SIDA NI IKI ?

SIDA ni uruhurirane rw'ibimenyetso by'indwara zinyuranye zifata umuntu bitewe n'uko ubwirinzi kamere bw'umubiri we butagifite ubushobozi bwo kumurinda, kuko buba bwashegeshwe na virusi bita " VIH ".

UMUNTU YANDURA ATE VIRUSI ITERA SIDA?

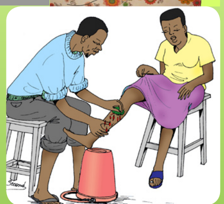
Hari uburyo butatu buzwi umuntu ashobora kwaduriramo:

1. Kugirana imibonano mpuzabitsina mu buryo ubwaribwo bwose n'uwanduye virusi itera SIDA hadakoreshejwe agakingirizo.Inshuro imwe gusa y'imibonano mpuzabitsina idakingiye irahagije kugira ngo wandure virusi itera SIDA.

2. Umubyeyi ufite virusi itera SIDA ashobora kuyanduza umwana we amutwite, amubyara, cyangwa amwonsa..

3. Mu guhuza amaraso n'ufite virusi itera SIDA

Urugero: Gusangira ibikoresho bikomeretsa (inzembe, inshinge, Ibikwasi n'ibindi...)



ICYITONDERWA:

- Muri iki gihe amaraso ahabwa indembe kwa muganga aba apimwe, yizewe ko adafite ubwandu bwa virusi itera SIDA.
- Byaragaragaye ko abantu benshi bandurira iyo virusi itera SIDA mu mibonano mpuzabitsina.

ISANO IRI HAGATI YA SIDA N'IZINDI NDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA

Byaragaragaye ko virusi ya SIDA yandurirwa ahanini mu mibonano mpuzabitsina kimwe n'izo ndwara.

Isano rero bifitanye ni iya hafi:

- Zose zandurirwa mu mibonano mpuzabitsina idakingiye, imyifatire yose yakwanduza indwara zandurirwa mu mibonano mpuzabitsina ibasha kugukururira virusi itera SIDA.

- Kubera ko indwara zandurirwa mu mibonano mpuzabitsina zitera udusebe mu myanya ndangagitsina, utwo dusebe tworohereza virusi itera SIDA kwinjira mu mubiri w'umuntu. Umuntu rero urwaye izo ndwara afite ibyago byinshi byo kwandura virusi itera SIDA

- Uburyo bwo kwirinda izo ndwara ni bumwe nk'uko uburyo bwo kuzandura ari bumwe.

IBI NTIBYANDURIRWAMO VIRUSI ITERA SIDA

Hari ibintu bimwe na bimwe abantu bibwira ko byakwanduza virusi itera SIDA ariko ubushakashatsi bwagaragaje ko atari byo. Muri ibyo twavuga:

- Kuramukanya n'uyirwaye,
- Kurumwa n'imibu,
- Gukina n'uyirwaye,
- Gusangira ibyo kurya n'uyirwaye,
- Gukoresha umusarani umwe,
- Gusura umurwayi wa SIDA
- Gusomana kw'itama, n'ibindi...

WAKORA IKI NGO WIRINDE KWANDURA CYANGWA KWANDUZA VIRUSI ITERA SIDA

Ugomba gukoresha nibura bumwe mu buryo bukurikira:

1. Gukomera ku busugi cyangwa ubumanzi mu gihe utarashaka

2. Kwirinda gukora imibonano mpuzabitsina iyariyo yose idakingiye

3. Gukoresha neza agakingirizo igihe cyose ukoze imibonano mpuzabitsina iyo ariyo yose n'uwo mutashakanye.

4. Kwirinda guca inyuma uwo mwashakanye

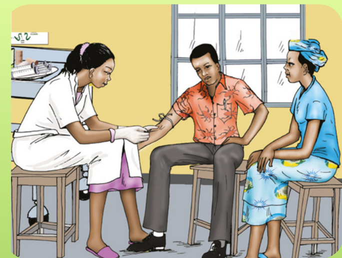
5. Kwivuza kare kandi neza kwa muganga, igihe ubonye ikimenyetso kimwe cy'indwara zandurirwa mu mibonano mpuzabitsina,

6. Kwirinda gutwita utabiganiriyeho na muganga niba uziko wanduye virusi itera SIDA,

7. Kwirinda ibikoresho bikomeretsa umubiri byakoreshejwe ku bandi bantu (urugero: inshinge, inzembe,Ibikwasi n'ibindi),

8. Kwipimisha ubwandu bwa virusi itera SIDA kugira ngo umenye uko uhagaze. Ikizamini cy'amaraso cyonyine ni cyo gishobora kukubwira niba mu mubiri wawe harimo virusi itera SIDA.

9. Kwisiramuzaku bagabo nabyo bigabanya ibyago byo kwandura Virusi itera SIDA.



Icyitonderwa:

Ufite iyo virusi itera SIDA ntahita agaragaza ibimenyetso, nyamara kandi n'ubwo atabigaragaza, yakwanduza abandi.

BIMAZE IKI KUMENYA NIBA WARANDUYE CYANGWA UTARANDUYE VIRUSI ITERA SIDA

A) Ku muntu utarandura:

- Bituma ahindura imyifatire, agafata ingamba zihamye zo gukomeza kwirinda : yirinda ubwe, arinda n'undi wese bakorana imibonano mpuzabitsina.

B) Ku muntu wamaze kwandura:

- Bituma nawe ahindura imyifatire, ntakomeze kwiyongerera ubwandu , ntakomeze no kwanduza abandi atabizi ;
- Bimuha amahirwe yo kwivuza neza hakiri kare, indwara z'ibyuririzi, bityo ntazahare;
- Bituma ashobora no gufata ya miti igabanya ubukana bwa virusi itera SIDA;
- Bituma agirwa inama zinyuranye zimufasha kubana neza na virusi itera SIDA.

ITANDUKANIRO HAGATI Y'UMUNTU UFITE VIRUSI ITERA SIDA N'UMURWAYI WA SIDA

Mu by'ukuri, kuba ufite virusi itera SIDA mu mubiri, bitandukanye no kuba urwaye SIDA. Umuntu ashobora kwandura virusi itera SIDA akabana nayo igihe kirekire nta kimenyetso na kimwe agagaraza.

Buhoro buhoro, uko virusi igenda imunga ubushobozi bw'umubiri bwo kurinda indwara, umuntu atangira kurwara indwara zinyuranye bita ibyuririzi, atakarwaye iyo ubwirinzi bw'umubiri we buba bukimeze neza. Icyo gihe ni bwo bavuga ko arwaye SIDA.

ESE SIDA ISHOBORA KUVURWA IGAKIRA ?

Kugeza ubu SIDA ni indwara idafite umuti ntigire n'urukingo. Ariko muri iki gihe habonetse imiti igabanya ubukana bwa virusi itera SIDA mu mubiri. Iyo miti ariko ntiyica virusi, ahubwo iyibuza gukomeza kororoka ntiyiyongere mu mubiri, kandi igafasha kuramba uyifata neza.

INGINGO TWAZIRIKANA

1. Uko umuntu yanduye virusi itera SIDA siko agaragaza ibimenyetso. Irinde rero kuko n'uwo udakeka ashobora kukwanduza.

2. Zirikana ko imibonano mpuzabitsina idakingiye ari bwo buryo bwa mbere virusi itera SIDA yanduriramo.

3. Iraha ry'imibonano mpuzabitsina idakingiye ry'akanya gato rishobora kugukururira kwandura virusi itera SIDA rigasenya ubuzima bwawe, ubw'uwo mwashakanye n'ubw'urubyaro rwanyu n'ubwundi wese mwakorana imibonano mpuzabitsina idakingiye.

4. Buri muntu wese ashobora kwandura virusi itera SIDA, buri wese ufite virusi itera SIDA ashobora kuyanduza, buri wese ariko ashobora no kuyirinda.

Niba ukeneye ibindi bisobanuro kuri virusi itera SIDA n'izindi ndwara zandurirwa mu mibonano mpuzabitsina, gana ibigo bitanga inama kandi bikanapima ubwandu bwa virusi itera SIDA bikwegereye.

Ugushyingo, 2017

REPUBULIKA Y'U RWANDA

MINISITERI Y' UBUZIMA

IBYO UGOMBA KUMENYA KURI VIRUSI ITERA SIDA NO KU NDWARA YA SIDA

Ugushyingo, 2017