



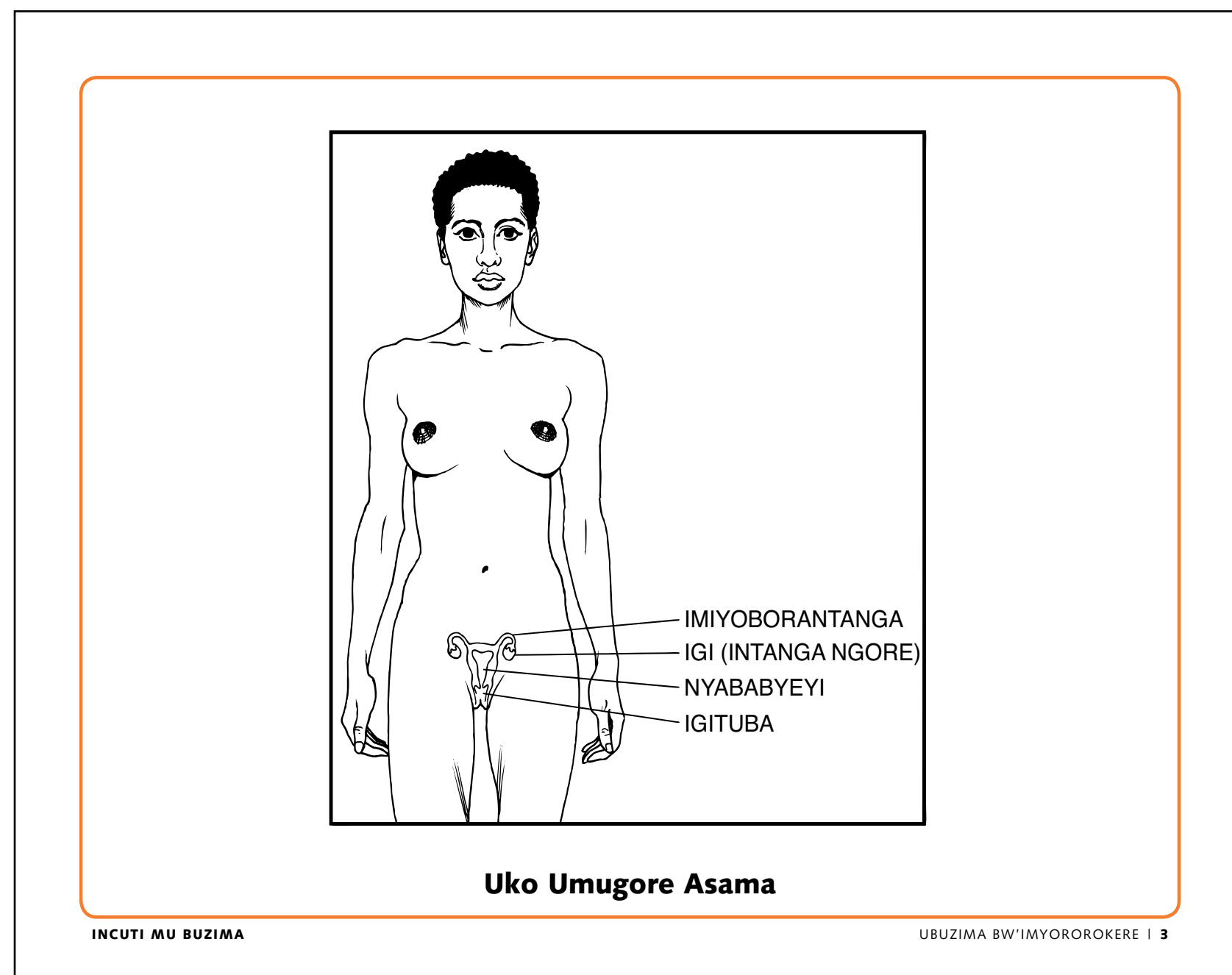
KINYARWANDA

# Ubuzima bw'imyororokere



INSHUTI MU BUZIMA





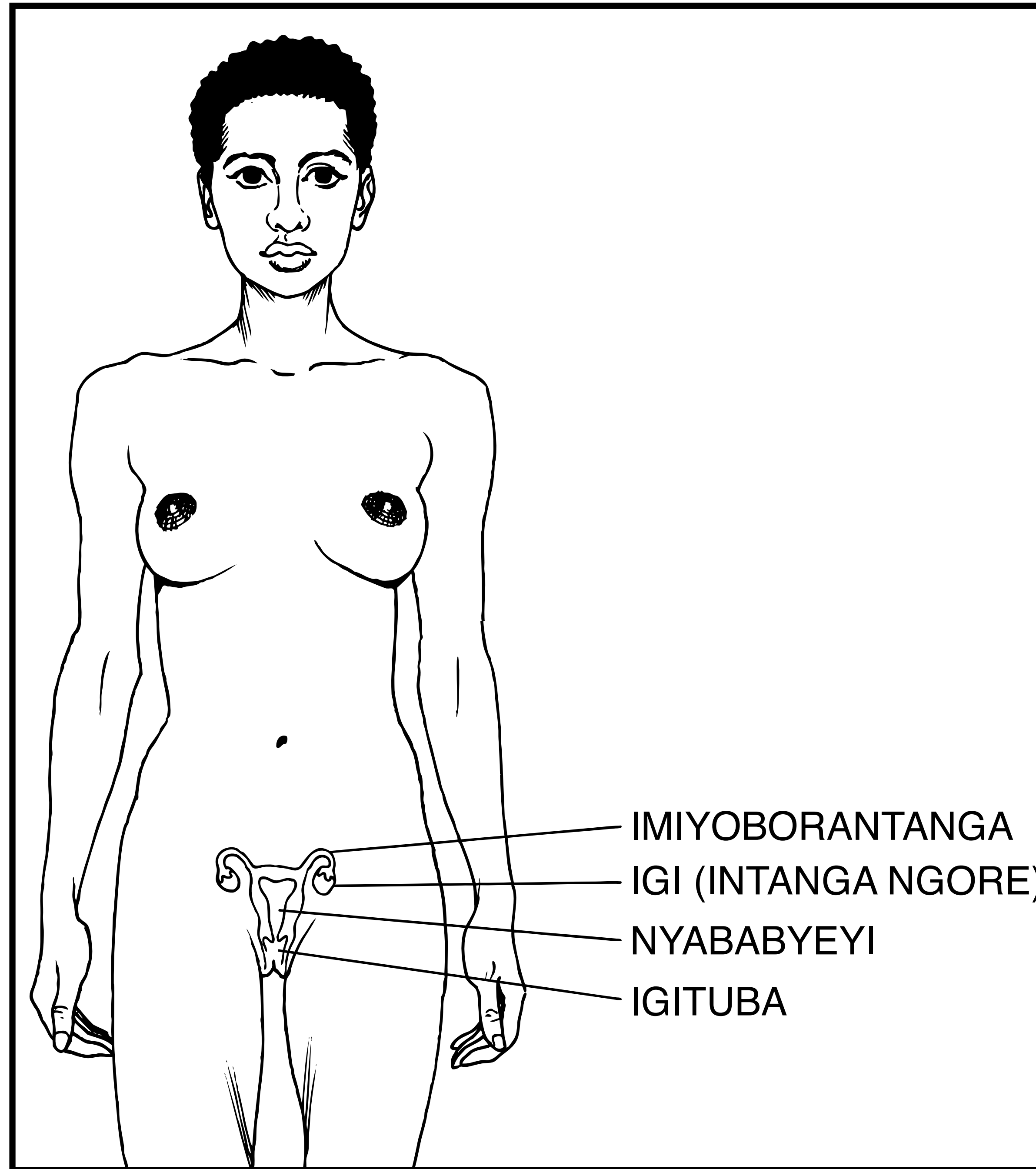
## Uko Umugore Asama

Iyi foto igaragaza imyanya myibarukiro y’umugore – ibice by’umubiri we bigira uruhare mu gusama kwe, kurera umwana no mu kubyara.

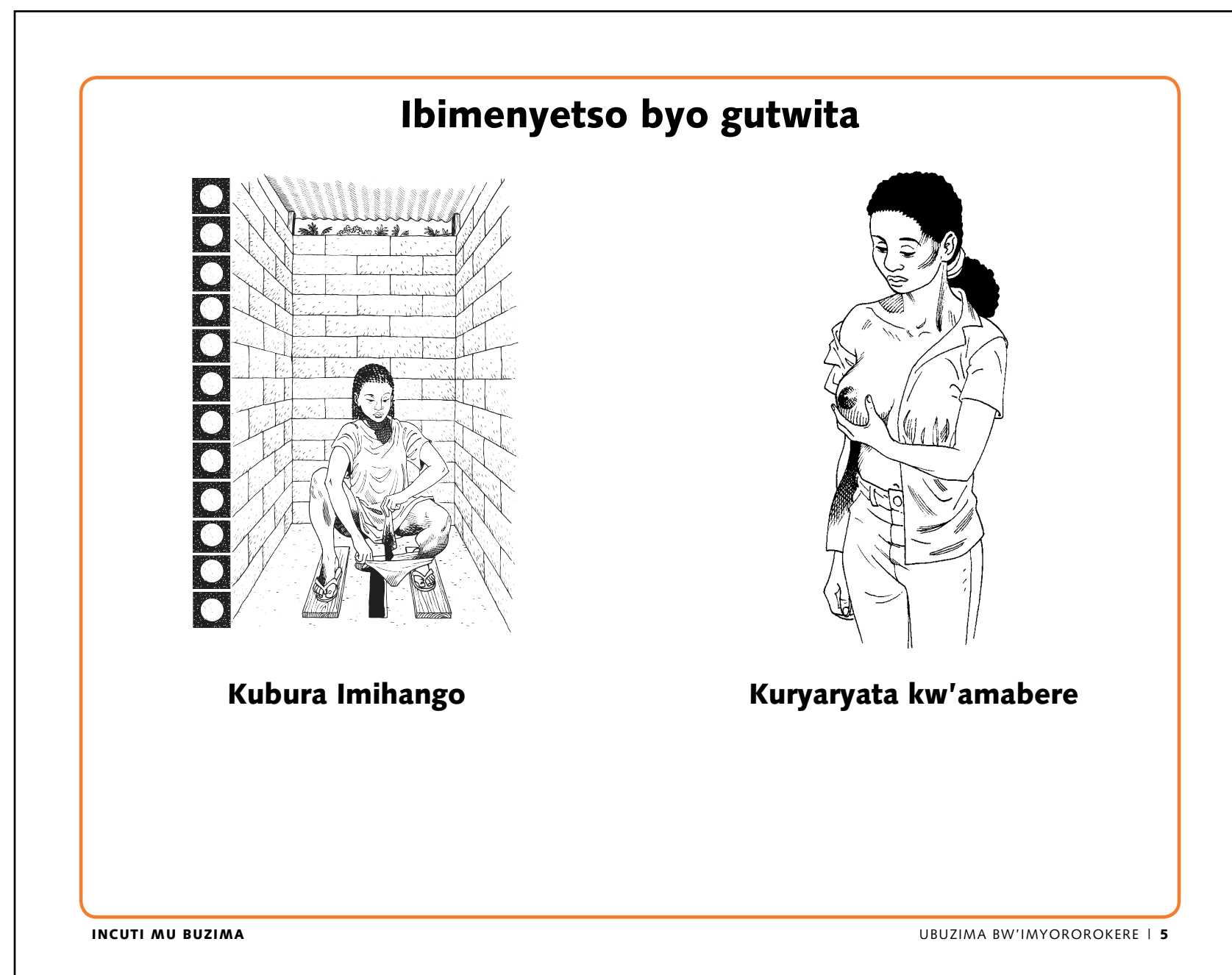
Buri kwezi **igi** ryahishije (intanga ngore) rirarekurwa rikajya gutegerereza muri **nyababyeyi** (ishobora no kwitwa “Umura”). Iyo umugabo n’umugore bakoze imibonano mpuzabitsina, intanga ngabo zisohoka zinyuze mu gitsina Gabo (imboro) hanyuma zikisuka muri nyababyeyi. Iyo intanga ngabo ihuye n’intanga ngore (igi), iri gi rihera ko riyomeka kuri **nyababyeyi** hanyuma rigatangira gukura rivamo umwana. Ibi ni byo bisobanura ko umugore atwite.

Iyo umugore adasamye muri uko kwezi, rya gi rirashwanyagurika rigasohoka hanze rimeze nk’amaraso mu gihe cy’imihango y’umugore.

**Nyababyeyi** ni umutsi ukoze nk’igikapu. Nyababyeyi itangira ari akantu gato, ariko uko umwana agenda akura ni ko na yo igenda yiyongera. Mu mezi ya mbere yo gusama, inda iba ikiri nto cyane ku buryo umugore aba ameze nk’udatwite.



## Uko Umugore Asama



## Ibimenyetso byo gutwita

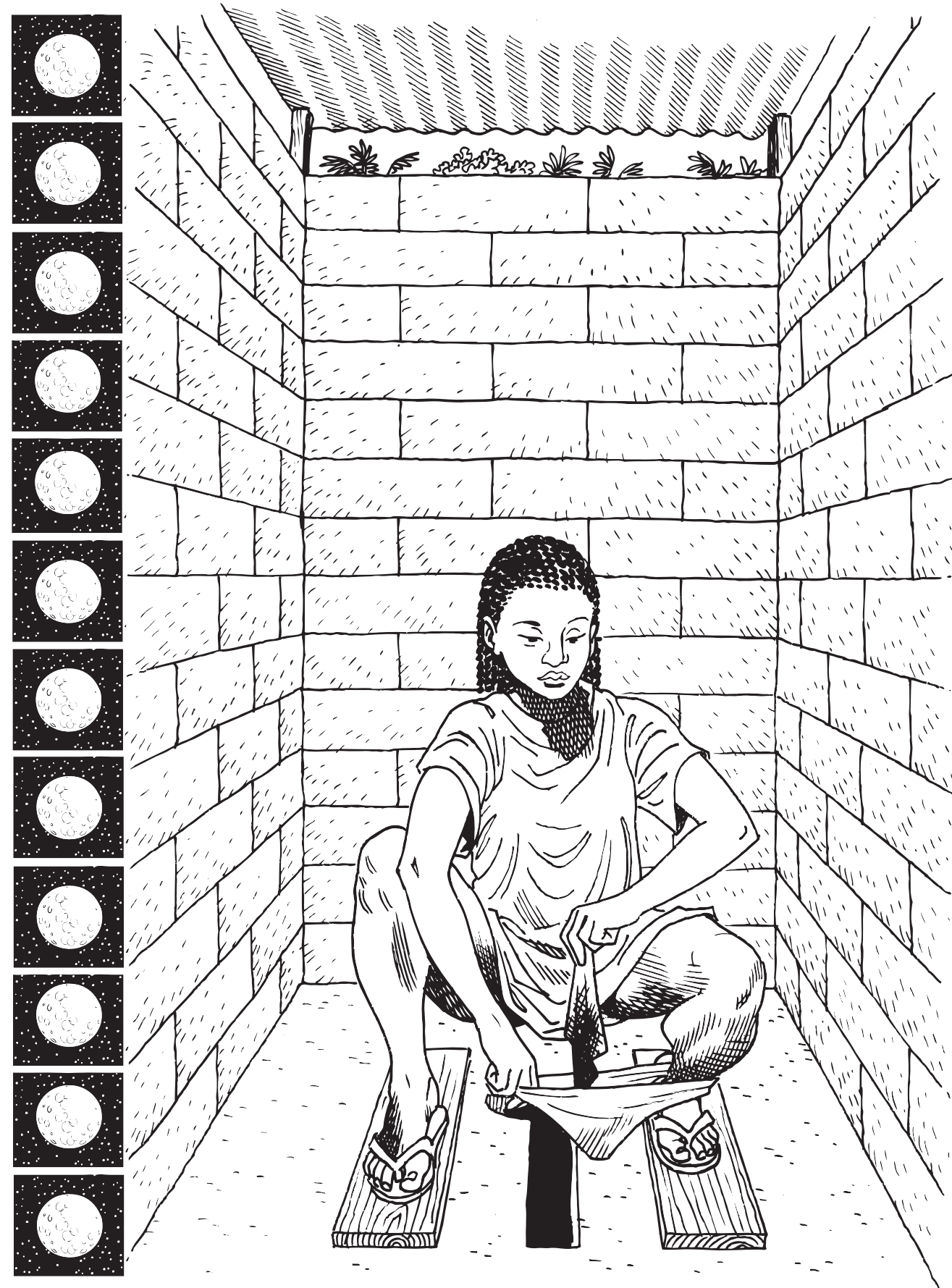
Iyo umugore yasamyeye, abura **imihango**. Impamvu ni uko intanga ngabo iba yarahuye n'igi (intanga ngore) maze rya gi rikiyomeka kuri nyababyeyi, hanyuma rigatangira gukura rivamo umwana. icyo gihe rya gi nta bwo rishwanyagurika ngo risohoke hanze nk'uko bisanzwe bigenda mu mihango y'umugore ya buri kwezi.

Mu miryango iwacu, imihango y'umugore bayita ayahe mazina? Abagore bo bayita gute?

Iyo umugore atwite, amabere ye araryaryata hanyuma akagenda arushaho kuba manini.



# Ibimenyetso byo gutwita

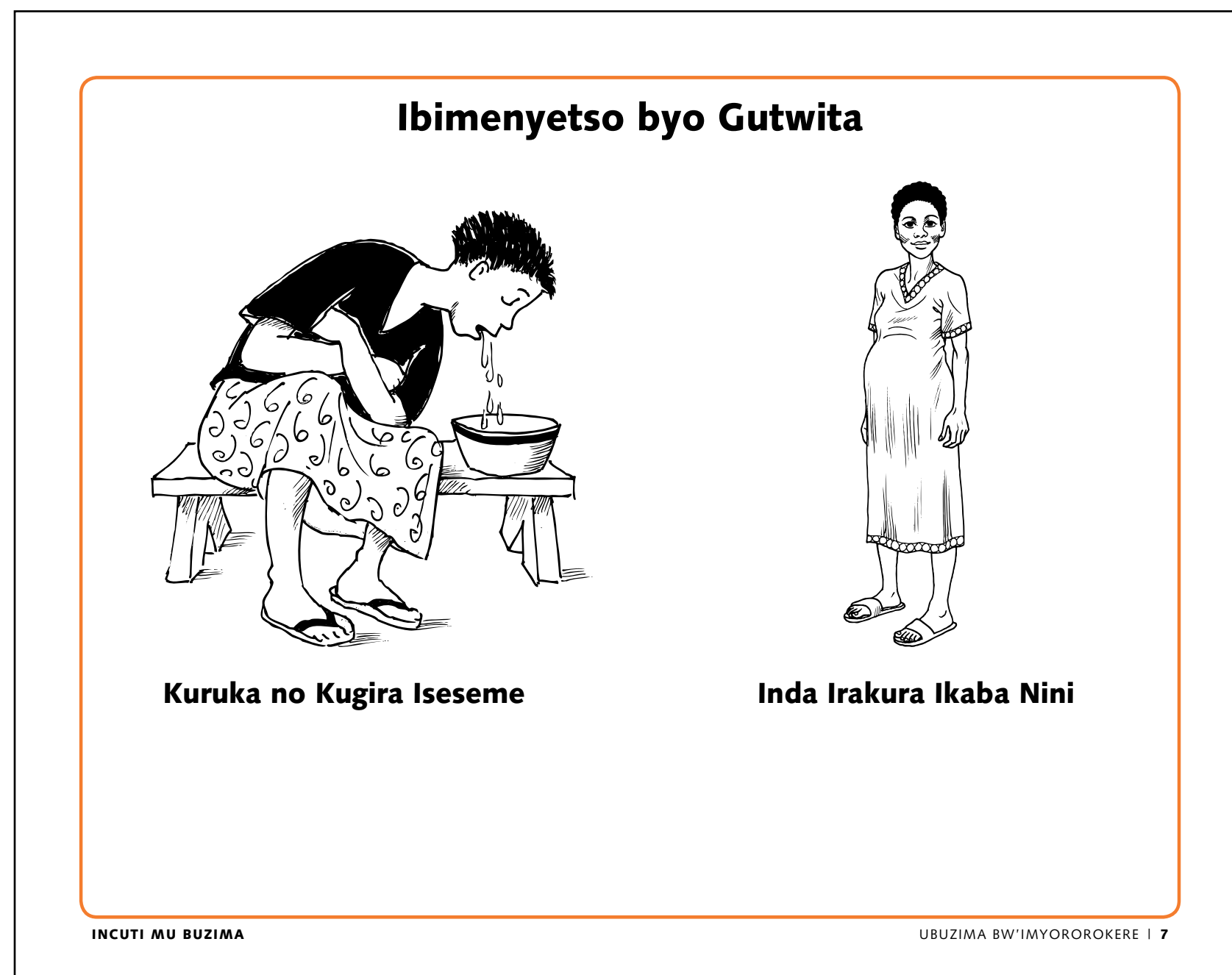


**Kubura Imihango**



**Kuryaryata kw'amabere**





## Ibimenyetso byo Gutwita

Umugore ashobora kugira iseseme hanyuma akanaruka rimwe na rimwe.

Ashobora kumva ananiwe cyane kurusha uko bisanzwe.

Uko umwana agenda akura ni na ko inda y'umugore na yo irushaho kuba nini. Mu mezi ya mbere yo gusama umwana aba akiri muto cyane ku buryo n'inda y'umugore na yo iba itaraba nini. Umugore agomba gutangira kwiyitaho ku buryo budasanzwe ndetse no kwita ku mwana we kuva agisama, n'ubwo inda ye yaba itaratangira kugaragara.



# Ibimenyetso byo Gutwita

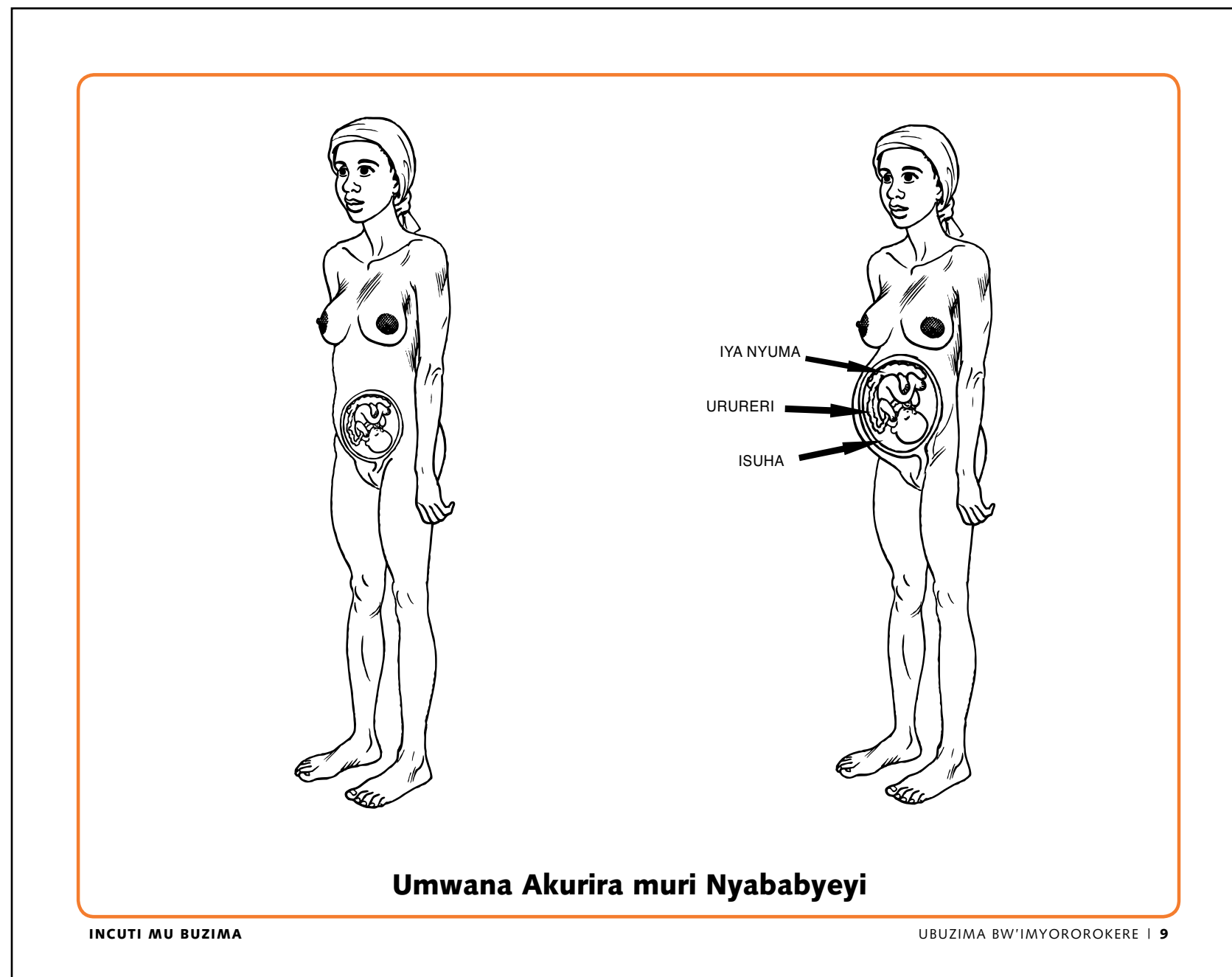


**Kuruka no Kugira Iseeme**



**Inda Irakura Ikaba Nini**

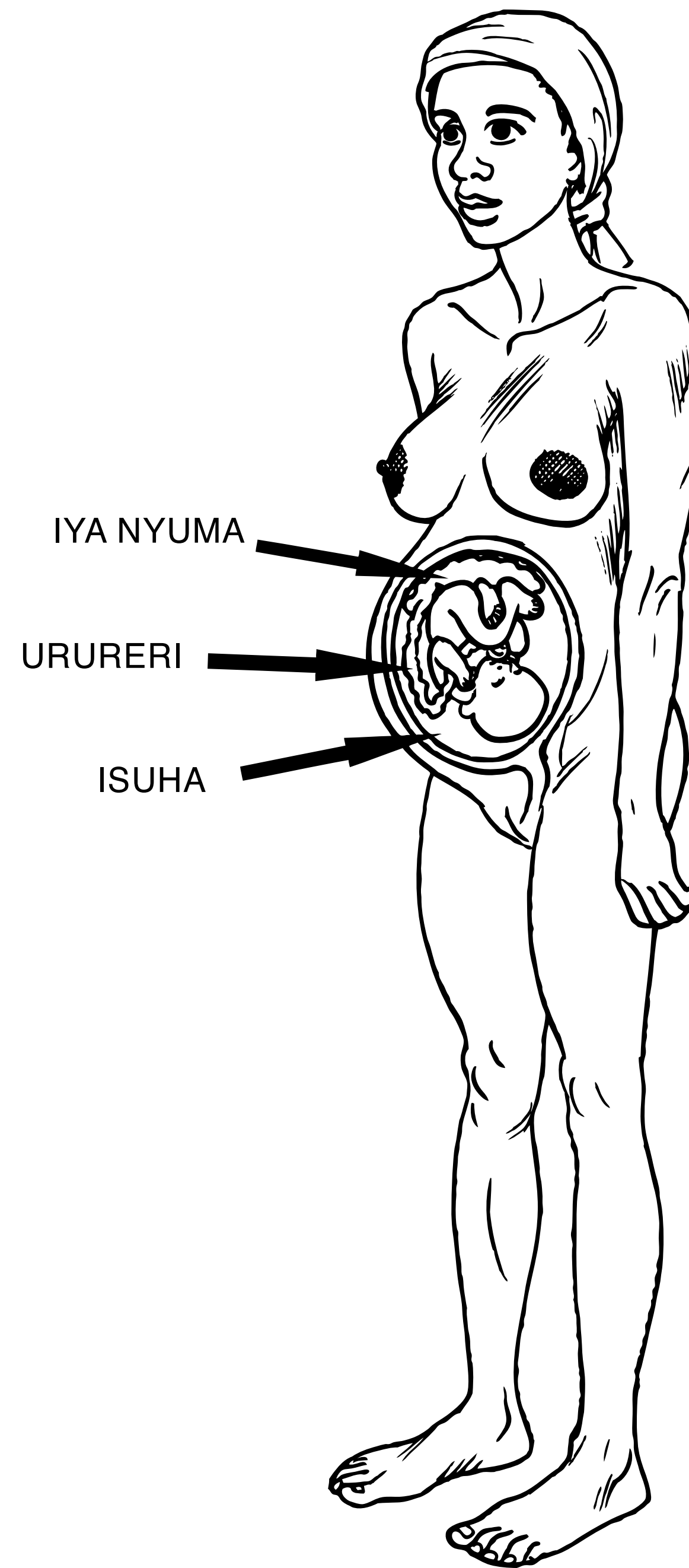
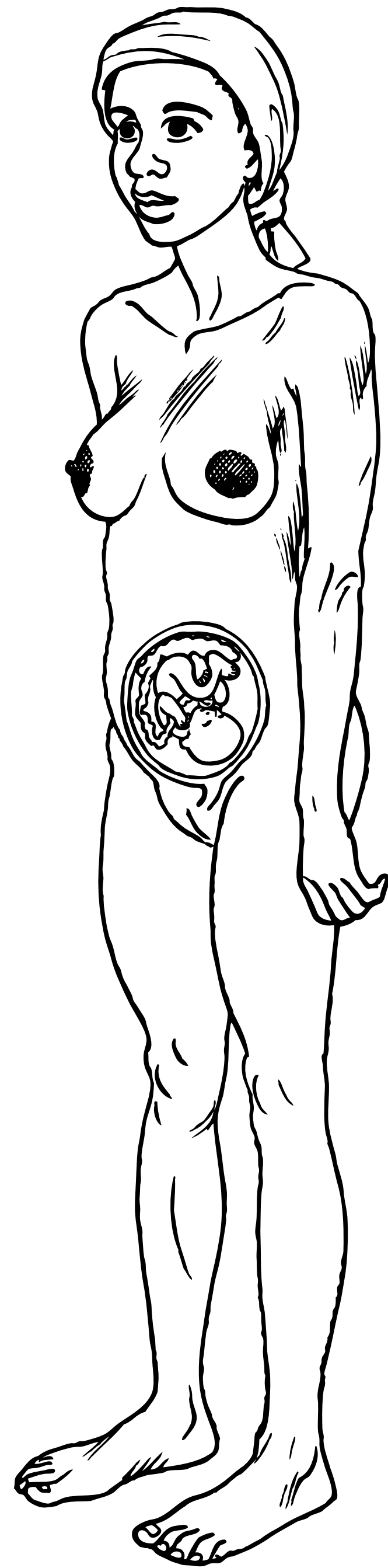




## Umwana Akurira muri Nyababyeyi

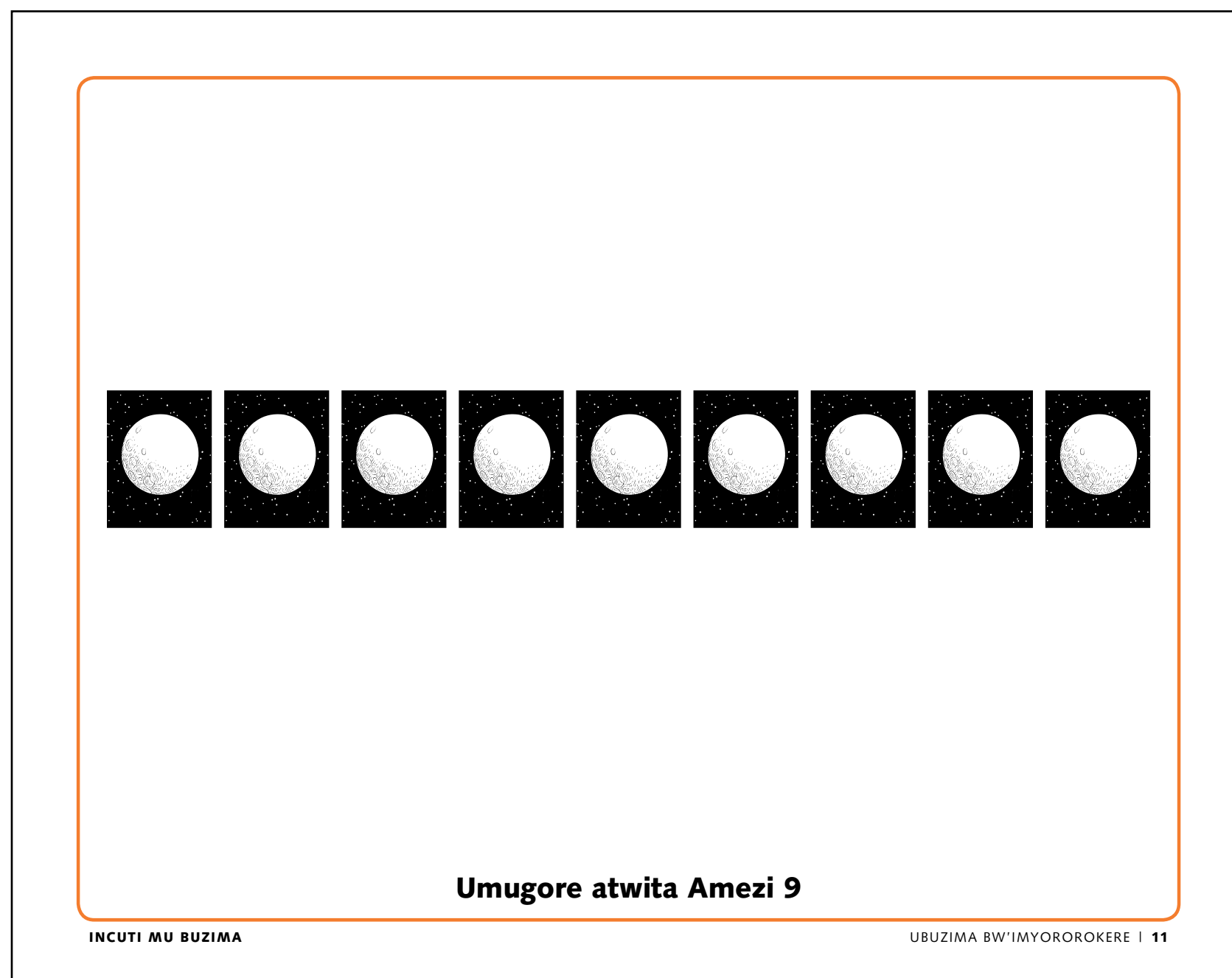
Umwana agenda akura buri kwezi. Mu mezi ya nyuma yo gutwita, nyababyeyi y’umugore iba yaragutse cyane ku buryo ibasha gukwirwamo umwana neza. **Isuha** ni agasaho gato kaba mu nda kabamo amazi meza. Aya mazi arinda umwana kwandura indwara, ndetse akagenda amutangira uko nyina yinyeganyeza.

**Ingobyi** ni agafuka k’amaraso na ko gakurira muri nyababyeyi iruhande rw’umwana. **Urureri** ruhuza ingobyi n’umwana. Amaraso amwe y’umugore anyura mu ngobyi no mu rureri akagera ku mwana, kandi aba atwaye intungamubiri ziva mu mubiri w’umubyeyi zijya mu mubiri w’umwana.



## Umwana Akurira muri Nyababyeyi



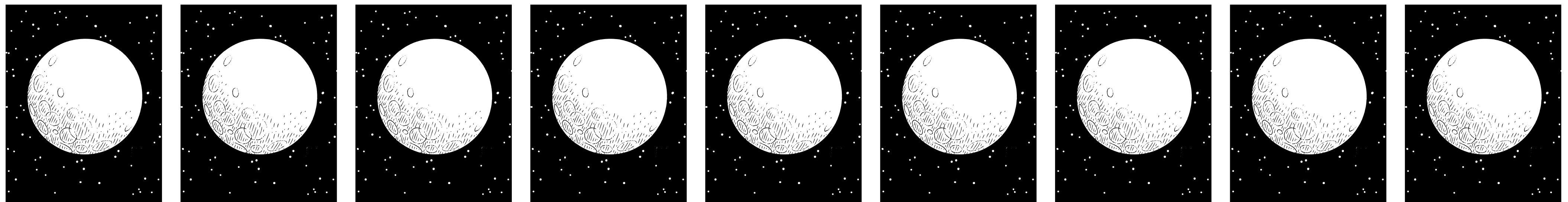


## Umugore atwita Amezi 9

Umugore amara igihe cy'amezi 9 atwite (ibyumweru 40). Mu mezi 3 cyangwa 4 ya mbere inda y'umugore iba itaragaragara. Kuva ku kwezi kwa 4 kujyana hejuru, inda itangira kugenda ikura iba nini.

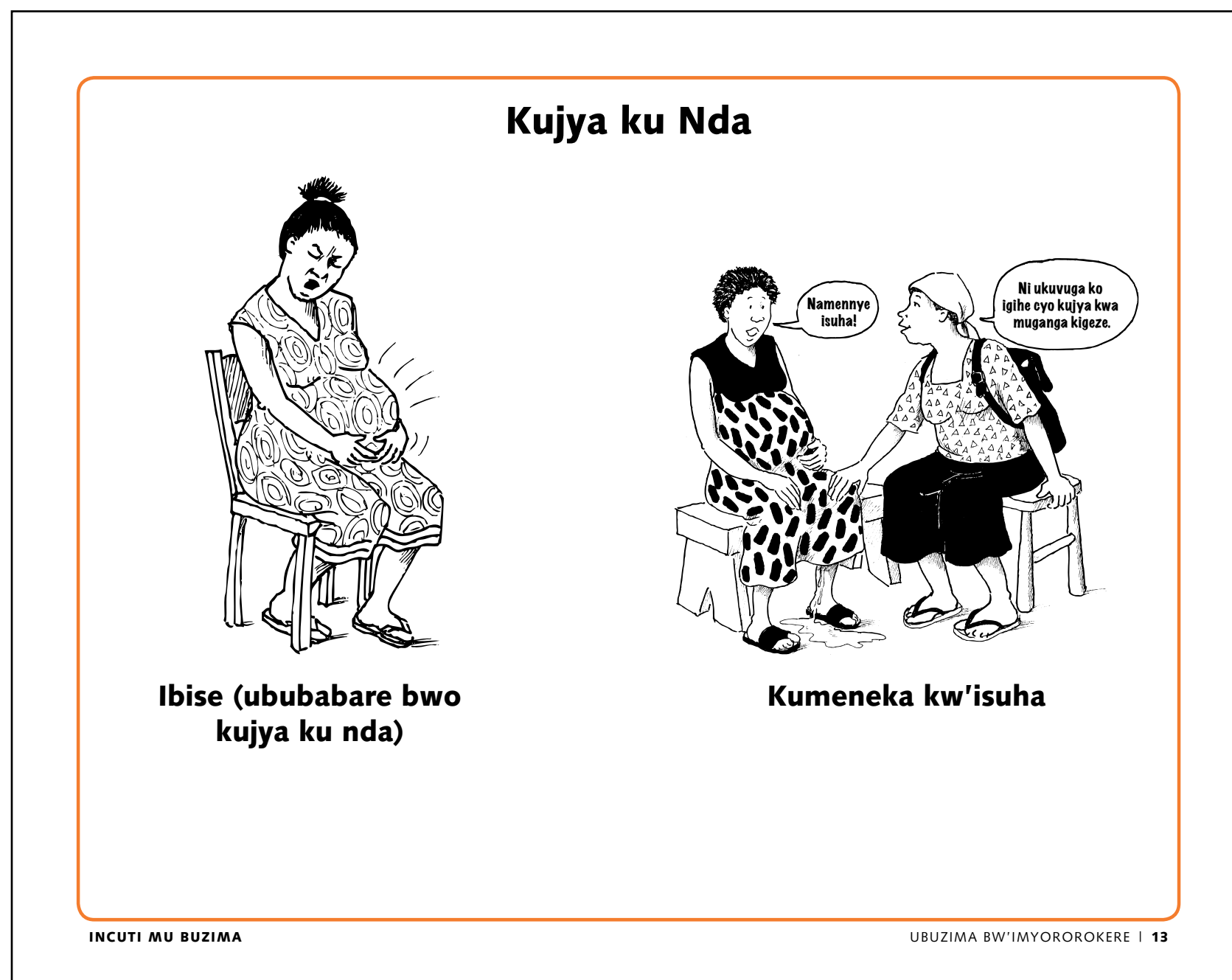
Ni ngombwa ko umugore amenya igihe amaze atwite kugira ngo amenye igihe agomba kujya kwisuzumisha mbere yo kubyara ndetse n'igihe agomba gutangira kwitegura ibise no kubyara.

Mu duce mutuyemo abagore bamenya bate igihe bamaze batwite?



## Umugore atwita Amezi 9





## Kujya ku Nda

Iyo umugore agejeje igihe cyo kubyara, **ajya ku nda**. Iyo ibise bitangiye, imitsi y'umura igenda yegerana hanyuma ikikanya ari na ko isunika umwana ngo asohoke. Ibi ni byo bita **ibise cyangwa ububabare bwo Kujya ku nda**.

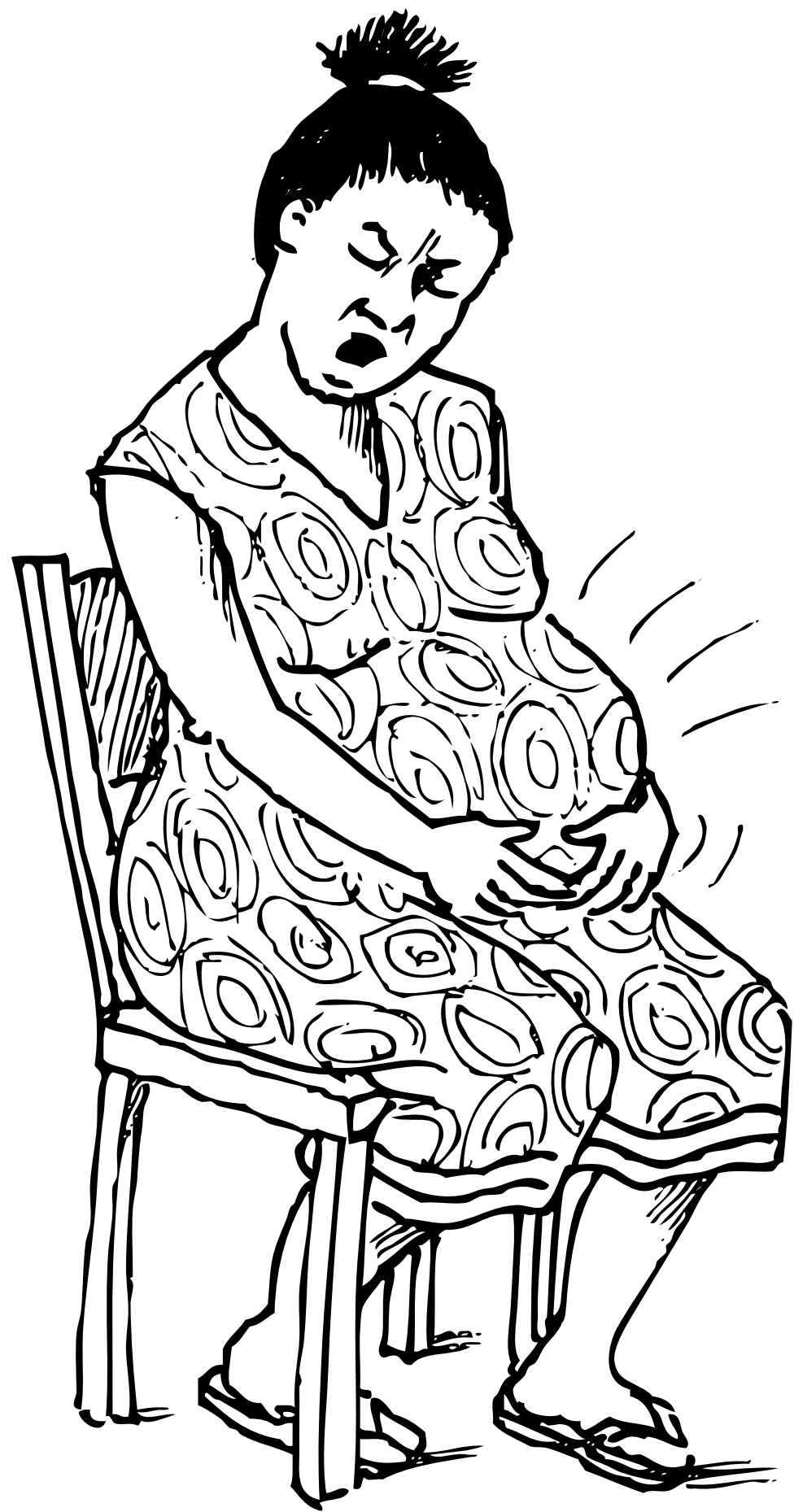
Mbere cyangwa nyuma y'uko ibise bitangira, **isuha irameneka**. Ibi biba igihe ka gasaho k'amazi kaba gakikije umwana mu nda gafungutse hanyuma amazi akameneka agasohokera mu gitsina cy'umugore.

Rimwe na rimwe iyo umugore atangiye kujya ku bise, ururenda rusa n'amaraso kandi rufatira rusohoka mu gitsina cye.

Nyababyeyi ni umutsi ukomeye cyane ku buryo n'ibise na byo biza bifite ingufu. Kuri buri gise, ni ko umwana agenda asohoka hanze buhoro buhoro. Uko ibise bigenda byiyongera, birushaho kungikanya ubudahagarara.

Mu gihe cy'ibise, umwana ava muri nyababyeyi akajya mu **nzira asohokeramo avuka**.

# Kujya ku Nda

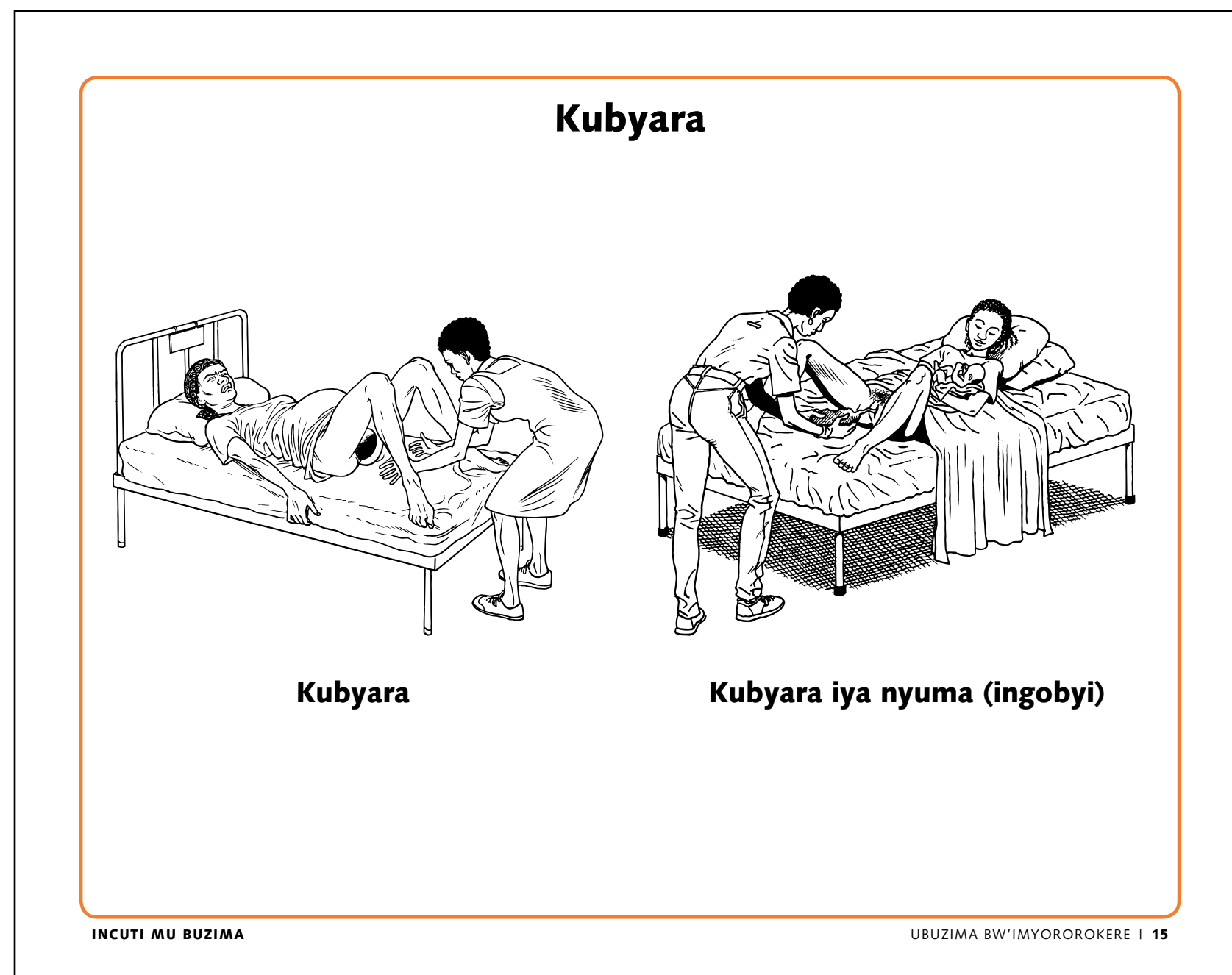


**Ibise (ububabare bwo kujya ku nda)**



**Kumeneka kw'isuha**





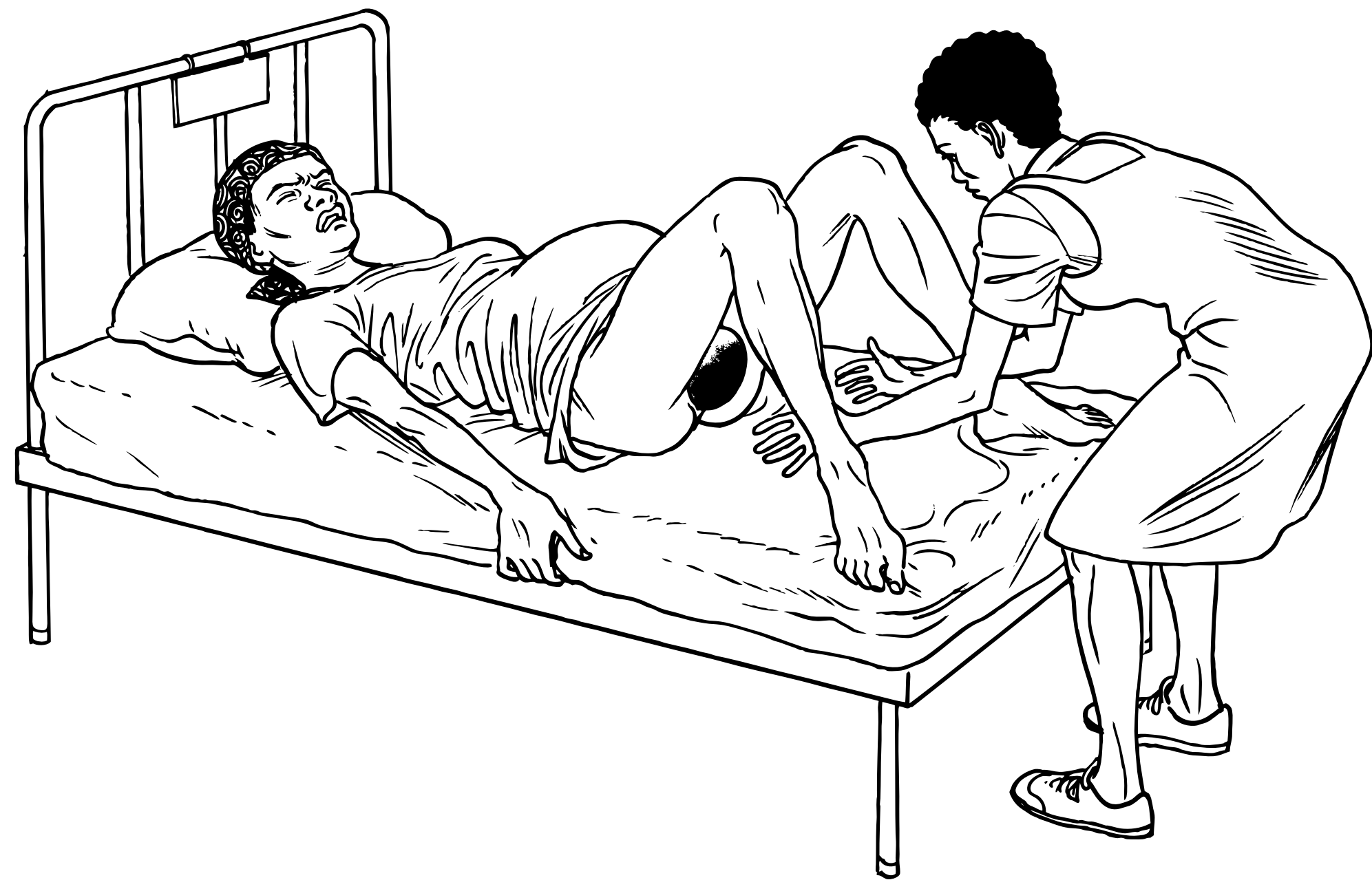
## Kubyara

Iyo umwana yarangije kuva muri nyababyeyi yageze mu **nzira asohokeramo**, umugore na we arasunika buri uko yumvise igise kugira ngo umwana asohoke. Inzira umwana asohokeramo na yo iraguka kugira ngo atambukemo neza, hanyuma akavuka.

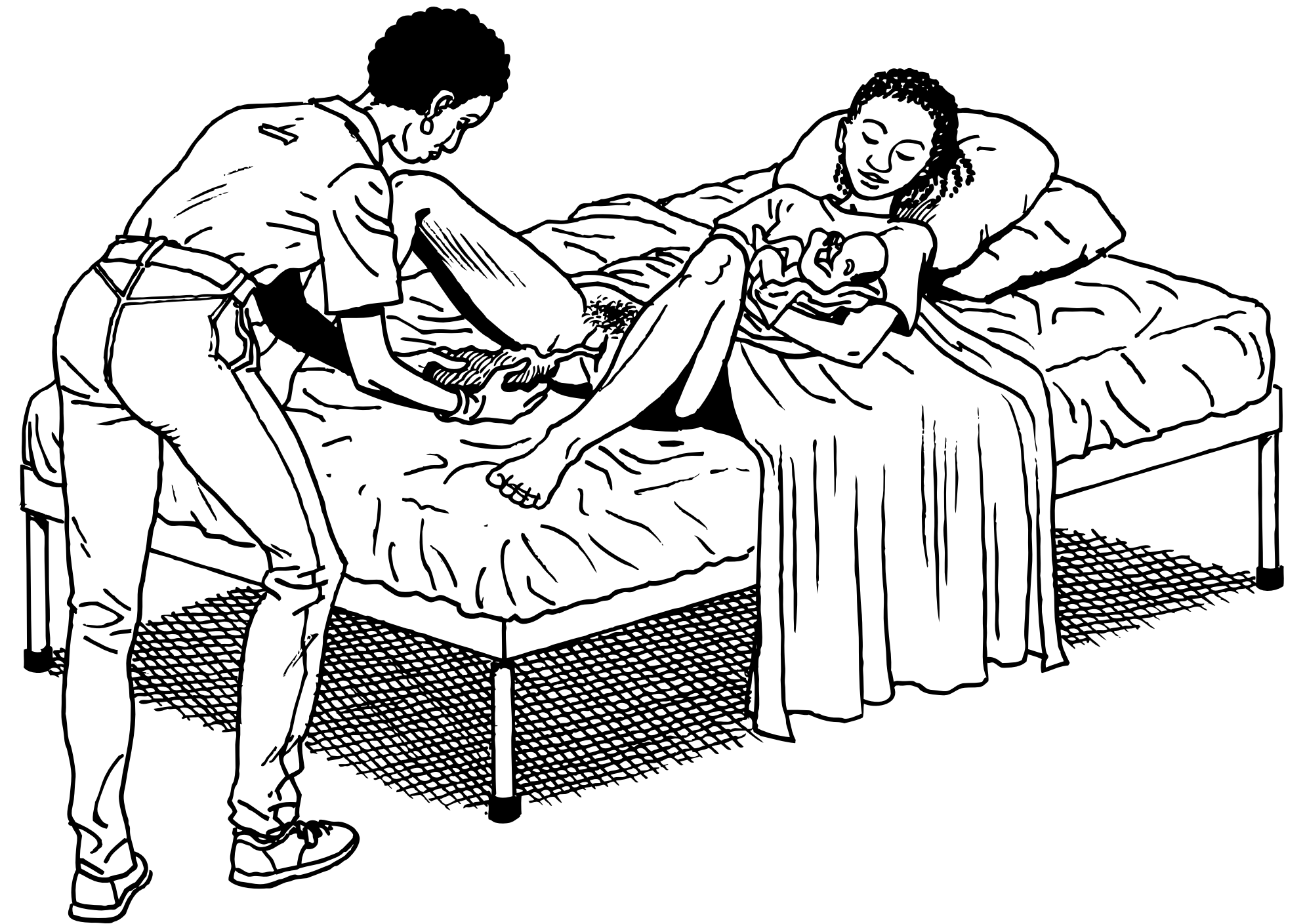
Iyo umwana amaze kuvuka, umuganga akata **urureri** akoresheje icyuma gisukuye kugira ngo umwana atandura indwara. Nyuma y'uko umwana ageze hanze, umugore agomba gusunika cyane kugira ngo **iya nyuma (ingobyi)** na yo isohoke. Icyo gihe hari amaraso avirirana mu gitsina cy'umugore.

Igihe umwana akoresha kugira ngo avuke kiratandukanye kuri buri mugore. Bishobora kumara amasaha make cyangwa se bikaba byanarenza umunsi wose.

# Kubyara



**Kubyara**



**Kubyara iya nyuma (ingobyi)**





## Umugore agomba kugira ubuzima buzira umuze igihe atwite

Kurya indyo irimo intungamubiri zihagije.

- Kubera iki? Abagore batwite baba bigaburira ubwabo hamwe n'abana batwite. Kurya indyo yuzuye bibaha imbaraga, bigatuma umwana akura neza kandi bikabarinda kurwaragurika. Abagore batwite bagomba kurya kurusha uko bari basanzwe kandi bakarya ibiryo byiza bashobora kubona byose.

### Gukoresha umunyu urimo Iyodi

- Kubera iki? Iyodi ituma ubwonko bw'umwana bukura neza. Iyo umugore utwite adafite iyode ihagije, ubwonko bw'umwana bushobora kwangirika. Umugore agomba gukoresha umunyu urimo iyode uringaniye – umunyu mwinshi na wo ni mubi ku buzima.

### Gufata inyongera y'ikinini cya feru

- Kubera iki? Abagore batwite bashobora kubura amaraso mu mubiri wabo, ni ukuvuga kubura feru ihagije mu maraso yabo. Ikinini cya Feru kibarinda uko kubura amaraso mu mubiri.

# Umugore agomba kugira ubuzima buzira umuze igihe atwite



**Kurya indyo irimo  
itungamubiri zihagije**



**Gukoresha umunyu  
urimo iyodi**



**Gufata inyongera ya Feru**





# Umugore agomba kugira Ubuzima buzira umuze igihe atwite

Kuryama no kuruhuka bihagije.

- Kubera iki? Umubiri w'umugore ukoresha imbaraga nyinshi mu gukuza umwana n'ingobyi. Umugore aba kandi yikoreye ibiro byinshi uko umwana agenda akura. Ni yo mpamvu abagore batwite bagomba kuruhuka bihagije kugira ngo babone imbaraga bakeneye.

Kuryama mu nzitiramibu

- Kubera iki? Iyo umugore utwite afashwe na malariya, aba ashobora kuyanduza umwana atwite. Abagore bagomba kwirinda imibu, bagahora bifubitse igihe cyose ninjoro, hanyuma bakanaryama mu nzitiramibu. Abagore batwite bajya ku kigo nderabuzima bagahabwa inzitiramibu ku buntu.

# Umugore agomba kugira Ubuzima buzira umuze igihe atwite



**Kuryama no Kuruhuka Bihagije**



**Kuryama mu Nzitiramibu**





# Umugore agomba kugira ubuzima buzira umuze igihe atwite

Kugira isuku ku mubiri no koza amenyo.

- Kubera iki? Kugira isuku birinda umugore utwite kwandura indwara zamuteza ibibazo hanyuma bikagira ingaruka mbi ku mwana uri mu nda.

Kwisuzumisha inshuro zose zitegetswe mbere yo kubyara.

- Kubera iki? **Abagore bose batwite bagomba kujya ku kigo nderabuzima kwisuzumisha nibura inshuro 3 mbere yo kubyara** (zishobora kurenga iyo hari ibibazo byagaragaye). Mu gihe umugore agiye kwisuzumisha mbere yo kubyara, umuganga asuzuma ko umugore n'umwana atwite bafite ubuzima bwiza akanasuzuma niba umugore afite amaraso ahagije ndetse n'umuvuduko w'amaraso. Iyo umugore agiye kwisuzumisha mbere yo kubyara bamuha ifishi ku kigo nderabuzima igaragaza uko agenda yisuzumisha.

# Umugore agomba kugira ubuzima buzira umuze igihe atwite



**Kugira Isuku ku Mubiri no  
Koza Amenyo**



**Kwisuzumisha inshuro zose  
zitegetswe mbere yo kubyara**



## Umugore agomba kugira ubuzima buzira umuze igihe atwite

Kwirinda kunywa ibisindisha cyangwa itabi.

- Kubera iki? Iyo umugore anyweye ibisindisha mu gihe atwite bigira ingaruka mbi ku mwana uri mu nda. Kimwe n'itabi ryatunganyirijwe mu ruganda cyangwa se rimwe bahinga mu rugo ry'ibibabi byose iyo umugore abinyoye mu gihe atwite bimugiraho ingaruka mbi ndetse zikagera no ku mwana atwite.

Kwirinda gufata imiti atandikiwe na muganga.

- Kubera iki? Imiti imwe isanzwe ikoreshwa ishobora kutaba myiza ku bagore batwite n'abana babo bagikura. Ibi ni kimwe no gufata imiti y'ibyatsi n'iy'abavuzi ba gakondo. Igihe cyose umugore ahawe umuti agomba kubanza kubwira abaganga ku kigo nderabuzima cyangwa umujyanama w'ubuzima ko atwite.



# Umugore agomba kugira ubuzima buzira umuze igihe atwite



**Kwirinda kunywa ibisindisha  
cyangwa itabi**



**Kwirinda gufata imiti atandikiwe  
na muganga**

# Umugore agomba kugira ubuzima buzira umuze igihe atwite

Kwirinda gusabana n'abantu barwaye.

- Kubera iki? Ibi bituma umugore utwite na we atandura indwara. Iyo umugore utwite afashwe n'indwara, bituma arwaragurika ku buryo budasanzwe. Umubiri we uba ukora cyane ku buryo atabona imbaraga zo kurwanya uburwayi. Uburwayi bw'Iseru bushobora kuba imbogamizi ikomeye ku mikurire y'umwana. Abana bafite ibihari ku mubiri wose bashobora kuba barwaye iseru, bityo abagore batwite bagomba kwirinda kubegera cyane.

Kudahohoterwa.

- Kubera iki? Iyo umugore utwite ahohotewe, akubiswe (kumutera imigeri, cyangwa imfunda) bishobora gukomeretsa umwana cyangwa bigatuma inda ivamo.



# Umugore agomba kugira ubuzima buzira umuze igihe atwite



**Kwirinda gusabana cyane  
n'abantu barwaye**



**Kudahohoterwa**



## Kwisuzumisha mbere yo kubyara

### Kwisuzumisha mbere yo kubyara



1. Umuganga asuzuma umuvuduko w'amaraso, uko umutima utera ndetse n'umwijima by'umugore.



2. Asuzuma umwana uri mu nda (uko umutima utera, imikurire, n'uburyo umwana yicaye mu nda).

INCUTI MU BUZIMA

UBUZIMA BW'IMYOROROKERE | 27

1. Umuganga asuzuma umuvuduko w'amaraso, uko umutima utera ndetse n'umwijima by'umugore.
2. Asuzuma umwana uri mu nda (uko umutima utera, imikurire, n'uburyo umwana yicaye mu nda).

# Kwisuzumisha mbere yo kubyara



**1. Umuganga asuzuma umuvuduko w'amaraso, uko umutima utera ndetse n'umwijima by'umugore.**



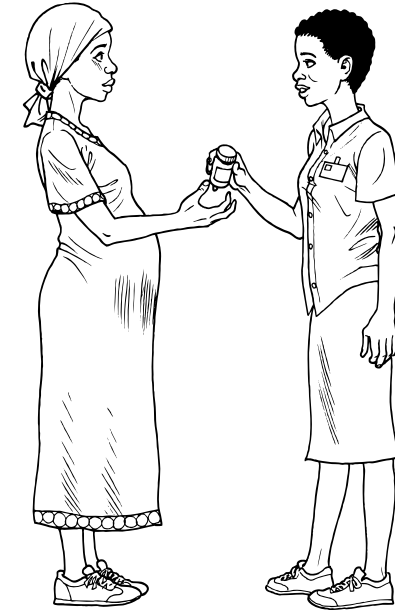
**2. Asuzuma umwana uri mu nda (uko umutima utera, imikurire, n'uburyo umwana yicaye mu nda).**

## Kwisuzumisha mbere yo kubyara

Kwisuzumisha mbere yo kubyara



**3. Amuha urukingo rw'akaniga (tetanus) n'izindi nkingo iyo ari ngombwa.**



**4. Amuha ikinini cya feri cyangwa Vitamini A iyo azikeneye.**

INCUTI MU BUZIMA

UBUZIMA BW'IMYOROROKERE | 29

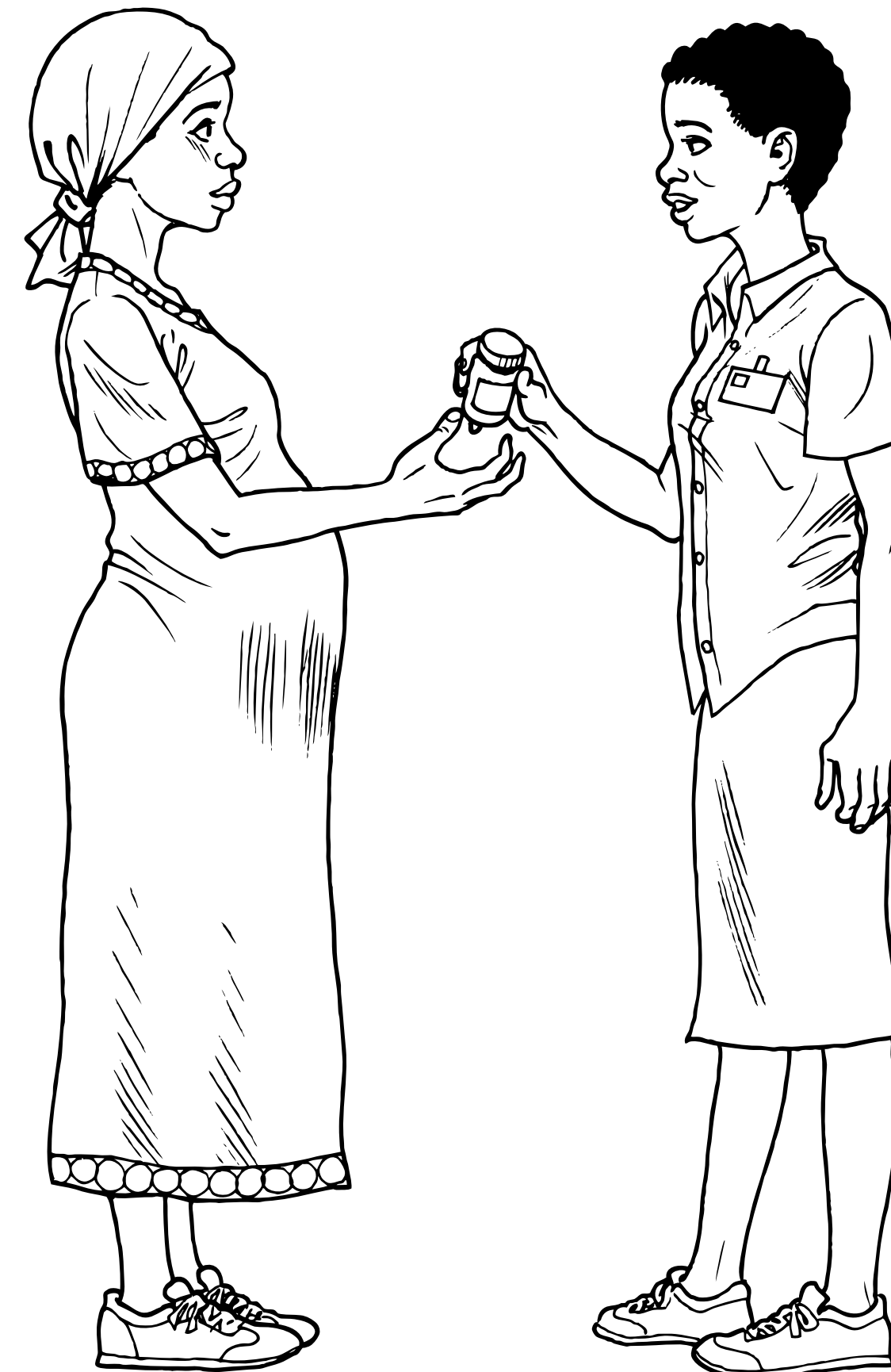
- 3.** Amuha urukingo rw'akaniga (tetanus) n'izindi nkingo iyo ari ngombwa.
- 4.** Amuha ikinini cya “fer” cyangwa Vitamini A iyo azikeneye.



# Kwisuzumisha mbere yo kubyara



**3. Amuha urukingo rw'akaniga (tetanus) n'izindi nkingo iyo ari ngombwa.**



**4. Amuha ikinini cya feri cyangwa Vitamini A iyo azikeneye.**

## Kwisuzumisha mbere yo kubyara

### Kwisuzumisha mbere yo kubyara



**5. Asuzuma niba umugore afite amaraso ahagije mu mubiri agezura niba inzara z'intoki ziteruruka.**



**6. Amubaza ibijyanye no kwirinda malariya ndetse no gukoresha inzitiramibu.**

INCUTI MU BUZIMA

UBUZIMA BW'IMYOROROKERE | 31

- 5.** Asuzuma niba umugore afite amaraso ahagije mu mubiri agezura niba inzara z'intoki ziteruruka.
- 6.** Amubaza ibijyanye no kwirinda malariya ndetse n'ibyerekeranye n'inzitiramibu.

## Kwisuzumisha mbere yo kubyara



**5. Asuzuma niba umugore afite amaraso ahagije mu mubiri azenzura niba inzara z'intoki ziteruruka.**

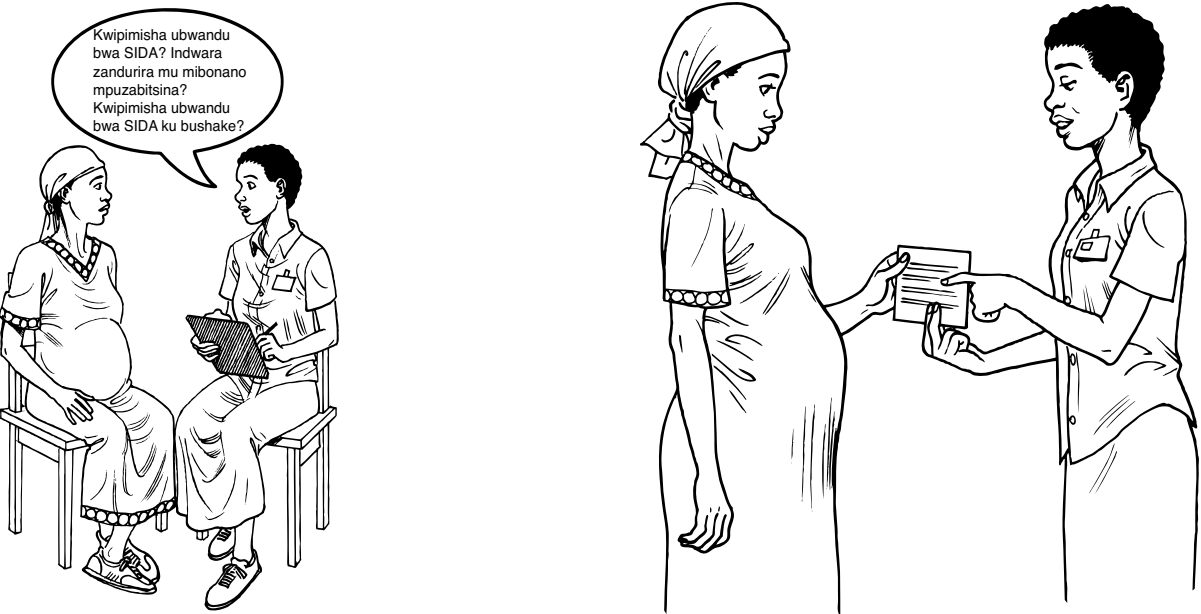


**6. Amubaza ibijyanye no kwirinda malariya ndetse no gukoresha inzitiramibu.**



## Kwisuzumisha mbere yo kubyara

**Kwisuzumisha mbere yo kubyara**



**7. Amubaza ibyerekeranye no kwipimisha ubwandu bw'agakoko gatera SIDA, uko ahagaze, ibyerekeranye n'indwara zandurira mu mibonano mpuzabitsina ndetse n'ibyo kwipimisha no kugirwa inama ku bushake.**

**8. Yuzuzura ifishi y'umubyeyi (yo kwisuzumishirizaho mbere yo kubyara) hanyuma akamubwira igihe azagarukira.**

INCUTI MU BUZIMA UBUZIMA BW'IMYOROROKERE | 33

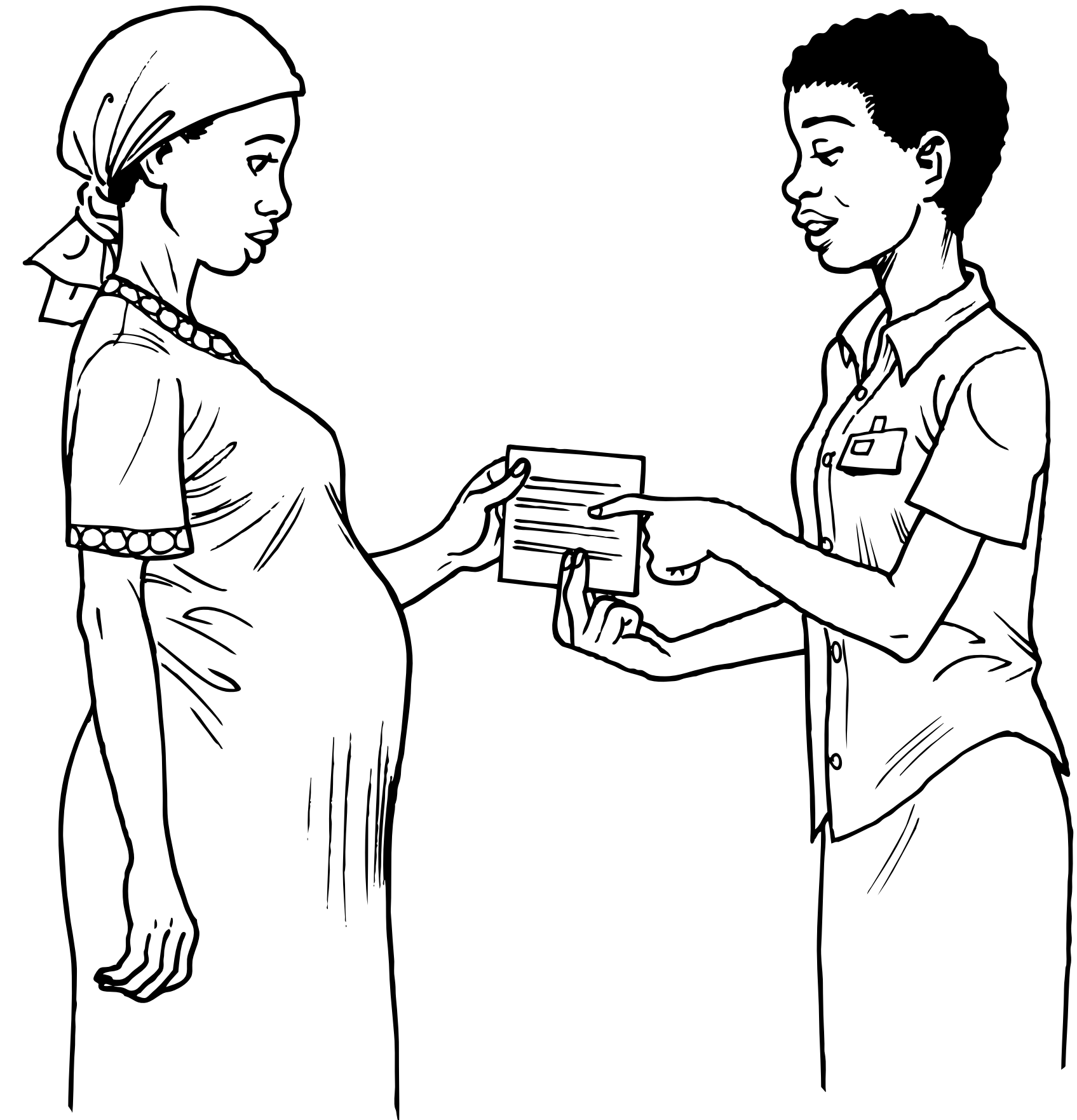
**7.** Amubaza ibyerekeranye no kwipimisha agakoko gatera SIDA, uko ahagaze, ibyerekeranye n'indwara zandurira mu mibonano mpuzabitsina ndetse n'ibyo kwipimisha no kugirwa inama ku bushake.

**8.** Yuzuzura ifishi y'umubyeyi (yo kwisuzumishirizaho mbere yo kubyara) hanyuma akamubwira igihe azagarukira.

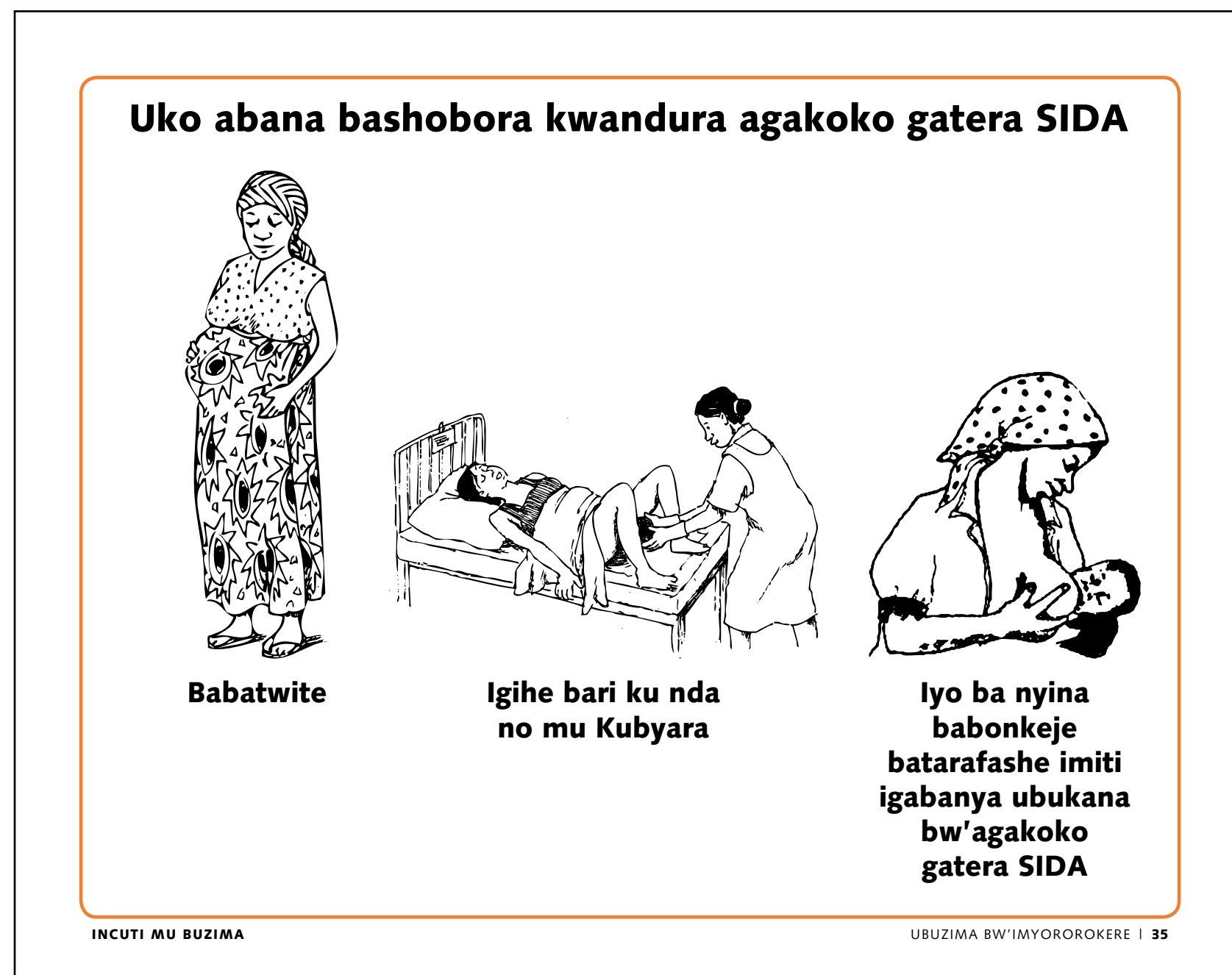
## Kwisuzumisha mbere yo kubyara



**7. Amubaza ibyerekeranye no kwipimisha ubwandu bw'agakoko gatera SIDA, uko ahagaze, ibyerekeranye n'indwara zandurira mu mibonano mpuzabitsina ndetse n'ibyo kwipimisha no kugirwa inama ku bushake.**



**8. Yuzuza ifishi y'umubyeyi (yo kwisuzumishirizaho mbere yo kubyara) hanyuma akamubwira igihe azagarukira.**



## Uko abana bashobora kwandura agakoko gatera SIDA

Ni gute umubyeyi yakwanduza umwana we agakoko gatera SIDA? (Akira ibisubizo by'abahugurwa babishaka, ugende ubabwira ibiri byo hanyuma ugire n'icyo wongeraho niba ari ngombwa)

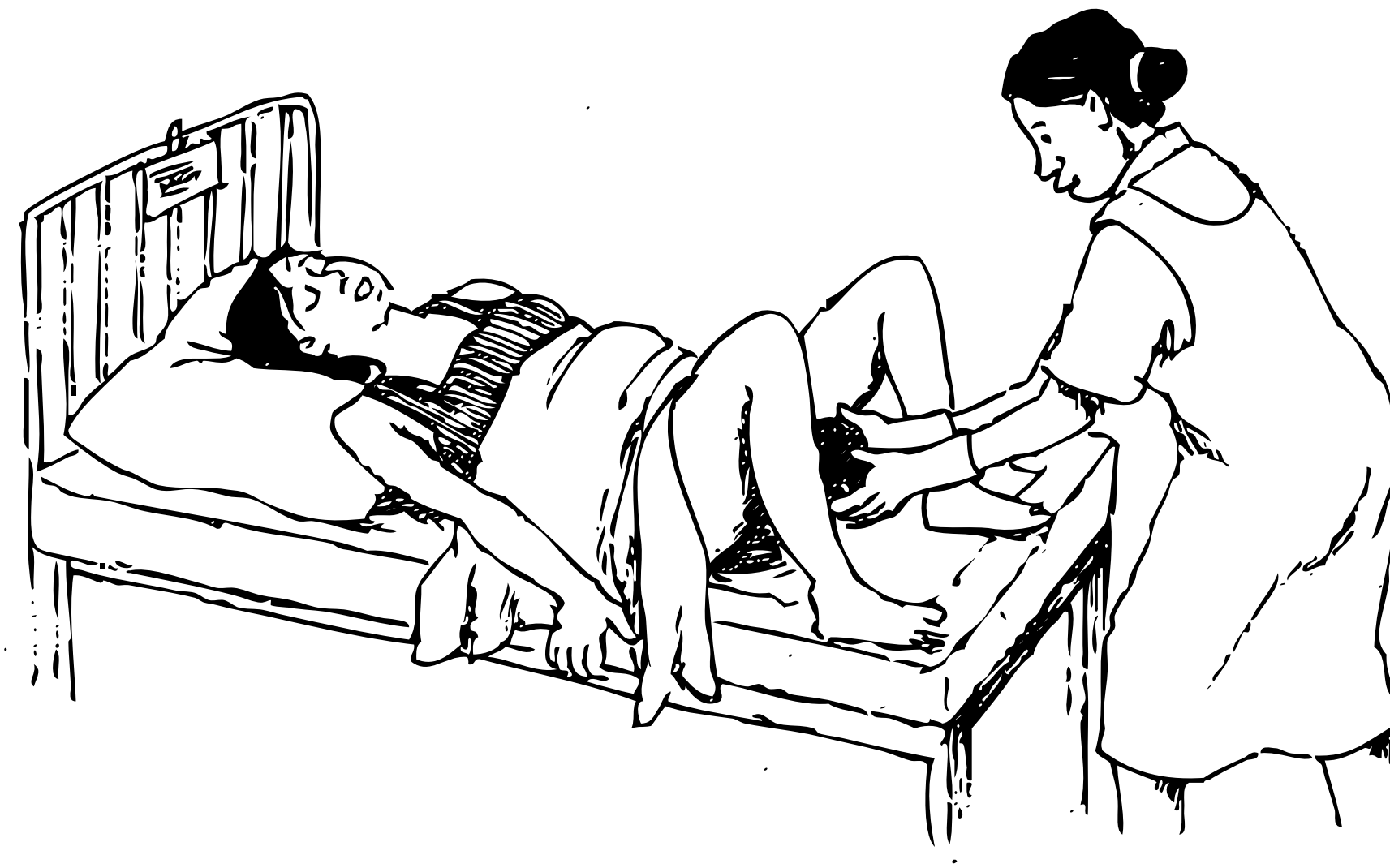
- Igihe amutwite
- Mu gihe cy'ibise no mu kubyara
- Amwonsa (niba umugore atarigeze afata imiti 3 buri munsu nibura amezi 3 mbere yo kubyara, ndetse no mu gihe cyose ari konsa)
- Gushyira amashereka mu maso y'umwana.



# Uko abana bashobora kwandura agakoko gatera SIDA



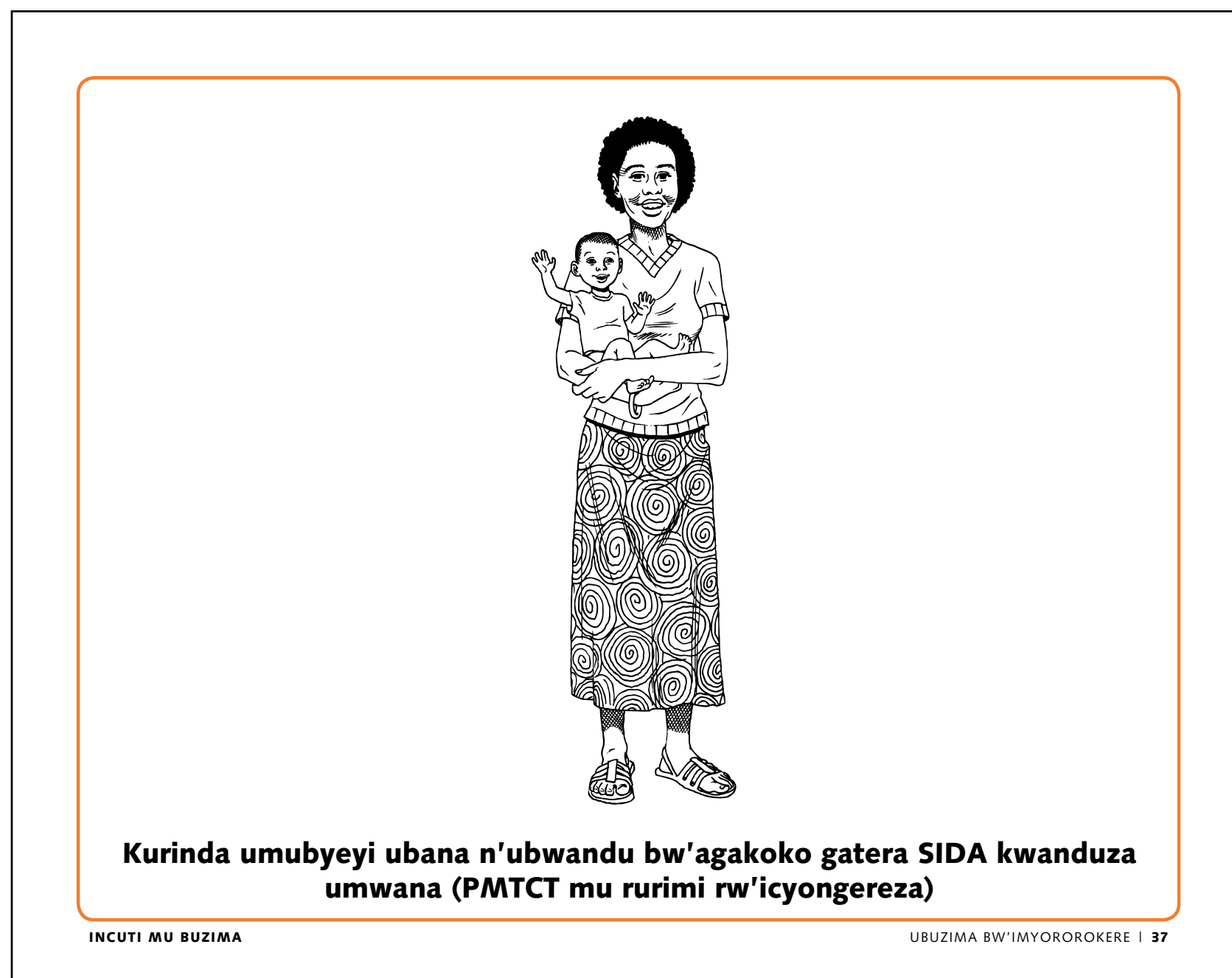
**Babatwite**



**Igihe bari ku nda  
no mu Kubyara**



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



## **Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana (PMTCT mu rurimi rw'icyongereza)**

Iyo umugore abana n'ubwandu bw'agakoko gatera SIDA yitaye cyane ku bintu bimwe na bimwe igihe atwite, iyo ari ku bise n'igihe 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 ubana n'ubwandu bw'agakoko getera SIDA kwanduza umwana we”.



**Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana (PMTCT mu rurimi rw'icyongereza)**



**Kurinda umubyeyi kwanduza umwana igihe amutwite**




**Kwipimisha ubwandu bw'agakoko gatera SIDA**



**Kwisuzumisha mbere yo kubyara**



**Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA**



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

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## Kurinda umubyeyi kwanduza umwana igihe amutwite

Ni gute umugore ubana n'ubwandu bw'agakoko gatera SIDA yakwirinda kwanduza umwana we igihe amutwite? (Akira ibisubizo by'abahugurwa babishaka, ugende ubabwira ibiri byo hanyuma unagire icyo wongeraho niba ari ngombwa)

- Kwipimisha ubwandu bw'agakoko gatera SIDA iyo atarabikora.
- Kuja ku kigo nderabuzima muri gahunda yo kwisuzumisha mbere yo kubyara.
- Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA (3 ARVs) agisama, mu mezi 3 asanye iyo bishoboka cyangwa se mu mezi 3 abanziriza kubyara. (Iyo umubyeyi ahawe ibisubizo nyuma yo kwipimisha agakoko gatera SIDA, muganga amwandikira Imiti 3 igabanya ubukana bw'agakoko gatera SIDA ako kanya iyo asanze yaranduye agakoko gatera SIDA).

Abagore BOSE batwite babana n'ubwandu bw'agakoko gatera SIDA bagomba gufata imiti 3 igabanya ubukana kugira ngo bakomeze kugira ubuzima bwiza kandi banirinde kwanduza abana babo. Iyo umugore utwite agize ingaruka mbi 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. .

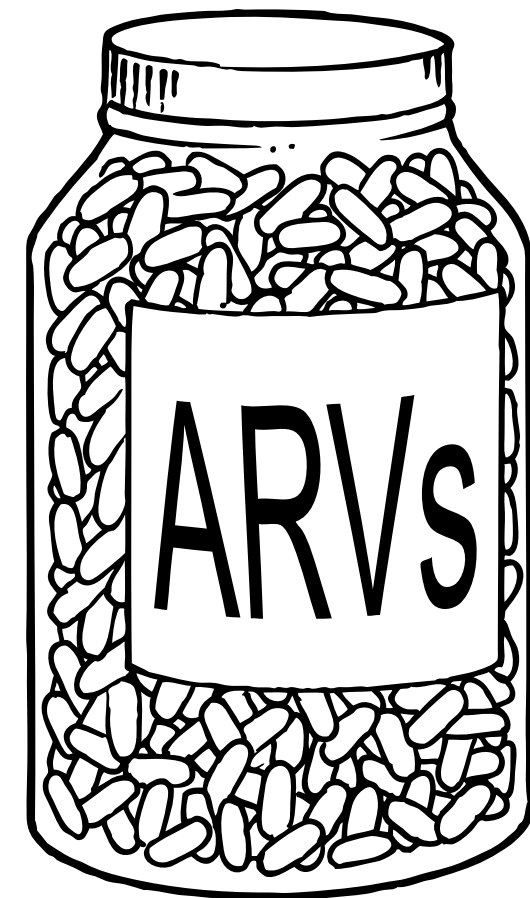
# Kurinda umubyeyi kwanduza umwana igihe amutwite



**Kwipimisha ubwandu bw'agakoko gatera SIDA**



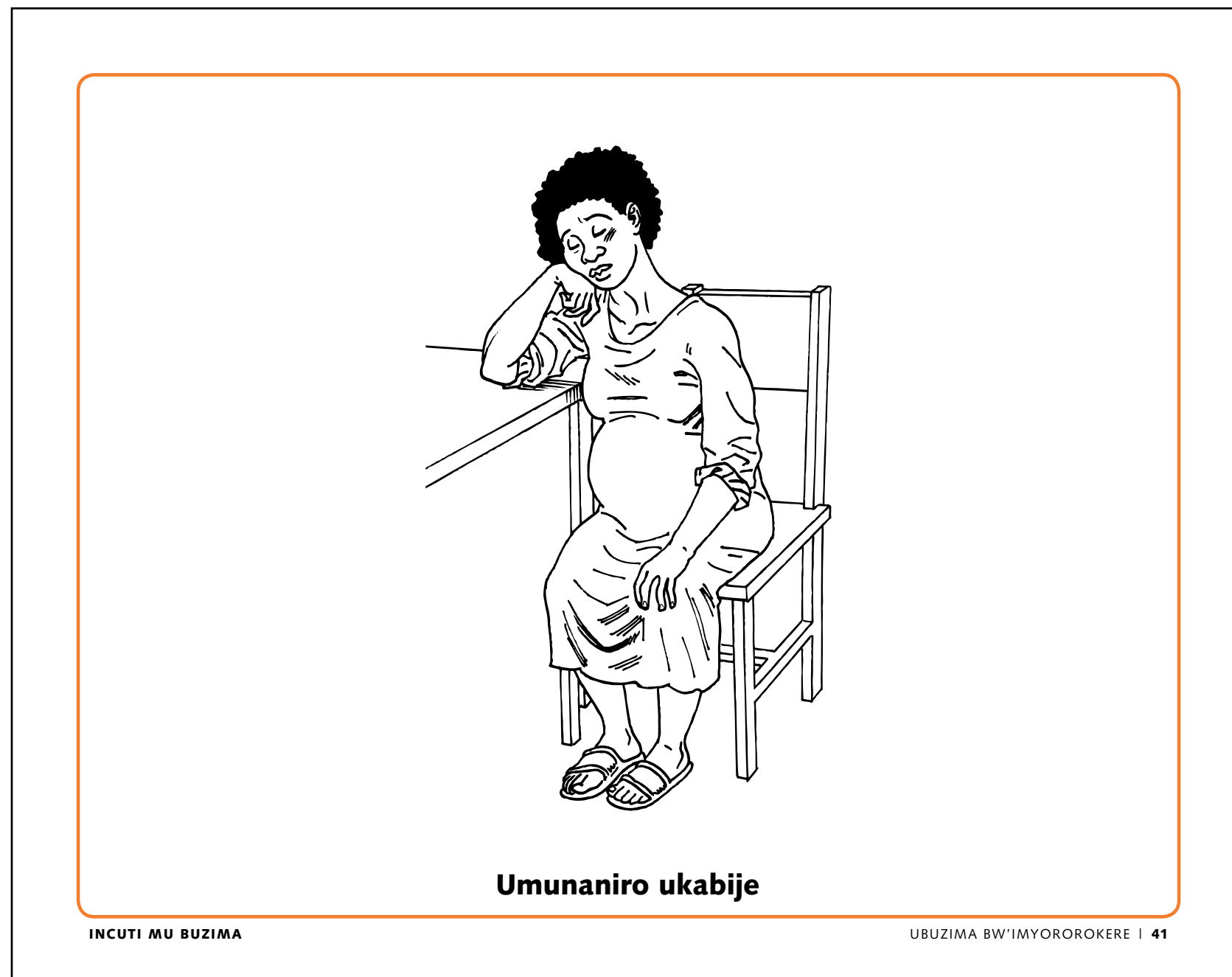
**Kwisuzumisha mbere yo kubyara**



**Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA**



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



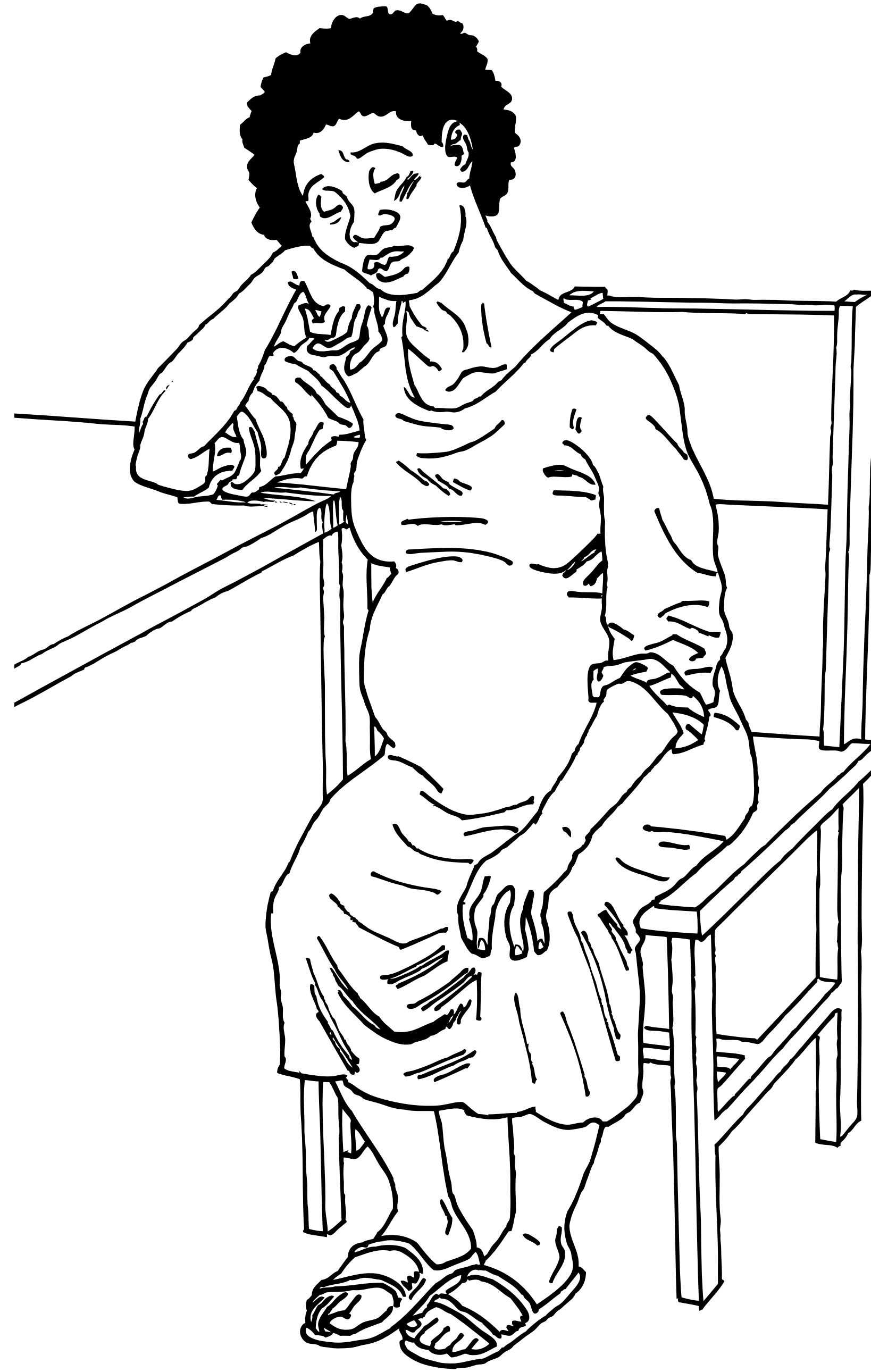
## Umunaniro ukabije

Birasanzwe ko iyo umugore atwite ashobora kugira umunaniro udasanzwe. Ariko niba umugore yumva ananiwe cyane ku buryo atabasha gukora akazi ke nk'ibisanzwe, icyo ni ikibazo gikomeye.

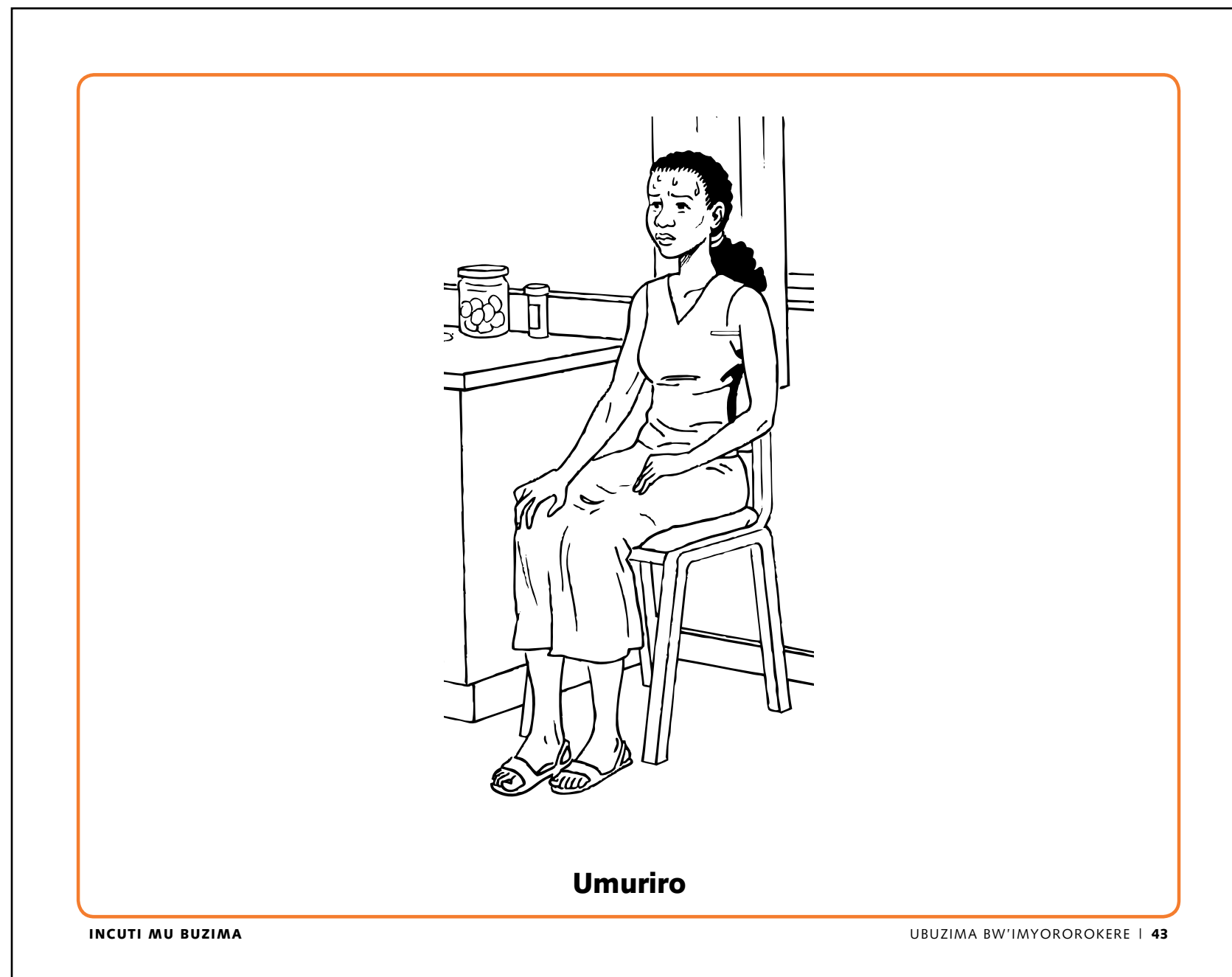
Kubera iki umunaniro ukabije ari ikibazo gikomeye?

- Bivuze ko umugore ashobora kuba afite ikibazo **cy'amaraso adahagije**, kandi ayo maraso akaba atabasha gukwirakwiza umwuka mwiza n'intungamubiri mu mubiri wose uko bigomba. Iyo umugore agiye ku kigo nderabuzima bamuha ikinini cya Feri bakamugira n'inama y'ibiribwa agomba gufata kugira ngo akemure icyo kibazo cy'amaraso adahagije.





**Umunanero ukabije**



## Umuriro

Iyo umugore afite umuriro igihe atwite bishobora kuba ari ikibazo gikomeye.

Kubera iki umuriro ushobora kuba ikibazo gikomeye?

Iyo umugore utwite afite umuriro, ibi bivuze ko ashobora kuba arwaye Malariya. **Malariya** ni ikibazo gikomeye ku bagore batwite kuko ishobora gutuma babura amaraso mu mubiri. Bishobora no gutuma umwana avuka adashyitse cyangwa akavukana ibiro bike cyane cyangwa se agapfira mu nda ya nyina. Umuriro uwo ari wo wose ugomba guhera ko uvurwa.



## Umuriro





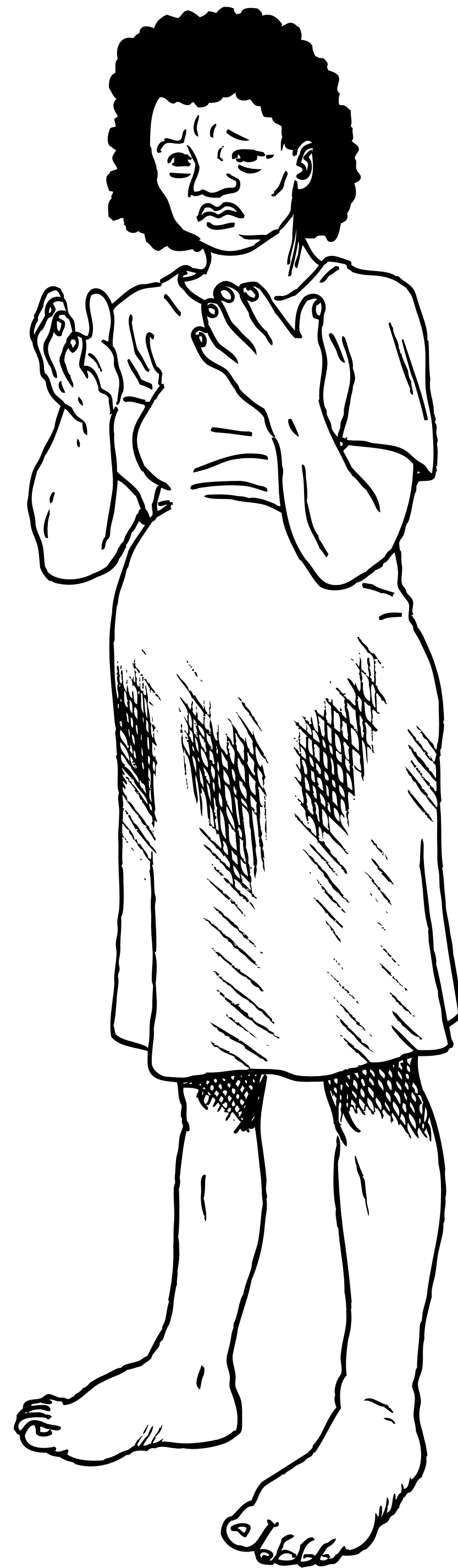
## Kubyimba mu maso n'ibiganza

Birasanzwe ko umugore abyimba ibirenge mu mezi ya nyuma yo gutwita. Ariko iyo umugore yabyimbye ibiganza ndetse no mu maso, ibyo bivuze ko afite ikibazo gikomeye.

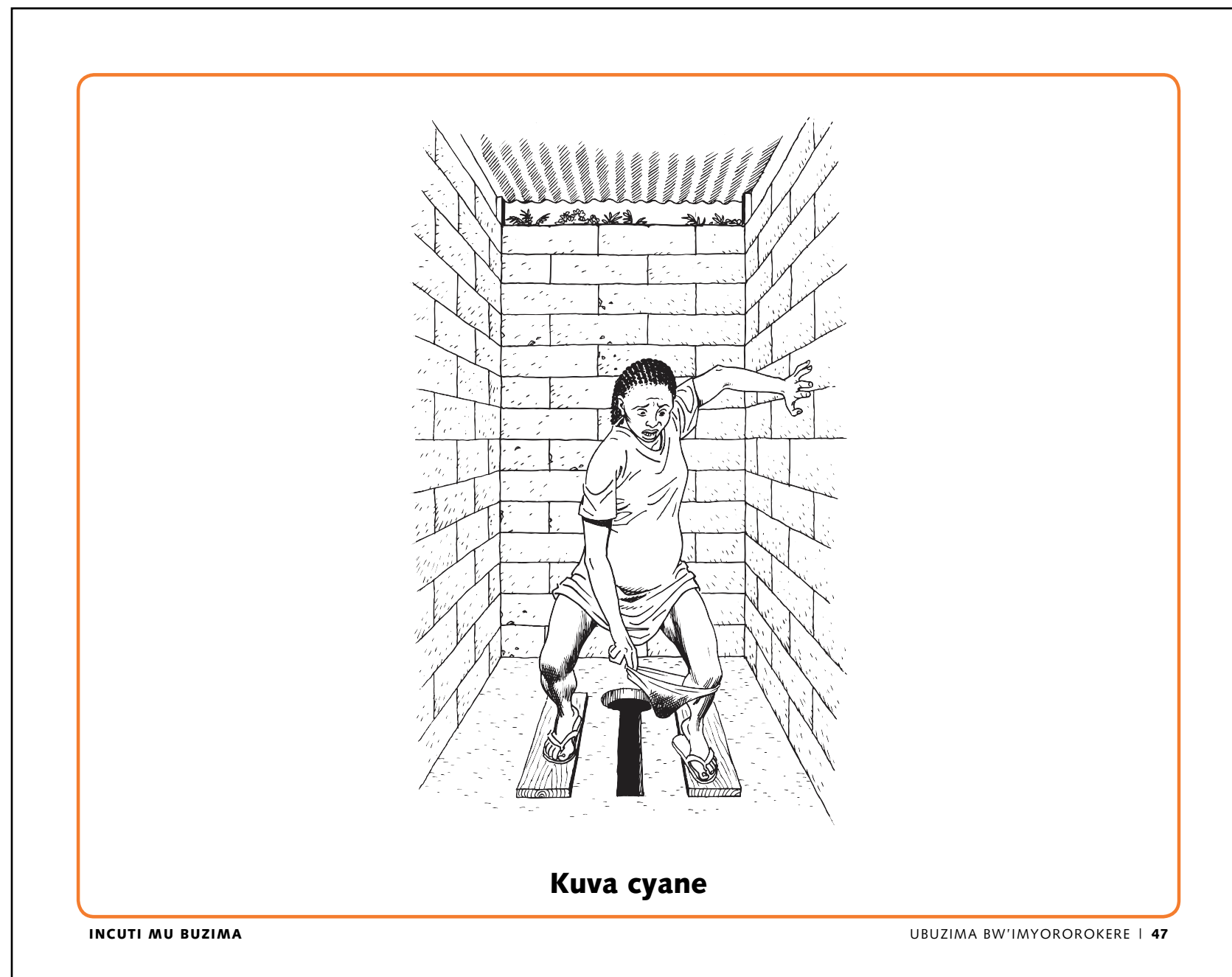
Kuki kubyimba ibiganza ndetse no mu maso ari ikibazo gikomeye ku mugore utwite?

Kubyimba bishobora kuba ikimenyetso cy'uko umugore afite **umuvuduko w'amaraso no kudatembera kw'amazi** (byitwa “preeclampsia”). Ubu burwayi bushobora gutera kugagara, bikaba byatuma umugore n'umwana bapfa. **Ibindi bimenyetso by'ubu burwayi (preeclampsia) ni ukurwara umutwe ku buryo bukabije no kutabona neza.**

Abagore bose batwite bagomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara. Icyo gihe muganga apima umuvuduko w'amaraso.



## **Kubyimba mu maso n'ibiganza**



## Kuva cyane

Birasanzwe ko mu mezi 3 ya mbere yo gutwita, umugore ashobora kuva ariko bidakabije. Iyo umugore utwite atangiye kuvirirana cyane, cyangwa akava nyuma y'amezi 3 yo gutwita, bivuga ko afite ikibazo gikomeye.

Kuki kuva cyane ari ikibazo gikomeye?

- Iyo umugore aribwa akanava amaraso cyane, cyangwa se akava nyuma y'amezi 3 yo gutwita, bivuga ko inda ye ifite ikibazo.





## Kuva cyane



## Kuribwa cyane mu nda

Iyo umugore ababara cyane mu nda kandi atarageza igihe cyo kujya ku bise, bikaba atari n'ibise (urugero: kubabara uruhande rumwe rw'inda ntibishire kandi bikamurya nk'ibise ariko atari byo, icyo kiba ari ikibazo gikomeye cyane.

Kuki kuribwa bikabije mu nda ari ikibazo gikomeye?

- Ibi bivuze ko umwana ari gukurira hanze y'inda cyangwa ko ubuzima bwe butameze neza. Uyu mugore akenera kubagwa.



## **Kuribwa cyane mu nda**

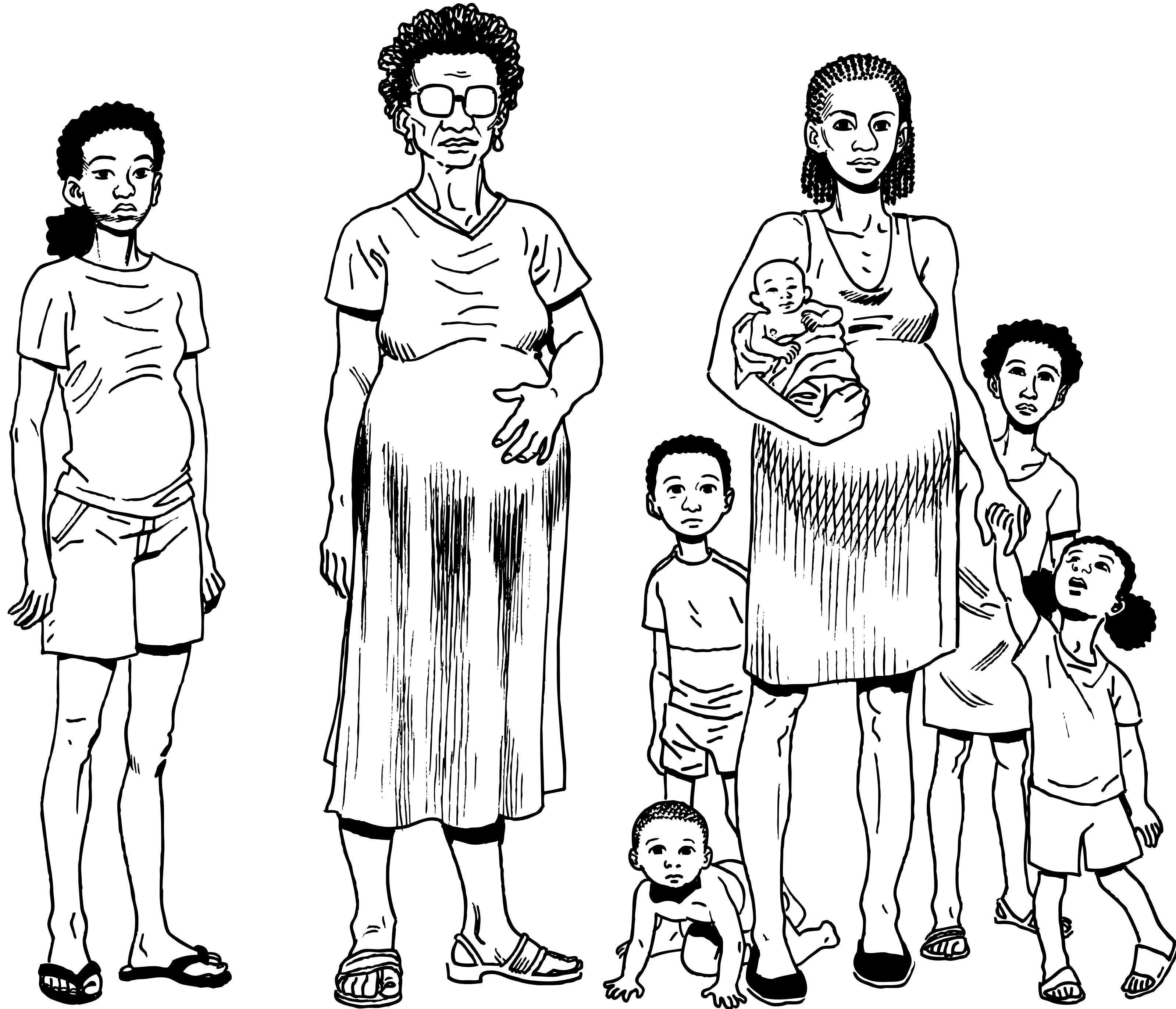




## Abagore bakunze guhura n'ingorane mu gihe cyo gutwita no mu kubyara

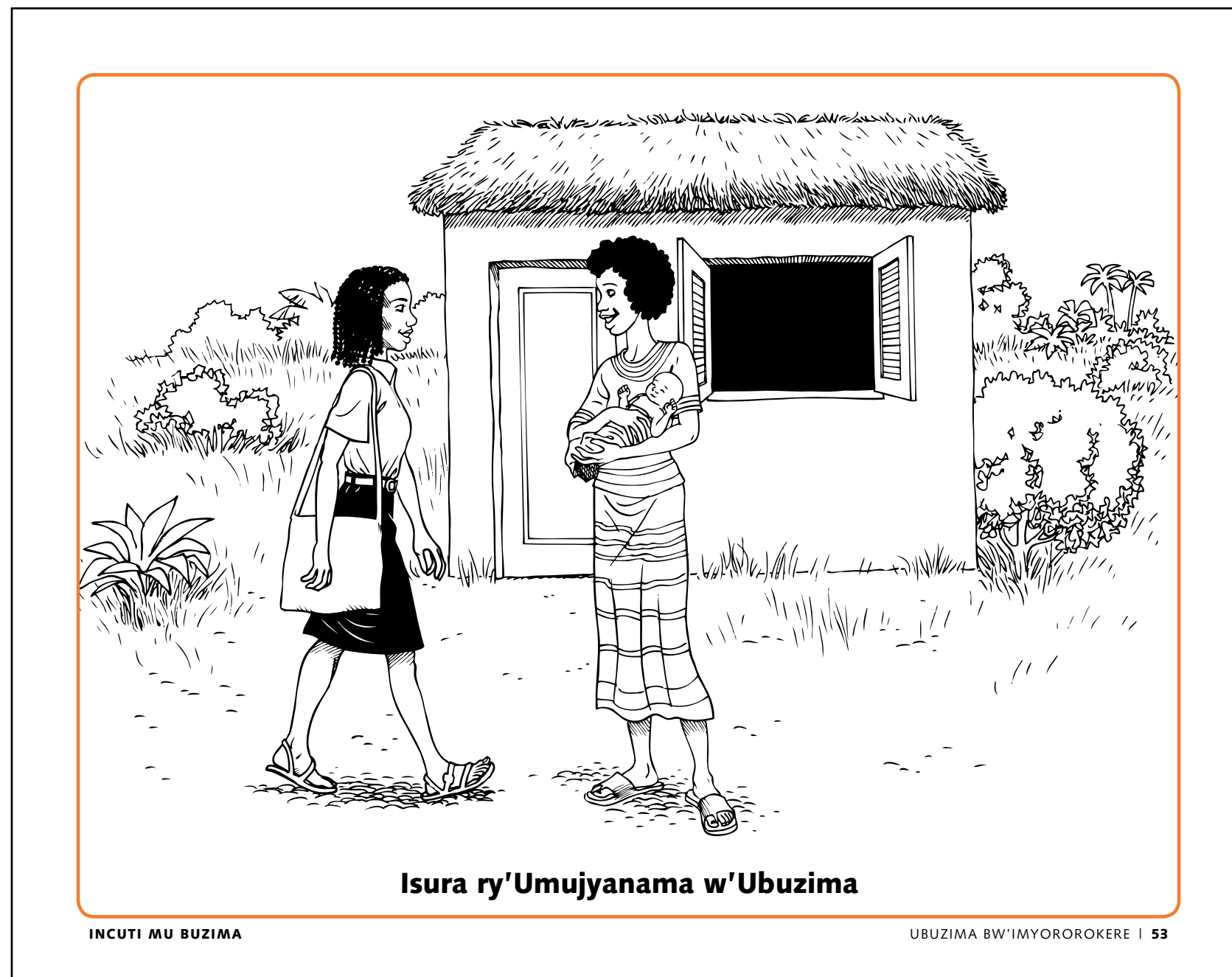
Abagore bamwe baba bafite ibyago byinshi byo guhura n'ingorane nyinshi igihe batwite n'igihe babyara. Mugomba kuganiriza aba bagore hamwe n'imiryango yabo mubabwira ko bashobora guhura n'izo ngorane, hanyuma mukabashishikariza kujya kubyarira ku bitaro.

- Abagore bamaze kubyara abana benshi (barengeje imyaro 5)
- Abagore babyaye indahekana (abana batarushanya nibura imyaka 2)
- Abagore bakiri bato n'abakobwa (bafite munsi y'imyaka 18 y'amavuko)
- Abagore bakuze (barengeje imyaka 35 y'amavuko)
- Abagore bigeze bahura n'ingorane batwite cyangwa babyaye bigoranye mu gihe cyashize.
- Abagore babana n'ubwandu bw'agakoko gatera SIDA
- Abagore bagufi cyane cyangwa bananutse cyane.



**Abagore bakunze guhura n'ingorane mu gihe cyo gutwita no mu kubyara**





## Isura ry'Umujyanama w'Ubuzima

Indi nshingano ikomeye mufite ni iyo gusura ababyeyi BOSE bidatinze nyuma yo kubyara kugira ngo mumenye niba uwo mubyeyi n'umwana we ukivuka bafite ubuzima buzira umuze.

Iyo umugore yabyariye kwa muganga, ni ryari umujyanama w'ubuzima agomba kujya kumusura?

- Amusura ageze mu rugo akiva kwa muganga, hanyuma akazasubirayo nyuma y'icyumweru 1, nyuma yaho akazajya amusura buri kwezi nk'uko bisanzwe.

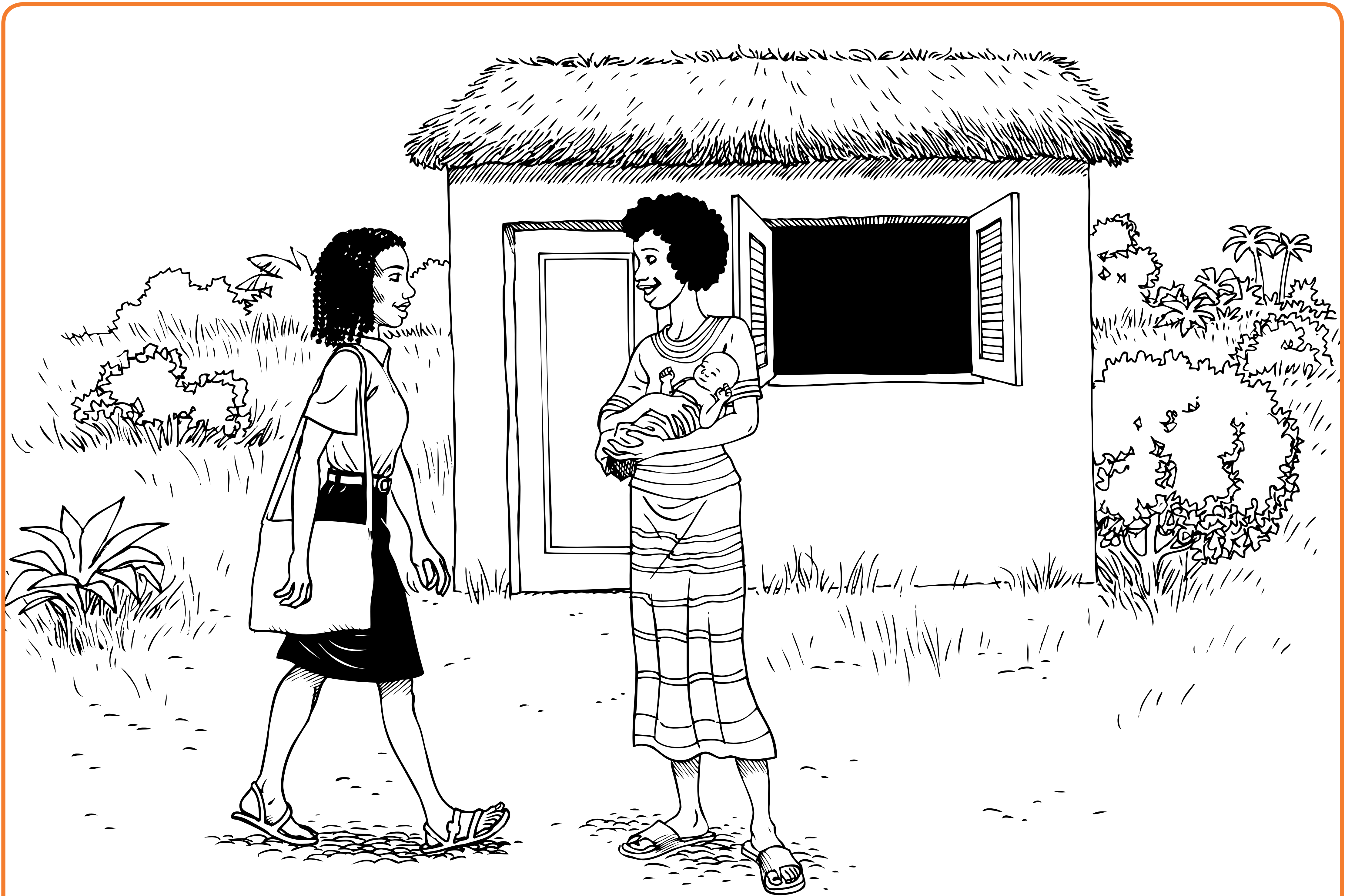
Iyo umugore yabyariye mu rugo, umujyanama w'ubuzima agomba kumusura hashize igihe kingana iki?

- Ako kanya akimara kubyara, cyangwa igihe icyo ari cyo cyose amenye ko uwo mugore yabyaye.

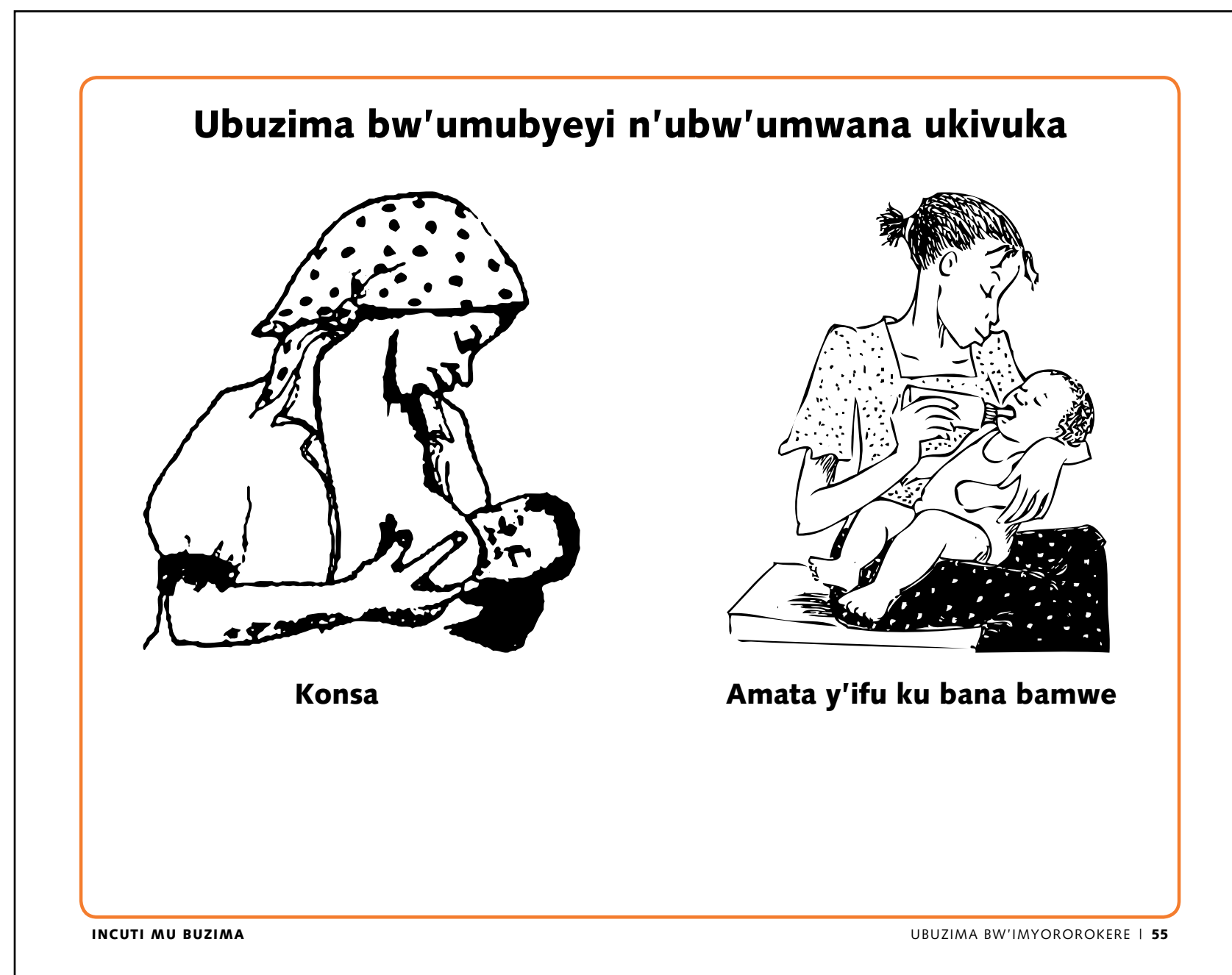
Iyo umugore abyariye mu rugo, umujyanama w'ubuzima amugira iyihe nama?

- Kumushishikariza kwihutira kujya ku kigo nderabuzima iyo abibasha, kongera kumusura nyuma y'iminsi mike kugira ngo arebe ko amerewe neza no kumukurikirana buri kwezi nk'ibisanzwe.





## Isura ry'Umujyanama w'Ubuzima



## Ubuzima bw'umubyeyi n'ubw'umwana ukivuka

Konsa umwana kugeza nibura ku mezi 6 y'amavuko; ibyiza ni ukugeza ku mezi 18 cyangwa arenga.

- Kubera iki? Amashereka ni ingirakamaro ku bana b'impinja. N'ubwo umubyeyi yaba abana n'ubwandu bw'agakoko gatera SIDA, ashobora konsa neza niba yaratangiye imiti igabanya ubukana [ARVs] nibura amezi 3 mbere yo kubyara.

Ababyeyi bamwe babana n'ubwandu bw'agakoko gatera SIDA NTIBEMEREWE konsa.

- Kubera iki? Iyo umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA atafashe imiti igabanya ubukana bw'agakoko gatera SIDA nibura amezi 3 mbere yo kubyara, ashobora kwanduza umwana we binyuze mu mashereka yonka. Aba babyeyi bagomba gukoresha amata y'ifu bagaburira abana babo ndetse bagakurikiza n'andi mabwiriza bahabwa n'ikigo nderabuzima ku byerekeranye n'ubwandu bw'agakoko gatera SIDA.

# Ubuzima bw'umubyeyi n'ubw'umwana ukivuka



**Konsa**



**Amata y'ifu ku bana bamwe**





## Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka

Kuryama mu nzitiramibu.

- Kubera iki? Umubyeyi n'umwana we bagomba kuryama mu nzitiramibu kugira ngo badafatwa na marariya, umubiri w'uruhinja uba utaragira ubwirinzi bukomeye ku buryo marariya imufashe yamuzahaza. Malariya ishobora guhitana abana bakiri bato.

Kuruhuka.

- Kubera iki? Umubiri w'umubyeyi uba ukeneye gusubirana nyuma yo kubyara. Ikindi kandi ni uko umubiri w'umugore ukoresha imbaraga nyinshi iyo ukora amashereka yo kugaburira umwana.

# Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka

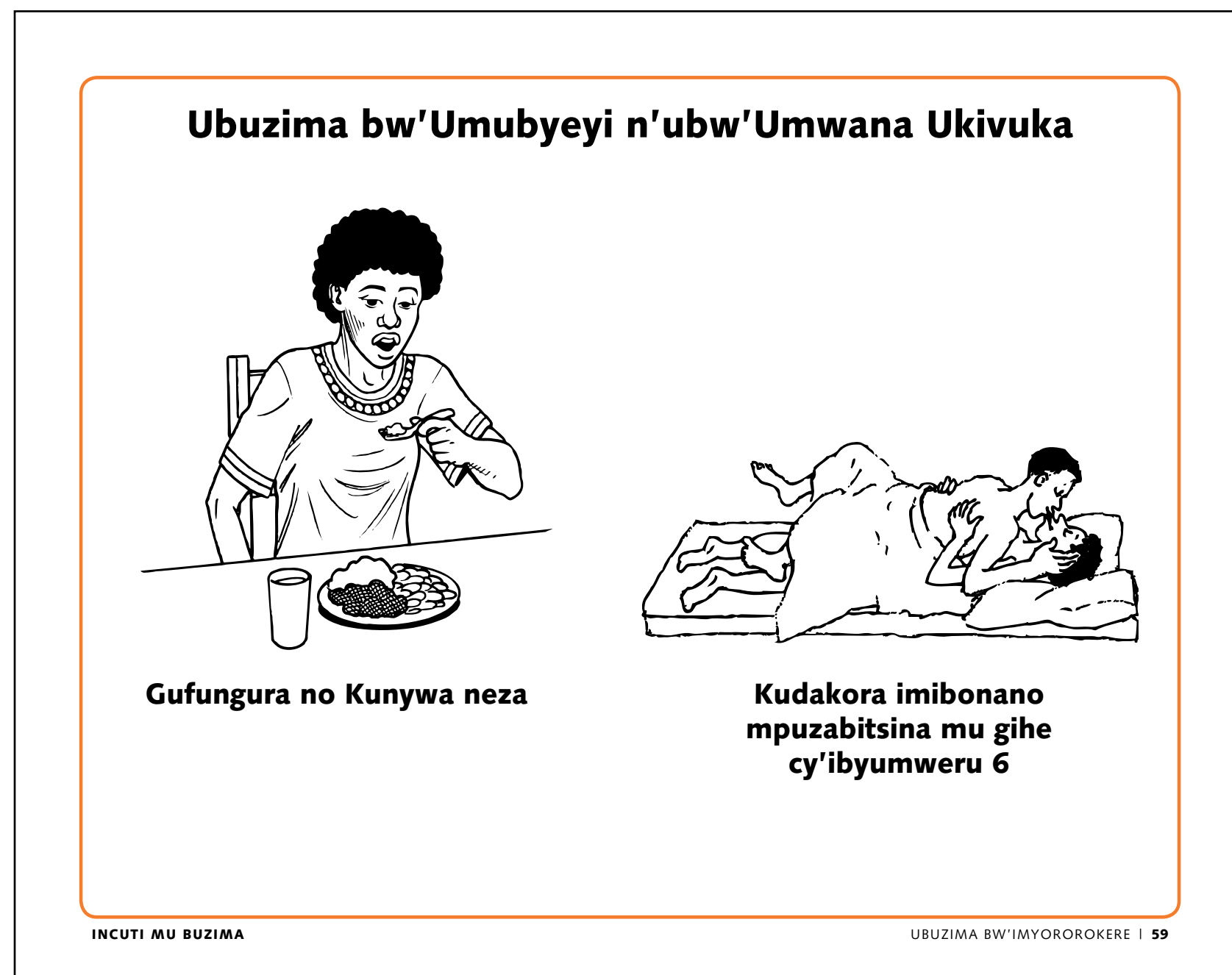


**Kuryama mu nzitiramibu**



**Kuruhuka**





# Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka

Gufungura no kunywa neza.

- Kubera iki? Iyo umubyeyi akimara kubyara aba akeneye kurya cyane ndetse no kunywa kurusha uko bisanzwe kugira ngo abashe kubona amashereka yo kugaburira umwana we. Mushishikarize kurya no kunywa bihagije.

Kudakora imibonano mpuzabitsina kugeza ibyumweru 6 bishize.

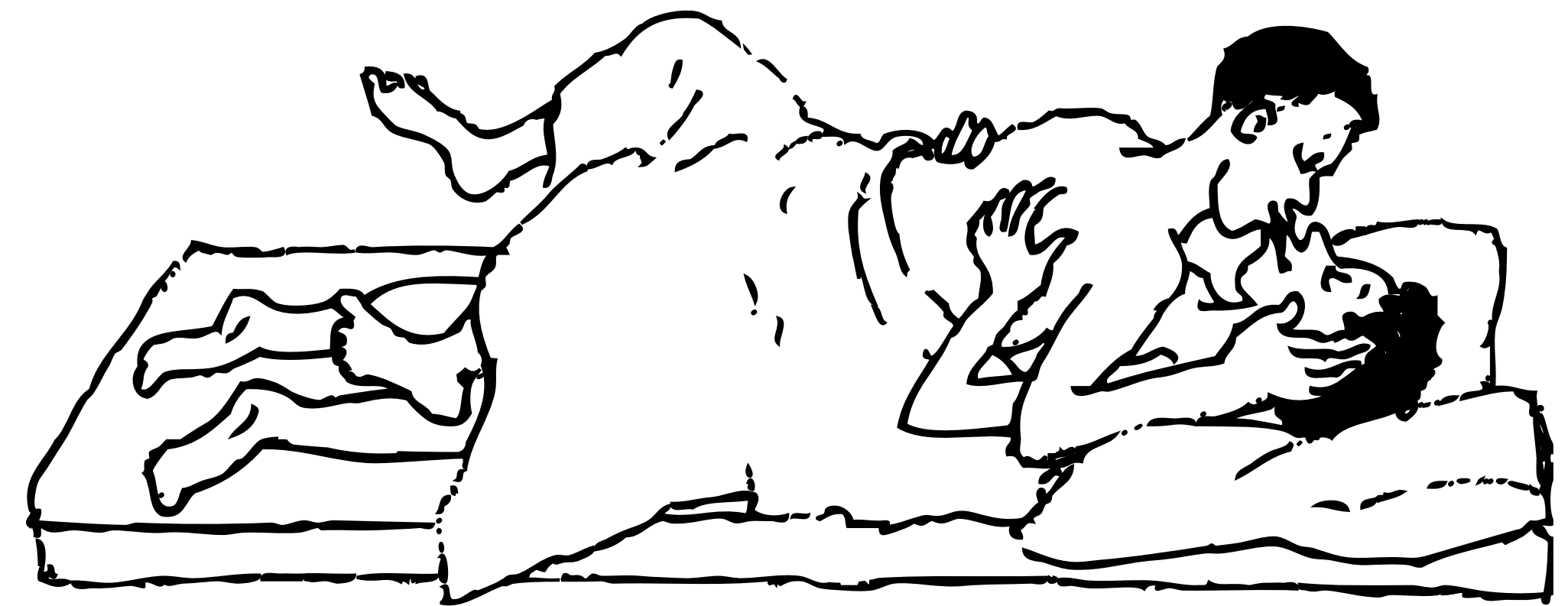
- Kubera iki? Nyuma yo kubyara umugore amara ibyumweru byinshi akiva mu gitsina. Muri icyo gihe ashobora gufatwa n'indwara zandura (infections) aramutse akoze imibonano mpuzabitsina. Ni ngombwa rero gutegereza kugeza kuva bihagaze. **Mu duce tumwe na tumwe tw'igihugu, bagira imico y'uko umugabo agomba kuryamana n'umugore we nyuma y'iminsi 8 umugore abyaye. Nyamara rero, ibyo bishobora gukomeretsa umugore, akaba ari yo mpamvu mugomba kugira abashakanye inama yo kudakora imibonano mpuzabitsina muri icyo gihe, kandi mukabasobanurira impamvu.**



# Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka



**Gufungura no Kunywa neza**



**Kudakora imibonano  
mpuzabitsina mu gihe  
cy'ibyumweru 6**

# Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka

Kuboneza urubyaro.

- Kubera iki? Umubyeyi ukimara kubyara, umwana we ndetse n'umuryango we wose bagira ubuzima bwiza igihe umugore yirinze kongera kubyara kugeza nibura imyaka 2 ishize. Abagore bakeneye kwigishwa ko kuboneza urubyaro bifasha imiryango yabo kugira ubuzima bwiza, ndetse bakanabwirwa uburyo bukorehwa mu kuboneza urubyaro buboneka hafi yabo.

Genzura niba umugore ava cyane.

- Kubera iki? Kuva nyuma yo kubyara ni ibisanzwe. Ariko niba umugore akomeje kuva nyuma yo kubyara na nyuma y'uko iya nyuma (ingobyi) isohotse, cyangwa se iyo ava amaraso y'umutuku werurutse mu minsi ya nyuma yo kubyara, biba ari ikibazo gikomeye. Agomba guhera ko ajya ku kigo nderabuzima. Nubibona uzahite uhamagara umugenzuzi wawe.

**Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka**

**Ibinini bikoreshwa mu kuboneza urubyaro**

**Inshinge**

**Udupira two mu kuboko**

**Agakingirizo**

**Kuboneza urubyaro**

**Umubyeyi ntagomba kuva cyane**

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# Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka



**Ibinini bikoreshwa mu kuboneza urubyaro**



**Inshinge**



**Udupira two mu kuboko**



**Agakingirizo**

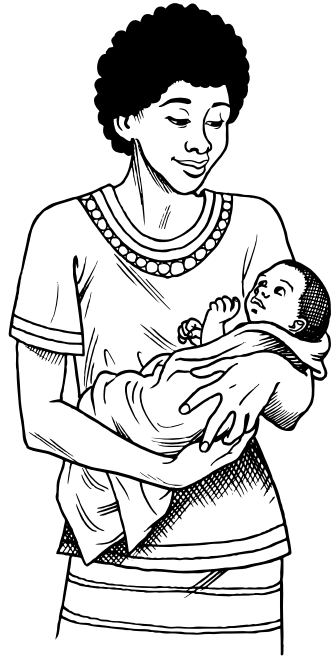
**Kuboneza urubyaro**



**Umubyeyi ntagomba kuva cyane**



### Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka



Umwana agomba guhora  
ashyushye (afubitse)



Umubyeyi ntagomba kuva cyane

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## Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka

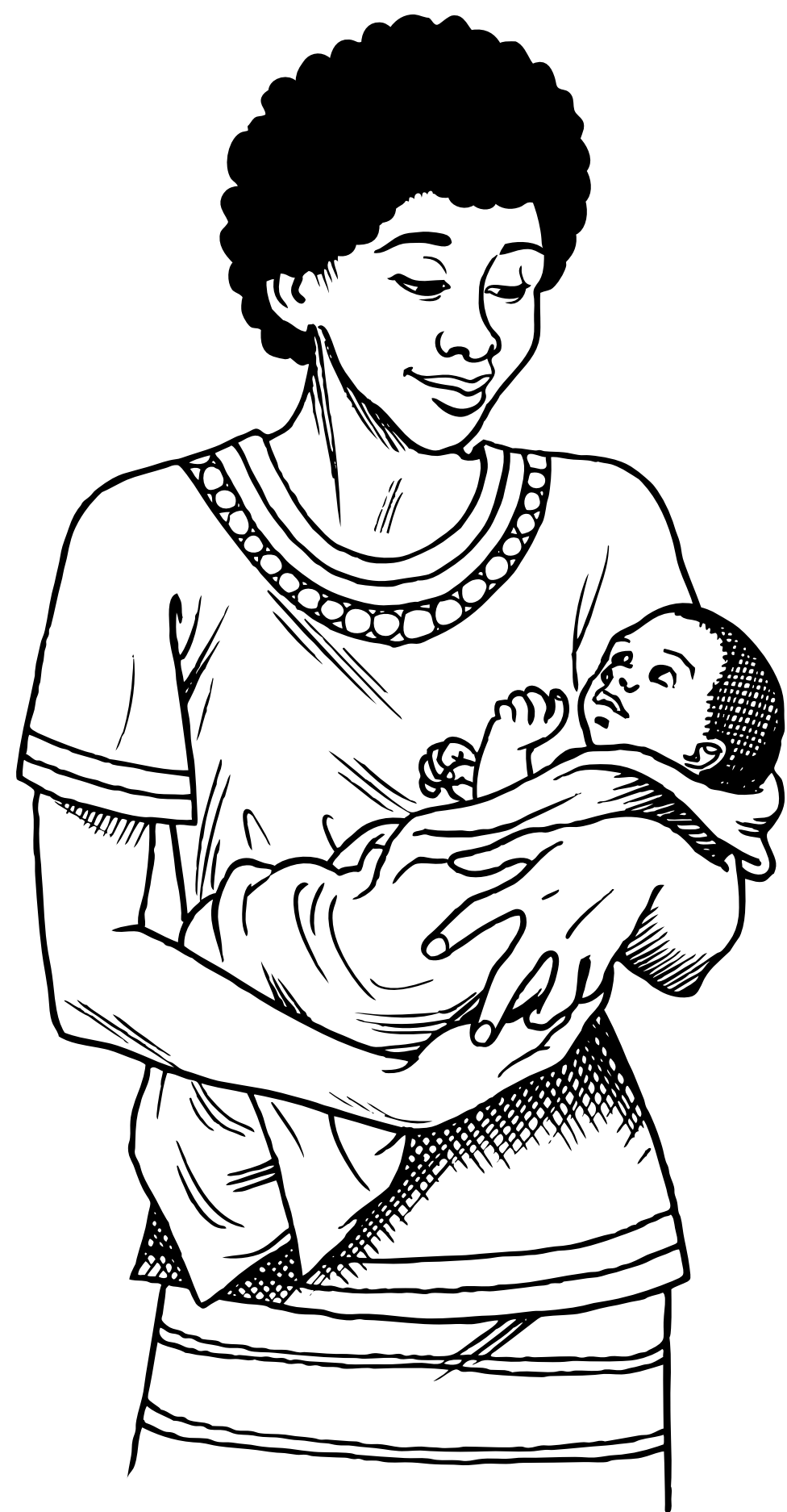
Umwana agomba guhora ashushye.

- Kubera iki? Gufubika no gukikira umwana w'uruhinja kugira ngo ashushye bimufasha kugira ubuzima bwiza.

Urureri rugomba guhorana isuku kandi rufubitse ndetse rugahindurirwa imyenda buri muni.

- Kubera iki? Bituma urureri rutandura indwara. Niba urureri ruhindutse umutuku cyangwa rukabyimba, cyangwa se rukazamo amashyira, umubyeyi agomba guhera ko ajyana umwana ku kigo nderabuzima. Iyo igihe kigeze rurihungura ubwarwo.

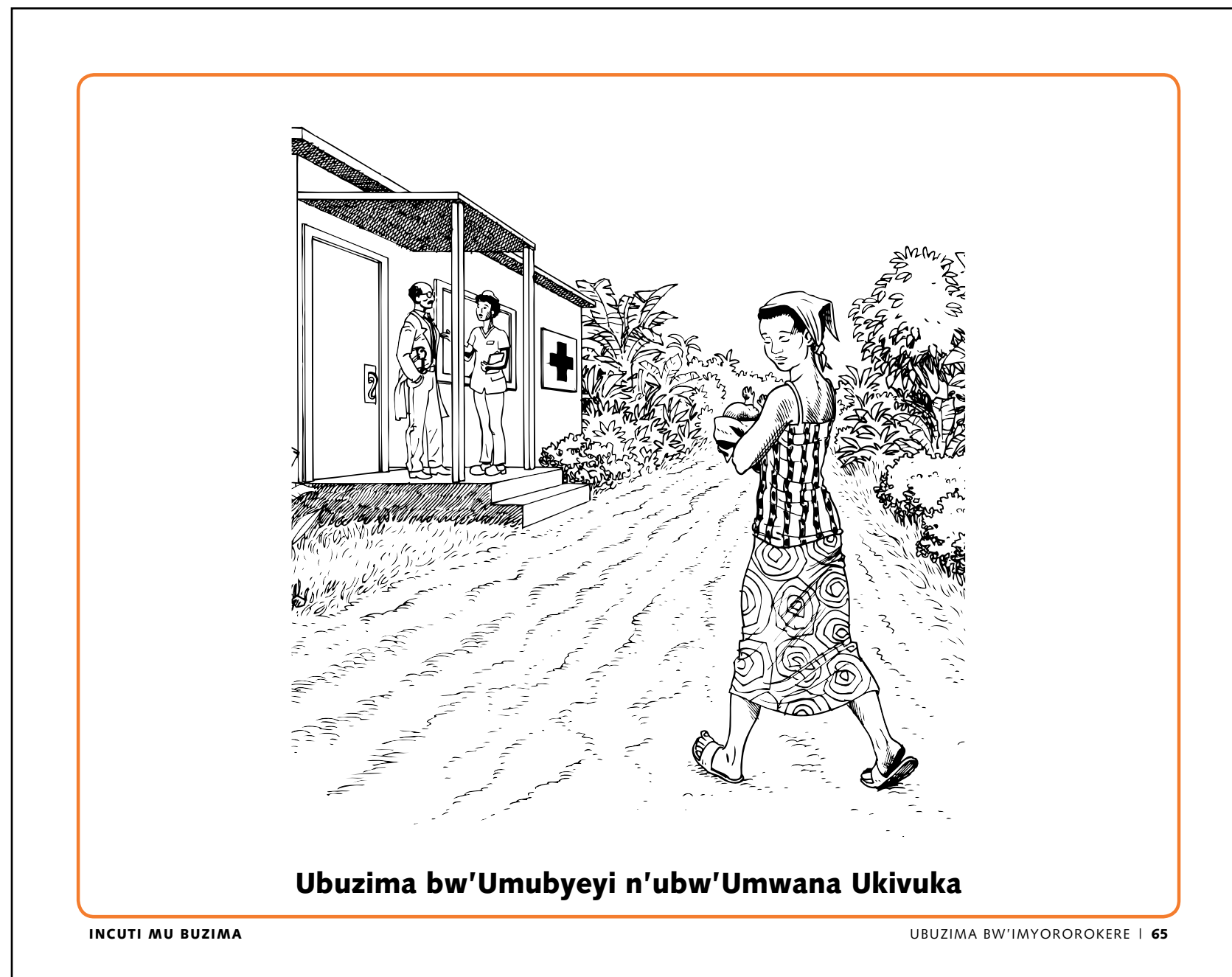
# Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka



**Umwana agomba guhora  
ashyushye (afubitse)**



**Umubyeyi ntagomba kuva cyane**



## Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka

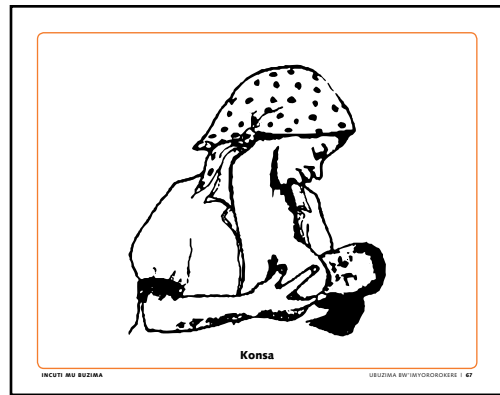
Jyana umwana ku kigo nderabuzima kumukingiza no kumusuzumisha.

- Kubera iki? **Umwana akenera gukingizwa kugira ngo agire ubuzima buzira umuze, akivuka, ku byumweru 6, ku byumweru 9, ku byumweru 14, no ku mezi 9.** Iyo umwana atavukiye kwa muganga, umubyeyi n'umwana bagomba guhera ko bajyayo igihe umubyeyi abashije kugenda.





## Ubuzima bw'Umubyeyi n'ubw'Umwana Ukivuka



# Konsa

Ni irihe funguro n'ikinyobwa cy'ingirakamaro ku bana b'impinja (bafite muni y'amezi 6 y'amavuko)?

- Amashereka **yonyine** ni ryo funguro n'ikinyobwa cy'ingirakamaro ku bana bari muni y'amezi 6. Mu mezi 6 ya mbere yabo, abana nta rindi funguro cyangwa ikinyobwa baba bakeneye, habe n'amazi. Amashereka afite intungamubiri zose umwana aba akeneye.

Kuki amashereka ari ingirakamaro ku bana b'impinja?

- Amashereka aha umwana intungamubiri zose aba akeneye. Amashereka arinda abana bato kurwaragurika kuko aba arimo abasirikari bahagije bavuye ku mubyeyi, bamufasha kurwanya indwara. Nta yandi mata abaho abamo abasirikari barinda umubiri.

Umwana ufite muni y'amezi 6 y'amavuko yonka inshuro zingaha ku muni mugereranyije?

- Umwana agomba konka inshuro 8 nibura buri muni, nijoro no ku manywa n'igihe cyose umwana abishatse. Konsa umwana kenshi bituma amabere y'umubyeyi akora amashereka menshi.

Umubyeyi agomba kumara igihe kingana iki yonsa?

- Kugeza umwana agize imyaka 2 y'amavuko, cyangwa se akanayirenta, kubera ko amashereka aba yuzuyemo intungamubiri, ibitera imbaraga n'ibirinda umubiri w'umwana kugira ngo atarwaragurika; ikindi ni uko nyuma y'amezi 6, umwana ashobora gutangira kurya ibiryo bikomeye.

Andi mata aturuka ku nyamaswa cyangwa se amata y'ifu (kigozi) muyatekerezaho iki? Ese mubona atari meza ku bana b'impinja?

- Oya, kuko amata aturuka ku nyamaswa agora umwana mu igogora kimwe n'amata y'ifu. Amata y'ifu ategurishijwe amazi yanduye ashobora kwanduza umwana impiswi, kandi impiswi ni indwara mbi cyane ku mwana.

Kubera iki ababyeyi bamwe batonsa abana babo?

- Bashobora kuba batarigishijwe neza uko bonsa
- Bashobora kuba bagomba gusiga abana babo mu rugo bagasubira ku kazi.
- Bibwira ko amata y'ifu ari meza ku bana babo b'impinja
- Bashobora gukeka ko nta mashereka ahagije bafite. Iyo ababyeyi batonsa kenshi, amabere yabo ntakora amashereka menshi.
- (Abahugurwa bashobora gutanga ibindi bitekerezo)

Ni iki wabwira ababyeyi ubashishikariza konsa abana babo?

- Uko umugore yonsa kenshi ni ko n'amabere ye arushaho gukora amashereka menshi. Iyo umwana yonka, amabere ya nyina arushaho gukora amashereka menshi.
- Niba umugore yagize ingorane zo kumenya uko yonsa umwana we, ashobora kujya ku kigo nderabuzima bakamufasha cyangwa se akegera abandi babyeyi baturanye babimenyereye bakamusobanurira uko yabigenza.
- Sobanura impamvu amashereka ari ifunguro n'ikinyobwa cy'ingirakamaro ku bana b'impinja.
- Fasha ababyeyi gutekereza uburyo bashobora kubana n'abana babo n'igihe bari ku kazi.
- (Abahugurwa bashobora gutanga ibindi bitekerezo).



**Konsa**



**Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we mu gihe cy'Ibise no mu Kubyara**



**Kumeneka kw'isuha**



**Ibise**



**Kubyarira kwa muganga**

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## **Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we mu gihe cy'Ibise no mu Kubyara**

Kugira ngo umubyeyi atanduza 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 umuforomo agenzura ko atatinze ku bise cyane, akamufasha iyo nta bise afite, agaha umubyeyi imiti y'inyongera igabanya ubukana, agatangiza umwana umuti wa Nevirapine akanagira inama uwo mubyeyi mushya uburyo bwo kugaburira umwana we no kwirinda kumwanduza agakoko gatera SIDA.

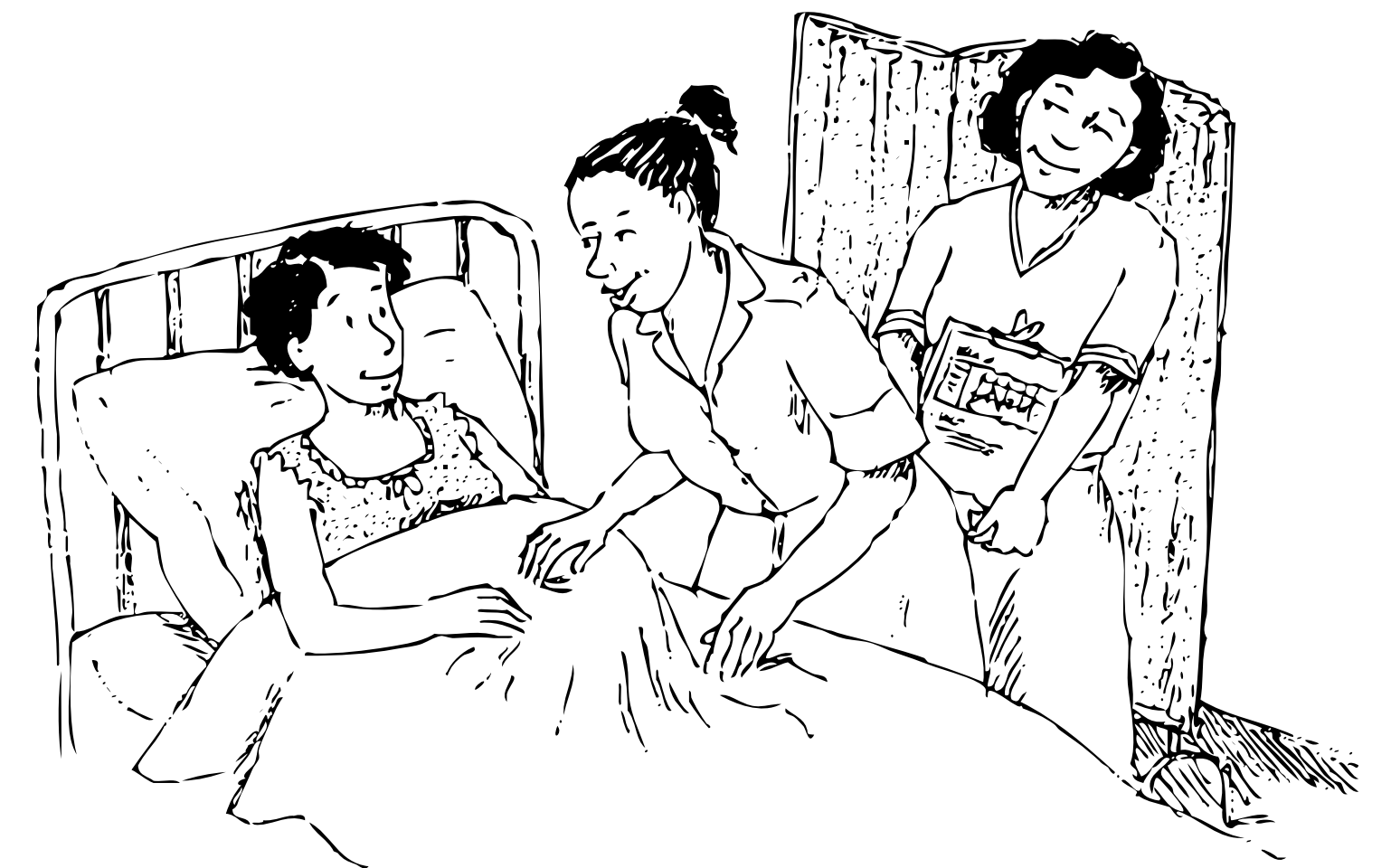
# Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we mu gihe cy'Ibise no mu Kubyara



**Kumeneka kw'isuha**



**Ibise**



**Kubyarira kwa muganga**





# Kurinda Umubyeyi Ubana n'Ubwandu Bw'agakoko gatera SIDA Kwanduza Umwana We Nyuma yo kubyara

Kugira ngo umubyeyi yirinde kwanduza umwana we, agomba:

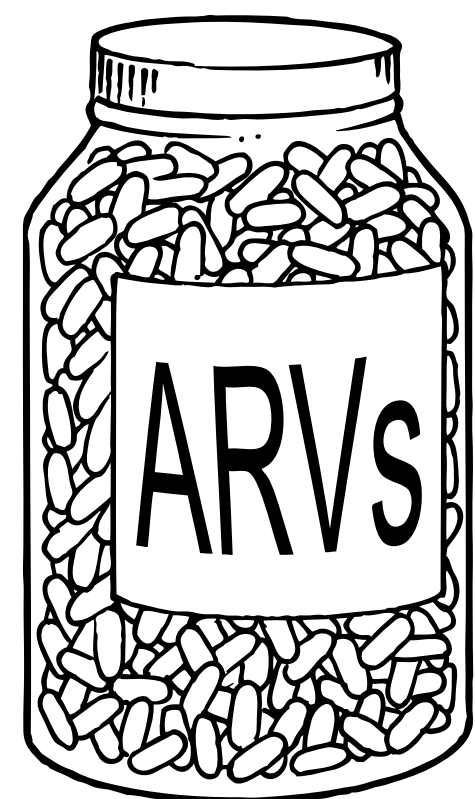
- Gukomeza gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA no kujya ku kigo nderabuzima iyo agaragaje ingaruka mbi zirimo kugira umwera ku mubiri, kuzungurira cyangwa umunaniro ukabije. Agomba gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA igihe cyose yonsa (kugeza ku mezi 18 nyuma yo kuvuka k'umwana) cyangwa se akayifata ubuzima bwe bwose iyo umubare w'abasirikari b'umubiri we wigeze kujya munsi ya 500.
- Guha umwana umuti wa Nevirapine. 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 nevirapine uhereye ku munsi yavukiyeho. Aha umwana umuti wa Nevirapine mu gihe cy'ibyumweru 6. Rimwe na rimwe anaha umwana imiti ya antibiyotiki (Bactrim).

- Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku byumweru 6 nyuma yo kuvuka.
- Gukingiza umwana (akivuka, ku byumweru 6, ku byumweru 9, ku byumweru 14 no ku mezi 9 avutse).
- Gukomeza kujyana umwana ku kigo nderabuzima kumusuzumisha incuro 1 mu kwezi.
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku neuro ya 2 agize amezi 18.
- 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 Ubana n'Ubwandu Bw'agakoko gatera SIDA Kwanduza Umwana We Nyuma yo kubyara



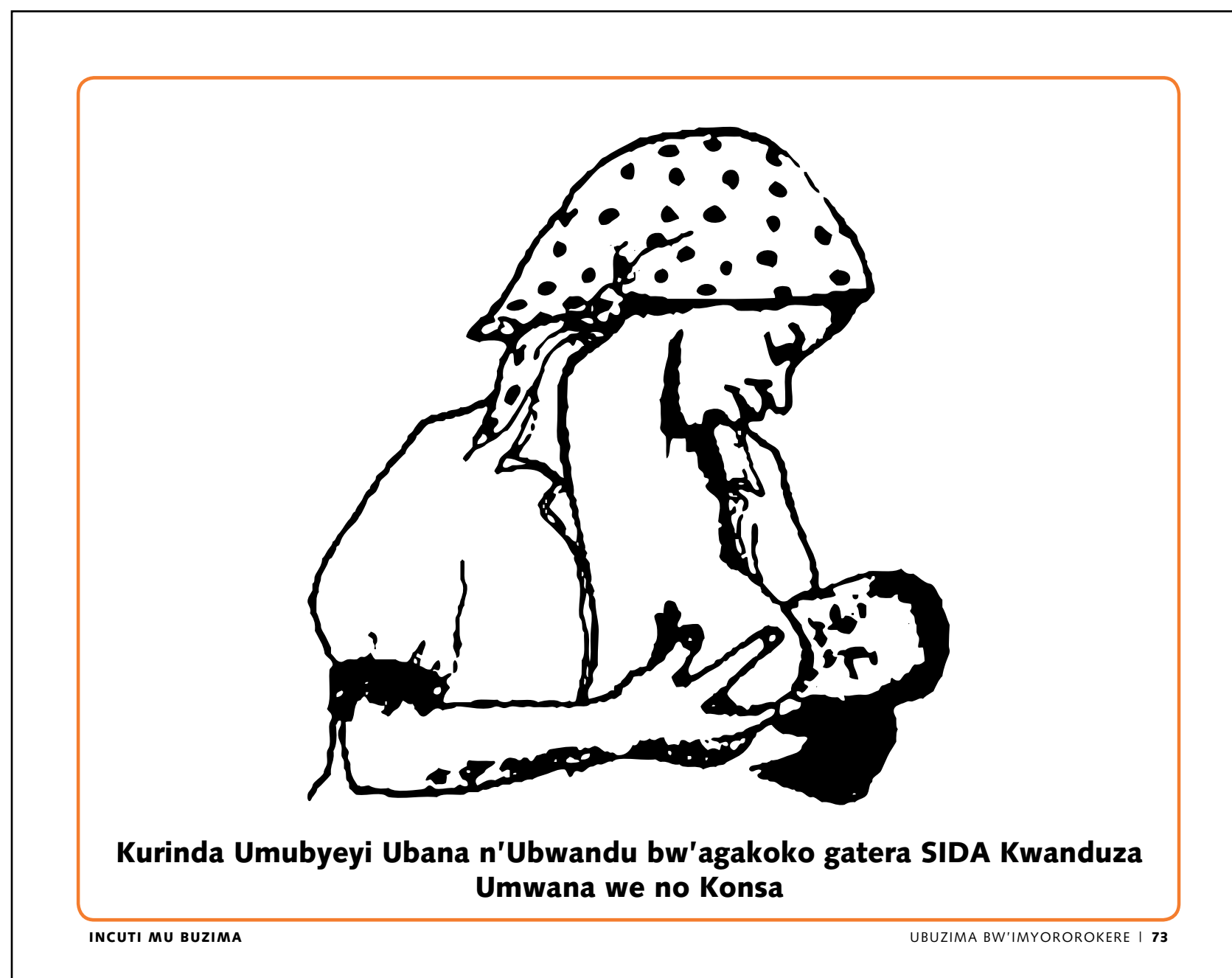
**Imiti igabanya  
ubukana n'umuti wa  
Nevirapine**



**Kujya kwisuzumisha  
nyuma yo kubyara no  
kwipimisha ubwandu  
bw'agakoko gatera  
SIDA**



**Inkingo**



## Kurinda Umubyeyi Ubana n'Ubwandu bw'agakoko gatera SIDA Kwanduza Umwana we no Konsa

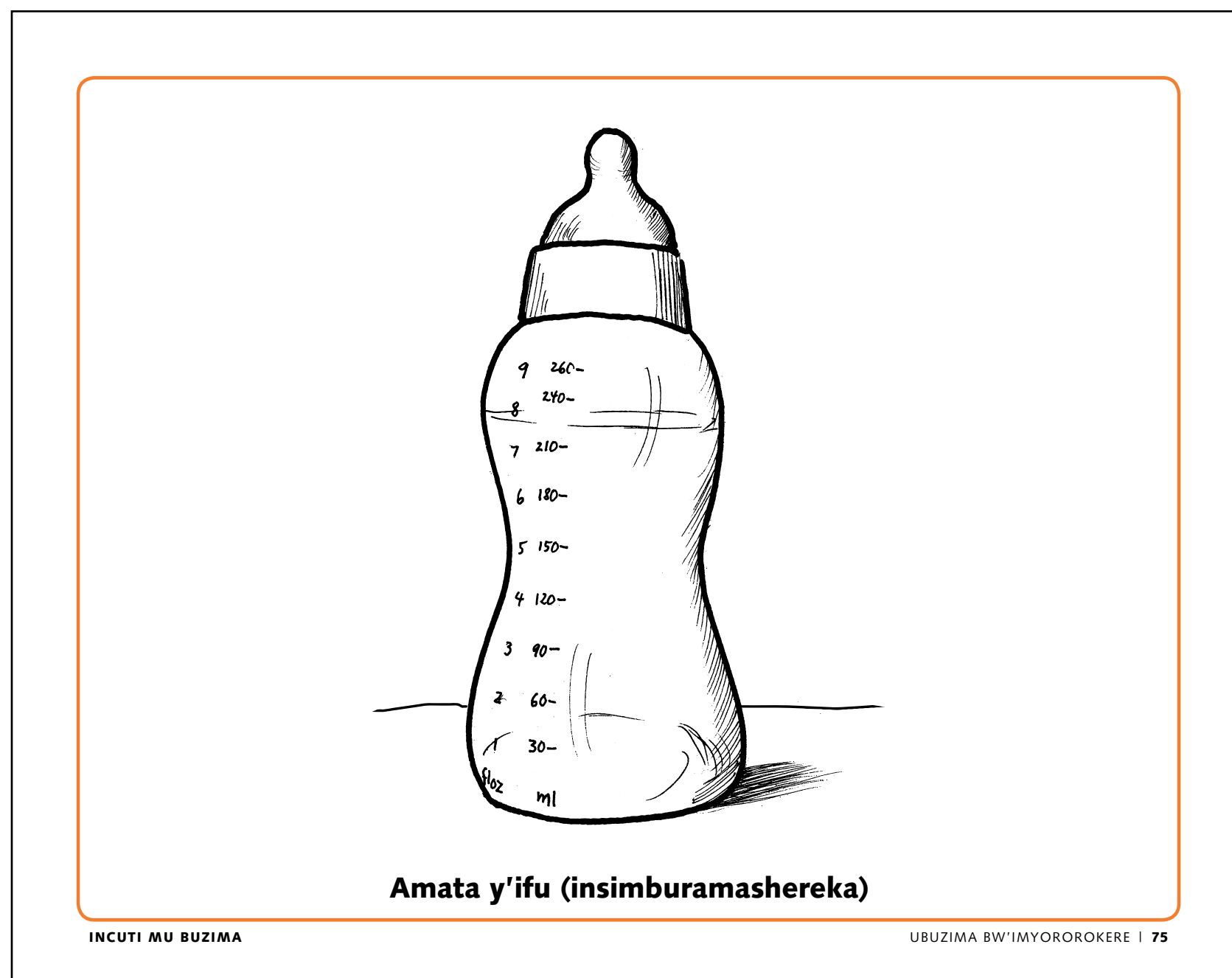
Abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora konsa abana babo nta kibazo iyo batangiye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA buri munsu bakimara kumenya ko batwite, cyangwa se bishobotse mu mezi 3 nyuma yo gusama cyangwa se mu mezi 3 mbere yo kubyara. Bagomba guha abana babo nabo imiti igabanya ubukana bw'agakoko gatera SIDA, kujyana abana babo ku kigo nderabuzima kubapimisha ubwandu bw'agakoko gatera SIDA nyuma y'amezi 6 bavutse na nyuma y'amezi 18 ku nshuro ya 2, ndetse no kubakingiza.

Amashereka ni ifunguro n'ikinyobwa cy'ingenzi ku bana. Amashereka atunga abana akanabarinda kurwaragurika. Iyo umugore atangiye gufata imiti igabanya ubukana bw'agakoko gatera SIDA mu gihe atwite (mu mezi 3 ya mbere yo gutwita cyangwa se nibura mu mezi atatu mbere yo kubyara), nta kibazo bitera iyo yonkeje kandi bigirira umwana we akamaro kanini.



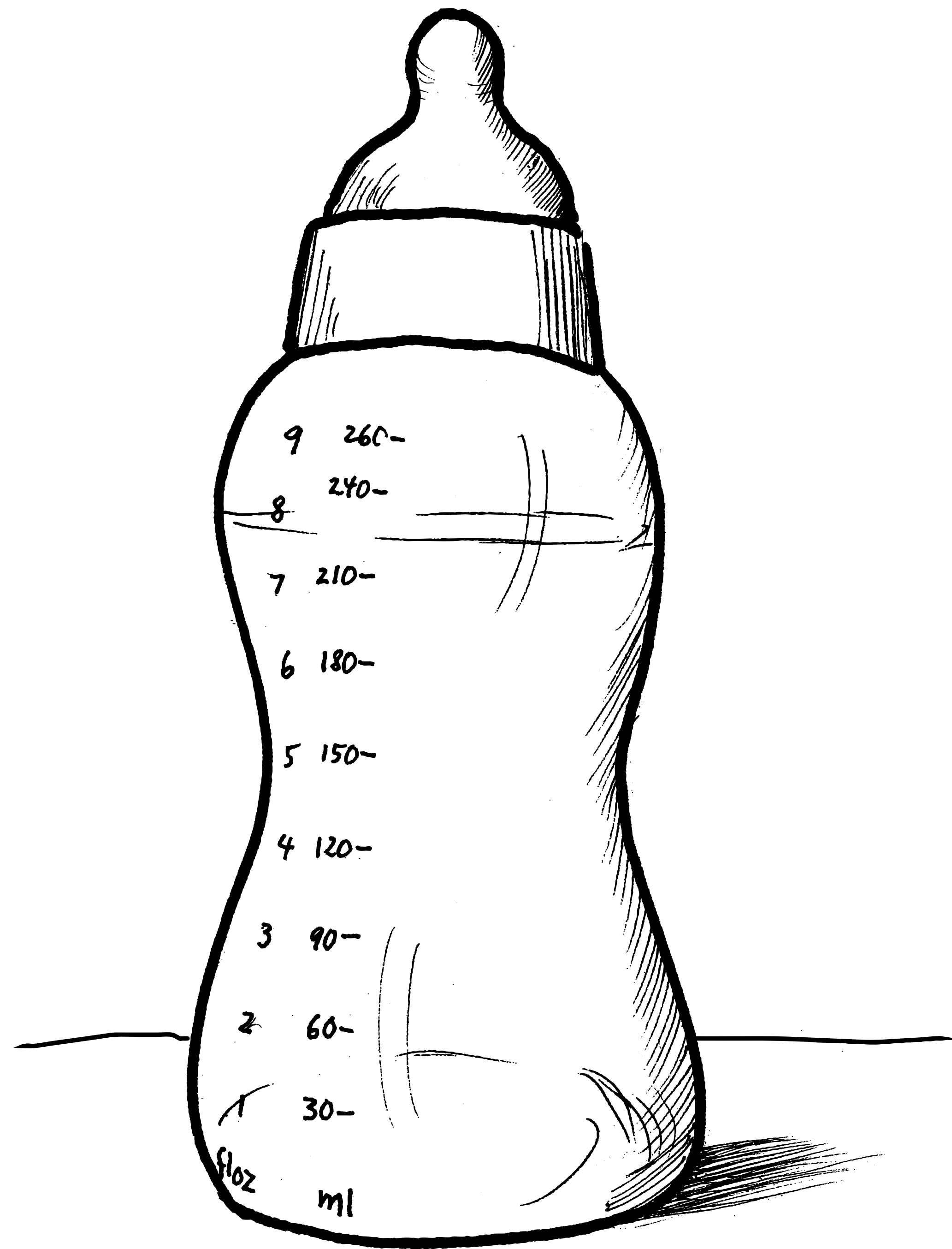
**Kurinda Umubyeyi Ubana n'Ubwandu bw'agakoko gatera SIDA Kwanduza Umwana we no Konsa**





## Amata y'ifu (insimburamashereka)

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 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 batwite bipimisha ubwandu bw'agakoko gatera SIDA bakimenya ko batwite. Hanyuma basanga bafite ubwandu bw'agakoko gatera SIDA, batangira gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA, bakagumana ubuzima bwiza igihe batwite kandi bakonsa abana babo nta mpungenge.



## Amata y'ifu (insimburamashereka)



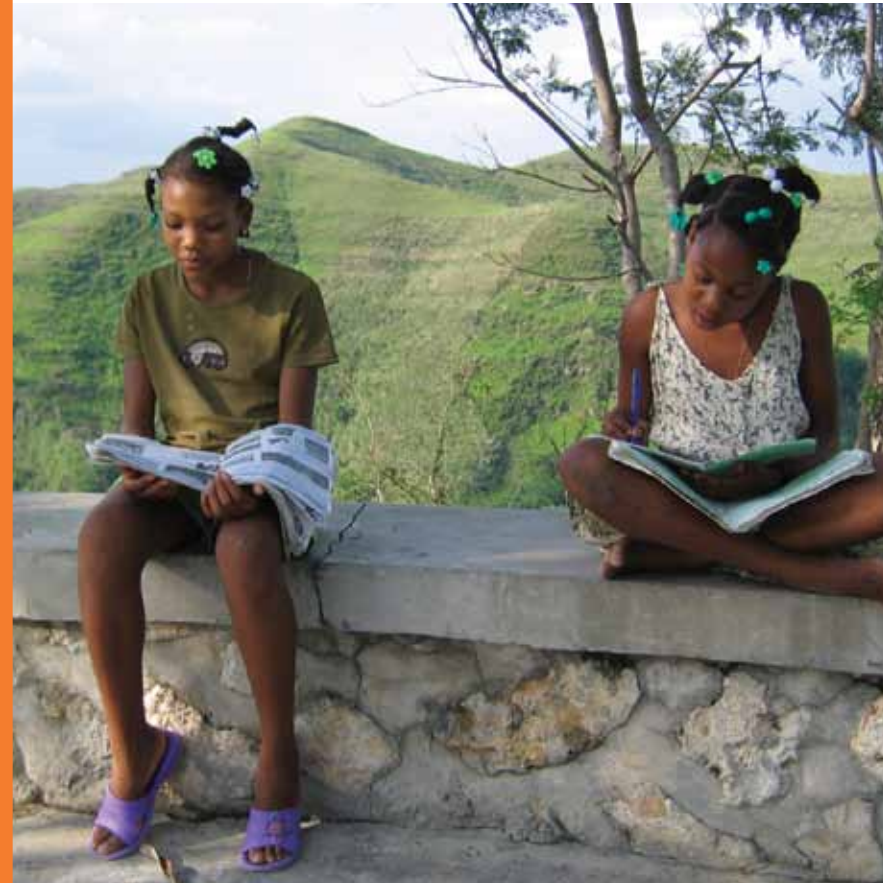


**Tubashimiye kuba mwitabiye aya mahugurwa!**



INSHUTI MU BUZIMA





INYANDIKO YA 1

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