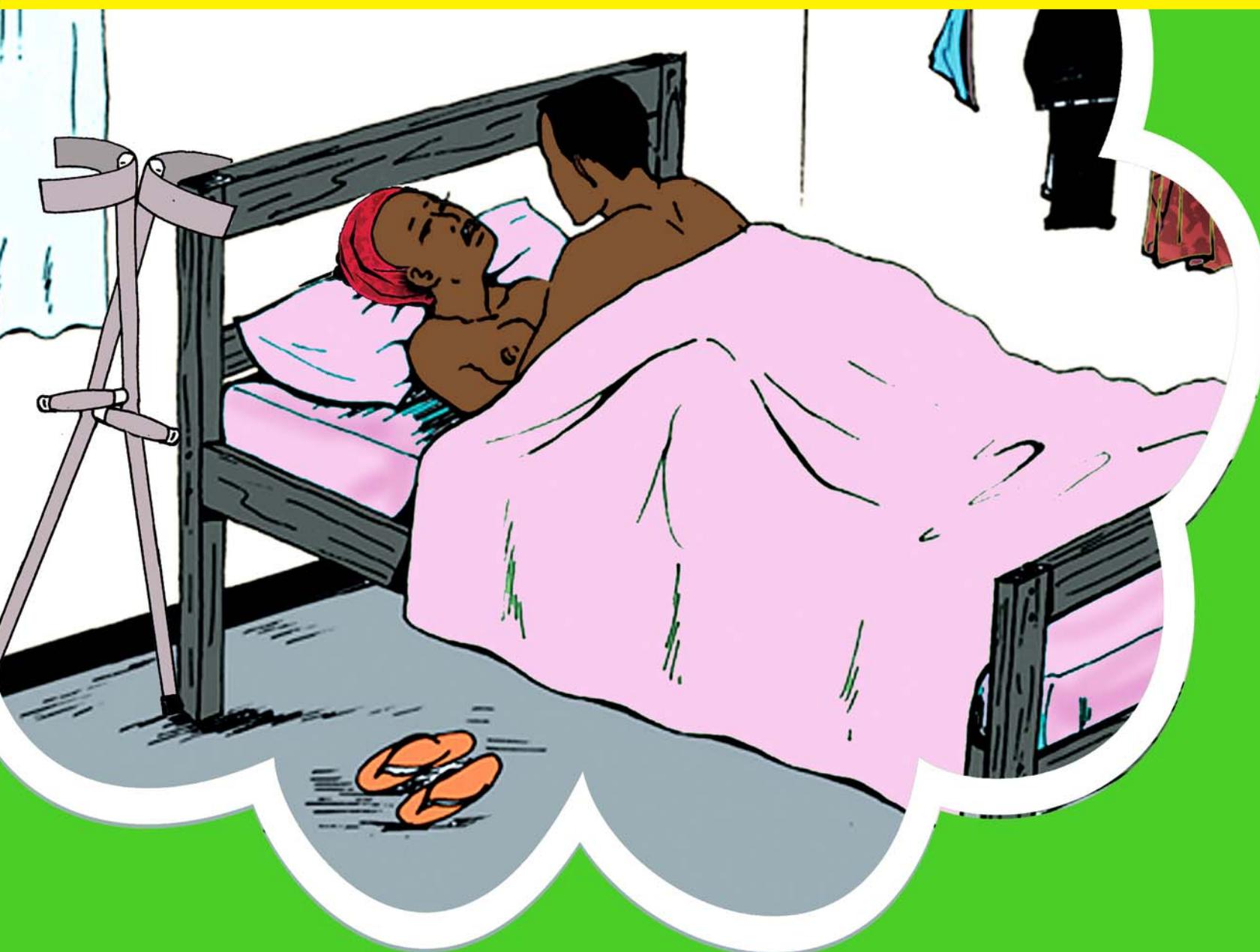


REPUBLIKA Y'U RWANDA



Minisiteri y'ubuzima

TUMENYE KANDI TWIRINDE INDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA



*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



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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 igerageza 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.

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Intangiriro

Aka gatabo kagenewe umuntu wese wifuza kumenya ibyerekeranye n'ibimenyetso by'indwara zandurirwa mu mibonano mpuzabitsina, uburyo izo ndwara zandurwa n'uburyo bwo kuzirinda.

Izo ndwara zigira ingaruka mbi ku buzima bw'imyororokere mu gihe zitivujwe hakiri kare kandi neza; zorohereza kandi virusi itera SIDA kwinjira mu mubiri w'umuntu. Izo ndwara kandi zitera umwiryane n'ubukene bukabije mu rugo.

Aka gatabo rero, karakangurira buri wese kwihutira kujya kwa muganga, abonye nibura kimwe mu bimentyetso by'izo ndwara.

Mu ntangiriro z'aka gatabo, harimo ubumenyi bw'ibanze ku miterere n'akamaro by'imyanya myibarukiro kugira ngo ugasoma arusheho gusobanukirwa n'uburyo izo ndwara zangiza iyo myanya, n'ingaruka zigira ku mubiri w'umuntu muri rusange.

ISHUSHO YA MBERE

I. IMITERERE N'AKAMARO BY'IMYANYA MYIBARUKIRO

a. Imyanya myibarukiro y'umugabo

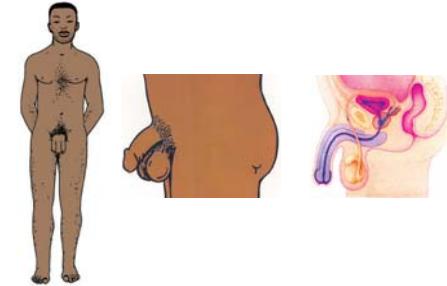
Imyanya myibarukiro y'umugabo igizwe n'ibice by'ingenzi bikurikira: imyanya igaragara inyuma n'indi iba imbere mu mubiri.

Imyanya igaragara inyuma

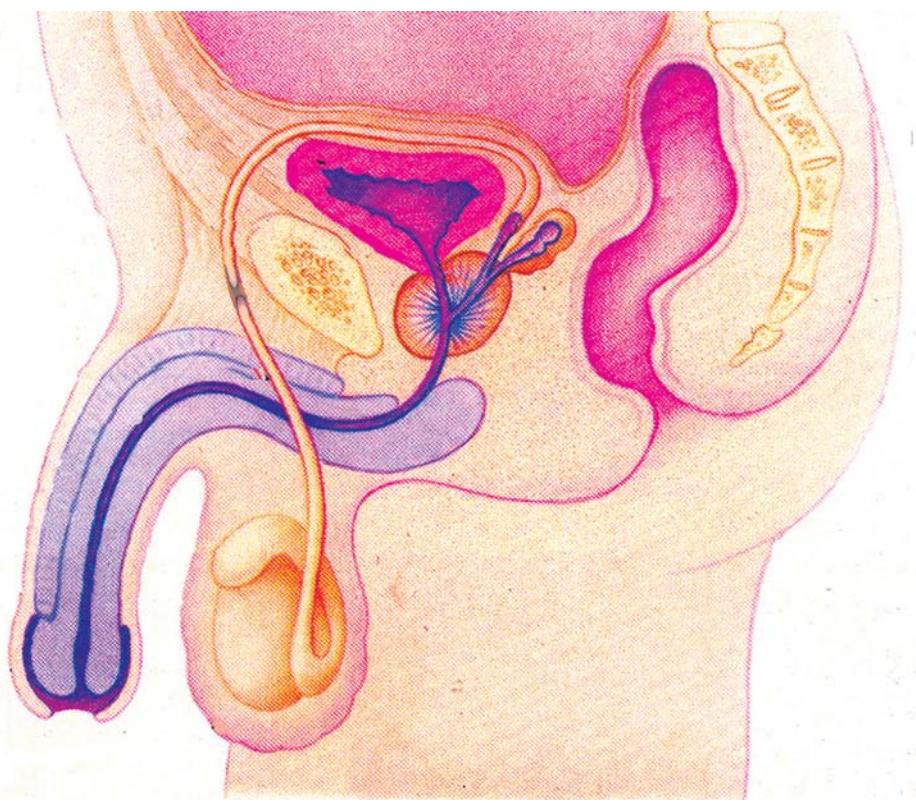
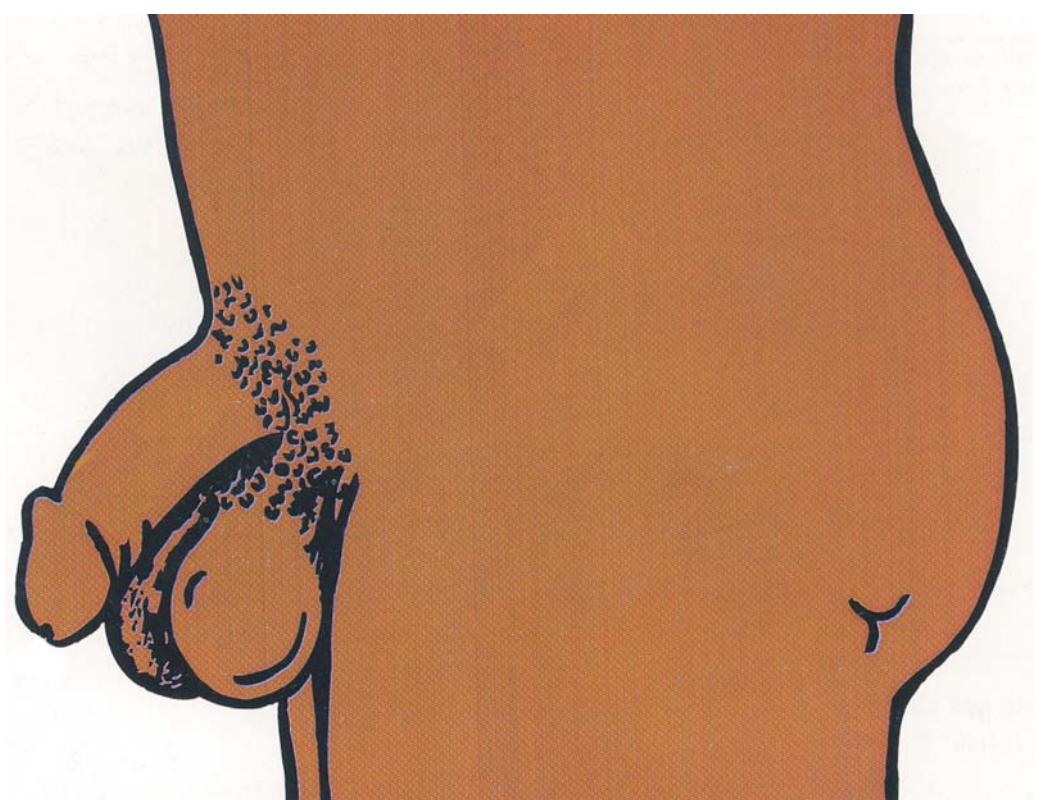
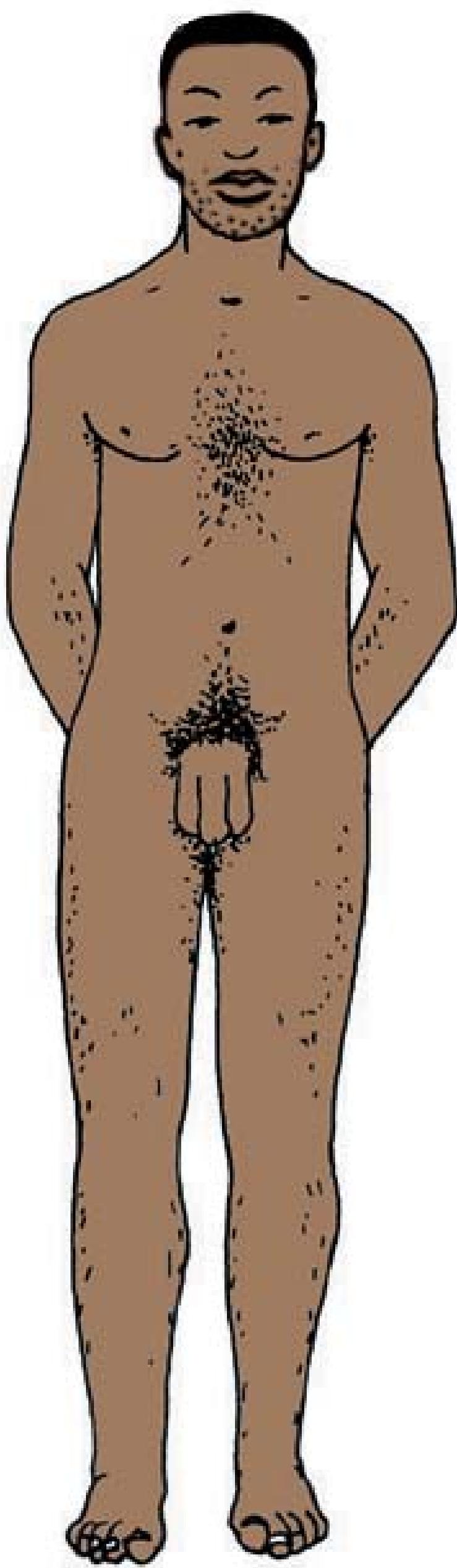
- **Igitsina cy'umugabo (imboro):** ni wo mwanya ukora imibonano mpuzabitsina; ni nawo mwanya unyuramo inkari iyo anyara n'amashohoro igihe cy'imibonano mpuzabitsina.
- **Amabya:** Ni ho intangangabo zikorerwa. Umwana w'umuhungu ubusanzwe avukana amabya abiri.

Imyanya iba imbere mu mubiri

- **Uturerantanga:** Hejuru ya buri bya, hometseho akarerantanga. Ni ho intanga zikurira
- **Imiyoborantanga:** Imiyoborantanga ni ibiri. Ni uduheha cyangwa udutembo dushamikiye ku turerantanga. Ni ho intanga ngabo zikuze zinyura, zikazasohoka mu masohoro, igihe umugabo asohoye.
- **Utugega:** Utugega ni tubiri; ni ho hahunitswe amashohoro mbere y'uko umugabo asohora.
- **Agasoko:** Ni ko kavubura igipande kinini cy'amashohoro, intangangabo zogogamo; ayo masohoro ni yo azorohereza kwinyagambura zikagenda ku buryo bworoshye.
- **Umuvaruhago:** Ni umuheha (agatembo) uyobora inkari ziva mu ruhago zigasohoka hanze Ni naho kandi amashohoro anyura iyo umugabo asohoye



ISHUSHO YA MBERE



ISHUSHO YA 2

b. Imyanya myibarukiro y'umugore

Imyanya myibarukiro y'umugore igizwe n'ibice by'ingenzi bikurikira: imyanya igaragara inyuma n'indi iba imbere mu mubiri. myanya myibarukiro igaragara inyuma ni iyi ikurikira:

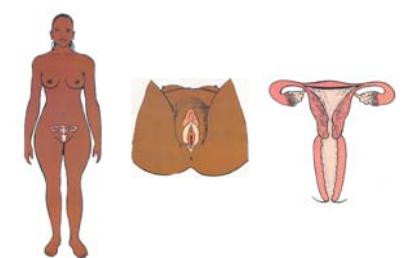
Imyanya igaragara inyuma

- ◆ Rugongo ◆ Umwenge w' inkari ◆ Imigoma ◆ Imishino
- ◆ Umwenge w'inda ibyara ◆ Ku ngoma

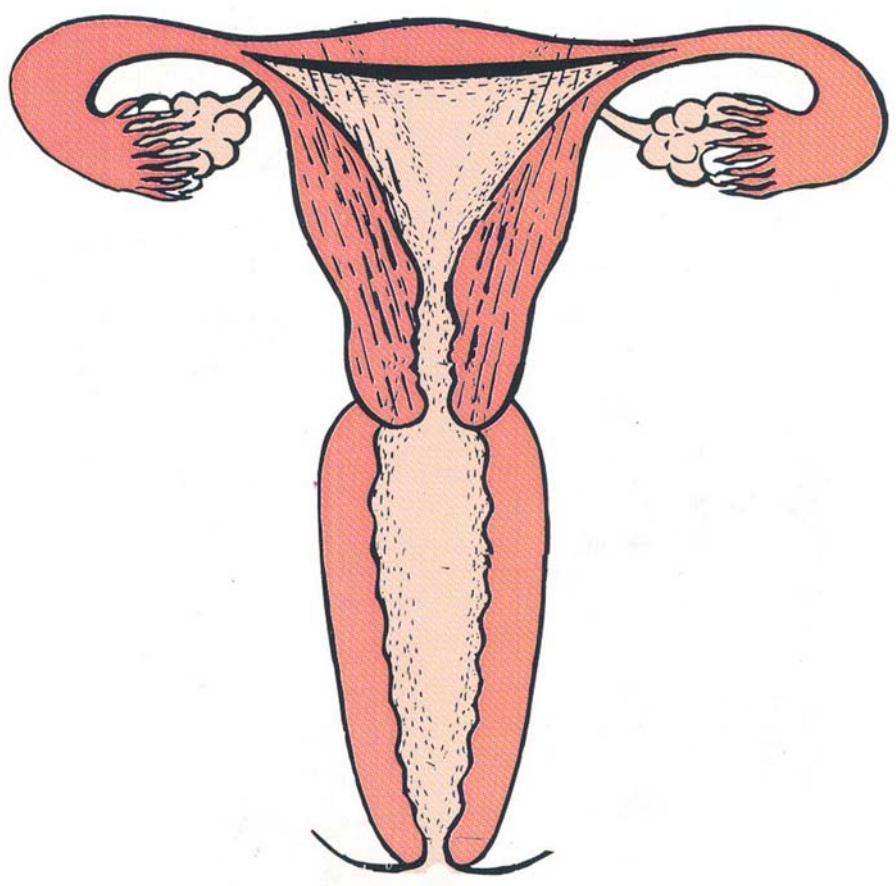
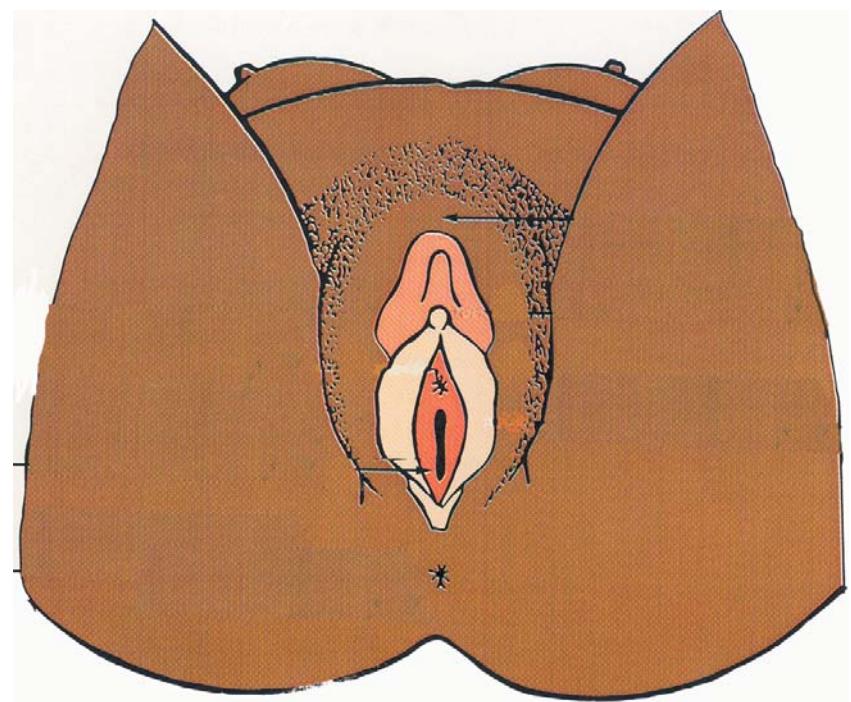
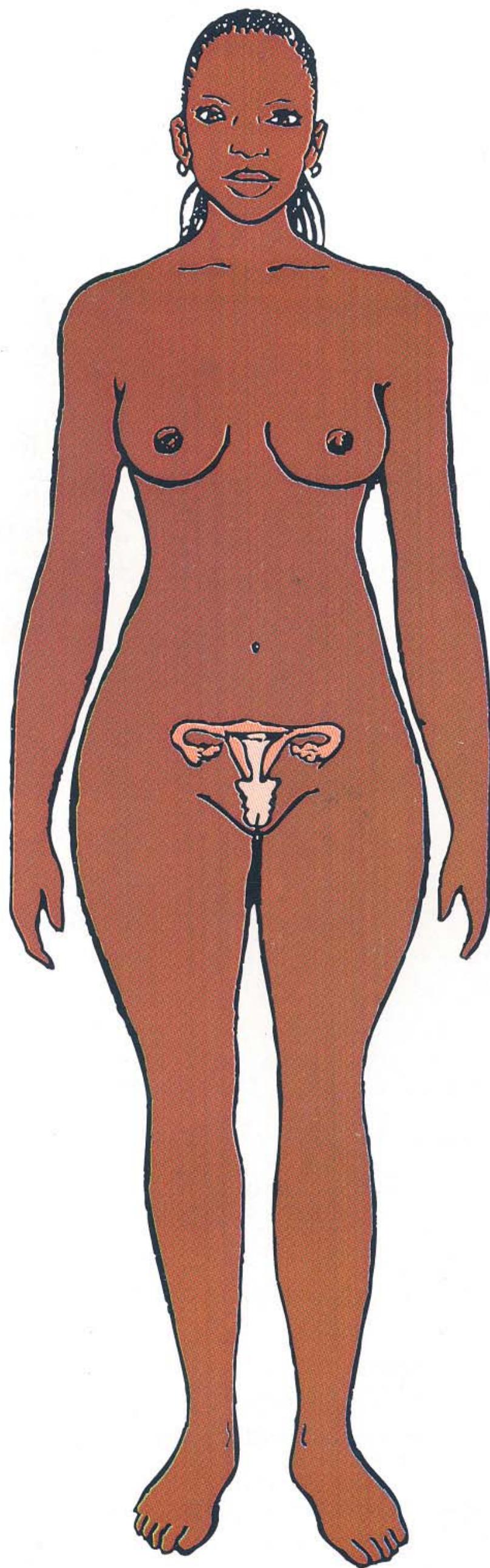
Imyanya iba imbere mu mubiri

Igice kinini cy'imyanya myibarukiro kiba imbere mu nda. Iyo myanya igizwe n'ibi bikurikira:

- **Udusabo tw'intangangore:** ni ho intanga ngore zikurira utwo dusabo ni tubiri, kamwe i buryo, akandi ibumoso bw'umura
- **Imiyoborantanga:** ni uduheha cyangwa udutembo dushamikiye ku mura, kamwe i buryo akandi i bumoso; igenewe kwakira intangangore iyo irekuwe n'agasabo; ni naho habera isama.
- **Umura cyangwa Nyababyeyi:** ni umwanya imiyoborantanga ishamikiyeho; ni wo wakira urusoro iyo habaye isama, bivuga ko ariho umwana akurira. Ni naho amaraso y'imihango aturuka iyo nta sama ryabaye.
- **Inkondo y'umura** (cyangwa inkondo ya Nyababyeyi): Ni umuryango cyangwa irembo rya nyababyeyi riyihuza n'inda ibyara. Iyo nkondo ifite udusoko twinshi tuvubura ururenda mu gihe cy'uburumbuke rworohereza intangangabo kuzamuka muri nyababyeyi zigana mu miyoborantanga.
- **Inda ibyara:** ni ho imibonano mpuzabitsina ibera; ni ho amaraso y'imihango anyura; ni naho kandi umwana anyura avuka.



ISHUSHO YA 2



ISHUSHO YA 3

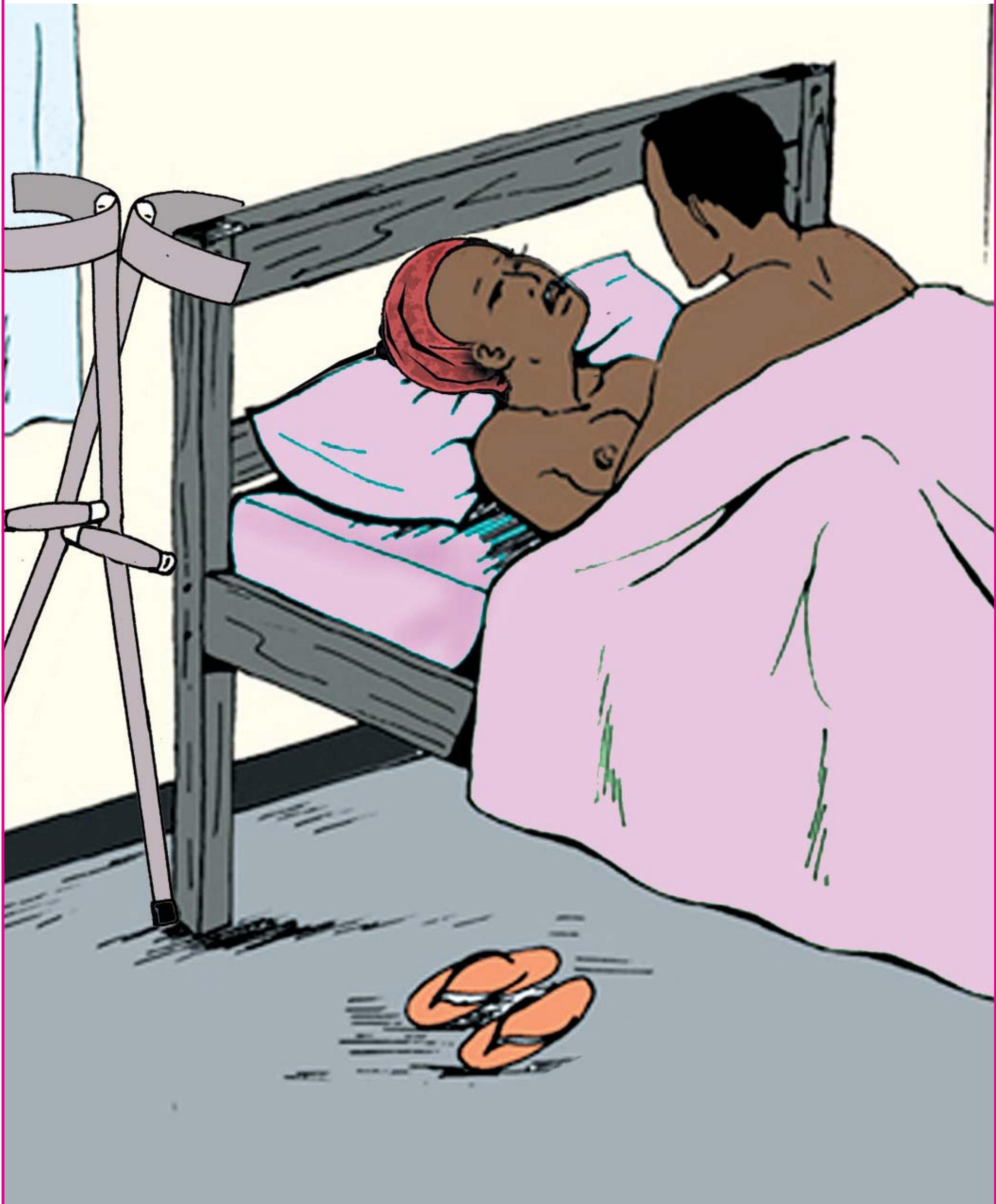
II. INDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA

1. Indwara zandurirwa mu mibonano mpuzabitsina ni iki?

Nk'uko izina ryazo ribivuga, ni indwara umuntu yandura mu gihe akoze imibonano mpuzabitsina n'uwanduye izo ndwara, hadakoreshejwe agakingirizo cyangwa gakoreshejwe nabi.



ISHUSHO YA 3



2. Ibimenyetso bikunze kugaragara ku muntu urwaye izo ndwara

Ibimenyetso byatuma umuntu akeka ko yanduye izo ndwara ntibiboneka ku buryo bumwe ku bantu bose, kandi biratandukanye ku mugabo no ku mugore.

A. Ku mugabo

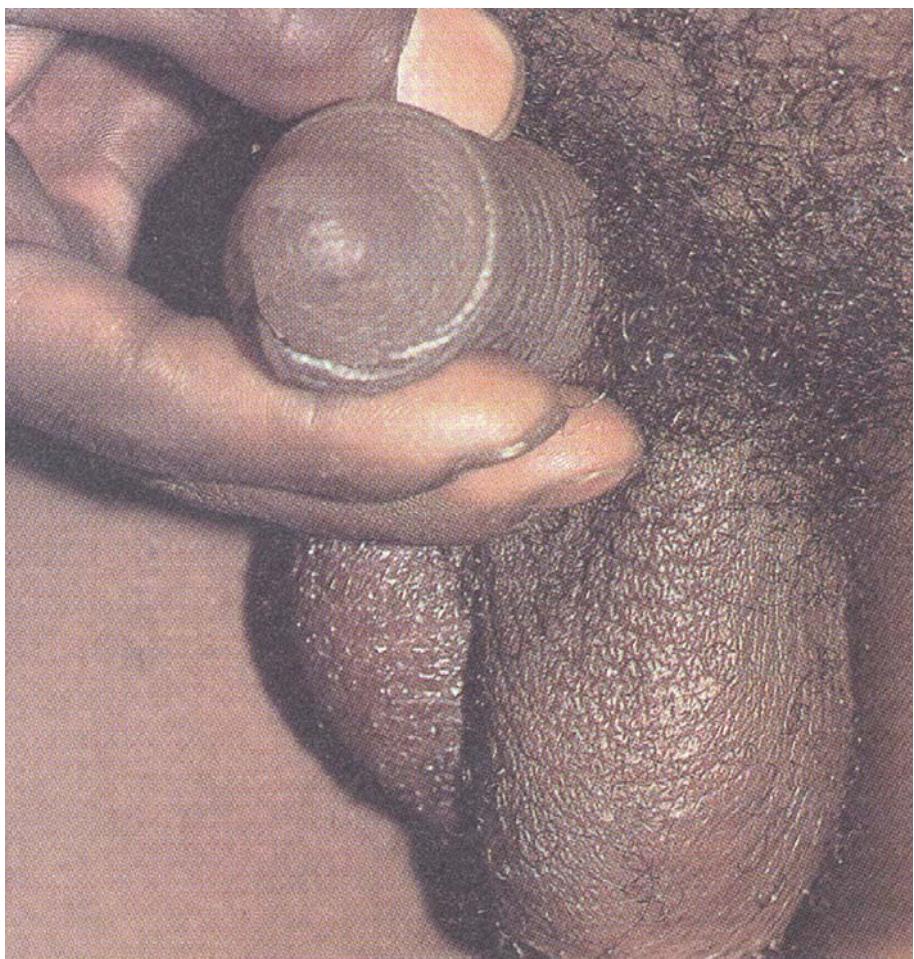
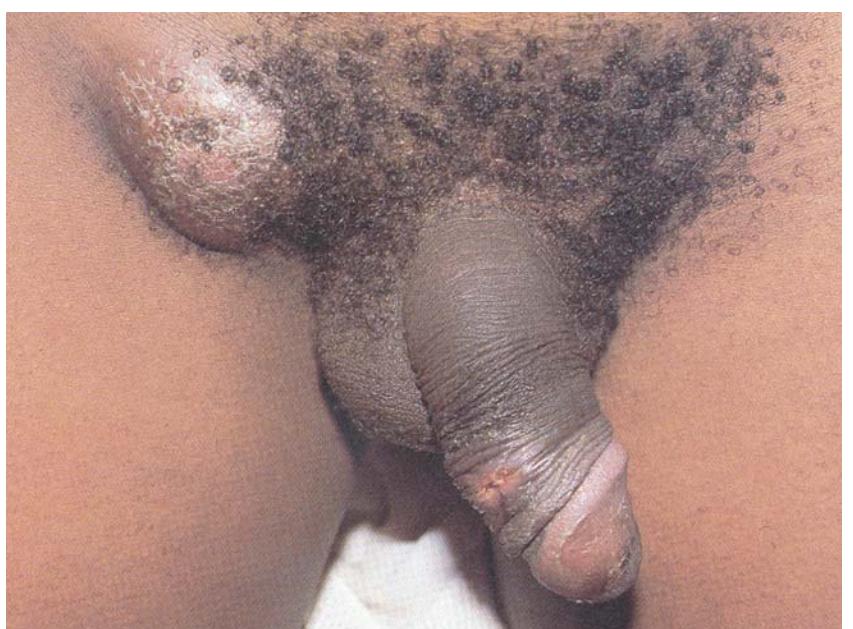
Umugabo ashobora kugaragaza kimwe cyangwa byinshi mu bimenyetso bikurikira:

- Kuzana amashyira mu gitsina cyangwa kunyara amashyira
- Kubyimba amabya
- Kunyara akababara cyangwa akokerwa igihe yihagarika
- Kugira udusebe ku gitsina
- Kuzana amasazi cyangwa ibibyimba mu mayasha (mu ntantu)



ISHUSHO YA 4

Ku mugabo



ISHUSHO YA 5

B. Ku mugore

Umugore ashobora kugaragaza kimwe cyangwa byinshi mu bimenyetso bikurikira:

- Kubabara mu kiziba cy'inda bidasanzwe nta yindi mpamvu izwi
- Kuzana uruzi cyangwa amashyira mu gitsina
- Kuzana amasazi cyangwa ibibyimba mu mayasha
- Kubabara mu gihe cy'imibonano mpuzabitsina
- Kugira udusebe ku myanya ndangagitsina
- Kokerwa igihe yihagarika
- Kugira uburyaryate ku gitsina no kwishimagura

C. Ku mwana

Kuzana amashyira mu maso

Icyitonderwa

➤Kurwara amaso azana amashyira ku mwana w'uruhinja rutaramara ukwezi ruvutse, ni ikimenyetso cyatuma ukeka ko urwo ruhinja rwahuye n'ubwandum bw'indwara zandurirwa mu mibonano mpuzabitsina mu gihe cyo kuvuka; bityo bikaba n'ikimenyetso ko na nyina yanduye. Ni ngombwa kwihutira kuuyana umwana kwa muganga bitabaye ibyo, umwana ashobora gupfa amaso.

➤Abagore ntibakunze kugaragaza vuba nk'abagabo ibimenyetso iyo banduye izo ndwara bitewe n'imiterere y'imyanya myibarukiro yabo (nko kuba igice kinini k'imyanya myibarukiro yabo kiri imbere mu nda naho icy'umugabo kiri hanze ku buryo icyazaho cyose yahita akibona).

➤Mu gihe umwe mu bagiranye imibonano mpuzabitsina abonye nibura kimwe muri ibi bimenyetso byavuzwe haruguru agomba guhita abimenesha mugenzi we kugira ngo bombi bihitire kwisuzumisha ku ivuriro ryemewe kugira ngo bavurwe hakiri kare.

➤Ibimenyetso byinshi by'izo indwara zandurirwa mu mibonano mpuzabitsina bishobora kuuyana n'indwara nyinshi mwumvise zivugwa nk'umutezi, mburugu, n'izindi. Kumenya izina ry'indwara si byo by'ingenzi. Icy'ingenzi ni ukuba umuntu ashobora kumenya ibimenyetso byerekana indwara yandurirwa mu mibonano mpuzabitsina.



ISHUSHO YA 5



ISHUSHO YA 6

3. Isano iri hagati y'indwara zandurirwa mu mibonano mpuzabitsina na SIDA

Byaragaragaye ko virusi ya SIDA yandurira ahanini mu mibonano mpuzabitsina kimwe nizo ndwara. Isano rero bifitanye ni iya hafi:

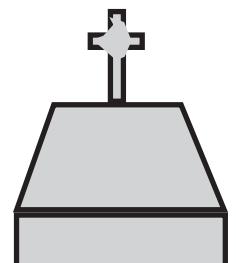
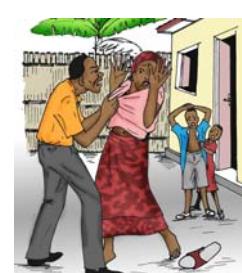
- Zose zandurira mu mibonano mpuzabitsina, imyifatire yose yakwandumu indwara zandurira mu mibonano mpuzabitsina ibasha kugukururira virusi itera SIDA.
- Kubera ko indwara zandurirwa mu mibonano mpuzabitsina zitera udusebe mu myanya ndangagitsina, utwo dusebe tubera inzira virusi itera SIDA kwinjira mu mubiri w'umuntu. Umuntu rero urwaye izo ndwara afite ibyago byinshi byo kwandura virusi ya SIDA
- Uburyo bwo kwirinda izo ndwara ni bumwe nk'uko uburyo bwo kuzandura ari bumwe.

4. Ingaruka z'indwara zandurirwa mu mibonano mpuzabitsina

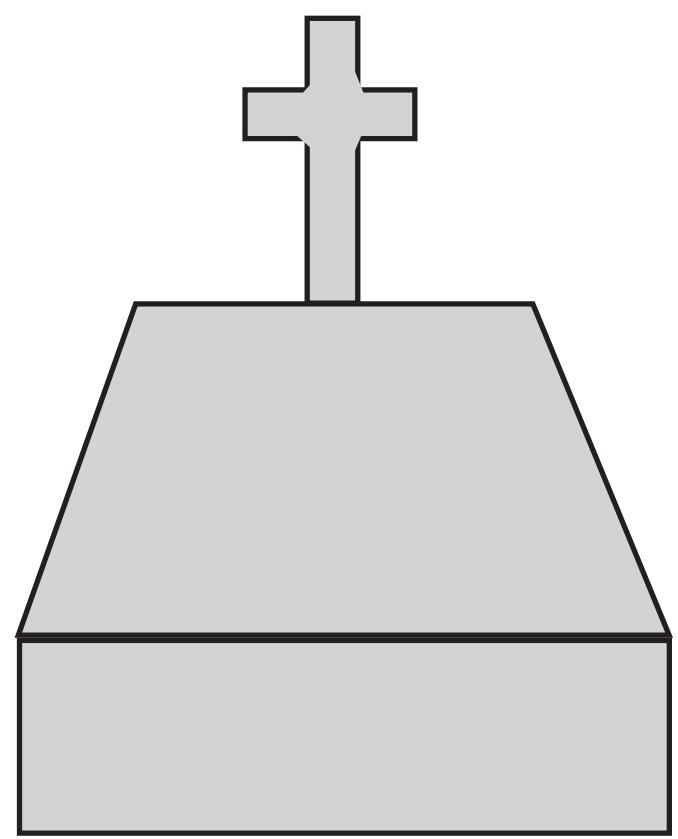
Iyo utivuje neza kandi hakiri kare, izo ndwara zigira ingaruka nyinshi kandi mbi, muri izo twavuga:

- Ubugumba (kuko zonona kandi zikaziba imiyoborantanga y'umugabo cyangwa y'umugore) bityo intanga zikaba zabura aho zinyura
- Gukuramo inda kenshi
- Kubyara abana banduye izo ndwara
- Gutwitira inyuma y'umura
- Gukubita igihwereye
- Gupfa amaso ku bana bavukanye izo ndwara igithe batavujwe hakiri kare
- Kanseri y'inkondo y'umura
- Gucika igitsina
- Urupfu mu gihe utivuje neza.

Twibuke kandi ko izo ndwara zitera umwiryane n'ubukene bukabije mu rugo.



ISHUSHO YA 6



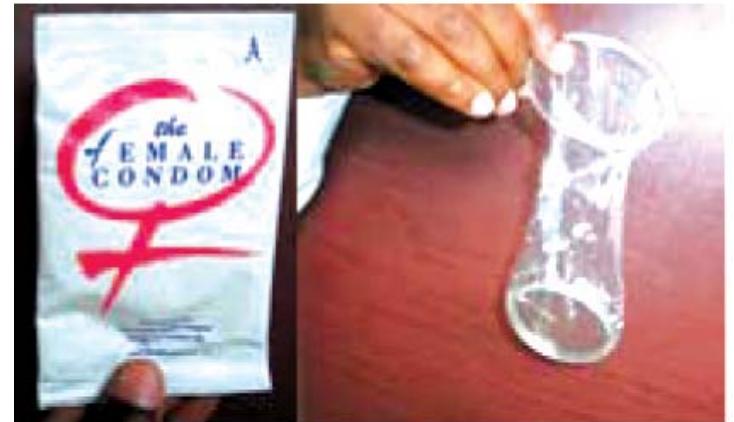
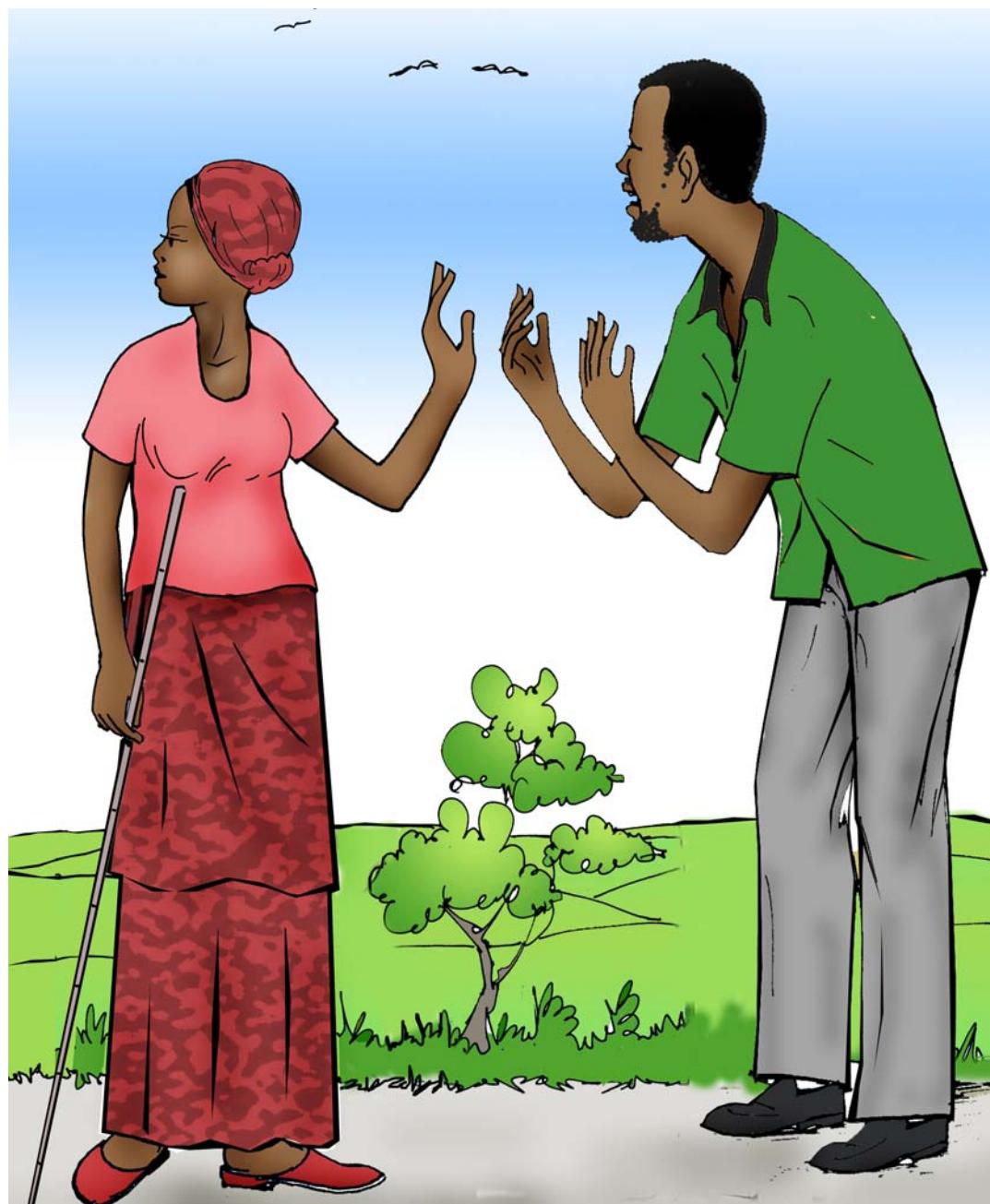
5. Uko wakwirinda izo ndwara

Hari uburyo bune bwo kwirinda izo ndwara:

- Gukomera ku mugenzo mbonera w'ubusugi, ubumanzi, ku muntu utarigeze akora imibonano mpuzabitsina.
- Kwifata cyangwa kwirinda ubusambanyi ku muntu wigeze gukora imibonano mpuzabitsina.
- Kudaca inyuma uwo mwashakanye.
- Gukoresha neza agakingirizo igihe cyose ugiranye imibonano mpuzabitsina n'uwo mutashakanye.



ISHUSHO YA 7

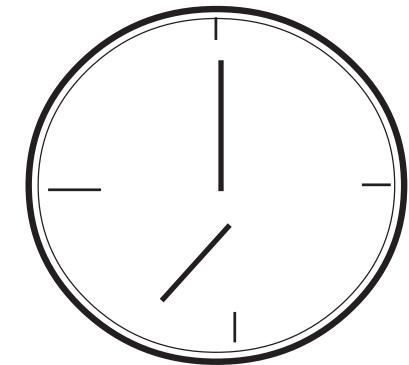
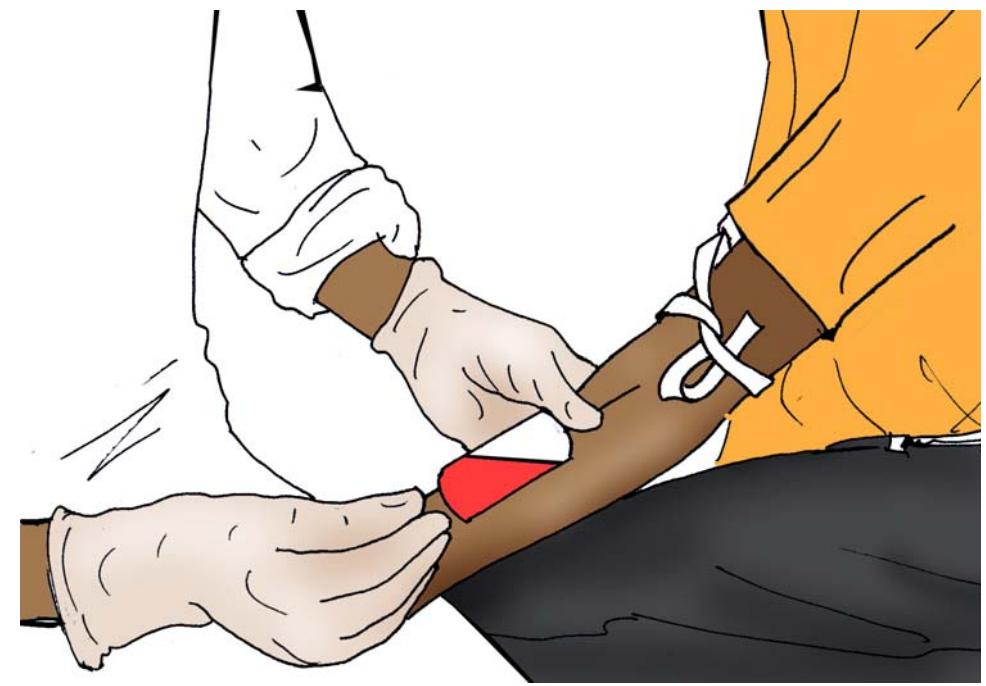


5. Uko umuntu yakwifata aramutse agaragaje ibyo bimenyetso

- Igihe cyose habonetse nibura kimwe muri ibyo bimenyetso twavuze, ni ngombwa kwisuzumisha vuba, kuko muganga wenyine ari we uzamenya imiterere y'ubwo burwayi n'imiti ya ngombwa.
- Ni byiza kunywa imiti bakwandikiye kandi ukayirangiza uko bagutegetse.
- Kumva worohewe ntibikubuza gukomeza imiti uko byagenwe na muganga.
- Si byiza rwose kwivura cyangwa se kwivuza magendu kuko bishobora kuguteza ingaruka mbi nyinshi, akensi kandi umuntu ntakira.
- Ni ngombwa kumenyesha mugenzi wawe mugirana imibonano mpuzabitsina ko urwaye kugira ngo na we yivuze.
- Ni byiza kwirinda imibonano mpuzabitsina igihe cyose utarakira neza cyangwa se ugakoresha agakingirizo.
- Umuntu wese wagragaje ibimenyetso by'indwara zandurirwa mu mibonano mpuzabitsina agomba kwisuzumisha ngo amenye ko atanduye na virusi itera SIDA kuko izo ndwara zorohereza iyo virusi kwinjira mu mubiri.



ISHUSHO YA 8



Ibyo twazirikana:

- Indwara zandurirwa mu mibonanompuzabitsina zose siko zigira ibimenyetsobihita bigaragara, cyane cyane ku bagore. Ni yo mpamvu umuntu ubonye ibimenyetsoagomba kubibwira uwo bagiranyeimibonano mpuzabitsina.
- Iyo umuntu abonye kimwe mu bimenyetsoby' indwara zandurirwa mu mibonanompuzabitsina, agomba kwisuzumisha vubana bwangu ku ivuriro ryemewe kandiagasaba mugenzi we bagiranye imibonanompuzabitsina kwisuzumisha nawe. Bagomba gufata imiti uko muganga yayibandikiye no kubahiriza inamayabagiriye.
- Kwivuza magendu ni bibi cyane, bitagaguzaamafaranga, umuntu ntakire. Bishoborakandi no kubangiriza ubuzima.
- Uwanduye indwara zandurirwa mu mibonanompuzabitsina, aba afite ibyago byinshi byokwandura na virusi itera SIDA. Ni yompamvu ari byiza kujya muri serivisi itangainama ikanapima ubwandum bwa virusi itera SIDA ku babyifuza kugirango arebe ko atariyandura.
- Ni ngombwa kwibuka gukoreshaagakingirizo kandi neza igihe cyose ugizeimibonano mpuzabitsina n'uwo mutashakanye

