Repubulika y'u Rwanda

Minisiteri y'ubuzima

Akamaro ko kwivuza hakiri kare indwara z'ibyuririzi k'umuntu ubana na 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

TRAC Plus
Center for Treatment and Research on AIDS, Malaria, Tuberculosis and Other Epidemics
U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration
HANDICAP INTERNATIONAL
Vivre debout

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Ibanzirizacapwa no gushushanya byakozwe na KIBONDO Editions

GUSHIMIRA

Mu gutegura iki gitabo hari abantu banyuranye babigizemo uruhare rukomeye. Turashimira cyane cyane ibigo nderabuzima byohereje bamwe mu bakozi babyo mu nama zinyuranye zari zigamije gutegura aka gatabo. Tuboneyeho gushimira byimazeyo ikigo nderabuzima n'ibitaro bya Kabgayi byadufashije mu igeragéza ry'igitabo cy'ibanze cy'izi nyigisho. Turashimira na none abandi bose badufashije mu kunonosora iki gitabo, cyane cyane abagasomye bagashyiramo ubugororangingo.

Turashimira by'umwihariko abaterankunga TRAC Plus, FHI/Rwanda ndetse na PEPFAR ku nkunga yabo haba mu rwego rwa tekiniki ndetse no mu buryo bw'amafaranga yatumye izi nyigisho zigera kubantu bose ngo basonubanukirwe akamaro k'imiti igabanya ubukana bwa virusi itera SIDA ku muntu uyifata.

Icyitonderwa:

Ubutumwa bwose buri muri iki gitabo buboneka mu gatabo k' umwimerere katunganijwe na TRAC Plus ifatanije na FHI/Rwanda nyuma UPHLS yaje gukora ihindurangano maze ikoramo igitabo kinini kugira ngo yorohereze abafite ubumuga butandukanye ngo nabo ubwabo bashobore kumva neza ubutumwa n'inyigisho zikubiye muri ako gatabo.

IBIRIMO

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Indwara z’ibyurizirizi ni iki ?

Ni indwara zinyuranye zifata umuntu kubera ko ubwirinzi kamere bw’umubiri buba bwashegeshwe na virusi itera SIDA. Iyo virusi igenda imunga buhoro buhoro ubwirinzi kamere bw’umubiri. Bazita ibyuririzi kubera ko zihengera umubiri utagifite ubushobozi bwo kwirinda, zikaboneraho kuza. Muri zo twavuga : Indwara z’uruhu, iz’ubuhumekero, izifata ibihaha (umusonga, igituntu), Kanseri y’imiyoboro y’amaraso bita Kapozi, mugiga, ubugendakanwa, impiswi imara igihe kirekire, zona, n’izindi.

Akamaro ko kwivuza hakiri kare indwara z’ibyuririzi

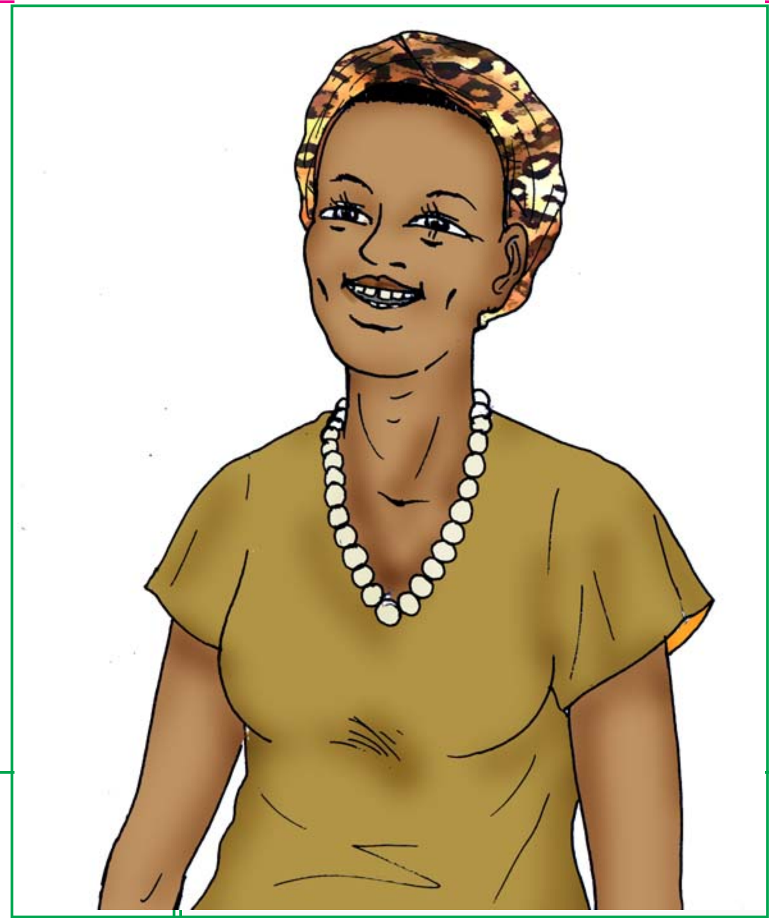
Kwivuza hakiri kare indwara z’ibyuririzi no gufata neza imiti uko muganga yayikwandikiye, bigira akamaro kanini cyane ku buzima bw’uwanduye virusi itera SIDA.

Ishusho ya 1:

Aha twavuga:

- Ukwiyongera k’ubwirinzi kamere bw’umubiri, ubwo bwirinzi bugumana imbaraga zabwo, bityo umuntu ntarwaragurike.
- Ukugabanuka kw’indwara z’ibyuririzi; umuntu akarushaho kubaho neza, no kwikomereza imirimo ye
- Ukugaragara neza ku mubiri kubera ko yivuza hakiri kare akarwara kose katari kamwanduriza isura, cyane cyane indwara z’uruhu
- Kudahora mu bitaro, bityo ntatagaguze umutungo we, akawushora mu mishinga ibyara inyungu, agateza imbere urugo rwe
- Kugira imbaraga zo gusubira ku kazi ke, agakora neza akagira umusaruro nk’uw’abandi.

Ishusho ya 2:



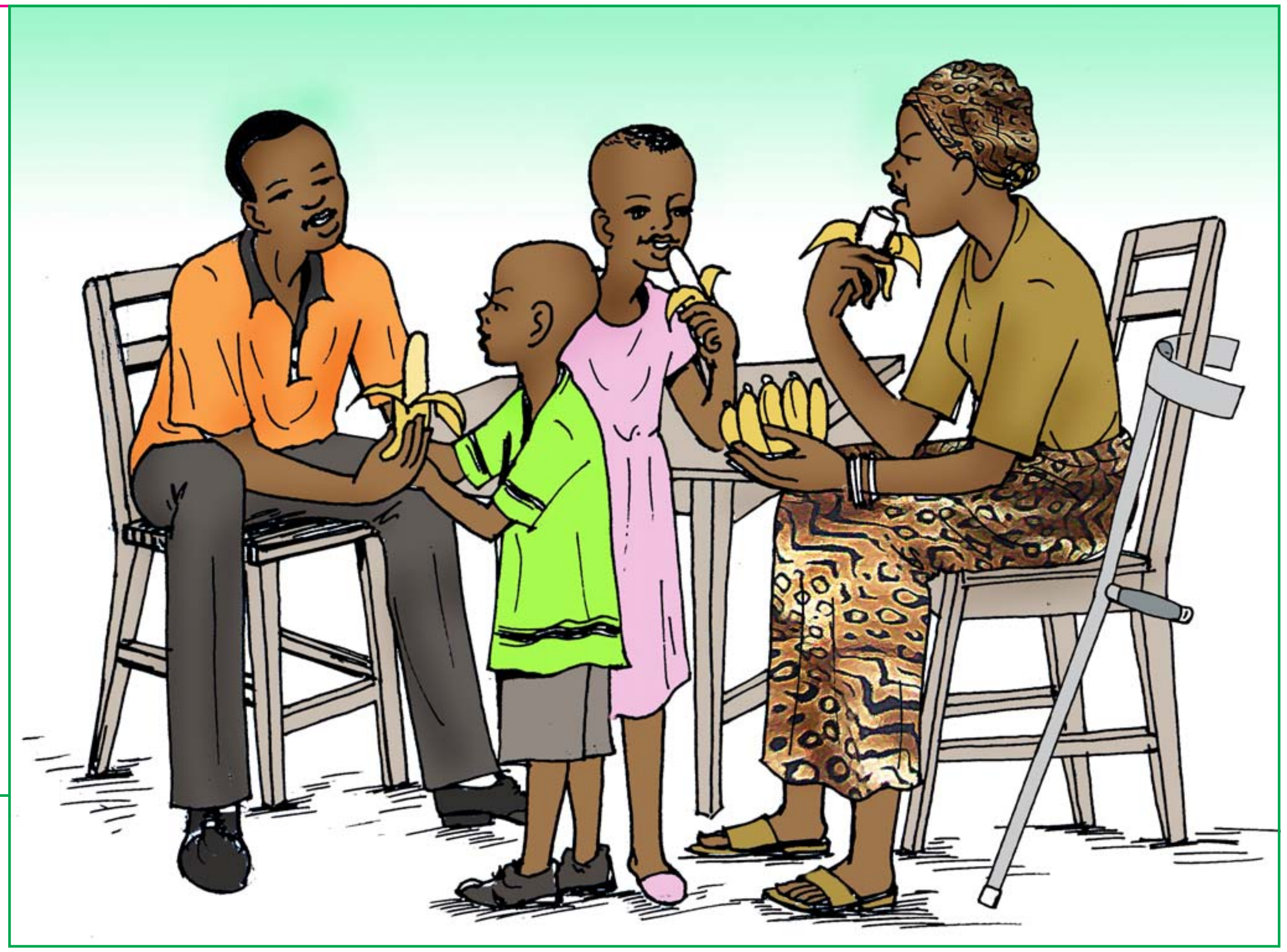
- ☞ Kubona igihe kirekire cyo kwita ku bana be, no kubashakira ikibatunga

- ☞ Kudatakaza ibiro

- ☞ Kugumana uburanga, agahora agaragara neza, ntagire ipfunwe ryo kujya aho abandi bari

Uwanduye virusi itera SIDA agomba kwirinda kwiha akato, akirengagiza amagambo y'abantu, akagana ivuriro hakiri kare igihe cyose afashwe n'indwara

Ishusho ya 3:



Ingingo twazirikana

Mu rwego rwo kwirinda indwara z‘ibyuririzi, cyangwa kugabanya ubukana bwazo k’uwanduye virusi itera SIDA, ni ngombwa kwivuza hakiri kare indwara yose ikujeho. Ni ngombwa kandi kubahiriza uko imiti ifatwa kugira ngo ishobore kukugirira akamaro.

Zirikana ibi bikurikira:

- Indwara nyinshi z’ibyuririzi ziravurwa zigakira; ukongera ukagira ubuzima bwiza.
- Indwara z’ibyuririzi nyinshi ntizandura, ariko zimwe na zimwe nk’igituntu, irandura.
- Mu rwego rwo kwirinda indwara z’ibyuririzi , bishobora kuba ngombwa ko ufata imiti ubuzima bwawe bwose.
- Iyo imiti itanyowe uko bikwiye, indwara zimwe na zimwe z’ibyuririzi zishobora kugaruka vuba navuba
- Ni ngombwa kurangiza imiti yose uko wayandikiwe na muganga, kabone n’iyo waba worohewe
- Niba imiti itanyowe neza, ishobora ubutaha gutakaza ubushobozi bwayo bwo kurwanya indwara mu mubiri

Ishusho ya 3: