

VIDEO	AUDIO
<p>Graphic: TUBIVUGEHO Q&amp;A SPACE</p>	<p><b>Trainer:</b> Muraho, amazina yanjye ni ... nkaba ndi umunyeshuri muri Kaminuza y'u Rwanda ishuri ry'ubuforomo n'ububyaza.</p> <p>Muri iki kiganiro, tugiye gusubiza bimwe mu bibazo urubwiruko dukunze kwibaza ku byerekeye ubuzima bwimyorokere .</p> <p>Mbere yo gutangira ndangira ngo mbonereho umwanya wo kubibutsa nk'urubwiruko gukomeza kwirinda icyorezo cyugarije igihugu ndetse n'isi yose muri rusange cya COVID-19 twubahiriza amabwiriza ashirwaho n'inzego z'ubuzima mu gihugu harimo kwambara agapfukamunwa neza , gukaraba intoki, guhana intera no kwirinda ingendo zitari ngombwa.</p> <p>Iki kiganiro mukigezwaho n'umuryango Rwanda we want ku bufatanye na Intrahealth International binyujijwe muri gahunda y'Ingobyi Activity, iterwa inkunga na USAID.</p>
<p><b>Graphic:</b> Virusi itera SIDA yandura ite?</p>	<p>Virusi itera SIDA yinjira mu mubiri w'umuntu ivuye ku wundi binyuze mu nzira zikurikira:</p> <ul style="list-style-type: none"> <li>• Imibonano mpuzabitsina idakingiye n'uwanduye Virusi itera SIDA: Ni bwo buryo abantu benshi banduriramo iyo Virusi itera SIDA.</li> <li>• Guhuza amaraso n'uwanduye Virusi itera SIDA: Gusangira ibikoresho bikomeretsa (urushinge rumwe cyane cyane abafata ibiyobyabwenge cyangwa abivuzwa kwa magendu, ibikwasi, inzembe) n'umuntu wanduye Virusi itera SIDA, bigushyira mu byago byo kuyandura.</li> <li>• Ababyeyi babana na Virusi itera SIDA</li> </ul>

	<p>bashobora kwanduza abana igihe bababyara cyangwa se babonsa. Uko umubyeyi ubana na Virusi itera SIDA agenda agira umubare munini wa Virusi mu mubiri we ni ko umwana abyara cyangwa yonsa aba ashobora kwandura.</p>
<p><b>Graphic:</b> Ese Umuntu ashobora kutagira ikimenyetso na kimwe kandi yaranduye indwara zandurira mu mibonano mpuzabitsina?</p>	<p>Yego, Umuntu ashobora kutagira ikimenyetso na kimwe kandi yaranduye izi ndwara zandurira mu mibonano mpuzabitsina. Ibi bikunze kugaragara cyane ku bagore. Ariko no kubagabo birashoboka</p>
<p><b>Graphic:</b> Ni iki nakora nibonyeho kimwe mu bimenyetso by'indwara zandurira mu mibonano mpuzabitsina?</p>	<ul style="list-style-type: none"> <li>• Igihe wibonyeho kimwe mu bimenyetso by'indwara zandurira mu mibonano mpuzabitsina, ugomba kwihutira kujya kwa muganga kuko izi ndwara hafi ya zose zivurwa kandi zigakira;</li> <li>• Ugomba gushishoza cyane kandi ukitondera izi ndwara kuko ushobora kuzirwara ntubimenye cyane cyane ku bagore; ndetse kandi kuko izi ndwara zitera udusebe ku gitsina, zikongera ibyago byo kwandura Virusi itera SIDA.</li> </ul>
<p><b>Graphic:</b> Ese nshobora kwandura indwara zandurira mu mibonano mpuzabitsina nkoze imibonano mpuzabitsina idakingiye inshuro imwe gusa?</p>	<p>Yego, Imibonano mpuzabitsina idakingiye yose yakwandura n'ubwo yaba ikozwe inshuro imwe gusa</p>
<p><b>Graphic:</b> Ese gukoresha agakingirizo birakurinda ijana ku ijana?</p>	<p>Gukoresha agakingirizo bikurinda kurugero rwo hagati ya 98 na 99 kw'ijana.</p>

<p><b>Graphic:</b> Ese kubana cyangwa kwegerana n'wanduye virusi itera SIDA cyangwa urwaye SIDA byatuma nyandura?</p>	<p>Oya, ibyo ntibyakwanduza, niyo mpamvu tudakwiye guha akato umuntu ufite ubwandu bwa virusi itera SIDA cyangwa se urwaye SIDA.</p> <p>Ibi bikurikira ntibyanduza Virusi itera SIDA:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Kubana no kwegera umuntu urwaye SIDA cyangwa wanduye virusi itera SIDA</li> <li><input type="checkbox"/> Gusangira amafunguro n'umuntu ubana cyangwa urwaye virusi itera SIDA</li> <li><input type="checkbox"/> Guhoberana no kuramukanya n'umuntu ubana na virusi itera SIDA cyangwa urwaye SIDA</li> <li><input type="checkbox"/> Gukoresha ubwihereho n'ubwiyuhagiriho bimwe n'umuntu urwaye cyangwa wanduye virusi itera SIDA</li> <li><input type="checkbox"/> Gukina cyangwa kogana n'umuntu ubana cyangwa urwaye SIDA</li> <li><input type="checkbox"/> Kuribwa n'umubu no gukororera waho cyangwa kwitsamurirwaho n'umuntu urwaye cyangwa wanduye virusi itera SIDA</li> </ul>
<p><b>Graphic:</b> Ese ihohoterwa rishingiye ku gitsina rikorerwa igitsina gore gusa?</p>	<p>Oya, Umuntu uwo ariwe wese ashobora guhohoterwa hatitawe ku myaka ye, akazi akora, idini rye cyangwa se ibindi bintu binyuranye bigaragaza itandukaniro hagati y'abantu. Cyakora ubushakashatsi bunyuranye bugaragaza ko abagore n'abana aribo bahohoterwa kurusha abandi.</p>
<p><b>Graphic:</b> Ese ibisindisha n'ibiyobyabwenge bigira uruhare mu ihohoterwa rishingiye ku gitsina?</p>	<p>Yego, Gukoresha ibiyobyabwenge n'inzoga bishobora gutuma abantu batabasha gutandukanya ikiza n'ikibi bityo guhohoterwa undi bigahinduka nk'aho ari ibisanzwe.</p>
<p><b>Graphic:</b> Ese indwara zandurira mu mibonano mpuzabitsina zishobora gutera ubugumba?</p>	<p>Yego, mu gihe umuntu ativuje cyangwa se agatinda kwivuzwa bishobora kumuviramo ingaruka nyinshi zirimo n'ubugumba.</p>

<p><b>Graphic:</b> Ese kwisiramuzza bifasha kwirinda indwara zandurira mu mibonano mpuzabitsina harimo na SIDA?</p>	<p>Kwisiramuzza bigabanya ibyago byo kwandura virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina. Ariko ibi ntibivuga ko bibarinda ijana ku ijana niyo mpamvu ari ngombwa gukomeza kwirinda.</p>
<p><b>Graphic:</b> Ubutumwa</p>	<p>Kuganira ku buzima bw'imyororokere ni ibintu bisanzwe nta bwoba cyangwa ipfunwe bikwiye kugutera. Mu bigonderabuzima mu gihugu hose cyose hari abakozi babihuguriwe torejwe biteguye kugufasha, no kuguha serivisi n' amakuru yisumbuyeho.</p> <p>Niba hari ikibazo wifuza kutubaza cyangwa se icyo utumvise neza mu byo twize, watwandikira kuri (numero) tukazagushyiriza mu kiganiro cyacu cy'ubutaha.</p> <p>Dutinyuke kuganira ku buzima bw'imyororokere kuko ni ingenzi. #tubivugeho</p>