kwandura. Nyamara bake banduye izo ndwara, bashobora kugira (1) umuriro, (2) gucika intege, (3) ikizibakanwa, (4) kuribwa mu ngingo, (5) amasoy'umuhondo, (6) inkari n'umusarani byahinduye ibara, (7) kuribwa mu nda, (9) kuruka, n'ibindi.

Ibyo bimara igihe gito bigahita bishira. Hanyuma iyo ubudahangarwa rw'umubiri butabashije gukiza izo ndwara, uwayanduye abana nazo bucece imyaka myinshi irenga 10 nta kimenyetso kugeza ubwo azagaragaza ibimenyetso bikomeye by'uko umwijima we wamaze kwangirika (Kanseri, urushwima, amaso y'umuhondo, n'ibindi).

12. Umuntu yamenya ate ko yanduye indwara y'umwijima yo mu bwoko bwa B na C ?

Bitewe nuko akenshi izo ndwara zitagaragaza ibimenyetso, zimenyekana gusa ari uko umuntu atanze amaraso kwa muganga bakazisangamo.

13. Ese indwara z'umwijima wo bwoko bwa B na C ziravurwa zigakira?

- Indwara y'umwijima wo mu bwoko bwa C ishobora kuvurwa igakira burundu nyamara uwayivuwe ashobora kongera kuyandura.
- Indwara y'umwijima wo mu bwoko bwa B nta muti uraboneka uyivura ngo ikire, ariko hari imiti itangwa kugirango igabanye ubukana bwayo mu maraso bityo ikarinda uyirwaye ibyago bya kanseriy'umwijima nde n'urushwima.

14. Ese umuntu yakwirinda ate indwara z'umwijimawo mu bwoko bwa B na C

- Umuntu yakwirinda izo ndwara yirinda inzira zose zanduriramo (amaraso, imibonano mpuzabitsina idakingiye, ibikoresho bikomeretsa, n'ibindi)
- Gukingira indwara y'umwijima wo mu bwoko bwa B abana bose bakivuka ndetse n'abakuru batakingiwe iyo ndwara.

15. Gahunda yo gukingira indwara y'umwijima wo mu bwoko bwa B mu Rwanda

No	Icyiciro	Urukingo 1	Urukingo 2	Urukingo 3	Urukingo 4
1	Abana	Munsi y' amasaha 24	Ukwezi n'igice	Amezi 2 n'igice	Amezi 3 n'igice
2	Abakuru	Ukimubona	Ku kwezi 1	Ku mezi 6	Ntibimureba
3	Abakuru bafite Virusi itera SIDA	Ukimubona	Ku kwezi 1	Ku mezi 2	Ku mezi 6

16. Ese mu Rwanda hari services zijyanye no kwirinda, gupima no kuvura umwijima wo mu bwoko bwa B na C?

Mu Rwanda hose, ukeneye servisi zijyanye no kumenya, kwirinda, gusuzumwa no kuvurwa indwara z'umwijima yagana ivuriro ryose rimwegereye agahabwa ubufasha. Ushobora no guhamagara kuri izi nimero zikurikira:

1. Kwikingiza:
0788458526, 0788486801, 0788484811
2. Kwipimisha cyangwa kwivuza:
0788486801, 0788600997

REPUBULIKA Y' U RWANDA

MINISITERI Y' UBUZIMA

INSTITUTE OF HIV/AIDS, DISEASE PREVENTION & CONTROL
HIV, AIDS, STIs and Other Blood Borne Infection Division

Tumenye Indwara y'Umwijima (Hepatite) Iterwa na Virusi yo mu Bwoko bwa B na C

RWANDA BIOMEDICAL CENTER

A healthy People. A Wealthy Nation

1. Indwara y'umwijima (Hepatite) ni iki?

Indwara y'umwijima (Hepatite) ni uburwayi bwibasira inyama y'umwijima ikabyimba, bitewe n'impamvu nyinshi. Muri zo twavuga nka:

- Virusi
- Imiti yo kwa muganga itakiriwe neza n'umubiri
- Imiti yo kwa muganga irengeje urugero
- Imiti ya gakondo
- Inzoga
- N'ibindi

2. Kuki izi ndwara (Hepatite B&C) zihangayikishije?

- Ni indwara zandura cyane
- Ni indwara zitamenyekana kare ngo zivurwe
- Ni indwara zigoye kuzivura kubera imiti ihenze cg se rimwe na rimwe imiti idafite ubushobozi bwo kuzikiza burundu
- Ni indwara zica cyane

3. Indwara y'umwijima (Hepatite) wo mu bwoko bwa B na C zandura zite?

- Mu maraso
- Mu mibonano mpuzabitsina idakingiye
- Umubyeyi ayanduza umwana cyane cyane igihe amubyara
- Guhanahana ibikoresho bikomeretsanya nk'inzembe, inshinge, uburoso bw'amenyo

4. Nibande bafite ibyago byinshi byo kwandura indwara y'umwijima wo mu bwoko bwa B na C

- Umwana uvutse ku mubyeyi ufite indwara y'umwijima wo mu bwoko bwa B na C
- Umuntu ubana na virus itera SIDA
- Abakozi bakora kwa muganga
- Abakora umwuga w'uburaya
- Abagabo bahuza ibitsina n'abandi bagabo
- Abantu bongererwa amaraso cyangwa ibindi bijyanye n'amaraso
- Abantu bitera imiti bakoresheje inshinge
- Abantu batizanya ibikoresho bikomeretsanya
- Abantu bivuriza ku bavuzi batemewe (kwa magendu)
- Ababa munzu z'imfungwa
- Ukorana imibonano mpuzabitsina n'ufite indwara y'umwijima wo mubwoko bwa B na C

5. Ese virusi itera umwijima wo mu bwoko bwa B na C zaba zimara igihe kingana iki hanze y'umubiri zidapfuye?

Virusi itera umwijima wo mu bwoko bwa B ibasha kumara iminsi irenga irindwi hanze y'umubiri idapfuye mu gihe iyo mu bwoko bwa C yo ishobora kurenza ibyumweru bitatu idapfuye.

6. Ese haba hariho urukingo rw'indwara y'umwijima?

Kugeza ubu urukingo rw'indwara y'umwijima wo mu bwoko bwa B ruriho ariko indwara y'umwijima wo mu bwoko bwa C yo nta rukingo igira.

7. Nibande bakeneye urukingo rwa hepatite B kurusha abandi?

- Abana bose bakivuka mbere y'amasaha 24
- Abantu babana na virus itera SIDA
- Abakozi bo kwa muganga
- Abantu babana kandi bita k'umuntu ufite indwara y'umwijima wo mubwoko bwa B
- Abantu bakunze kujya mubihugu iyindwara y'umwijima wo mu bwoko bwa B iri hejuru
- N'abandi bose bashaka kwirinda indwara y'umwijima wo mu bwoko bwa B

8. Ese ni itegeko kubanza kwipimisha mbere yo gufata urukingo?

Kugirango umenye neza ko urukingo uhawe rwakugirira akamaro, ni byiza kubanza kwipimisha kugirango umenye ko utamaze kwandura indwara y'umwijima wo mu bwoko bwa B kuko wikingije waramaze kwandura n'ubwo ntacyo urukingo rwagutwara ariko ntacyo rwakumarira. Nyamara, mu gihe ubona kwipimisha bitagushobokeye, ushobora gufata urukingo hanyuma ukazipimisha nyuma igihe bigushobokeye.

9. Ese umugore utwite cyangwa wonsa yahabwa urukingo rw'indwara y'umwijima ?

Yego. Bitewe n'uko uru rukingo nta virusi nzima irimo yakwanduza umwana, nta mpamvu yabuza umugore utwite cyangwa wonsa guhabwa urwo rukingo.

10. Ese nakora iki igihe hari urukingo rwa Hepatite B nibagiwe gufata?

Ni byiza gufata inkingo zose uko zateganijwe. Ariko iyo habayeho kudafata urukingo mu zo wari uteganirijwe, wagana umuganga ku kigo nderabuzima cg ku rindi vuriro rikwegereye akakubwira uko wafata izo nkingo wibagiwe.

11. Ibimenyetso by'indwara y'umwijima wo mu bwoko bwa B na C

Ku bantu benshi banduye izi ndwara, ntabimenyetso bakunda kugaragaza iyo bakimara