



KINYARWANDA

Ubuzima bw'imyororokere

IGITABO CY'UHUGURWA

Isomo rimwe ku rutonde rw'amahugurwa
agenewe Umujyanama w'Ubuzima w'Inshuti
Mu Buzima/IMB



INSHUTI MU BUZIMA



**Partners
In Health**

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Partners In Health (PIH)/Inshuti Mu Buzima (IMB) ni umuryango udaharanira inyungu wigenga washingiwe mu gihugu cya Hayiti mu myaka 20 ishize, ukaba ufite intego yo kugeza ubuvuzi bwo ku rwego rwo hejuru mu duce turimo abantu batagira uko bivuzi, guherekeza abarwayi igihe bafata imiti no gukuraho impamvu zitera ibibazo by’uburwayi bwabo. Muri iki gihe PIH/IMB ikorera mu bihugu 15 ku isi, ikaba ikoresha uburyo bukomatanyije bwo kuvura kugira ngo irwanye uruhererekane rw’ubukene n’indwara-ibyo bikorwa mu kuvura abantu no mu bindi bikorwa bikorerwa mu giturage birimo ubuhinzi, gufasha abantu kubona indyo yuzuye, amacumbi, amazi meza n’ibikorwa bibyara inyungu.

Umurimo wa IMB utangirira ku kuvura abarwayi ugakomereza ku bikorwa byo guhindura imibereho y’abaturage, guteza imbere uburyo bwo kuvura abantu n’ingamba z’ubuzima rusange. PIH/IMB yubatswe inashimangira ubwo buvuzi bukomatanyije mu bihe by’amakuba akomeye nk’umutingito wayogoje ibintu muri Hayiti, mu bihugu byaranzwemo intambara nk’u Rwanda, Gwatemala n’u Burundi, tutibagiwe n’uduce dukennye cyane tw’Umujyi wa Boston muri Leta Zunze Ubumwe z’Amerika. Mu bufatanye PIH/IMB ifitanye n’ibigo n’amashuri bikomeye ku isi nk’Ishuri ry’Ubuuzi rya Harvard n’Ibitaro by’Abagore bya Brigham, ikora ibishoboka byose ngo ikwirakwize ubwo buvuzi bukomatanyije mu bandi bantu. PIH/IMB ikora ibishoboka byose ngo iteze imbere ibijyanye no kuvura abantu batuye mu bice bikennye cyane kurusha ibindi ku isi, ibyo ikabikora ibinyujije mu buvugizi ikora mu batera inkunga ibikorwa by’ubuvuzi hamwe n’abagira uruhare mu ifatwa ry’ibyemezo.

PIH/IMB ikorera muri Hayiti, mu Burusiya, muri Peru, mu Rwanda, muri Lesoto, muri Malawi, muri Kazakistani no muri Leta Zunze Ubumwe z’Amerika. PIH/IMB ifasha kandi imishinga iyishamikiyeho ikorera muri Mexiko, muri Gwatemala, mu Burundi, muri Mali, muri Nepal no muri Liberiya. Niba mukeneye andi makuru yerekeye PIH/IMB, mushobora gusura urubuga rwa interineti rwayo ari rwo: www.pih.org

Abakozi benshi ba PIH/IMB hamwe n’abandi bafatanyabikorwa bo hanze bagize uruhare mu kwandika ibi bitabo by’amahugurwa. Ntibiyadushobokera gushimira buri wese ku giti cye, ariko turazirikana cyane ubushake, umurava n’urukundo bagaragaje.

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Amafoto yo ku rupapuro rw’inyuma: Partners In Health

Amagambo y’impuguke yo hanze: Barbara Garner

Uwatunganyije ibitabo: Mechanica na Annie Smidt bafatanyije n’Umuryango Inshuti Mu Buzima

Uwasohoye inyandiko: ACME Books, Inc.

Inyandiko ya mbere yo mu cyongereza yasohotse muri Werurwe 2011.

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



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Ubuzima bw' Imyororokere



INTANGIRIRO

Abagore benshi iyo batwite bagubwa neza bakanabyara neza. Ariko na none, rimwe na rimwe abagore bashobora guhura n'ingorane zikomeye igihe batwite cyangwa babyara. Ino iwacu, rimwe na rimwe abagore ntibigishwa, ntibafashwa cyangwa se ngo bitabweho mu buvuzi bakeneye, ibyo bigatuma rimwe na rimwe hari abagore bapfa igihe batwite cyangwa igihe babyara.

Abagore bagira amahirwe menshi yo kubaho neza, bakagira ubuzima buzira umuze mu gihe batwite ndetse bakabyara neza iyo bigishijwe uburyo bwo kwirinda no kurinda abana baba batwite, bajya kwisuzumisha mbere yo kubyara uko bitegetswe, kandi bakajya kubyarira ku kigo nderabuzima cyangwa ku bitaro. Ikindi, niba umugore utwite abana n'ubwandu bw'agakoko gatera SIDA, agomba kwigishwa uburyo bwo kwirinda kwanduza umwana we igihe cyose amutwite ndetse n'igihe amubyara.

Muri aya mahugurwa, abajyanama b'ubuzima bazigiramo uburyo bashobora gufasha ababyeyi n'abana babo kugira ubuzima bwiza, bigisha abagore uburyo bashobora kubaho neza igihe batwite, bakabakangurira kujya kwisuzumisha mbere yo kubyara ndetse no kwipisha Agakoko gatera SIDA ku bushake (VCT mu rurimi rw'icyongereza), bakabafasha gushyiraho gahunda yo kujya kubyarira kwa muganga ndetse no kubasura nyuma yo kubyara kugira ngo bamenye niba umubyeyi n'umwana bafite ubuzima buzira umuze.

Buri wese afite uburenganzira ku buvuzi buboneye. Buri wese afite uburenganzira bwo kuvurwa no kubaho neza, ndetse agahabwa agaciro mu muryango. Abagore batwite, ababyaye ndetse n'abana babo nabo bafite ubu burenganzira. Abajyanama b'ubuzima bafite inshingano zo gufasha aba bagore n'imiryango yabo kubona ubwo burenganzira bw'ibanze bwa muntu.



INTEGO Z'AMAHUGURWA

Amahugurwa arangiye, abahugurwa baraba babasha:

- a. Gusobanura uburyo ubuzima bw'imyororokere ari uburenganzira bwa muntu.
- b. Gusobanura ibice by'ibanze byo kuva ku gutwita kugeza ku kubyara.
- c. Gusobanura uburyo abagore batwite bakomeza kugira ubuzima buzira umuze.
- d. Gushishikariza abagore batwite kujya ku kigo nderabuzima kwipisha agakoko gatera SIDA ku bushake (VCT)
- e. Gusobanura akamaro ko kwisuzumisha mbere yo kubyara, ibyo bakorera umugore wagiye kwisuzumisha mbere yo kubyara, n'inshuro umugore utwite agomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara.
- f. Gusobanura ukuntu abagore batwite ndetse n'ababyeyi babana n'ubwandu bw'agakoko gatera SIDA bakwirida kwanduza abana babo (PMTCT mu rurimi rw'icyongereza).
- g. Gutahura ibimenyetso mpuruza ku mugore utwite bisobanura ko agomba kwihutira kujya ku kigo nderabuzima ako kanya.
- h. Gusobanura igihe ndetse n'uburyo abagore batwite n'imiryango yabo bakwitegura kujya ku nda ndetse n'uburyo umujyanama w'ubuzima yabibafashamo.
- i. Gusobanura akamaro ko kubyarira kwa muganga.
- j. Gusobanura ukuntu ababyeyi n'abana babo bakwirinda maze bakabaho mu buzima buzira umuze.

**INGINGO Z'INGENZI**

- Abagore batwite bagomba kwirinda bakabaho mu buzima buzira umuze bipimisha ubwandu bw'agakoko gatera SIDA ku bushake (VCT), barya indyo yuzuye kandi bakaruhuka bihagije, bagira isuku, bafata inyongera y'umunyu wa "Fer", bakoresha umunyu urimo "Iyodi", baryama mu nzitiramibu ziteye umuti, kandi bajya kwisuzumisha mbere yo kubyara.
- Niba umugore utwite agaragaje bimwe mu bimenyetso mpuruza bikurikira, agomba guhera ko ajya ku kigo nderabuzima: kuva cyane mu gitsina (bidahagarara), kuribwa mu nda ku buryo bukabije, umuriro, kubyimba ibiganza no mu maso, kutabona neza, kuribwa umutwe cyane, cyangwa kugira umunaniro ukabije.
- Abagore batwite babana n'ubwandu bw'agakoko gatera SIDA bagomba guhera ko batangira gufata imiti igabanya ubukana [ARVs] hakiri kare (mu byumweru 12 bya mbere akimara gusama) kugira ngo birinde kwanduza abana babo.
- Abagore bose batwite bagomba guteganya kujya kubyarira kwa muganga kandi bakitegura hakiri kare. Abajyanama b'ubuzima bagomba gufasha abagore batwite n'imiryango yabo kwitegura kubyara.
- Ababyeyi bagomba kwita ku buzima bwabo nyuma yo kubyara baryama mu nzitiramibu, barya indyo yuzuye bakanaruhuka bihagije, bakirinda no gukora imibonano mpuzabitsina mu gihe cy'ibyumweru 6 nyuma yo kubyara.
- Ababyeyi bagomba kwita ku buzima bw'abana babo babonsa, bagenzura ko urureri rw'umwana rutanduye, bahindurira umwana imyambaro buri munsu, baryama mu nzitiramibu, bacunga ko umwana yifubitse bihagije, ndetse bajyana abana ku kigo nderabuzima kubakingiza no kubasuzumisha.
- Amashereka ni ifunguro n'ikinyobwa cy'ingenzi ku bana. Atunga abana akabarinda kurwaragurika.
- Iyo umugore utwite ubana n'ubwandu bw'agakoko gatera SIDA atangiye gufata imiti igabanya ubukana mu gihe atwite (mu mezi 3 ya mbere akimara gusama, cyangwa mu mezi 3 mbere yo kubyara), bituma abasha konsa neza kandi bikagirira umwana we akamaro. Abagore babana n'ubwandu bw'agakoko gatera SIDA batafashe imiti igabanya ubukana nibura mu mezi 3 mbere yo kubyara bagomba kugaburira abana babo bakoresheje amata y'ifu.

Ubuzima bw'imyororokere n'uburenganzi bwa muntu



Uburenganzira bwa muntu bivuga iki?

Uburenganzira bwa muntu ni uburenganzira abantu bose bahuriyeho, utitaye ku ibara ry'uruho, ku bwoko, ku myaka, ku myizerere, ku gitsina, ku bitekerezo bya politiki, cyangwa se ku bushobozi umuntu afite. Uburenganzira bwa muntu buvugako abantu bose bagomba kubaho bubahana. Abantu bose bararehya imbere y'amategeko.

Ni izihe ngero z'uburenganzira bwa muntu mwaba muzi? Mu yandi magambo, ni ibihe bintu abantu bose bakeneye kugirango babeho mu mudendezo kandi bubashywe?

- Kutagirwa umucakara
- Uburenganzira bwo gutekereza no gutanga igitekerezo

- Kudatotezwa
- Kugira uruhare mu bikorwa rusange bya Leta (gutora, n'ibindi)
- Kugira umutungo
- Uburenganzira bwo kubaho neza n'iterambere rye ku giti cye ndetse n'iry'umuryango we, no **kugira uburenganzira ku buvuzi.**
- Uburezi
- Kubaho mu mudendezo udahungabanywa.

Ubuwuzi buboneye ari uburenganzira bwa muntu. Buri muntu wese afite uburenganzira ku buvuzi bwiza kugira ngo abashe kugera ku buzima buzira umuze, ndetse no guhabwa icyubahiro cyimukwiriye. Muri abo bantu bavugwa harimo abagore batwite, ababyeyi ndetse n'abana babo.

Nk'abajyanama b'ubuzima mufite inshingano zo gufasha aba bagore n'abana babo kubaho mu buzima bwiza buzira umuze, nk'uburenganzira bwabo.

Ni gute wafasha abagore batwite n'ababyeyi n'abana babo kubaho mu buzima bwiza buzira umuze?

- Kwigisha abagore uburyo bashobora kubaho mu buzima buzira umuze.
- Gufasha abagore guhabwa ubuvuzi bakeneye, harimo kwisuzumisha mbere yo kubyara ndetse no kubyarira kwa muganga.
- Gusura abagore batwite buri kwezi kugira ngo urebe ko bafite ubuzima buzira umuze
- Gusura ababyeyi n'abana babo kugira ngo urebe ko babayeho mu buzima buzira umuze.
- Kwigisha abagore batwite babana n'ubwandu bw'agakoko gatera SIDA kwirinda kwanduza abana babo.

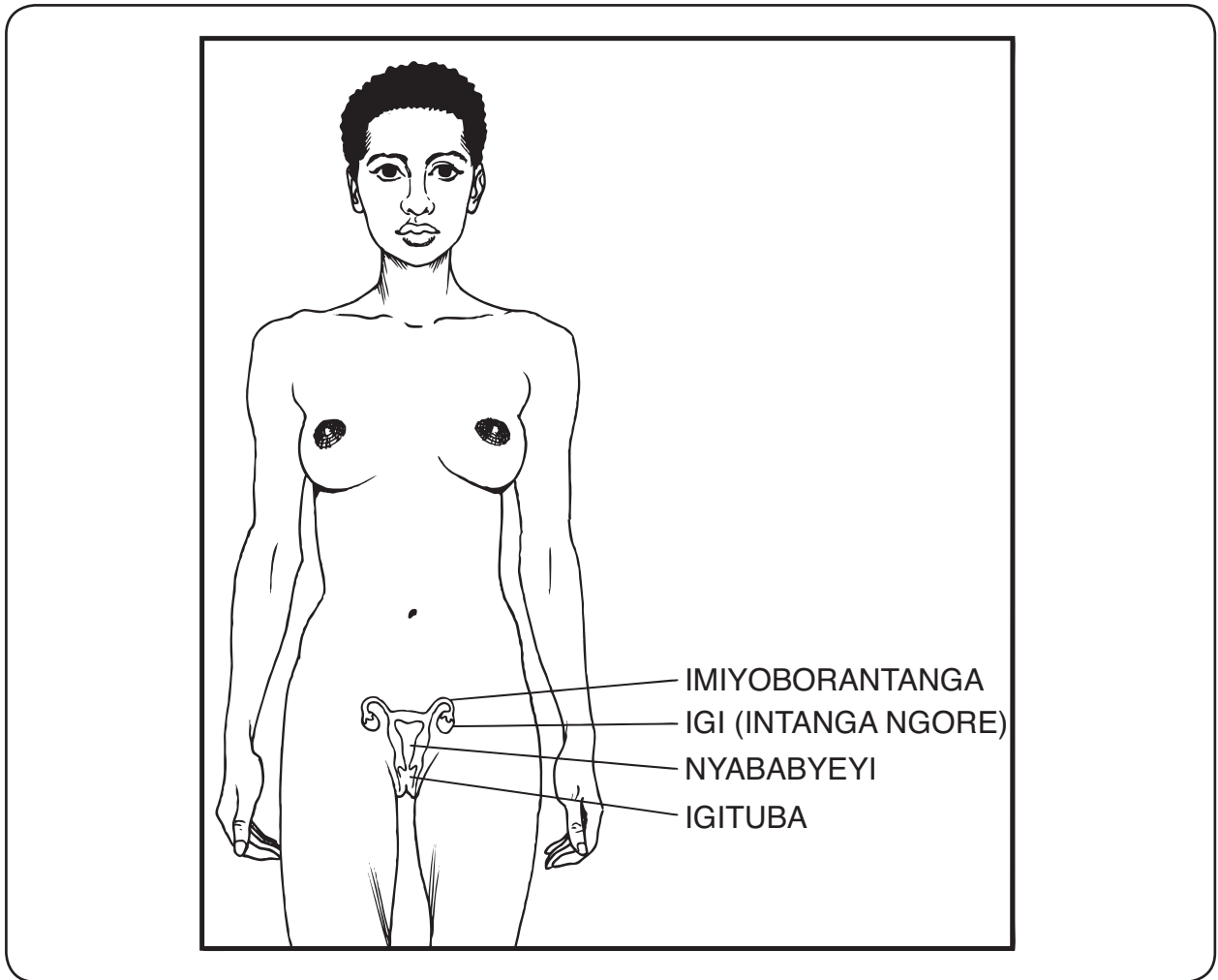
Iyo mwiga uburyo bwo gufasha abagore batwite ndetse n'ababyeyi n'abana babo uburyo bwo kubaho neza mu buzima buzira umuze, muba mubafasha guteza ubuzima bwabo, ubw'imiryango yabo ndetse n'ubw'abaturage muri rusange.

Gutwita no Kubyara

Nubwo bigaragara ko buri wese afite icyo azi ku byerekeye gutwita no kubyara, rimwe na rimwe abantu ntibumva bishimiye kubiganiraho. Bashobora kwiyumvamo ko bari gukwiza ibihuha cyangwa se bari kuvuga ibizira.

Nyamara ariko kuganira ku byerekeye gutwita no kubyara ntabwo ari ugukwirakwiza ibihuha cyangwa kuvuga ibizira, ahubwo ni uburyo bwiza bwo gufasha abagore batwite, ababyeyi n'abana babo kugira ubuzima buzira umuze. Kuvuga ibyerekeye gutwita no kubyara ni inshingano z'abajyanama b'ubuzima.

Ni iby'igicro ko mwimenyereza ibijyanye no gutwita no kubyara kugira ngo muzabashe kwigisha no gufasha abagore batwite kugira ubuzima bwiza ndetse bakanabyara abana bameze neza.



Uko Umugore asama

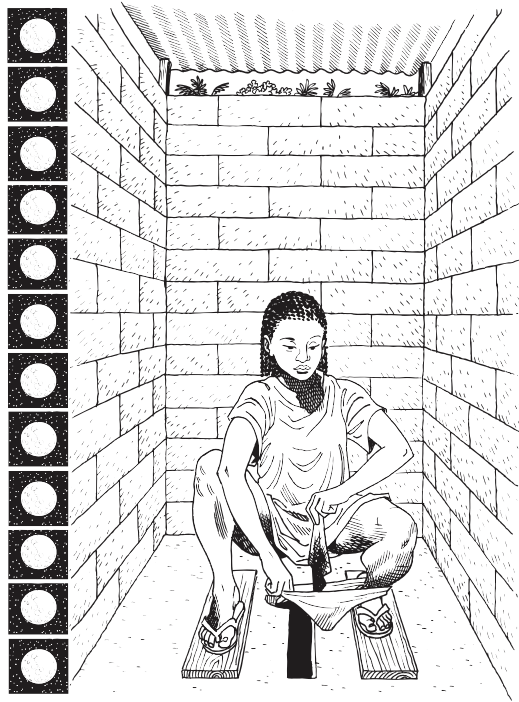
Iyi foto igaragaza imyanya myibarukiro y’umugore – ni ukuvuga ibice by’umubiri we bigira uruhare mu gusama kwe, mu kurera umwana no mu kubyara.

Buri kwezi igi (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), rihera ko riyomeka kuri **nyababyeyi** hanyuma rigatangira gukura rivamo umwana. Ibi ni byo bivuga 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 nayo igenda yiyongera. Mu mezi ya mbere yo gusama, inda iba itagaragara ku buryo umuntu atabona ko umugore atwite.

Ibimenyetso by'umugore utwite



Kubura Imihango



Kuryaryata kw'amabere

Iyo umugore yasamye, abura **imihango**. Impamvu ni uko intanga ngabo iba yarahuye n'igi (intanga ngore) maze rya gi rigafata kuri nyababyeyi, hanyuma rigatangira gukura rivamo umwana. Icyo gihe rya gi ntabwo rishwanyagurika ngo risohoke hanze nk'uko bisanzwe bigenda ku 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 anarushaho kuba manini.



Kuruka no Kugira Iseeme

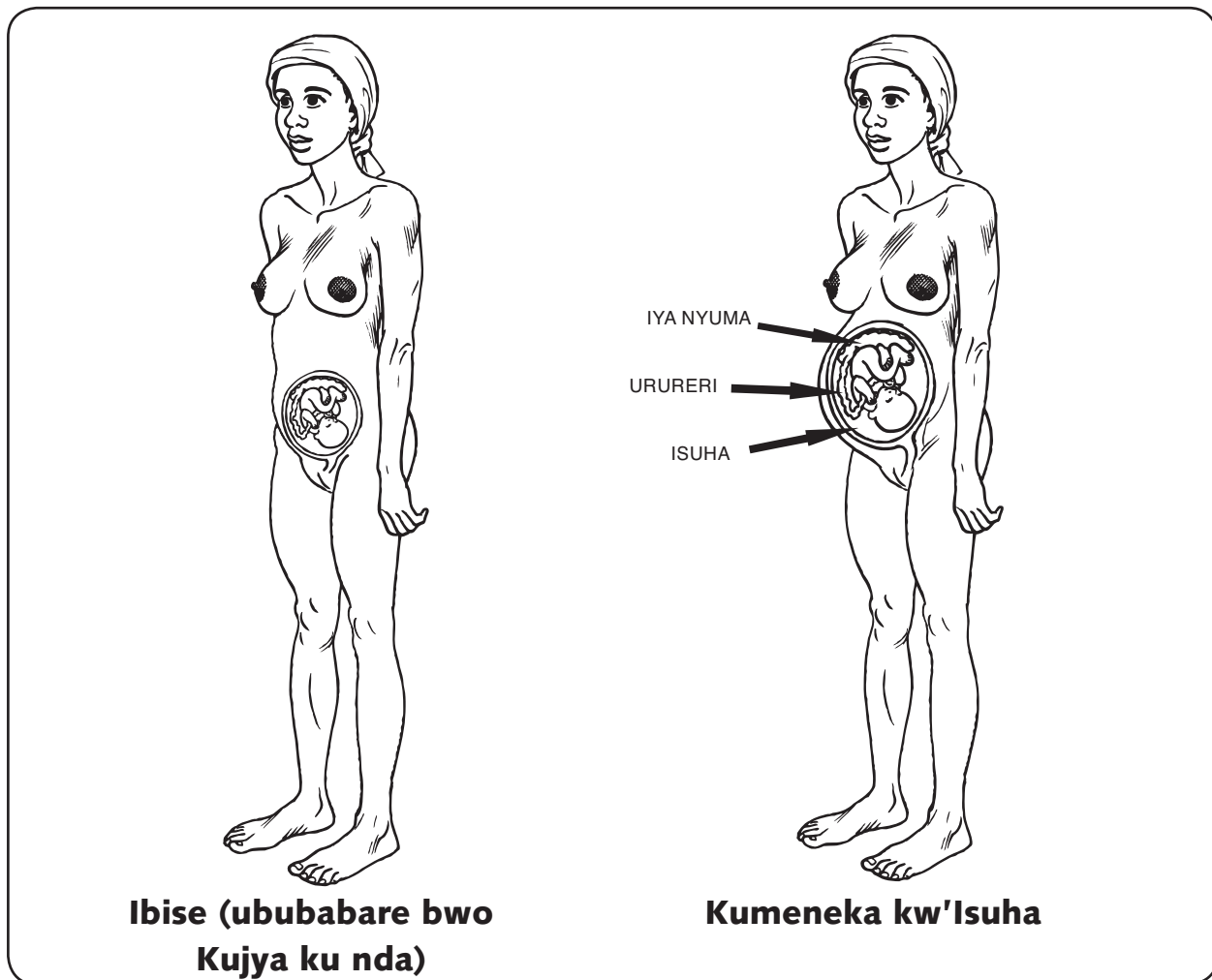
Inda Irakura Ikaba Nini

Umugore ashobora kumva agize iseseme hanyuma akanaruka rimwe na rimwe.

Ashobora kumva ananiwe cyane kurusha uko bisanzwe.

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

Umwana akurira muri nyababyeyi

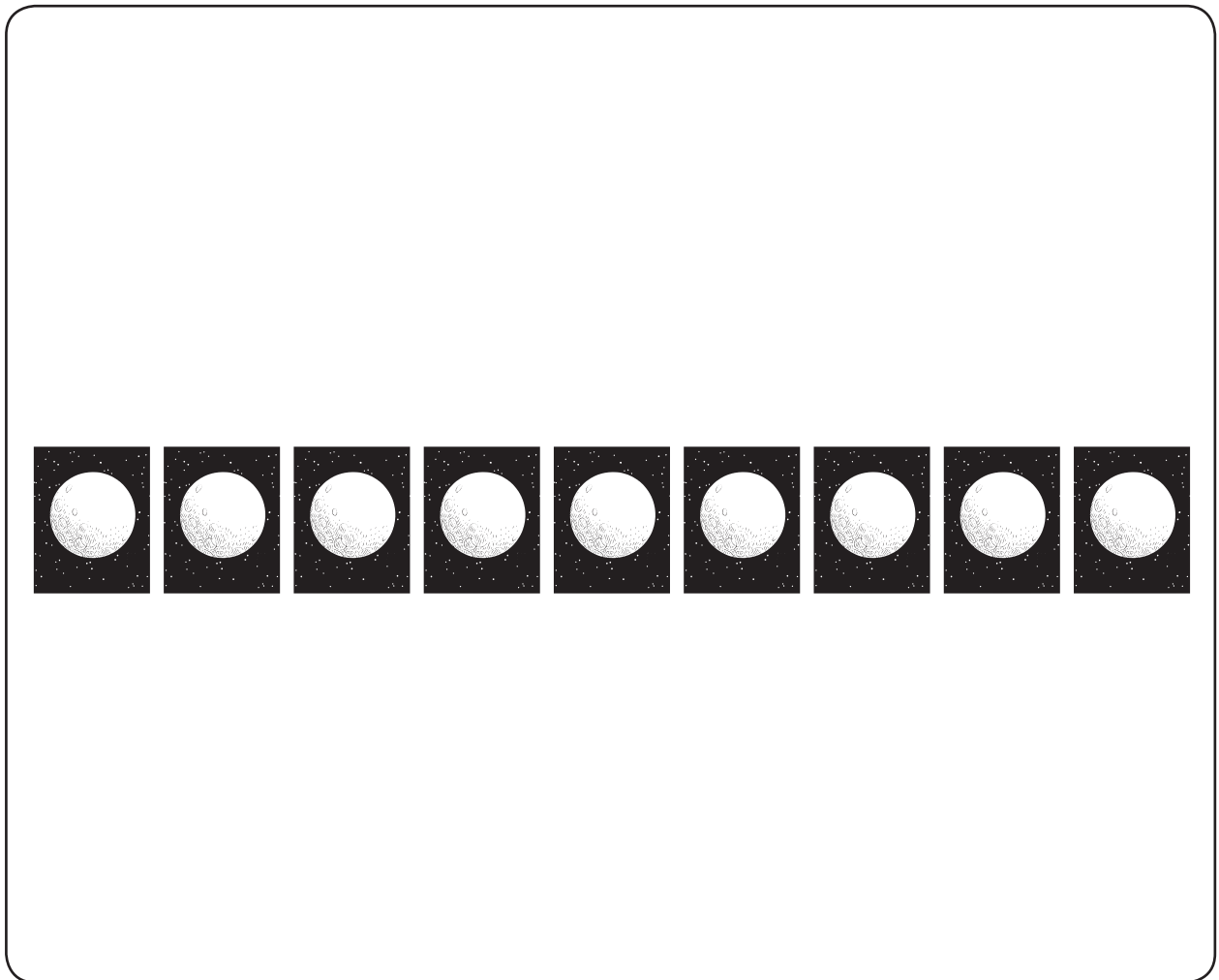


Umwana agenda akura buri kwezi. Mu mezi ya nyuma yo gutwita nyababyeyi y'umugore iba yaragutse cyane ku buryo ibasha gukwirwamo umwana neza. **Isuha** ni agasaho gato kaba mu nda (nyababyeyi), kabamo amazi meza. Aya mazi arinda umwana kwandura indwara, ndetse akagenda amutangira uko nyina yinyeganyeza.

Ingobyi ni agasaho k'amaraso na ko gakurira muri nyababyeyi iruhande rw'umwana. Amaraso amwe y'umugore anyura muri iyi ngobyi no mu mukondo, agakomeza akagera ku mwana anyuze mu **rureri**.

Urureri ruha umwana amaraso ndetse n'intungamubiri biva mu mubiri wa nyina.

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

Ni gute abagore bo mu duce mutuyemo bamenya amakuru y'igihe bamaze batwite?

Kujya ku nda



Kumeneka kw'isuha



Ibise
(ububabare bwo kujya ku nda)

Iyo umugore agejeje igihe cyo kubyara, **ajya ku nda**. Iyo ibise bitangiye, imitsi y'umura (nyababyeyi) iregerana hanyuma igasunika umwana ngo asohoke. Ibi ni byo bita **ibise cyangwa ububabare bwo Kujya ku nda**.

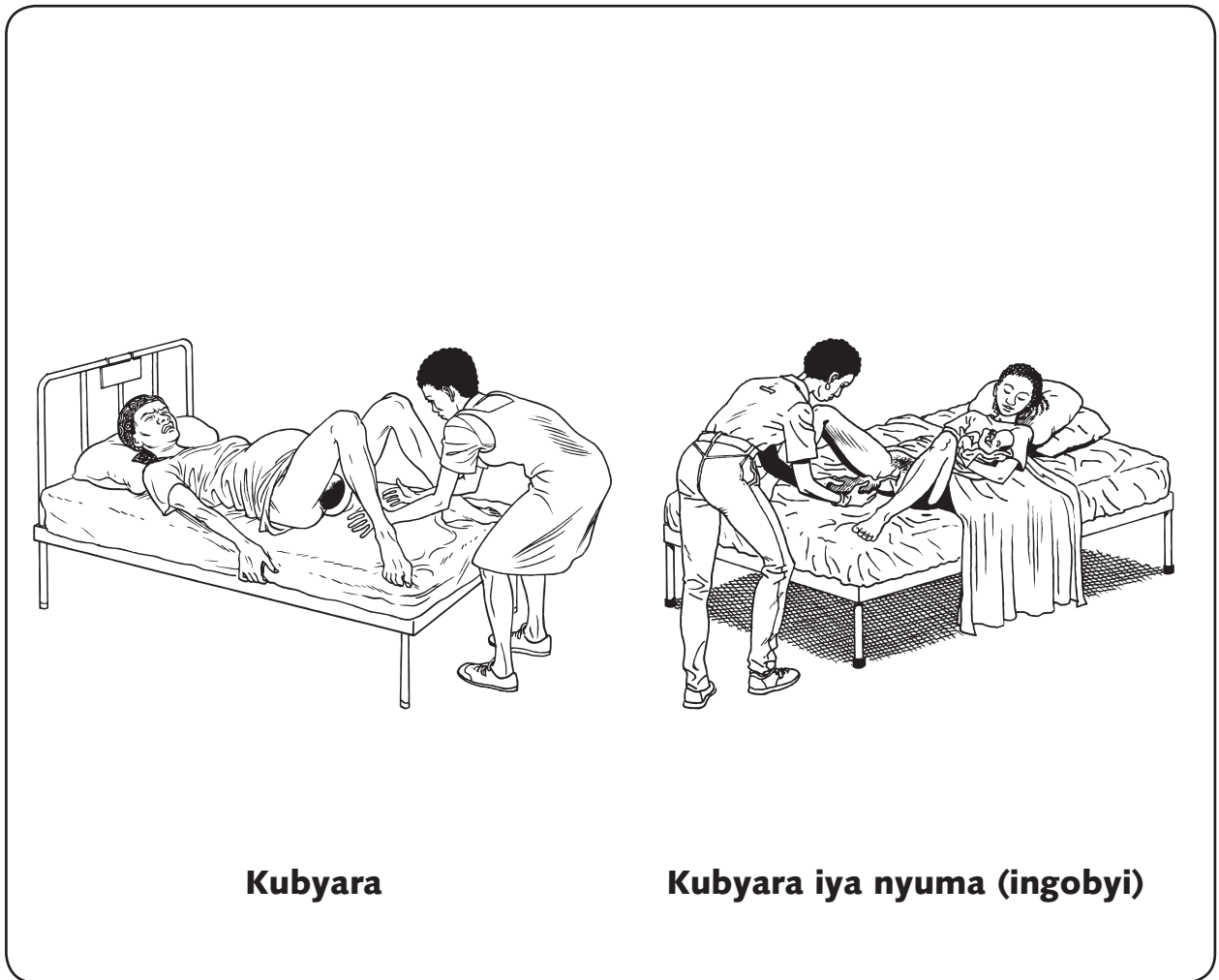
Mbere cyangwa nyuma y'uko ibise bitangira, **isuha irameneka**. Ibi biba igihe ka gasaho k'amazi kaba gakikije umwana mu nda gafungutse hanyuma ururenda rukameneka rugasohokera mu gitsina cy'umugore.

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

Nyababyeyi (umura) ni umutsi ukomeye cyane ku buryo n'ibise na byo biba bifite ingufu. Kuri buri gise, ni ko umwana agenda asohoka hanze buhoro buhoro. Uko ibise bigenda byiyongera ni ko birushaho kubabaza.

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

Kubyara



Kubyara

Kubyara iya nyuma (ingobyi)

Iyo umwana yarangije kuva muri nyababyeyi yageze mu **nzira asohokeramo**, umugore na we arasunika buri uko yumvise igise kugira ngo umwana agere hanze. 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 **inda ya nyuma (ingobyi)** na yo isohoke. Icyo gihe hari amaraso avirirana mu gitsina cye.

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

Umugore agomba Kugira ubuzima buzira umuze igihe atwite

Nk'abajyanama b'ubuzima, mugomba kwigisha abagore batwite hamwe n'imiryango yabo ibyo bagomba gukora kugira ngo umugore abashe kugira ubuzima bwiza igihe atwite.

Kurya indyo ifite intungamubiri zihagije



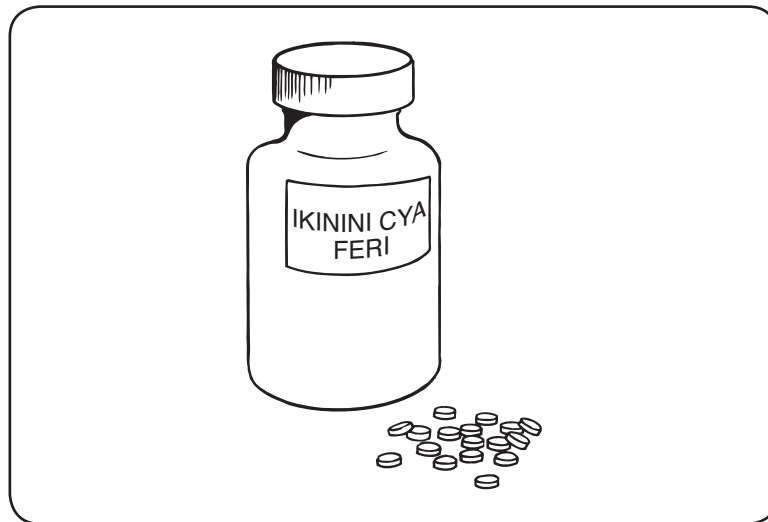
Abagore batwite baba bigaburira ubwabo bakanagaburira abana batwite. Kurya indyo yuzuye bibaha imbaraga, bigatuma umwana akura neza kandi bikabarinda kurwaragurika. Abagore batwite bagomba kurya kurusha uko bari basanzwe kandi bakarya ibiryo byiza bashobora kubona byose.

Gukoresha umunyu urimo iyodi



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 ni mubi ku buzima bw'umuntu.

Gufata inyongera y'ikinini cya “FER”



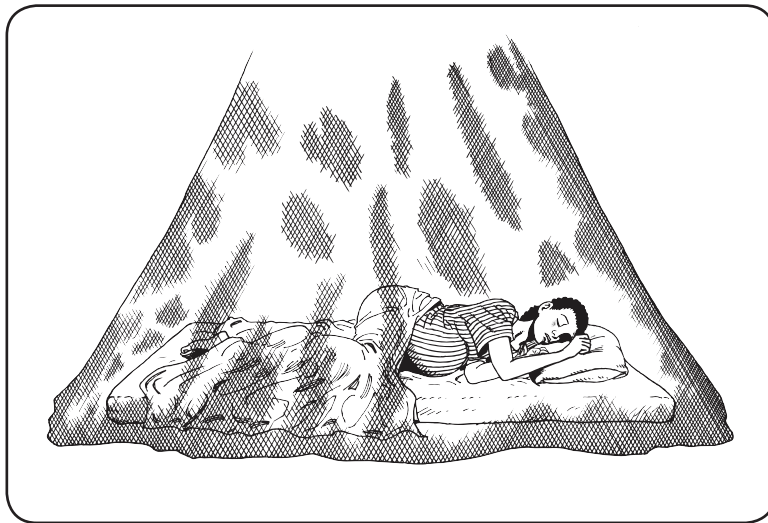
Akenshi abagore batwite bashobora kubura amaraso. Ikinini cya fer kibafasha kutabura amaraso mu mubiri.

Kuryama no kuruhuka bihagije



Umubiri w'umugore ukoresha imbaraga nyinshi mu gukuza umwana ndetse no kongera 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



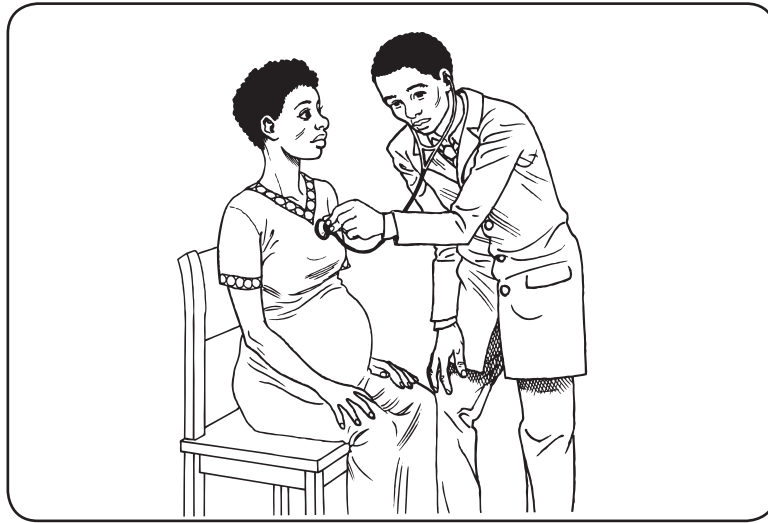
Iyo umugore utwite afashwe na malariya, aba ashobora kuyanduza n'umwana uri mu nda. Abagore bagomba kwirinda imibu bagahora bifubitse igihe cyose cya nijoro, hanyuma bakanaryama mu nzitiramibu. Abagore batwite bajya ku kigo nderabuzima bagahabwa inzitiramibu ku buntu.

Kugira Isuku ku Mubiri no Koza Amenyo



Kugira isuku birinda umugore utwite kwandura indwara zamuteza ibibazo hanyuma bikagira ingaruka mbi ku mwana uri munda.

Kwisuzumisha mbere yo kubyara



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 buzira umuze, akanasuzuma niba umugore afite amaraso ahagije ndetse n'umuvuduko w'amaraso. Iyo umugore agiye kwisuzumisha mbere yo kubyara bamuha ifishi (ifishi y'umubyeyi) yuzuzwa buri gihe uko aje kwisuzumisha.

Kwirinda kwegera abantu barwaye



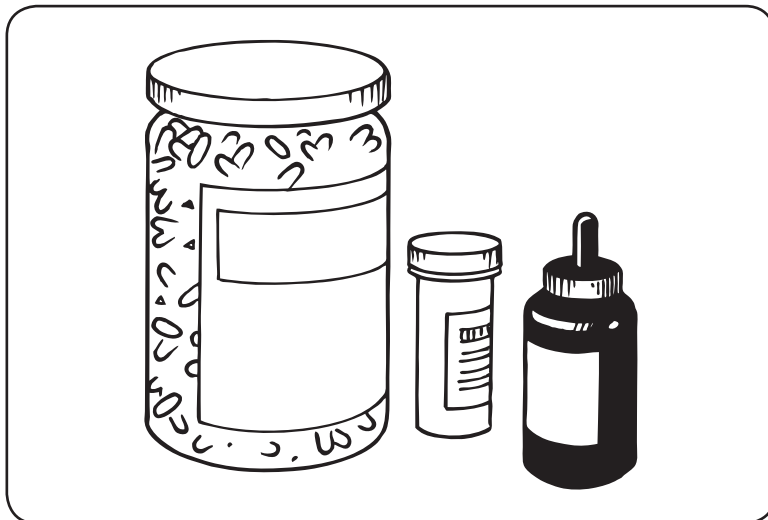
Ibi bituma umugore utwite na we atandura indwara. Iyo umugore utwite afashwe n'indwara, bituma arwaragurika ku buryo budasanze. Umubiri we uba ukora cyane ku buryo atabona imbaraga zo kurwanya indwara. Iseru ishobora kuba imbogamizi ikomeye ku mikirire y'umwana. Abana bafite ibihari ku mubiri wose bashobora kuba barwaye iseru, bityo rero abagore batwite bagomba kwirinda kubegera cyane.

Kutanywa ibisindisha cyangwa itabi



Iyo umugore anyweye ibisindisha mu gihe atwite bigira ingaruka mbi ku mwana uri mu nda. Kimwe no ku 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.

Kudafata imiti atandikiwe na muganga



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

Kudahohoterwa



Iyo umugore akubiswe cyangwa agakoreshwa indi mirimo ivunanye, bigira ingaruka ku mubiri we bitaretse umwana atwite, bikaba byatuma inda ivamo.

Kwisuzumisha mbere yo Kubyara

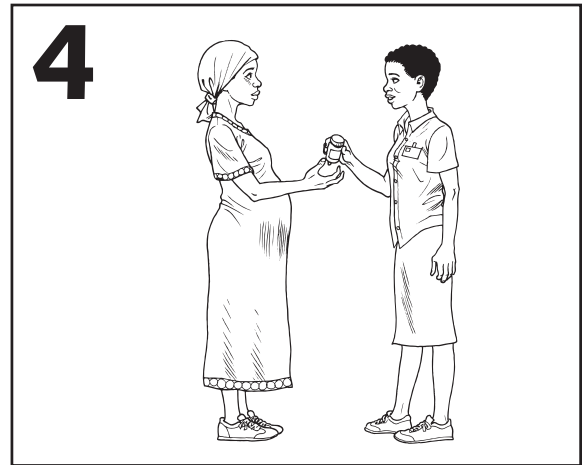
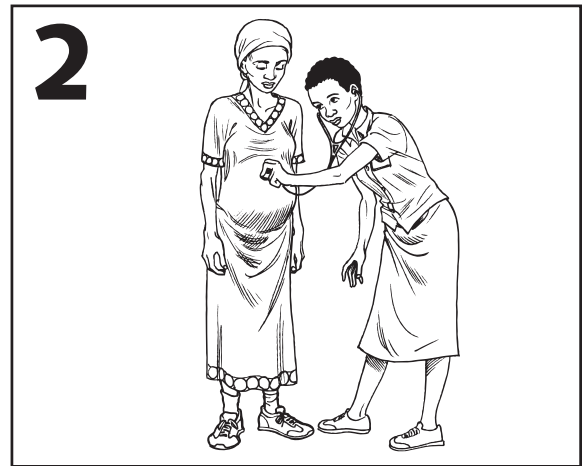
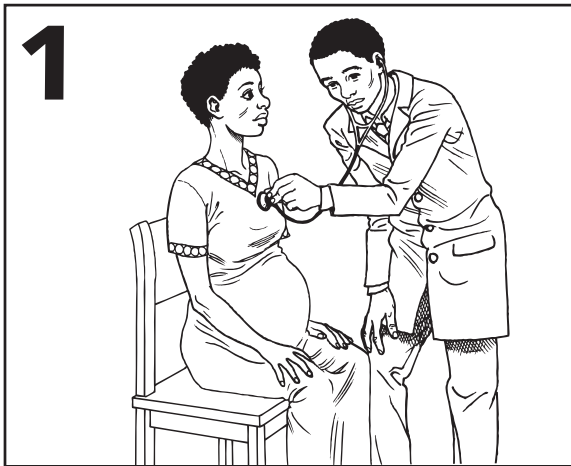
Abagore bose batwite bagomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara no kumenya uburyo bwo kwirinda ubwabo n'abana babo kugira ngo bagire ubuzima buzira umuze. Muri iki gihe cyo kwisuzumisha, muganga asuzuma uko ubuzima bw'umugore n'umwana buhagaze.

Ni ryari umugore utwite agomba kujya kwisuzumisha mbere yo kubyara ku nshuro ya mbere?

Akimara kumenya ko atwite, cg nibura mu mezi 3 ya mbere yo gutwita.

Umugore utwite agomba kwisuzumisha inshuro zingahe mbere yo kubyara?

Inshuro 3, zishobora kurenga bitewe n'ibibazo umugore afite.



Gushishikariza abagore batwite kujya kwisuzumisha mbere yo kubyara

Rimwe na rimwe abagore banga kujya kwisuzumisha mbere yo kubyara. Imwe mu nshingano zanyu nk'abajyanama b'ubuzima, ni iyo gushishikariza abagore batwite kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara; byaba na ngombwa mukabaherekeza.

Kubera iki abagore bamwe banga kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara?

- Batekereza ko bagomba kwishyura
- Bagira ubwoba
- Ikigo nderabuzima kiba cyubatse kure y'aho batuye
- Bafite imyumvire ishaje
- Ntibabona taransiporo [inyoroshyarugendo],
- Abagabo babo, abo mu miryango yabo cyangwa inshuti zabo zibabuza kujyayo
- Bashobora kugira izindi mpamvu.

Ni gute washishikariza abagore batwite kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara?

- Kubwira abagore akamaro ka byo n'ibintu bikorwa iyo umugore agiye kwisuzumisha mubamare ubwoba.
- Kubasobanurira ko abaganga bazabigisha uburyo bwo kwirinda bakabaho mu buzima buzira umuze igihe cyose batwite, bakabafasha igihe basanze bafite ubwandu bw'agakoko gatera SIDA, bakennye cyane, badafite abagabo, cyangwa igihe basanze bafite akababaro n'agahinda kenshi.
- Gusobanurira ibi byose abagabo baba bagore batwite cyangwa abandi bantu bakuru bo mu miryango yabo.
- Gufasha abagore kubona uburyo [taransiporo] bagera ku kigo nderabuzima
- Mushobora kuba mufite ibindi bitekerezo.

Ni gute wasuzuma ko abagore batwite baja ku kigo nderabuzima kwisuzumisha mbere yo kubyara?

- Ku nshuro ye ya mbere agiye ku kigo nderabuzima kwisuzumisha mbere yo kubyara, bamuha ifishi y'umubyeyi, ari yo muganga yandikaho igihe umugore azajya agarukira kwisuzumisha mbere yo kubyara.
- Buri kwezi igihe wabasuye, ugomba kubibutsa ko bagomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara kandi ukagenzura amafishi yabo ureba ko bubahiriza gahunda yo kujya kwisuzumisha bahawe na muganga.

Kwipisha ubwandu bw'agakoko gatera SIDA ku bushake (VCT)

Igihe cyose umugore akimara kumenya ko atwite, agomba kujya ku kigo nderabuzima kwipisha ubwandu bw'agakoko gatera SIDA. Agomba kujyayo ku bushake bwe kandi agapimwa ku buntu ndetse akagirwa n'inama. Ibi ni byo byitwa “kwipimisha ubwandu bw'agakoko gatera SIDA ku bushake” cyangwa (“VCT” mu rurimi rw'icyongereza). Nyuma y'uko umugore yipimishije ubwandu bw'agakoko gatera SIDA bushake, bamuha ifishi.

Kwipimisha ubwandu bw'agakoko gatera SIDA ku bushake bikorwa bite?

Ikizamini cy'agakoko gatera SIDA gifasha gupima amaraso ku buryo bwihuse. Ibisubizo biboneka mu munsu umwe. Umujyanama akuganiriza mbere yo gufata ikizamini agusobanurira uko bikorwa, na nyuma y'ikizamini ugiye gufata ibisubizo kandi akanagufasha kubyakira uko biri.

Kubera iki abagore batwite banga kwipisha ubwandu bw'agakoko gatera SIDA?

- Bagira ubwoba bw'agakoko gatera SIDA
- Bagira ubwoba ko basanze baranduye byatuma abandi bantu babaha akato
- Ntibaba bifuzwa ko abagabo babo bamenya ko bagiye kwipimisha, bagira ubwoba ko abagabo babo bazabagirira nabi cyangwa se bazabata niba basanze bafite ubwandu bw'agakoko gatera SIDA.
- Mushobora kuba mufite ibindi bitekerezo.

Ni akahe kamaro ko kwipimisha ubwandu bw'agakoko gatera SIDA ku bagore batwite?

- Ubwandu bw'agakoko gatera SIDA bushobora kuvurwa, ni ngombwa ko umugore amenya ko abufite kugira ngo avurwe. Iyo umugore atwite abana n'ubwandu bw'agakoko gatera SIDA yigishwa uburyo bwo kwirinda kugira ngo atanduzwa umwana we atwite (PMTCT). Iyo ibisubizo bigaragaje ko umugore nta bwandu bw'agakoko gatera SIDA afite, bamugira inama y'uburyo yakwirinda kuzayandura.

- Abagore batwite babana n'ubwandu bw'agakoko gatera SIDA ikigo nderabuzima kibaha imfashanyo irimo n'ibiribwa.

Ni iki wabwira abagore batwite ubashishikariza kujya ku kigo nderabuzima kwipisha ubwandu bw'agakoko gatera SIDA?

- Abagore batwite babana n'ubwandu bw'agakoko gatera SIDA bigishwa uburyo bwo kwirinda kugira ngo batanduzabana babo, bakababyara ari bazima kandi ndetse bagakomeza kubaho mu buzima buzira umuze. Kugira ngo babigereho ni uko bagomba kubanza kwipimisha hanyuma bagahabwa imiti igabanya ubukana ndetse n'ubufasha biturutse ku kigo nderabuzima.
- Ibisubizo b'ibizamini by'agakoko gatera SIDA ni **ibanga rikomeye. Abakozi b'ikigo nderabuzima nta muntu n'umwe bagomba kubwira ibisubizo by'ibizamini byawe.**
- Niba umugore afite ubwoba bw'uko umugabo we azamuta cyangwa akazamutoteza kubera ko afite ubwandu bw'agakoko gatera SIDA, uwo mugore ashobora gusaba umujyanama we w'ubuzima cyangwa undi muntu ushinzwe ubuzima rusange bw'abaturage bakamufasha.
- Mushobora gutanga ibindi bitekerezo.

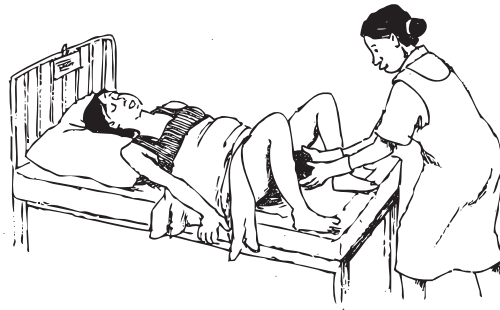
Ni gute wamenya ko umugore utwite yipimishije ubwandu bw'agakoko gatera SIDA?

- Musabe kukwereka ifishi yipishirijeho ku bushake [ifishi ye ya VCT]

Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we igihe amutwite (PMTCT)



Babatwite



Igihe bari ku nda no mu Kubyara



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

Uko abana bashobora kwandura agakoko gatera SIDA

Ni gute umugore yakwanduza umwana we agakoko gatera SIDA?

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



Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana

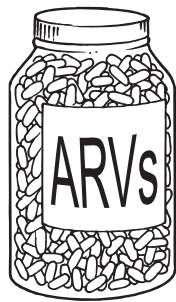
Iyo umugore ubana n'ubwandu bw'agakoko gatera SIDA yitaye cyane ku bintu bimwe na bimwe igihe atwite, iyo ari ku bise n'igihe cyo kubyara ndetse no mu gihe cyo kwita ku mwana we, ashobora kwirinda kumwanduza agakoko gatera SIDA kandi na we ubwe n'umwana bakagira ubuzima bwiza buzira umuze. Ubwo buryo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



**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**

Kurinda umubyeyi kwanduza umwana igihe atwite

Ni gute umugore ubana n'ubwandu bw'agakoko gatera SIDA yakwirinda kwanduza umwana we igihe amutwite?

- Kwipimisha ubwandu bw'agakoko gatera SIDA iyo atarabikora
- Kujya ku kigo nderabuzima muri gahunda yo kwisuzumisha mbere yo kubyara
- Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA 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.

Ingorane zikomeye abagore batwite bahura nazo

Abagore benshi bagira ubuzima bwiza iyo batwite kandi bakanabyara neza. Ariko rimwe na rimwe hari abahura n'ingorane. Mugomba kumenya kwigisha abagore kumenya igihe baba bafite ibimenyetso mpuruza n'igihe bagomba guhera ko bajya ku kigo nderabuzima.

Mugomba kuganira n'abagore batwite hamwe n'imiryango yabo ibyerekeranye n'uburyo bashobora kugera ku kigo nderabuzima igihe baba bahuye n'ikibazo gikomeye ndetse mukabafasha kwitegura.

Niba hari umugore utwite ubonye afite kimwe mu bimenyetso mpuruza bikurikira, ugomba kumuherekeza ku kigo nderabuzima ako kanya.

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, ni ikibazo gikomeye.

Kubera iki umunaniro ukabije ari ikibazo gikomeye?

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 "Fer" bakamugira n'inama y'ibiribwa agomba gufata kugira ngo akemure ikibazo cy'amaraso adahagije.

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 guhita uvurwa.

Kubyimba mu maso n'ibiganza



Birasanzwe ko umugore utwite abyimba ibirenge mu mezi ya nyuma y'inda. Ariko iyo umugore yabyimbye ibiganza ndetse no mu maso, bivuze ko afite ikibazo gikomeye.

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

Kubyimbagana bishobora kuba ari ikimenyetso cy'uko umugore afite **umuvuduko w'amaraso ukabije**. Ubu burwayi (Preeclampsia) bushobora gutera kwitura, bikaba byatuma umugore n'umwana bapfa. **Ibindi bimenyetso by'ubu burwayi ni ukurwara umutwe ku buryo bukabije no kutabona neza.**

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

Kuva amaraso bikabije



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

Kuki kuva cyane ari ikibazo gikomeye?

Iyo umugore aribwa ari kuva, cyangwa se iyo ava cyane bidasanzwe, cyangwa se akava nyuma y'amezi 3 yo gutwita, bivuze ko afite ikibazo mu nda.

Kuribwa cyane mu nda



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

Kuki kuribwa bikabije mu nda ari ikibazo gikomeye?

Ibi bivuze ko umwana ari gukurira mu mwanya utari wo cyangwa ko afite ubuzima butameze neza. Uyu mugore akeneye kubagwa.

Mwibuke ko n'iyi umugore utwite yaba nta kimenyetso mpuruza na kimwe afite muri ibyo byavuzwe, agomba gukomeza kwisuzumisha mbere yo kubyara no kwiyitaho kugira ngo agire ubuzima bwiza. Igihe cyose umusuye buri kwezi, ugomba kubaza umugore kugira ngo umenye niba abikora.

Ibimenyetso mpuruza

Niba umugore utwite afite kimwe mu bimenyetso bikurikira, agomba guhera ko ajya ku kigo nderabuzima:

- Umunaniro ukabije
- Umuriro
- Kubyimba ibiganza no mu maso
- Kuva bikabije
- Kuribwa cyane mu nda.



GUSURA ABAGORE BATWITE

Genzura niba umugore utwite

- Ajya kwisuzumisha mbere yo kubyara (reba ku ifishi)
- Ajya kwipisha agakoko gatera SIDA ku busahake “VCT” (reba ku ifishi)
- Aryama mu nzitiramibu
- Akoresha umunyu urimo Iyodi
- Afata inyongera y'ikinini cya “Fer”
- Arya indyo yuzuye (genzura ibimenyetso by'imirire mibi)
- Aruhuka bihagije
- Agira isuku ku mubiri kandi ko yoza amenyo
- Atanywa ibisindisha cyangwa itabi
- Adafata imiti atandikiwe na muganga
- Adahohoterwa (adakubitwa)
- Ateganya kubyarira kwa muganga (mufashe we hamwe n'umuryango we kwitegura).

Kwitegura kujya ku nda no kubyara

Buri mugore wese utwite akenshi aba azi itariki akeka ko azabyariraho – itariki ashobora kugiraho ku bise ndetse no kubyara. Ku nshuro ya mbere umugore agiye kwisuzumisha mbere yo kubyara, umuganga amufasha kumenya itariki ashobora kuzabyariraho hanyuma akayandika ku ifishi y'umubyeyi.

Iyi tariki umugore azabyariraho ni agateganyo, ntabwo iba ariyo neza. Ibise bishobora gutangira mbere cyangwa nyuma y'itariki bateganyije. Abagore batwite bagomba kwigishwa uburyo bwo kwitegura kujya ku nda nyuma y'ukwezi kwa 7 ko gutwita, kuko umwana ashobora kuvuka mbere y'igihe.

Nk'abajyanama b'ubuzima, mufite inshingano zo gufasha abagore batwite kwitegura kujya ku nda ndetse no kubyara.

Ni gute wafasha abagore batwite kwitegura kujya ku nda (ibise)?

- Kubigisha kumenya ibimenyetso byo kujya ku nda bitangirira: kumeneka kw'isuha, gutangira kugira ibise, kugira ububobere, ururenda ruvanze n'amaraso rushobora gutangira gusohoka mu gitsina cy'umugore
- Kubashisikariza kubyarira kwa muganga
- Kubafasha hamwe n'imiryango yabo gutegura uburyo umugore azagera kwa muganga mbere y'igihe.
- Kubibutsa ibyo bagomba kwitwaza: ifunguro, amazi, imyenda yo guhinduranya yabo bwite ndetse n'uy'umwana uzavuka.
- Ugomba kumenya ko umugore utwite afite umuntu uzamuherekeza kwa muganga –umugabo we, undi muntu wo mu muryango we, inshuti cyangwa umuturanyi
- Ugomba kumenya ko hari umuntu uzasigara ku rugo yita ku bandi bana igihe umugore azaba yagiye kwa muganga kubyara.
- Bwira umugore utwite hamwe n'umuryamgo we ko bagomba guhera ko bajya kwa mu ganga igihe umugore atangiye kujya ku nda (ari ku bise)
- Mushobora gutanga ibindi bitekerezo.

Ni akahe kamaro ko kubyarira kwa muganga?

- Iyo hari ingorane zivutse, abaganga n'abaforomo bashobora guhera ko bafasha umubyeyi n'umwana. Urugero; niba umwana aryamye nabi mu nda, bashobora guhindukiza umwana bakamugarura mu cyerekezo nyacyo cyangwa bakabaga umugore kugira ngo umwana abashe kuvuka ari muzima.
- Baha umugore imiti yo kumurinda indwara zandura, kugabanya ububabare cyangwa kugabanya kuva amaraso mu gitsina
- Ku ivuriro ni ahantu hahorana isuku, bityo bikaba byarinda umugore kwandura indwara.
- Niba umugore utwite abana n'ubwandu bw'agakoko gatera SIDA, kwa muganga bamufasha kwirinda kwanduza umwana we
- Nyuma y'uko umwana avutse, abaganga bagira umubyeyi inama y'uburyo bwo konsa, kwirinda kumwanduza agakoko gatera SIDA (PMTCT) n'ibindi.
- Abaganga baha umwana urukingo rwa mbere, maze bakabwira umubyeyi igihe azagarukira gukingiza umwana we.
- Umubyeyi n'umwana babona umwanya wo kuruhuka neza no kwitabwaho.

Mutekerezako ari izihe mpamvu zituma abagore bamwe batwite badakunda kuja kubyarira kwa muganga?

- Bagira ubwoba
- Batekereza ko kubyarira kwa muganga bihenze cyane
- Baba barigeze kubyarira mu rugo kandi bakabyara neza
- Baba bashaka kubyazwa n'ababyaza ba gakondo
- Batuye kure y'ivuriro
- Bashobora kugira izindi mpamvu.

Ni iki wabwira abagore batwite hamwe n'imiryango yabo ubashishikariza kujya kubyarira ku kigo nderabuuzima?

- Musobanurira ibyiza byo kubyarira kwa muganga – abaganga barabafasha iyo hari ibibazo bivutse, kwa muganga ni ahantu hahorana isuku ku buryo umugore atapfa kwandura indwara, babagira inama kuri PMTCT, gufasha no kugira inama umubyeyi n'ibindi.
- Mara umugore ubwoba umubwira ko kubyarira kwa muganga ari byiza kandi bigirira umubyeyi n'umwana akamaro.
- Fasha umugore gutegura uburyo bazagera ku kigo nderabuzima no gutegura umuntu uzamuherekeza.

Abagore bakunze guhura n'ingorane mu gihe cyo gutwita ndetse no 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 kwa muganga.

Abo bagore ni abari muri ibi byiciro:

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

Ubuzima bw'Umubyeyi n'Umwana ukivuka



Isura ry'umujoyanama 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 bwiza.

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

Amusura ageze mu rugo akiva kwa muganga, hanyuma akazasubirayo nyuma y'icyumweru 1, nyuma yaho akajya 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 akimenya ko uwo mugore yabyaye.

Niba umugore abyariye mu rugo, nk'umujyanama w'ubuzima wamugira iyihe nama?

Kumushishikariza kwihutira kujya ku kigo nderabuzima iyo abibasha, kongera kumusura nyuma y'iminsi mike kugira ngo arebe ko amerewe neza, kumukurikirana buri kwezi nk'uko bisanzwe.

Igihe usuye umubyeyi, ugomba kumenya niba uwo mubyeyi ameze neza, kandi niba uwo mubyeyi azi kwiyitaho neza hamwe n'umwana we amaze kubyara.



Konsa (kugeza nibura umwana afite amezi 6 y'amavuko, no kugeza ku mezi 18 cyangwa se arenga)

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 nibura amezi 3 mbere yo kubyara.



Ababyeyi bamwe babana n'ubwandu bw'agakoko gatera SIDA NTIBEMEREWE konsa
 Iyo umubyeyi abana n'ubwandu bw'agakoko gatera SIDA atatangiye gufata imiti igabanya ubukana nibura amezi 3 mbere yo kubyara, ashobora kwanduza umwana we binyuze mu mashereka. Aba babyeyi bagomba gukoresha amata y'ifu bagaburira abana babo ndetse bagakurikiza n'andi mabwiriza bahabwa n'ikigo nderabuzima ku byerekeranye n'indwara y'agakoko gatera SIDA.



Kuryama mu nzitiramibu

Umubyeyi n'umwana we bagomba kuryama mu nzitiramibu kugira ngo umwana adafatwa na marariya, umubiri w'uruhinja uba utaragira ubwirinzi, ku buryo marariya imufashe yamuzahaza. Malaririya ishobora kwica abana bakiri bato.



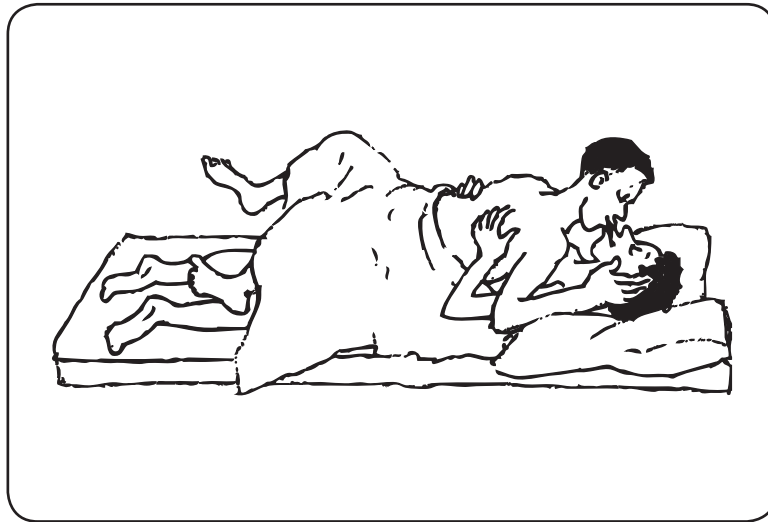
Kuruhuka

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.



Gufungura no kunywa neza

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



Kudakora imibonano mpuzabitsina kugeza ibyumweru 6 bishize

Nyuma yo kubyara umugore amara ibyumweru byinshi akiva mu gitsina. Muri icyo gihe ashobora kugira kwandura indwara yandura igihe yaba akoze imibonano mpuzabitsina. Ni ngombwa rero gutegereza kugeza kuva amaraso bihagaze. **Mu duce tumwe na tumwe bagira imico y'uko umugabo agomba kuryamana n'umugore we nyuma y'iminsi 8 abyaye. Ariko nyamara ibi bishobora gukomeretsa umugore akaba ari yo mpamvu mugomba kugira abashakanye inama yo kudakora imibonano mpuzabitsina muri icyo gihe kandi mukabasobanurira impamvu.**



Kuboneza urubyaro

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



Kwirinda kuva cyane

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 kwihutira kujya ku kigo nderabuzima. Nuhura n'ikibazo nk'iki uzahite uhamagara umugenzuzi wawe.

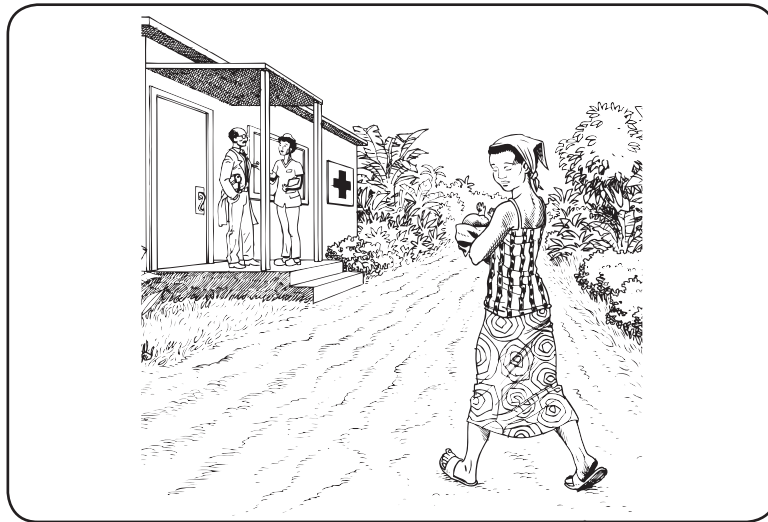


Umwana agomba guhora ashyushye

Gufubika no gukikira umwana w'uruhinja kugira ngo ashyuhe bimufasha kugira ubuzima bwiza.

Urureri rugomba guhorana isuku kandi rufubitse ndetse rugahindurirwa imyenda buri munsu

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



Inkingo no kwisuzumisha

Umwana akeneye 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.



GUSURA UMUBYEYI N'UMWANA W'URUHINJA

Ugomba kumenya niba umubyeyi

- Yonsa
- Aryama mu nzitiramibu hamwe n'uruhinja rwe
- Atava cyane nyuma yo kubyara (Niba umubyeyi avirirana cyane ugomba guhita ubimenyesha umugenzuzi wawe. Umubyeyi agomba guhera ko ajya ku kigo nderabuzima).
- Aruhuka bihagije
- Afungura kandi akananywa neza
- Adakora imibonano mpuzabitsina mbere y'ibyumweru 6
- Azi ibyerekeranye no kuboneza urubyaro.

Agomba kumenya niba umwana w'uruhinja

- Yonka buri kanya
- Afite ubuzima bwiza (nta muriro, anyara neza kandi ko yituma nibura inshuro 1 ku munsi)
- Aryama mu nzitiramibu.
- Ahorana ubushyuhe
- Urureri rwe ruhorana isuku kandi ko rutanduye indwara zandura
- Yakingiwe
- Ajyanwa ku kigo nderabuzima buri kwezi kugira ngo bamusuzume.

Konsa



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

Amashereka ni yo funguro n'ikinyobwa **cyonyine** cy'ingirakamaro ku bana bari muni y'amezi 6 y'amavuko. 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 agira abasirikari barinda umubiri.

Umwana ufite muni y'amezi 6 y'amavuko yonka inshuro z'ingahe ku muni?

Umwana agomba konka inshuro 8 nibura buri muni, mu ijoro n'amanya 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 cyangwa se akanayirenda, kubera ko amashereka aha umwana intungamubiri, imbaraga n'ibirinda umubiri w'umwana kugira ngo atarwaragurika; ikindi ni uko nyuma y'amezi 6, umwana ashobora gutangira kurya n'ibindi biryo bikomeye.

Andi mata aturuka ku nyamaswa cyangwa se amata y'ifu 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 gutuma umwana arwara impiswi, kandi impiswi ni mbi cyane ku mwana.

Kubera iki ababyeyi bamwe batonsa abana babo?

- Bashobora kuba batarigijijwe neza uko bonsa
- Bashobora kuba basiga abana babo mu rugo bagasubira ku kazi.
- Bibwira ko amata y'ifu ari meza ku bana babo b'impinja
- Bashobora kuvuga ko nta mashereka ahagije bafite. Iyo umugore atonsa kenshi amabere ye ntabwo amashereka menshi.
- Bashobora gutanga izindi mpamvu.

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 kunanirwa konsa, ajya ku kigo nderabuzima bakamufasha cyangwa se akegera abandi babyeyi baturanye babimenyereye bakamusobanurira uko yabigenza
- Gusobanura impamvu amashereka ari ifunguro n'ikinyobwa cy'ingirakamaro ku bana b'impinja
- Gufasha ababyeyi gutekereza uburyo bashobora kubana n'abana babo n'igihe bari ku kazi.
- Bashobora gutanga izindi mpamvu.

Kurinda Umubyeyi Ubana n'Ubwandu Bwa SIDA Kwanduza Umwana We (PMTCT) Igihe Amubyara Na Nyuma Yaho



Kumeneka kw'isuha



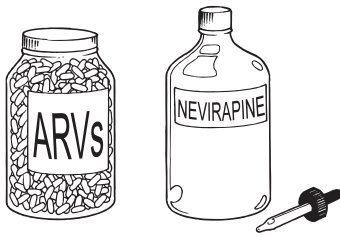
Ibise



Kubyarira kwa muganga

Kurinda umubyeyi ubana n'ubwandu bwa SIDA kwanduza umwana we mu gihe cy'ibise no mu kubyara

Kugira ngo umubyeyi atanduzwa 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 cg 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 ku buryo bwo kugaburira umwana we no kwirinda kumwanduzwa agakoko gatera SIDA.



**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 nyuma y'uko umwana avutse

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 uherye ku munsi yavukiyeho. Agomba guha umwana Nevirapine mu gihe cy'ibyumweru 6. Guha umwana imiti ya antibiyotiki (Bactrim).

Ubuzima bw'imyororokere

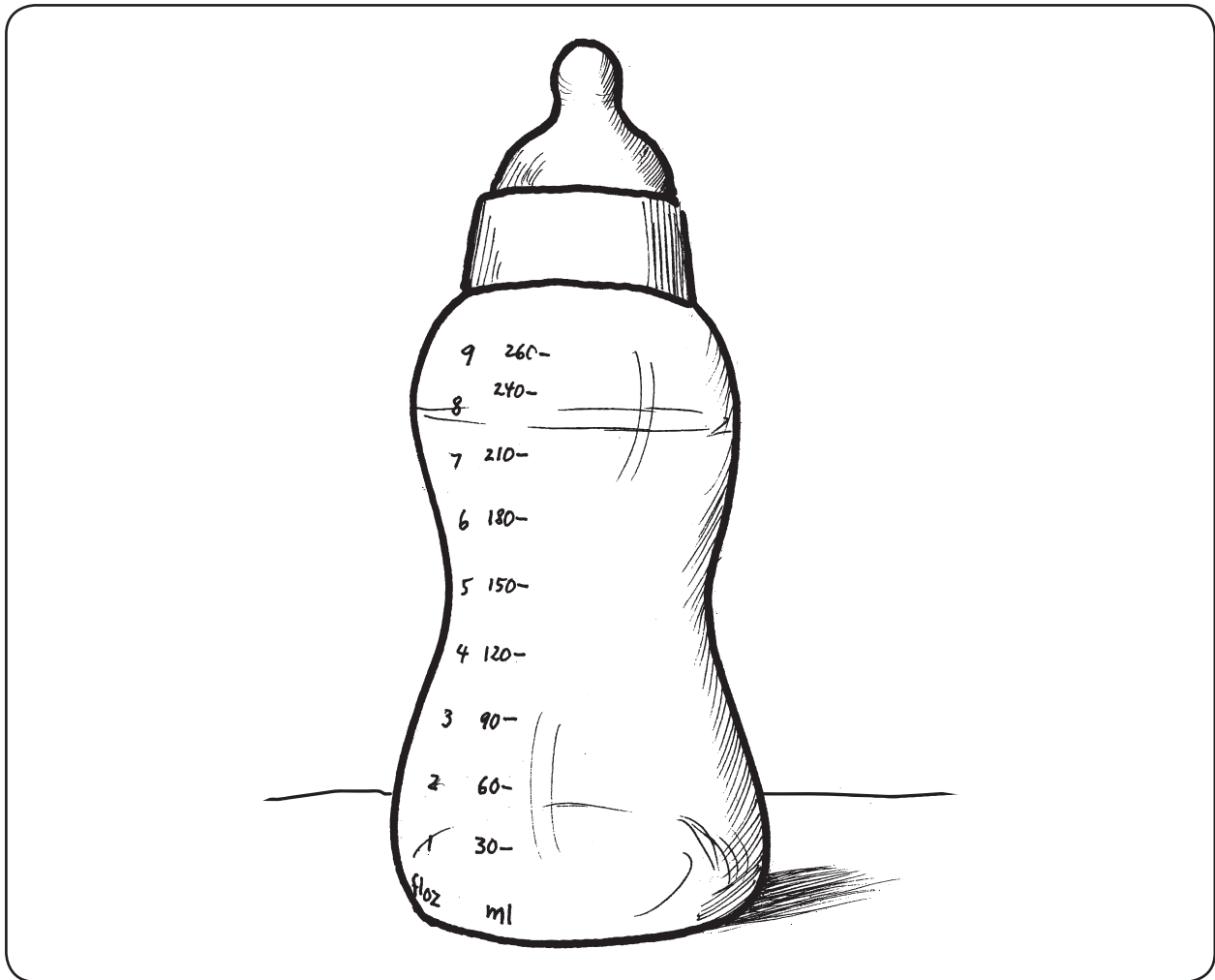
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku byumweru 6 nyuma yo kuvuka
- Gukingiza umwana (akivuka, ku byumweru 6, ku byumweru 9, ku byumweru 14 no ku mezi 9).
- Gukomeza kujyana umwana ku kigo nderabuzima incuro 1 mu kwezi kumusuzumisha
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku ncuro 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 no konsa

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 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 umuti ugabanya ubukana bw'agakoko gatera SIDA, kujiyana 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 funguro 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.



Amata y'ifu

Iyo umugore utwite abana 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 bwa SIDA bagatangira gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA bakagumana ubuzima bwiza igihe batwite kandi bakonsa abana babo nta mpungenge.

 **PMTCT**

Kumenya niba abagore batwite n'ababyeyi baherutse kubyara babana n'ubwandu bw'agakoko gatera SIDA:

- Bafata imiti igabanya ubukana buri muni kuva bakimara gusama cyangwa se nibura amezi 3 mbere yo kubyara.
- Babyarira kwa muganga
- Baha abana umuti wa Nevirapine
- Bapimisha abana ubwandu bw'agakoko gatera SIDA nyuma y'amezi 6
- Bongera gupisha umwana ubwandu bw'agakoko gatera SIDA agize amezi 18.
- Bona igihe abo babyeyi batangiyeye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura amezi 3 mbere yo kubyara.
- Bagaburira abana amata y'ifu igihe batatangiye gufata imiti igabanya ubukana bw'agakoko gatera SIDA nibura amezi 3 mbere yo kubyara.

Kwigisha Abagore Batwite n'Ababyeyi Babyaye ubwa mbere

Amabwiriza y'agakino:

- 1.** Hitamo umuntu umwe muri buri tsinda ukina mu mwanya w'umujyanama w'ubuzima n'undi muntu 1 ukina mu mwanya w'umugore.
- 2.** Niba ubishaka ushobora guha abandi bagize itsinda gukina nk'abagize umuryango w'umugore.
- 3.** Abagize itsinda bose bagomba gufatikanya gushakira buri wese icyo agomba kuvuga cyangwa gukora.
- 4.** Hanyuma abakinnyi bagomba gutangira gusubiramo agakino. Abandi bagize itsinda bagomba kuba bakurikiye kandi bagatanga ibyifuzo ku migendekere y'agakino niba ari ngombwa.
- 5.** Mufite iminota 20 yo gutegura agakino.
- 6.** Agakino kanyu ntikagomba kurenza iminota 5.
- 7.** Nimurangiza kwitegura, ndahitamo itsinda riza kutwerekana agakino ryateguye.

**AGAKINO****AGAKINO KA 1**

Ku isura rya buri kwezi, umujyanama w'ubuzima amenye ko Adeline atwite. Uyu ni we mwana wa mbere azaba abyaye. Adeline arakennye kandi abana n'umugabo we mu cyaro kiri kure y'ikigo nderabuzima. Adeline abwiye umujyanama w'ubuzima ko mama umubyara atigeze akandagiza ikirenge cye ku kigo nderabuzima na rimwe ahubwo ko yabyariraga mu rugo. Adeline atekereza ko na we azabyarira mu rugo.

AGAKINO KA 2

Ku isura rya buri kwezi, umujyanama w'ubuzima amenye ko Caroline ubana n'ubwandu bw'agakoko gatera SIDA yamenye ko atwite. Abajije umujyanama w'ubuzima icyo yakora. Arakennye cyane kandi we n'umugabo we bahangayikishijwe n'uko umwana wabo azavukana ubwandu bw'agakoko gatera SIDA.

AGAKINO KA 3

Francoise yabyariye kwa muganga hanyuma agaruka mu rugo ejo hashize. Umujyanama w'ubuzima aramusuye kugira ngo amenye niba umubyeyi n'umwana we bamerewe neza. Francoise n'umuryango we barakennye. Abwiye umujyanama w'ubuzima ko umwana aheruka kwibaruka yafashwe n'uburwayi bukomeye hanyuma agahera ko yitaba Imana agifite amezi 2 yonyine. Ahangayikishijwe n'uwo mwana wundi amaze kubyara.



URUTONDE RW'INSHINGANO Z'INGENZI Z'UMUJYANAMA W'UBUZIMA

- Kwigisha abagore batwite n'imiryango yabo ibice z'ibanze by'uko umugore asama, agatwita kugeza abyaye.
- Kwigisha abagore batwite hamwe n'imiryango yabo uburyo umugore yagira ubuzima buzira umuze mu gihe atwite.
- Gushishikariza abagore batwite kujya ku kigo nderabuzima kwipisha agakoko gatera SIDA ku bushake (VCT).
- Gusobanura akamaro ko kwisuzumisha mbere yo kubyara, ibyo bakorera umugore wagiye kwisuzumisha mbere yo kubyara n'inshuro umugore utwite agomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara.
- Kwigisha abagore batwite hamwe n'imiryango yabo ibyerekeranye no kurinda umugore utwite ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we (PMTCT).
- Kwigisha abagore batwite hamwe n'imiryango yabo ibyerekeye ibimenyetso mpuruza ku mugore utwite bituma aherako agomba kwihutira kujya ku kigo nderabuzima, muri byo hari: kuvirirana cyane mu gitsina, kuribwa cyane mu nda, umuriro, kubyimba ibiganza no mu maso, kutabona neza, kurwara umutwe bikabije no kugira umunaniro ukabije.
- Gushishikariza abagore batwite hamwe n'imiryango yabo kwitegura kujya ku nda no kwitegura kubyarira kwa muganga. No kubafasha kwitegura.
- Gusura ababyeyi n'abana babo b'impinja vuba cyane uko bishoboka nyuma yo kubyara kugira ngo amenye niba bafite ubuzima buzira umuze. Kwigisha ababyeyi bafite abana b'impinja uburyo bakwirinda ubwabo hamwe n'abana babo bakabaho mu buzima buzira umuze, hari kubigisha konsa abana babo ku buryo buhoraho, kuryama mu nzitiramibu hamwe n'abana babo no kujyana abana ku kigo nderabuzima kubakingiza ndetse no kubasuzumisha.

IBIBAZO BY'ISUZUMABUMENYI RYA MBERE Y'AMAHUGURWA

Amazina yawe: _____ Itariki: _____

Ikigo nderabuzima: _____ Nomera Iranga Umujyanama w'Ubuzima: _____

Umaze igihe kingana iki ukora akazi k'umujyanama w'ubuzima? _____

Ca akaziga ku gisubizo kiboneye kuri buri kibazo.

1. Kugira ngo umugore utwite arinde ubuzima bwe bwite n'ubw'umwana we ugikura, buri munsu agomba:
 - a. Kuryama mu nzitiramibu
 - b. Gufata inyongera y'ikinini cya "Fer"
 - c. Kuryama akaruhuka bihagije
 - d. Byose ni byo

2. Kugira ngo umugore arinde ubuzima bwe bwite n'ubw'umwana we ugikura, ntagomba:
 - a. Kurya umunyu
 - b. Kunywa ibisindisha cyangwa itabi
 - c. Kurya inyama
 - d. Kunywa ibinyobwa bishyushye.

3. Abagore bose batwite bagomba kujya ku kigo nderabuzima:
 - a. Igihe bagiye kubyara gusa
 - b. Igihe barwaye gusa
 - c. Kwisuzumisha mbere yo kubyara uko bitegetswe.
 - d. Igihe bagiye gufata imiti bayikeneye gusa.

- 4.** Umugore utwite agomba kujya kwisuzumisha ku nshuro ya mbere:
 - a.** Mu mezi 3 abanza yo gutwita
 - b.** Igihe inda imaze kuba nkuru
 - c.** Igihe yumva arwaye
 - d.** Igihe agiye kubyara

- 5.** Niba umugore atwite kandi akaba abana n'ubwandu bw'agakoko gatera SIDA, agomba:
 - a.** Guhisha aya makuru ntihagire uwo ayabwira.
 - b.** Gutangira gufata imiti igabanya ubukana vuba bishoboka
 - c.** Kutarya cyane
 - d.** Kwakira ko umwana we azandura agakoko gatera SIDA.

- 6.** Umugore utwite agomba kujya ku kigo nderabuzima ako kanya igihe:
 - a.** Ava amaraso menshi mu gitsina (adahagarara)
 - b.** Ibiganza bye no mu maso he byabyimbaganye
 - c.** Arwaye umutwe bikabije no kutabona neza
 - d.** Byose ni byo

Ca akaziga kuri “ni byo” cyangwa “si byo” ku bibazo bikurikira:

7. Ni byiza ko abagore hafi ya bose babyarira mu rugo.



Ni byo



Si byo

8. Indyo n'ikinyobwa bibereye impinja ni amashereka.



Ni byo



Si byo

9. Nyuma yo konsa umwana, abana bato (impinja) bagomba guhabwa n'amata y'ifu ndetse n'umutobe.



Ni byo



Si byo

10. Umujyanama w'ubuzima agomba gusura ababyeyi n'abana babo akimara kubyara.



Ni byo



Si byo

11. Nyuma yo kubyara, umugore abujijwe gukora imibonano mpuzabitsina mu gihe cy'ibyumweru 6.



Ni byo



Si byo

12. Ababyeyi bose bamaze igihe gito babyaye bagomba kujyana abana babo ku kigo nderabuzima kubakingiza.



Ni byo



Si byo

IBIBAZO BY'ISUZUMABUMENYI RISOZA

Amazina yawe: _____ Itariki: _____

Ikigo nderabuzima: _____ Nomerera Iranga Umujyanama w'Ubuzima: _____

Umaze igihe kingana iki ukora akazi k'umujyanama w'ubuzima? _____

Ca akaziga ku gisubizo kiboneye kuri buri kibazo.

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 - c. Kuryama akaruhuka bihagije
 - d. Byose ni byo

2. Kugira ngo umugore arinde ubuzima bwe bwite n'ubw'umwana we ugikura, ntagomba:
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 - c.** Kutarya cyane
 - d.** Kwakira ko umwana we azandura agakoko gatera SIDA.

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 - a.** Ava amaraso menshi mu gitsina (adahagarara)
 - b.** Ibiganza bye no mu maso he byabyimbaganye
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Ca akaziga kuri “ni byo” cyangwa “si byo” ku bibazo bikurikira:

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Si byo

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Ni byo



Si byo

11. Nyuma yo kubyara, umugore abujijwe gukora imibonano mpuzabitsina mu gihe cy'ibyumweru 6.



Ni byo



Si byo

12. Ababyeyi bose bamaze igihe gito babyaye bagomba kujyana abana babo ku kigo nderabuzima kubakingiza.



Ni byo



Si byo



**URUPAPURO RW'ISUZUMA RY'UKO
AMAHUGURWA YAGENZE**

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

Ni irihe somo ritagushimishije muri aya mahugurwa? Kuki?

Ni iki wize cyakugiriye akamaro kikaba kizanagufasha mu kazi kawe?

Ese haba hari ikintu utasobanukiwe neza? Tanga ingero zifatika.

Ubuzima bw'imyororokere

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

Hari icyo wumva wakongeraho?

Ndabashimiye kuba mwemeye gusubiza ibi bibazo.