

AGACIRO KANJIYE

AGATABO KAGENEWE URUBYIRUKO RUFITE IMYAKA HAGATI YA 15 NA 24



REPUBLIKA Y'URWANDA



MINISITERI Y'UBUZIMA

Menya kwihesha agaciro wirinda Virusi itera SIDA



IJAMBO RY'IBANZE

Rubyiruko, Bana bacu,

Abajene bafite hagati y'imyaka 15 na 24, nimwe mugize igice kinini cy'Abanyarwanda. Mufite kandi ingufu, ubushake n'amahirwe yo kugera kuri byinshi kuko igihugu kibashyize imbere.

Muri iki kigero ariko, niho haba impinduka nyinshi kandi zikomeye mu bijyanye n'imiterere ndetse n'imitekerereze. Abajene bo muri iki kigero muba mufite inyota, ingufu n'amatsiko, byo kuvumbura ibuntu bishya mutari mwiyizaho ndetse n'ibiraho muri rusange. Nibwo muhitamo umurongo w'ubuzima bwanyu, akensi mushingiye ku ngero z'abantu cyangwa ibyababayeho. Muri iki kigero kandi muva mu gihe cy'ubwana muba bakuru. Iyo nzira ariko, mushobora kuba mwayihu-riramo n'ingorane ndetse n'inxitizi zitandukanye.

Nyuma yo kubona ko mwugarijwe n'icyorezo cya SIDA, hateguwe agatabo k'amashusho mu rwego rwo kuba-fasha kumenya agaciro kanyu, n'ibyakabangamira ndetse n'uburyo bwo kubyirinda, by'umwihariko kwirinda Virusi itera SIDA.

Aka gatabo k'amashusho kazabafasha kumenya ibyingenzi byabafasha kwirinda icyorezo cya SIDA bityo tugere ku ntego igihugu cyacu cyihaye yo kurandura burundi ubwandu bushya bwa Virusi itera SIDA.

Rubyiruko bana bacu, twiyemeje gukora ibishoboka byose kugira ngo tubarinde icyahungabanya ubuzima bwanyu, ariko uruhare runini ni urwanyu. Mumenye agaciro kanyu, muharanira kuba Imbuto zitoshye z' u Rwanda ruzira Virusi itera SIDA.

Madame Jeannette KAGAME,
Presidente wa Imbuto Foundation

GUSHIMIRA

Rubyiruko,

Buri munsi ku isi urubyiruko ruri hagati y'imyaka 15-24 rugera ku bihumbi 5000 rwandura Virusi itera SIDA kandi abarenga 80% muri uru rubyiruko bandurira mu mibonano mpuzabitsina bake cyane bakaba abayandura biturutse ku babyeyi. Ubushakashatsi bwagaragaje ko urubyiruko ruri hagati y'imyaka 15 na 24 ruri mu bantu bagize umubare munini w'abatuye isi ndetse no mu Rwanda by'umwihariko aho bangana na 32.6% by'Abanyarwanda bose (IDHS 2008).

Mu Rwanda, ubushakashatsi bugaragaza ko ababana na Virusi itera SIDA bari hagati y'imyaka 15 na 19 bangana na 1% (2% abakobwa, 0,9% abahungu). Naho abafite hagati y'imyaka 20 kugera kuri 24 babana na virusi itera SIDA bangana na 2,5%. Muri aba, abahungu ni 0,5% bigaragara ko abakobwa banduye bakubye inshuro zigera kuri eshanu bagenzi babo b'abahungu bari mu kigero kimwe, abafite imyaka 15-24 abanduye ni 1%.

Impinduka nyinshi zijiyanie n'imihindagurikire mu buzima bw"imyorokere n'iz'imibanire ziba mu gihe cy'ubugimbi n'ubwangavu zishobora gutuma urubyiruko ruhura n'inizitizi nyinshi. Izo mpinduka zigira kandi ingaruka ku myifatire n'imyitwarire y'urubyiruko.

Iyo umwana adashoboye gufashwa mu buryo buboneye muri iki gihe, iyo myifatire ishobora kumugiraho ingaruka mbi, nko gukora 'imibonano mpuzabitsina, kunywa inzoga, ibiyobyabwenge n'izindi ngeso zidakwiye zishobora kumwononera ubuzima cyane cyane kwandura Virusi itera SIDA.

Turashimira by'umwihariko, Imbuto Foundation" ndetse n'indi miryango itegamiye kuri Leta ari yo FAWE Rwanda, ADRA, ARBEF, CARITAS Rwanda na Health Poverty Action, RBC-IHDP; bateguye aka gatabo k'amashusho, kuko ari umusanzu ukomeye batanze mu kurwanya icyorezo cya SIDA.

Turashimira kandi ingimbi n'abangavu bagize uruhare mu gutegura iyi mfashanyigisho batanga ibitekerezo byabo ku bijyanye no kwirinda Virusi itera SIDA, harimo abo mu kigo cy'aba Guide cya Gikondo, Ikigo cy'Urubyiruko cya Kimisagara, Vision Jeunesse nouvelle, amashuri yisumbuye, amashuri makuru, za kaminuza n'abandi ndetse n'urubyiruko rwose rutari mu mashuri rwanzante ibitekerezo byakoreshejwe muri iyi mfashanyigisho.

Turashimira kandi abafatanyabikorwa bose batanze ibitekerezo byabo ndetse n'ubunalaribonye bafite mu kazi kabu ka buri munsi mu gihe bakorana n'urubyiruko.

By'umwihariko, turashimira RBC/IHDP, PSI Rwanda, RRP+ n'urugaga rw'abafite ubumuga mu kurwanya Sida (UPHLS), batanze abakozi b'impuguke mu itangabutumwa rigamije guhindura imyifatire, zafashije mu kunonosora iyi mfashanyigisho.

Turashimira Dr David Kamugundu na Malick Kayumba, itsinda ry'inzobere mu bijyanye n'Ubuzima ndetse n'itangabutumwa rugamije guhindura imyitwarire bateguye iyi mfashanyigisho.

Aka gatabo k'amashusho kazafasha urubyiruko kumenya iby'ingenzi ku buzima bw'ymyorokere no kwirinda icyorezo cya SIDA mu rubyiruko ruri hagati y'imyaka 15 na 24 y'amavuko kuko byagaragaye ko bugarijwe cyane n'icyorezo cya SIDA.

Rubyiruko dufatanye, twirinde kandi turinde n'abandi Virusi itera SIDA, twubake ejo hazaza heza, twihesha agaciro.

Dr. Anita Asiimwe

Umuyobozi wungirije wa w'Ikigo gishinzwe Ubuzima mu Rwanda (RBC) Umuyobozi ushinzwe Ikigo cyo kurwanya icyorezo cya SIDA n'izindi ndwara (IHDP)

IBIRIMO

I. UWO NDIWE N'AGACIRO KANJYE

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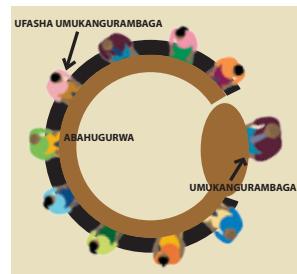
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I. UWO NDIWE N'AGACIRO KANJYE

UWO NDIWE

Ibyo nkwiye kumenya ku buzima bw'imyororokere:

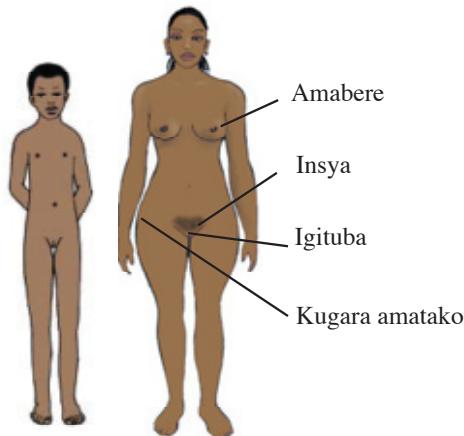
Ubugimbi n'ubwangavu n'ibiburanga;

Ibyiciro by'ingenzi by'imikurire y'umuntu ni:

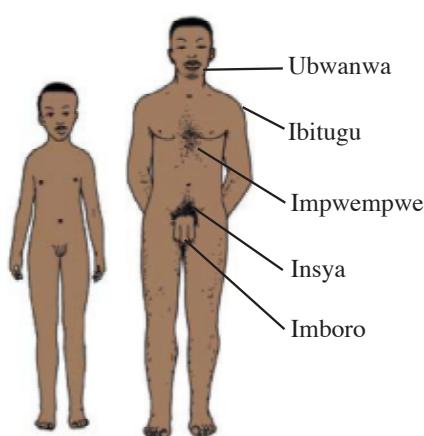
- Umwana;
- Umwangavu n'ingimbi;
- Umusore n'inkumi;
- Igikwerere n'ijigija;
- Umusaza n'umukecuru

Ibihinduka ku mubiri w'ingimbi n'u'uw'umwangavu

Gore



Gabo



*"Ubwangavu n'ubugimbi ni
igihe kiri hagati y'ubwana
n'igihe umu-ntu aba abaye
umusore cyangwa inkumi.
Iki gihe kirangwa
n'imihindagukire ku mubiri,
mu bitekerezo no mu
myitwarire."*

Ibiranga ubwangavu

- Gukura mu gihagararo ;
- Gutangira kumera amabere agenda akura uko n'umukobwa akura (ubunini bw'amabere buterwa n'imisemburo umuntu afite);
- Kumera insya;
- Kumera incakwaha;
- Kugara kw'amatako, mu rukenyero hakaba hato;
- Guhinduka k'uruhu rwo mu maso no mu mugongo (rugira ibinure bigatera ibishishi).
- Kujya mu mihangi bwa mbere

Ibiranga ubugimbi

- Gukura ku gihagararo;
- Kwiyyongera kw'ingufu z'umubiri;
- Kumera insya, incakwaha n'impwempwe (kuri bamwe)
- Kuniga ijwi;
- Kugara kw'ibitugu n'igituza;
- Guhinduka k'uruhu rwo mu maso no mu mugongo (rugira ibinure bigatera ibishishi);
- Kwiroterah;
- Gukura kw'imyanya myibarukiro.

Icyo izi mpinduka zisobanuye

Ku mukobwa:

- Bisobanura ko aba ashobora gusama nyamara imyanya myibarukiroye iba itarakura bihagije ku buryo yakwakira umwana
- Muri iki kigero umwangavu nawe abaagikeneye kurerwa no gukura mu bitekerezo kugira ngo azashobore kuba umubyeyi ubereye urugo;

Ku muhungu:

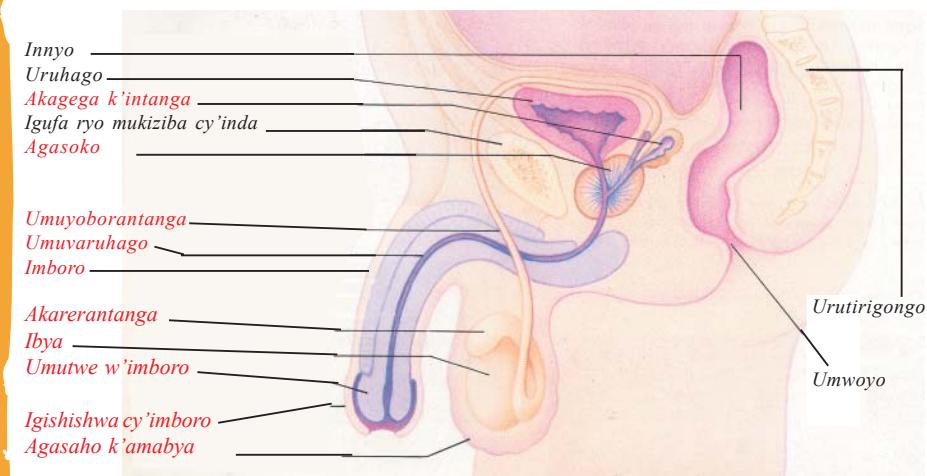
- Bisobanura ko aba ashobora gutera inda nyamara aba agikeneye gukura mu bitekerezo no kubanza kwitegura kuba umugabo ubereye urugo.

Ku bakobwa n'abahungu

- Igihe uri muri iki kigero ugomba kwirinda gukora imibonano mpuzabitsina kuko ushobora guhura n'ingaruka harimo no kwandura Virusi itera SIDA n'indwara zandurirwa mu mibonano mpuzabitsina;
- Izi mpinduka ntizibera igihe kimwe kuri buri wese. Kuri bamwe ziza kare, ku bandi zikaza zitinze ariko igihe zazira cyose nta mpungenge bikwiye kugutera kuko atari uburwayi cyangwa se ngo bibe byagira ingaruka ku mibereho yawe;
- Iyo uri muri iki kigero ni byiza gutinyuka kwegera ababyeyi cyangwa abarezi ukababaza ibisobanuro kuri izo mpinduka.

Imiterere n'imikorere y'imyanya myibarukiro

Kumenya imyanya myibarukiro ni ikintu cy'ingenzi kugira ngo uso-banukirwe imiterere yawe.



Imyanya igaragara inyuma igizwe na:

- *Igitsina cy'umugabo (Imboro):* Niwo mwanya ukora imibonano mpuzabitsina; ni na wo mwanya unyuramo inkari. Umutwe wayo utwikiriwe n'agahu gashobora kuvanwaho ari byo bita gusiramura (gukebwa).
- *Agasaho k'amabya:* ni agahu gafubika amabya.

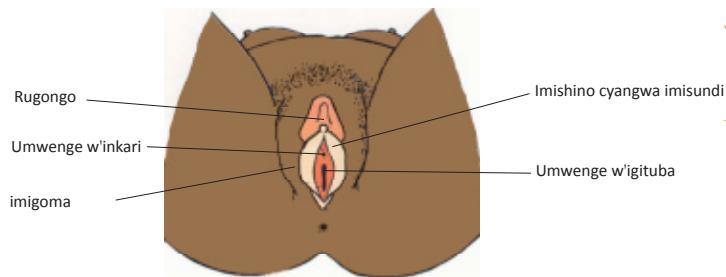
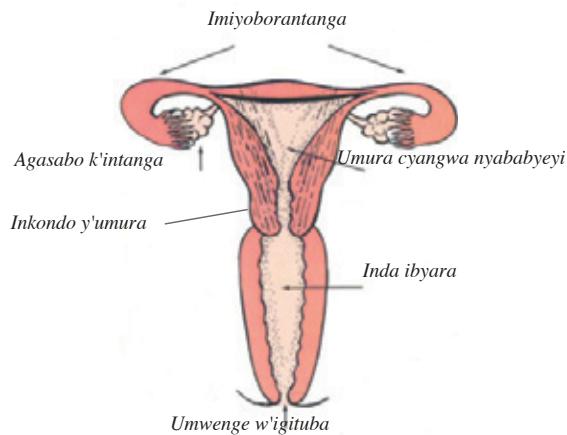
Igice cy'imbere kigizwe n'imyanya ikurikira:

- *Amabya:* Ni udusabo tw'intangangabo akaba ateretse mu gasaho. Umuhungu agira amabya abiri. Amabya akora intangangabo n'umusemburo wakigabo utuma umuhungu akura ku buryo butandukanye n'umukobwa. (Urugero: kumera ubwanwa, gusoreka, kuniga ijwi n'ibindi);
- *Uturerantanga:* Hejuru ya buri bya, hometseho akarerantanga ari naho intanga zikurira.
- *Imiyoborantanga:* Ni uduheha tubiri dushamikiye ku turerantanga. Tuba mu muvaruhago hafi y'uruhago. Nk'uko izina ryayo ribivuga, ni ho intangangabo zikuze zinyura, zikazasohoka mu masohoro igihe umugabo asohoye;
- *Utugega:* Utugega ni tubiri, tuba mu miyoborantanga imbere gato y'umuvaruhago. Niho haba hahunitswe amasohoro (atarimo intanga).
- *Agasoko:* Nk'uko izina ryako ribivuga kavubura amasohoro intanga ngabo zogogamo;
- *Umuvaruhago:* Ni umuheha (agatembo) uyobora inkari ziva mu ruhago zisohoka hanze. Uhura n'imiyoborantanga nyuma yuko uso-hoka mu ruhago bityo na wo ugafasha kunyuramo amasohoro.

Imikurire y'imyanya myibarukiro y'umugabo:

- Igihe umwana w'umuhungu aki-ri muto, imyanya myibarukiro ye iba isa n'isinziriye. Itangira gukura mu gihe cy'ubugimbi, igatangira imyiteguro iyyanye no kororoka. Icyo gihe amabya ye arakura akaba manini bitewe na wa musemburo wa kigabo uvuburwa n'amabya;
- Amabya atangira gukura intanga kuva igihe cy'ubugimbi kugeza umugabo apfuye. Bitandukanye n'umukobwa uvukana intanga-angore ze zose zikagenda zikura imwe gusa buri kwezi kuva mu gihe cy'ubwangavu kugeza acuze;
- Iyo umuhungu atangiye gu-sohora, bivuga ko ashobora gutera inda akoze imibonano mpuzabitsina. Ni ngombwa kwirinda gukura imibonano mpuzabitsina cyangwa wayikora ugakoresha gakingirizo kuko ushobora gutera inda cyangwa ukandura indwara zandurirwa mu mibonano mpuzabitsina.

Imyanya myibarukiro y'umugore



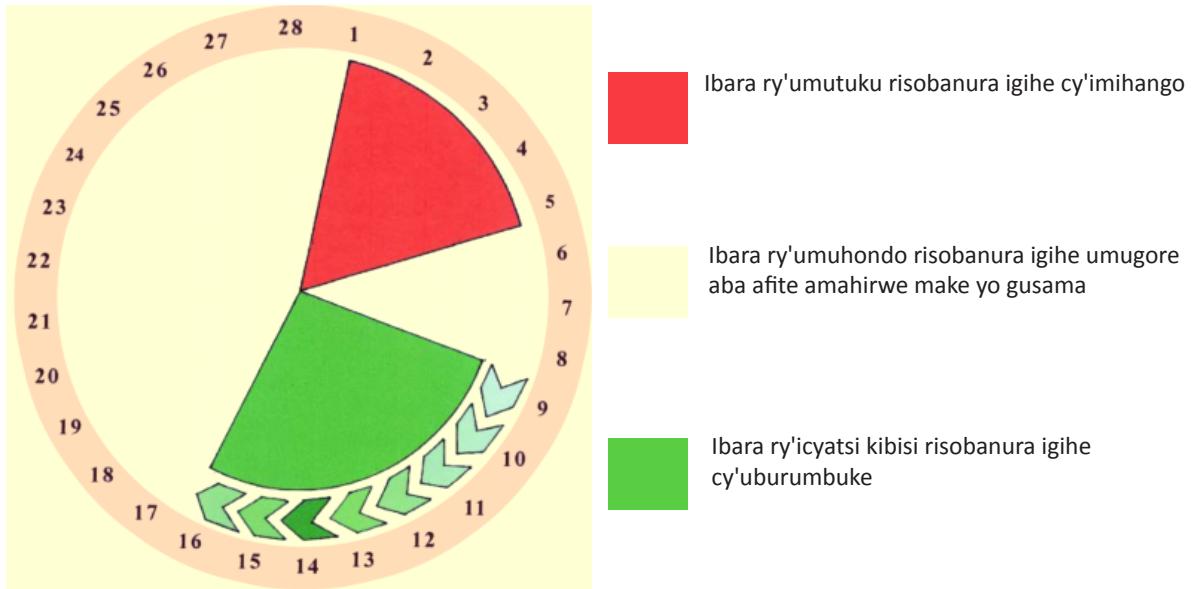
Imyanya y'igice cy'inyuma (igituba) igizwe na:

- Imigoma;
- Imishino;
- Rugongo;
- Umwenge w'igituba;
- Umwenge w'inkari

Igice cy'imbere kigizwe na:

- *Udusabo tw'intangangore*: Ni tubiri, kamwe kaba ibumoso bw'umura, akandi kakaba iburyo bwawo. Akamaro katwo ni ukurera intangangore. Umwana w'umukobwa agera mu gihe cy'ubwangavu afite intanga zigera kuri 400. Uretse igihe atwite, buri kwezi hagenda hahisha intanga imwe imwe, igasohoka, kugeza umugore acuze;
- *Imiyoborantanga*: Ni uduheha cyangwa udutembo tubiri, dushamikiye ku mura, kammwe iburyo akandi ibumoso. Iyo intangangore imaze kurekurwa n'agasabo, igana mu muyoborantanga, ari na ho habera isama (uguhura kw'intangangore n'intangangabo).
- *Umura cyangwa nyababyeyi*: Ni umwanya imiyoborantanga ishamikiyeho, nyuma y'isama niho umwana akurira;
- *Inkondo y'umura (inkondo ya nyababyeyi)*: Ni umuryango cyangwa irembo rya nyababyeyi riyihuza n'inda ibyara. Inkondo y'umura ifite udu-soko twinshi tuvubura ururenda, urwo rurenda rurushaho kubarwinshi mu gihe cy'uburumbuke bw'umugore, bityo bigatuma mu gihe cy'imibonano mpuzabitsina intangangabo zizamuka muri nyababyeyi zigana mu miyoborantanga mu buryo bworoshye;
- *Inda ibyara*: Niho imibonano mpuzabitsina ibera. Ninaho amaraso y'imihango y'umugore anyura asohoka; akaba ari naho umwana anyura avuka.

Ukwezi k'umugore, imihango, gusama no gutwita



Ukwezi k'umugore ni iki?

Ni iminsi iri hagati y'umunsi wa mbere (1) umugore yaboneyeho imihango (amaraso asohoka mu gitsina) n'umunsi wa nyuma ubanziriza imihango ikurikira.

Ibiranga ukwezi k'umugore ni ibihe?

- Ukwezi k'umugore kugira iminsi iri hagati ya 26 na 32, ariko abenshi mu bagore ni abagira ukwezi kw'iminsi 28;
- Hari abagore bagira iminsi y'ukwezi idahindagurika n'abagira iminsi ihindagurika bitewe n'imikorere y'umubiri, imirire, uguhangayika, uburwayi n'ibindi;
- Hagati mu kwezi, intangangore irahisha ikanarekurwa na kamwe mu dusabo.

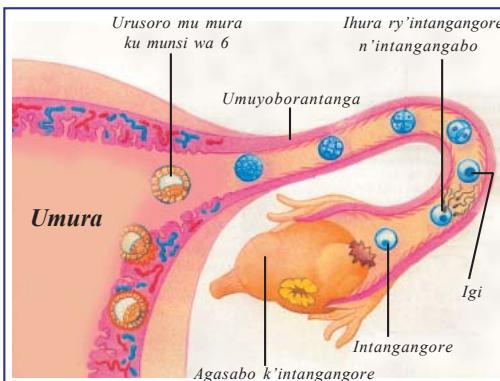
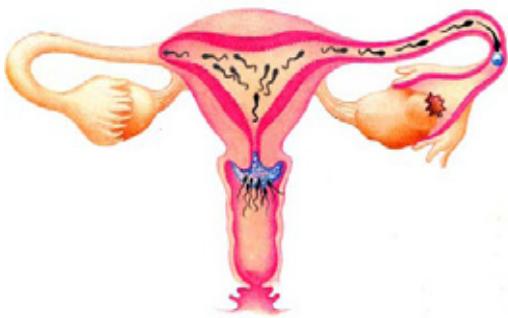
Kujya mu mihango ni iki?

- Ni igithe amaraso asohoka ava mu nda ibyara bitewe n'uko nta sama ryabaye.

Ni ibiki biranga imihango?

- Kujya mu mihango bwa mbere bitangira hagati y'imyaka 12 na 14, ariko hari abashobora kubona imihango mbere y'icyo gihe nko ku myaka 9, 10 cyangwa nyuma nko ku myaka 16 bitewe n'imiterere y'umubiri. Tinyuka usobanuze ababyeyi bawe.

Gusama no gutwita ni iki?



- Gusama ni igihe intangangabo ihuye n'intangangore bikabyara urusoro nyuma yo gukora imibonano mpuzabitsina;
- Isama ribera muri umwe mu miyoborantanga y'umugore, naho gutwita bikabera muri nya-babyeyi;
- Iyo habaye imibonano mpuzabitsina, ibihumbi by'intangangabo zisuka mu nda ibyara y'umugore (iyo umugabo asohoye), zikazamuka mu nkondo y'umura. Iyo zigezemo, zizamuka zerekeza mu miyoborantanga. Intangangabo imwe rukumbi yarushije izindi umuvuduko niyo yinjira mu ntangangore. Muri ako kanya, umubiri w'intangangore urakomera ntihagire indi ya kabiri ibasha kwinjiramo. Urwo rusoro rujya mu mura, umugore cyangwa umukobwa agatwita atyo;
- Iyo isama ryabaye, umukobwa cyangwa umugore ntiyongera kubona imihango, ariko kugira ngo abyemeze agomba kujya kwipimisha kwa muganga.

Ingaruka zo gutwita ukiri muto:

- Kudindira mu myigire iyo wiga kuko uhagarika kwiga kugira ngo ubyare;
- Kwiheba, kugira ubwoba, kumva utaye agaciro, guhabwa akato, kugira ipfunwen'ibindi;
- Kugorwa no kubona ibibatunga wowe n'umwana utwite;
- Imyanya myibarukiro yawe ishobora kwangirika (fistula/fistule) bikagusigira ubumuga cyane cyane iyo utakurikiranywe n'abaganga cyangwa iyo ubyariye mu rugo,
- Ushobora kubyara umwana udashyitse, ufite ibiro bike cyangwa inda ikaguhitana;
- Umwana wawe ashobora kugira ibibazo by'imikurire, imirire mibi, ndetse n'ingaruka zo kubura uburere buturuka kubabyeyi bombi.

Ugomba kwirinda gutera inda ukiri muto kuko:

- Utangira kwita ku mwana nawe ukiri muto ntabushobozzi n'ubumenyi ubifitiye;
- Byakuviramo gufungwa iyo wateye inda umwana uri munsi y'imyaka 18.



Ibihinduka mu myifatire n'imyitwarire y'ingimbi n'abangavu

Ubugimbi n'ubwangavu burangwa n'imihindagukire ku mubiri, mu bitekerezo no mu myitwarire.

Mu bintu bihinduka ku muhungu no ku mukobwa muri iki gihe, harimo:

- Gushaka kwigenga no kwibanira n'urungano;
- Guha agaciro gakomeye ibyo bagenzi be bavuze cyangwa bakoze;
- Gutangira kugira inshuti mudahuje igitsina;
- Kwita cyane ku mubiri wawe bidasanzwe (Kwiyataho, kwisukura, kwambara neza...);
- Kurarikira ibigezweho;
- Kwiyemera no kwirarira;
- Kumva ntacyo utinya no kudatekereza ku ngaruka z'ibyo ukora;
- Kugira amatsiko yo gushaka gukora imibonano mpuzabitsina.

Ibyo ukwiye kwirinda muri iki gihe:

- Kwirinda ibishuko byakuganisha gukora imibonano mpuzabitsina;
- Ugomba kwitegura guhangana n'igitutu cy'urungano kugira ngo utishora mu bikorwa byakugiraho ingaruka mbi.

Kuboneza urubyaro ni iki?

Ni uburyo umuryango cyangwa umuntu ugeze mu gihe cyo kororoka (kubyara) ahitamo gukoresha kugira ngo abyare abana ashoboye kurera we ubwe, umuryango we ndetse n'igihugu cye.

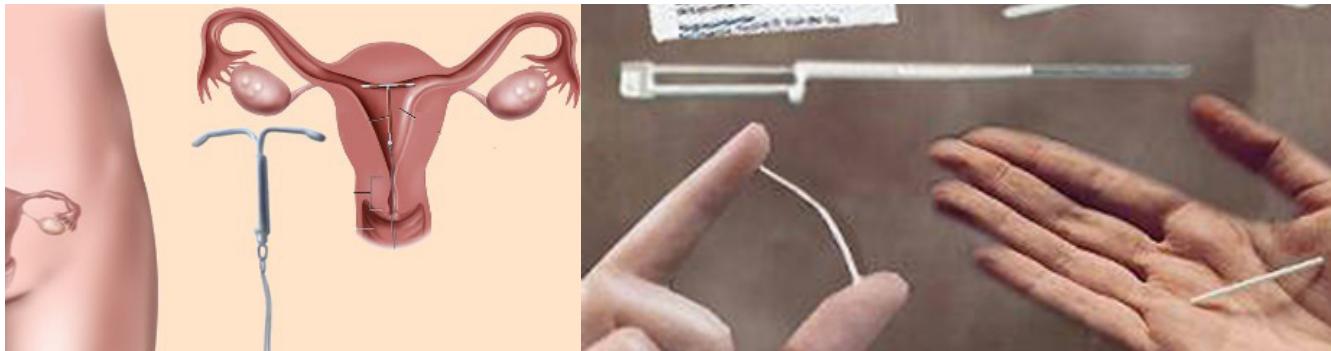




Kugeza ubu hariho uburyo butatu bw'ingenzi bwo kuboneza urubyaro: uburyo bw'igihe kigufi; uburyo bw'igihe kirekire n'uburyo bwa burundu. Muri ubu buryo harimo ubwa kiyambere nubwa kamere.

Uburyo bw'igihe gito	Ibyiza byabwo
Agakingirizo: Nibwo buryo gusa bushobora kukurinda gutwita cyangwa gutera inda utabyifusa n'indwara zandurirwa mu mibonano mpuzabitsina tutibagiwe na virusi itera SIDA. Icyakora kagomba gukoreshwa buri gihe kandi neza.	Ni uko umuntu ashobora gutangira kubukoresha cyangwa akabuhagarika igihe ashakiye, kandi buboneka mu mavuriro hafi ya yose yo mu Rwanda.
Inshinge: Ni agashinge umugore aterwa rimwe mu kwezi cyangwa mu mezi atatushaka kamerinda gusama muri icyo gihe cyose ariko ntigafasha umuntu kwirinda kwandura Virusi itera SIDA cyangwa indwara zandurirwa mu mibonano mpuzabitsina.	
Ibinini : Ni ikinini gifatwa rimwe ku munsi. Icyakora imbagamizi zagaragaye ni uko abagore bamwe babyibagirwa.	
Uburyo kamere: Ubu buryo bukoreshwa n'abagore bonsa igihe kirekire kugira ngo iga cy'uburumbuke gitinde. Nyamara ntabwo ari uburyo bwizewe kuko bamwe mu babyeyi bagiye basama kandi babukoresha. Ikindi kandi ntibufasha umuntu kwirinda kwandura Virusi itera SIDA cyangwa indwara zandurirwa mu mibonano mpuzabitsina.	
Urunigi : Ni uburyo bwo kubara umuntu akurikije ukwezi k'umugore. Uru runigi rufite amabara atandukanye agaragaza ukwezi k'umugore. Uru runigi rukoreshwa n'abagore bafite ukwezi kuri hagati y'iminsi 26 na 30. Mu gihe cy'uburumbuke, abashakanye bashobora gukoreshwa agakingirizo. Ikindi kandi ntibufasha umuntu kwirinda kwandura Virusi itera SIDA cyangwa indwara zandurirwa mu mibonano mpuzabitsina.	





Uburyo bw'igihe kirekire

Implant: Ni uburyo bwo gushyira umuti munsi y'uruhu bikozwe na muganga: lyo umugore akoresha ubu buryo ntabwo ahangayika ko yatwita mu gihe cy'amezi menshi (imyaka 3) ariko ubu buryo bugira ingaruka ku bantu bamwe na bamwe.

DIU: Ni agapira gasesekwa mu mura kakabuza intangangabo kunyuraho ngo ibe yahura n'intangangore bityo kakarinda gusama.

Ibyiza/ Ibyakwitonderwa

Gashoboragukororeshwagihe kinini kadahindurwa.

Ibikwiye kwitonderwa:
Aka gapulasitike gasaba isuku yo mu rwego rwo hejuru, bitabaye ibyogashobora gutumawugakoresha arwara indwara zitewe n'isuku nke.

Uburyo bwa burundu

Ni uburyo bwo gufunga urubyaro burundu ku mugabo cyangwa ku mugore.

Ku bantu bamwe na bamwe imibiri yabo ishobora kudahita yakira neza uburyo ubu n'ubu bwo kuboneza urubyaro. Niba uburyo ukoresha mu kuboneza urubyaro biguteye utubazo tumwe na tumwe, egera abakozi bo ku kigo nderabuzima bagufashe guhitamo ubundi buryo buberanye n'umubiri wawe.

Byagaragaye ko ukoresha uburyo bwa kiyambere aba afite amahirwe menshi yo kudatwita. Uruhare rw'abagabo mu kuboneza urubyaro ni ngombwa. Bashobora gukoresha agakingirizo cyangwa kwifungisha burundu.

Icyitonderwa: Ubu buryo bwose ntiburinda kwandura Virusi itera Sida cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina

Akamaro ko kuboneza urubyaro ni akahe?

- Bigabanya impfu z'abana n'ababyeyi;
- Ni uburyo bufasha abashakanye ku-byara umubare w'abana bifuza kandi ku gihe babyifuza;
- Birinda umuryango gutakaza umutungo mu mibereho ya buri munsi;
- Biha umuryango gutuza no gutekana;
- Bifasha igihugu iterambere;
- Byongera icyizere cyo kubaho;
- Byongera ubusabane n'urukundo mu bashakanye no mu muryango bikagabanya umwiryane n'inzangano;
- Bituma uburezi mu mashuri bukorwa ku buryo bunoze;
- Uburyo bwo kuboneza urubyaro bugira umumaro ku buzima bw'umubyeyi n'umwana, ku muryango no ku gihu-gu;

bindi ukwiye kumenya iyo wifuje kuboneza urubyaro

- Mu gihe ukeneye kuboneza urubyaro ni byiza kwegera ikigo nderabuzima bakakugira inama ndetse bakaguha uburyo bujyanye n'umubiri wawe;
- Iyo ugize ikibazo gitewe n'uburyo ukoresha bwo kuboneza urubyaro ni byiza kwegera ikigo nderabuzima kugira ngo bakugire inama nibiba ngombwa banaghindurire baguhe ubundi buryo bu-kunogeye;
- Iyo umuntu yakoreshaga uburyo bwo kuboneza urubyaro akabuhagarika ashobora gusama uko abyifuza.

AGACIRO KANJYE



Ni byiza kuganira n'umubyeyi wawe



Irinde ibyahungabanya icyerekezo wihaye

Kwiha agaciro ni iki?

Kwiha agaciro bisobanura kwiyubaha no guha uburemere uwo uriwe nk'umuntu; guha agaciro umubiri n'ibitekerezo byawe. kwiha agaciro niyo soko y'imibanire myiza n'abandi n'imyitwarire ikwiye muri rusange.

Kwiha agaciro ni ngombwa kuri buri wese muri twe, kandi bitangirira ku mishyikirano umuntu agirana n'ababyeyi be, abagize umuryango we, abarezi ndetse n'inshuti cyangwa urungano. Bagufasha kumenya ubuhanga bwave n'impano ufite kandi bakanufasha gusobanukirwa aho ufite intege nke kugira ngo ushbore kwikosora.

Guha umuntu agaciro ni iki?

Guha umuntu agaciro ni iyo umugaragara ibyiza akora kandi ukanenga n'ibibi akora ariko ukabikora mu bwubahane.

**Agaciro kanjye
nk'umwangavu, ingimbi,
inkumi cyangwa umusore ni
ntagereranywa kubera ko:**

- Ari twe Rwanda rw'ejo kandi ari twe benshi;
- Ari twe, ababyeyi n'abayobozi, ndetse n'bahanga b'ejo hazaza;
- Turi mu gihe cyiza cyo kwitoza kuba abantu b'inyangamugayo, twihesha agaciro, tugaresha ishema ababyeyi, abarezi n'ighugu muri rusange.

Indangagaciro

Ni ibyotwemera, amahamen'ibitekerezo dushingiraho mu buzima bwa buri munsi. Buri muntu afite indangagaciro zimufasha guhitamo icyiza.

Indangagaciro ni iki?	Indangagaciro zikomoka he/zigirwa he?	Zimwe mu ndangaciro z'umuco nyarwanda n'iz'ikiremwa muntu muri rusange.
<ul style="list-style-type: none"> Indangagaciro ni imyemerere itajegajega umuntu agira iganisha ku kintu cyiza no kwanga ikibi. Iyi myemerere kenshi na kenshi ijyana n'igihe umuntu agezemo ariko hari n'imara ubuzima bwose cyangwa se igihe kirerekire. Abantu baratandukanye ariko indangagaciro zo ntizihinduka; Indangagaciro zidufasha guha icyerekezo ubuzima bwacu; zikadufasha nogufata ibyemezo byiza; Ubumenyi, ibitekerezo, imyizerere n'amahame ni ingenzi ku muntu kuko bituma ugena uburyo wubaha indangagaciro; Iyo uzi indangagaciro birakorohera cyane kuzishingiraho ugakora ico utekereza ko ari cyo cyiza; 	<ul style="list-style-type: none"> Indangagaciro zigenda ziducengeramo kuva mu bwana bitewe n'ibyo tubona cyangwa twigishwa n'ababyeyi, abarimu, abanyamadini, n'umuco ndetse n'abandi bantu dufata nk'intangarugero. 	<ul style="list-style-type: none"> Kumenya kwiha icyerekezo; Kugira imico myiza iturutse ku burere; Guharanira ukuri; Ubupfura; Ubusabane; Kuba inyangamugayo; Kubaha, kubahana no kwiyubaha; Kumenya gufata icyemezo gikwiye; Kugira urukundo; Gukunda umurimo no kwibwiriza; Gukunda ighugu; Kubahiriza inshingano; Kubaha Imana; Kubaha ababyeyi n'abandi baturuta.

Icyitonderwa:

Nubwo indangagaciro ari nyinshi kandi zikaba zifite akamaro, zimwe z'ingenzi abangavu n'ingimbi dukwiriye kwitaho by'umwihariko zrimo kwiha intego y'ubuzima no kumenya gufata ibyemezo ku bijyanye n'ubuzima bwacu.

Kuganira mu bwisanzure hagati y'ababyeyi n'abana



kuganira n'ababyeyi wisanzuye ni ingenzi kuko byagufasha kugira ubumenyi no kubona amakuru yizewe yagufasha kwirinda guhura na zimwe mu ngorane zo mu bwangavu n'ubugimbi cyane cyane mu byerekeranye n'ubuzima bw'imyororokere.

Inama zagufasha kugira ibiganiro hagati yawe n'ababyeyi:

- Fata iya mbere mu usabe ababyeyi bawe kukubonera umwanya wo kuganira;
- Ganira n'ababyeyi bawe ibikuri ku mutima kugira ngo bashobore kugufasha;
- Kora ibishoboka ngo utume umubyeyi wawe akwisanzuraho wita kubyo akunda;
- Kubahiriza inshingano zawe mu rugo no ku ishuri, bizagufasha kurushaho kwisanza-ra ku babyeyi bawe;
- Tega ababyeyi bawe amatwi kandi wirinde kubafata nk'aho muhanganye kuko ibyo bakora byose baba bakwifuriza ibyiza.

Uburerere mbonerabitsina



Uburerere mbonerabitsina ni iki?

Ni uburerere umuntu ahabwa bujyanye n'imimerere y'umubiri we, imikurire n'imihindagurikire yaho (Kujya mu mihangi kw'abakobwa, kwioteraho kwabahungu n'ibindi) akarushaho kwimenza no kugenga umubiriwe agashobora kugira imiyitwarire iboneye.

Imibonano mpuzabitsina ni iki?

Ni igikorwa cyo guhuza ibitsina hagati y'umugabo n'umugore, hagati y'abagabo cyangwa hagati y'abagore. Iyi mibonano mpuzabitsina ishobora gukorerwa mu nda ibyara, mu kibuno cyangwa mu kanwa.

Akamaro k'imibonano mpuzabitsina

Imibonano mpuzabitsina igira akamaro kenshi mu mibanire y'abantu harimo kororoka, gushimishanya no gukomeza urukundo hagati y'abashakanye kandi biruhura umubiri.

Ni ryari imibonano mpuzabitsina iba mibi?

Imibonano mpuzabitsina iba mibi cyangwa ikagira ingaruka mbi iyo ikozwe imburagihe, habayeho gufatwa ku ngufu, ihoterwa rishingiye ku gitsina, imibonano ikozwe nta bwumvikane, gukora umwuga w'uburaya, gukora imibonano mpuzabitsina kubera irari ry'ibantu, cyangwa guca inyuma uwo mwashakanye.

Kuki urubyiruko rukangurirwa kwifata?

- Bihesha abakundana umwanya wo kumenyana bihagije no kubhana;
- Bibafasha kwirinda gutwara inda cyangwa gutera inda utifuza;
- Bigufasha kwirinda kwandura virusi itera SIDA n'izindi ndwara zandurirwa mu mibonano mpuzabitsina;
- Bifasha abakundana kwigetura kurushinga mu gihe bagennyne.

Kwiha intego y'ubuzima

Buri gihe umuntu yishimira kuvuga ibyiza yagezeho bikamuhesha ishema. Ariko kugira ngo abigereho bimusaba kumenya kwiha intego y'ubuzima.

Umuntu ufile intego nziza n'ibi bikurikira:

- Ubunyangamugayo;
- Ubudahemuka;
- Gukunda umurimo;
- Kwitangira umuryango n'ighugu;
- Kugira impuhwe no gufasha abandi;
- Kwiha icyerekezo.

Kumenya gufata ibyemezo mu buzima

Mu buzima, kugira ngo umuntu agire icyo ageraho, agomba kumenya gufata ibyemezo byiza kandi ku gihe gikwiye. Ibi ni ibyiciro by'ingenzi umuntu anyuramo mbere yo gufata ibyemezo

Inzira nziza yo gufata ibyemezo mu buzima

Gufata umwanya wo gutekereza neza

Kugisha inama abandi

Gusesengura inama baguhaye utirengagije ibyo wemera neza

Kureba ibyemezo cyangwa amahitamo ashoboka

Kumenya guhitamo kandi neza

Gutekereza ku ngaruka zishobora guterwa n'icyemezo ugiye gufata

Gufata icyemezo

Gukora igikorwa mu gihe cyagenwe

Kwemera ingaruka z'ibyo wakoze ukabyakira

II. IBYAKWANGIZA UBUZIMA N'AGACIRO KANJYE

VIRUSI ITERA SIDA N'INDWARA YA SIDA



Virusi itera SIDA (VIH) ni iki?

Ni ubwoko bwa virusi buse-nya uturemangoingo tw'umubiri w'umuntu dufasha mu kurwanya indwara.

Indwara ya SIDA ni iki?

Ni uruhurirane rw'ibiminyetso by'indwara z'ibyuririzi zinyuranye zifata umuntu bitewe n'uko ubudahangarwa kamere bw'umubiriwe butagifite ubushobozi bwo kumurinda, kuko buba bwashegeshwe na virusi itera SIDA.

Virusi itera SIDA yandura ite?

Virusi itera SIDA yinjira mu mubiri w'umuntu ivuye binyuze mu nzira zikurikira:

- Imibonano mpuzabitsina idakingiye n'uwanduye Virusi itera SIDA: Ni bwo buryo abantu benshi banduriramo iyo Virusi itera SIDA.
- Guhuza amaraso n'uwanduye Virusi itera SIDA: Gusangira ibikoresho bikomeretsa (urushinge rumwe cyane cyane abafata ibiyobyabwenge cyangwa abiviza kwa magendu, ibikwasi, inzembe) n'umuntu wanduye Virusi itera SIDA, bigushyira mu byago byo kuyandura.
- Ababyeyi babana na Virusi itera SIDA bashobora kwanduza abana igihe baba-byara cyangwa se babonsa. Uko umubyeyi ubana na Virusi itera SIDA agenda agira umubare munini wa Virusi mu mubiri we ni ko umwana abyara cyangwa yonsaaba ashobora kwandura.



Icyitonderwa:

Virusi itera SIDA iboneka mu macandwe ariko iba ari nkeya cyane ku buryo umuntu atakwandurira mu gusomana cyangwa gukoresha igikombe kimwe n'ubana n'agakoko.

Ni mu zihe nzira ntakwanduriramo Virusi itera SIDA?

- Mu kuramukanya n'wayanduye;
- Mu gusomana;
- Mu gukina n'ubana nayo
- Mu gusangira ibiribwa;
- Mu gukoresha umusarane umwe;
- Mu gusura umurwayi wa SIDA;
- Mu kurumwa n'umubu ...

Uburyo Virusi itera SIDA yitwara iyo igeze mu mubiri?

Iyo virusi itera SIDA igeze mu mubiri irororoka, igakwirakwira mu matembabuzi mu mubiri wose. Uko yororoka niko yica abasirikare barinda umubiri, bigatuma ubudahangarwa bw'umubiri bucika intege, bityo umuntu agatangira kurwaragurika.

Virusi itera SIDA n'indwara z'ibyuririzi

Indwara z'ibyuririzi ni indwara zishoka umubiri bitewe nuko ubuda-hangarwa bwawo bwacitse intege. Uko Virusi itera SIDA yiyongera niko abasirikari b'umubiri bagenda bagabanuka. Icyo gihe indwara umubiri washoboraga kwirinda zirawuzahaza.

Virusi itera SIDA n'imiti igabanya ubukana

- Hari imiti irwanya indwara z'ibyuririzi umuntu wese wame-nye ko abana na Virusi itera SIDA akwiyegufata akurikije amabwiriza ya muganga;
- Imiti ihabwa umuntu wanduye Virusi itera SIDA hakurikijwe amabwiriza ya muganga;
- Imiti igabanya ubukana ituma Virusi itororoka mu mubiri. Imiti irwanya indwara z'ibyuririzi ituma umubiri udacika intege;
- Iyo umuntu atangiye imiti igabanya ubukana ntayihagarika;
- Iyo umuntu atewe ibibazo n'imiti yihutira kwa muganga.

Kwirinda Virusi itera SIDA



Uburyo bwo kwirinda Virusi itera SIDA

Uburere ni inkigi y'ubuzima bwanjye.

Imiyitwarire y'umuntu uwo ari we wese iva ku burere yahawe. Niyo mpamvu kwigisha ibirebana no kwirinda Virusi itera SIDA bigomba gutangira umuntu akiri muto, agatozwa imico myiza yo kwifata, kumenya gufata icyemezo no kwihesha agaciro.

Kwifata "Impano nziza y'uwo nkunda"

- Kwifata ni ugutegereza uwo muzabana ntukore imibonano mpuzabitsina. Ni uburyo bwizewe bwo kwirinda ingaruka zose ziterwa no gukora imibonano mpuzabitsina ariko cyane cyane bishimangira uburere bwiza;
- Kwifata bigufasha gukomera ku busugi n'ubumanzi bwawe;
- Kwifata ni ukutagira imibonano mpuzabitsina aho yaba ikorerwa hose (mu gitsina, mu kanwa cyangwamu kibuno) kuko hose ushobora kuhandurira Virusi itera SIDA;
- Kwifata ni byiza kuko nibwo buryo bwizewe bwo kwirinda kwandura Virusi itera SIDA;

Ubudakemuka "Umuringa nambariye uwo nkunda"

Ubudahemuka ni ukudaca inyuma uwo mwashakanye cyangwa inshuti yawe ngo ukorane imibonano mpuzabitsina n'undi muntu.

Agakingirizo – "ingabo itanyeganyezwa"

- Agakingirizo ari agafuka gakoze mu bwoko bw'isashe bworohera cyane bita «latex» hakabaho agakingirizo kambarwa n'abagore n'agakingirizo k'abagabo.
- Iyo umugabo asohoye, amasohoro aguma mu gakingirizo, ntiyinjire mu nda ibyara ngo atume umukobwa cyangwa umugore asama. Karinda kandi abakorana imibonano mpuzabitsina kwanduzanya Virusi itera SIDA cyangwa indwara zandurirwa mu mibonano mpuzabitsina.
- Agakingirizo karahendutse kandi kaboneka henshi mu Rwanda kandi kugakoresha biroroshye, karinda gusama.

Gukoresha agakingirizo

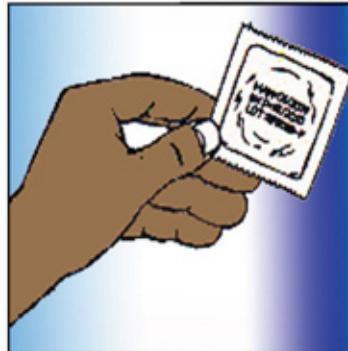
Agakingirizo kambarwa ku gitsina gabu cyangwa kagasesekwa mu nda ibyara y'umugore. Agakingirizokaba ak'abagabo cyangwa abagore kagomba gukoreshwu rimwe gusa.

Kuganira ku ikoreshwa ry'agakingirizo mbere y'imbonano mpuzabitsina.

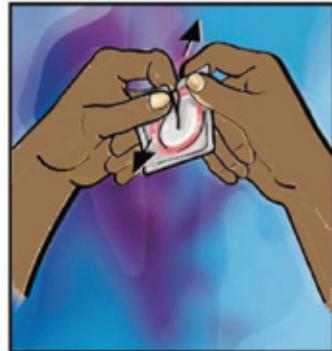
Kuganira ku gukoresha agakingirizo ni ingenzi. Nyamara bamwe bagira impamvu bitwaza kugirango batagakoresha. Zimwe muri zo ni :

- Ngo ntibanyurwa iyo bakoreshje agakingirizo;
- Ngo byerekana ko badakundana.
- Hari ababeshya ko ri-mwe ritakwandumu Virusi itera SIDA
- Ngo bigaragaza kuti-zera-na.
- Ngo gashobora guhera mu mukobwa cyangwa umugore;
- Ngo Abakobwa ntibafata imyanzuro ihamye ku gukorra imbonano mpuzabitsina n'ikoreshwary'agakingirizo;
- Agakingirizo ni ingirakamaro kuko karinda gusa-ma cyangwa gutera inda utabiteganyije, kakakurinda Virusi itera SIDA n'indwara zandurirwa mu mibonano mpuzabitsina.

Ikoreshwa ry'agakingirizo k'abagabo



Banza urebe niba agakingirizo katara-renza igihe cyo gukoreshwa



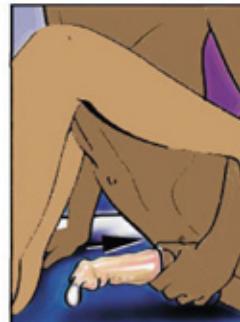
Funguza intoki gusa



Reba niba kadahindurije.
Ukanze ku mutwe wako,
kazingurire ku gitsina
cyafashe umurego



Kazingure kose kugeza
aho igitsina gitereye



Ukimara gusohora fatira agakingirizo aho igitsina gitereye
wiyake mugenzi wawe



Kajugunye aho
imyanda yagenewe.

Icyitonderwa: Koresha agakingirizo kamwe inshuro imwe

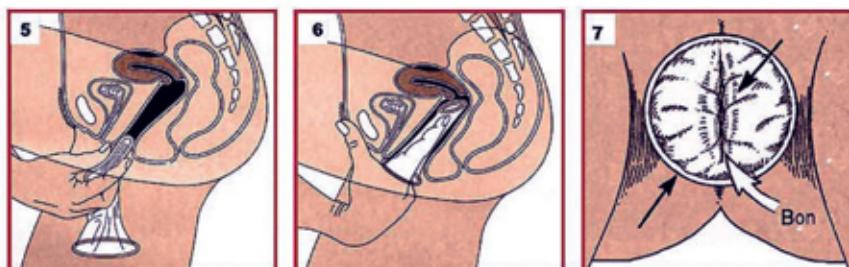
Ikoreshwa ry'agakingirizo k'abagore



Banza urebe niba agakingirizo kararengje ige. Gafunguze intoki gusa uhereye ku ruhande rw'iburyo

Kanda ku mutwe w'agakingirizo

Hitamo uburyo bukoroheye bwo kwambara agakingirizo: uhagaze akaguru kamwe kari ku ntebe, wicaye cyangwa uryamye



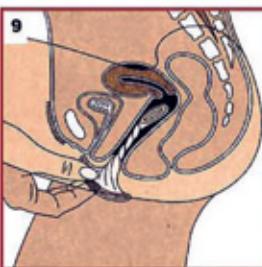
Injiza agakingirizo mu gitsina uhereye ku mutwe wako, ukora ku buryo katizingzinga

Ukoreshheje urutoki rwegeranye n'igikumwe sunika agakingirizo

Impeta y'agakingirizo igomba kuguma hanze y'igitsina



Yobora igitsina cy'umugabo, wirinde ko cyanyura ku ruhande. Si ngombwa ko umugabo yi-yaka umugore igitsina kitarata umurego



Zinga impeta y'agakingirizo maze ugakurure witonze, ukavanamo



Agakingirizo gakoreshwu rimwe gusa, kazingire mu gi-papuro hanyuma ukajugunye ahagenewe imyanda.

Kwipimisha ku bushake (VCT)

Kwipimisha ku bushake Virusi itera SIDA ni iki?

- Ni ukujya ku kigo gitanga inama kikanapima nta gahato ugatanga amaraso make cyane kugira ngo bayapime barebe niba waranduye cyangwa utaranduye Virusi itera Sida;
- Bikorerwa ahantu hazwi kandi habifitiye uburenganzira n'ubushobozi gusa;
- Bikorwa umuntu amaze kugirwa inama n'inzobere zibihu-gukiwemo, igisubizo gitangwa uwo munsi kandi mu ibanga.

Ibisubizo ushobora kubona:

Negatifu: Bivuga ko mu maraso yasuzumwe basanze nta bime-nyetso bigaragaza ko wanduye virusi itera SIDA birimo. Muri iki gihe uhabwa inama yo kongera kwipimisha cyane cyane iyo hari impungenge zitewe n'imyitwarire yaba yaragukururiye Vlrusi itera SIDA mu mezi nk'abiri ashize. Unagirwa inama kandi yo gukomeza ingamba zo kwirinda.

Pozitifu: Bivuga ko mu maraso yasuzumwe harimo Virusi itera SIDA. Uwanduye iyo Virusi agirwa inama y'uko yabyifatamo kuko aba agomba kubana na yo.

Mu Rwanda abashobora gutanga serivisi zipima zikanatanga inama kuri Virusi itera SIDA ku bushake ni:

- Mu bigo nderabuzima hafi ya byose byo mu Rwanda;
- Mu mavuriro yigenga amwe n'amwe yemewe ari mu Rwanda;
- Ibigo by'urubyiruko;
- Ibigo byigisha ubuzima bw'imyororokere byinshi bipima na Virusi itera SIDA.

Icyitonderwa:

- Virusi itera SIDA ntipimishwa ijisho kandi n'uwo udakeka ashobora kuba abana na yo yaba ayifite.
- Nk'urungano duharanire kumenya uko duhagaze kandi tubishishikarize na bagenzi bacu.



Akamaro ko kwitabira ubujyanama no kwipimisha ku bushake

- Bigufasha gufata ingamba ukurikije igisubizo wahawe;
- Bigufasha kumenya uburyo bwo kwirinda buboneye wifata cyangwa ukoresha agakingirizo kugira ngo wirinde urinde n'abandi;
- Iyo usanze waranduye bagufasha kubana neza na Virusi itera SIDA;
- Bagufasha kumenyesha mugenzi wawe inshuti yaye, uwo mwashakanye) ko wanduye bityo na we ukamurinda;
- Iyo usanze waranduye bituma utangira gufata imiti hakiri kare bityo bikakurinda indwara z'ibyuririzi ndetse ugakomeza kubaho ige kirekire utarwaragurika.

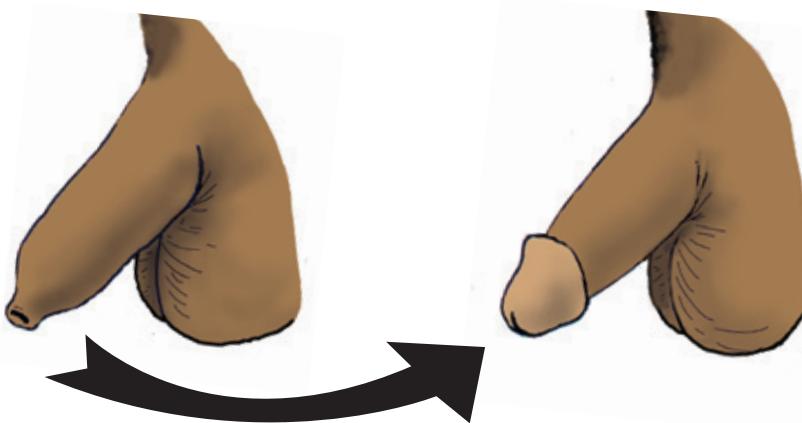
Gahunda yo kurinda mubyeyi ubana na Virusi itera SIDA kwanduza umwana(PMTCT)

Umubyeyi ubana na Virusi itera SIDA akurikije inama ahabwa na muganga bimwongererera amahirwe yo kutanduza umwana. *Uburyo bukoreshwa ni ubu bukurikira:*

- Kwipimisha virusi itera SIDA ku mugore utwite;
- Gufata imiti igabanya ubukana guhera ku cyumweru cya 14 umugore asamye kugira ngo ubudahangarwa bw'umubiri we bwiyongere;
- Kubyarira kwa muganga iyo igithe kigeze;
- Gukomeza gufata imiti igabanya ubukana kugeza igithe acukirije umwana;
- Guhitamo kudasama iyo asanzwe azi ko abana na virusi itera SIDA

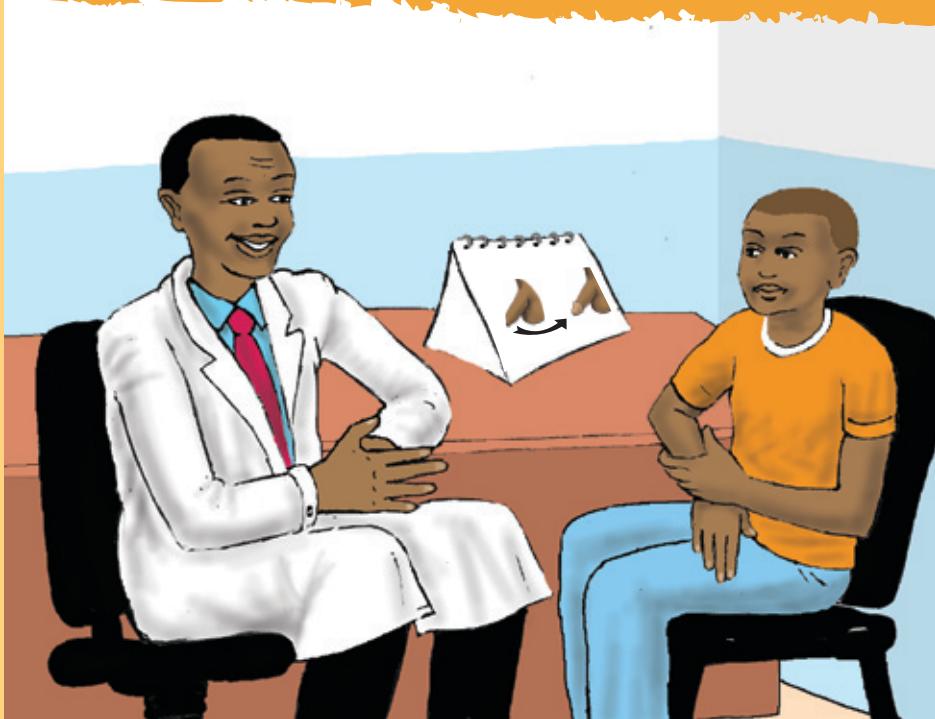
Umwana uvutse ku mubyeyi ubana na Virusi itera SIDA ahabwa umuti ugabanya ubukana bwa SIDA agapimwa nyuma y'ibyumweru 6, nyuma y'amezi 9 na nyuma y'amezi 18.

Kwisiramuza (Gukebwa)



Kwisiramuza ni iki?

Gusiramuraniugukurahoagahugatwikiriyе umutwe w'igtsina cy'umugabo biko-zwe mu buryo bwi-zewe na muganga wabihuguriwe kandi bigakorerwa ahan-tu hafite isuku. Bishobora gukorwa kuva ku mwana ukivuka kugera ku mugabo ukuze. Ariko birushaho kworoha gusiramura abana bakivuka. Gusiramura bikira vuba cyane.



Akamaro ko kwisiramuza (Gukebwa)

- Bigabanya ibyago byo kwandura virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina iyo ubikoze utikingiye. Ariko ibi ntibivuga ko bibarinda ijana ku ijana niyo mpamvu ari ngombwa gukomeza kwirinda;
- Bigabanya kwandura Kanseri, y'igtsina cy'umugabo n'iyumuyoboro w'inkari;
- Abagore bakorana imbonano mpuzabitsina n'abagabo basiramuye bibongera amahirwe yo kutarwara kanseri y'inkondo y'umura;
- Byongera isuku ku gitsina cy'umugabo.

Indwara zandurira mu mibonano mpuzabitsina

Zimwe mu ndwara zandurira-
mu mibonano mpuzabitsina:

- Imitezi
- Kalamidiya
- Mburugu
- Uburagaza
- Kandidoze yo mu gitsina
- Isharankima (Kondilome)
- Trichomonas
- Zona Herpes (ibinweti)
- Indwara y'umwijima (Hepatitis B)
- Virusi itera Sida

Amwe mu mafoto y'ibimenyetso by'indwara zandurirwa mu mibonano
mpuzabitsina:

Imitezi ku mugore



Uburagaza ku mugabo



Isharankima k'umugabo



Isharankima k'umugore



Mburugu ku gitsina; Umugabo



Mburugu mu kanwa



Ibimenyetso ku bagabo	Ibimenyetso ku bagore	Ibimenyetso ku mwana
<ul style="list-style-type: none"> • Kuninda cyangwa kunyara amashyira; • Kuzana ibibyimba mu mayasha; • Kubyimba amabya; • Amasazi mu mayasha cyangwa mu ntantu; • Ububabare mu gihe cyo kunyara; • Kokerwa igihe yihagarika; • Kugira udusebe ku gitsina; • Kugira uburyaryate ku gitsina no kwishimagura; • Guhinda umuriro; • Kubabara mu gihe cy'imibonano mpuzabitsina. 	<ul style="list-style-type: none"> • Kuzana uruzi rudasanzwe cyangwa amashyira mu gitsina; • Amasazi cyangwa ibibyimba mu mayasha; • Uburyaryate no kwishimagura ku gitsina; • Kubabara mu kiziba cy'inda; • Ububabare mu gihe cyo kunyara; • Kugira udusebe ku gitsina; • Guhinda umuriro; • Kubabara mu gihe cy'imibonano mpuzabitsina; 	<ul style="list-style-type: none"> • Kuninda amashyira mu maso mu kwezi kwa mbere umwana avutse.

Ni iki nakora mu kwirinda izo ndwara?

- Usanze ufile kimwe mu bimenyetso byavuzwe haruguru, ugomba kwihutira kujya kwa muganga kuko izi ndwara hafi ya zose zivurwa kandi zigakira;
- Ugomba gushishoza cyane kandi ukitondera izi ndwara kuko ushobora kuzirwara ntubimene cyane cyane ku bagore;
- izi ndwara zitera udusebe zikongera ibyago byo kwandura Virusi itera SIDA.

Ingaruka ku muntu	Ingaruka ku muryango	Ingaruka ku gihugu
<ul style="list-style-type: none"> • Ubugumba; • Kanseri y'inkondo y'umura; • Kwanduza uruhinja abyara • Gukuramo inda kenshi; • Ubuhumyi ku bana bavukanye izo ndwara; • Gukubita igihwereye (gupfusha umwana akivuka cyangwa akavuka apfuye); • Kuziba imiyoborantanga; • Gutwitira inyuma y'umura (Grossesse Extra Utérine) ; • Gutwita ku buryo bugoranye; • Kubyara abana banduye mburugu; • Kubyara umwana udashyitse kandi agakura nabi; • Kubyara abana bafite ubumuga cyangwa batujuje ibice by'umubiri; • Kwandura Virusi itera SIDA. 	<ul style="list-style-type: none"> • Intonganya mu rugo bitana bamwana ku wanduje undi ; • Gutanya umuryango; • Amakimbirane mu muryango; • Ubukene buterwa no kugura imiti yakaguze ibindi bya ngombwa iyo aba atanduye izo ndwara. 	<ul style="list-style-type: none"> • Gutakaza ingufu (abanyagihugu); • Gutanga amafaranga ku miti yagakoreshejwe ku bindi; • Ubukene.

Isano iri hagati y'indwara zandurirwa mu mibonano mpuzabitsina na Virusi itera SIDA

- Uburyo izo ndwara zandurirwamo ni bumwe cyane cyane mu mibonano mpuzabitsina, n'ubwo hari nyinshi zakwandurirwa mu ihabwa ry'amaraso, cyangwa umubyeyi kwanduza umwana;
- Uburyo bwo kwirinda izo ndwara ni bumwe;
- Indwara zandurirwa mu mibonano mpuzabitsina zongera ibyago byo kwandura no kwanduza Virusi itera SIDA kuko ziba zatumye umuntu agira udukomere ku gitsina;
- Kwita ku barwayi b'indwara zandurirwa mu mibonano mpuzabitsina hakiri kare kandi neza bifasha cyane gukumira ikwirakwizwa rya Virusi itera SIDA;
- Virusi itera SIDA kimwe n'indwara zandurirwa mu mibonano mpuzabitsina zisangiye impamvu zizikwirakwiza, ni ukuvuga impamvu zishingiye ku mibonano mpuzabitsina n'imibereho, izituruka ku bukungu n'imibanire, ndetse n'impamvu zishingiye ku miterere kamere y'umubiri.

Ni iki nakora ngo nirinde indwara zandurirwa mu mibonano mpuzabitsina n'ingaruka zazo?

- Gukomera ku busugi n'ubumanzi;
- Kwifata ntukore imibonano mpuzabitsina;
- kudahemukira uwo mwashakanye cyangwa uwo mubana nk'abashakanye;
- gukoresha agakingirizo neza kandi buri gihe mu mibonano mpuzabitsina yose itizewe.
- Iyo ubonye kimwe mu bimenyetso ugomba kwisuzumisha, kandi ugasaba mugenzi wawe mwakoranye imibonano mpuzabitsina kwisuzumisha nawe.
- Ugomba gufata imiti uko muganga yayikwandiye no kubahiriza inama yakugiriye;
- Kvirinda kwivuza magendu kuko bishobora kugukururira ibyago byo kudakira neza bikagukururira ingaruka nyinshi, ndetse bikawanduza n'izindi ndwara.

Icyitonderwa:

- *Mbere yo kwemera gukora imibonano mpuzabitsina, banza utekereze ku ndwara ushobora kwanduriramo harimo na Virusi itera SIDA. Tekereza no ku zindi ngaruka zirimo nko gusama cyangwa gutera inda utabyiteguye ,n'ibindi.*
- *Kvirinda gusangira ibikoresho bikomeretsa (inzembe, inshinge n'ibindi) bwakwandumuza Virusi itera SIDA.*

Ibiyobyabwenge n'ibisindisha



Ibiyobyabwenge ni iki?

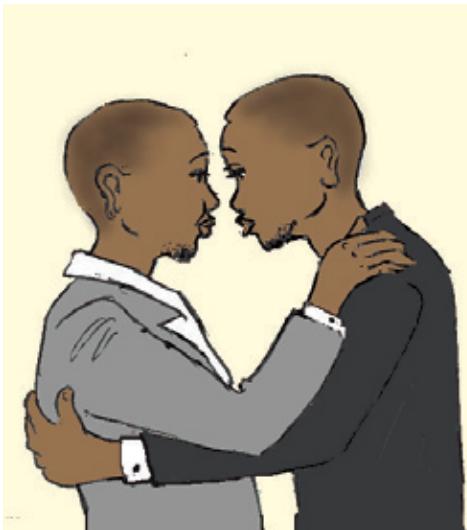
Ni ibintu byose umuntu ashobora kurya cyangwa kunywa bigahungabanya ubushobozi bwe mu bijyanye n'imitekerereze n'imyitwarire bye, bigatuma yitwara uburyo adasanzwe yitwara igihe atabifashe.

Ubwoko bwibiyobyabwenge ni ubuhe?

Ubwoko bw'inzoga:	Ubwoko bw'itabi:	Ubwoko bw'ibiyobyabwenge:
<ul style="list-style-type: none">• Urwagwa• Ikgage• Inturire• Inkangaza• Kanyanga• Inzoga zikorerwa mu• nganda nka byeri, divayi n'ibyotsi	<ul style="list-style-type: none">• Isegereti• Ikgoma• Ibibabi binyobwa mu nkono y'itabi• Ubugoro n'ibindi	<ul style="list-style-type: none">• Urumogi• Kole• Kokayne• Marijuvana• Lisansi, n'ibindi

Ingaruka k'umuntu ku giti cye	Ingaruka ku muryango	Ingaruka ku gihugu
<ul style="list-style-type: none"> Kugabanya ubushobozи bw'umubiri bwo kwirinda indwara bigatuma urwaragurika; Gusaza imburagihe; Kuba imbata y'ibiyobyabwenge, ntugire icyo wimirira; Indwara zifata imyanya y'ubuhumekero cyane biturutse ku itabi; Kanseri yo mu kanwa, mu mihogo, mu menyo, mu bihaha, inkondo y'igfu (cyane cyane bituruka ku itabi); Indwara y'umwijima (urushwima); Indwara z'umutima (kudatembera neza kw'amaraso); Gufata ku ngufu cyane cyane abana ; Kwishora mu mibonano mpuzabitsina akensi nta n'agakingirizo bikamviramo kwandura virusi itera SIDA, gutera cyangwa gutwara inda; Guhungabanya ubuzima bw'umwana uri mu nda; 	<ul style="list-style-type: none"> Ubukene mu muryango, gusesagura amafaranga ; Gusenyuka kw'ingo bitewe umwe mu babyeyi cyangwa umwana wabo afata ibiyobyabwenge; Kwica akazi no kubana nabi na bagenzi bawe; Guhorana ibibazo bidashira; Urugomo, ubujura, n'ubundi bugizi bwa nabi; Gutakaza icyizere n'agaciro kuri bagenzi bawe no mu muryango; Nta burere bukwiye umubyeyi ubifata aha abana be. 	<ul style="list-style-type: none"> Kumunga ubukungu bw'igihugu n'imiryango; Gutunga abantu b'imburamukoro bitari ngombwa; Umatekano muke mu gihugu, n'ibindi.

Abagabo bakorana imibonano mpuzabitsina n'abandi bagabo ndetse n'abagore bakorana imibonano n'abandi bagore



« Imibonano mpuzabitsina idakingiye hagati y'umugabo n'undi mugabo n'ibyago byo kwandura Virusi itera SIDA »

Abagabo bakorana imibonano mpuzabitsina n'abandi bagabo bafite ibyago byinshi byo kwandura Virusi itera SIDA biri hejuru kubera ahanini uburyo iyi mibonano ikorwamo.

Bensi binjiza igitsina mu kibuno kandi ari ahantu horohereye cyane gukomereka, hakaba hatanaba ururenda rworoshyia imibonano mpuzabitsina nk'uruba mu nda ibyara y'umugore haba ububobere kamere buniyongera uko umugore yishimira imibonano mpuzabitsina.

Uko abagore bakorana imibonano mpuzabitsina bakwirinda Virusi itera SIDA:

- Gukoresha neza agakingirizo igihe cyose bakoze imibonano mpuzabitsina ishobora kubakurira Virusi itera SIDA (igihe cyose bayikorana n'umuntu batazi uko ahagaze ku bijyanye na Virusi itera SIDA n'indwara zandurirwa mu mibonano mpuzabitsina);
- Kugira umuntu umwe gusa bakorana imibonano mpuzabitsina kandi bombi bakabanza kwipimisha bakananya uko bahagaze ku bijyanye na Virusi itera SIDA ndetse n'izindi ndwara zandurirwa mu mibonano mpuzabitsina;
- Gukoresha imiti yabugenewe yongera ubuhehere (water-based lubricants/lubrifiants à base d'eau) kugira ngo igitsina kinjire byoroshye bityo igabanye ibyago byo gukomereka.



Abagore bakorana imibonano mpuzabitsina n'abandi bagore

Abagore bagirana imibonano n'abandi bagore nabo bafite ibyago byo:

- Kwandura indwara zimwe mu zandurirwa mu mibonano mpuzabitsina nka heripes;
- Kwandura Virusi itera SIDA cyane iyo hakoreshejwe;
- Kwandura Virusi itera SIDA iyo basangiyе ibikinisho bokeshwa nk'igitsina kuko bituma amatembabuzi yabo ahura;
- Kwandura Virusi itera SIDA iyo mukoze imibonano mpuzabitsina umwe ari mu mihangi cyangwa bitewe n'amatembabuzi yo mu gitsina.

Abakorana imibonano mpuzabitsina n'ababaruta

Uko bimeze mu Rwanda

Ikipazo cy'abakora imibonano mpuzabitsina n'abo baruta kirimo kugenda kiyongera muri iki gihe. Mu Rwanda ubushakashatsi bwakozwe bugaragaza ko 12% by'urubyiruko ruri hagati y'imyaka 15-24 rw'abakobwa bagirana imibonano mpuzabitsina n'abagabo babarusha nibura imyaka icumi.

Zimwe mu ngamba zo kubyirinda ni izi zikurikira:

- Ngomba kuvuga OYA ku bagusaba gukora imibonano mpuzabitsina;
- Abangavu n'ingimbi bagomba kuganira n'ababyeyi;
- Twese hamwe twamagane cyane abagabo cyangwa abagore bakuru bashora abana mu mibonano mpuzabitsina;
- Abanyamahotel n'abandi bacuruza ibyumba ntibagomba kwemerera urubyiruko rufite munsi y'imyaka 18 gukoresha ibyumba byabo.



Akato, Ihezwa no kubana neza na Virusi itera SIDA



Akato ni iki?

Ni iteshwagaciro rikorerwa bamwe mu bantu bagize umuryango (societe) babonwa nk'aho batujuje bimwe mu byo umuntu usanzwe yakagombye kuba yujuje. Muri iki gice turibanda ku kato gakorerwa abantu babana na Virusi itera SIDA (VIH).

Akato ni ukubangamira uburenganzira bw'ibanze bwa muntu.

Amoko y'akato

- Akato umuntu yiha;
- Akato ahabwa n'umuryango muto cyangwa mugari;
- Akato gaturuka mu batanga serivisi (abirimu, abaganga, cyangwa se mu zindi nzego zitandukanye);

Ihezwa ni iki?

Ihezwa ni ingaruka z'akato zishobora kugaragazwa no kutitabwaho muri gahunda za buri munsi, kudahabwa uburenganzira bw'ibanze, kudahabwa agaciro bitewe n'umuco runaka, umuryango cyangwa ikindi kintu cyose abantu bashingiraho nk'indangagaciro.

Amoko y'ihezwa

- Ihezwa rishingiye ku gitsina;
- Ihezwa rishingiye ku mateka;
- Ihezwa rishingiye ku ruhu n'ibindi.

Icyo nakora kugira ngo ndwanye akato n'ihezwa

- Gira uruhare mu kwita no gufasha ababana na virusi itera SIDA ndetse n'abarwayi baSIDA kugira ngo babebo igihe kirekire;
- Imiryango igomba kudaha akato abantu bayo banduye virusi itera SIDA kuko bibafasha kubana nezan'iyo virusi.

Iyo ubana na virusi itera SIDA atiyitayeho cyangwa atitaweho arushaho kwiheba, kwigunga n'ibindi; bityo ubuzima bwe bukarushaho kuba bubi akaba yapfa vuba cyangwa bigatuma yihisha bityo agakomeza kwanduza abandi no gukwirakwiza Virusi itera SIDA

Kubana neza na Virusi itera SIDA

Nakora iki kugira ngo mbane neza na Virusi itera SIDA?	Ufite uburenganzira ku:
<ul style="list-style-type: none">• Kurya indyo yuzuye no gukora imyitozo ngororamubiri;• Kuruhuka bihagije no kwishyira mu mutuzo;• Kwisuzumisha kwa muganga buri gihe;• Gufata imiti neza (ku gihe);• Kwirinda ibiyobyabwenge, inzoga n'itabi;• Kwifata kugira ngo wirinde wowe n'umukunzi wawe cyangwa ugakoresha agakingirizo;• Kwivuza neza indwara z'ibyuririzi;• Kwivuza hakiri kare indwara yose imufashe;• Kumenesha muganga vuba ikintu cyose gihindutse mu buzima bwawe;• Kwirinda kwanduza abandi.	<ul style="list-style-type: none">• ku buzima;• kwishyira ukizana no kugira umutekano;• kujya aho ushaka;• kutavogerwa no kugirirwa ibanga.• kuvuga icyo utekereza no kugezwaho amakuru;• kugira inshuti;• Kwiga no kugira akazi;• gushaka no kubyara;• imibereho myiza;• kugira uruhare mu buzima rusange bw'ighugu n'umuco;• kudahezwa no kureshya n'abandi;• kudakorerwa iyicarubozo cyangwa ubundi bugome, kudafatwa cyangwa kudahanwa kinyamaswa n'ibindi.

III. URUHARE RWANJYE

Ubu umaze kumenya uwo uriwe, uko umubiri wawe uteye n'uko wakwirinda ibyakwangiza ubuzima bwawe, ugeze aho ukwiriye gufata ingamba zo kuba urugero ku bandi ukagira uruhare mu gusangira ubumenyi ufite n'urungano rwawe.

Ariko kugira ngo ushabore kubigeraho, ukeneye kugira n'ubumenyi ku buryo bwo gushyikirana n'abandi, ku buryo ubukangurambaga bukorwa n'uko watanga ibiganiro.

Ihererekanyamakuru



Ihererekanyamakuru ni iki?

Ni uguhana amakuru hagati y'umuntu n'undi cyangwa benshi ku buryo bigirira akamaro abaganira.

Ihererekanyamakuru rigamije guhindura imyitwarire ni iki?

Ni uruhererekane rw'amakuru rukoreshwa hagamijwe kuzamura imyumvire runaka mu buryo bunyuranye bwafasha abantu kugira imyitwarire n'imyifatire iboneye.

Ihererekanyamakuru rigizwe n'ibihe bice?

Utanga ubutumwa

Ubutumwa

Inzira / uburyo

Uwakira ubutumwa

isubizabutumwa

Ni izihe mbogamizi zishobora kubaho mu ihererekanyamakuru?

- Imyumvire inyuranye;
- Ikoreshwa ry'ururimi rutumvikana;
- Uburerere n'ubumenyi;
- Urwego abantu barimo;
- Ubutumwa budasobanutse;
- Kuba ibivugwa bidafite ishingiro, bita jyanye n'ukuri cyangwa ingero zifatika;
- Gutangira ubutumwa ahantu hadakwiye (hari nk'urusaku, urunyuranyurane rw'abantu, n'ibindi);
- Kudapfa kwemera impinduka;
- Kutemera gusangira ibiganiro;
- Kutubahaha;
- Kuba abantu batari hamwe.

Ubukangurambaga bw'urungano

Urungano n'iki?

"Urungano" ni icyiciro cy'abantu mufite icyo muhuriyeho byaba ikigero cy'imyaka, igitsina, akazi, amashuri, ibibashimisha n'ibindi.

Ubukangurambaga bw'urungano ni iki?

Ubukangurambaga bw'urungano ni uburyo bukoreshwa hagati y'abantu bari mu matsinda mato cyangwa hagati y'umuntu n'undi, kugira ngo bungurane ibitekerezo ku ngingo cyangwa ikibazo runaka bahuriyeho kandi bagifatire umwanzuro.

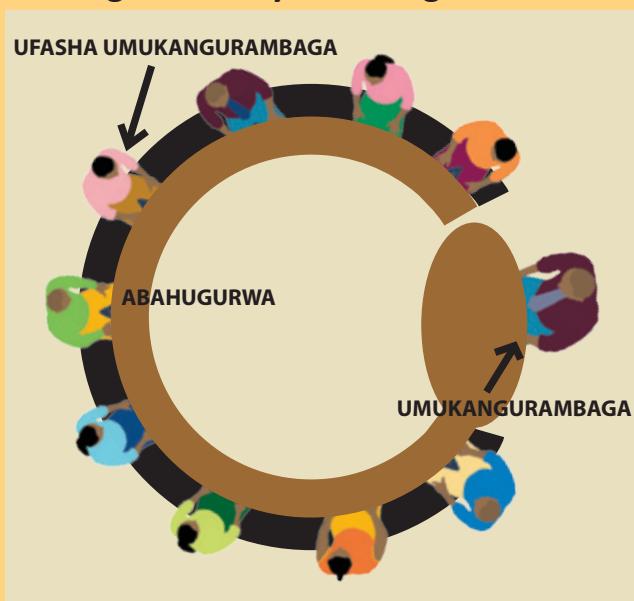
Ni uburyo bwiza bufasha abantu kuganira ku bibazo by'ubuzima bwa-bo bisanzuye kandi buboroheye kurusha iyo baganira n'uwo badafite icyo bahuri-yeho.

Ubukangurambaga bw'urungano bukorwa n'abantu bahuguriwe gu-fasha abandi kungurana ibitekerezo hagamijwe gufata ibyemezo bire-bana no guhindura imytwarire, imyumvire, n'imyifatire itari myiza.

Umukangurambaga w'urungano mwiza arangwa n'iki?

- Ubushake n'ubushoboz;
- Kugira ubumenyi no kuba in-yangamugayo;
- Kumenya no gukunda gukora;
- Kumenya gushyikirana n'imbaga iguteze amatwi;
- Kwigirira icyizere no gutanga ubutumwa busobanutse kandi bwumvikana,...

Gutegura no kuyobora ikiganiro



Uko bategura ikiganiro

Iyo utegura ibiganiro ni byiza ko ubitegura nibura ukwezi mbere kandi ukibanda kuri ibi bikurikira:

- Guteganya ko amahugurwa ayoborwa n'abantu nibura 2;
- Guhitamo insanganyamatsiko no gushakisha amakuru arebana na yo;
- Kuyobora ibiganiro mu matsinda;
- Guhitamo uburyo buzakoreshwa mu kuyobora ibiganiro;
- Kugena igihe ikiganiro kigomba kumara;
- Kumenya neza abagenewe ikiganiro kugira ngo mwitegure neza;
- Biba byiza iyo umubare w'abahugurwa uri hagati ya 20 na 30;
- Ikiganiro kimwe ntikigomba kurenza nibura isaha;
- Ni ngombwa kugaragaza intego za buri kiganiro kandi kikibanda ku ngingo imwe gusa;
- Biba byiza abahugurwa bicaye bakoze uruziga kugira ngo babashe kuganira barebana.

Uburyo bwo guhugura butuma abahugurwa babigiramo uruhare

Ni byiza ko abitabiriye ibiganiro bahabwa kensi ijambo bakabigiramo uruhare rusesuye. Uhugura agomba kubashishikariza gutanga ibitekerezo byabo cyangwa bakaba bashobora no gutanga ingero ku byabayeho. Ubwo buryo butuma buri wese yumva ahawe agaciro bityo ntafate ibyo bamubwiye nk'amabwiriza ahubwo ari ibitekerezo bye maze gushyira mu bikorwa ingamba bafatiye hamwe bikamworohera.

Kugira ngo urwo ruhare rubeho wifashisha ibibazo n'ibisubizo, ibiganiro mpaka, udukino twigana, kwerekana filimi cyangwa amashusho, ...n'ibindi.

Ibantu bya ngombwa umukangurambaga w'urungano agomba kuzirikana:

- Kumva neza umutwe w'ikiganiro;
- Gusoma no kumva neza intego z'ikiganiro, n'ikiganiro nyirizina;
- Gusoma neza amabwiriza atangwa mu mfashanyigisho;
- Kwegeranya ibikoresho byose uzakenera mu biganiro;
- Kunonosora neza buri gihe ikiganiro uztanga;
- Kumenya hakiri kare umubare w'abazitabira ikiganiro uwo munsi ;
- Kumenya hakiri kare imyitwarire y'abo muzaganira (niba bishoboka) ;
- Guhitamo no gutegura aho ibiganiro bizabera ukurikije umubare w'abazaba bari mu kiganiro n'ibikoresho muzakenera ;
- Kumenyesha inzego z'ubuyobozi zaho igikorwakizabera murwegorw'imikoranire myiza.

Kuyobora ikiganiro

Mu kuyobora ikiganiro nyirizina, ni ngombwa kwibanda ku byiciro bikurikira:

- Gutanga ikaze;
- Gusobanura intego z'ikiganiro;
- Gukoresha imfashanyigisho;
- Gukoresha amashusho;
- Kungurana ubumenyi ku nsanganya-matsiko;
- Guhana ibitekerezo;
- Gukora incamake y'ibaganiriweho;
- 8. Umwanzuro rusange.

agacice kande

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