



KINYARWANDA

## PMTCT

Kurinda Umubyeyi Wanduye Agakoko  
Gatera SIDA Kwanduza Umwana We

## IGITABO CY'UHUGURWA

Isomo rimwe ku rutonde rw'amahugurwa  
agenewe Umujuyanama w'Ubuzima w'Incuti  
Mu Buzima/IMB



INSHUTI MU BUZIMA



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Iki gitabo tugituye ibihumbi n'ibihumbi by'Abajyanama b'ubuzima bitanga batizigamye kugira ngo intego yacu ishyirwe mu bikorwa kandi bakaba ari ishingiro rya za gahunda zacu zigamije kurengera ubuzima bw'abantu no guteza imbere ibitunga abantu mu miryango ikennye cyane. Buri munsi basura abaturage bakabagezaho serivisi, uburezi n'inkunga binyuranye, kandi bakatwigisha twese ko ubufatanye ari yo ntwaro ikomeye cyane mu kurwanya indwara z'ibyorezo, ubukene no kwiheba.





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## PMTCT:

Kurinda Umubyeyi Ubana N'Ubwandu  
Bw'Agakoko Gatera SIDA Kwanduza Umwana We



## INTANGIRIRO

Iyo umugore ufite ubwandu bw'agakoko gatera SIDA asamye, aba ashobora kwanduza umwana igihe amutwite, ari ku bise, igihe amubyara cyangwa mu gihe amwonsa. Nyamara rero, abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwigishwa uburyo bwo kwirinda igihe batwite bityo bakabyara abana bazima. Bashobora kwiga uko bakwirinda kwanduza agakoko gatera SIDA abana babo. Ubwo buryo bwitwa “Kurinda umubyeyi ufite ubwandu bw'agakoko gatera SIDA kwanduza umwana” (PMTCT mu rurimi rw'icyongereza).

Muri iri somo, mugije kwiga uburyo ababyeyi batwite n'Abonsa bashobora kwirinda kwanduza abana babo agakoko gatera SIDA—byitwa PMTCT—hamwe n'uruhare n'inshingano z'umuhyanama w'ubuzima muri icyo gikorwa. Muziga ku mpinduka z'ingenzi zabaye mu mabwiriza asanzwe (protocols) agenga Kurinda Umubyeyi Kwanduza Umwana n'uburyo mushobora gusobanurira izo mpinduka abagore n'abo babana.



## INTEGO Z'AMAHUGURWA

- a.** Gusobanura uburyo abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwanduza abana babo n'uko bakirinda kubanduza.
- b.** Kwigisha abagore batwite n'ababyeyi bonsa banduye agakoko gatera SIDA uko bakwirinda kwanduza abana babo agakoko gatera SIDA ubigisha ibijyanye n'uburyo bwa kurinda umubyeyi wanduye kwanduza umwana we no mu kubafasha kwibuka kubahiriza gahunda yo kujya kwisuzumisha ku bigo nderabuzima haba ku bwabo ndetse no ku bana babo.
- c.** Kwerekera abahugurwa uko bategura amata y'ifu.



## INGINGO Z'INGENZI

- Abagore babana n'ubwandum bw'agakoko gatera SIDA bashobora kwanduza abana babo igihe batwite, iyo bari ku bise, igihe babyara cyangwa babonsa.
- Abagore babana n'ubwandum bw'agakoko gatera SIDA bashobora kwiga uburyo bwo kubaho mu buzima bwiza igihe batwite bityo bakabyara abana bazima. Bashobora kwiga uko bakwirinda kwanduza agakoko gatera SIDA abana babo. Ubwo buryo bwitwa “Kurinda umubyeyi ufite ubwandum bw'agakoko gatera SIDA kwanduza umwana” (PMTCT mu rurimi rw'icyongereza).
- Abagore bose batwite bagomba kujya kwisuzumisha mbere yo kubyara no kwipimisha ubwandum bw'agakoko gatera SIDA bakimara kumenya ko batwite. Abo bashakanye nabo bagomba kwipimisha.
- Iyo umugore utwite afite ubwandum bw'agakoko gatera SIDA, muganga ahita amutangiza imiti 3 (3 ARVs) igabanya ubukana (atitaye ku mubare w'abasirikari afite mu mubiri we).
- Kugira ngo abagore batwite babana n'ubwandum bw'agakoko gatera SIDA batanduza abana babo bagomba:
  - Gufata imiti 3 igabanya ubukana bakimara gutwita kandi bakayinywa uko bitegetswe
  - Kubyarira kwa muganga
  - Guha abana babo umuti wa Nevirapine mu gihe kingana n'ibyumweru 6 nyuma yo kubyara
  - Kujujana abana babo buri gihe ku kigo nderabuzima kubakingiza, mu kubasuzumisha no kubapimisha ubwandum bw'agakoko gatera SIDA ku byumweru 6 no ku mezi 18.



- Iyo umugore utwite adafite ubwandum bw'agakoko gatera SIDA ariko uwo bashakanye akaba abana na bwo, umugore akenera gupimwa nyuma ya buri mezi 3. Iyo ibipimo bye byerekanye ko afite ubwandum bw'agakoko gatera SIDA mu gihe atwite, atangira gukurikiranwa muri Gahunda yo Kurinda umubyeyi kwanduza umwana atwite. Iyo nta bimenyetso by'ubwandum agaragaje mu gihe cyose cyo gutwita, ahabwa Imiti 3 igabanya ubukana bw'agakoko gatera SIDA (3 ARVs) mu gihe cyo kubyara hamwe n'umuti wa niverapine mu gihe cyose yonsa. Agomba na none gupimwa ubwandum bw'agakoko gatera SIDA buri kwezi.
- Iyo umugore ubana n'ubwandum bw'agakoko gatera SIDA yafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA uko bitegetswe nibura mu gihe cy'amezi 3 mbere yo kubyara aba ashobora konsa umwana we nta ngorane. Aya makuru ni mashya.
- Iyo umugore ufite ubwandum bw'agakoko gatera SIDA atafashe imiti igabanya ubukana nibura mu gihe cy'amezi 3 mbere yo kubyara, agomba kugaburira umwana we akoresheje amata y'ifu aho kumwonsa.

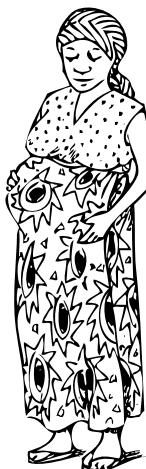
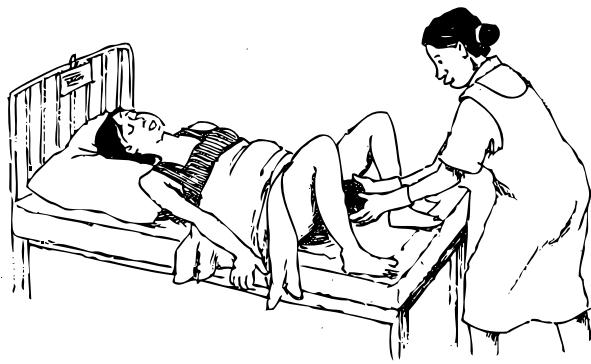
# KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA (PMTCT)



**Ingaruka ku miryango ifite abana babana n'ubwandum bw'agakoko gatera SIDA**

## **Ingaruka ku miryango ifite abana babana n'ubwandum bw'agakoko gatera SIDA**

Kugira umwana ubana n'ubwandum bw'agakoko gatera SIDA bishobora kuba umutwaro ku muryango. Iyo umwana arwaye, ababyeyi be cyangwa se abamurera bagomba kumwitaho bihagije, ibyo bikaba byabatwara umwanya w'akazi cyangwa se ntibabashe kwita ku bandi bana. Ibyo byose bishobora guteza umuryango ubukene bukabije.

**Babatwite****Igihe cy'ibise no mu Kubyara**

**Iyo ba nyina babonkeje  
batarafashe imiti  
igabanya ubukana  
bw'agakoko gatera  
SIDA**

## **Ni gute abana bashobora kwandura agakoko gatera SIDA?**

Umubyeyi ashobora kwanduza umwana we:

- Igihe amutwite
- Mu gihe cy'ibise no kubyara
- Igihe amwonkeje atarafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara.
- Igihe ushyize amashureka mu maso y'umwana wawe (cyangwa mu maso y'umwana uwo ari we wese).

## Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana (PMTCT)



**Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana (PMTCT)**

Iyo umugore ubana n'ubwandum bw'agakoko gatera SIDA yitaye cyane ku bintu bimwe na bimwe igehe atwite, iyo ari ku bise no mu gihe cyo kubyara, ndetse no mu gihe cyo kwita ku mwana we, ashobora kwirinda kumwanduza agakoko gatera SIDA kandi na we ubwe n'umwana bakagira ubuzima bwiza. Ubwo buryo bwitwa "Kurinda umubyeyi kwanduza umwana atwite".

# **KURINDA UMUBYEYI WANDUYE AGAKOKO GATERA SIDA KWANDUZA UMWANA WE (PMTCT)**

## **Kurinda umubyeyi kwanduza umwana igihe amutwite**

Kugira ngo umugore utwite yirinde kwanduza umwana we ubwandum bw'agakoko gatera SIDA agomba:

- Kwipimisha ubwandum bw'agakoko gatera SIDA iyo atarabikora; uwo bashakanye na we agomba kwipimisha.
- Kujya ku kigo nderabuzima muri gahunda yo kwisuzumisha mbere yo kubyara
- Gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA agisama, mu mezi 3 akurikira gusama iyo bishoboka cyangwa se mu mezi 3 abanziriza kubyara. Iyo umubyeyi ahawe ibisubizo nyuma yo kwipimisha ubwandum bw'agakoko gatera SIDA, muganga amwandikira Imiti 3 igabanya ubukana bw'agakoko gatera SIDA ako kanya iyo basanze yaranduye agakoko gatera SIDA. Akomeza gufata iyo miti 3 mu gihe cyose yonsa.



### **Kwipimisha ubwandum bw'agakoko gatera SIDA**

#### **Kwipimisha ubwandum bw'agakoko gatera SIDA**

Abagore bose batwite bagomba gupimwa ubwandum bw'agakoko gatera SIDA ku kigo nderabuzima kubera ko bashobora kwanduza abana babo baramutse baranduye. Umugore wese agomba kwipimisha ubwandum bw'agakoko gatera SIDA akimara kumenya ko atwite. Kwipimisha ubwandum bw'agakoko gatera SIDA bikorwa ku buntu.

Iyo mu gupima basanze umugore ataranduye ariko uwo bashakanye akaba we yaranduye, umuforomo ushinzwe Gahunda yo Kurinda umubyeyi kwanduza umwana atwite agomba kubimenyeshwa. Nyuma y'aho uwo mugore agomba kwipimisha nyuma ya buri mezi atatu. Iyo ibipimo bye byerekanye ko afite ubwandum bw'agakoko gatera SIDA mu gihe atwite, atangira gukurikiranwa muri Gahunda yo Kurinda umubyeyi kwanduza umwana atwite. Iyo nta bimenyetso by'ubwandum agaragaje mu gihe cyose cyo gutwita, ahabwa Imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu gihe cyo kubyara hamwe n'umuti wa niverapine mu gihe cyose yonsa. Agomba na

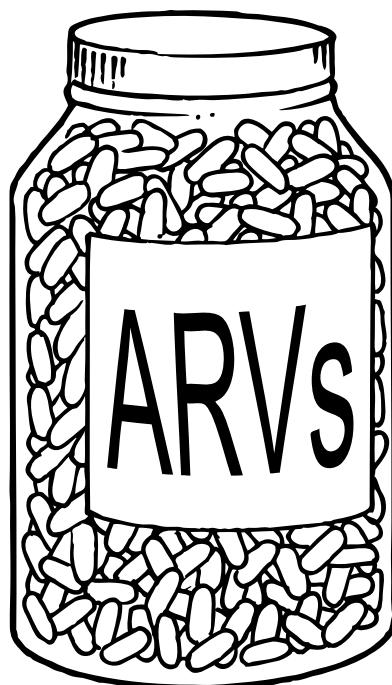
none gupimwa ubwandum bw'agakoko gatera SIDA buri kwezi. Iyo umugore yanduye SIDA igithe atwite, ibyo bishobora kuba bibi cyane ku mwana, ni yo mpamvu uwo bashakanye agomba kwikingira mu gihe bakora imibonano mpuzabitsina (akoreshjeje agakingirizo) mu gihe umugore atwite n'igihe yonsa.



### **Kwisuzumisha mbere yo kubyara**

#### **Kwisuzumisha mbere yo kubyara**

Abagore bose batwite bagomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara kugira ngo bamenye niba abana babo bafite ubuzima bwiza. Abagore bose batwite bagomba kwisuzumisha incuro 3 zitegetswe mbere yo kubyara (cyangwa izirenze 3 iyo bafite ibibazo). Ku ncuro ya mbere umugore bamupima ubwandum bw'agakoko gatera SIDA iyo yari ataripimisha na rimwe. Incuro zose umugore utwite aje kwisuzumisha mbere yo kubyara umuganga cyangwa umuforomo amupima umuvuduko w'amaraso, akagenzura igipimo cy'amaraso mu mubiri, akamuha za vitaminini, akamukingira, akanapima niba nta ndwara zandura afite.



### **Iimi 3 igabanya ubukana bw'agakoko gatera SIDA**

#### **Iimi igabanya ubukana bwa SIDA**

Abagore bose batwite babana n'ubwandum bw'agakoko gatera SIDA bagomba gufata Iimi 3 igabanya ubukana kugira ngo bahorane ubuzima bwiza kandi banirinde kwanduza abana babo. Mbere, abagore batwite mu giturage cyacu batangiraga gufata Iimi 3 igabanya ubukana bw'agakoko gatera SIDA iyo umubare w'abasirikari b'umubiri wabo wabaga uri munsi ya 350. Ariko kuri ubu abaganga baha abagore bose batwite Iimi 3 igabanya ubukana bw'agakoko gatera SIDA kubera ko ifasha kwirinda kwanduza umwana. Iyo umugore utwite atangiye gufata Iimi igabanya ubukana bw'agakoko gatera SIDA kare (mu mezi 3 nyuma yo gusama bishobotse), agafata iyo miti uko bitegetswe buri munsi, kandi akanakomeza kuyifata nyuma y'uko umwana avutse, kwibaruka no gukwirakwira kwa virusi birahagarara, noneho umubyeyi akazashobora konsa umwana we nta nkomyi (kubera ko mu mubiri we haba harimo umubare muke wa za virusi). Iyo umugore utwite agize ingaruka ziterwa no gufata Iimi igabanya ubukana bwa SIDA, urugero nko kugira umwera ku mubiri, kumva azungera cyangwa kumva ananiwe cyane, agomba kwihutira kujya ku kigo nderabuzima.



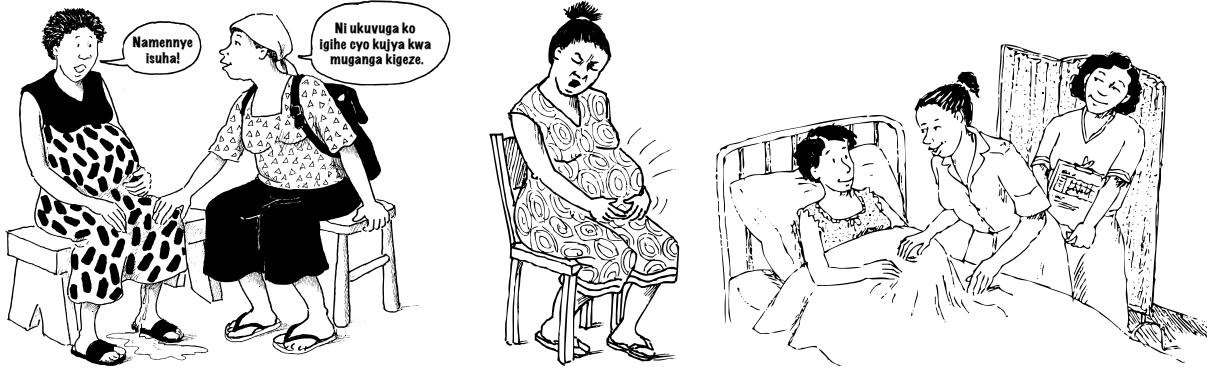
**Ingaruka mbi ziterwa n'lmiti igabanya ubukana bw'agakoko gatera SIDA**



**Ubwirinzi bw'umubiri n'umubare w'abasirikari mu mubiri**

## **Ubwirinzi bw'umubiri n'umubare w'abasirikari mu mubiri**

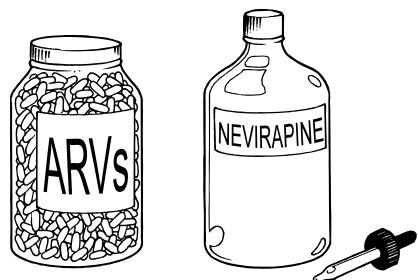
Buri muntu agira ubwirinzi bw'umubiri we burwanya udukoko dутera indwara. Abaganga n'abaforomo bashobora kumenya imbaraga z'ubwirinzi bw'umubiri w'umuntu babipimiye mu maraso. Ikizami kibasha gupima umubare w'uturemangingo nto (cells) zitwa "CD4". Akenshi, iyo umuntu ufite ubwantu bw'agakoko gatera SIDA afite umubare w'abasirikari b'umubiri uri munsi ya 350, ibyo bisobanura ko ubwirinzi bw'umubiri we nta mbaraga buba bugifite, bityo uwo muntu akaba agomba gutangira imiti kugira ngo yongere umubare w'abasirikari mu mubiri we. Nyamara rero, abaganga bigishijwe ko iyo bahaye abagore batwite Imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gutwita, n'ubwo umubare w'abasirikari b'umubiri waba uri hejuru ya 350, ibyo bifasha kurinda umwana kwandura.

**Kumeneka kw'isuha****Ibise****Kubyarira kwa muganga**

## **Kurinda umubyeyi kwanduza umwana atwite mu gihe cy'Ibise no mu gihe cyo Kubyara**

Kugira ngo umugore atanduza umwana we agakoko gatera SIDA ari ku bise cyangwa amubyara, agomba kubyarira kwa muganga. Abagore BOSE batwite, atari ababana n'ubwandum bw'agakoko gatera SIDA gusa, bagomba kubyarira kwa muganga iyo babishoboye. Iyo umugore abyariye kwa muganga, muganga cyangwa umuforomo agenzura ko atatinze ku bise cyane, akamufasha iyo nta bise afite, akamuha imiti igabanya ubukana y'inyongera, agatangiza umwana umuti wa Nevirapine, akanagira inama uwo mubyeyi mushya uburyo bwo kugaburira umwana we no kwirinda kumwanduza SIDA.

Iyo umugore utwite agejeje igihe cyo kubyara agira ibise (ni ukuvuga ububabare bwungukanya yumva mu nda). Nyuma isuha ye irameneka, maze ibintu bisa n'amazi n'uturaso duke bikaba byasohoka mu gitsina cye. Iyo umugore ubana n'ubwandum bw'agakoko gatera SIDA agiye ku bise, agomba kwihutira kujya kwa muganga ari kumwe n'umuntu wo kumufasha. Agomba kwitwaza imyenda imeshe ye n'iy'umwana.



**Imiti igabanya ubukana  
n'umuti wa Nevirapine**



**Kwisuzumisha mbere yo  
kubyara no kwipimisha  
ubwandum bw'agakoko  
gatera SIDA**



**Inkingo**

## **Kurinda umubyeyi kwanduza umwana we nyuma yo kuvuka**

Kugira ngo umubyeyi yirinde kwanduza umwana we ukivuka, agomba:

- Gukomeza gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA no kujya ku kigo nderabuzima iyo agaragaje ingaruka mbi zirimo umwera ku mubiri, kuzungurira, cyangwa umunaniro ukabije. Agomba gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA igihe cyose yonsa (kugeza ku mezi 18 nyuma y'uko umwana avutse) cyangwa se akayifata ubuzima bwe bwose iyo umubare w'abasirikari b'umubiri we wigeze kujya munsi ya 500.
- Guha umwana umuti wa Nevirapine mu gihe cy'ibyumweru 6 (rimwe na rimwe no hejuru yabyo). Agomba kujyana umwana ku kigo nderabuzima mu minsi 3 nyuma yo kuvuka kugira ngo ahabwe umuti wa nevirapine iyo atabyariye kwa muganga. Biba byiza cyane iyo umwana atangiye gufata umuti wa nevirapine uhoreye ku munsi yavukiye.
- Guha umwana imiti ya antibiyotiki (Bactrim) uhoreye ku byumweru 6 nyuma yo kuvuka.
- Gupimisha umwana ubwandum bw'agakoko gatera SIDA ku byumweru 6 nyuma yo kuvuka (Ikizamini nyirizina cya virusi itera SIDA, DBS mu cyongereza)
- Gukingiza umwana nk'uko amabwiriza y'igihugu abiteganya.

- Gukomeza kujyana umwana ku kigo nderabuzima incuro 1 mu kwezi kumusuzumisha kugeza igihe agiriye amezi 18.
- Gupimisha umwana ubwandum bw'agakoko gatera SIDA incuro ya 2 agize 18 (ikizamini nyirizina cya Virusi itera SIDA kirakorwa; umwana agacutswa muri Gahunda yo kurinda umubyeyi kwanduza umwana)
- Konsa umwana we iyo umubyeyi yafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara.



## **Kurinda umubyeyi kwanduza umwana we igihe Amwonsa**

Mu myaka myinshi ishize, abaganga, abaforomo, hamwe n'Abajyanama b'ubuzima ba hano bigishije abagore babana n'ubwandum bw'agakoko gatera SIDA guha abana babo amata y'ifu aho kubonsa, ubwo bukaba uburyo bwo kubarinda kwanduza abana babo. **Kuri ubu rero twe turigisha ababyeyi babana n'ubwandum bw'agakoko gatera SIDA konsa abana babo.** Iyo ni yo mpamvu abaganga bigishijwe ko guha abagore bose babana n'ubwandum bw'agakoko gatera SIDA batwite Imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gutwita kwabo, utitaye ku mubare w'abasirikari bafite mu mubiri wabo, bishobora gutuma abo bagore bonsa nta kibazo biteye.

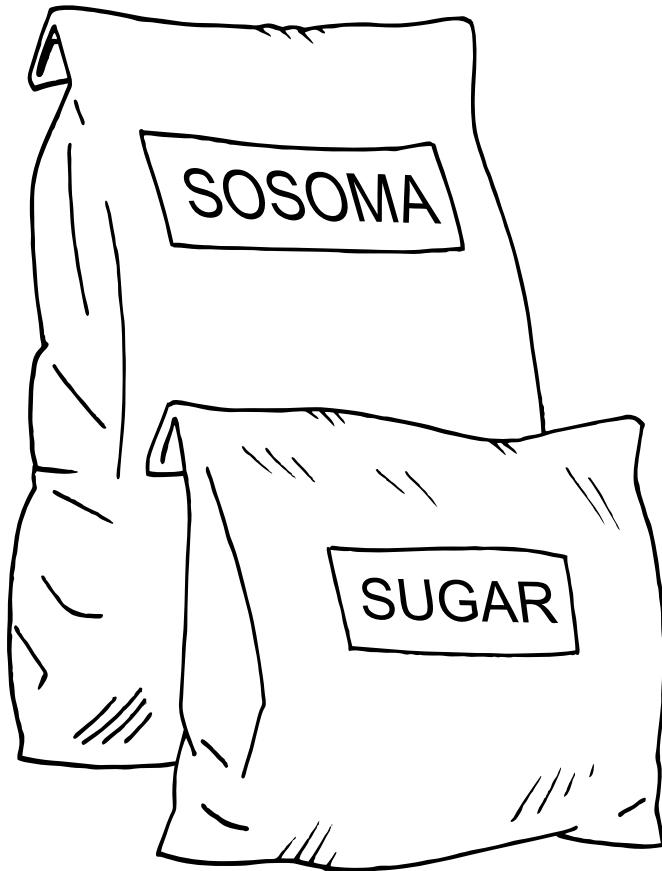
Mu bihugu byinshi abaganga bakoze ubushakashatsi ku bijyanye no kuba gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA ku mugore utwite mu mezi ya mbere yabo yo gutwita bituma konsa umwana babyaye nta kibazo bitera. Urugero, mu mwaka w'i 2008 n'uwa 2009, abaganga batangiye

gutanga Imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gusama (ni ukuvuga mu gihembwe cya mbere) ku matsinda 2 y'abagore babanaga n'ubwandum bw'agakoko gatera SIDA – ku bagore 1000 bo mu gihugu cya Bostwana n'abandi 700 bo muri Kenya. Basanze abagore bari hagati ya 1% na 4% gusa ari bo banduje abana babo mu gihe cyo kubonsa. Ubu bushakashatsi bwatweretse ko icyo twatinyaga ko gishobora kwanduza (ni ukuvuga konsa ku bagore banduye agakoko gatera SIDA) nta kibazo giteye, ahubwo ko konsa ari byiza cyane ku mubyeyi n'umwana.

Ubwo bushakashatsi bwatugaragarije ko **ababyeyi babana n'ubwandum bw'agakoko gatera Sida bashobora konsa abana babo nta kibazo iyo batangiye gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yabo yo gutwita, bishobotse mu mezi 3 nyuma yo gusama cyangwa se mu mezi 3 abanziriza kubyara.** Abagore babana n'ubwandum bw'agakoko gatera SIDA bagomba kandi kujya kwa muganga kwisuzumisha mbere yo kubyara, kubyarira ku bitaro no guhabwa umuti wa Nevirepine ndetse no gupimisha abana ubwandum bw'agakoko gatera SIDA mu rwego rwo kubarinda kwanduza abana babo.

Amashereka ni ifunguro n'ikinyobwa cy'ingenzi ku bana kubera ko:

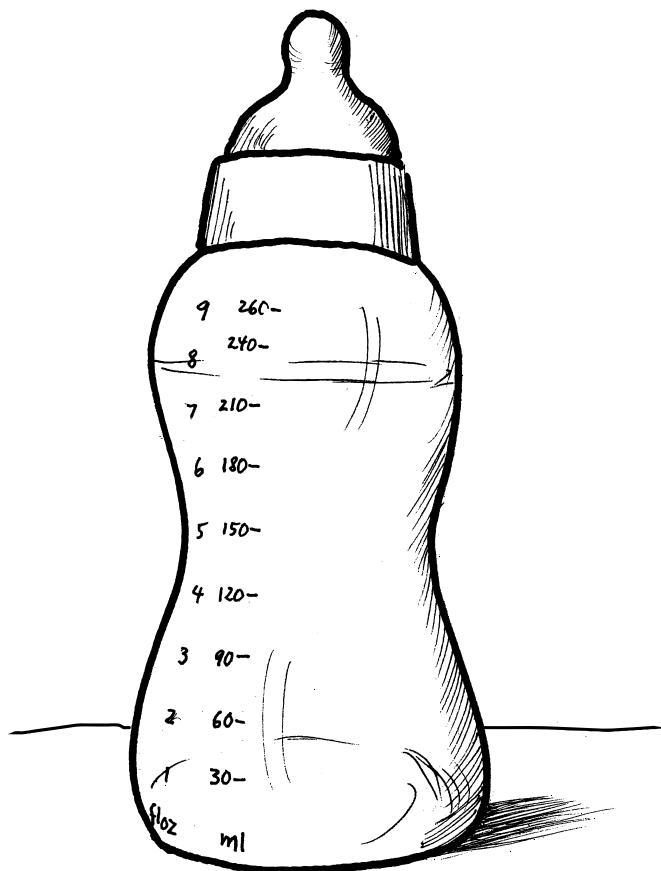
- Amashereka agaburira abana akanabaha intungamubiri zose, ibinure na za poroteyine bakenera mu gukura kwabo.
- Amashereka yifitemo abasirikari b'umubiri bakomeza ubwirinzi bw'umubiri w'abana bakabarinda kurwaragurika.
- Konsa bifasha umubyeyi gusabana n'umwana kandi bigatuma umwana yumva atekanye kandi yishimye.
- Konsa umwana nta kiguzi bisaba.
- Konsa abana bigabanya ingaruka zo kubaha amazi yanduye (nk'akoreshwa mu mata y'ifu) ashobora kubatera indwara y'impiswi ishobora kubica.



**Inkunga y'ibiribwa**

## Ibiribwa binyuranye

Kugira ngo wizere ko abagore batwite n'abonsa babana n'ubwandum  
bw'agakoko gatera SIDA babona ifunguro rikwiye, bafite ubuzima bwiza  
kandi ko bita ku bana babo neza, ikigo nderabuzima kigomba kubaha  
ibiribwa binyuranye bya buri kwezi. Abagore batwite babana n'ubwandum  
bw'agakoko gatera SIDA batangira guhabwa ibiribwa (Sosoma n'isukari) ku  
munsi batangiriye Imiti 3 igabanya ubukana bw'agakoko gatera SIDA (3  
ARVs). Nyuma y'aho, abagore bashobora kujya bafata ibiribwa binyuranye  
ku kigo nderabuzima buri kwezi. Abo bagore bakomeza guhabwa ibyo biribwa  
binyuranye kugeza ku mezi 18 nyuma y'uko abana babo bavutse (muri icyo  
gihe baba bonsa).

**Amata y'ifu**

## **Amata y'ifu**

Iyo umugore utwite ubana n'ubwandum bw'agakoko gatera SIDA atafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara, virusi itera ubwandum bw'agakoko gatera SIDA iba itaraganzwa burundu bityo rero ntagomba konsa ahubwo agaburira umwana we akoresheje amata y'ifu. Ni ngombwa cyane ko abagore bose bipimisha ubwandum bw'agakoko gatera SIDA bakimenya ko batwite. Hanyuma iyo basanze bafite ubwandum bw'agakoko gatera SIDA, bashobora gutangira gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA, bakagumana ubuzima bwiza igithe batwite kandi bakonsa abana babo nta mpungenge.

## **Ni ibihe bintu by'ingenzi ugomba kubwira ababyeyi babana n'ubwandum bw'agakoko gatera SIDA bijyanye no Kubarinda kwanduza abana babo?**

- Kwpimisha ubwandum bw'agakoko gatera SIDA
- Gutangira Imiti 3 igabanya ubukana bw'agakoko gatera SIDA hakiri kare – ni ukuvuga mu gihembwe cya mbere cyangwa se nibura amezi 3 mbere y'uko umwana avuka
- Gufata Imiti igabanya ubukana bw'agakoko gatera SIDA neza uko bitegetswe buri munsi
- Kwisuzumisha mbere yo kubyara
- Kubyarira kwa muganga
- Guha umwana umuti wa Nevirapine, imiti ya antibiyotiki, inkingo, no kumusuzumisha buri gihe
- Konsa umwana nta kibazo bitera iyo umubyeyi afata neza Imiti 3 igabanya ubukana bw'agakoko gatera SIDA
- Guha umwana amata y'ifu iyo nyina yatangiye Imiti igabanya ubukana bw'agakoko gatera SIDA akererewe.

## AMATA Y'IFU



Ugomba kugenzura ko abagore bose batwite bajya kwisuzumisha mbere yo kubyara kandi ko bahise bapimwa ubwandum bw'agakoko gatera SIDA. Iyo umugore utwite afite ubwandum bw'agakoko gatera SIDA, muganga ahita amutangiza Imiti 3 igabanya ubukana bw'agakoko gatera SIDA. Iyo atangiyе iyo miti mu mezi ya mbere yo gutwita, nta ngorane agira iyo yonkeje umwana we. Ugomba guhumuriza abo bagore ko ari byiza kandi nta kibazo biteye konsa abana babo.

Turizera ko abagore benshi babana n'ubwandum bw'agakoko gatera SIDA bazaza ku kigo nderabuzima hakiri kare kwipimisha no gufata Imiti igabanya ubukana bw'agakoko gatera SIDA (niba bayikeneye). ARIKO NANONE, hashobora kuboneka abagore bake bataza kwipimisha. Niba umugore atarafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara, ntagomba konsa umwana we ahubwo agomba kumuha amata y'ifu.

Ugomba gukora ibishoboka byose ngo aba bagore bumve ibi kandi bazabashe gukoresha aya mata y'ifu nibaramuka babikeneye. Niba umugore agomba kugaburira umwana we akoresheje amata, agomba kumuha amata y'ifu GUSA. Ntagomba guha umwana we amata y'ifu mu gihe kimwe n'amashereka ikindi gihe (kirazira kubivanga).

Niba umugore ufite ubwandum bw'agakoko gatera SIDA agomba kugaburira umwana we amata y'ifu yonyine, wamushishikariza ute kubikora atyo? Ni iki ugomba kumubwira ku birebana no gukoresha amata y'ifu?

- Ni uburyo bumwe bwo kurinda umubyeyi kwanduza umwana we uwandu bw'agakoko gatera SIDA.
- Mu mata y'ifu no mu mashereka harimo intungamubiri abana bakenera; iyo umubyeyi uheruka kubyara adashobora konsa agomba kumuha amata y'ifu.
- Amata akomoka ku matungo nk'ay'inka cyangwa amahenehene si meza ku bana bafite munsi y'amezi 9, bityo rero abana bashobora kurwaragurika cyangwa bakarwara bwaki iyo banyoye amata akomoka ku matungo.
- Amata y'ifu atangirwa ubuntu ku kigo nderabuzima bitegetswe na muganga, agahabwa abagore bose bapimwemo uwandu bw'agakoko gatera SIDA nyuma y'ibyumweru 28 batwite. Muganga ategeka ko abagore bahabwa amata y'ifu kubera impamvu z'uburwayi gusa, ntareba ubushobozi bw'imiryango bakomokamo.
- Iyo umubyeyi ahaye umwana we amata y'ifu none, ejo akamuha amashereka ibyo byitwa "ifunguro rivangavanze". Ifunguro rivangavanze ni ribi cyane kubera ko umwana aba ashobora kwandura agakoko gatera SIDA.

## **Uko Ibyiciro byo gutegura amata y'ifu bikurikirana**



### **1. Gukaraba intoki**

Karaba intoki zawe n'isabune n'amazi meza.



## 2. Guteka amazi

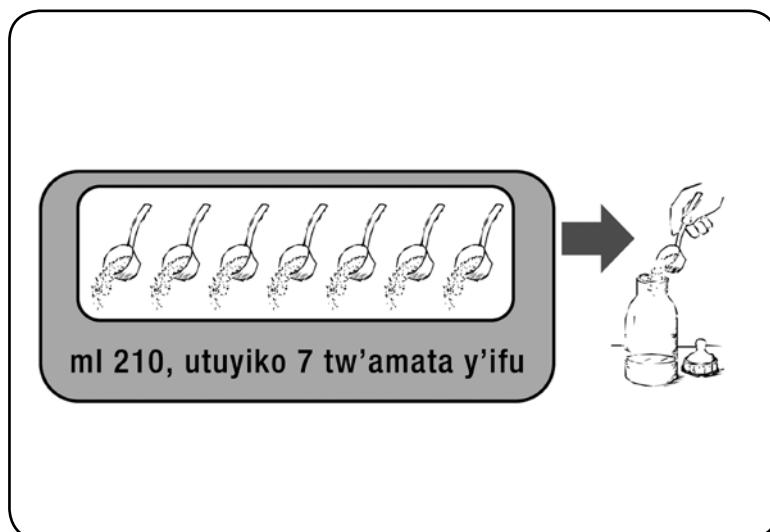
Teka amazi akoreshwa ku mata y'ifu yature amare hagati y'iminota 5–10. Amazi **agomba** kuba yatuye kugira ngo yice udukoko dutera indwara twose. Iyo udakoresheje amazi meza n'ibikoresho bifite isuku, umwana ashobora kurwara impiswi ndetse akanapfa. Ikigo nderabuzima gitanga ibikoresho byose bikenewe kugira ngo ubone amazi n'ibikoresho bifite isuku.



## 3. Guteka ibikoresho

Ibikoresho bigomba gusukurwa mu mazi yatuye neza. Shyushya amazi mbere yo kuyogesha ibyombo yature amare hagati y'iminota 5–10. Shyira icupa (inkongoro) bagaburisha umwana, umufuniko waryo hamwe na tetine muri ayo mazi yabize. Bikure mu mazi ukoresheje ikiyiko nyuma y'iminota 3. Iyo umubyeyi akoresha icupa (inkongoro) rya parasitiki, ntagomba kurishyira mu mazi yabize.

Amacupa (inkongoro) ya parasitiki agomba gusukurwa bakoresheje amazi n'umuti wabigenewe.



#### **4. Amazi ashushye n'amata y'ifu**

Mu gihe uvanga amata y'ifu ya n'amazi yatuye, soma amabwiriza ari ku gikombe kirimo amata maze uyakurikize. Urugero, ushobora kuvanga milimetro 200 z'amazi yatuye mu icupa maze ukongeramo ibiyiko 2 by'amata y'ifu. (Koresha ibikoresho ibyo ari byo byose byo gupima bimenyerewe mu gace urimo). Vanga neza. Niba umubyeyi adashobora gusoma, musomere kandi ukore ku buryo abasha kwibuka ayo mabwiriza.



#### **5. Vanga neza**

Cugusa icupa cyane kugira ngo amata n'amazi byivange.



## 6. Kugaburira umwana

Gaburira umwana ukoreshheje icupa (inkongoro). Gaburira umwana nyuma ya buri masaha 2 kugeza kuri 3 mu byumweru 2 nyuma yo kuvuka. Nyuma ujye umugaburira buri masaha 3 (incuro 8 ku munsi) mu gihe cy'amezi 3 akurikiyeho. Nyuma y'ibyo, ukomeza kugaburira umwana ibirenzeho uko akura. Ku mezi 6, tangira kugaburira umwana ibiryo byoroheje hamwe n'amata y'ifu.



## 7. Mena cyangwa unywe amata asagutse

Niba umwana atanyoye amata yose, yahe umwana mukuru wundi uri aho cyangwa se uyanywe. Kugira ngo wirinde gukwirakwiza udukoko dutera indwara, ntugomba kongera guhera umwana amata ku icupa (inkongoro) undi muntu yanywereyeho. Niba nta muntu uhari ngo anywe ayo mata, yamene. (Iyo uyabitse, ashobora kwangirika vuba kubera ubushyuhe.)

# **INYIGISHO KU KURINDA UMUBYEYI WANDUYE AGAKOKO GATERA SIDA KWANDUZA UMWANA WE**

## **Amabwiriza agenga agakino ka 1**

- Vugana n'abagize itsinda ryawe ibyo Umujyanama w'Ubuzima agomba kuvuga n'icyo agomba gukurikizaho n'uburyo umugore aza gusubiza. Mushobora kureba ku rutonde rw'ingingo zivuga ku Kurinda Umubyeyi Kwanduza Umwana Atwite mu bitabo byanyu niba ari ngombwa.
- Hitamo umuntu 1 mu itsinda asome amagambo y'ubara inkuru, undi akine ari Umujyanama w'Ubuzima na ho undi akine ari umugore.
- Basabe kwitoza agakino no kwitegura kuza kugakina imbere y'abahugurwa bose. Kugira ngo ibyo bishoboke, ugomba gusoma inyandiko wahawe nyuma ugahita ukina ibyo Umujyanama w'Ubuzima n'umugore baza kuvuga n'ibyo baza gukurikizaho.
- Kora ku buryo agakino kawe katarenza iminota 5.
- Mufite iminota 15 yo kugeza ku bandi agakino kanyu.
- Uko mukina, ndaba mbazengurukamo maze mpitemo amatsinda mato aza gukina (ni ukuvuga itsinda rimwe kuri buri gakino).



## AGAKINO KA 1 KU KURINDA UMUBYEYI KWANDUZA UMWANA (PMTCT)

**Ubara inkuru:** Umujyanama w'ubuzima ageze mu rugo rw'Umutoni aje kumusura. Umutoni ni umugore ukiri muto ubana n'ubwandum bw'agakoko gatera SIDA umaze igihe gito amenye ko atwite.

**Umujyanama w'ubuzima:** (Aramusuhuje) Waramutse Umuto? Amakuru yawe?

**Umutoni:** Ni meza cyane ndaho. Mfite inkuru nziza cyane! Maze igihe gito menye ko ntwite! Mbega maze amezi 2 nsamye!

**Umujyanama w'ubuzima:** Ndishimye cyane!

**Umutoni:** Urakoze cyane. Nibuka ko ntashoboye konsa umwana wanaye w'imfura. Nagombaga kumugaburira nkoresheje amata y'ifu kugira ngo ntamwanduza agakoko gatera SIDA. Ubu rero niteguye kugaburira umwana wanaye nkoresheje amata y'ifu namara kuvuka.

**Umujyanama w'ubuzima:** Ntugire impungenge Umutoni we, si ngombwa kongera guha umwana wawe wa 2 amata y'ifu. Kuri ubu nta kibazo bigiteye kuba ababyeyi babana n'ubwandum bw'agakoko gatera SIDA bakonsa abana babo.

**Umutoni:** NGO IKI??? Simbyumva! Ibyo se ubwo nta ngaruka mbi byagira?

*Ni iki Umujyanama w'Ubuzima agomba kuvuga cyangwa gukurikizaho? Umutoni azasubiza iki? Rangiza aka gakino.*



## AGAKINO KA 2 KU KURINDA UMUBYEYI KWANDUZA UMWANA

**Ubara inkuru:** Umugabo w'Umurerwa amaze amezi asaga 16 akora mu mujyi. Aza mu rugo rwe incuro nke mu kwezi. Umurerwa yasamye igihe umugabo yari yatashye. Umujyanama w'ubuzima aje kumusura mu isura rya buri kwezi.

**Umujyanama w'ubuzima:** (Aramusuhuje) Waramutse Umure? Amakuru yawe?

**Umurerwa:** Ni meza cyane. Mfite inkuru nziza yee! Ndatwite!

**Umujyanama w'ubuzima:** Ni byiza cyane!! Ubu mugiye kongera kugira uruhinja mu muryango wanyu ?

**Umurerwa:** Ni ko bimeze. Ndishimye kandi nta mpungenge mfite. Maze kubyara abandi bana 2. Nabyariye mu rugo. Mama yaramfashije muri izo mbyaro zose kandi ibintu byagenze neza.

*Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho?  
Umurerwa asubiza ate? Rangiza aka gakino.*



## AGAKINO KA 3 KU KURINDA UMUBYEYI KWANDUZA UMWANA

**Ubara inkuru:** Mutesi abana n'ubwandum bw'agakoko gatera SIDA. Mutesi ni ingaragu kandi ubu afite inda y'amezi 7. Yafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA (3 ARVs) igihe cyose yari atwite kandi yagiye ku kigo nderabuzima kwisuzumisha mbere yo kubyara. Umujyanama w'ubuzima aje kumusura mu isura rya buri kwezi.

**Umujyanama w'ubuzima:** (Aramusuhuje) Waramutse ute? Amakuru yawe?

**Mutesi:** Ni meza nta kibazo mfite. Gusa nsigaje iminsi mike nkabyara none numva mfite impungenge.

**Umujyanama w'ubuzima:** Izo mpungenge uraziterwa n'iki se?

**Mutesi:** Ndashaka kubyarira kwa muganga nk'uko wabingiriyemo inama. Ariko ni kure cyane ku buryo mfite ikibazo cy'uko nzagerayo. Mfite kandi impungenge zo kubona umuntu uzasigarana umwana wanje w'umukobwa w'imyaka 3 igihe nzaba nagiye kubyarira ku bitaro.

*Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho?*

*Umutesi asubiza ate? Rangiza aka gakino.*



## AGAKINO KA 4 KU KURINDA UMUBYEYI KWANDUZA UMWANA

**Ubara inkuru:** Umujyanama w'Ubuzima agiye gusura Roberitina ugomba kubyara mu minsi mike iri imbere. Roberitina yimukiye muri uyu mudugudu mu kwezi gushize. Abana n'ubwandu bw'agakoko gatera SIDA akaba amezi agera kuri 4 afata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA (3 ARVs). Umujyanama w'Ubuzima ageze mu rugo asanga Roberitina yaragiye ku bise mu ijoro ry'umunsi ubanza anabyarira mu rugo, ibyo bikaba byarabaye bitunguranye kuko hari mbere y'igihe cyo kubyara muganga yari yaramuhaye. Yicaye ku gitanda yonsa umwana we.

**Umujyanama w'ubuzima:** (Asuhuje Roberitina) Mbega byiza wee!!  
Wabyaye igehe kitaragera!

**Roberitine:** Yego. Ndishimye cyane. Sinashoboye kujya kwa muganga kubyarirayo, ariko nta kibazo nagize mu kubyara.

**Umujyanama w'ubuzima:** Urumva umerewe ute se? Umwana amerewe ate?

**Roberitina:** Umwana ubona ameze neza. Ariko ndananiwe cyane. Numva ntabasha kugera ku kigo nderabuzima n'umwana kugeza igehe nzumva merewe neza, wenda ni nka nyuma y'icyumweru kimwe.

*Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho?  
Roberitina azasubiza ate? Rangiza aka gokino.*



## AGAKINO KA 5 KU KURINDA UMUBYEYI KWANDUZA UMWANA

**Ubara inkuru:** Umujyanama w'Ubuzima asuye rumwe mu ngo ashinzwe maze asanga mushiki w'umukuru w'urugo witwa Faransina hamwe n'incuti ye y'umuhungu baraje kuba muri uwo muryango. Umujyanama w'Ubuzima amenye ko Faransina n'incuti ye y'umuhungu babana n'ubwandum bw'agakoko gatera SIDA. Faransina aratwite.

**Umujyanama w'ubuzima:** Francine, uzi igihe umwana wawe azavukira?

**Faransina:** Ni byo, inda yanje ifite amezi asaga umunani, nzabyara vuba aha.

**Umujyanama w'ubuzima:** Ese wigeze ujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara?

**Faransina:** Kwisuzumisha mbere yo kubyara? Oya, kugeza ubwo twimukaga tuza kuba mu nzu ya musaza wanje, twabaga ahantu hataba ikigo nderabuzima.

**Umujyanama w'ubuzima:** Ese wigeze uganiriza muganga ikibazo cy'ubwandum bw'agakoko gatera SIDA?

**Faransina:** Oya, nyuma yo kubona ibisubizo byanje ko nanduye sinigeze nongera gushaka gusubirayo. Njye n'umukunzi wanje tumeze neza, bityo rero ntitwumva impamvu tugomba kuuyayo.

*Ni iki Umujyanama w'Ubuzima agomba kuvuga cyangwa gukurikizaho? Faransina azasubiza ate? Rangiza aka gakino.*



## **URUTONDE RW'INGINGO Z'INGENZI KURI PMTCT ZIFASHA UMUJYANAMA W'UBUZIMA**

### **Gufasha abagore batwite:**

- Kwipimisha ubwandum bw'agakoko gatera SIDA
- Kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara mbere y'ibyumweru 28.
- Kujya ku kigo nderabuzima kwisuzumisha incuro 3 zindi mbere yo kubyara.
- Gufata imiti 3 igabanya ubukana bw'agakaka gatera SIDA no kugenzura niba nta ngaruka mbi ibagiraho (iyo babana n'ubwandum bw'agakoko gatera SIDA)
- Kujya ku kigo nderabuzima iyo bagize ingaruka mbi zituruka ku miti igabanya ubukana bw'agakoko gatera SIDA

### **Gufasha abagore batwite n'abonsa babana n'ubwandum bw'agakoko gatera SIDA:**

- Kujya ku kigo nderabuzima igihe cyose bo ubwabo n'abana babo barwaye
- Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA neza uko bitegetswe buri munsi
- Gufata ibiribwa binyuranye bitangwa n'ikigo nderabuzima.

### **Gufasha abagore batwite kwitegura kubyarira kwa muganga.**

**Niba umugore ubana n'ubwandum bw'agakoko gatera SIDA abyariye mu rugo, ihutire kujya ku kigo nderabuzima maze ubibwire muganga mu gihe kitarenze amasaha 24 nyuma yo kubyara.**



## **URUTONDE RW'INGINGO Z'INGENZI KURI PMTCT ZIFASHA UMUJYANAMA W'UBUZIMA**

### **Gufasha abagore bashya bose babana n'ubwandum bw'agakoko gatera SIDA:**

- Guha abana babo umuti wa nevirapine ( Kubafasha ubigisha uko utangwa)
- Gupimisha umwana ubwandum bw'agakoko gatera SIDA mu byumweru 6 nyuma yo kuvuka
- Gukingiza umwana nk'uko amabwiriza y'igihugu abiteganya.
- Guhagarika konsa umwana ku mezi 16 n'igice kugira ngo azabashe gupimwa ubwandum bw'agakoko gatera SIDA ageze ku mezi 18
- Kuwyana umwana kumusuzumisha buri kwezi mu gihe cy'amezi 18
- Kongera gupimisha umwana ubwandum bw'agakoko gatera SIDA agize amezi 18
- Konsa abana babo iyo bafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara kandi bakaba barahaye abana umuti wa Nevirapine
- Guha abana amata y'ifu iyo ba nyina batigeze bafata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu mezi atatu mbere yo kubyara (bafashe ubigisha uko bayategura)
- Gutangira kuvanga amasherekwa n'ibindi biribwa kuva ku mezi 6 (konsa bivanze n'ibiribwa byoroheje).



# **IBINDI BISOBANURO**



## ISUZUMABUMENYI RYA MBERE Y'AMAHUGURWA

Amazina yawe: \_\_\_\_\_

Itariki: \_\_\_\_\_

Aho abarizwa: \_\_\_\_\_

Nomera Iranga Umujuyanama w'Ubuzima: \_\_\_\_\_

Umaze igihe kingana iki ukora akazi k'umujuyanama w'ubuzima? \_\_\_\_\_

### **Ca akaziga kuri “Ni byo” cyangwa “Si byo” ku bibazo bikurikira:**

- 1.** Ababyeyi babana n'ubwandum  
bw'agakoko gatera SIDA bashobora  
kwanduza abana babo igihe  
batwite, iyo bari ku bise, igihe  
babyara cyangwa iyo babonsa.



**Ni byo**



**Si byo**

- 2.** Ababyeyi babana n'ubwandum  
bw'agakoko gatera SIDA bashobora  
kwigishwa uburyo bwo kwirinda  
bityo bakabyara abana bazima.  
Bashobora kwiga uko barinda  
kwanduza agakoko gatera SIDA  
abana babo.



**Ni byo**



**Si byo**

- 3.** Abagore bose batwite bagomba  
kwipimisha ubwandum bw'agakoko  
gatera SIDA, n'ubwo baba  
bataranduye.



**Ni byo**



**Si byo**

- 4.** Niba umugore yipimishije  
agasanga ataranduye agakoko  
gatera SIDA ariko uwo bashakanye  
akaba abana n'ubwandum  
bw'agakoko gatera SIDA, umugore  
aba ari muzima bityo rero  
ntakenera kongera kwipimisha.



**Ni byo**



**Si byo**

- 5.** Niba umugore utwite afite  
ubwandum bw'agakoko gatera SIDA,  
atangizwa imiti igabanya ubukana  
gusa iyo umubare w'abasirikari mu  
mubiri we uri munsi ya 350.



**Ni byo**



**Si byo**

6. Abagore batwite bonyine babana  
n'ubwandum ni bo bagomba  
kwitegura kubyarira kwa  
muganga. Abandi bagore batwite  
bagomba kwitegura kubyarira mu  
rugo iwabo.
- Ni byo  Si byo 
7. Iyo abagore batwite babana  
n'ubwandum bw'agakoko gatera  
SIDA batangiyie gufata imiti  
igabanya ubukana nibura amezi  
3 mbere y'uko babyara, bagomba  
kugaburira abana babo bakoresheje  
amata y'ifu.
- Ni byo  Si byo 
8. Mu myaka myinshi ishize,  
Abajyanama b'Ubuzima bigishije  
abaturage ko abagore babana  
n'ubwandum bw'agakoko gatera  
SIDA batagomba konsa abana  
babu, ahubwo ko bagomba kubaha  
amata y'ifu.
- Ni byo  Si byo 
9. Abaganga baherutse kwigishwa ko  
nta kibazo bigiteye kuba umugore  
ubana n'ubwandum bw'agakoko  
gatera SIDA yakonsa umwana we  
iyo yafashe imiti igabanya ubukana  
nibura mu gihe cy'amezi 3 mbere  
yo kubyara.
- Ni byo  Si byo 
10. Kugira ngo umubyeyi ubana  
n'ubwandum afashe umwana we  
kugira ubuzima bwiza, agomba  
kumuha umuti wa Nevirapine mu  
gihe cy'ibyumweru 6 nyuma yo  
kubyara.
- Ni byo  Si byo 

## ISUZUMABUMENYI RISOZA

Amazina yawe: \_\_\_\_\_

Itariki: \_\_\_\_\_

Aho abarizwa: \_\_\_\_\_

Nomera Iranga Umujuyanama w'Ubuzima: \_\_\_\_\_

Umaze igihe kingana iki ukora akazi k'umujuyanama w'ubuzima? \_\_\_\_\_

### **Ca akaziga kuri “Ni byo” cyangwa “Si byo” ku bibazo bikurikira:**

- 1.** Ababyeyi babana n'ubwandum  
bw'agakoko gatera SIDA bashobora  
kwanduza abana babo igihe  
batwite, iyo bari ku bise, igihe  
babyara cyangwa iyo babonsa.



**Ni byo**



**Si byo**

- 2.** Ababyeyi babana n'ubwandum  
bw'agakoko gatera SIDA bashobora  
kwigishwa uburyo bwo kwirinda  
bityo bakabyara abana bazima.  
Bashobora kwiga uko barinda  
kwanduza agakoko gatera SIDA  
abana babo.



**Ni byo**



**Si byo**

- 3.** Abagore bose batwite bagomba  
kwipimisha ubwandum bw'agakoko  
gatera SIDA, n'ubwo baba  
bataranduye.



**Ni byo**



**Si byo**

- 4.** Niba umugore yipimishije  
agasanga ataranduye agakoko  
gatera SIDA ariko uwo bashakanye  
akaba abana n'ubwandum  
bw'agakoko gatera SIDA, umugore  
aba ari muzima bityo rero  
ntakenera kongera kwipimisha.



**Ni byo**



**Si byo**

- 5.** Niba umugore utwite afite  
ubwandum bw'agakoko gatera SIDA,  
atangizwa imiti igabanya ubukana  
gusa iyo umubare w'abasirikari mu  
mubiri we uri munsi ya 350.



**Ni byo**



**Si byo**

6. Abagore batwite bonyine babana  
n'ubwandum ni bo bagomba  
kwitegura kubyarira kwa  
muganga. Abandi bagore batwite  
bagomba kwitegura kubyarira mu  
rugo iwabo.
- Ni byo  Si byo 
7. Iyo abagore batwite babana  
n'ubwandum bw'agakoko gatera  
SIDA batangiyie gufata imiti  
igabanya ubukana nibura amezi  
3 mbere y'uko babyara, bagomba  
kugaburira abana babo bakoresheje  
amata y'ifu.
- Ni byo  Si byo 
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Abajyanama b'Ubuzima bigishije  
abaturage ko abagore babana  
n'ubwandum bw'agakoko gatera  
SIDA batagomba konsa abana  
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amata y'ifu.
- Ni byo  Si byo 
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n'ubwandum afashe umwana we  
kugira ubuzima bwiza, agomba  
kumuha umuti wa Nevirapine mu  
gihe cy'ibyumweru 6 nyuma yo  
kubyara.
- Ni byo  Si byo 



## URUPAPURO RW'ISUZUMA RY'UKO AMAHUGURWA YAGENZE

**Ni irihe somo wakunze kurusha ayandi muri aya mahugurwa? Kuki?**

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**Ni irihe somo ritabashimishije muri aya mahugurwa? Kuki?**

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**Ni iki mwize cyabagiriye akamaro kikaba kizanabafasha mu kazi kanyu?**

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**Ese haba hari ikintu mutasobanukiwe neza? Tanga ingero zifatika.**

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**Ni ibiki wifuza ko binozwa muri aya mahugurwa? Ni iki wumva wahindura? (Urugero ni ayahe masomo, ibishushanyo n'ibindi mwumva byahinduka?)**

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**Hari icyo wumva wakongeraho?**

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**Ndabashimiye kuba mwemeye gusubiza ibi bibazo.**