

Video	Audio
<p>Graphic: TUBIVUGEHO OUR SPACE</p>	<p>Trainer: Muraho, amazina yanjye ni ... nkaba ndi umunyeshuri muri Kaminuza y'u Rwanda ishuri ry'ubuforomo n'ububyaza.</p> <p>Muri iki kiganiro tugiye kurebera hamwe indwara zandurira mu mibonano mpuzabitsina, ibimenyetso byazo, ingaruka zazo, ndetse n'uburyo twazirinda.</p> <p>Mbere yo gutangira ndangira ngo mbonereho umwanya wo kubibutsa nk'urubwiruko gukomeza kwirinda icyorezo cyugarije igihugu cyacu 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>Zimwe mundwara zandurira mu mibonano mpuzabitsina</p>	<ul style="list-style-type: none"> • Imitezi • Kalamidiya • Mburugu • Uburagaza • Kandidoze yo mu gitsina • Isharankima (Kondilome) • Trichomonas • Heripesi • Indwara y'umwijima (Hepatite B) • Virusi itera Sida

<p>Ibimenyetso ku bagabo</p>	<ul style="list-style-type: none"> • Kuninda cyangwa kuzana amashyira mu gitsina • Kuzana ibibyimba cyangwa amasazi mu mayasha; • Kubyimba amabya; • Ububabare mu gihe cyo kwihagarika; • Kokerwa mu gihe cyo kwihagarika; • Kugira ibisebe ku gitsina; • Kugira uburyaryate ku gitsina no kwishimagura; • Guhinda umuriro; • Kubabara mu gihe cy'imibonano mpuzabitsina.
<p>Ibimenyetso ku bagore</p>	<p>Kuzana uruzi rudasanzwe cyangwa amashyira mu gitsina • Kuzana amasazi cyangwa ibibyimba mu mayasha;</p> <ul style="list-style-type: none"> •Kugira Uburyaryate no kwishimagura ku gitsina; • Kubabara mu kiziba cy'inda; • Kugira ububabare cyangwa kokerwa mu gihe cyo kwihagarika; • Kugira ibisebe ku gitsina; • Guhinda umuriro; • Kubabara mu gihe cy'imibonano mpuzabitsina; <p>Icyitonderwa: Ku bagore, ibimenyetso bishobora gutinda kugaragara cyangwa ntibigaragare ku ndwara zimwe na zimwe, niyo mpamvu iyo umugabo bagiranye imibonano mpuzabitsina agaragaje ibimenyetso, nawe agomba kwihutira kwivuza.</p>
<p>Ingaruka zindwara zandurira mu mibonano mpuzabitsina</p>	<ul style="list-style-type: none"> • Indwara zandurira mu mibonano mpuzabitsina ni umuryango ufunguye kuri virusi itera SIDA • Kwanduza umwana umutwite cyangwa umubyara • Umwana wandujwe imitezi avuka iyo atavuwe ashobora guhuma amaso • Kuziba imiyoborantanga bikaba byavamo ubugumba cyangwa gutwitira hanze y'umura.

	<ul style="list-style-type: none"> • Gukuramo inda kenshi, kubyara udashyitse cyangwa kubyara igihwereye • Kubyara umwana ufite ubusembwa/ubumuga • Gucika igitsina
<p>Ni iki nakora ngo nirinde indwara zandurira mu mibonano mpuzabitsina</p>	<ul style="list-style-type: none"> • Kwifata ntukore imibonano mpuzabitsina igihe utarashaka • Kwirinda gukora imibonano mpuzabitsina n’uwo mutashakanye • Gukoresha agakingirizo • Kwivuza neza igihe ugize ibyago byo kwandura indwara zandurira mu mibonano mpuzabitsina <p>Mbere yo kwemera gukora imibonano mpuzabitsina, banza utekereze ku ndwara ushobora kwanduriramo harimo na Virusi itera SIDA. Tekereza no ku zindi ngaruka zirimo nko gusama cyangwa gutera inda utabyiteguye ,n’ibindi.</p> <p>Kwirinda izindi nzira wakwanduriramo indwara nko gusangira ibikoresho bikomeretsa (inzembe, inshinge n’ibindi) nabyo ni ngombwa</p>
<p>SEGMENT 2: Quiz; multiple choice</p>	<p>Reka dukore isuzumabumenyi ku kiganiro tumaze kubona.</p> <p>1. Muri izi ndwara ni iyihe yandurira mu mibonano mpuzabitsina</p> <p>A. Imitezi</p> <p>B. Kalamidiya</p> <p>C. Uburagaza</p> <p>D. Byose ni byo</p>

	<p>Igisubizo cy'ukuri ni D. Byose ni byo</p> <p>2. Subiza yego cg oya</p> <p>Ese umubyeyi ashobora kwanduza indwara yandurira mu mibonano mpuzabitsina umwana abyara?</p> <p>Igisubizo ni Yego, umubyeyi ashobora kwanduza indwara yandurira mu mibonano mpuzabitsina umwana abyara</p>
<p>Graphic: Ubutumwa</p>	<p>Kuganira ku buzima bw imyororokere ni ibintu bisanzwe nta bwoba cyangwa ipfunwe bikwiye kugutera. Mu bigonderabuzima mu gihugu hose hari abakozi babihuguriwe biteguye kugufasha, kuguha serivisi n' amakuru yisumbuyeho.</p> <p>Niba hari ikibazo wifuza kutubaza cyangwa se icyo utumvise neza mu byo twize,watwandikira kuri (numero) tukazagusubiza mu kiganiro cyacu cy'ubutaha.</p> <p>Dutinyuke kuganira ku buzima bw'imyororokere kuko ni ingenzi. #tubivugeho</p>