



KINYARWANDA

PMTCT

Kurinda Umubyeyi Wanduye Agakoko
gatera SIDA Kwanduza Umwana we



INSHUTI MU BUZIMA



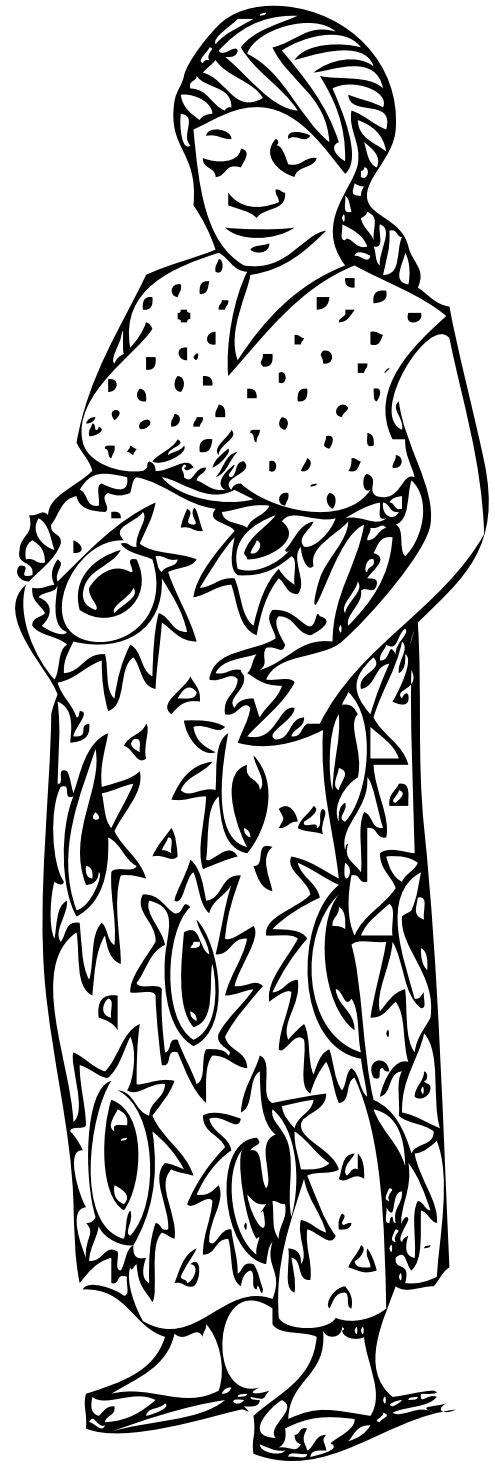
Ingaruka ku miryango ifite abana babana n'ubwandu bw'agakoko gatera SIDA



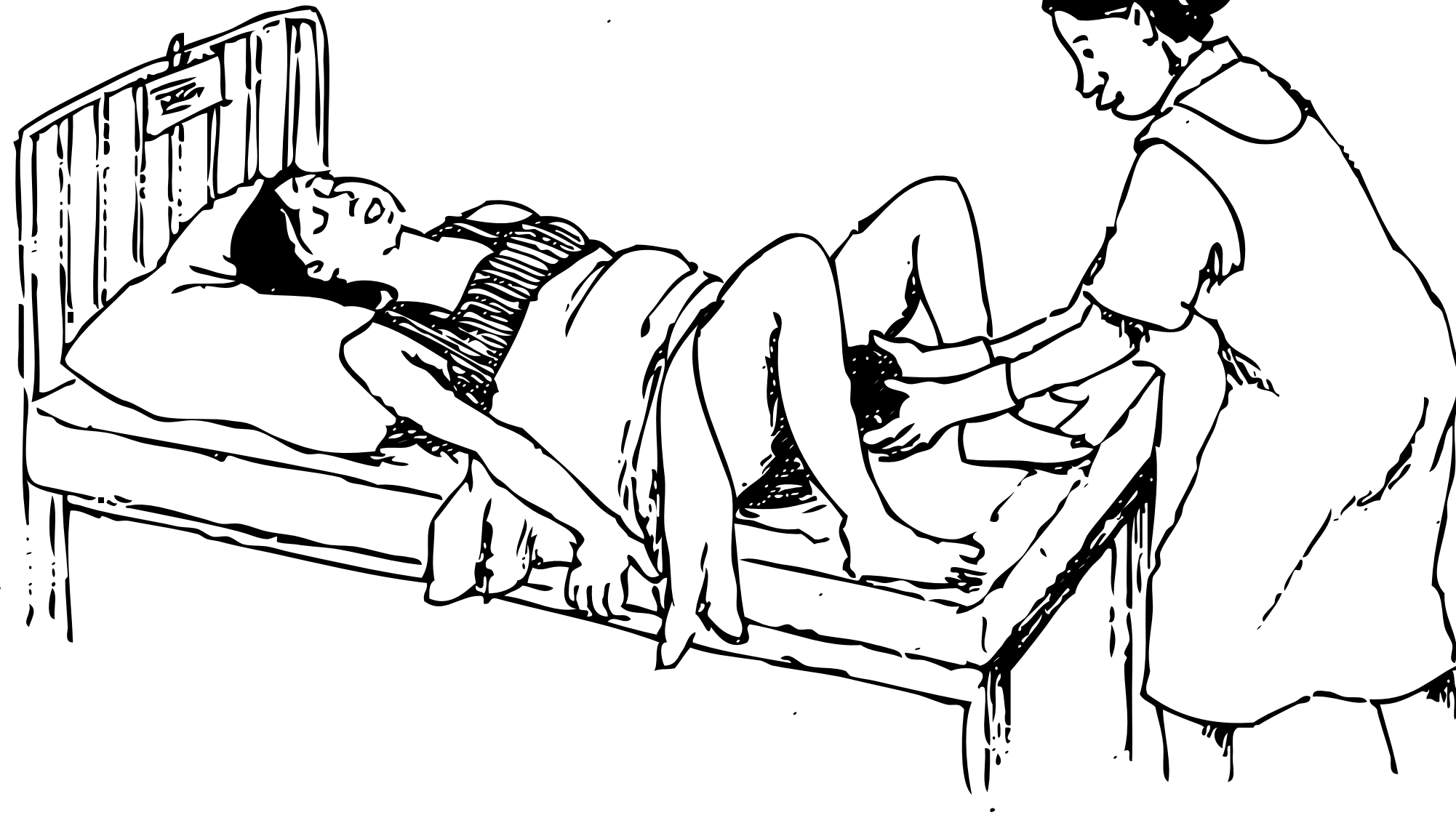
Ingaruka ku miryango ifite abana babana n'ubwandu bw'agakoko gatera SIDA

Kugira umwana ubana n'ubwandu 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 ntibabashe kwita ku bandi bana. Ibyo bishobora guteza umuryango ubukene bukabije.

Ni gute abana bandura agakoko gatera SIDA?



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 mu kubyara
- Igihe amwonkeje atarafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura amezi 3 mbere yo kubyara
- Iyo ashyize amashereka mu maso y'umwana we (cyangwa mu maso y'umwana uwo ari we wese)



Kurinda Umubyeyi Wanduye Agakoko gatera SIDA Kwanduza Umwana we (PMTCT)



Kurinda Umubyeyi Wanduyeagakoko gatera SIDA Kwanduza Umwana we (PMTCT)

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

Iyo umugore ubana n'ubwandu bw'agakoko gatera SIDA yitaye cyane ku bintu bimwe na bimwe igihe atwite, ari ku bise no mu gihe cyo kubyara, ndetse no mu gihe cyo kwita ku mwana we, ashobora kwirinda kumwanduza agakoko gatera SIDA maze bombi bakagira ubuzima bwiza. Ubwo buryo bwitwa “Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana we” (PMTCT mu rurimi rw'icyongereza).

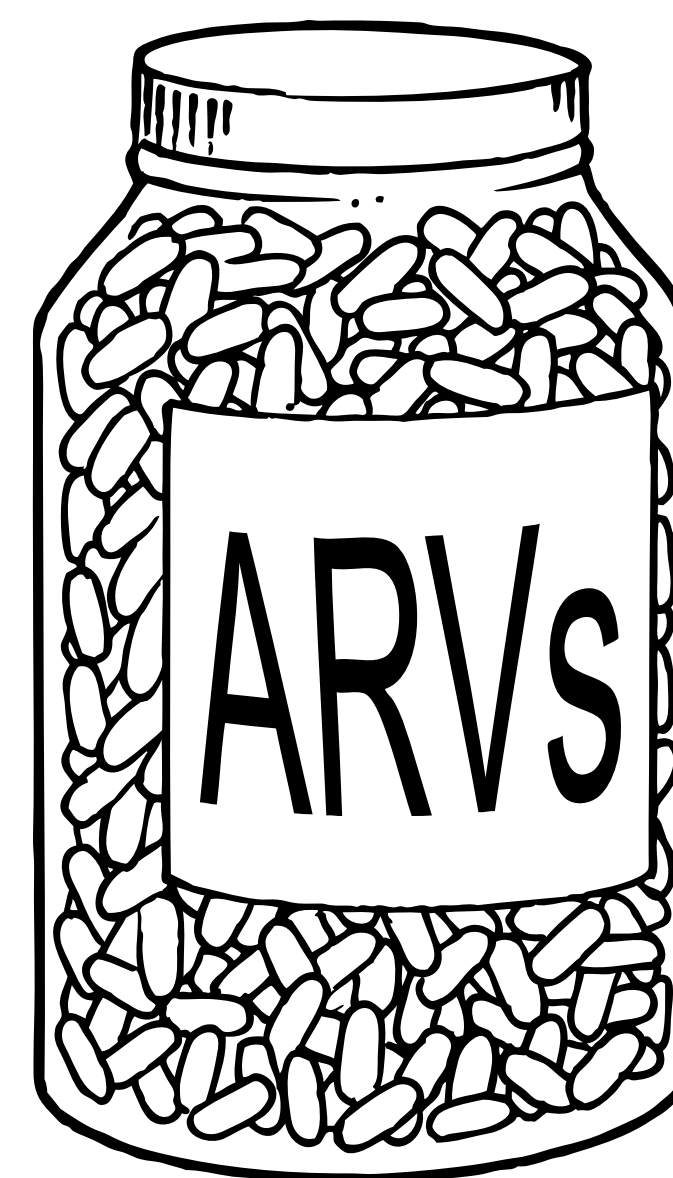
Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana amutwite



**Kwipimisha
ubwandu
bw'agakoko gatera
SIDA**



**Kwisuzumisha mbere
yo kubyara**



**Imiti 3
igabanya
ubukana
bw'agakoko
gatera SIDA**



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



Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana amutwite

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

- Kwipimisha ubwandu bw'agakoko gatera SIDA iyo atarabikora, uwo bashakanye/babana na we agomba kwipimisha
- Kuja ku kigo nderabuzima muri gahunda yo kwisuzumisha mbere yo kubyara
- Iyo umubyeyi asanze yaranduye agakoko gatera SIDA, muganga ahita amwandikira imiti 3 igabanya ubukana bw'agakoko gatera SIDA ako kanya. Agomba gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA agisama, mu mezi 3 asanye iyo bishoboka cyangwa nibura mu mezi 3 abanziriza kubyara. Akomeza gufata iyo miti 3 igabanya ubukana bw'agakoko gatera SIDA igihe cyose yonsa.

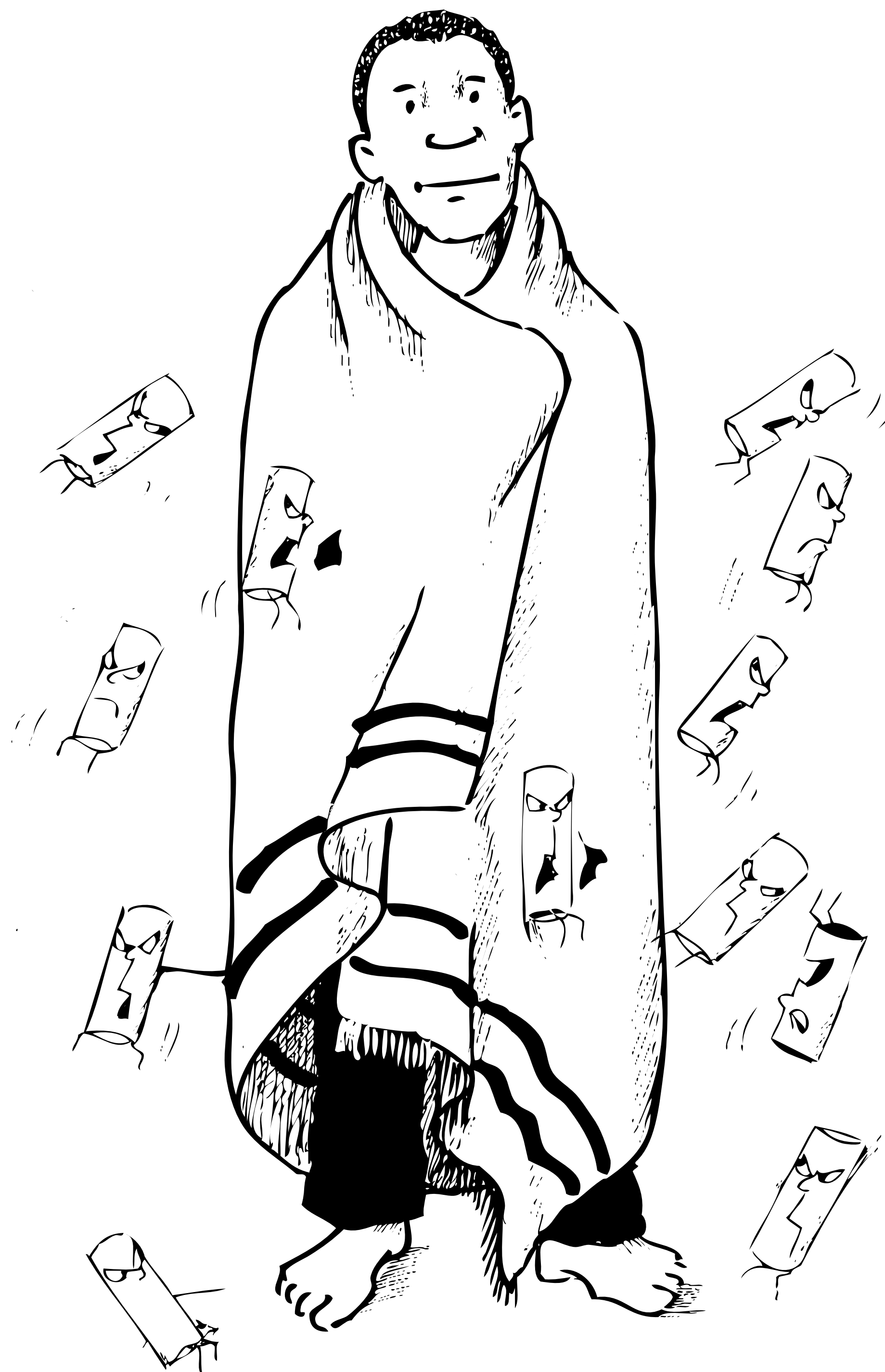
Kwipimisha ubwandu bw'agakoko gatera SIDA: Abagore BOSE batwite bagomba gupimwa ubwandu bw'agakoko gatera SIDA ku kigo nderabuzima kubera ko bashobora kwanduza abana babo baramutse bafite ubwo bwandu. Umubyeyi agomba gupimwa ubwandu bw'agakoko gatera SIDA akimenya ko atwite. Kwipimisha ubwandu bw'agakoko gatera SIDA bikorwa ku buntu.

Iyo mu gupima basanze umugore ataranduye ariko uwo bashakanye akaba we yaranduye, umuforomo ushinze Gahunda yo Kurinda umubyeyi wanduye agakoko gatera SIDA Kwanduza Umwana agomba kubimenyeshwa. Nyuma y'aho uwo mugore agomba gupimwa ubwandu nyuma ya buri mezi 3. Iyo ibipimo bye byerekanye ko afite ubwandu bw'agakoko gatera SIDA mu gihe atwite, atangira gukurikiranwa muri Gahunda yo Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana we. Iyo nta bimenyetso by'ubwandu agaragaje mu gihe cyose cyo gutwita, ahabwa imiti 3 igabanya ubukana bw'agakoko gatera

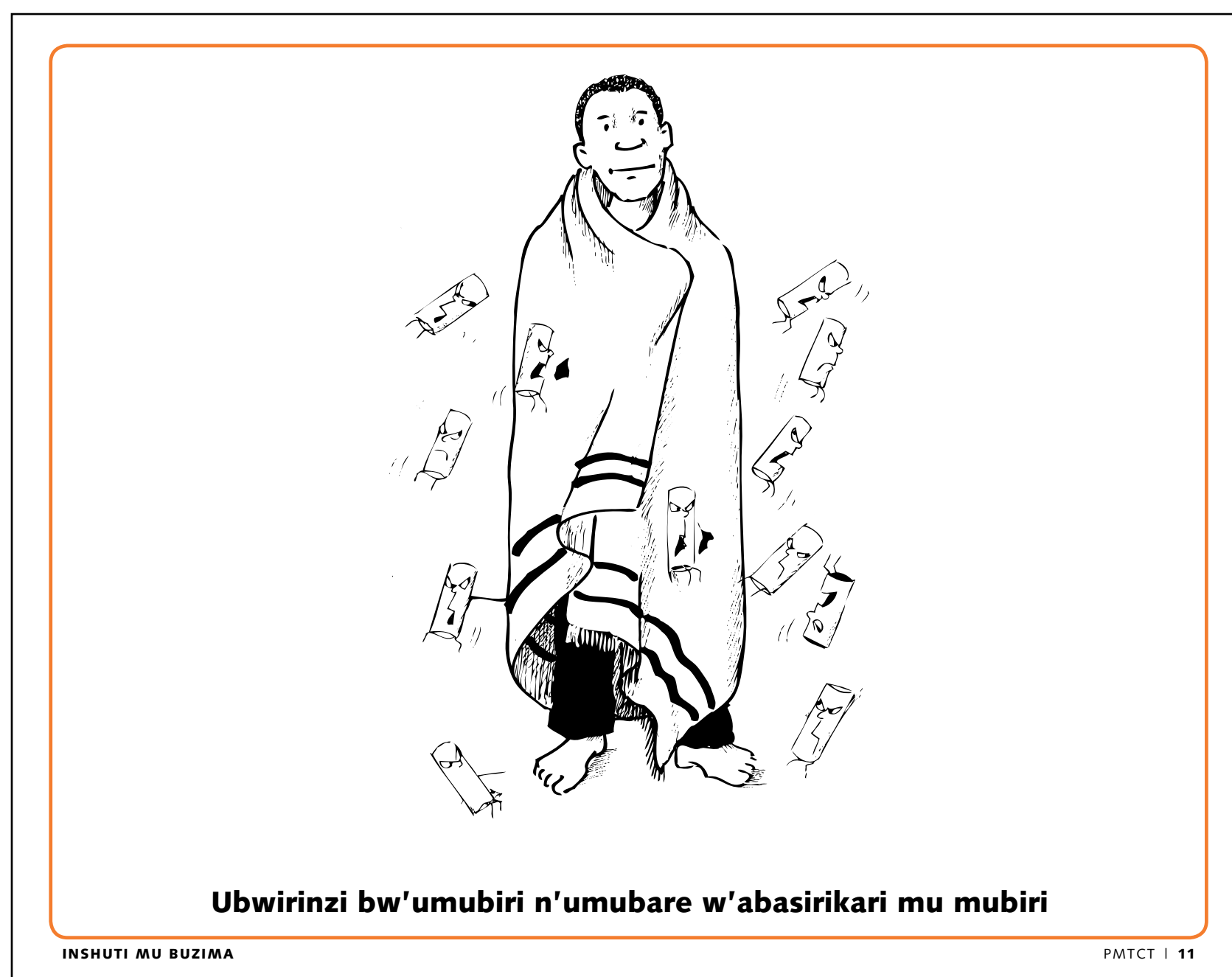
SIDA mu gihe cyo kubyara hamwe n'umuti wa niverapine mu gihe cyose yonsa. Agomba na none gupimwa ubwandu bw'agakoko gatera SIDA nyuma buri kwezi. Iyo umugore yanduye agakoko gatera SIDA mu mezi ya nyuma yo gutwita kwe, ibyo bishobora kuba bibi cyane ku mwana; ni yo mpamvu uwo bashakanye agomba kwikingira mu gihe cy'imibonano mpuzabitsina (akoresheje agakingirizo) mu gihe cyose umugore atwite n'igihe yonsa.

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 zagenwe mbere yo kubyara (cyangwa zirenga iyo bafite ibibazo). Ku ncuro ya mbere umugore bamupima ubwandu bw'agakoko gatera SIDA iyo yari ataripimisha. Incuro zose umugore utwite aje kwisuzumisha mbere yo kubyara umuganga cyangwa umuforomo amupima umuvuduko w'amaraso, akagenzura igipimo cy'amaraso mu mubiri, akamuha za vitamini n'inkingo akanapima niba nta ndwara zandura afite.

Imiti igabanya ubukana bw'agakoko gatera SIDA: Abagore BOSE batwite babana n'UBWANDU BW'AGAKOKO GATERA SIDA bagomba gufata imiti 3 igabanya ubukana buri munsu kugira ngo bakomeze kugira ubuzima bwiza kandi banirinde kwanduza abana babo. Mbere abagore batwite mu giturage cyacu batangiraga imiti 3 igabanya ubukana bw'agakoko gatera SIDA iyo abasirikari b'umubiri babaga bari munsu ya 350. Ariko kuri ubu abaganga baha abagore bose batwite imiti 3 igabanya ubukana bw'agakoko gatera SIDA kubera ko ifasha kwirinda kwanduza umwana. Iyo umugore utwite atangiye gufata imiti igabanya ubukana bw'agakoko gatera SIDA hakiri kare (mu mezi 3 nyuma yo gusama bishobotse), agafata iyo miti uko bitegetswe buri munsu, kandi akanakomeza kuyifata nyuma y'uko umwana avutse, virusi iburizwamo noneho umubyeyi agashobora konsa umwana we nta nkomyi (kubera ko mu mubiri we haba harimo kopi nke za ya virusi). Iyo umugore utwite agize ingaruka ziterwa no gufata imiti igabanya ubukana bw'agakoko gatera SIDA, urugero nko kugira umwera ku mubiri, kumva azungurira cyangwa kumva ananiwe cyane, agomba kwihutira kujya ku kigo nderabuzima.



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 dutera indwara. Abaganga n'abaforomo bashobora kumenya imbaraga z'ubwirinzi bw'umubiri wawe babipimiye mu maraso. Ikizami gipima umubare w'uturemangingo duto (cells) twitwa “CD4”. Akenshi, iyo umuntu ufite ubwandu bw'agakoko gatera SIDA afitwe umubare w'abasirikari b'umubiri uri munsi ya 350, ibyo bisobanura ko ubwirinzi bw'umubiri we nta mbaraga buba bufite, bityo uwo muntu akaba agomba gutangira imiti kugira ngo yongere umubare wa “CD4” mu mubiri we. Nyamara rero, abaganga bigisha ko iyo abagore batwite bahawe 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.

Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana we mu gihe ari kunda no mu kubyara



Kumeneka kw'isuha



Ibise



Kubyarira kwa muganga

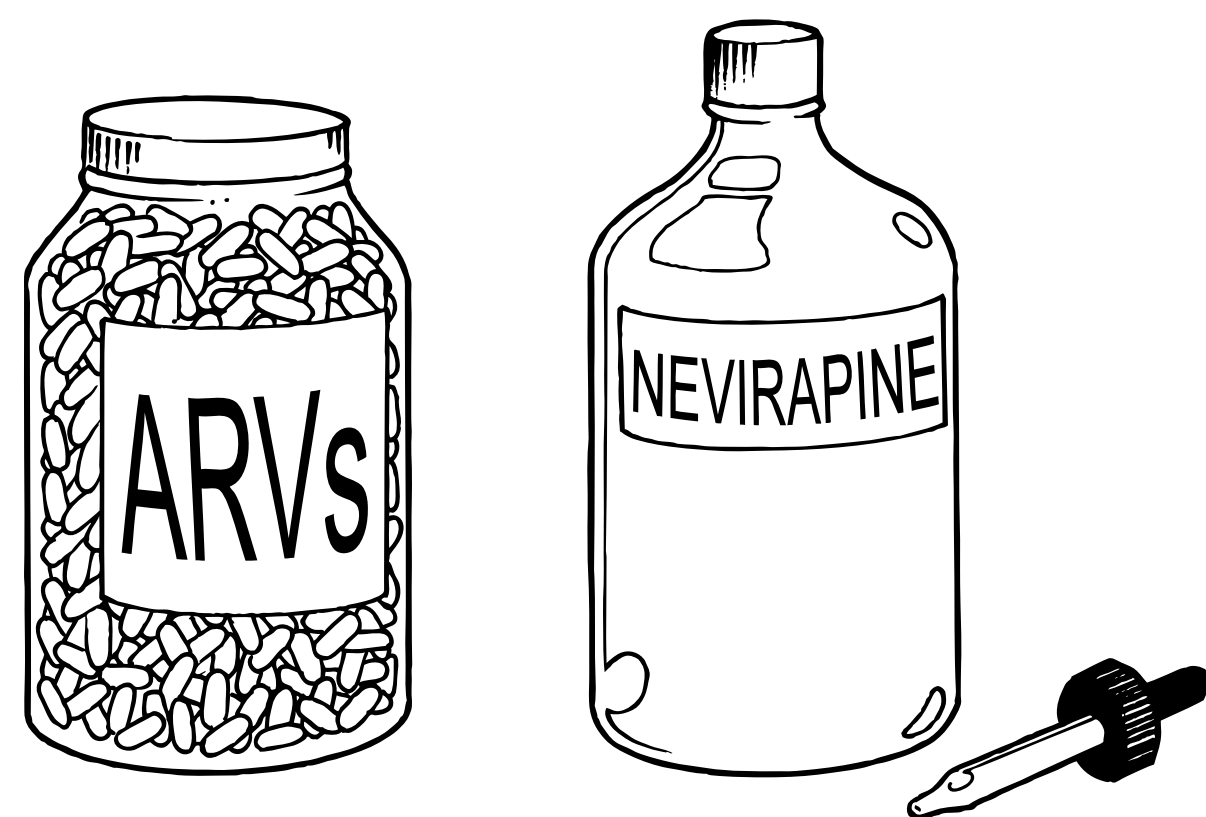


Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana mu gihe ari kunda no mu kubyara

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

Iyo umugore utwite ageze igihe cyo kubyara ajya kunda (ibise) (ni ukuvuga ububabare bwungikanya yumva mu nda). Isuha ye irameneka, ibintu bisa n'uruzi bivanze amaraso make bigasohoka mu gitsina cye. Iyo umugore ubana n'ubwandu bw'agakoko gatera SIDA agiye ku nda, agomba kwihutira kuja kwa muganga ari kumwe n'umuntu wo kumufasha. Agomba kwitwaza imyenda imeshe ye n'iy'umwana.

Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana atwite nyuma y'uko avutse



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



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



Inkingo



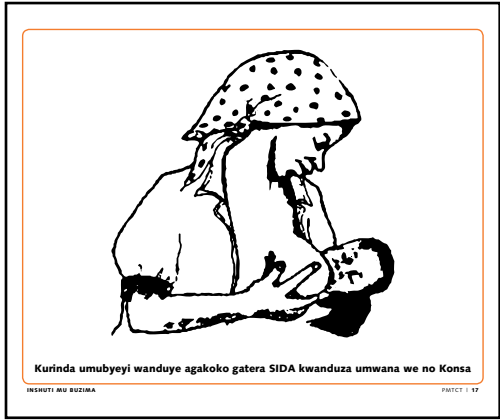
Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana nyuma y'uko avutse

Kugira ngo umubyeyi wanduye agakoko gatera SIDA yirinde kwanduza umwana we, agomba:

- Gukomeza gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA no kujya ku kigo nderabuzima iyo agaragaje ingaruka mbi zirimo kugira umwera ku mubiri, kuzungera cyangwa umunaniro ukabije. Agomba gufata imiti 3 igabanya ubukana buri munsu igihe cyose yonsa kugeza umwana agize amezi 18 y'amavuko. Umugore agomba gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA iyo yigeze kugira umubare w'abasirikari bari munsu ya 500.
- Guha umwana umuti wa Nevirapine mu gihe cy'ibyumweru 6 (rimwe na rimwe no hejuru yayo). Agomba kujyana umwana ku kigo nderabuzima mu munsu 3 nyuma yo kuvuka kugira ngo ahabwe umuti wa nevirapine iyo atabyariye kwa muganga. Biba byiza cyane iyo umwana atangiye gufata nevirapine uherye ku munsu yavukiyeho.
- Guha umwana imiti ya antibiyotiki (Bactrim) uherye ku byumweru 6 nyuma yo kuvuka.
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku byumweru 6 nyuma yo kuvuka (Ikizami nyacyo cy'ubwandu bw'agakoko gatera SIDA-DBS)
- Gukingiza umwana nk'uko amabwiriza y'igihugu abiteganyaga.
- Gukomeza kujyana umwana ku kigo nderabuzima incuro 1 mu kwezi kumusuzumisha kugeza igihe agiriye amezi 18.
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku ncuro ya 2 agize amezi 18 (Amaraso y'umwana arapimwa; umwana agacutswa muri Gahunda yo Kwirinda kwandura)
- Konsa umwana we iyo umubyeyi yafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA buri munsu nibura mu gihe cy'amezi 3 mbere yo kubwara.



Kurinda umubyeyi wanduye agakoko gatera SIDA kwanduza umwana we no Konsa



Kurinda umubyeyi wanduye agakoko gatera SIDA kwandu- za umwana we no Konsa

Mu myaka myinshi ishize, abaganga, abaforomo, hamwe n'Abajyanama b'ubuzima ba hano bigishije abagore babana n'ubwandu 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'ubwandu bw'agakoko gatera SIDA konsa abana babo. Iyo ni yo mpamvu abaganga bigisha ko guha abagore bose babana n'ubwandu 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 ntibigire ikibazo bitera.

Mu bihugu byinshi abaganga basanze ko gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA ku mugore utwite mu mezi ya mbere yabo yo gutwita bituma konsa umwana nta kibazo bitera. Urugero, mu mwaka w'i 2008 n'uwa 2009, abaganga batangiyeye gutanga imiti 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'ubwandu bw'agakoko gatera SIDA—ni ukuvuga bagore 1000 bo mu gihugu cya Bostwana n'abandi 1,000 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 twakekaga ko gishobora kwanduza (ni ukuvuga konsa ku bagore banduye agakoko gatera SIDA) nta kibazo giteye, ahubwo ko ari cyiza cyane ku mubyeyi no ku mwana.

Ubwu bushakashatsi bwatugaragariye ko abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora konsa abana babo nta kibazo iyo batangiyeye 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'ubwandu bw'agakoko

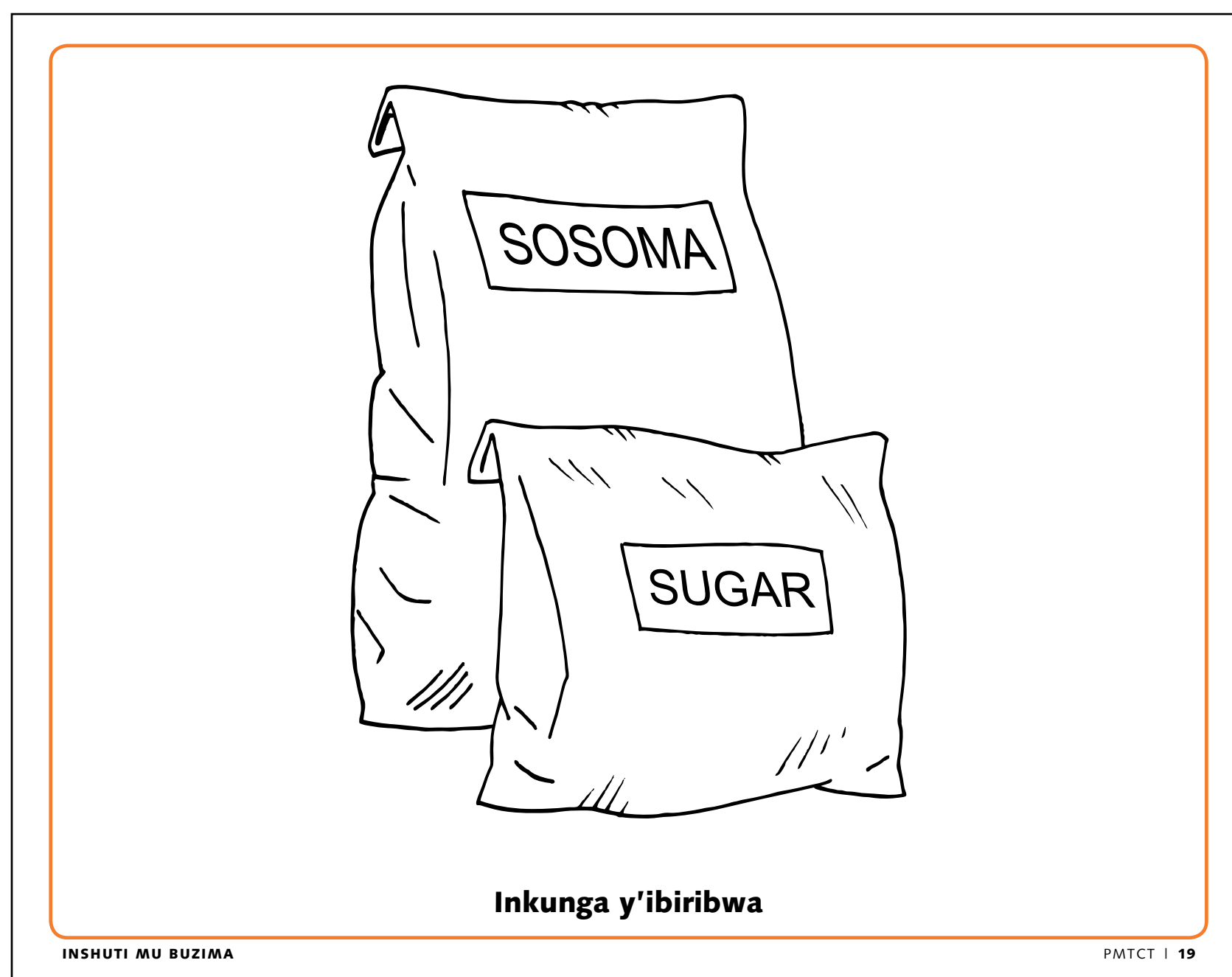
gatera SIDA bagomba kandi kujya kwa muganga kwisuzumisha mbere yo kubyara, kubyarira kwa muganga no guhabwa umuti wa Nevirepine ndetse no gupimisha abana babo ubwandu bw'agakoko gatera SIDA mu rwego rwo kwirinda kubanduza.

Amashereka ni funguro 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'imibiri y'abana bakanabarinda 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.

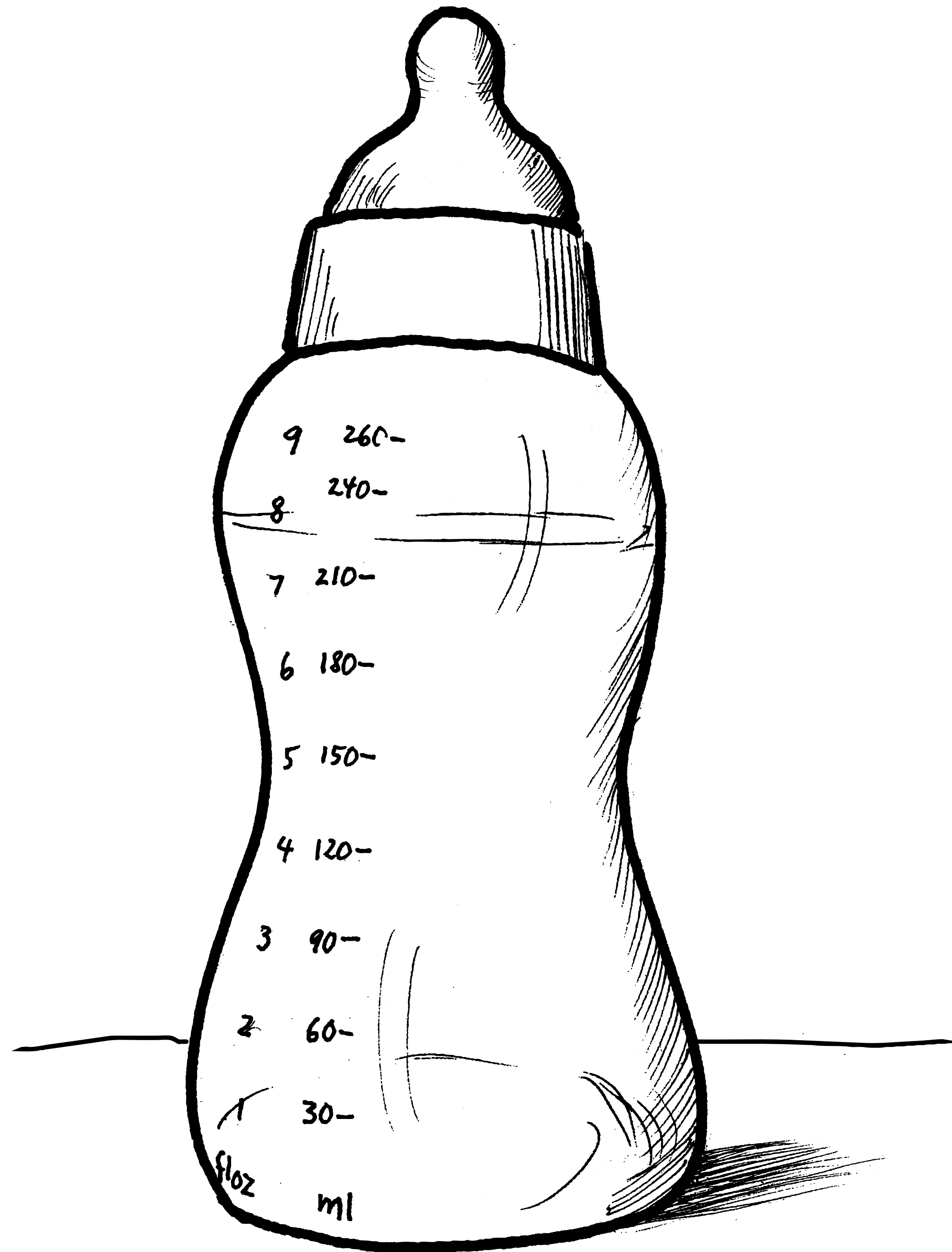


Inkunga y'ibiribwa

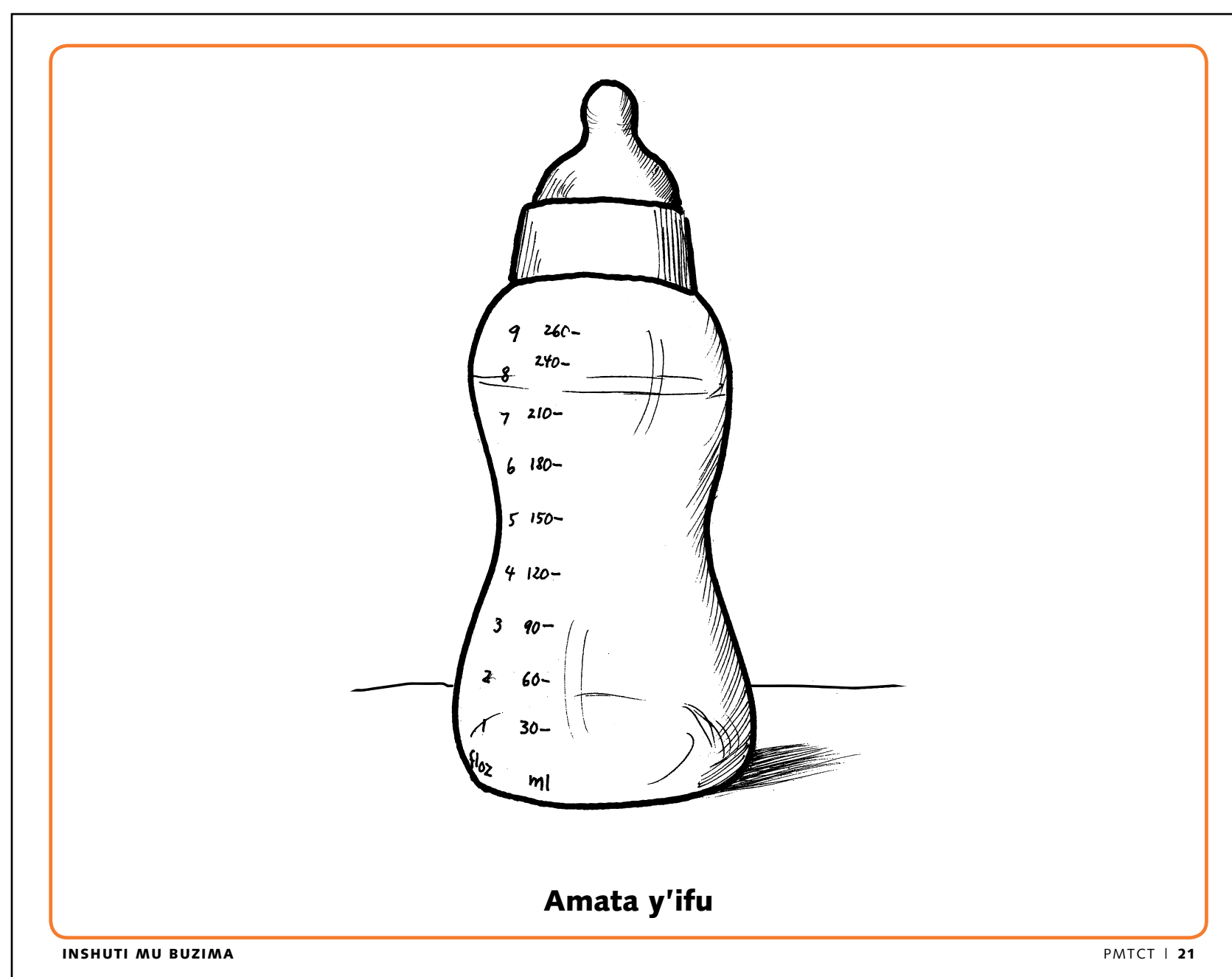


Inkunga y'ibiribwa

Kugira ngo wizere ko abagore batwite n'abonsa babana n'ubwandu bw'agakoko gatera SIDA babona ifunguro ryuzuye, bafite ubuzima bwiza kandi bita ku bana babo neza, ikigo nderabuzima kigomba kubaha ibiribwa binyuranye bagenerwa buri kwezi. Abagore batwite babana n'ubwandu bw'agakoko gatera SIDA batangira guhabwa ibiribwa (sosoma n'isukari) ku muni batangiriyeho Imiti 3 igabanya ubukana bwa SIDA. Nyuma y'aho, abagore bashobora gufata ibiribwa binyuranye ku kigo nderabuzima buri kwezi. Abo bagore bakomeza guhabwa ibyo biribwa binyuranye kugeza ku mezi 18 nyuma y'uko abana babo bavutse (icyo gihe baba bonsa).



Amata y'ifu



Amata y'ifu

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



Igikorwa cya 1 mu gutegura amata y'ifu – Gukaraba intoki



Gutegura amata y'ifu: Igikorwa cya 1 Gukaraba intoki

Karaba intoki zawe ukoresheje isabune n'amazi meza.

- Ese umugore uzaba wigisha ashobora kuvana amazi meza hehe?

(Akira ibisubizo by'abantu bake babishaka).



Igikorwa cya 2 mu gutegura amata y'ifu – Guteka ibikoresho



Gutegura amata y'ifu: Igikorwa cya 2 Guteka ibikoresho

Ibikoresho bigomba gusukurwa mu mazi atetse. Shyushya amazi yo kwogesha ibyombo yature amare hagati y'iminota 5-10. Shyira icupa, umufuniko waryo hamwe na tetine muri ayo mazi yatuye. Bikure mu mazi ukoresheje ikiyiko nyuma y'iminota 3. (Iyo umubyeyi akoresha icupa rya parasitiki, ntagomba kurishyira mu mazi yatuye. Amacupa ya parasitiki agomba gusukurwa bakoresheje amazi meza n'isabuni yabigenewe.)



Igikorwa cya 3 mu gutegura amata y'ifu – Guteka amazi



Gutegura amata y'ifu: Igikorwa cya 3

Guteka amazi

Teka amazi akoreshwa ku mata y'ifu yature amare hagati y'iminota 5-10.

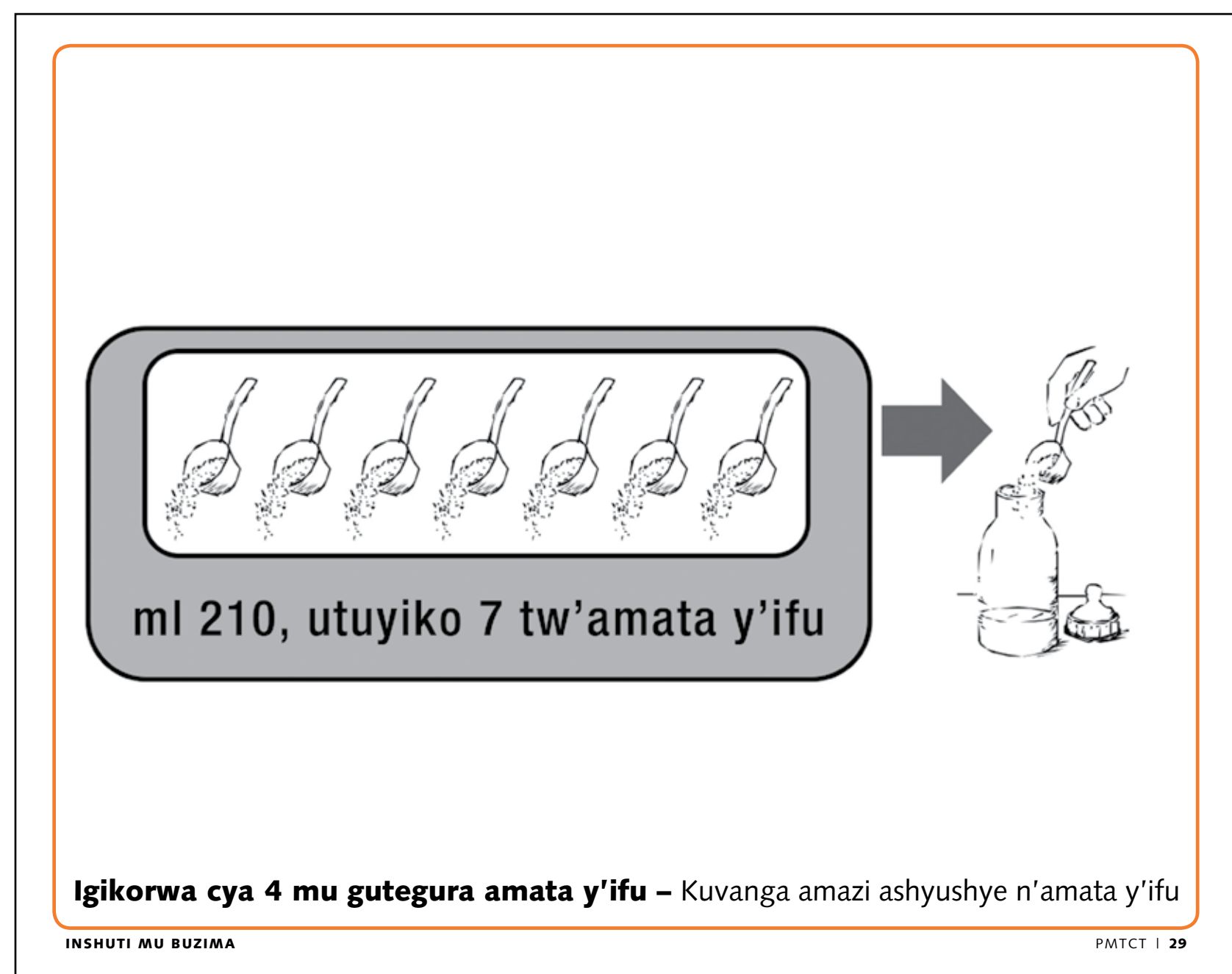
Amazi agomba kuba yatuye kugira ngo yice udukoko twose dutera indwara. Iyo udakoresheje amazi meza n'ibikoresho bifite isuku, umwana ashobora kurwara impiswi ndetse akaba yanapfa. Ikigo nderabuzima gitanga ibikoresho byose ukenera kugira ngo bagufashe kubona amazi n'ibikoresho bifite isuku.



ml 210, utuyiko 7 tw'amata y'ifu



Igikorwa cya 4 mu gutegura amata y'ifu – Kuvanga amazi ashyushye n'amata y'ifu



Gutegura amata y'ifu: Igikorwa cya 4

Kuvanga amazi ashyushye n'amata y'ifu

Mu gihe uvanga amata y'ifu n'amazi yatuye, soma amabwiriza ari ku gikombe kirimo amata maze uyakurikize. Urugero, ushobora kuvanga milimetero 200 z'amazi yatuye mu icupa maze ukongeramo ibiyiko 8 by'amata y'ifu. (Koresha ibikoresho ibyo ari byo byose byo gupima bizwi cyane muri ako gace.) Niba umubyeyi adashobora gusoma, musomere kandi ukore ku buryo ashobora kwibuka ayo mabwiriza).



Gutegura amata y'ifu: Igikorwa cya 5 – Kuvanga neza



Gutegura amata y'ifu: Igikorwa cya 5 Kuvanga neza

Cugusa icupa cyane kugira ngo amata n'amazi byivange.



Igikorwa cya 6 mu gutegura amata y'ifu – Kugaburira umwana



Gutegura amata y'ifu: Igikorwa cya 6 Kugaburira umwana

Gaburira umwana ukoresheje icupa. Gaburira umwana nyuma ya buri masaha 2 kugeza kuri 3 mu byumweru 2 nyuma yo kuvuka. Nyuma umugaburire nyuma ya buri masaha 3 (incuro 8 ku munsi) mu gihe cy'amezi 3 akurikiraho. Nyuma y'aho, ugomba gukomeza kugaburira umwana amata uko agenda akura. Ku mezi 6, tangira kugaburira umwana ibiryo byoroheje ubivanga n'amata y'ifu.



Kunywa amata asagutse cyangwa Kuyamena



Nywa amata asagutse cyangwa uyamene

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

**Ndabashimiye kuba mwemeye
gusubiza ibi bibazo.**



INSHUTI MU BUZIMA

