RWANDA BIOMEDICAL CENTER

A Healthy People. A Wealthy Nation

Gahunda yo gufasha ababyeyi kutanduza abana babo Virusi itera SIDA

Illustrated by Munyurangabo J. de D.

Imfashanyigisho yagenewe abantu bafite ubumuga

UPHLS

GUSHIMIRA

Mu gutegura iyi mfashanyigisho hari abantu banyuranye babigizemo uruhare rukomeye. Turashimira cyane cyane abafatanyabikorwa bohereje bamwe mu bakozi babo mu nama zinyuranye zari zigamije gutegura iyi mfashanyigisho.

Turashimira na none abandi bose badufashije mukunonosora iyi mfashanyigisho cyane cyane abayisomye bakanashyiramo ubugororangingo.

By'umwihariko, turashimira ikigo cya Leta Zunze Ubumwe za Amerika gishinzwe gukumira no kurwanya indwara (CDC) ku nkunga yacyo haba mu rwego rwa tekiniki ndetse no mu buryo bw'amafaranga byatumye iyi mfashanyigisho igera ku bantu bafite ubumuga ngo basobanukirwe neza na gahunda yo gufasha ababyeyi kutanduza abana babo Virusi itera SIDA.

INTANGIRIRO

Gahunda yo gufasha ababyeyi kutanduza abana babo Virusi itera SIDA igamije kongerera amahirwe ababyeyi babana na Virusi itera SIDA yo kutanduza abana babo babatwite, bababyara cyangwa babonsa.

Mu Rwanda iyi gahunda yatangiye mu 1999 ubu ikaba ikorera mu bigo nderabuzima birenga 500 mu gihugu ariko byaragaragaye ko hari byinshi abantu abatari basobanukirwa neza. Intego y'iyi mfasha nyigisho rero ni ugushimangira ibyo abantu batarasobanukirwa neza kugira ngo gahunda yo gufasha ababyeyi kurinda abana babo ubwandu bwa Virusi itera SIDA.

By'umwihariko iyi mfashanyigisho izafasha uhugura abantu bafite ubumuga gusobanukirwa neza iyi gahunda ndetse no kuyitabira bityo gahunda y'igihugu yo gufasha abaturarwanda ishobore gushinga imizi mu bantu bose yaba ari abafite ubumuga cyangwa abatabufite.

IMIKORESHEREZE Y'IYI MFASHANYIGISHO Y'AMASHUSHO

Iyi mfashanyigisho yagenewe gukoreshwa n'uwahuguriwe guhugura abantu bafite ubumuga ngo bagire ubumenyi buhagije ku birebana na gahunda yo gufasha ababyeyi kutanduza abana babo Virusi itera SIDA.

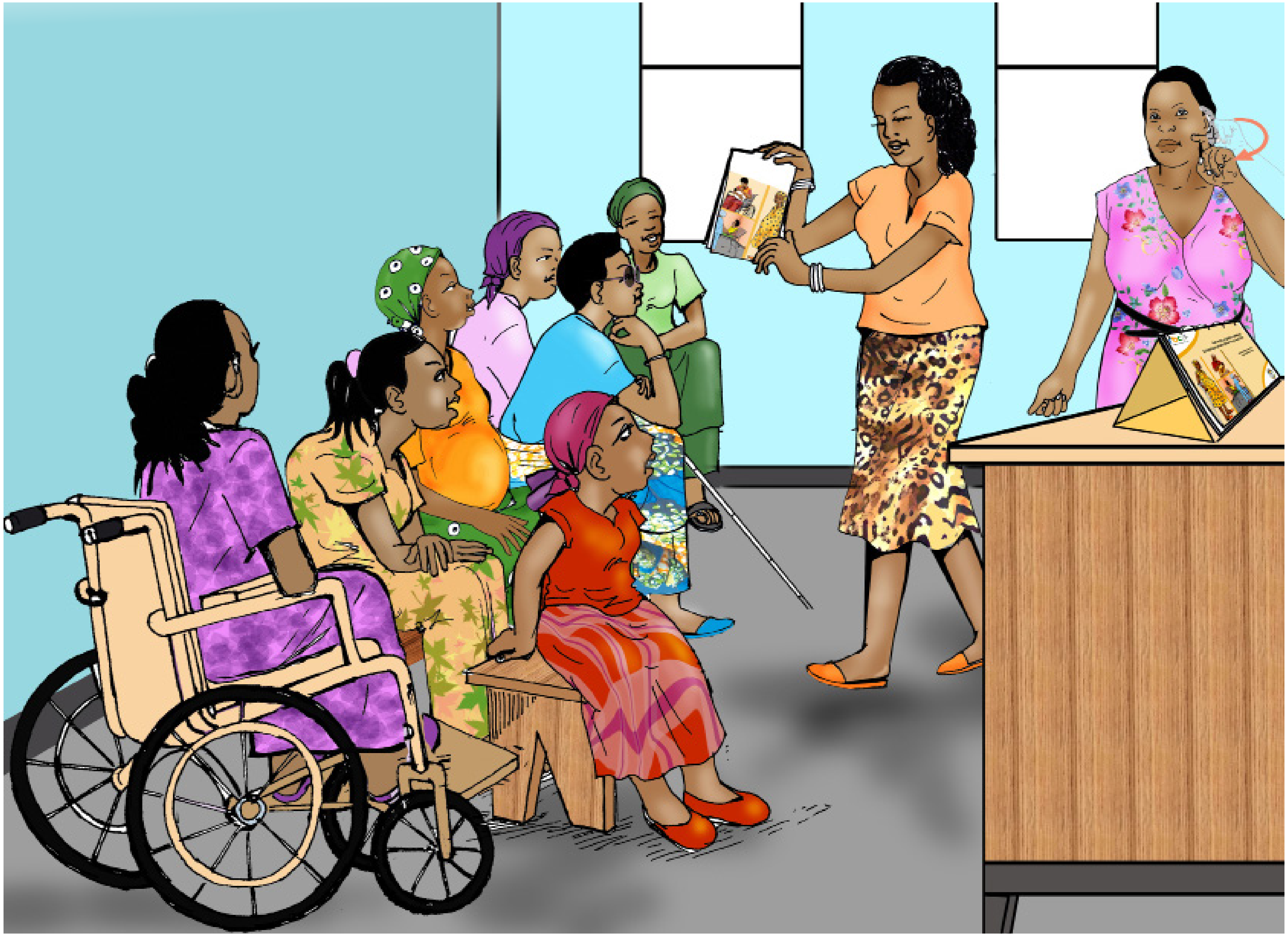
Dore bimwe mubyo uhugura agomba kwitwararika:

- Ku bantu babona, niba ari umwe cyangwa babiri, tereka imfashanyigisho aho igaragara neza.
- Niba ari benshi kandi babona, hagarara ahantu buri wese ashobora kubona neza amashusho kandi ukore ku buryo abatabona na bo bagira indangurura majwi ibayobora.
- Hitamo amashusho ajyanye n'ingingo wifuza ko muganiraho.
- Ku babona, erekeza uruhande ruriho ishusho ku bakurikirana ikiganiro, na ho uruhande ruriho amagambo urwiyerekezeho.
- Kora ku buryo abo ubwira bagira uruhare mu kiganiro ubabaza ibibazo bimwe na bimwe.
- Shishikariza abari mu kiganiro kujya impaka, ujye ubashima igihe bavuze ibitunganye kandi ubakosore niba ari ngombwa, nyuma mufatanye gufata umwanzuro.
- Ibuka gukora ubusesenguzi bw'ishusho kugira ngo abatabona na bo bayumve neza.

Icyitonderwa:

- Zirikana ko imfashanyigisho y'amashusho igomba kubera abari mu kiganiro igikoresho gishimishije, kibafasha gusobanukirwa n'ibyo ubabwira aho kubabera impamvu yo kurangara cyangwa gusakuza.
- Ni ngombwa gutegura imfashanyigisho zose zagenewe abafite ubumuga zo kunganira iki gitabo bityo buri wese hakurikijwe ubumuga afite, abashe gusobanukirwa n'isomo.

ISHUSHO YA MBERE



Illustrated by Munyurangabo J. de D.

ISHUSHO YA MBERE

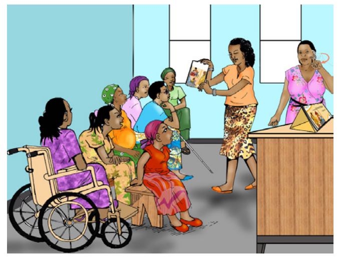
Wari uzi ko?

Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

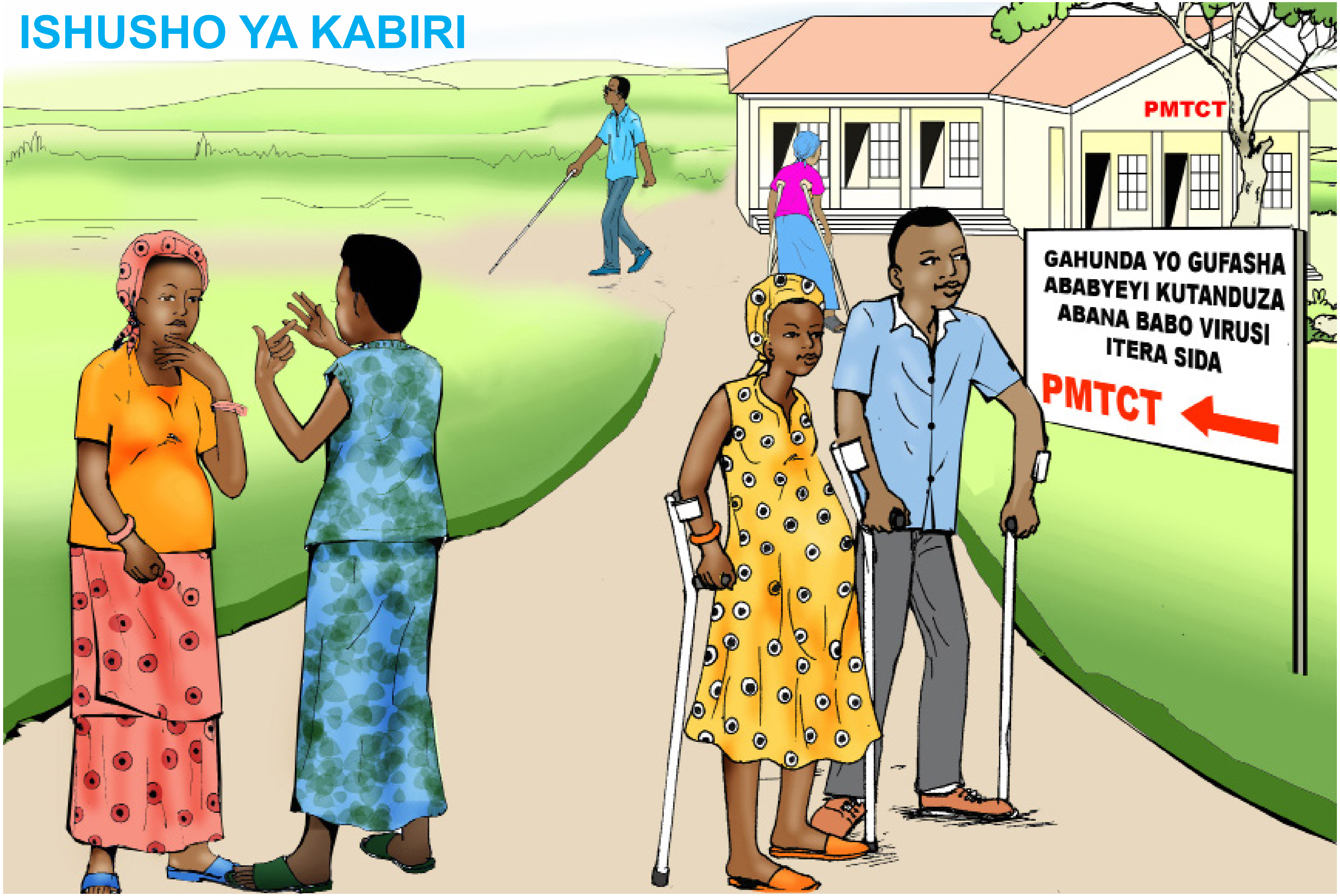
Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe impamvu eshatu abantu bagomba kumenya muri gahunda yo gufasha ababyeyi kurinda abana bazavuka ubwandu bwa Virusi itera SIDA:

Impamvu ya 1:

1. Ibyago byo kwanduza umwana bishobora kurandurwa burundu igihe umubyeyi utwite akurikiranye neza kandi buri gihe gahunda yo kurinda abana bavuka ku babyeyi babana na Virusi itera SIDA;



ISHUSHO YA KABIRI



ISHUSHO YA KABIRI

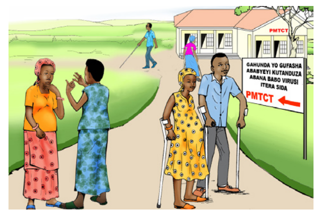
Wari uzi ko

Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe impamvu ya kabiri abantu bagomba kumenya muri gahunda yo gufasha ababyeyi kurinda abana bavuka ubwandu bwa Virusi itera SIDA:

Impamvu ya 2:

2. Mu gihe umubyeyi atinjiye muri gahunda ya PMTCT aba afite ibyago byo kwanduza umwana ku rugero rwa 35% ariko ibi byago biragabanuka cyane bikagera kuri 3.5% gusa mu gihe umubyeyi yakurikije amabwiriza ya muganga ndetse agafata n'imiti yabigenewe;



ISHUSHO YA GATATU

Illustrated by Munyurangabo J. de D.

ISHUSHO YA GATATU

Wari uzi ko

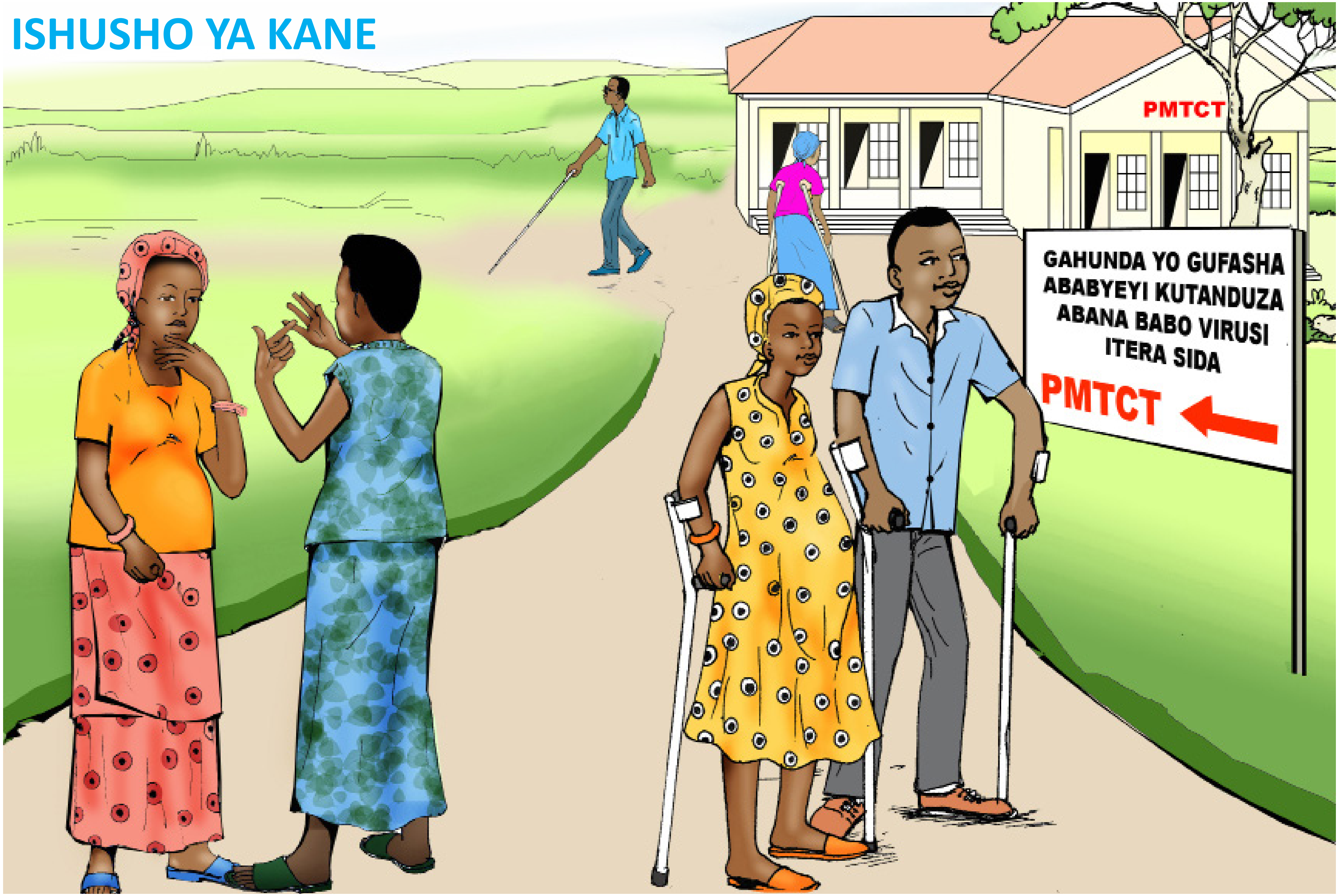
Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe impamvu ya gatatu abantu bagomba kumenya muri gahunda yo gufasha ababyeyi kurinda abana bazavuka ubwandu bwa Virusi itera SIDA:

Impamvu ya 3:

3. Uko witabira iyi gahunda hakiri kare (kuva ugisama) bikongerera amahirwe yo kutanduza umwana wawe.

ISHUSHO YA KANE



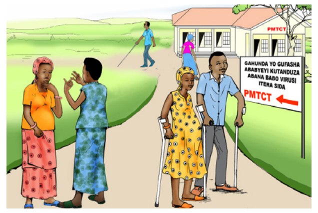
ISHUSHO YA KANE

Ninde ugomba kwitabira iyi gahunda?

Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe umuntu ugomba kwitabira gahunda yo gufasha ababyeyi kurinda abana bavuka ubwandu bwa Virusi itera SIDA:

1. Umubyeyi wese w’umugore ubana na Virusi itera SIDA uteganya gusama;
2. Umubyeyi wese w’umugore utwite utazi uko ahagaze ku bijyanye na Virusi itera SIDA.



ISHUSHO YA GATANU

Illustrated by Munyurangabo J. de D.

ISHUSHO YA GATANU

Ninde ugomba kwitabira iyi gahunda?

3. Umuryango aho umwe mu bashakanye cyangwa ababana nk'abashakanye abana na Virusi itera SIDA;
4. Umuryango aho abashakanye cyangwa ababana nk'abashakanye bombi babana na Virusi itera SIDA.

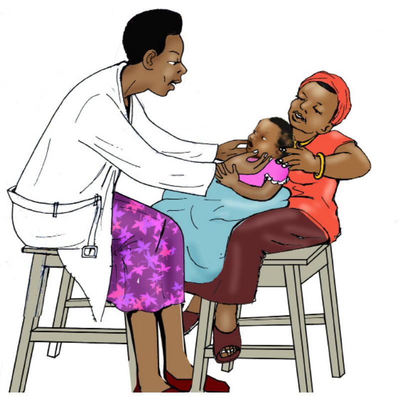
ISHUSHO YA GATANDATU

Illustrated by Munyurangabo J. de D.

ISHUSHO YA GATANDATU

Ninde ugomba kwitabira iyi gahunda?

5. Umwana uvuka ku muryango aho umwe mu bashakanye cyangwa ababana nk'abashakanye abana na Virusi itera SIDA.



ISHUSHO YA KARINDWI

Illustrated by Munyurangabo J. de D.

ISHUSHO YA KARINDWI

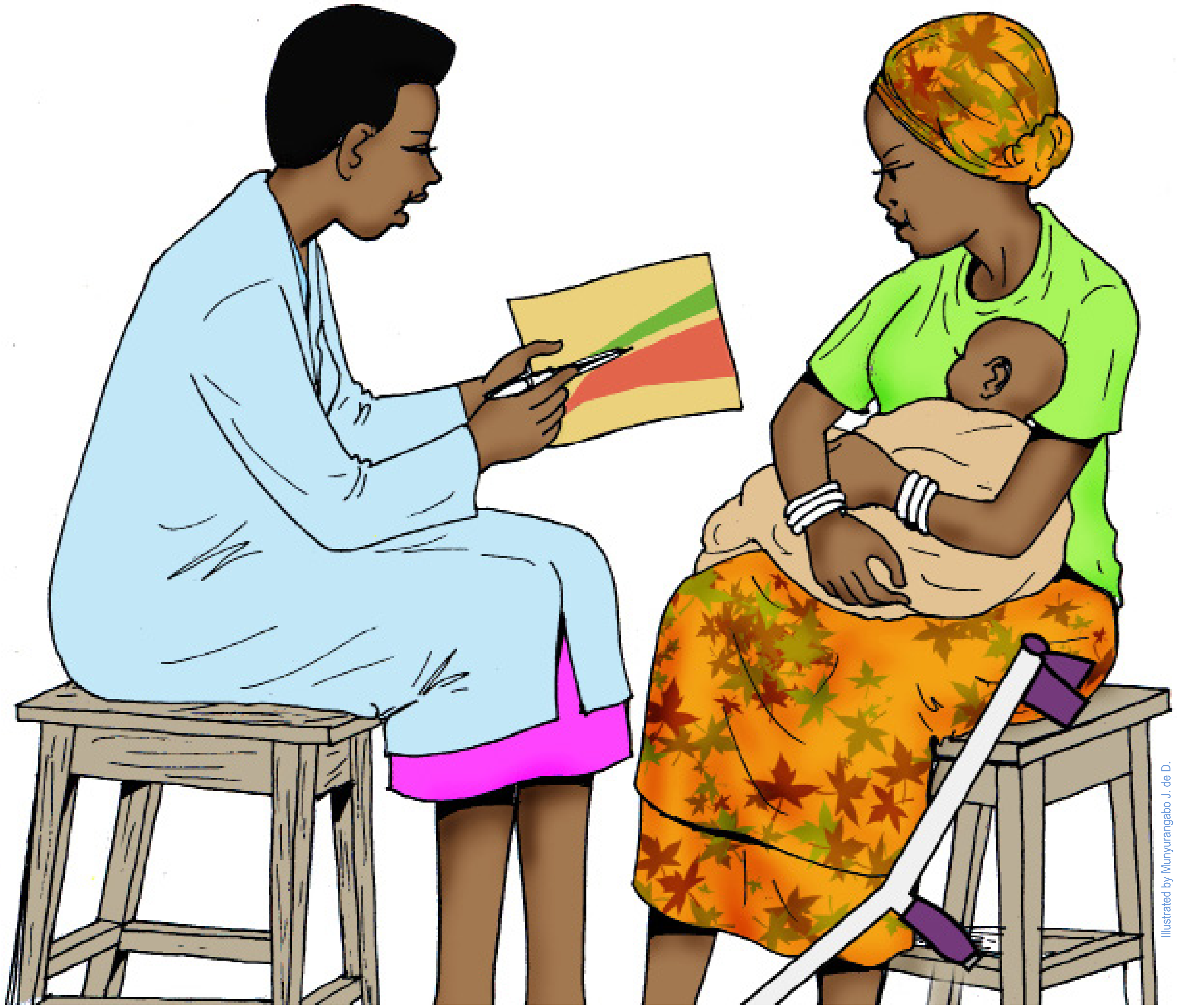
Ni bande barebwa n'iyi gahunda?

Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

- Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe abantu barebwa n'iyi gahunda;

1. Ababyeyi b'abagore batwite n'abonsa babana na Virusi itera SIDA;
2. Ababyeyi b'abagore batwite n'abonsa bafite abagabo babana na Virusi itera SIDA;

ISHUSHO YA MUNANI



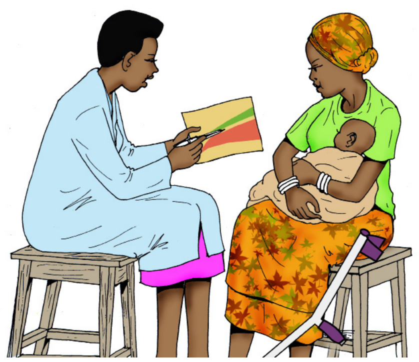
ISHUSHO YA MUNANI

Ni bande barebwa n'iyi gahunda?

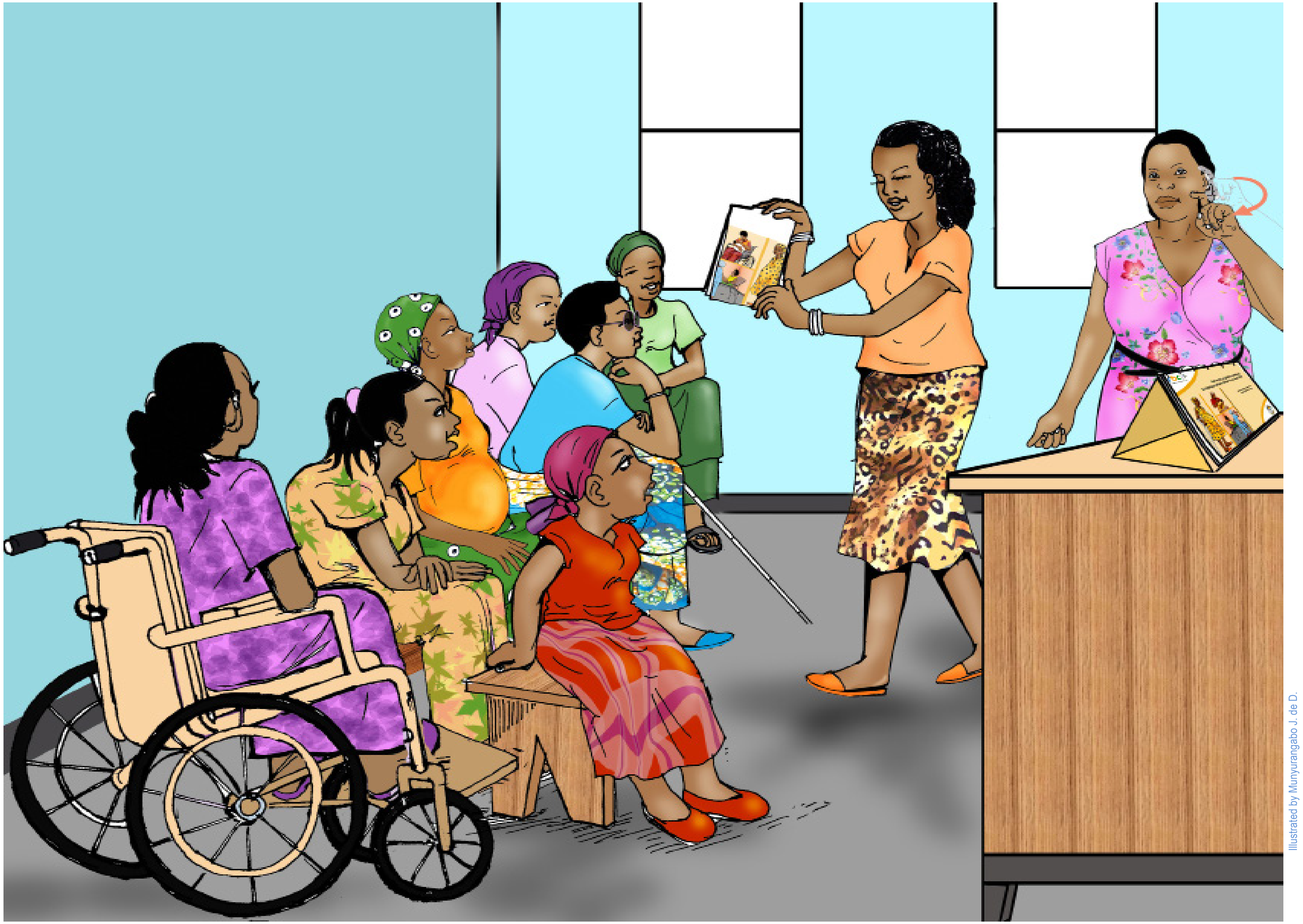
Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

- Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe abantu barebwa n'iyi gahunda.

3. Ni umwana utaruzuza imyaka ibiri uvuka ku mubyeyi umwe cyangwa ababyeyi bombi babana na Virusi itera SIDA.



ISHUSHO YA CYENDA



ISHUSHO YA CYENDA

Kuki ngomba kwitabira serivisi zo muri iyi gahunda?

Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

- Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe impamvu gahunda ya PMTCT igomba kwitabirwa;

1. Iyi gahunda nibwo buryo bwonyine bwo kurinda ko umuryango wose wakwandura Virusi itera SIDA;

2. Inyongerera amahirwe yo kugira abana batanduye Virusi itera SIDA n'ubwo naba naranduye iyo Virusi;

3. N'ubwo mbana na Virusi itera SIDA, inyongerera amahirwe yo gukomeza kugira ubuzima buzira umuze igihe ntwite, mbyara ndetse nanonsa.

ISHUSHO YA CUMI

Illustrated by Munyurangabo J. de D.

ISHUSHO YA CUMI

Ni ryari nakwitabira iyi gahunda nk'umugore ubana na Virusi itera SIDA?

Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

- Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe ari ryari umugore ubana na virusi itera SIDA agomba kwitabira gahunda ya PMTCT:
  1. Mbere yuko mfata icyemezo cyo gutwita;
  2. Igihe cyose mbuze imihango nyuma yo gukora imibonano mpuzabitsina idakingiye cyangwa nkeka ko naba narasamye. Iyo nitabiriye iyi gahunda hakiri kare bigabanya ibyago byo kwanduza umwana wanjye Virusi itera SIDA.

ISHUSHO YA CUMI NA RIMWE

Illustrated by Munyurangabo J. de D.

ISHUSHO YA CUMI NA RIMWE

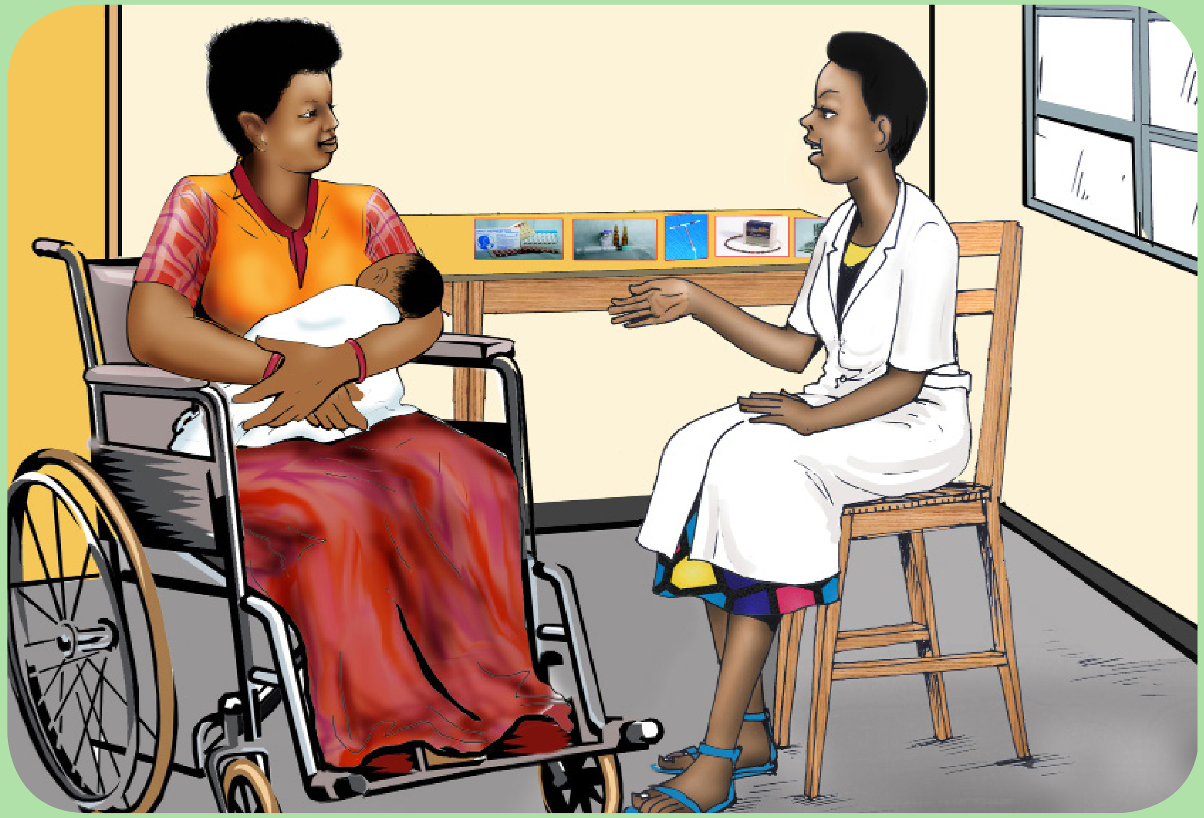
Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe urutonde rwa serivisi umuntu ahabwa iyo yitabiriye gahunda ya PMTCT:

Ni izihe serivisi mpabwa iyo nitabiriye gahunda ya PMTCT?

1. Bangira inama;
2. Bamfatira ibizamini bakareba koko niba ntwite;
3. Basuzuma niba ntafite indwara zandurirwa mu mibonano mpuzabitsina na Virusi itera SIDA;
4. Iyo basanze naranduye Virusi itera SIDA bafata/basuzuma abasirikare b'umubiri mfite kugira ngo bamenye uko ubwirinzi kamere bwanjye buhagaze;
5. Bampa imiti igabanya ubukana ngomba gufata buri munsi
6. Bampa inama zijyanye no konsa ndetse no kugaburira umwana;
7. Bampa indi miti imfasha kongera ubwirinzi kamere no gukomeza kugira ubuzima bwiza bityo bikanyongerera amahirwe yo kutanduza umwana;
8. Bakurikira imikurire y'umwana nzabyara/nabyaye kugeza acutse.

ISHUSHO YA CUMI NA KABIRI



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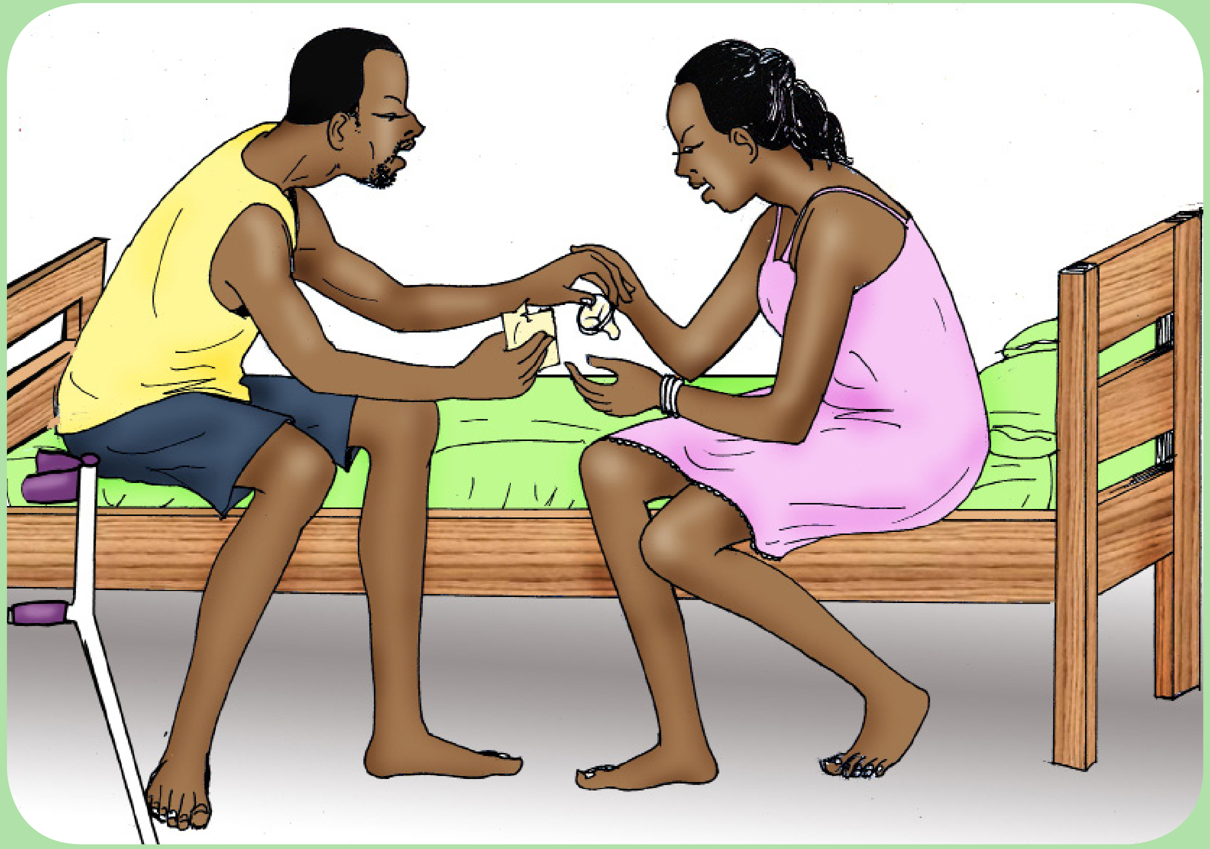


Illustrated by Munyurangabo J. de D.

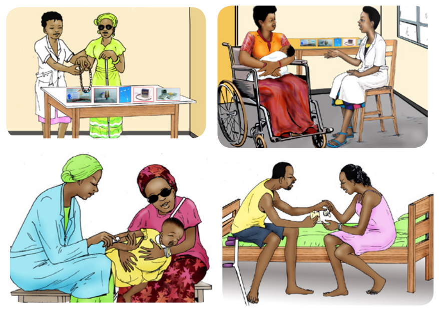
Bereke ishusho maze ubabaze ikibazo gikurikira: ***Murabona iki kuri iki gishushanyo?***

Bareke bagusubize, mwungurane ibitekerezo ku byo bavuze maze mwanzure ko mugiye kurebera hamwe andi makuru y'inyongera umuntu akwiye kumenya:

Ese hari ikindi nkeneye kumenya?

- Gutwita bishobora kuguca intege ni yo mpamvu ari ngomba kugisha inama muganga mbere yo gufata icyemezo cyo gusama;
- Abana n'ababyeyi bari muri iyi gahunda bagomba no gukomeza gukurikiza gahunda isanzwe y'ikingira;
- Ni ngombwa ko umubyeyi akomeza gukurikirana gahunda isanzwe yo kuvurwa no kwitabwaho mu bijyanye na Virusi itera SIDA;
- Ni ngombwa ko umubyeyi akurikiza inama agirwa na muganga;
- Menya ko gukora imibonano mpuzabitsina idakingiye bikongerera ibyago byo kwanduza uwo mubana igihe yaba atarandura cyangwa kwiyongera ubwandu igihe mwembi mwaba mwaranduye Virusi itera SIDA;
- Mwibuke ko n'ubwo ibyago byo kwanduza Virusi itera SIDA umwana utwite bigabanuka cyane iyo witabiriye gahunda ya PMTCT, umubare w'abana bake banduzwa n'ababyeyi nubwo baba barayitabiriye.

Ku bindi bijyanye no kumenya amakuru kuri iyi gahunda wakwegera ikigo nderabuzima kikwegereye cyangwa abajyanama b'ubuzima b'aho utuye.



Umbrella of Organizations of Persons with Disabilities
in the fight against HIV/AIDS and For Health promotion
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