

Kwirinda no kwivuza indwara z'ibyuririzi

*Imfashanyigisho yagenewe abantu
bafite ubumuga*

GUSHIMIRA

Mu gutegura iyi mfashanyigisho hari abantu banyuranye babigizemo uruhare rukomeye. Turashimira cyane cyane abafatanyabikorwa bohereje bamwe mu bakozi babo mu nama zinyuranye zari zigamije gutegura iyi mfashanyigisho.

Turashimira na none abandi bose badufashije mukunonosora iyi mfashanyigisho cyane cyane abayisomye bakanashyiramo ubugororangingo.

By'umwihariko, turashimira ikigo cya Leta Zunze Ubumwe za Amerika gishinzwe gukumira no kurwanya indwara (CDC) ku nkunga yacyo haba mu rwego rwa tekiniki ndetse no mu buryo bw'amafaranga byatumye iyi mfashanyigisho igera ku bantu bafite ubumuga ngo basobanukirwe neza uburyo bwo kwirinda no kwivuza indwara z'ibyuririzi.

ITANGIRIRO

Abantu babana na Virusi itera SIDA baba bafite ibyago byinshi byo kurwara indwara bitewe n'uko Virusi itera SIDA igabanya ubudahangarwa bw'umubiri bityo ubukana bwayo bukiyongera.

Hari imiti yagenewe gufasha abo bantu nyuma yo gupimwa na muganga mu rwego rwo kubarinda kurwaragurika.

IMIKORESHEREZE Y'IYI MFASHANYIGISHO

Iyi mfashanyigisho yagenewe gukoreshwa n'uwahuguriwe guhugura abantu bafite ubumuga ngo bagire ubumenyi buhagije ku kwirinda no kwivuza indwara z'ibyuririzi.

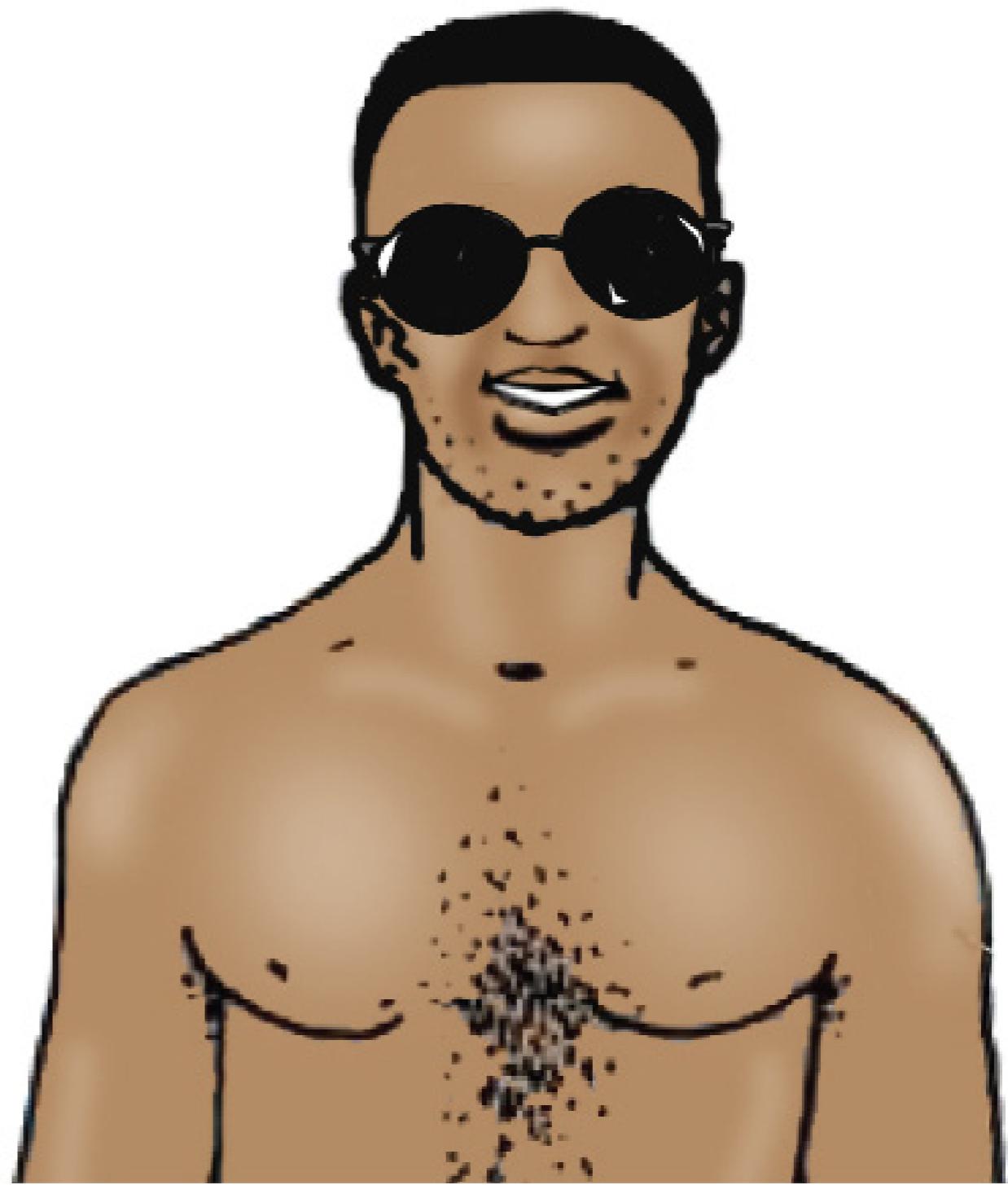
Dore bimwe mu byo uhugura agomba kwitwararika:

- Ku bantu babona, niba ari umwe cyangwa babiri, tereka imfashanyigisho aho igaragara neza;
- Niba ari benshi kandi babona, hagarara ahantu buri wese ashobora kubona neza amashusho kandi ukore ku buryo abatabona na bo bagira indangurura majwi ibayobora;
- Hitamo amashusho ajyanye n'ingingo wifuza ko muganiraho;
- Ku babona, erekeza uruhande ruriho ishusho ku bakurikirana ikiganiro, naho uruhande ruriho amagambo urwiyerekezeho;
- Kora ku buryo abo ubwira bagira uruhare mu kiganiro ubabaza ibibazo bimwe na bimwe;
- Shishikariza abari mu kiganiro kujya impaka, ujye ubashima igihe bavuze ibitunganye kandi ubakosore niba ari ngombwa, nyuma mufatanye gufata umwanzuro.
- Ibuka gukora ubusesenguzi bw'ishusho kugirango abatabona nabo bayumve neza.

Icyitonderwa:

- Zirikana ko imfashanyigisho igomba kubera abari mu kiganiro igikoresho gishimishiye, kibafasha gusobanukirwa n'ibyo ubabwira aho kubabera impamvu yo kurangara cyangwa gusakuza.
- Ni ngombwa gutegura imfashanyigisho zose zagenewe abafite ubumuga zo kunganira iki gitabo bityo buri wese hakurikijwe ubumuga afite, abashe gusobanukirwa n'isomo.

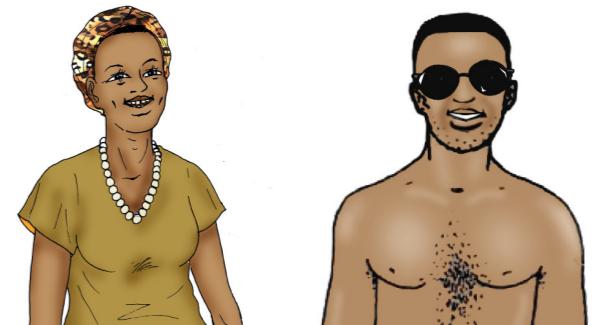
ISHUSHO YA MBERE



ISHUSHO YA MBERE

1. Indwara z'ibyuririzi ni iki?

- Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***
- Bareke bagusubize, mwungurane ibitekerezo maze wongere ubabaze iki kibazo gikurikira: Ese indwara z'ibyuririzi ni iki?.
- Bareke bagusubize, mwungurane inama ku byo bavuze maze mwanzure ko: **“Indwara z'ibyuririzi ni indwara ushobora kwandura cyangwa kurwara bitewe nuko ubudahangarwa bw’umubiri bwashegeshwe na Virusi itera SIDA”.**



ISHUSHO YA KABIRI

Illustrated by Munyanga Gbo J. de D.



ISHUSHO YA KABIRI

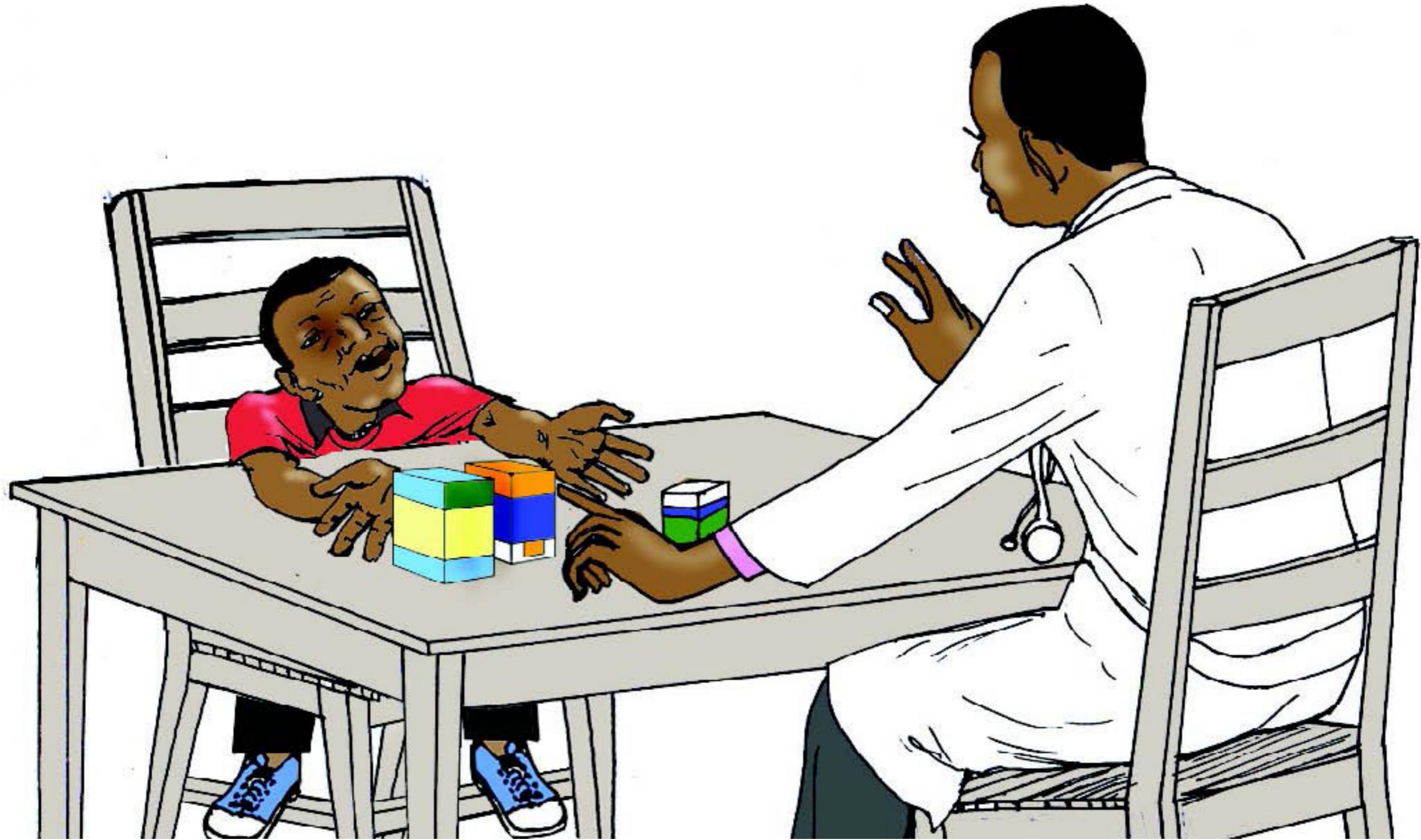
2. Ni izihe ndwara z'ibyuririzi zizwi mu Rwanda?

- Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***
- Bareke bagusubize, mwungurane ibitekerezo maze wongere ubabaze iki kibazo gikurikira: ***Ese ni izihe ndwara z'ibyuririzi zizwi mu Rwanda?***.
- Bareke bagusubize, mwungurane inama ku byo bavuze maze mwanzure ko: “Ubusanzwe habaho indwara z'ibyuririzi z'uburyo butandukanye. Mu Rwanda, indwara z'ibyuririzi zagaragaye harimo: indwara z'uruju harimo na kanseri y'uruju, indwara z'ubuhumekero, indwara zifata ibihaha nk'umusonga n'igituntu, kanseri y'imiyoboro y'amaraso bita kapozi, mugiga, ubugendakanwa, impiswi imara igihe, zona, kanseri y'inkondo y'umura.



ISHUSHO YA GATATU

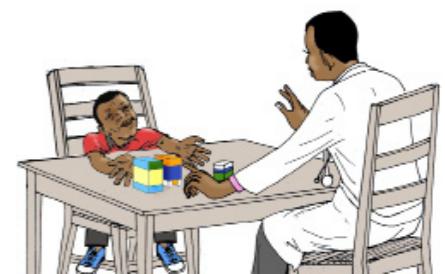
Illustrated by Munyaragabo J. de D.



ISHUSHO YA GATATU

3. Imiti irinda ikanavura indwara z'ibyuririzi ni iki?

- Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***
- Bareke bagusubize, mwungurane ibitekerezo maze wongere ubabaze iki kibazo gikurikira: ***Ese Imiti irinda ikanavura indwara z'ibyuririzi ni iki?.***
- Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure muti: “ Ni imiti baha umuntu ufite ibyago byo kwandura imwe muri izi ndwara twavuze haruguru kimwe n’izindi ndwara z'ibyuririzi cyane cyane iyo abana na Virusi itera SIDA kugira ngo bazikumire”.



ISHUSHO YA KANE



ISHUSHO YA KANE

4. Wari uzi ko?

- Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***
- Bareke bagusubize, mwungurane ibitekerezo maze wongere ubabaze iki kibazo gikurikira: ***Ese ibi bikurikira mwari mubizi?.***
- Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ubamenyesha ko:
 1. Bagitirimu ari umwe mu miti ikoresha mu kwirinda no kuvura indwara z'ibyuririzi uzwi cyane mu bantu babana na Virusi itera SIDA;
 2. Mu Rwanda, abantu babana na Virusi itera SIDA bose bahabwa Bagitirimu hatitawe ku mubare w'abasirikare bafite n'ubwo baba bafata imiti igabanya ubukana bwa Virusi itera SIDA;
 3. Nyinshi muri izi ndwara z'ibyuririzi ushobora kuzirinda igihe ufata neza kandi ku gihe imiti yose uhabwa na muganga harimo n'ikurinda ibyuririzi.



ISHUSHO YA GATANU



Illustrated by Manyungabu J. de D.

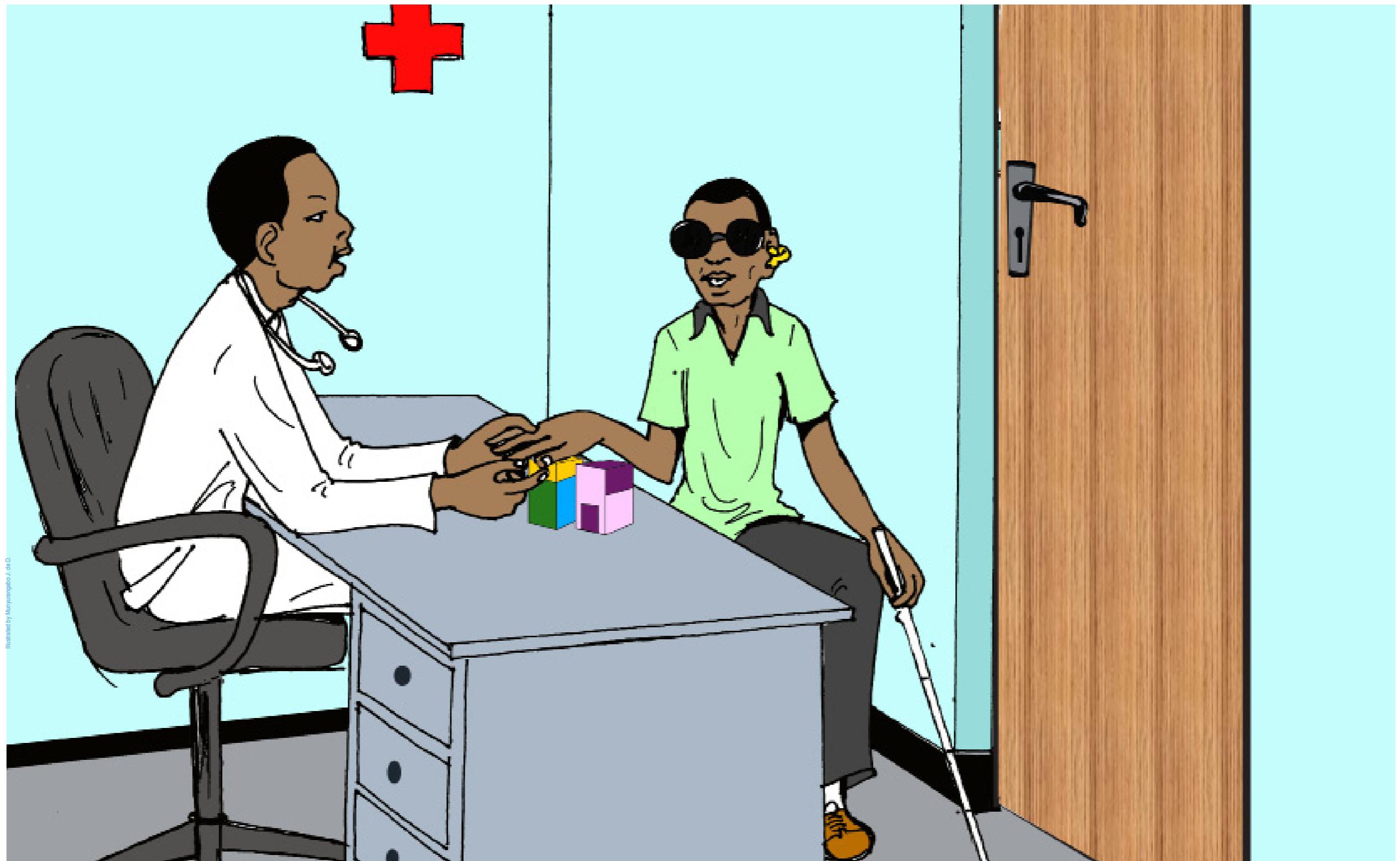
ISHUSHO YA GATANU

5. Imiti irinda ikanavura ibyuririzi nzayifata mu gihe kinga iki?

- Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***
- Bareke bagusubize, mwungurane ibitekerezo maze wongere ubabaze iki kibazo gikurikira: ***Ese Imiti irinda ikanavura ibyuririzi nzayifata mu gihe kingana iki?.***
- Bareke bagusubize, mwungurane ibitekerezokubyo bavuzemazemwanzure ko: “Imiti muganga yaguhaye ugomba kuyifata ukurikirije amabwiriza yaguhaye. Imwe muri iyi miti ifatwa mu gihe runaka bitewe n’indwara ivura cyangwa irinda. By’umwihariko, Bagitirimu umuntu ubana na Virusi itera SIDA ayifata ubuzima bwose”.



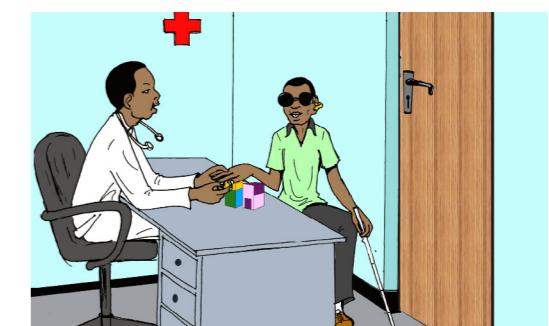
ISHUSHO YA GATANDATU



ISHUSHO YA GATANDATU

6. Ni bande bemerewe gufata imiti irinda ikanavura ibyuririzi?

- Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***
- Bareke bagusubize, mwungurane ibitekerezo maze wongere ubabaze iki kibazo gikurikira: ***Ni bande bemerewe gufata imiti irinda ikanavura ibyuririzi?.***
- Bareke bagusubize, mwungurane ibitekerezokubyobavuzemazemwanzure ko: “Ibizamini byo kwa muganga ari byo bigaragaza imiti ukwiye gufata. Mu Rwanda, abantu bose babana na Virusi itera SIDA bahabwa Bagitirimu.



ISHUSHO YA KARINDWI



Illustrated by Munyangaabo J. de D.

ISHUSHO YA KARINDWI

7. Kuki ngomba gufata neza imiti nk'uko nabibwiwe na muganga?

- Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***
- Bareke bagusubize, mwungurane ibitekerezo maze wongere ubabaze iki kibazo gikurikira: ***Kuki ngomba gufata neza imiti nk'uko nabibwiwe na muganga?.***
- Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko:
 1. Gufata neza imiti harimo n'irinda ikanavura indwara z'ibyuririzi bituma ukomeza kubaho neza, ugakora imirimo ya buri munsi nubwo ubana na Virusi itera SIDA;
 2. Gufata neza imiti igabanya ubukana ndetse n'indi miti uhabwa na muganga harimo n'irinda ikavura ibyuririzi bituma utarwara indwara z'ibyuririzi ndetse na SIDA;
 3. Birinda ko umubiri wanje wakwanga imiti cyangwa indwara zikaganza imiti;
 4. Bifasha ubwirinzi bwanje kamere mu kurwanya indwara harimo n'indwara z'ibyuririzi.



ISHUSHO YA MUNANI



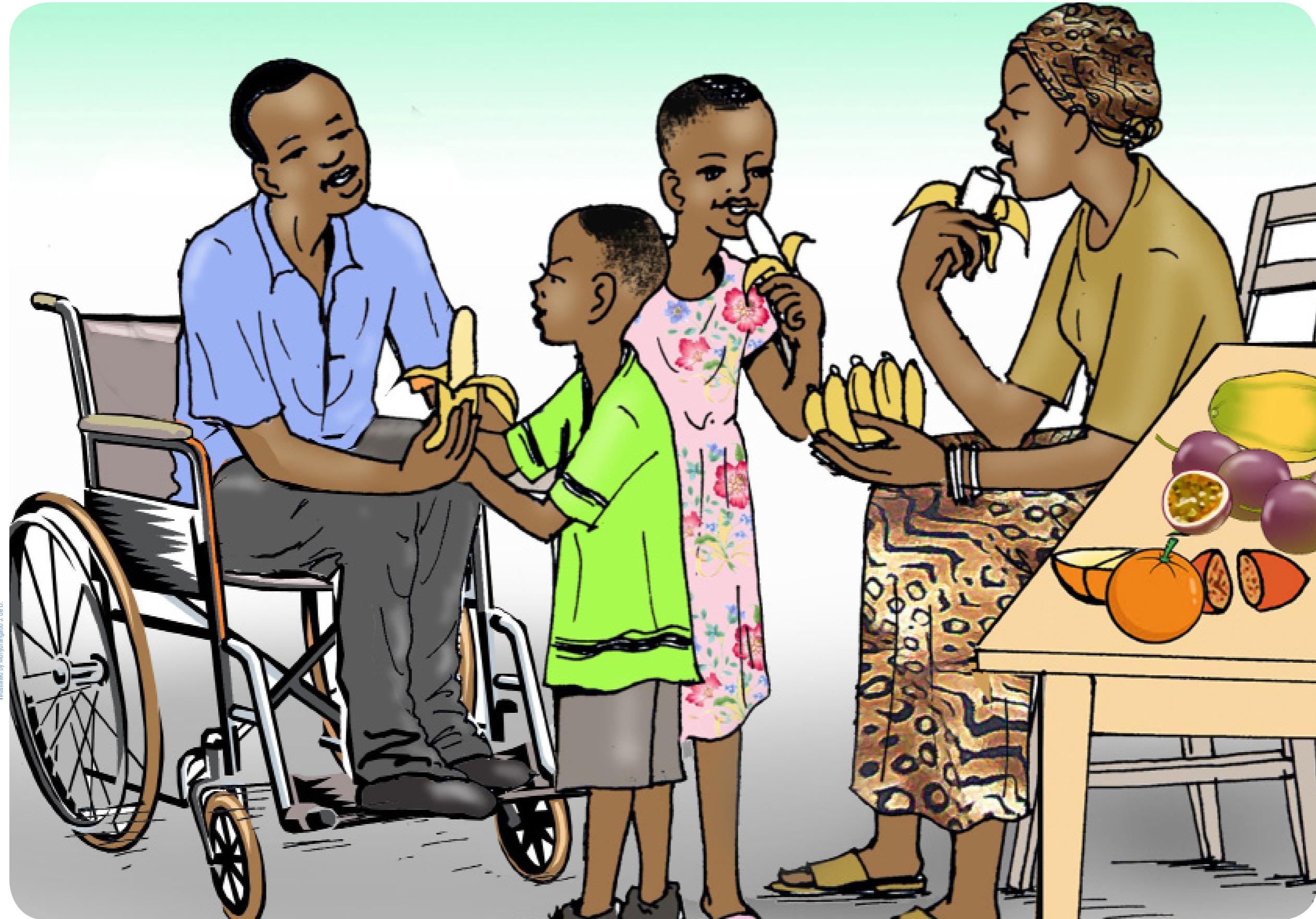
ISHUSHO YA MUNANI

8. Abakozi bo kwa muganga bamfasha iki igihe narwaye indwara z'icyuririzi ?

- Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***
- Bareke bagusubize, mwungurane ibitekerezo maze wongere ubabaze iki kibazo gikurikira: ***Abakozi bo kwa muganga bamfasha iki igihe narwaye indwara z'icyuririzi ?***.
- Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko:
 1. Bangira inama;
 2. Basuzuma niba ntarwaye igituntu n'indwara zandurirwa mu mibonano mpuzabitsina kandi bagasuzuma niba umubiri wanje ukora neza: impyiko, umwijima n'ubwirinzi kamere;
 3. Bakurikirana kandi bagasuzuma niba abasirikare banje biyongera kandi bagafata ibizamini ngo barebe ko ntarwaye n'izindi ndwara z'ibyuririzi;



ISHUSHO YA CYENDA



ISHUSHO YA CYENDA

Komeza ubabwire ibi bikurikira:

4. Bakurikirana ubuzima mba mutima n'imibanire yanje n'abandi:
 - a. Bareba niba nta burwayi bwo mu mutwe bwaterwa no kuba naranduye indwara cyangwa imiti mpabwa;
 - b. Inzitizi nagira mu gufata imiti neza kandi ku gihe;
 - c. Kureba niba hari ibibazo byihariye mu gihe cyo gukurikirana umuntu ubana na Virusi itera SIDA;
5. Banyigisha ibijyanye n'isuku, imirire iboneye n'imyifatire ikwiye kugira ngo mbeho neza n'umuryango wanjye;
6. Bampa imiti yo kundinda no kumvura ibyuririzi kimwe n'indi miti nandikiwe na muganga izamfasha kugeza igehe nzagaruka kwa muganga cyangwa igehe muganga afashe umwanzuro wo kuyihagarika;
7. Barankurikirana njye n'umuryango wanjye.



ISHUSHO YA CUMI



ISHUSHO YA CUMI

9. Hari ikindi nkwiriye kumenya?

Bereke ishusho ya 10 maze ubabwire ko bakwiye kumenya ibibikurikira:

1. Ugomba kwirinda imyitwarire idakwiye nko gukora imibonano mpuzabitsina nta gakingirizo, kugira abo mukorana imibonano mpuzabitsina benshi, kunywa itabi n'inzoga n'ibindi bikongererera ibyago byo kurwara indwara z'ibyuririzi;
2. Ugomba kwita ku isuku kugira ngo wirinde indwara ziterwa n'umwanda;
3. Irinde ibyakwanduza usukura aho utuye;
4. Fata amafunguro aboneye kandi asukuye;
5. Nywa amazi menshi meza atetse cyangwa asukuje Sur'Eau.



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