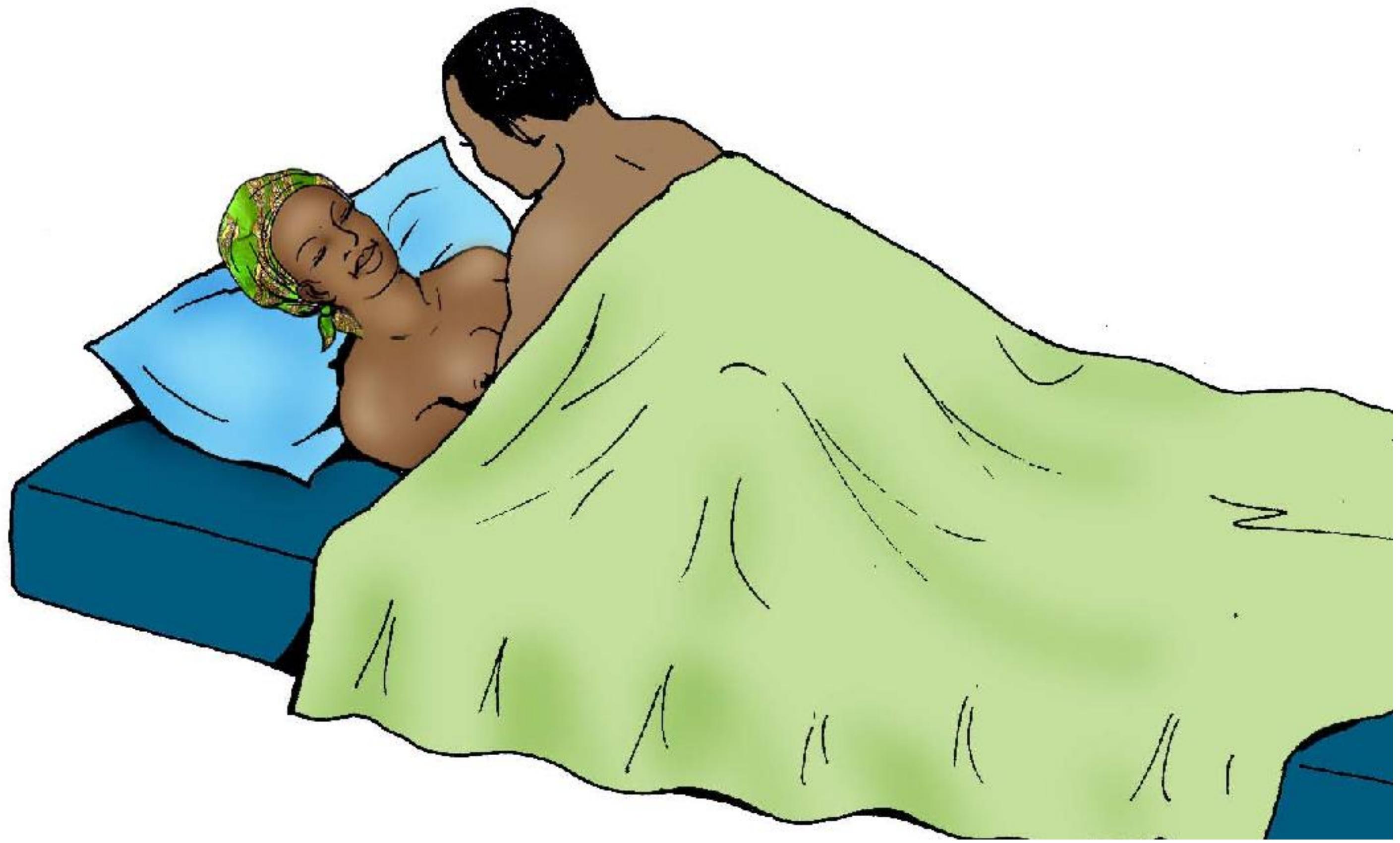
- 1. Uburyo bwa mbere**, ndetse usanga ari bwo abantu benshi banduriramo, **ni ugukorana imibonano mpuzabitsina n'umuntu wanduye nta gakingirizo cyangwa gakoreshejwe nabi.**

**Icyitonderwa:**

*Ubwiganze bwa virusi itera SIDA buboneka cyane cyane mu masohoro y'umugabo no mu bubobere bwo munda ibyara y'umugore.*

**UBURYO BWA MBERE**

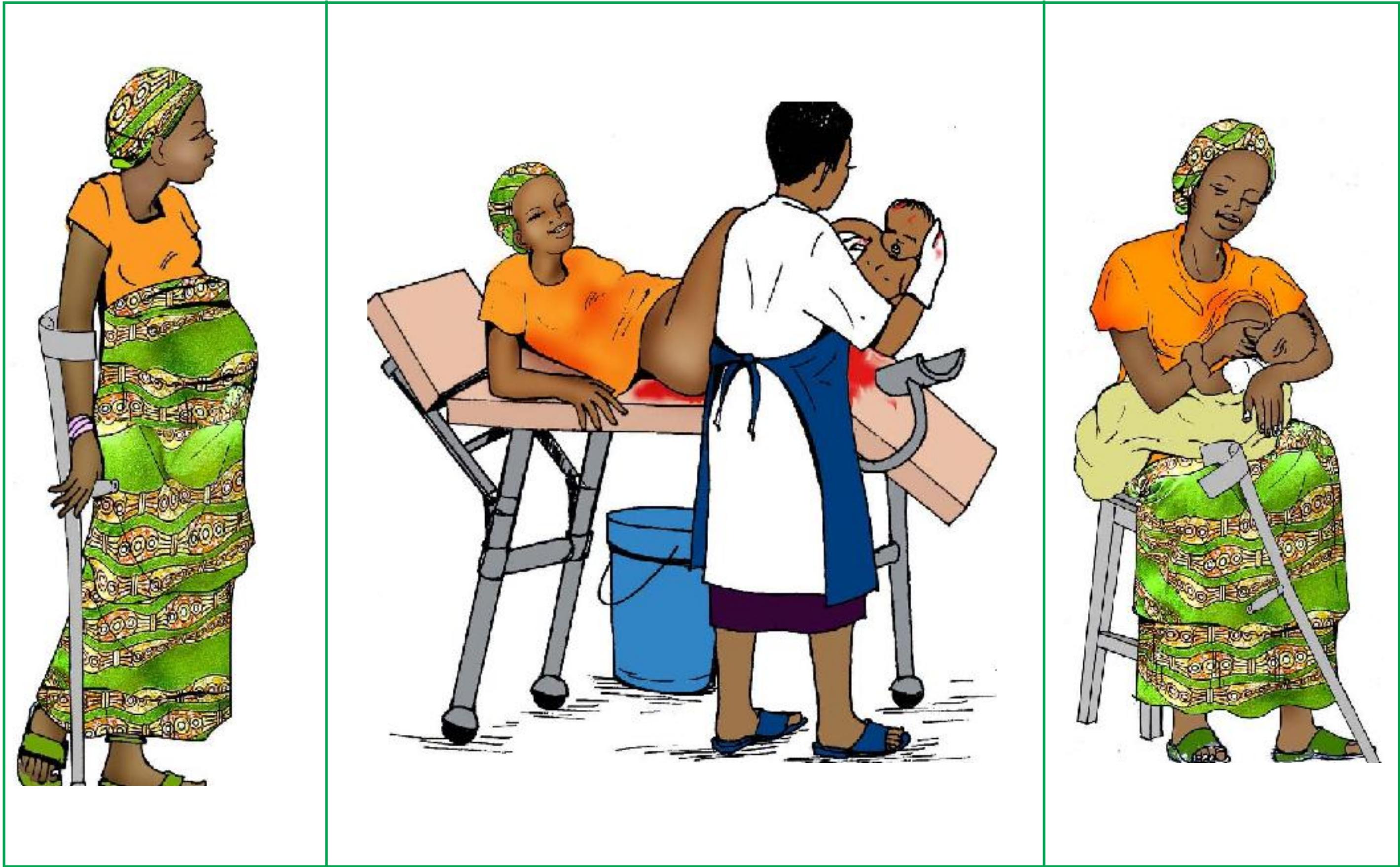




**Umubyeyi wanduye ashobora kwanduza umwana we mu buryo butatu:  
amutwite, amubyara cyangwa se amwonsa.**



## UBURYO BWA KABIRI:



### **3. Uburyo bwa gatatu:**

**Ni mu guhuza amaraso n'uwanduye virusi itera SIDA:**  
igihe musangiye udukoresho dukomeretsa (inshinge, urwembe, ibikwasi, kwivuza kwa magendu, n'ibindi...).



## UBURYO BWA GATATU



#### *1.4. Itandukaniro hagati y'umuntu ubana na virusi itera SIDA n'umurwayi wa SIDA*

- Umuntu ubana na virusi itera SIDA ni ufite iyo virusi ariko ataragaragaza ibimenyetso.
- Umurwayi wa SIDA ni uwatangiye kugaragaza ibimenyetso by' indwara z'ibyuririzi.



# ITANDUKANIRO HAGATI Y'UMUNTU UBANA NA VIRUSI ITERA SIDA N'UMURWAYI WA SIDA



## *1.5. Isano iri hagati ya virusi itera SIDA n'izindi ndwara zandurirwa mu mibonano mpuzabitsina*

Virusi itera SIDA yandurirwa ahanini mu mibonano mpuzabitsina kimwe n'izo ndwara. Isano bifitanye ni iyi ikurikira :

- Zose zandurirwa mu mibonano mpuzabitsina.
- Indwara zandurirwa mu mibonano mpuzabitsina zitera udusebe mu myanya ndangagitsina; utwo dusebe tukabera inzira virusi itera SIDA mu kwinjira mu mubiri w'umuntu.
- Uburyo bwo kwirinda virusi itera SIDA n'izo ndwara zindi ni bumwe.

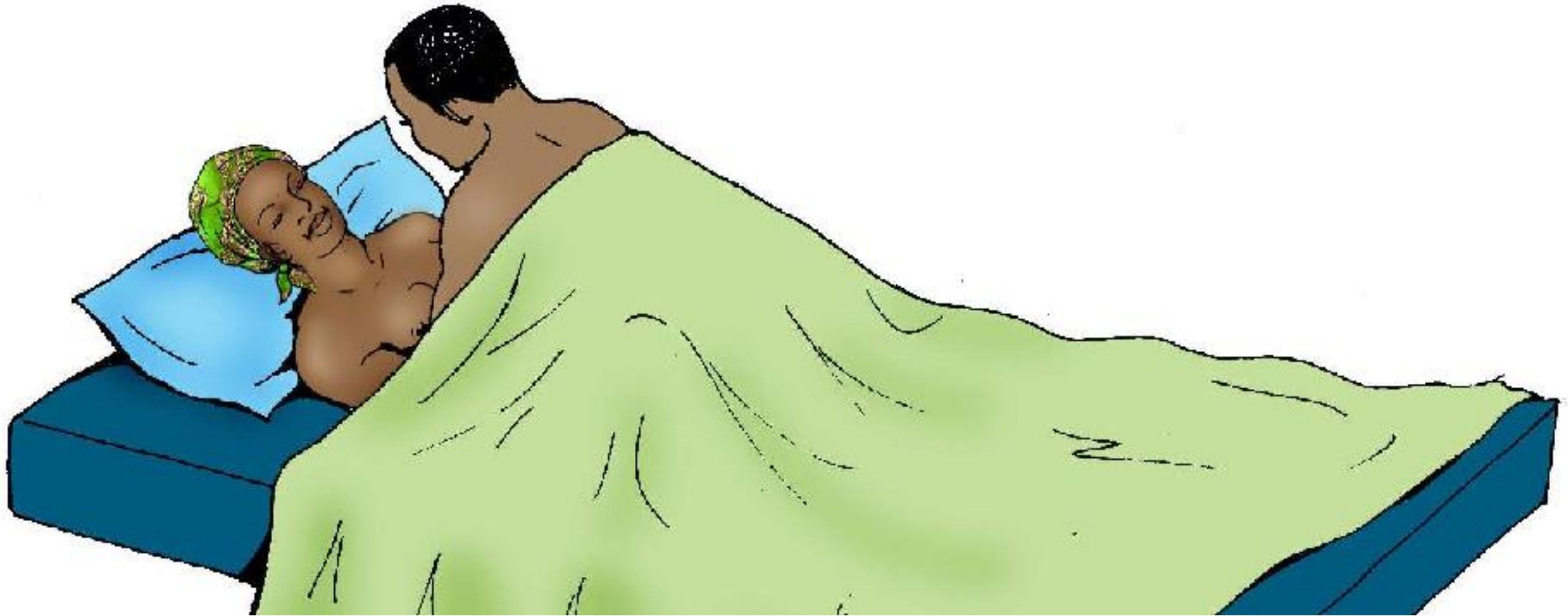
## *1.6. Uburyo bwo kwirinda virusi itera SIDA*

Uburyo bwiza bwo kwirinda kwandura virusi itera SIDA ni ukwirinda ikintu cyose cyatuma iyo virusi yinjira mu mubiri wawe. Ubwo buryo ni ubu bukurikira :

- Kwifata
- Kudaca inyuma uwo mwashakanye
- Gukoresha neza agakingirizo
- Kwirinda gusangira n'undi muntu udukoresho dukomeretsa



**ISANO IRI HAGATI YA VIRUSI ITERA SIDA N'IZINDI NDWARA ZANDURIRWA  
MU MIBONANO MPUZABITSINA**



## **II. UBURYO BWO KURINDA ABANA UBWANDU BWA VIRUSI ITERA SIDA BASHOBORA KWANDUZWA N'ABABYEYI**

Hari uburyo bune umuntu yakoresha ngo arinde umwana we bwandu bwa virusi itera SIDA:

- Kwirinda kwandura virusi itera SIDA ku bantu bose bari mu kigero cyo kubyara,
- Kwirinda gusama ku mugore wese uzi ko yanduye virusi itera SIDA,
- Gukoresha imiti igabanya ubukana bwa virusi itera SIDA ku bagore batwite bamenye ko banduye no ku bana bavutse kuri abo babyeyi,
- Guhitamo uburyo buboneye bwo kugaburira umwana uvutse ku mubyeyi wanduye.

### **2.1. Uburyo bwa mbere:**

*Kwirinda kwandura virusi itera SIDA ku bantu bose bari mu kigero cyo kubyara.*

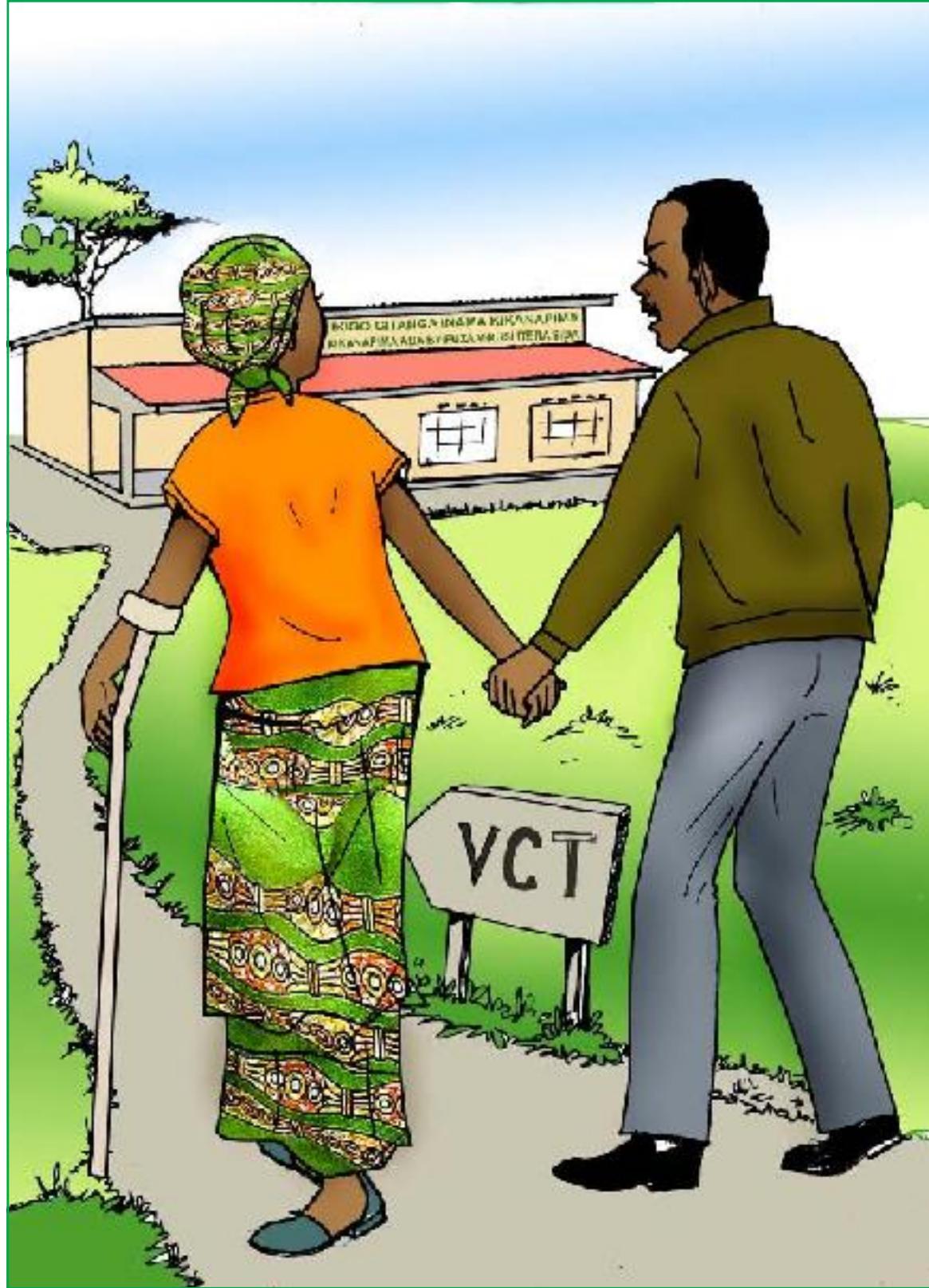
Ku bantu batarandura, baba ari ingaragu cyangwa abashakanye, ni ngombwa kwirinda ibintu byose byatuma umuntu yandura. Ni ukuvuga:

- Kwirinda imibonano mpuzabitsina n'uwo mutashakanye.
- Gukoresha neza agakingirizo .
- Ku bageze mu kigero cyo gushaka, ni byiza kwipimisha virusi itera SIDA, mbere yo gufata icyemezo cyo kubana.
- Umugore wese utwite, hamwe n'uwo bashakanye, bagombye kwipimisha ngo bamenye ko banduye cyangwa batanduye, kugira ngo bahabwe inama zibafasha kuboneza imyitwarire ibaganisha ku buzima bwiza.



# UBURYO BWO KURINDA ABANA UBWANDU BWA VIRUSI ITERA SIDA BASHOBORA KWANDUZWA N'ABABYEYI

## Uburyo bwa mbere



## IGISUBIZO USHOBORA GUHABWA IYO WIPIMISHIJE

Mu gupima ubwandum bwa virusi itera SIDA, bafata amaraso make mu mutsi bakayasuzuma muri laboratwari. Igisubizo gishobora kuza ari pozitifu cyangwa negatifu.

- o **Negatifu** bivuga ko uwo muntu nta bwandu bwa virusi itera SIDA afite cyangwa se butari bwagaragara mu maraso yapimwe. Biturutse ku myitwarire yagize mbere yo kuzakwipimisha, hari igihe biba byiza ko umuntu yongera kwipimisha nyuma y'amezi atatu, ngo bemeze koko ko nta bwandu bwa virusi itera SIDA afite mu mubiri we.

*Muri ayo mezi ndetse na nyuma yaho, ugomba kwirinda icyakwanduza.*

- o **Pozitifu** bivuga ko mu maraso yapimwe basanzemo ubwandum bwa virusi itera SIDA.

### Icyitonderwa:

Ababyeyi batwite baje kwipimisha babasuzumamo ubwandum bwa mburugu. Icyo kizamini gikorerwa ababyeyi batwite bose, kugira ngo abo basanganye ubwandum bavurwe, batazanduza abana batwite.

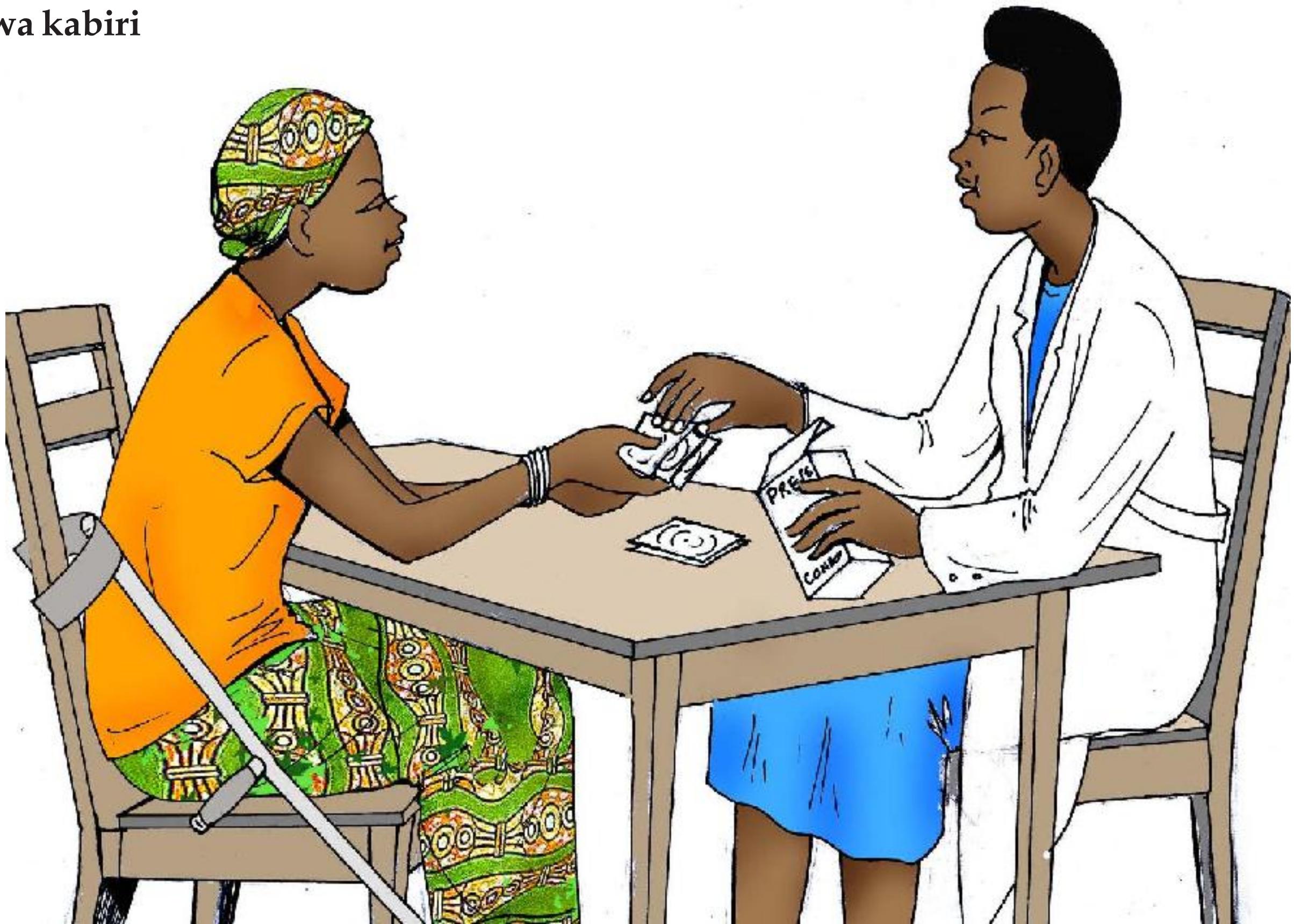
### 2.2. Uburyo bwa kabiri: *Kwirinda gusama ku mugore wese uzi ko yanduye*

Umagore wese uzi ko yanduye virusi itera SIDA yagombye kwirinda gusama no kwiyongerera ubwandum. Hari uburyo bubiri ashobora gukoresha: **agakingirizo** cyangwa se **kureka imibonano mpuzabitsina**.



# UBURYO BWO KURINDA ABANA UBWANDU BWA VIRUSI ITERA SIDA BASHOBORA KWANDUZWA N'ABABYEYI

Uburyo bwa kabiri



# **UBURYO BWO KURINDA ABANA UBWANDU BWA VIRUSI ITERA SIDA BASHOBORA KWANDUZWA N'ABABYEYI**

## **2.3. Uburyo bwa gatatu:**

### **Gukoresha imiti igabanya ubukana bwa virusi itera SIDA**

Umwana wese utwite, umenye ko yanduye virusi itera SIDA, yagombye kujya kwa muganga aherekejwe n'umugabo we kugira ngo babagire inama, babongerere n'amahirwe yo kutanduza umwana wabo. Mu buryo bwo kongerera umwana amahirwe yo kutazandura, mu Rwanda bakoresha imiti igabanya ubukana bwa virusi itera SIDA.

#### **☞ Ku mugore:**

Umwana wese utwite kandi ubana na virusi itera SIDA agomba gupimwa abasirikare b'umubiri (CD4):

- Ugeze igihe cyo gufata imiti igabanya ubukana ahabwa imiti itatu ikomatanyije, akayifata ubuzima bwose.
- Uwo basanze atarageza igihe cyo gufata iyo miti, iyo inda igeze ku mezi arindwi ahabwa imiti y'amoko abiri, hari undi bamuha ibise bitangiye, hari n'iyo anywa mu gihe cy'icyumweru amaze kubyara.

#### **☞ Ku mwana:**

Umwana wese uvutse ku mubyeyi ubana n'ubwandum bwa virusi itera SIDA, ahabwa inshuro imwe umuti w'amazi wa Nevirapine, bongeraho undi muti wa AZT afata kabiri ku munsi mu gihe cy'ukwezi.



# UBURYO BWO KURINDA ABANA UBWANDU BWA VIRUSI ITERA SIDA BASHOBORA KWANDUZWA N'ABABYEYI

## 2.3. Uburyo bwa gatatu:



## Icyitonderwa :

- Ni byiza ko umubyeyi yipimisha inda na virusi itera SIDA hakiri kare, kugira ngo shobore gukurikiranwa na muganga no gufatira imiti ku gihe asanze yaranduye, bityo akongererwa amahirwe yo kuzabyara umwana utanduye.
- Umubyeyi agomba kunywa imiti akurikije amabwirirza n'inama ahabwa kwa muganga.
- Umubyeyi asabwa kubika neza imiti, aramutse ayibuze cyangwa yononekaye, agomba kwihutira gusubira kwa mugannga bakamuha indi.
- Ni byiza ko umugore utwite ajyana n'umugabo we igihe agiye kwipimisha kugira ngo bashobore gufatira hamwe ingamba z'ubuzima bwabo n'umuryango wabo.
- Usibye ibyangombwa umubyeyi akenera agiye kubyara, agomba no kwitwaza ka gafishi yipimishirijeho, yagera kwa muganga agahita akerekwa umwakiriye.
- Niba mugize ingorane umwana akavukira mu rugo cyangwa mu nzira, ni ngombwa ko umwana na nyina bahita bajyanwa kwa muganga (kuri materinite) kugira ngo bakurikiranwe n'umwana ahabwe wa muti umwongerera amahirwe yo kuba atakwandura virusi itera SIDA. Ni ngombwa kwibuka kujyana ka gafishi umubyeyi yipimishirijeho.

☞ **Umwana agomba kujyanwa kwa muganga** mbere y'iminsi itatu avutse.

Icyo gihe kirenze imiti ntacyo yaba ikimumariye

## IBYO UMUNTU AGOMBA KUMENYA KU MITI IGABANYA UBUKANA BWA VIRUSI ITERA SIDA IHABWA UMWANA NA NYINA

- *Imiti igabanya ubukana bwa virusi itera SIDA igabanya ibyago byo kwanduza umwana, igihe nyina amutwite n'igihe amubyara.*
- *Igihe iyo miti ifashwe neza kandi umubyeyi agakurikiza inama zose yagiriwe, ubushakashatsi bwerekanye ko ubu buryo burinda abana benshi bagombaga kwandura nta gikozwe.*
- *Imiti igabanya ubukana ntikiza burundi uwanduye virusi itera SIDA, nta n'ubwo imubuza kwanduza uwo bagirana imibonano mpuzabitsina cyangwa bahuza amaraso.*

### 2.4. Uburyo bwa kane **Guhitamo uburyo buboneye bwo kugaburira umwana uvutse ku mubyeyi wanduye virusi itera SIDA**

Iyo umwana amaze kuvuka, nyina agomba kuba yarangije guhitamo uburyo azamutungisha. Hari uburyo bubiri bushoboka:

#### 2.4.1. Kutonsa umwana ukamuha insimburabere akivuka

Iyo wahisemo guha umwana amata (mbese kutamuha ibere), kirazira kumwonsa kubera ko amashereka yamwanduza virusi itera SIDA kandi wenda ntayo yavukanye. Ni ukuvuga ko umwana ahabwa amata gusa kuva akivuka.

Igihe umwana amaze gukura (nko ku mezi ane), ushobora gutangira kumuha imitobe n'amasupu y'ibindi biribwa.

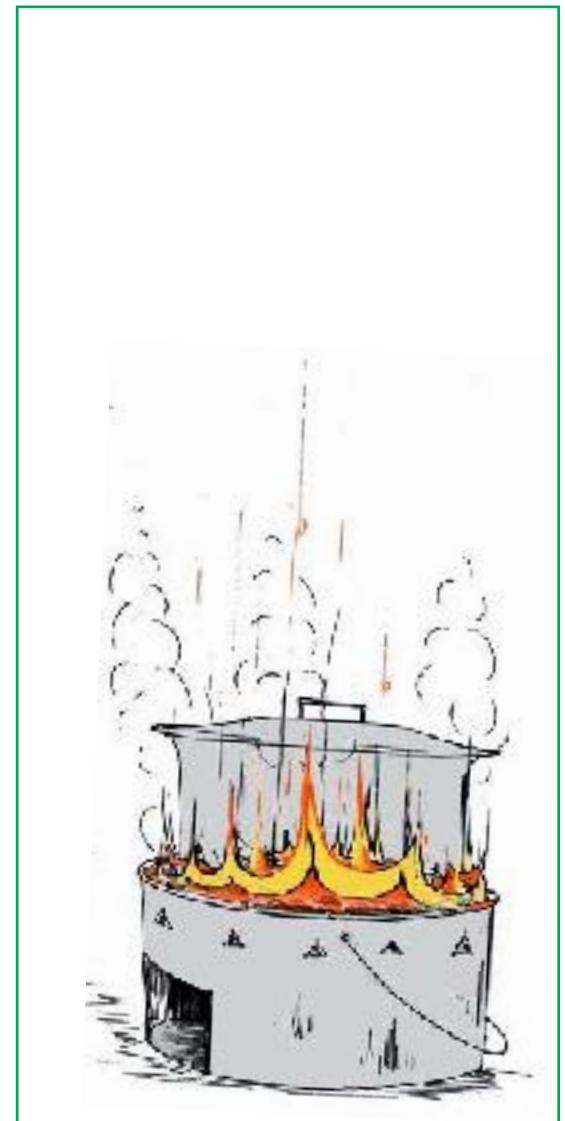
Ugomba kandi kwitondera isuku cyane cyane mu gutegura amata kugira ngo utanduza umwana izindi ndwara zaturuka ku mwanda.



## UBURYO BWA KANE

Guhitamo uburyo buboneye bwo kugaburira umwana uvutse ku mubyeyi wanduye virusi itera SIDA

### 2.4.1. Kutonsa umwana ukamuha insimburabere akivuka



## **Uburyo bwa kane**

**Guhitamo uburyo buboneye bwo kugaburira umwana uvutse ku mubyeyi wanduye virusi itera SIDA**

### **2.4.2. Guha umwana ibere ryonyine kugeza ku mezi atarenze atandatu**

- Muri icyo gihe, nta kindi kintu na kimwe umwana ashobora guhabwa keretse umuti nawo yandikiwe na muganga.
- Ni bibi kuvanga ibere n'ibindi bintu ibyo ari byo byose mbere y'icyo gihe, kuko bishobora kongera ibyago byo kwandura virusi itera SIDA atavukanye bitewe n'amashereka.
- Umubyeyi akwiye kumenyereza umwana hakiri kare kunywesha agakombe gasukuye neza, yakamiyemo amashereka kugira ngo namukura ku ibere bitazamugora.
- Ku mezi atarenze atandatu, umubyeyi agomba guhagarika burundu ibere, agaha umwana ibindi biribwa.
- Haramutse hari ingorane zivutse nko kubura amashereka ahagije, umwana arwaye mu kanwa cyangwa se indi mpamvu, umubyeyi agomba guhita ajya kugisha inama muganga bagafatanya kurebera hamwe icyakorwa.

### III. GUCUTSA UMWANA

- Umubyeyi ubana n'ubwandum bwa virusi itera SIDA wahisemo konsa, avana umwana ku ibere nta mfashabere abanje kumumenyereza.
- Umwana ahita afata irindi gaburo risimbura burundu ibere.

#### *Urugero:*

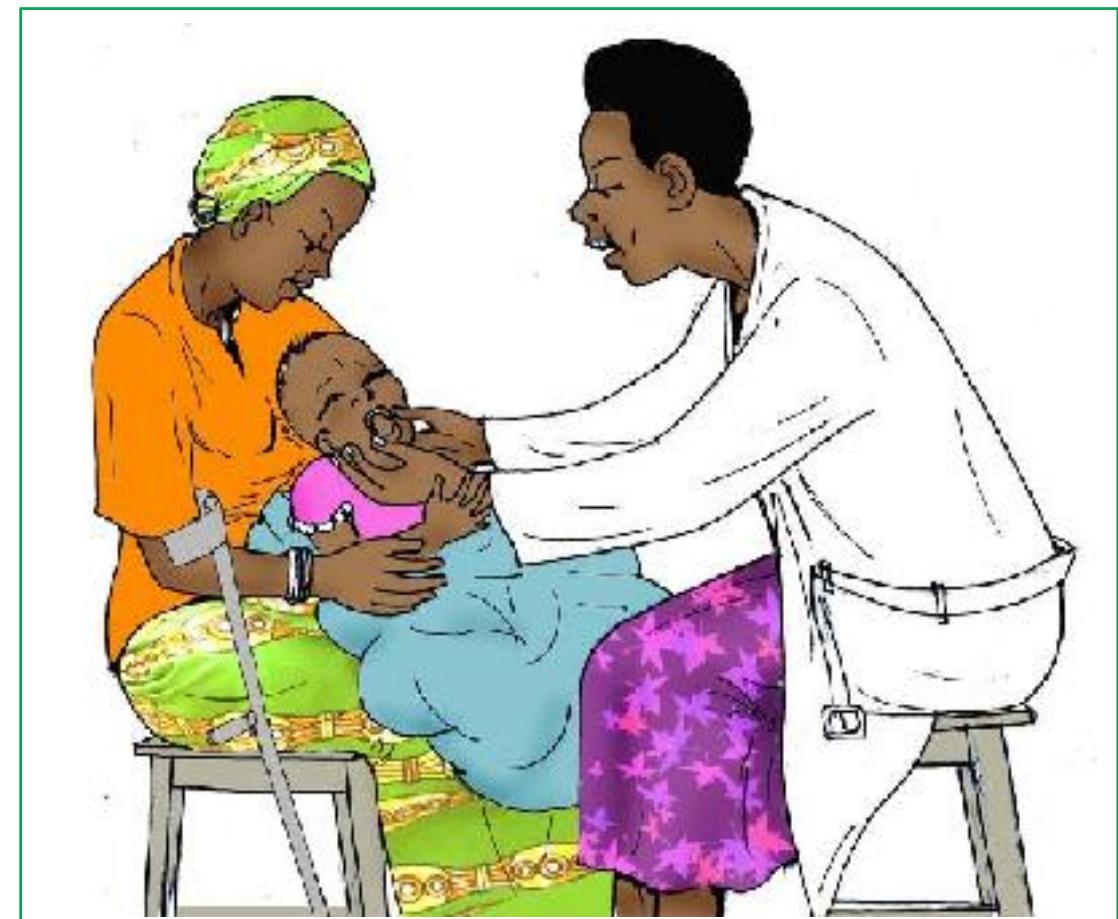
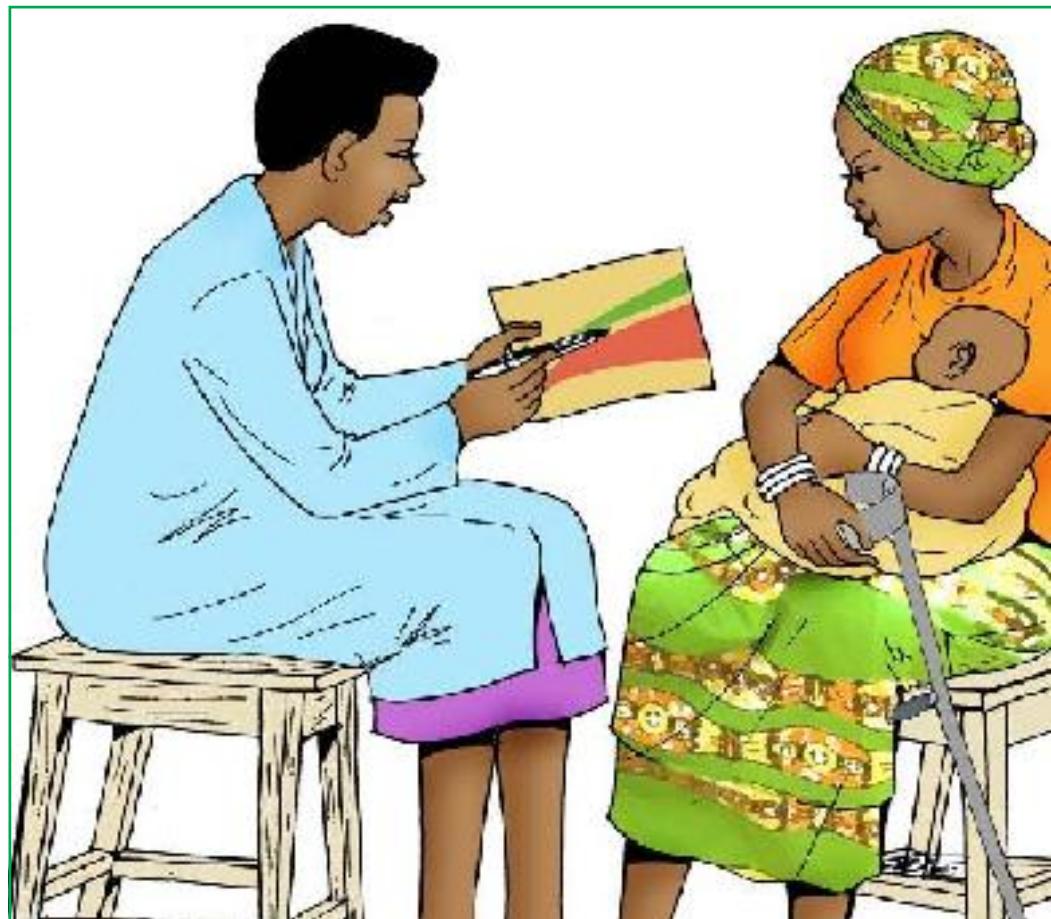
Amata, imbuto, igikoma, inombe yoroshye y'ibindi biryo birimo intungamubiri zihagije.

### IV.GUKURIKIRANA UBUZIMA BW'UMWANA N'UBWA NYINA.

- ☞ Umwana uvutse ku babyeyi banduye, ahabwa inkingo zose nk'abandi bana. Ni ngombwa guhora uzana umwana aho bakingirira kandi ukubahiriza gahunda wahawe.
- ☞ Umubyeyi waje gukingiza umwana ntagomba na rimwe gutaha atabonanye n'umujuyanama we kugira ngo:
  - barebe ko umwana yiyongera neza mu biro
  - barebe niba nta ngorane yaba yarabonetse mu buryo umubyeyi yahisemo bwo gutunga umwana
  - barebe ko nta burwayi umwana cyangwa se nyina baba bafite
  - Umubyeyi agishe izindi nama zinyuranye yaba akeneye
- ☞ Igihe cyose umubyeyi yaje kwa muganga agomba kuza yitwaje ka gafishi yipimishirijeho.



## GUKURIKIRANA UBUZIMA BW'UMWANA N'UBWA NYINA



## Icyitonderwa:

Ni byiza kuza buri kwezi kwa muganga gukurikirana ubuzima bw'umwana n'ubw'umubyeyi. Ni ngombwa ko umugabo yitabira gufasha umugore we muri iyo gahunda.

- Ku kwezi n'igice , umwana wese uvutse ku mubyeyi wanduye virusi itera SIDA ahabwa umuti wa Bactrim hakurikijwe amabwiriza ya muganga
- Iyo umwana yujuje amezi 9, agomba gupimwa ngo barebe ko nta bwandu bwa virusi itera SIDA afite.
- Iyo umwana agize igisubizo positifu bongera kumupima ku mezi 18, ngo bashobore kumenya neza niba ataranduye cyangwa se yaranduye virusi itera SIDA.
- Aho bishoboka umwana wujuje ukwezi n'igice bamupima amaraso (PCR) ngo barebe ko yanduye cyangwa atanduye babone uko bamukurikirana.
- Umwana wese wavutse ku mubyeyi wanduye, igihe cyose agaragaje ibimenyetso by'indwara z'ibyuririzi mbere y'amezi 9, agomba kujyanwa kwa muganga kugira ngo bahamye niba yaranduye bashobore kumwitaho hakiri kare.

## V. IBYZA BYO KWIPIMISHA VIRUSI ITERA SIDA KU BASHAKANYE

Ibyiza byo kwipimisha virusi itera SIDA ni byinshi.

Muri ibyo twavuga:

### *1. Iyo musanze mutarandura*

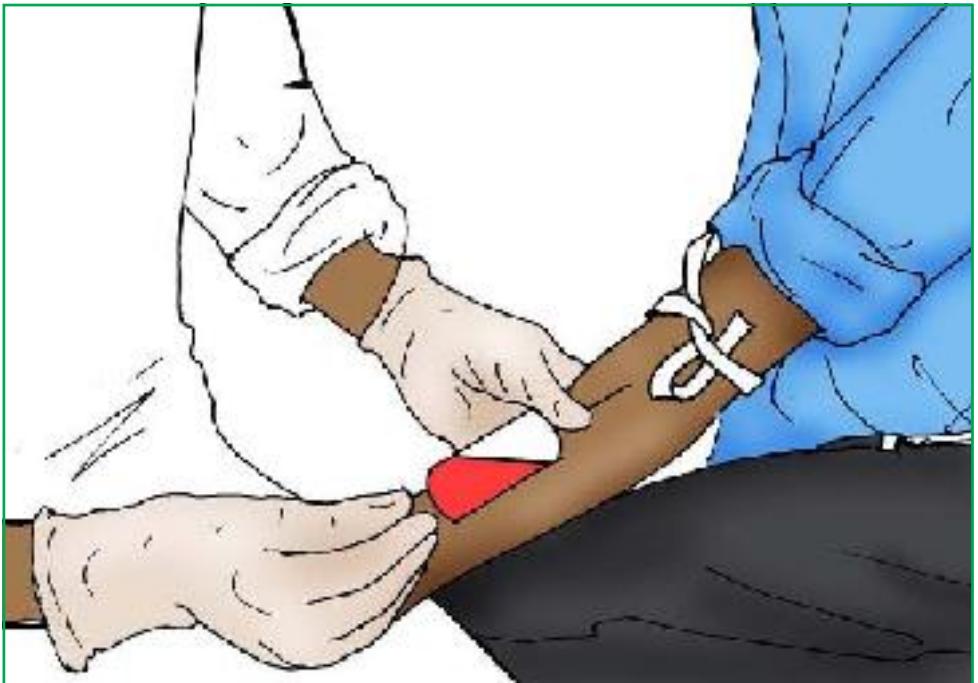
- Bituma mufata ingamba zihamye zo gukomera ku gisubizo cyanyu ngo mutazavaho mwandura.
- Umugore yonsa umwana we nta kibazo, akanamucukiriza igehe ashakiye.

### *2. Iyo musanze umwe muri mwe yaranduye*

Ibisubizo by'umugabo n'umugore bishobora gutandukana n'iyo baba bakora imibonano mpuzabitsina nta gakingirizo. Muri icyo gihe utarandura afatanya n'uwo bashakanye mu gufata ingamba zo kwirinda kwandura.



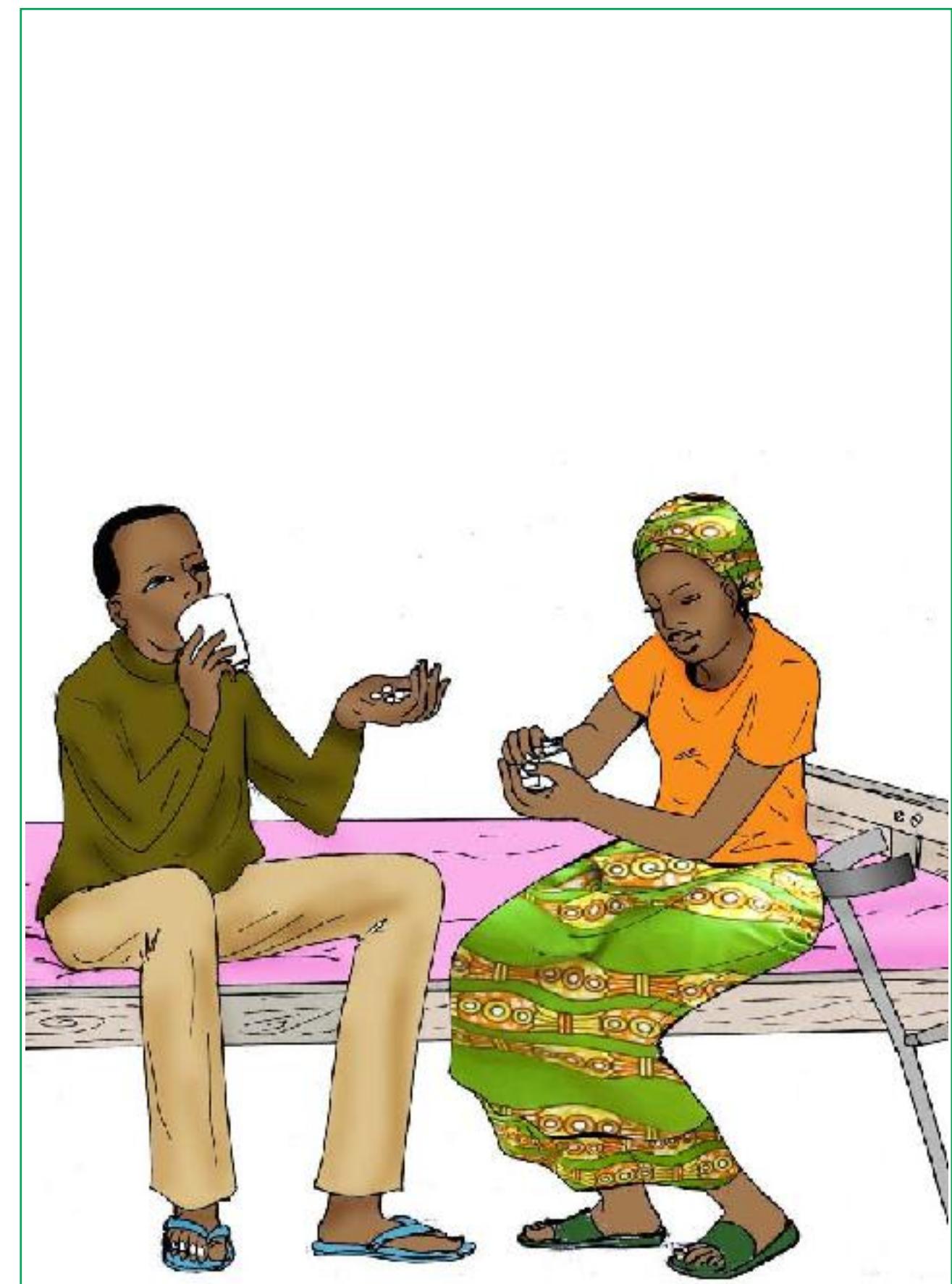
## IBYIZA BYO KWIPIMISHA VIRUSI ITERA SIDA KU BASHAKANYE (1)



### *3. Iyo musanze mwembi mwaranduye*

- Bibaha amahirwe yo kugirwa inama zinyuranye no gufashwa muri byinshi.
- Bituma mushaka uburyo bwo kurinda umwana muzabyara, akaba yavuka akanakura atanduye.
- Bituma mwirinda kongera gusama no kwiyongererera ubwandu.
- Bibafasha kwirinda indwara z'ibyuririzi mukoresheje uburyo bunyuranye harimo:
  - ◆ Kurya neza
  - ◆ Kuruhuka bihagije,
  - ◆ Kugira isuku,
  - ◆ Gufata imiti yo kwa muganga irinda ibyuririzi
- Bituma mwivuza hakiri kare indwara yose ibajeho, bityo ntibazahaze, mugakomeza kwikorera imirimo yanyu nta mbogamizi, n'ibindi.
- Bituma mushobora no kuba mwafata imiti igabanya ubukana bwa virusi itera SIDA iyo muganga asanze ari ngombwa.





## Inama zihariye ku bashakanye:

- ☞ Ni ngombwa ko umugabo cyangwa undi muntu mwagiranye imibonano mpuzabitsina yipimisha kugira ngo mufatanye muri byose.
- ☞ Hitamo igihe cyiza n'uburyo buboneye, uvugane n'uwo mwashakanye ibyerekeye virusi itera SIDA, cyane cyane ibyerekeye ko na we yakwipimisha, icyo mwakora ngo mukomeze kwirinda, gufatikanya ngo muzabyarire kwa muganga, uburyo bwo kurera umwana, n'ibindi.

## VI. UPUTUMWA BW'INGENZI TUGOMBA KUZIRIKANA

- ☞ Nta musore n'inkumi bagombye gushyingiranwa batabanje kwipimisha kugira ngo bamenye ko batanduye virusi itera SIDA, bityo ntibayanduzanye cyangwa ngo bayanduze abana bazabyara.
- ☞ Ni ngombwa ko abashakanye bakomera ku budahemuka basezeranye, kugira ngo hatazagira uwanduza undi kandi barabanye batanduye.
- ☞ Umubyeyi wese utwite yagombye kwipimisha ubwandum bwa virusi itera SIDA kugira ngo amenye ko yanduye cyangwa se atanduye.
- ☞ Umubyeyi wese utwite uzi ko yanduye virusi itera SIDA, agomba kujya kubyarira kwa muganga kugira ngo yongererwe amahirwe yo kubyara umwana utanduye.
- ☞ Ni byiza ko abagabo bajyana n'abagore babo kwipimisha kugira ngo bagirwe inama hamwe kandi bafatanye kuzishyira mu bikorwa bityo bashobore kurinda ubuzima bwabo n'ubw'abana babo.
- ☞ Umubyeyi wese uzi ko yanduye abifashijwemo n'uwo bashakanye, agomba kwirinda gusama kugira ngo atazanduzaumwana azabyara. Bituma kandi akomeza kugira ubuzima bwiza n'ingufu zo gukorera urugo rwe.
- ☞ Ku muntu wanduye, gukoresha agakingirizo ni ngombwa kuko birinda gusama, kwanduzanya no kwiyongerera ubwandum.
- ☞ Igihe cyose umwana agize ikibazo, umubyeyi agomba guhita amujyana kwa muganga, cyane cyane iyo agize udusebe mu kanwa kandi yonkaga.
- ☞ Niba hari ikindi kibazo ugize, ihutire kukibwira umujyanama wawe cyangwa se muganga.
- ☞ Umubyeyi wese utwite agomba kwipimisha inda na virusi itera SIDA hakiri kare, kugira ngo usanze yaranduye ashobore gufata imiti igabanya ubukana izamufasha kongera amahirwe yo kutanduza umwana atwite.

