



REPUBLIKA Y'U RWANDA



Minisiteri y'ubuzima

TUMENYE SERIVISI ITANGA INAMA IKANAPIMA UBWANDU BWA VIRUSI ITERA SIDA

TUYIGANE

Imfashanyigisho mu gufasha abafite ubumuga kumenya no kwirinda icyorezo cya SIDA.

Iki gitabo cyahinduve n'Urugaga rw'abafite ubumuga mu kurwanya icyorezo cya SIDA



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Ibanzirizacapwa no gushushanya byakozwe na Munyurangabo Jeand de Dieu*

GUSHIMIRA

Iyi mfashanyigisho yateguve n'urugaga rw'Abafite Ubumuga mu Kurwanya SIDA (UPHLS) babitewemo inkunga na PEPFAR/HRSA binyuze muri Handicap International.

Mu gutegura iyi mfashanyigisho hari abantu batandukanye babigizemo uruhare rukomeye. Turashimira by'umwihariko:

- *Abafatanyabikorwa n'abagenerwabikorwa b'umushinga “Strengthening the capacities of the Rwandan Community to Integrate PWDs into HIV/AIDS national response” ibitekerezo batanze mu gutegura iyi mfashanyigisho*
- *Abakozi b'uyu mushinga uruhare bagize mu kunononsora iyi mfashanyigisho*
- *Abafite ubumuga n'ibigo byita kandi bigafasha abafite ubumuga batandukanye bakoreweho igerageza mu rwego rwo kunoza iyi mfashanyigisho*
- *Turashimira abakozi ba TRAC na CNLS uruhare bagize mu kunoza iyi mfashanyigisho.*

Turashimira kandi byimazeyo umuryango Handicap International ku nkunga baduteye mu rwego rwa tekiniki n'amafaranga kugira ngo iyi mfashyanyigisho igere ku bantu benshi bafite ubumuga.

Icyitonderwa:

Ibitekerezo bikubiye muri iyi mfashanyigisho ni ibya UPHLS ntibivuga ko ariko PEPFAR/HRSA ibibona.

IBIRIMO

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Serivisi itanga inama ikanapima ababyifuzaubwandum bwa virusi itera sida ni iki?
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SERIVISI ITANGA INAMA IKANAPIMA ABABYIFUZAUBWANDU BWA VIRUSI ITERA SIDA NI IKI ?

Serivisi itanga inama ikanapima ababyifuza bwandu bwavirusi itera SIDA ni ahantu hatangirwa ubumenyi n'inama kubyerekeye virusi itera SIDA n'izindi ndwara zandurirwa mumibonano mpuzabitsina, bakanapima ababyifuza bwandubwa virusi itera SIDA.

IGAMIJE IKI ?

Intego z'iyo serivisi ni ebyiri :

- Kurwanya ikwirakwizwa ry'bwandu bwavirusi itera SIDA
- Gufasha abanduye n'abo babana kumenyauko bakomeza ubuzima bwabo, babana nezan'ubwo bwandu

NI BIHE BIKORWA BYAYO BY'INGENZI?

1. ITANGA UBUMENYI KU NDWARA YA SIDA N'IZINDI NDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA

Abaje kwipimisha babanza guhabwa ibisobanuro bihagije kuriSIDA n'izindi ndwara zandurirwa mu mibonano mpuzabitsina



Ishusho ya 1



2. ITANGA INAMA KU BAYIGANA, IKANAPIMA ABABYIFUZA UBWANDU BWA VIRUSI ITERA SIDA

Hifashishijwe abajyanama babihuguwemo hakorwa ibi bikurikira:

Mbere yo kwipimisha:

- Kwakira no kumva ibibazo by'abayigana.
- Gufasha abayigana gufata icyemezo cyo kwipimisha ubwandubwa virusi itera SIDA bamaze gusobanukirwa neza n'akamaro kabyo.
- Gusuzumira hamwe n'abayigana myitwarire ishobora kubakururira ubwandum bwa virusi itera SIDA no gufata ingamba zihamye zo kuyirinda.
- Kubafasha kwitegura kwakira igisubizo cyabo ukocyerekanywe n'ibizamini nyuma y'ipima.

Si ngombwa kuvuga izina ryawe kuko ntaho ryandikwa.
Kubikwerekeyeho byose hakoreshwu inomero gusa.



Ishusho ya 2

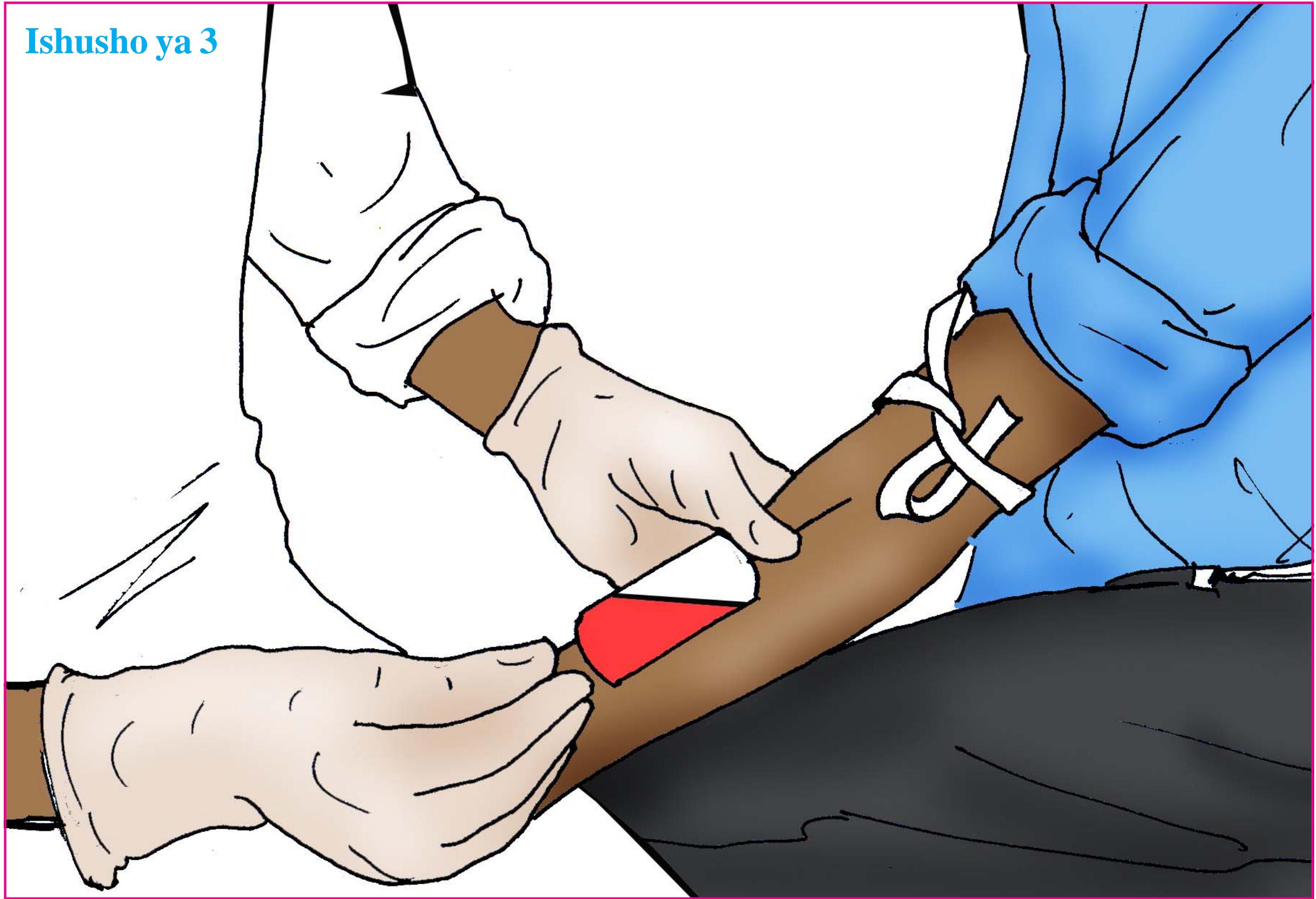


Igihe cyo kwipimisha amaraso

- Hafatwa amaraso make agomba gupimirwa muri laboratwari kugira ngo hamenyekane nibahari ubwandum bwa virusiitera SIDA burimocyangwa niba butarimo.
- Amaraso yafashwe ashyirwaho inomero yawe, agapimwa.
- Ahensi igisubizo kiboneka uwo munsi.



Ishusho ya 3

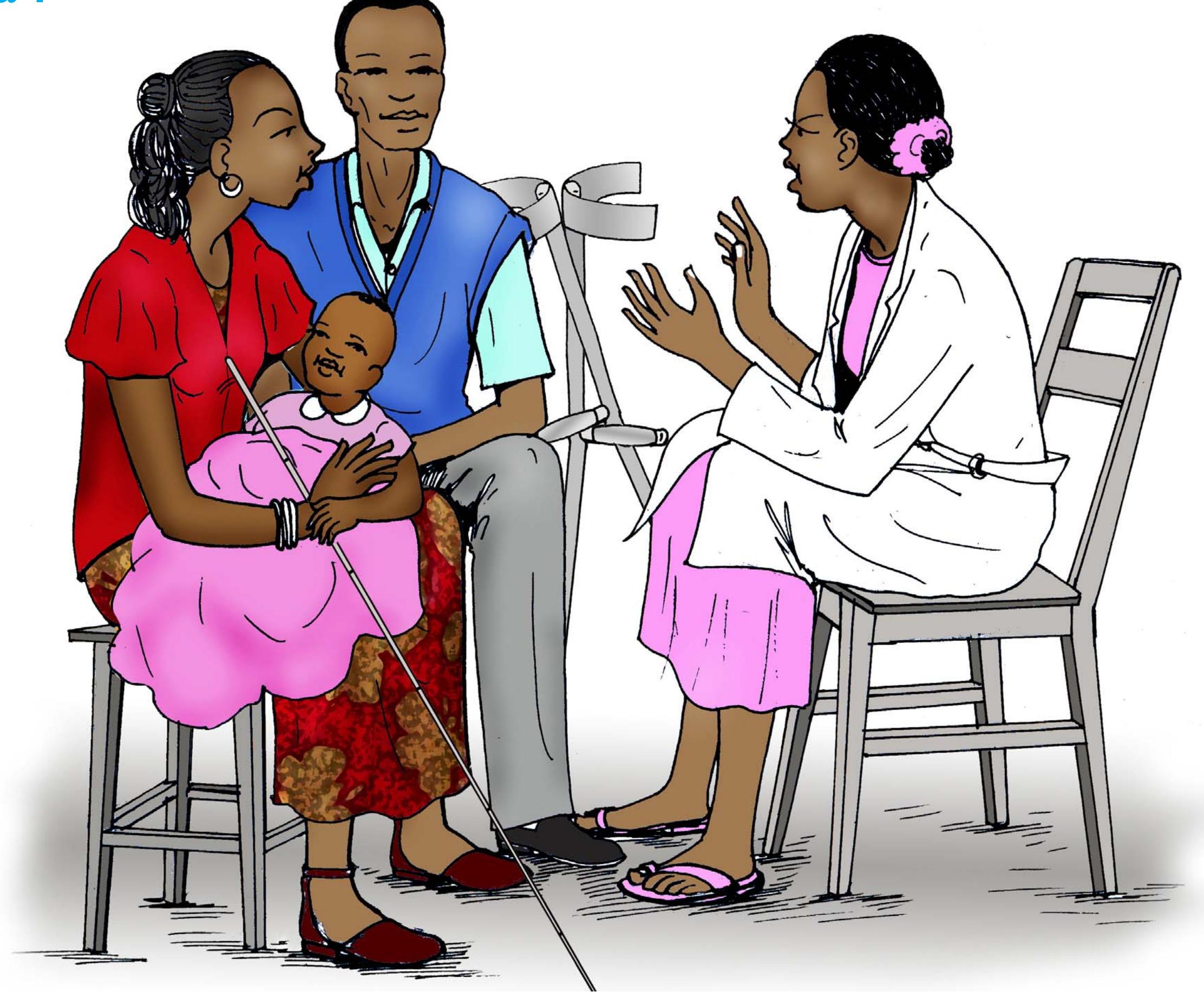


Nyuma yo kwipimisha

- Kuba hafi y'abipimishijebagafasha buri wese kwakira igisubizo cye.
 - Kubafasha guhindura imyifatire, barushaho kwirinda kwandura cyangwa kwanduza abandi virusi itera SIDA.
 - Kubaha inama zigenewe abanduye virusi itera SIDA zibafasha kwongera amahirwe yo kubaho igihe kirekire.
- ☞ Kubayobora mu nzego zitandukanye zabafasha gukemura ibibazo binyuranye, twavuga nka:
- o Gahunda yo gufata imiti irinda indwara z'ibyuririzi.
 - o Gahunda yo gufata imiti igabanya ubukana bwavirusi itera SIDA.
 - o Gahunda ifasha ababyeyi batwite baranduyekurinda abana babo ubwandum bwa virusi itera SIDA.
 - o Amashyirahamwe y'ababana na virusi itera SIDA.
 - o Imiryango yindi ifasha mu bibazo bitandukanye



Ishusho ya 4



Icyitonderwa

- Igisubizo kimenyeshwa nyir'ubwite mu magambo, ntagisubizo cyanditswe gitangwa.
- Ntawundi muntu ushobora kukimenya, uretse uwoyishakiye kubibwira.
- Ku bashakanye cyangwa abifuza kurushinga basabwakubwiranira ibisubuzo byabo imbere y'umujanaman'ubwo buri wese aba yabanje kukimenyeshwa wenyine. Bibafasha kubwizanya ukuri kandi bagafatira ingamba hamwe.

Igisubizo atakubwiriye imberey'umujanama ntagaciro gifite



Ishusho ya 5



BIMAZE IKI KUMENYA NIBA WARANDUYE CYANGWA UTARANDURA?

Ku muntu utarandura virusi itera SIDA:

- Bimufasha kwitwararikakuboneza imyitwarire ye, agafata ingamba zihamye zimurinda kwandura virusi itera SIDA.

Dore tugize amahirwe dusanze tutaranduye ntihazagire uca undi inyuma

Ku muntu wamaze kwandura virusi itera SIDA:

- Bimufasha guhindura imyitwarire yirindakwiyongereraibwandum no kwanduza abandi.
- Amenya uko yifata bikamurinda kwiheba no gucikaintegekandi bikamwongerera amahirwe yo kubahoigihecyisumbuyeho kuko yifata neza, akanivuza neza indwara z'ibyuririzi.
- Bimuha uburyo bwo gutekereza neza ku bihebizaza, akiteganyiriza ubwe n'umuryango we.
- Umugore asobanurirwa ingaruka zo gutwita afiteubwandum bwa virusi itera SIDA



Ishusho ya 6



NI RYARI BIBA NGOMBWA KWIPIMISHA UBWANDUBWA VIRUSI ITERA SIDA ?

- Niba ukeka ko waba waranduye virusi itera SIDA.
- Niba uteganya kurushinga.
- Niba uteganya gutwita.

Urifusa kugira ubumenyi kuri virusi itera SIDA no kuzindi ndwara zandurirwa mu mibonano mpuzabitsina? Urashaka kumenya uko uhagaze ngo ufate ingamba ziboneye ubuzima bwawe?

☞ *Gana serivisi itanga inama ikanapima ababyifuzavirusi itera SIDA ikwegereye izabigufashamo. Abakozi baho bagira ibanga mu byo bakora byose.*



Ishusho ya 7

