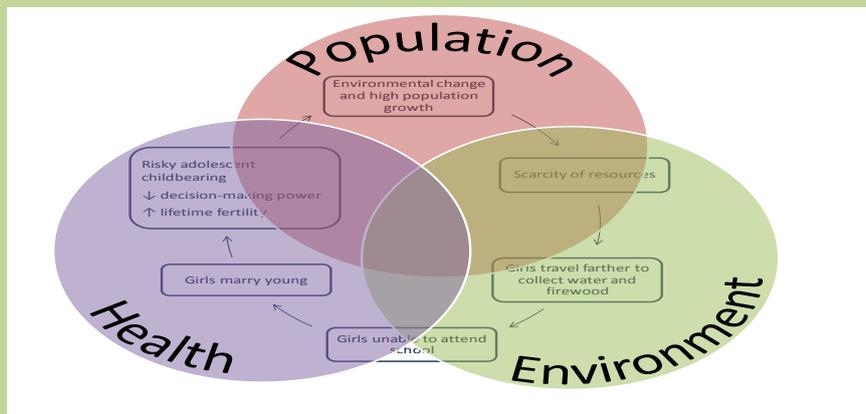


# Umuryango w' Afurika y' Iburasirazuba LAKE VICTORIA BASIN COMMISSION



## Porogaramu yo kwita ku buzima bw' abaturage no kubungabunga ibidukikije mu nkengero z'Ikiyaga cya Vigitoriya



## Imfashanyigisho y' abajyanama b'ubuzima no kubungabunga ibidukikije (CCHWs)

Lake Victoria Basin Commission  
P.O Box 1510-40100  
Kisumu, KENYA  
E-mail: [lvbc@lvbcom.org](mailto:lvbc@lvbcom.org)  
Website: [www.lvbc.org](http://www.lvbc.org)

**Contact details:0788518229**

For further information on this training manual, please contact:

The Executive Secretary  
Lake Victoria Basin Commission Secretariat  
P.O Box 1510- 40100  
Kisumu, KENYA  
Tel: +254 57 2023873/894  
Fax: +254 57 2026324  
E-mail: [lvbc@lvbcom.org](mailto:lvbc@lvbcom.org)  
Website: [www.lvbcom.org](http://www.lvbcom.org)

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Iyi mfashanyigisho ntabwo ishobora gukoreshwa mu buryo ubwo ari bwose kugirango hakorwemo ibitabo byinshi hagamijwe ubucuruzi.  
Ariko, ishobora gukoreshwa mu bijyanye n'iyi porogaramu mu gihe ubuyobozi bwa LVBC bubizi cyangwa bwabimenyeshejwe.

## IMFASHANYIGISHO Y'ABAJYANAMA B'UBUZIMA NO KUBUNGABUNGA IBIDUKIKIJE

Iyi mfashanyigisho ni iy'amahugurwa y'abajyanama b'ubuzima(CHWs), amatsinda y'ubuzima yo mu midugudugu (VHTs), amashyirahamwe y'abajyanama b'amashyamba(CFAs), abashinzwe kubungabunga inyamaswa. Igamije kubahugura kugirango bafashe ingo n'imiryango mu kubungabunga ubuzima n'ubidukikije byose bikomatanijwe .

Tuzi neza ko ingo n'imiryango bakoresha uko bashoboye mu gukemura ibibazo byabo bijyanye n'ubuzima n'ibindi, amahugurwa agamije gufasha abajyanama b'ubuzima, amatsinda y'ubuzima yo mu midugudugu, amashyirahamwe y'abajyanama b'amashyamba, abashinzwe kubungabunga ibidukikije gufasha abaturage kureba aho bageze, kureba ibibazo bafite maze bagatekereza ku mpamvu zibitera kugirango bagene yakorwa.

Hamwe n'aya mahugurwa imiryango itandukanye yegamiye ku baturage izabona ubumenyi buzayifasha gufasha ingo n'abaturage mu guteza imbere ubuzima bwabo babungabunga n'ubidukikije binyujijwe mu biganiri bizatuma bashyira mu bikorwa byabasha kugirango biteze imbere.

Abajyanama b'ubuzima(CHWs), amatsinda y'ubuzima no kubungabunga ibidukikije yo mumidugudu (VHCTs), amashyirahamwe y'abajyanama b'amashyamba (CFCWs) n'abashinzwe kubungabunga inyamaswa ((CWCWs) bazategurirwa gufasha ingo n'imiryango mu bikorwa by'ubuzima bwabo bwa buri muni no kubungabunga ibidukikije basanzwe bagiramo uruhare.

Ikizakurikiraho ni ukubasha kureba ibya ngombwa mu ngo n'imiryango kugirango bihuzwe n'ibikorwa byabo uko bikwiye. Aya mahugurwa azongerera izo ngo n'imiryango ubushobozi n'ubumenyi kubwo bari bafite, bishingirweho kugirango bibe imbarutso y'uburambe.

Iyi mfashanyigisho irasobanura amakuru, ubumenyi ngiro abajyanama b'ubuzima(CHWs), amatsinda y'ubuzima yo mu midugudugu (VHTs), amashyirahamwe y'abajyanama b'amashyamba(CFAs), bagomba kuba bafite kugirango babashe gufasha ingo n'imiryango mu guhindura ubuzima babayemo. Iyi mfashanyigisho yakozwe kuburyo ishyira ku rwego amahugurwa y'imiryango(CBOs) mugufasha abajyanama mu by'ubuzima, kubungabunga ibidukikije n'iermabere rirambye binyujijwe mu bikorwa bigaragara. Iyi mfashanyigisha n'isoko y'amakuru ku rwego rw'umuryango. Itanga abafasha myumvire bafite ubushobozi, mu gutanga amakuru mu dutabo twakozwe twa ngombwa.

### INTEGO Z'IMFASHANYIGISHO

Intego y'iyi mfashanyigisho no kubaka ubushobozi b'abajyanama b'ubuzima no kubungabunga ibidukikije mu kuyobora imiryango kugirango ibashe kubungabunga ubuzima bwayo no kubungabunga ibidukikije kugirango: birinde indwara , bateze imbere ubuzima, bivuze, babungabunge amashyamba n'ahandi hagombwa kubungwabungwa, kwirinda ihumanya, guha umugore ubushobozi no guteza imbere ingo. Ni muri ubu buryo aba bajyanama bazajya baha ingufu kandi bakaba abavugizi mu byerekeranye

n'ubuzima no kubungabunga ibidukikije mu ngo bareberera.

Abajyanama b'uzubima no ku bungabunga ibikikije bategerejweho gufasha imiryango mu gusuzuma aho ubuzima bwabo, ibidukikije n'imibereho yabo igeze kugirango baganire nabo ku bibazo n'ibibitera, ndetse n'ibikorwa barimo bakora, kugirango barebera hamwe ibibazo Bihari bishobora gukenera ubundi bumenyi kugirango babafashe kubungabunga ubuzima n'imibereho yabo.

Nyuma y'amahugurwa abajyanama b'ubuzima no kubungabunga ibidukikije bazaba bashobora:

1. Gusobanura ibibazo byugariye imiryango bijyanye n'abaturage, ubuzima ndetse n'ibidukikije
2. Kuvuga indwara nyamukuru zugariye abagore, abana n'abaturage muri rusange
3. Kumenya no gushyira ku rutonde ibyagaragajwe no kumenya gukora ibikwiye (gutanga inama, kuvura cyangwa se kuba yamwohereza kwa muganga-transfert)
4. Gufasha mu guteza imbere ubuzima binyuze mu biganirwa kugirango ingo zikore ibikorwa biteza imbere ubuzima bwazo
5. Gusobanura serivisi zijyanye n'ubuzima bw'umwana n'umubyeyi zihari, abazitanga naho zitangirwa.
6. Gusobanura serivisi zijyanye n'ibidukikije zihari, abazitanga naho zitangirwa.
7. Kureba ibihari bijyanye n'imibereho ndetse n'ibikorwa bibyara inyungu
8. Kuganira ku byerekeranye n'uburinganire bishobora kugira ingaruka ku mugore, umugabo ndetse n'urubyiruko

9. Gusubiza ibibazo by'abaturage byerekeranye no kubungabunga ubuzima ndetse n'ibidukikije

10. Gushyira ku murongo imiryango no kugira uruhare mu gukingira, kuboneza urubyaro, kwipimisha kw'abagore batwite, ubutabazi bw'ibanze, kuvura malariya no kwirinda icyorezo cya Sida

11. Gushyira ku murongo imiryango no kugira uruhare mu gutera ibiti, , kubungabunga amasoko y'amazi no kubungabunga ahantu hakomye

12. Gusura ingo kugirango barebe ubuzima bwazo, ibidukikije ndetse n'uburyo babayeho , bakaganira nabo kugirango babe bagira icyo bahindura

13. Kuba intangarugero n'indorerwamo Guteza imbere uhuzwa ry'inzego Kugira uruhare mu isuzuma bikorwa bijyanye n'abaturage, ubuzima ndetse n'ibidukikije mu baturage

## IBIGIZE IYI MFASHANYIGISHO

Imfashanyigisho igabnijemo ibika bine bigatangizwa n'isomo , intego, umubyimba (contenet) , uburyo bwo kwigisha, ibikoreho n'uburyo isomo rizasuzumwa.

Imfashanyigisho igizwe n'ibika ku buryo bukurikira:

### **Igika cya 1: Isobanura mpamvu ry'abaturage, Ubuzima n'ibidukikije (PHE)**

Isomo rya 1.1: PHE ni iki?

Session 1.2: Kubera iki PHE?

Session 1.3: Inyungu za PHE ni izihe?

### **Igika cya 2: Ubuzima bw'umwana n'umubyeyi**

Isomo rya 2.1: Gutwita, Kubyara n'uruhinja

Isomo rya 2.2: Kuboneza urubyaro

Isomo rya 2.3: Gufata neza umwana n'igihe arwaye

Isomo rya 2.4: Imirire y'abaturage

Isomo rya 2.5: Akamaro k'umujoyanama w'ubuzima no kubungabunga ibidukikije

### **Igika cya 3: Kwirinda ko kuvura Malariya, icyorezo cya Sida, Igituntu n'indwara zandurira mu myanya ndangabitsina**

Session 3.1: Ibibazo byerekeranye n'icyorezo cya Sida, Igituntu, Malariya n'indwara zandurira mu mibonano mpuzabitsina mu baturage

Isomo rya 3.2: Kwirinda no kwisuzumisha Malariya

Isomo 3.4: Kwirinda ko kuvura icyorezo cya Sida

### **Igika cya 4: Kubungabunga inyamaswa n'ibidukikije no gukoresha ubutaka**

Isomo rya 4.1: Umutungo w'inyamaswa

Isomo 4.2: Amategeko agenga umutungo w'inyamaswa

Isomo rya 4.3: Gukoresha ubutaka

Isomo rya 4.4: Ibibazo bijyanye no kubungabunga ibidukikije

Isomo rya 4.5: Akamaro k'abajyanama b'ubuzima no kubungabunga ibidukikije mu kubungabunga inyamaswa n'ibidukikije n'uburyo bukwiye mu gukoresha ubutaka

### **Igika cya 5: Guha ubushobozi umugore no guteza imbere umuryango**

Isomo rya 5.1: Uburinganire n'ubwuzuzanye mu baturage

Isomo rya 5.2: Ihohotera rishingiye ku gitsina

Isomo rya 5.3: Kubona inguzanyo n'ibyerekeranye n'ibigo by'imari biciriritse

Session 5.4: Ibikorwa bibyara inyungu (ubundi buryo bwo kubaho)

### **UBURYO BWO GUTANGA AMAHUGURWA**

- Kwigisha
- Kuganira no kubaza ibibazo
- Gukorera mu matsinda no gutangaza ibyavuye mu matsinda
- Udukino
- Imyitozo
- Gusura abaturage
- Gusura ibitaro
- Indirimbo n'imbyino
- Gusetsa no kwidagadura

# Igika cya 1: Igitekerezo cyo kubungabunga Ubuzima bw'Abaturage n' Ibidukikije (PHE)

Iki gika kiraha abakurikirana amahugurwa ubusobanuro, impamvu n'akamaro ka PHE. Ikigamijwe aha ngaha ni uguhuza inzego ndetse no gufatanya. Ibi bivuvuga ko kugirango Hari ibigerwaho bifite umumaro, ni byiza gukoresha uburyo bukomataniye

## Intego ngari y'iki gika

Intego y'iki gika no gusobanurira abakurikirana amahugurwa uburyo PHE ikora n'akamaro ko guhuza inzego

## Intego zihariye z'iki gika

Iki gika nikirangira, ushinzwe kubungabunga ubuzima n'ibidukikije azaba ashobora:

- Gusobanura PHE icyo ivuze
- Kuvuga ibigize PHE
- Gusobanura impamvu ya PHE

## Ibigize igika

Isomo rya 1.1: PHE ni iki?  
Session 1.2: Kubera iki PHE?  
Session 1.3: Inyungu za PHE ni izihe?

## Igihe

Amasaha abiri

## Isomo rya 1.1: PHE ni iki?

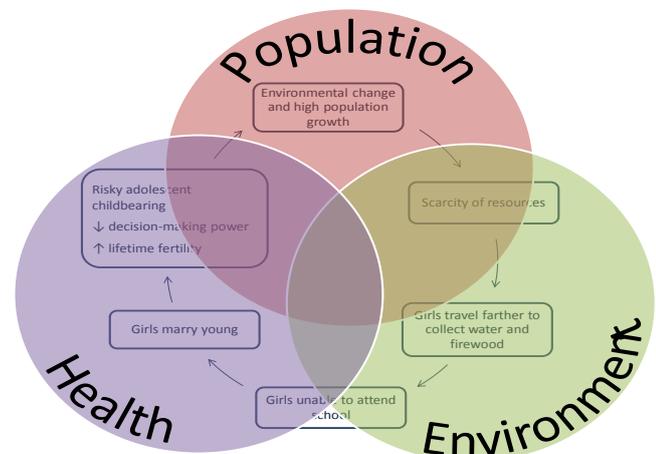
Ibyo umufasha myumvire agomba kumenya

### Igisobanuro

Guhuza Abaturage, ubuzima n'ibidukikije ni uburyo bujyanye n'amajyambere bukomatanywa ibikorwa bijyanye n'ubuzima no kubungabunga ibidukikije (PHE) kugirango bigire ingufu bigatuma kubungabunga ibidukikijije bikorwa neza n'abaturage bagakomeza kugira ubuzima bwiza bikaruta kuba waba igikorwa kimwe

ukwacyo. Uburyo PHE ikora, abantu, ubuzima bwabo n'ibidukikije byose biba bifitanye isano kandi buri kimwe cyose kigakenera ikindi, imihindagurikire y'imibare; uko bibayeho, muri ibyo byose twabonye haruguru, buri kimwe cyose kigira uruhare kukindi kuko ibyo umuntu akeneye, ubuzima abayeho cyangwa se ibidukikije byitaweho, byose bifitanye isano ku cyabitera cyangwa se cyabigiraho ingaruka.

Uburyo PHE ni uguhuza imbaraga zose, gufatanya no gukomatanywa ibikorwa bikorerwa abaturage. Yibanda ku bikorwa byose abaturage bashobora gutekereza gukora kugirango abaturage bakemure ibibazo bibugarije babungabunga ubuzima bwabo, imibereho yabo ndetse no kubungabunga umutungo kamere. Imishinga ya PHE igamije guteza imbere serivisi z'ubuzima, gufasha abaturage gucunga imitungo yabo kamere kugirango bateze imbere ubuzima bwabo n'imibereho yabo, ndetse babungabunga n'urusobe rw'ibinyabuzima rubasha kubaho.



**POPULATION (Abaturage),  
HEALTH(Ubuzima) AND (n')  
ENVIRONMENT (Ibidukikije) (PHE) ni iki?**

**P isobanura Abaturage (POPULATION):**  
Serivisi zibanda ku baturage zigizwe: kuboneza urubyaro ku bushake (Gushyira umwanya cyangwa guhagarika urubyaro), ubuzima bw'imyororokere, imibereho y'abantu n'ibindi .

**H isobanura "ubuzima" (HEALTH):** Ibi bigizwe n'ibintu byinshi nk': Ubuzima bw'umwana n'umubyeyi, kwirinda malariya, amazi meza n'isukura, kwirinda indwara zandura, Imirire, icyorezo cya Sida n'ibindi.

**E isobanura "ibidukikije" (ENVIRONMENT):** kubungabunga ibidukikije, kwita ku burobyi, kubungabunga amashyamba n'imiyoborere, kubungabunga ahantu hakomye, n'ibindi.

**Isomo rya 1.2: Impamvu ya PHE**

Inyigo zakozwe mu mpande zitandukanye z'isi zigaragaza ko ibikorwa bya PHE bidatwara amafaranga menshi, bituma haboneka inyongera munyungu bigatuma kandi haba gutizanya ingufu zidashobora kuboneka ukoze buri gikorwa cyangwa umushinga ukwawo. Muri rusange, porogaramu za PHE:

- Ziha ingufu ibikorwa byo kuboneza urubyaro ku bushake, cyane cyane ku bantu batuye mu cyaro kuburyo babona izi serivisi bibagoye cyane.
- Zituma abagabo bagerwaho n'ubutumwa bwo kuboneza urubyaro kandi bigatuma bafata ibyemezo mu kugira uruhare mu kuboneza urubyaro.
- Bituma urubwirako cyane cyane rw'igitsina Gabo rubasha kugerwaho na serivisi zo kuboneza

urubyaro cyane cyane urutabasha kugerwaho nizo serivisi.

- Zituma abagore babasha kubona inguzanyo cyangwa se kugira uruhare mubikorwa bitanga amafaranga, ibi bikaba bituma abagore banagira uruhare mu nzego zifata ibyemezo.
- Zongera inyungu ziva mu kubungabunga ibidukikije bitewe n'uruhare rw'abaturage cyane ko nibyo bakenye biba byagezweho
- Zigira uruhare mu gucunga neza no kubungabunga umutungo kamere, bigatuma ubutaka buchungwa neza no kubungabunga umutungo kamere bigatuma n'abaturage batabasha kwangiza urusobe rw'ibinyabuzima.
- Zigabanya ihumanywa ry'umwuka duhumeka wo munzu kandi biagtuma n'amashyamba atanganizwa hagategwa imbere amashyiga ya kijyambere
- Ziteza imbere kandi zigatanga uburyo bwinshi butuma imiryango igira iterambere rirambye, bigabanya uburwayi, impfu no kumva ko ubuzima bwawe ubuteze ku mutungo kamere
- Zishobora gutuma abantu babona amazi meza ndetse bateza imbere isuku n'isukura
- Ziteza imbere ubuhinzi burambye bigatuma abana bagira imirire myiza ndetse no kwihaza mu biribwa,
- Zituma abantu birinda malariya mu kwirinda ibiyitera ndetse no kuryama mu nzitiramubu ziteye umuti,
- Zituma abantu bagira imisarani ifite isuku kandi bakagira indi myitwarire iganisha ku isuku,
- Zituma bakomeze kubungabunga ahantu hakomye

## Igika cya 2: Ubuzima bw'umwana n'umubyeyi

Mu kwibanda ku buzima bw'ababyeyi n'abana bato, iki gika kirasobanurira abajyanama b'ubuzima no kubungabunga ibidukikije ibyo umubyeyi n'umwana bakenye ndetse nibyo bagomba gukora. Ubuzima bwiza bw'umubyeyi utwite n'umwana byibanzweho cyane mu ntego z'ikinyagihumbi, kandi ni nawo musingi mu bigereranyo by'ubuzima by'ingamba z'ubukungu bw'igihugu

### Intego ngari z'igika

Intego nyamakuru y'iki gika ni ugutanga ubumenyi bw'abagize amatsinda y'ubuzima hibandwa cyane kubyo bagomba gukora kugirango bagere kubyo bakeneye.

### Intego z'iki gika

Nyuma y'iki gika, abajyanama b'ubuzima no kubungabunga ibidukikije bazaba bashobora:

- Kuganira n'ingo ku kuboneza urubyaro
- Kwita ku mubyeyi utwite
- Kugira inama ababyeyi ku kamaro ko kubyarira kwa muganga,
- Gutanga serivisi zo kuboneza urubyaro zoroheje
- Guteza imbere imikurire y'umwana
- Kuvura indwara zohereje
- Kwohereza abantu barwaye kwa muganga ku gihe

### Ibigize igika

Isomo rya 2.1: Gutwita, Kubyara n'uruhinja

Isomo rya 2.2: Kuboneza urubyaro

Isomo rya 2.3: Imbasa n'izindi ndwara zikingirwa

Isomo rya 2.4: Gufata neza umwana n'igihe arwaye

Isomo rya 2.5: Imirire y'abaturage

### Isomo rya 2.1 Gutwita, Kubyara Uruhinja no kwita ku myeyi nyuma yo kubyara

Ibyo umufasha myumvire agomba kumenya

#### 1. Ubutumwa bwa ngombwa mugihe cyo gutwita, kubyara ndetse na nyuma yo kubyara

- Kumenya neza ko umubyeyi utwite yimpimishije neza, kwipimisha igihe cyo kubyara ndetse na nyuma
- Kwigisha ababyeyi batwite ibimenyesto mpuruza igihe batwite, igieh cyo kubyara no kumenya ibikoresho bya ngombwa bagomba kugira n' igihe baka ubufasha
- Gukangurira abagore batwite kryama mu nzitira mubu iteye umuti kugirango birinde malariya
- Gufasha abagore batwite mu kwitegura kubyara nicyo bagomba gukora iyo igihe cyegereje

#### 2. Kurinda umubyeyi utwite kwanduza umwana atwite ni iki (PMTCT)?

Kurinda umubyeyi utwite kwanduza umwana atwite bijyana no gukangurira ababyeyi kwipimisha icyorezo cya Sida mbere cyangwa igihe batwite. Bijyana kandi no gukangurira ababyeyi batwite kubyarira kwa muganga aho kubyarira murugo, bigatuma babona serivisi zihabwa ababyeyi banduye kugirango batanduza abana batwite. Kubyarira kwa muganga bizagabanya umubare w'abana bashobora kwandura igihe ababyeyi babo banduye icyorezo cya Sida. Byose bikorwa mu ibanga

***Kuki kurinda umubyeyi kwanduza umwana atwite ari ngombwa (PMTCT)?***

Umwana ubyawe n'umuyeyi wanduye agakoko gatera Sida ashobora nawe kwandura. Ingorane zo kwandura ziboneka cyane igihe umubyeyi ari kunda cyangwa se abyara, ariko umubyeyi ashobora kwanduza umwana icyorezo cya Sida igihe amutwote cyangwa se amwonsa. Kwirinda kwanduza umwana umwana virus ya Sida, umubyeyi agomba kugirwa inama no kwipimisha Sida. Iyo banduye icyorezo cya Sida, bahabwa imiti igabanya ubukana bwa Sida.

Abantu bagomba kugirwa inama kugirango bahitemo uburyo bwo gukoresha mu kwirinda kwanduza umwana igihe batwite. Ku mwihariko, serivisi zo kwirinda kwanduza umwana igihe umubyeyi atwite zigamije kwigisha ababyeyi banduye agakoko gatera Sida ku buryo bonsa umwana n'uburyo bwiza bwo kumugaburira. Ni n'umwanya wo kureba abana bafite imirire mibi kugirango babahe indyo yuzuye n'izindi ntunga mubiri mu mezi atandatu ya mbere.

***Akamaro n'inyungu zo kwirinda kwanduza umwana igihe amutwite (PMTCT)***

- Biteza imbere uburyo bwo kuboneza urubyaro
- Bituma umugore abasha kwipimisha inda kuko ajya kwa muganga Improved (inshuro enye cyangwa zirenze)
- Bituma umubyeyi abasha kwitegura kubyara
- Byoroshya mu kureba uburyo bwo kugaburira umwana
- Bituma umuntu abasha kujya kwa muganga hakiri kare nko kwipimisha inda, kwivuza indwara zandurira mu mubbonano mpuzabitsina, gufata imiti igabanya

ubukana, kwivuza malariya n'igituntu ndetse n'ibindi.

- Bitanga umwanya wo gutegura ejo hazaza, urugero: gushaka ibyo uzifashisha mu kugaburira umwana
- Bigabanya umubae w'abana banduye icyorezo cya Sida
- Byongera ubuzima bwiza bw'umwana no gukomeza kubaho
- Bituma abantu bahindura imyitwarire

**Isomo rya 2.2: Kuboneza urubyaro**

Kuboneza urubyaro aho ariho hose bigomba gukorwa ku bushake. Mu guhitamo uburyo bwo kuboneza urubyaro biterwa n'icyemezo uwakuganye yafashe nyuma yo kubona amakuru yizewe kandi ahagije.

Umukiriya baramureka agahitamo uburyo yihitayemo. Umukiriya ntabwo agomba guhatirwa guhitamo uburyo ubwo aribwo bwo. Mu baturage, gukoresha agakingirizo bishishikarizwa urubiruko cyangwa abafite maraso ashyushye mu gukora imibonano mpuzabitsina kugirango bibarinde indwara zimwe na zimwe zandurira mu mibonano mpuzabitsina ndetse n'icyorezo cya Sida.

Hari uburyo bwinshi bwo kuboneza urubyaro ariko nta burinda icyorezo cya Sida.

Uburyo bwo kuboneza urubyaro ni:

- Inshinge, ibinini, agapira ko mukuboko
- Imiti yica intanga ngabo
- Gukata imiyobora ntanga ku bagore
- Gukata imiyobora ntanga ku bagabo
- Agapira ko mumura (IUCD)
- Uburyo bwo kuboneza urubyaro bwa kamere

## **Abatanga uburyo bwo kuboneza urubyaro**

- Ibigo ndera buzima bya Leta
- Ibigo ndera buzima byigenga
- Abajyanama b'ubuzima (udukingirizo, ibinini, uburyo bwa kamere, inshinge)
- Imiryango itegamiye kuri Leta

## **Akamaro k'umujoyanama w'ubuzima**

- Umjujyanama w'ubuzima akeneye amahugurwa ahagije yerekeranyeye n'uburyo bwo kuboneza urubyaro, akamaro kabwo, ingaruka zishobora guterwa n'uburyo bwo kuboneza urubyaro ndetse no kumenya kugira abantu inama .
- Bakeneye kandi gukurikiranwa n'umuntu wabahuguye wo mu kigo nderabuzima.
- Ariko bafite akamaro kanini mu kohereza abakiriya aho batangira izo serivisi.
- Bafite n'akamaro gakomeye mu kuganira n'abagabo no kubakangurira mu kugira uruhare mu kuboneza urubyaro n'ibindi byerekeranye n'ubuzima bw'imyorokere

## **Isomo ryan 2.3: Iseru n'izindi ndwara zikingirwa**

### **Intego zihariye**

Nyuma y'iri somo, abarimo bahugurwa barashobora:

- Kuvuga indwara zose zikingirwa
- Gusobanura iseru
- Kuvuga ibimenyesto by'iseru n'ibibazo ishobora gutera
- Kuvuga uburyo yandura n'ibishobora kuyitera

- Gusobanura uko bayirinda n'izindi ndwara zikingirwa

## **Ibyo umufasha myumvire agomba kumenya**

### **1. Iseru n'iki?**

Iseru n'indwara iterwa na virus ikarangwa n'umuriro ndetse no kwishimagura ku mubiri. Irandura cyane kandi ishobora no gutera ibibazo cyane.

### **2. Uburyo yandura**

Ni indwara yandurirwa mu mwuka ikaba yakwirakwizwa n'amacandwe, ikunda kuza igihe cy'icyorezo

### **3. Ibimenyesto**

- Gukorora cyane n'umuriro mwinshi
- Inkorora
- Amaso atukuye
- Ibimwira byinshi
- Kwishimagura
- Uduheri dutukura mu kanwa

### **4. Ibikurura iseru**

- Imirire mibi
- Ubucucike bw'abantu benshi
- Kudakingirwa
- icyorezo cy'iseru

### **5. Ingaruka**

Iseru ishobora kugira ingaruka nyinshi, zimwe murizo ni:

- Guhitwa
- Ibisebe mu kanwa
- Uburwayi bwo mu matwi
- Uburwayi bw'amaso

## 6. Izindi ndwara zikingirwa

### i) Igituntu (TB)

N'indwara iterwa na bagiteri yitwa "tubercle bacilli". Gikunda kurangwa n'inkorora, kunanuka, kutagira umuriro, n'ibindi. Mu kucyirinda, ni ugutuma umwuka winjira munzu, isuku, kurya neza no kwikingiza igituntu

### ii) Imbasa

N'indwara iterwa na virusi igakunda kunyura mu rwungano ngogozi (igifu). Ikwirakwizwa no mu kanwa, umwanda (amabyi) bikaba byatera kumugara cyane ingingo zo hasi (amaguru). Ishobora kwirindwa mu gukingirwa no gukoresha imisarani kugirango twirinde kuyikwirakwiza.

### iii) Kokorishi

N'udusebe tuza ku gahu ko mw'izuru n'myanya y'ubuhumekero yo hejuru, ikaba ikunda kurangwa no gukorora. Ishobora kwirindwa mu kuyikingira.

### iv) Akaniga

Gaterwa na bagiteri gakunda kurangwa n'udusebe mu myanya y'ubuhumekero yo hejuru. Gashobora kwirindwa mu ikingirwa .

### v) Tetanusi umwana akivuka

N'indwara y'uruhinja iterwa na bagiteri. Ashobora kuyirwara igihe avuka cyangwa nyuma yo kuvuka. Ishobora kwinjira mu mubiri w'umwana inyuze mu mukondo igihe bakata umukoto bakoresheje ibikoresho bidafite isuku cyangwa bitasukuwe ku buryo buhagije. Umwana azagira ibibazo mu guhumeka ndetse aje asemeke bitewe no kubura umwuka

Kuyirinda hakoreshejwe:

- Gukoresha ibikoresho bisukuye igihe babyaza umugore

- Gukingira abagore igihe batwitehakurikijwe ingengabihe y'ikingira

## Isomo rya 2.4 Kwita ku mwana muri rusange ndetse n'umwana urwaye

### Intego zihariye

Nyuma y'iki gika abakurikirana amahugurwa baraba bashobora:

- Gusobanura ingengabihe y'ikingira
- Gusobanura indwara zikunda kuza mu gihe cy'ubwana
- Gusobanura ibyiciro n'icyo wakora mu gihe cy'izo ndwara zifata mu bwana
- Gusobanura ibimenyetso n'uburyo wamwohereza kwa mu ganga
- Kumenya akamaro k'umjyanama w'ubuzima mu kwita ku mwana urwaye

### Ibyo umufasha myumvire agomba kumenya

#### 1. Gahunda y'ikingira

##### Indwara abana bakunda kurwara

- Malariya
- Impiswi
- Umusonga
- Iseru

#### 2. Ibikunda gutera indwara z'abana

- Malariya
- Ibiryo cyangwa amazi yanduye
- Kudakingiza umwana
- Umwuka uhumanye

#### 3. Ibimenyesto mpuruza ku mwana urwaye

- Umwana udashobora kunywa no kwonka

- Umwana uruka icyo aricyo cyose
- Umwana ugagara
- Umwana utagira icyo yitaho nta kintu na kimwe kimushimisha
- **Iyo kimwe muri ibi bimenyesto bigaragaye ni ukujyana umwana kwa muganga.** Niba nta kimenyesto na kimwe kimwe muri ibi kugira umuyeyi cyangwa urera umwana inama uburyo yamwitaho

### **Ibindi bimenyesto byuko umwana ashobora kuba arwaye**

- Impiswi amaso yaheze mu gihanga
- Wakurura uruhu rwe rugatinda gusbirayo
- Guhumekera mu mbavu
- Umuriro ungana na 37.5°C cyangwa hejuru
- Ububarbare cyangwa kubyimba inyuma y'ugutwi
- Ibintu by'amazi biva mu gutwi
- Kubyimba ibirenge
- Kuba umwana yananutse
- Amaraso mu musarani
- Uruhu rw'umuhondo

## **Isomo rya 2.5: Imirire**

Indwara z'imirire mibi ni mbi cyane kuko zituma umubiri utabasha kurwanya indwara. Impamvu abana barware indara z'imirire mibi ni ukurya indyo ituzuye, kurwaragurika, no kutita ku bana bakiri bato. Indwara z'imirire mibi mu myaka ibiri ya mbere zidindiza umwana mu mikurire y'igihagararo ndetse no mu bwonko bigatuma adakura neza. Igitangaje nuko ibyo byose yatakaje bidashobora kugaruka iyo umwana akuze, bugumaho. Umwana afite uburenganzira bwo kwitabwaho, guhabwa indyo yuzuye, guhabwa ubuzima bw'ibanze kugirango arindwe uburwayi kandi akomeze akure neza. Iri somo riribanda ku mirire y'abana, isesengure ubwoko bw'indwara z'imirire mibi, uburyo umuntu yazimenya, kuzirinda no kuzivura,

## **Intego z'isomo**

Nyuma y'iri somo, bakurikirana amahugurwa baraba babasha:

- Kugirana ikiganiro n'ingo ku byerekeye imirire
- Kumenya no kwita ku bana bafite indwara z'imirire mibi

## **Ibyo umufasha myumvire agomba kumenya**

### **1. Igisobanuro**

Imirire bisobanura uburyo ibiryo turya bituma umubiri wacu ukura. Imirire myiza ni uguhitamo ubwoko butandukanye bw'ibiribwa ku kigereranyo kimwe. Ibiryo ntabwo bituma tutagira inzara gusa. Umubiri ukeneye ubwoko bw'ibiribwa butandukanye kugirango:

- Ukore
- Gusana no guhindura ingira ngingo
- Gukura
- Gukora no kubaka ubudahangarwa

### **2. Ubwoko bw'ibiryo**

Ibiryo byose bifite agaciro (itungamubiri). Hari amoko atatu nyamukuru y'ibiryo. Hari ibitera imbaraga (amasukari), ibyubaka umubiri (poroteyine) n'ibirinda indwara (vitamine) bitewe n'uburyo umubiri ukoresha ibyo ufite

#### *Ibiryo bitera imbaraga*

Ibi biryo bitanga imbaraga n'ubushyuhe. Bigizwe n'amasukari, ubuki, imyumbati, ibijumba n'ibirayi, ibigori, ingano, umuceri, umugati, amavuta na foromaje

#### *Ibiryo byubaka umubiri*

N'ibiryo bifite akamaro mu gukura kandi bigasana n'ingira ngingo

z'umubiri. Ingero zimwe na zimwe ni inyama, inkoko, amafi, amata, udusimba turibwa, amagi, ubunyobwa, ibishyimbo n'amashaza.

#### *Ibiryo birinda indwara*

Ni ibiryo birinda umubiri indwara. Bifasha no mu igogora ry'ibiryo. Bigizwe n'imbutu n'imboga.

#### *Amazi*

Uretse ibiryo bya ngombwa, amazi nayo ni ngombwa ku maraso, cyangwa se andi matebuzi n'ingirangingo z'umubiri.

### **3. Uburyo bwo kugaburira abana bari hasi y'imyaka itanu**

- Kubonsa gusa mu gihe cy'amezi atandatu (nta byo kurya, ntabyo kunywa yewe n'amazi ye). Abanu bari hejuru y'amezi atandatu baba bakeneye ibindi biryo ndetse n'ibinyobwa. Hagati y'amezi 6 na 12 umwana agomba konswa mebere yo kurya kugirango umenye neza ko yafashe amashereka ahagije buri muni .
- Gucutsa umwana bikorwa buhoro, ugatangira umuha ibiryo byoroheje bimeze nk'amazi nk'igikoma. Utangira umuha ibiryo bikeya ukazajya wongera uko umwana akura.
- Gutegura igikoma cy'ibigori kivanze n'uburo ukongeramo poroteyine nk'amata, bigatekwa neza, maze ukongeramo n'igi wanombye neza cyangwa se ibishyimbo n'amashaza, maze ukongeramo utuvuta duke. Gukomeza kwonsa umwana kugeza nibura afite imyaka ibiri
- Gutangiza umwana ibiryo abandi bakuru baryaho ukamenya ko

bamugaburira bihagije. Ku mwaka umwe ibiryo by'umwana bashyamo imboga zasewe kandi zitetse neza, ibinyamisogwe (nk'ibishyimbo n'amashaza) n'imbutu, amavuta make, amafi, amagi, inkoko n'inyama ukongeramo n'ibindi bitanga vitamin n'imyunyu ngugu.

- Ku mwaka wa kabiri, konsa umwana nyuma yo kurya cyangwa se ikindi gihe. Kumenya neza ko umwana afata indyo yuzuye ku biryo byo mu rugo, ariko bakomeza kumwonsa kugeza afite imyaka ibiri cyangwa se irenzeho. Amashereka n'ingirakamaro mu gutanga ingufu, poroteyine, n'izindi ngirabuzima za ngombwa nka vitamin A n'Ubutare, bifasha kurinda umwana indwara mugihe yonka.

#### **4. Ibishobora gutuma ingirabuzima zinjizwa zikaba mu mububiri**

- Igihe ibiryo bimaze mu mubiri
- Ingano n'ubwoko bw'ibiryo
- Uburyo umuntu abayeho mu buzima
- Ibindi biranga ibiryo nko kuba bitamaze igihe, uburyo byatetswe n'ibindi

#### **5. Ibishobora kugira uruhare mu mirire y'umwana**

- Imirire y'umwana ikwiye itangira nyina amutwite. Nyuma yok u mubyara hari byinsh byiyongeraho.
- Umwana shobora kutabona ibihagije byo kurya, cyangwa ntabone ibikwiye byo kurya.
- Rimwe na rimwe imigenzo yo murugo ntimenya ko umwana akeneye umwana akeneye ibiryo bihagije mu gihe akura cyangwa se

ko ubwoko bw'ibiryo butandukanye ari ngombwa.

- Uburyo ibiryo bitegurwa cyangwa se byatetswe bishobora kugira uruhare uko umwana abayeho mu mirire, kuko ibi byose bishobora kugira uruhare mu ngirabuzima ziba mu biryo.
- Kurwaragurika bishobora guterwa n'uburyo umubiri ukoresha ibiryo wahawe.

#### ***Ibigararra ku mubyeyi bishobora kugaragaza uko umwana ahagaze mu mirire***

- Uko umubyeyi ahagaze mu mirire
  - Igihe atwite kuko bishobora kugira ingaruka ku mwana utaravuka
  - Nyuma yuko avuka igihe akeneye indyo yuzuye kugirango abone ingufu bigakomezwa no kwonka no kwita ku mwana uko bikwiye
- Ibibazo biterwa no guhora umubyeyi atwite The maternal depletion syndrome of health problems related to frequent pregnancies. 4T- kare cyane (too earl), imbyaro zegeranye (too clse), Abana benshi (too many), kubyara atinze (too late).

#### ***Kutabona indyo ihagije***

Bigira ingaruka mu kubaho k'umwana, kwororoka, ndetse no mu bwenge, indwara zo kutabona indyo ihagije ni:

- Kutabona poroteyine zihagije (PEM)
- Kutabona amasukari ahagije (CED)
- Kutabona ubutare buhagije (IDA)
- Kutabona Iyode ihagije (IDD)
- Kutabona vitamin A ihagije (VAD)

Ibi byose bishobora guturuka mu kutabona indyo yuzuye ihagije mu

byubaka umubiri, ibirinda indwara n'ibitera imbaraga.

- Iyo ibiryo birimo intungamubiri zihagije bidahari hashobora kwongerwamo izindi ntungamubiri nk'ubutare na Vitamine A kugirango umwana akure neza.
- Urugero rwumwana inda ye yuzuye nk'imyumbati cyangwa se umuceri ashobora kutumva inzara ariko ashobora kurwara indwara z'imirire mibi kuko ibiryo yahawe bidafite poroteyine zihagije n'zindi ntungamubiri zihagije kugirango akure neza.
- Umwana bahora baha imitobe nk'amafanta aho kumuha amata ashobora kudataka inzara ariko ntazabona indyo ikwiye

#### *Ibikorwa byiza byerekeranye n'imirire*

- Gutangira kwonsa umwana akivuka cyangwa se mu masaha 48 avuka mu gihe habonetse ikibazo. Amashereka ya mebere yitwa "colostrum" n'ibiryo byiza by'umwana. Abamo intungamubiri nyinshi agafasha no kurinda umwana indwara.
- Guha umwana ibere gusa mu gihe cy'amezi atandatu kuva avutse.
- Kugira umubyeyi inama igihe umwana agira isepfu no kumuturisha umube kugirango umwuka yamize igihe yonka usohoke amaze kwonka
- Ku mezi atandatu kumuha ifasha bere , gutangiza ibiryo byoroshye cyane nk'igikoma. Nyuma buhoro buhoro ukamuha ibiryo banombye.Uko umwana agenda akura, ibiryo bimwe na bimwe bishobora gukatwamo uduce duto aho kubisya cyangwa se kubinomba. Cyane cyane inyama, kureba ko utwo duce wakase Atari tunini kugirango tutamuniga. Gukomeza kunomba ibishyimbo,

amashaza n'ibindi kugirango atabimira uko byakabaye, Nta guha umwana mutoya ubunyobwa uko bwakabaye.

- Gushishikariza umwana kwirisha igihe igihe yamenye gufatisha intoki ibiryo bike. Kumenya neza ko intoki zawe ni izumwana zifite isuku igihe mutangiye.
- Si byiza guhatira umwana kurya, ku muha ibiryo bitandukanye ku gihe cyagewe, umwana azarya igihe ashonze.
- Kugena igihe cyiza cy'amafunguro ku buryo mushobora gusangira n'umwana
- Gutuma se w'umwana agira uruhare mu kumugabirira no kwita ku mwana

#### *Inyongera ku biryo*

- Rimwe na rimwe ibiryo turya bishobora kuba bidafite intungamubiri zihagije .Nkuko imigendekere y'ubuzima ihinduka, abantu bagenda barya ibiryo byo munganda kandi ntibiba bifite intunga mubiri zihagije
- Nk'urugero ifarini yumweru ntabwo iba ifite intungamubiri zihagije nkifarini isanzwe. Uburyo ibiryo byateguwe bishobora kugira uruhare mu gutakaza agaciro k'intunga mubiri.
- Guteka ibiryo igihe kirekire cyangwa se kutabika neza ibiryo bitetse bishobora kwangiza intunga mubiri. Nibyiza ko abana bahabwa ibiryo bikimara gutekwa iyo bishoboka. Byngeye indwara zimwe na zimwe zituma umubiri utabasha gukoresha intunga mubiri ziba mubiryo
- Kubwo izo mpamvu zose , inyongera ku biryo nka za vitamin n'imyunyu ngugu bishobora kuba ngombwa
- Inyongera mu biryo zitanga inyungu mu gutanga intungamubiri nyinshi

ibiryo ubwabyo zidashobora gutanga.

- Izo nyongerera zirinda uburozi zigatuma n'ingirangingo zidapfa.
- Zikoresha mu kurinda indwara kandi zigafasha mu mikurire.
- Intungamubiri zimwe na zimwe ni ngombwa cyane mu kuziha abana. Izo ni nka Viamine A, Ubutare na Zenke

## Isomo rya 2.6: Imirire mibi

### Intego

Nyuma yiri somo, abakurikirana amahugurwa baraba bashobora:

- Gusobanura imirire mibi
- Gusobanura ubwoko bwose bw'imirire mibi
- Kumenya ibimenyetso by'imirire mibi
- Kumenya ibitera imirire mibi n'ibishobora gutuma iyo miirire mibi ibaho
- Gusobanura uko imirire mibi yirindwa
- Gusura ingo uzisobanurira imirire mibi
- Kuvuga ingaruka z'imirire mibi

### Ibyo umufasha myumvire agomba kumenya

#### 1. Gusobanura imirire mibi

Imirire mibi ni indyo nkene. Indyo nkene iboneka iyo umubiri udahawe ibiryo bikwiye kandi bihagije. Indyo nkene kandi ishobora kuboneka iyo umuntu aya ibiryo binshi cyane. Hari ubwoko bubiri bw'imirire mibi, ariko ubuzwi cyane ni:

- Bwaki (Kwashiorkor)
- Irungu (Marasmus)

#### 2. Bwaki

##### *Bwaki ni iki?*

N'indwara iterwa n'ubwoko bw'imirire mibi. Ikunda gufata umwana iyo yaretse kwonka akenshi aba abura ibiryo birimo ibitera imbaraga na poroteyine zidahagije. Bwaki ikunda kugaragara ku bana bari hagati y'amezi 6 n'imyaka itatu. Ibintu ntibivuze ko abana bakuru badashobora kuyirwara.

### *Ibimenyetso*

Ibimenyetso bikunda kugaragara ni:

- Ibirenge birabyimba
- Ibiganza no mumaso naho harabyimba
- Uruhu rusa n'urubengerana
- Rimwe na rimwe uruhu rumera nk'urwasataguritse
- Umwana agira imisatsi itukuye kuburyo ishobora no gupfuka
- Umwana ubona nta kintu na kimwe yitayeho mu bimukikije
- Usanga umwana nta mabaraga afite kandi asa nunanutse

### 3. Irungu

#### *Irungu ni iki?*

Ni indwara iterwa nuko umwana atarya bihagije. Muri make iterwa n'inzara

### *Ibitera irungu*

- Kutabona ibiryo bihagije
- Indwara yamuzahaje urugero nk'igituntu

### *Ibimenyetso*

- Umwana aba ananutse cyane
- Uruhu ruba rufashe u magufa gusa
- Ubona mu maso hameze nk'ah'umusaza
- Ubona ahora asa nukanuye amaso
- Umwana ahora akeneye ibiryo kandi wamuha ibiryo akabyakira vuba

***Ibindi byatuma umwana arwara irungu***

- Ibibazo mu muryango urugero: gutandukana kw'ababyeyi cyangwa ababyeyi barapfuye
- Mu muryango bakunda inzoga bigatuma batita ku mwana maze akaba yagira imirire mibi
- Kutagira ubumenyi kubyerekeye n'ifunguro ritunganye
- Kubura ibiryo
- Imico imwe nimwe- aho bavuga ko ibiryo ibi nibi bitagenewe abana

**4. Uko bavura indwara z'imirire mibi**

- Gufasha umuryango kureba impamvu yabiteye n'ibisubizo by'ibyo bibazo
- Gukora igena migambi hamwe n'umuryango w'umwana
- Kubakurikirana

**5. Ingaruka z'imirire mibi**

- Umwana atinda gukura
- Umwana ashobora kutamenya ubwenge mu ishuri
- Umwana ashobora kurwara indwara nyinshi

**6. Kwirinda indwara z'imirire mibi**

- Kwigisha abantu kubyerekeye n'indyo yuzuye
- Gukingiza abana –gukingira abana bibarinda indwara nyinshi z mu bwana zishobora kugira ah zihurira nuko umubiri ukoresha ibiryo byariwe
- Guhinduranya ibiryo no kugerageza kuzaba ibiryo hibanzwe cyane ku biryo bikunda kuboneka muri ako gace.
- Kubashishikariza kuboneza urubyaro

- Kubakungurira kwonsa no gucutsa umwana ku buryo bukwiye

**7. Ibintu bigaragaza indyo iboneye**

Ibi byose bitangira kuva ibiryo byatangira gutegurwa kugera ku cyo bizagirira umuryango. Ubukungu bwifashe neza, ibidukikije byitaweho, ndetse n'ubuzima bwiza byose ni magirirane kugirango duteze imbere imirire iboneye.

**Ubuhinzi buboneye**

- Gutunganya ubutaka mugihe gukwiye
- Gutera imyaka ihagije
- Gukoresha ifumbire no gukurikiza inama abajyanama mu byubuhinzi baguhaye
- Gusarurira igihe
- Guhunika imyaka neza kugirango wirinde kugirango uyirinde imungu cyangwa se kwononekara
- Guteza imbere ingendo kugirango uturere twose tubone ibiryo byiza
- Gutegura ubutaka buhagije kugirango haboneke imbuto zihagije kandi n'abantu babashe kugira amafaranga

***Ibidukikije bimeze neza***

- Amzi meza ahagije kandi meza yo kunywa, yo guteka nayo gusukura, n'ibindi..
- Ingufu zihagije mu guteka
- Gukoresha imisarane no kugania ku byangombwa byerekeranye n'isukura
- Isuku yo ku mubiri kugirango twirinde indwara

### ***Kwigisha***

- Gukwirakwiza ubumenyi mu byerekranye n'indyo iboneye mu mashuri
- Kwerekana uburyo bwo guhindura imyitwarire n'ibikorwa

### ***Umuryango ufite ubuzima bwiza***

- Kwirinda ibisindisha kugirango tudapfisha ubusa amafaranga n'ingufu
- Ubunini bw'umuryango: Abana bose bagomba kubona ibiryo byiza bihagije kandi tukitonda iyo umuryango ari muto
- Kwita ku mwana:
  - Iyo ababyeyi adahari bagiye kukazi bagomba kubanza bizera ko umwana aza kubona ibiryo bihagije.
  - Umwana ufite ababyeyi batabana cyangwa utabafite agomba kwitabwaho by'umwihariko

### ***Kwirinda indwara***

- Indwara zandura zitera indwara z'imirire mibi urugero: Iseru
- Gushishikariza abantu gukingiza
- Kwivuza hakiri kare indwara nk'impiswi
- Kwita ku ndwara zimara igihe nk'igituntu

# Igika cya 3: Malariya, Icyorezo cya Sida, Indwara zandurira mu mibonano mpuzabitsina n'Igituntu

## Isomo rya 3.1 Malariya

### Intego zihariye

Nyuma yiri somo, abakurikirana amahugurwa baraba bashobora:

- Gusobanura malariya
- Gusobanura uko malariya yandura
- Kumenya umurwayi urwaye malariya
- Kumenya uburyo bwose umuntu ashobora kwirindamo malariya

### Ibigize isomo

- Gusobanura malariya
- Uko malariya yandura
- Ibimenyetso bya malariya
- Kwirinda malariya

Igihe: Isaha imwe

### Ibyo umufasha myumvire agomba kumenya

#### 1. Malariya ni iki?

Malariya ni indwara iterwa n'agakoko kajya mu mubiri iyo umubu wakurumye (umubu w'ingore). Ako gakoko kica udusoro dutukura maze umuntu akarwara malariya.

#### 2. Ibimenyetso

- umuriro, umunaniro, umutwe
- Iseseme/kuruka, kumva udashaka kurya
- Isereri

#### 3. Uburyo ikwirakwira

Malariya ikwirakwira iyo umubu w'ingore urumye umuntu wayanduye maze ugakurura amaraso arimo udukoko twa malariya .Umubu urongera ukaruma umuntu muzima maze ukamuteramo twa dukoko twa malariya.

#### 4. Ingaruka zo ku rwara malariya

- Kubura amaraso
- Kuvamo kw'inda no kubyara umwana ufite ibiro bike
- Urwagashya rurabyimba
- Kugagara

#### 5. Ibimenyetso mpuruzza bya malariya ku mwana

- Kuba yigeze kugagara cyangwa se kugagara igihe yamufashe
- Gucika intege
- Umwana udashobora kwonka
- Umuriro mwinshi
- Kuruka

#### 6. Kuyirinda

##### Ibidukikije

- Gusenya aho imibu yorokera
- Gukuraho ibidendezi by'amazi hafi yo murugo
- Gusukura murugo dukata byatsi no gukuraho ibinu byose bishobora kurekamo amazi

- Gukoresha amavuta aho amazi yaretse

#### ***Ku mibu mikuru***

- Gukoresha imit iyabugenewe maze bakayitera no munzuUse insecticides at households level and aerial sprays
- Gusukura urugo

#### ***Ku muntu***

- Use mosquito nets
- Kwisiga imiti yica imibu
- Kwambara imyenda miremire ufubika umubiri n'ingingo cyane mu masaha ya nimugoroba
- Uwayirwaye kumuvura neza agakira

### **7. Uko bavura malariya ku mwana**

- Iyo mu bimenyetso byavuzwe haruguru bihari, yishyire mu cyiciro cy'indwara ikomeye cyane maze umwohereze kwa muganga
- Iyo idakomeye umuha coartem ukurikije imyaka ye
- Umuha paracetamol kugirango akire umuriro
- Gukomeza kwonsa umwana no kumugaburira
- Guha umwana ibyo kunywa

### **Isomo rya 3.2: Indwara zandurira mu mibonano mpuzabitsina**

#### **Ingingo zihariye**

Nyuma yiri somo, abakurikirana amahugurwa baraba bashobora:

- Kumenya ubwoko bw'indwara zandurira mu mibonano mpuzabitsina
- Gusobanura uburyo zandura n'uburyo HIV yandura

- Kumenya ingaruka zandurira mu mibonano mpuzabitsina na HIV
- Kumenya uburyo bazirinda nuburyo birinda HIV
- Kugira inama ingo iyo wazisuye ku byerekeranye na HIV

### **Ibyo umufasha myumvire agomba kumenya**

#### **1. Indwara zandurira mu mibonano mpuzabitsina ni iki?**

Indwara zandurira mu mibonano mpuzabitsina ni indwara zandura ku ikubitiro rya mbere iyo wakoze imibonano mpuzabitsina idakingiye. Izikunda kuboneka cyane ni:

- Mburugu
- Imitezi
- HIV/Sida

Izindi ni nka chlamydia, trichomoniasis, ibisebe byo mu gitsina, uburagaza, genital warts no kurwara mu mayunguyungu. Iyi ya nyuma itera ibibazo bikomeye umugore. Umuntu ashobora kugira indwara yandurira mu mibonano mpuzabitsina irenze imwe. Zishobora gutera uburwayi butagaragara, ubugumba, ubumuga, zikaba zatera n'urupfu. Uretse umwihariko wa HIV, izi ndwara zishobora gukira iyo zavuwe neza ku gihe.

#### **2. Ninde ufite amahirwe menshi yo kwandura indwara zandurira mu mibonano mpuzabitsina?**

Uwo ariwe wese ukora imibonano mpuzabitsina aba afite amahirwe yo kuzandura. Ariko ni ngombwa kwibuka ko uwo ariwe wese ku myaka iyo ariyo yose waba warafashwe ku ngufu ashobora kuyandura. Ibisobora gutuma umuntu yandura:

- Kugira abo mukorana imibonano mpuzabitsina benshi
- Kudakoresha gakingirizo neza
- Imico imwe nimwe yerekeza ku mibonano mpuzabitsina
- Kuba umugore atabasha kuba yafata icyemezo mu gukoresha agakingirizo
- Kuba umugabo atagira uruhare mu buzima bw'imyororokere

### 3. icyorezo cya Sida

HIV ni virusi ifata udusoro twera tw'amaraso, utwo dusoro tukaba ari abasirikari b'umubiri mu kuwurinda indwara.

#### *Uburyo yandura*

- Mu mibonano mpuzabitsina: gukora imibonano mpuzabitsina idakingiye n'umuntu wanduye
- Guhura n'amaraso y'umuntu wayanduye: urugero: guterwa amaraso, gukoresha inshinge zuwanduye, gukoresha ibikoresho by'umuntu wanduye igihe yikomerekeje nk'inzembe cyangwa se ibindi bintu bikata bakoresha nko kwirasaga cyangwa se gusiramura.
- Umubyeyi utwite wanduye ashobora kwanduza umwana atwite mugihe amutwite, mu gihe ari kunda, mu gihe amubyara cyangwa amwonsa

#### *Ibimenyetso bya Sida*

- Gutakaza ibiro buhoro buhoro
- Umuriro udashira
- Kudashaka kurya
- Impiswi
- Indwara zo ku ruhu

Umuntu urwaye Sida kandi ashobora kugira indwara z'ibyuririzi:

- Igituntu n'izindi ndwara zo mu myanya y'ubuhumekero
- Impiswi ndetse tifoyide
- Indwara zo kuruhu
- Indwara zandurira mu mibonano mpuzabitsina
- Indwara zo mu kanwa
- Ibindi

### *Ihuriro riri hagati y'indwara zandurira mu mibonano mpuzabitsina na SIDA*

Indwara zandurira mu mibonano mpuzabitsina zongera amahirwe yo kwandura Sida cyane indwara zitera ibisebe ku gitsina.

#### *Uburyo bayirinda*

- Kwirinda kujarajara mu mibonano mpuzabitsina (kugira umukunzi umwe)
- Gupima amaraso neza mbere yo kuyaha abayakeneye
- Gukoresha gusa ibikoresho byo kwa muganaga bisukuye
- Kwivuzza neza imibonano mpuzabitsina
- Gukoresha neza agakingirizo-ak'abagabo n'ak'abagore
- Gukanurira cyane abantu ku byerekeranye n'indwara zandurira mu mibonano mpuzabitsina n'icyorezo cya Sida
- Kudashishikariza abantu imico mibi
- Kwirinda gusama igihe wanduye icyorezo cya Sida
- Kuba umudahemuka ku mukunzi umwe, nawe umukunzi we ni wowe
- Kwifata gukora imibonano mpuzabitsina igihe bibaye ngombwa

### 4. Kwipimisha ku bushake

Kwipimisha ku bushake ni uburyo bwo gutanga amakuru nyayo, kuyobora abantu no kubapima igihe bashaka kumenya uko bahagaze ku cyorezo cya Sida. Kwipimisha ku bushake (VCT) ni intambwe ya mbere yo kwirinda icyorezo cya Sida abakiriya bafata icyemezo cyo kwipimisha. Bishobora gukorerwa aho bisanzwe bkoerwa, cyangwa se ku bitaro. Naho ku mavuriro ya Leta bikorerwa Ubuntu

Bitewe naho icyorezo cya VIH kigeze bituma uwo ariwe wese mu gihugu biba ngombwa ko amenya aho ahagaze. Ibi kandi ni umwihariko wuwari we wese wumva ameze neza cyangwa uteganya gushing urugo cyangwa se uteganya gutangira gukora imibonano mpuzabitsina. Nina ngombwa ku mugore uteganya gutwita. Kumenya uko bahagaze bizatuma abantu bamenya uko bahagaze ku byerekeranye n'ubuzima bwabo, guteganya mbere no kumenya imitwarire ku byerekeye n'imibonano mpuzabitsina n'ibibazo umuntu yahura nabyo yanduyeye icyorezo cya VIH.

***Kwipimisha ku bushake bigizwe n'iki (VCT)?***

Kwipimisha ku bushake bivuga ko abantu bipimisha kubwo bo babihisemo. Kugirwa inama biba mbere na nyuma yo kwipimisha. Kugirwa inama mbere bituma umuntu abasha abasha kuganirizwa ku cyorezo cya VIH/SIDA, uburyo ikizamini gikorwa, n'ibisubizo bishobora kuboneka, bikanafasha umuntu kwitegura inkuru mbi ashobora kubona. Ibi bituma hatabaho ihezwa n'imigenzo yerekeranye n'icyorezo cya Sida. Kwipimisha ku bushake bisobanura ko abantu baje kwipimisha, bapimwa babyihitanyemo.

Ikizamini gikorwa hafashwe amaraso make mu rutoki. Ikizamini ntikirenza igice cy'isaha. Nyuma y'ikizamini uganyirizwa ku bisubizo byabonetse. Bifasha umuntu wasanze ataranduyeye gufata ingamba kugirango akomeze yirinde kwandura. Naho uwasanze yaranduyeye aganyirizwa kuba yahitamwo neza kubabwo mu buryo busanzwe, kurinda inshuti ze, umuryango we no gukomeza kubaho mu buryo bwiza.

Ni ngombwa kumenya ko:

- Umuntu ahitamwo kwigishwa no gupimwa
- Umuntu agomba gusinya kugirango bigaragare ko yabyemeye
- Gupimwa bikorwa mu ibanga
- Iyo bibaye ngombwa ko bakwohereza ahandi bikorwa mu ibanga
- Umujyanama ntabwo ajya atanga igisubizo cyanditse

***Ninde ushobora kwipimisha ku bushake (VCT)***

Uwo ariwe wese ufite imyaka 18 kuzamura ashobora kwipimisha aho ariho hose bapima ku bushake (VCT)

***Akamaro ko kwipimisha ku bushake (VCT)***

Abantu bashobora kwirinda kwandura igihe bamenye uko bahagaze. Kandi iyo basanze baranduyeye babona amakuru ahagije yerekenye na Sida maze bakazajya bakora imibonano ikingiyeye kandi bakabona n'imiti igabanya ubukana (ART), abagore batwite bazagirwa inama ku buryo bashobora kurinda abana batwite kwandura.

Kwipimisha ku bushake (VCT) kandi:

- Ni uburyo bwo kwitabwaho no gufashwa
- Bifasha uwo ari wese kwirinda kuko nta muti wa SIDA ubaho
- Bituma umuntu abasha guhindura imyitwarire
- Ni mubumwe mu buryo bwambere bwo kwirinda

***Ninde utanga serivisi zo kwipimisha ku bushake (VCT)?***

Umujyanama muri VCT ashobora kuba n'umuganga, umwarimu, cyangwa se umuyobozi w'itorero. Uwo ariwe wese warangije amashuri yisumbuye ashobora gutanga serivisi zo kwipimisha ku bushake iyo amaze

kubona amhugurwa ku byerekeranye no gutanga ubujyanama.

***Inshingano z'umuujyanama w'ubuzima no kubungabunga ibidukikije (CCHWs)***

- Kumenyeshya abantu ko serivisi zo kwipimisha ku bushake zibaho
- Kumenyeshya abantu aho izo serivisi zikorera
- Kumenyeshya, kwigisha no kugira abantu inama bakoresheje ibikoresho byabugenewe ndetse n'agakingirizo
- Gusuzuma serivisi zihabwa abantu uko zimeze
- Kumenya niba serivisi zo kwohereza bantu ku mavuriro niba zikora neza
- Gushakisha ibikoresho byo kwipimsiha ku bushake

**5. Kwita ku bantu mu ngo**

Kwita ku bantu mungo ni ubufasha buhabwa abantu barwariye mungo zabo. Bishobora kugera no kwa muganga kuva murugo, umuryango ubigizemo uruhare kandi n'abaturage babigizemo uruhare. Ni ubufatanye hagti yo kwa muganga, umuryango ndetse n'abaturage.

Gusura abantu mu ngo bifite ibyiciro bine:

**Ubuwuzi:** bigizwe no kwipimsiha mbere, kuvuwa no guteganya gukurikiranwa iyo hari uburwayi bujyanye n'icyorezo cya VIH/SIDA.

**Kwitabwaho n'abaforomo:** bigizwe no guteza imbere no gusegasira ubuzima bwiza, isuku, imirire myiza n kubaho neza kabone niyo waba urwaye.

**Kugirwa inama no gutanga ubufasha bwa roho:** Bigizwe no

kugabanya ubwoba, kwigisha kubaho mu buzima busanzwe, no gufasha abantu gufata icyeezo iyo bamze kubona iisubizo cyo kwipimisha icyorezo cya SIDA, gukora igenamigambi ndetse no guhindura imyitwarire, kandi n'inshuti yawe mukorana imibonano mpuzabitsina ikabigiramo uruhare.

**Ubundi bufasha:** bigizwe no guhabwa amakuru ndetse no kwoherezwa ku matsinda atanga ubufasha, serivisi zo kubaho neza, ndetse n'inama kubantu ku giti cyabo n'imiryango, ndetse tutibagiwe n'abanyamuryango, aho bishoboka mugatanga ubufasha.

**Intego zo gusura mungo**

- Kugirango abantu babana n'agakoko gatera SIDA bakomeze babone ubufasha kuva kwa muganga kugera murugo
- Gutuma abantu babasha kumenya uburyo birinda icyorezo cya VIH/SIDA
- Guha ubushobozi abantu n'imiryango kugirango bakomeze bagire ubumenyi bukenewe mu gufasha abantu bimare igihe kirekire
- Kuzamura imyumvire y'imiryango n'abantu kugirango bakire abantu babana n'ubwandu bw'agakoko gatera SIDA binagabanye ihezwa n'akato rijyanye n'icyorezo cya SIDA
- Kworohereza umurwayi bamwohereza aho atuye cyangwa se kuva aho atuye ajya kwa muganga no kubona ibikoresho bihagije
- Gutuma akazi ko gusura mungo ku bantu banduye n'abagizweho ingaruka zo kugira abantu banduye zikorwa neza.

**Akamaro ko gusura mu ngo abantu babana n'agakoko gatera SIDA**

- Bituma imirire igenda neza
- Kwivuza kare indwara z'ibyuririzi
- Kugirwa inama nyinshi ku buryo umuntu yagira imyitwarire myiza no kuba wafashwa mu bijyanye na roho
- Kwigisha abafasha umurwayi uburyo agomba kwitabwaho
- Kwoherezwa ku ivuriro riri hafi kugirango umurwayi avuzwe indwara z'ibyuririzi cyangwa se igihe umurwayi ameze nabi.
- Bituma haba imibanire myiza hagati y'umurwayi n'umuryango we

### **Abagira uruhare mu gusura mungo n'akamaro kabo**

Abagira uruhare mu gusura mungo ni amavuriro, abantu abana n'agakoko gatera SIDA, umuryango ndetse nabaturage. Aba bose ni ngombwa kandi bafite akamaro kanini:

- *Amavuriro*
  - Gusuzuma bwa mbere no kuvura
  - Gushyira abantu babana n'ubwandu muri porogaramu, gushaka ibikenwe ku nzego zose, gutegura umuntu ubana n'ubwandu gutaha murugo
  - Gutegura umuryango kuzamwitaho ari murugo ,
  - Gutanga imiti yoroheje n'ibindi bikoresho byibanze by'abaforomo
  - Ghugura no gukurikirana abajyanama b'ubuzima mubyerekeranye no gusura mu ngo, gufasha abarwayi babana n'agakoko gatera SIDA bari muni ya nyuma hakurikijwe ibyifuzo byabo, ndetse no gukoresha ibikoresho byoroheje.
- *Umuryango:*

- Kwita ku murwayi ubana n'agakoko gatera SIDA murugo , gushyikirana n'abandi batanga ubufasha, urugero: imiryango y'amadini , amatsinda atanga ubufasha , inzego z'ubuzima cyangwa z'abandi bantu.
- Ababana n'agakoko gatera SIDA bagomba kubazwa no kugira uruhare mu bibakorerwa, kwemera igihe barimo.

### *Ababana n'agakoko gatera SIDA*

- Guhitamo undi ushobora kubafasha igihe bibaye ngombwa
- Kugira uruhare mu bufasha bahabwa
- Kugira uruhare mu igenamigambi mugihe kizaza kandi bakandika ko babyemeye
- Gushaka uwabasha u bijyanye na roho
- Gufata icyemeo mu kutazongera kwanduza icyorezo cya SIDA
- Ubuvugizi mu guhindura imyitwarire no kumenyesha inshuti ye/yabo uko bahagaze mu mubyerekeranye na HIV

### *Incamake mu byakorerwa ababana n'agakoko gatera SIDA*

- Kubagira inama kwipimisha ibiro buri mezi abiri.
- Kubagira inama ko bakenye kwongera ingufu barya indyo yuzuye.
- Kwigisha bajyanama b'ubuzima n'abandi ku byerekeranye n'isukura, isuku y'ibiryo.
- Kubagira inama ko bagomba kubaho mu buzima bwiza kandi bagakora imibonano mpuza bitsina ikingiye.
- Kubabwira ko bagomba gushaka imiti y'indwara z'ibyuririzi n'ibimenyesto byazo.
- Gukora imyitozo ngorora mubiri.

## Isomo rya 3.3: Igituntu

### Ibigize isomo

- Igisobanuro cy'igituntu
- Uburyo gikwirakwira, ibyatuma umuntu akirwara
- Ibimenyetso
- Uburyo cyirindwa no kukivura
- Isano riri hagati y'igituntu na HIV/AIDS

### 1. Igituntu ni iki?

Igituntu n'indwara yandura iterwa na bagiteri yinjirira mu bihaha. Igituntu gishobora gufata mu mubiri aho ariho hose uretse umusatsi n'inzara. Iyo kivuwe neza kirakira. Iyo kitavuye kirica.

### 2. Ibyongera amahirwe yo kukirwara

- Kubana n'igihe kirekire n'umuntu wacyanduye utari ku miti
- Ahantu hari abantu benshi kandi hatari umwuka uhagije
- Indwara ya HIV
- Umuntu ugeze muza bukuru
- Umuntu unywa itabi

### 3 Uburyo gikwirakwira

Igituntu gikwirakwizwa n'umwuka iyo umuntu amaze amacandwe y'umuntu wacyanduye nkiyo akoroye, yitsamuye cyangwa se avuze. Abantu bari hafi yabacyanduye bashobora guhumeka bagiteri mu macandwe maze bakacyandura. Abantu barwaye igituntu cyo mu bihaha nibo bakundagukwirakwiza bagiteri mubantu bakunda kwirirwana nabo buri muni nk'abao mumuryango, inshuti cyangwa se bagenzi babo.

### 4. Ibimenyetso

- Inkorora imaze ibyumweru bibiri cyangwa se birenze
- Kunanuka no kudashaka kurya
- Umuriro no kugira ibyuya ninjoro

- Gukorora hakaza amaraso cyangwa se igikororwa kivanze n'amaraso

### 5. Uburyo bacyirinda

- Kuvura abacyanduye bose
- Gushyiraho serivisi zo kugira inama abantu no kubavura (DTC)
- Gutanga amakuru yizewe y'uburyo cyandura no kucyirinda hkoreshwe ibikoresho byo gutanga amakuru, kwigisha no gutanga ubutumwa (IEC)

### 6. Akamaro k'umujoyanama w'ubuzima n'ibidukikije mu kwita ku barwaye igituntu

- Kwohereza kwa muganga umuntu ufite inkorora imaze ibyumweru bibiri cyangwa birenga kwa muganga
- Kujya amirira imiti imbere yawe
- Gushakisha abantu bigeze kubana nawe

### 7. Isano riri hagati ya HIV n'Igituntu

Igituntu n imwe mu mpamvu za mbere z'impfu ku bantu banduye agakoko gatera SIDA. HIV/AIDS n'igituntu zifitanye isano rya hafi, ijamba bita "indwara ziri kumwe" n'iryo rikundwa gukoreshwa kugirang basobanure isano ryabyo. SIDA ifata abasirikari b'umubiri maze igatuma abantu barushaho kwandura igituntu. Abantu benshi baba bafite igituntu cyihishe (Ni ukuvugango microbe ziba ziri mu mubiri ariko zidatera indwara).

HIV yongera amahirwe yuko izo mikorobe z'igituntu zihishe zivamo uburwayi. Byongeye, bikongera amahirwe yuko haza ubundi burwayi. Kuko igituntu cyandura, bantu bo mu muryango cyangwa se abita ku murwayi n'abandi bahorana n'uwu wanduye agakoko gatera SIDA baba bafite amahirwe menshi yo kwandura igituntu.

Byagaragaye ko hejuru ya 60% y'abantu barwaye igituntu baba baranduye agakoko gatera HIV. Abantu bandye agakoko gatera HIV bafite amahirwe inshuro 50 mu kwandura igituntu kurusha abataranduye.

Izindi mpamvu nukudakizwa n'imiti umurwayi yahawe kuri ubwo burwayi bw'igituntu. Bishobora guterwa no kudafata imiti ku buryo bukwiye bigatuma bagiteri irushaho gukomera . Kutavurwa n'imiti bitera ingorane cyane kandi birahenda kandi akenshi umuntu imiti yanze kuvura akenshi arapfa.

Abantu barwaye igituntu bagomba gupimwa agakoko gatera SIDA, nabantu barwaye agakoko gatera SIDA bagomba gusuzumwa igituntu. Izi n'indwara ebyiri zitandukanye ariko igituntu kirakira.

## Igika cya 4: Amazi meza, Amashyamba n'Inyamaswa n'uburyo bwo gukoresha Ubutaka

### Intego z'igika

Nyuma y'iri somo abakurikirana amahugurwa barashobora:

- Kuvuga amasoko y'amazi aboneka aho batuye
- Gusobanura ingorane zo gukoresha amazi mabi
- Gusobanura uburyo bwo gusukura amazi
- Gusobanura uko bakoresha ubutaka no gusobanura akamaro k'amashyamba
- Gusobanura uko babungabunga amashyamba

- Gusobanura amategeko agenga amashyamba
- Gusobanura akamaro ko kubungabunga inyamaswa
- Gusobanura amategeko agenga kubungabunga inyamaswa

### Ibigize igika

- Amasoko y'amazi, ibyanduza amazi n'inzira yanduriramo
- Ibibazo bishobora kuvuka ukoresheje amazi mabi
- Uko basukura amazi yo kunywa
- Akamaro ko kubungabunga amashyamba
- Kwigisha amategeko agenga amashyamba
- Akamaro k'abaturage mu kubungabunga amashyamba
- Akamaro ko kubungabunga inyamaswa
- Kwigisha amategeko agenga kubungabunga inyamaswa
- Akamaro k'abaturage mu kubungabunga inyamaswa

### Isomo rya 4.1 Uko bita ku mazi meza (LVBC)

#### 1. Amasoko y'amazi

- Imvura
- Imigezi, amasoko, ibyuzi, ibiyaga,
- Gucukura ibyobo bizajya birekamo amazi
- Amasoko yo mu butaka

#### 2. Ibikunda kwanduza amazi

- Imyanda y'abantu n'inyamaswa (umwanda ukomeye)
- Imiti ikoresheya mu buhinzi, urugero., yica udukoko
- Ivumbi, ibibabi cyangwa se ibindi bimera
- Uruhurirane rw'imyanda ituruka mu misarani cyangwa se imyanda ituruka mu nganda
- Indi myanda
- Ibyondo

### 3. Aho amazi yandurira n'uburyo yandura

Amazi ashobora kwandura agituruka ku isoko, cyangwa igihe bayatwara aho agomba kujya cyangwa igihe bayabika

#### Akiva ku isoko

- Aho atembera urugero: imiti yica ibimera cyangwa se umwanda(amabyi)
- Iyo barekuye uruhurirane rw'imyanda iva mu musarani cyangwa se imyanda yo mu nganda
- Igihe bogera mu rugo cyangwa se mu biyaga
- Kumesa imyenda cyangwa se kwoza amasahani
- Indi myanda iba yaguye mu isoko y'amazi urugero: inyamaswa zapfuye cyangwa se indi myanda
- Gukoresha ibintu byanduye cyangwa kwogereza amasahani mu mariba
- Kubaka imisarani hafi y'amasoko
- Kuvomerera inyamaswa hafi y'isoko

#### Igihe bayatwara

- Ibyo bayatwaramo
- Umukungugu
- Ibibabi byagiye mu mazi
- Gukoza intoki mu mazi

#### Aho bayabika nuko bayakoresha

- Amatungo yo murugo ashobora kwanduza amazi iyo ari mu bintu bidapfundikiye
- Ibintu bayabaikamo iyo bidafite isuku
- Gukoza intoki mu mazi
- Indi myanda
- Ibintu bipfundikira amazi iyo bifite isuku

### 4. Ni gute warinda amazi kwandura

Kubaka imiyoboro hafi yayo masoko, etc.

- Kubaka imisarani kuri metero 30 uvuye ku masoko y'amazi kandi hasi y'imisoz
- Kurinda amasoko y'amazi nk'urugero kuzitira ibizenga by'amazi
- Si byiza kwogera mu masoko y'amazi
- Inyamswa ziba mu mazi mu masoko azwi
- Kubanza basukura uruhurirane rw'imyanda cyangwa imyanda yo mu nganda mbere yuko bayirekura
- Si byiza guta imyanda mu masoko y'amazi
- Gukoresha ibintu bashyiramo amazi cyangwa se batwaramo amazi bifite isuku
- Si byiza kumesera cyangwa se kwogereza amasahani, amasafuriya mu masoko y'amazi
- Gutera ibiti hafi y'amasoko y'amazi

## 5. Ibibazo bishobora kuvuka ukoresheje amazi yanduye

- Indwara, urugero: impiswi
- Inzoka, Urugero. schistosomiasis
- Uburozi

## 6. Ubusobanuro bw'amazi meza

Amazi bivugwa ko ari "meza" iyo ataryoshye, nta bara agira, nta mpumuro agira, nta bintu bindi birimo cyangwa se birerembamo, nta n'utundi tnyabuzima duto turimo cyangwa se utuntu tuntu twaba dufite uburozi. Ibyo bintu bine bya mbere biranga amazi meza bigaragara iyo uyitegereje cyangwa uyakoresheje. Iyo Laboratwari ziyasuzumye zishobora kubonamo utwo tunyabuzima duto cyangwa se ibindi bintu byihishemo.

## 7. Uburyo basukura amazi

Uburyo bukoreshwa ni ugusukura amazi yo kunywa yo murugo. Ubwo buryo ni ukuyungurura, kuyateka,

They include: filtration, boiling, kuyashyira ku izuba cyangwa se gukoresha indi miti nka kirolini

### *Kuyayungurura*

Kuyungurura amazi ni ugutuma imyanda yose iri mu mazi ijya hasi mu ndiba yicyo ateretsemo. Ayo mazi yayunguruwe bakayashyira mu kindi kintu, aho adashobora guhurira n'imyanda, muri ubwo buryo bwo kuyungurura kandi amazi ashobora guhita ajya mu kindi kantu cya kabiri iyo amaze kuba meza (filtre)

### *Kuyateka*

- Amazi yayunguruwe ashobora gushyirwa nko mu safuriya nini ukurikije uko umuryango ungana Nyuma amazi bayatereka ku muriro akabira nibura iminota itanu. Ubu buryo butuma utunyabuzima duto dushobora indwara dupfa. Nkutunyabuzima duto tuba turi mu mwanda ukomeye duhita dupfa. Filtered or decanted water is poured into a clean sufuria of a size preferred by family.
- Iyo amazi amaze gutekwa isafuriya irapfundikirwa igashyirwa mu cyumba gifite isuku. Nibyiza ko ashirwa mu kindi kintu cyiza atatetswemo kugirango abantu baze kuyakoresha.

### *Urumuri rw'izuba*

Amazi ashirwa aho agerwaho n'imirasire y'izuba ari mu kintu maze imirasire y'izuba itagaraga n'amaso yitwa "ultraviolets" ikaba ishobora kwica udukoko duto dushobora kwandiza ayo mazi.

### *Gukoresha imiti*

Ubu buryo nubwo gukoresha imiti hakoreshejwe imiti imwe nimwe bita "sodium hypochlorine" abantu bakunda kwita kirolini. Kirolini n'umuti uyungurura amazi wica udukoko tuba mumazi utubuza guhumeka twabuze oxygene. Uwo muti ushobora kuboneka

ku buryo butandukanye, urugero: ibinini, ifu cyangwa se imeze nk'amazi

## 8. Ibikorwa byerekeranye n'isuku

*Umuntu ku giti cye*

Kwoga buri gihe, kwoza amenyo buri gihe, umusatsi ndetse no mu maso, guca inzara no kuzoza. Kumesa imyenda, kwoga intoki mbere yo kurya, mbere yo gutegura amafunguro, nyuma yo kuva ku musarani, mbere yo kugaburira umwana, cyangwa se mbere na nyuma yo kwita ku murwayi.

*Ibidukikije*

- Gushyira kure ibyo dutekeramo nibyo turiramo kure y'amatungo, abana, inkoko twubaka agatinda ko gushyiraho ibikoresh byo mu gikoni
- Kubika neza ibyo kurya
- Imisarani igomba kubakwa nibura kuri metero 30 uvuye ku nzu muryamamo
- Kureba niba amazu yubatse neza kandi afite amadirishya ahagije yinjiza umwuka
- Kubaka ikimoteri cyo gushyiramo imyanda
- Kubaka ibibumbiro inka zinyweramo
- Kurinda ibidukikije, kugena ahajya imyanda, gutwika amarasitiki n'amasashe, gusukura amasoko y'amazi
- Kubaka imiyoboro hafi y'urugo kugirango amazi atareka maze imibu igakuriramo
- Gukuraho ibihuru biri hafi y'urugo
- Kubungabunga amasoko y'amazi yaba aya leta cyangwa se ay'abikorera ku giti cyabo
- Gutera ibiti

## Isomo rya 4.2: kwita ku mashyamba

### 1. Amashyamba ni iki?

- Ibimera bya cyimeza cyangwa se byatewe
- Ibiti bishobora kuba ari bya kamere cyangwa se byarakuwe mu bndi bihugu
- Indabo
- Ibishanga
- Ibishanga

### 2. Akamaro k'amashyamba

*Ku baturage*

- Bituma imvura igwa
- Niho inyamaswa zituye
- Ahantu hakomye mu kubungabunga imigezi
- Ba mukerarugendo barahasura bigatanga amafaranga
- Inkwi zo gucana
- Ibikoresho byo kubaka-imbaho, ibyatsi amabuye Building materials – Imbaho, ibyatsi, amabuye ndetse n'ibindi.
- Ingufu-inkwi zo gucana, amakara, Ingufu- inkwi zo gucana, amakara, imyanda ituruka ku matungo
- Ibiryo-imbuto, ubuki, ibibabi Food -
- Bituma ubuhinzi butera imbere-amazi, imbaho
- Imiti- – amatembabuzi yo mu biti, imbuto

*Kuri Leta*

- Bituma ikirere gikomeza kugenda neza .
- Kubungabunga no gukomeza ikigereranyo cy'amazi
- Kurinda ubutaka bigatuma hatabaho isuri
- Ubukungu butera imbere iyo hari amashyamba ahagije cyane cyane ku baturage kuko bashobora kugurisha ibiva mu mashyamba nk'ibiti n'imbaho Economic
- Hashobora gukorwa ibikoresho bimwe na bimwe biva ku mashyamba nk'imapuro cyangwa se imbaho

- Hari ibiti bivamo imiti, ibindi bakabikoramo ibikoresho byo munzu nk'intebe, inzugi.
- Ashobora gutanga akazi nko mu nganda zikora ibiturutse ku mashyamba cyangwa se abantu bakora ububaji Employment –.
- Amashyamba ashobora kuba ubwiza nyaburanga nk'aho gukinira cyangwa se aho kwororera inyamaswa
- Ubushakashatsi no kwigira-guteza imbere ubushakashatsi mu mashami yose mu mashami yose y'amashyamba n'ibiyakomokaho

### 3. Kuki abantu bangiza amashyamba

- Igihe bashakisha inkwi zo gucana
- Gushakisha imiti
- Gutwika amakara kugirango babone amafaranga
- Gushaka imbaho
- Kugirango babone ubutaka bwo guhingamo ibyo kurya

### 4. Uburyo bita ku mashyamba

- Gukangurira abantu kubungabunga amashyamba
- Gutera andi mashyamba
- Gutera ibiti bitandukanye
- Kwigisha abantu amategeko agenga amashyamba
- Gushyiraho amastinda abungabunga amashyamba

#### To the community

Amshyamba ni isoko yo :

- Kubona ibikoresho by'bwubatsi – imbaho, ibyasti, amabuye ndetse n'ibindi, limestone, murrum.
- Ingufu – inkwi zo gucana, amakara
- Ibiryo- imbuto, ubuki, ibibabi

– Guteza imbere ubhinzi – amazi, imbaho

- Imiti- – amatembabuzi yo mu biti, imbuto

### Isomo rya 4.3: Kwita ku nyamaswa

#### 1. Umutungo w'inyamaswa ni iki

- Inyamaswa
- udusimba
- Ibikururanda
- Ibindi byose bituranye n'inyamaswa

#### 2. Akamaro k'umutungo w'inyamaswa

- Ni isoko y'amafaranga bitewe n'ubukerarugendo
- Bituma abantu babona akazi Source of employment for communities
- Bituma habungabungwa ubwoko bumwe na bumwe

#### 3. Kuki abantu bangiza inyamaswa

- Bashakisha ibyo kurya
- Bashakisha imitako, urugero: amahembe y'inzovu
- Kuzikura mu mirima cyangwa se aho batuye

#### 4. Uburyo bwo kwita ku nyamaswa

- Kwigisha abantu uko bazibungabunga
- Ni ubundi buryo bwo kugira ubuzima bwiza
- Guhitamo inyamaswa zabana n'abantu
- Kurinda abantu inyamaswa zimwe na zimwe
- Kwigisha abantu amategeko agendanye no kurinda inyamaswa

### Session 4.4: Ibikorwa byo kwita kubutaka

- Ibiti byo mu myaka
- Kuvanga ibiti n'inyaka bishobora kuyigira akamaro mu kwera
- Gukoresha ifumbire y'imborera

- Guhinduranya imyaka
- Gucukura imiringoti-amaterasi
- Kwita ku butaka

## Igika cya 5: Guha umugore ubushobozi no guteza imbere ingo

### Intego z'igika

Nyuma y'iri somo abakurikirana amahugurwa baraba bashobora:

- Gusobanura uburinganire
- Gusobanura amagambo nyamukuru (Uburinganire, Ubwuzuzanye, Guha umugore ubushobozi)
- Gusobanura ibibazo bijyanye n'uburinganire mu bantu
- Gusobanura ibitera ihohotera rishingiye ku gitsina
- Gusobanura uko ihohotera rishingiye ku gitsina rishobora kurandurwa burundu
- Gusobanura uko abagore n'urubyiruko bashobora guhabwa ubushobozi
- Gusobanura ibikorwa byose bibyara inyungu bishobora gukorwa n'abanyamuryango
- Gusobanura inzu cyangwa umuryango w'icyitegererezo muri PHE

### Ibigize igika

- Amagambo akoreshwa mu burunganire
- Ihohotera rishingiye ku gitsina no guhabwa akato (ibizitera n kubyirinda)
- Ibindi bibazo biboneka mu burunganire
- Guha abagore ubushobozi n'urubyiruko
- Ibikorwa bibyara inyungu
- Ibigo by'imari no kwaka inguzanyo
- Gusobanura inzu cyangwa umuryango w'icyitegererezo muri PHE

### Isomo rya 5.1: Guha abagore ubushobozi

Ni imirimo ndetse n'inshingano ahan tu runaka

ntu runaka baha umugore cyangwa se umugabo hashingiwe kuo baremwe n'uburyo bateye.

Ubuvinganirer rero bushingiye ku kba umugabo cyangwa umugore . Mu burunganira, imirimo ya buri wese igenda ihinduka , dushobora no guhindura ibyo abantu bategereje ku mugabo cyangwa se ku mugore maze tugashyiraho izindi nshingano z'umugabo n'umugore.

### 3. Inyito zikunda gukoreshwa mu muburinganire

#### i) Ihohoterwa rishingiye ku gitsina (GBV)

Ihohoterwa rishingiye ku gitsina (GBV) ni ikibi cyose gikorewe umuntu bigatuma yatakaza ubushobozi bwe byaba ku mugabo cyangwa ku mugore. Ubwo bugizi bwa nabi bushobora kuba ku mubiri, ku gitsina, gutuma umunntu ata umutwe, ku mutungo cyangwa se bishingiye ku mucu.

#### ii) Uburinganire n'imirimo ya buri muntu

Iyi n'imirimo yose igenewe umugabo cyangwa umugore hakurikijwe agace batuyemo kandi hitawe ku miterere yuko bavutse.

Iyo mirimo igabanijwemo ibice:

*Imirimo y'ingirakamaro-* ni imirimo bakora hakaboneka ibintu bitandukanye bibyara inyungu. Biba bizwi kandi bigahabwa agaciro nk'umurimo n'banatu naho baturuka cyane cyane ibarurisha mibare ry'igihugu (GDP).

*Imirimo yo mrugo n'imyororokere-* Ibi birebana no kwita kurugo, urugero: guteka, gukora isuku, kuerra abana, n'ibindi. Ariko ni gake cyane bifatwa nk'imirimo itanga umusaruro. Abagore n'abakobwa nibo bakunda kuyikora.

*Imirimo yo kwita ku baturage-* Iyi ni imirimo irebana no gufata ibyemezo kugirango ibintu bijye ku murongo, munzego ndetse nu buryo bakora aho batuye.

*iii) Uburinganire n'ubwuzuzanye*  
Ibi birebana nuko abagabo n'abagore baba bangana mu mibare muguhagararira inzego cyangwa se kuzigiramo uruhare, urugero: kugira uruhare muri komite

*vi) Gutandukana mu burunganire*  
Igitsina kimwe kuba kitabona mubyo twavuze harugu mbese cyo nta nyungu kibibonamo

*vii) Kwita ku bibazo byihariye kubitsina byombi muburinganire*  
Gusangira kimwe imitungo, ibyiza n'inyungu hagati y'umugabo n'umugore mu gihe iki niki.

*viii) Guha abagabo n'abagore amahirwe anagana mu burunganire*  
Gufatwa kimwe hagati y'umugabo n'umugore imbere y'amategeko changwa se itegeko nshinga bishingiye ku mategeko y'uburenganzira bwa muntu nkuko bigaragara muri ayo mategeko y'uburenganzira bwa muntu (1948) n'ubwumvikane mu kurandura burundu ihabwo ry'agakato ku mugore (1979).

*ix) Ihezwa rishingiye ku gitsina*  
Kuba umuntu adahabwa uburenganzira bwe kuko ari umugore, umugabo, umukobwa cyangwa umuhungu urugero: kwirengagiza imyigire y'umukobwa

### **3. Guha umugore cyangwa umugabo ubushobozi**

Ni ukubona uburyo, ubumenyi bufasha buri wese gupigana n'abandi kumyanya n'imitungo Bihari kugirango abashe kwibeshaho .

### **4. Ibitera ihohotera rishingiye ku gitsina**

- Abashakanye kuba batabyumvikanaho
- Gusangira umutungo w'umuryango
- Kuba umwe adashobora kumva akababaro kundi
- Uwo bagira icyo bapfana (mu mategeko)
- Kuba badahuje umutungo

### **5. Ni gute birinda ihohotera**

- Kugira inama abashakanye
- Gukorera igenamigambi hamwe
- Umucyo mu gucunga amafaranga

### **Isomo rya 5.2: Ibikorwa bibyara inyungu**

1. Ni ibihe bikorwa bibyara inyungu (IGAs)?
2. Ibikorwa bibyara inyungu Mt. Elgon ashobora gukora
3. Ni gute ibikorwa bibyara inyungu bishobora gushyirwa mu bikorwa
4. Gutera inkunga ibikorwa bibyara inyungu

### **Isomo rya 5.3: Inzu cyangwa umuryango w'icyitegererezo mu kwita ku b'ubuzima bw'abaturage no ku bungabunga ibidukikije (PHE)**

1. Umuryango cyangwa se inzu y'abaturage, ubuzima no kwigisha ibidukikije (PHE) ni iki?

Ni iyo nzu cyangwa se umuryango ikomatanya ry'abaturage, ubuzima n'ibidukikije rishyira mu bikorwa byerekeranye n'ubuzima no kubungabunga ibidukikije. Ayo mazu rero cyangwa imiryango n'icyitegererezo mu gushyira mu bikorwa ubuzima no kubungabunga ibidukikije (PHE) aho abantu batuye.

## **2. Iyo nzu cyangwa umuryango igizwe ni iki?**

- Gufata amazi aturuka ku mazu
- Gusukura imisarani
- Agatanda bshyiraho amasahani
- Abana bari hasi y'imyaka itanu barakingiwe neza
- Abagore batwite baripimishije kwa muganga
- Ababyeyi babyarira kwa muganga
- Umugore n'umugabo bakoresha uburyo bwo kuboneza urubyaro
- Inzu ifite amadirishya
- Ya nzu cyangwa se umuryango bafite akarima k'igikoni
- Ya nzu cyangwa se umuryango barateye ibiti
- Ya nzu ifite isuku kandi batema n'ibyatsi
- Abo mu muryango bose barara munzitira mubu
- Abo mu muryango bose banywa amazi asukuye

UMURYANGO W'AFURIKA Y'IBURASIRAZUBA  
LAKE VICTORIA BASIN COMMISSION



**POROGARAMU YO KWITA KU BUZIMA  
BW'ABATURAGE NO KUBUNGABUNGA  
IBIDUKIKIJE (PHE)**

**IKIGANIRO CY' UMUJYANAMA W'UBUZIMA  
NO KUBUNGABUNGA IBIDUKIKIJE**

Lake Victoria Basin Commission  
P.O Box 1510-40100  
Kisumu, KENYA  
E-mail: [lvbc@lvbcom.org](mailto:lvbc@lvbcom.org)  
Website: [www.lvbc.org](http://www.lvbc.org)

## **Itegere ikiganiro cyawe**

1. Gusura abantu kugirango umenye ibibazo byabo.
2. Shyira hamwe ibikoresho byawe.
  - Inyobora biganiri y'umuhamya w'ubuzima n'ibidukikije
  - Ikaye
  - Ikaramu cyangwa ikaramu y'igiti
  - Igitabo wandikamo raporo
  - Firipucati ku kuboneza urubyaro
  - Ibitabo byo gutanga amakuru, kwigisha no kuganira n'abantu (IEC)
  - Impapuro zo kwohereza abantu ahabugenewe
  - Ibinini byo kuboneza urubyaro wifashisha wigisha abantu cyangwa se uza guha abagore
  - Udukingirizo wifashisha wigisha abantu cyangwa se uza guha abari aho
  - Imfashanyigisho y'igitsina cy'umugabo
  - Igipimo mu gupima uturima duto
  - Ibikoresho byo kwerekeraho abantu (Arozwari cyangwa se rato)

## **GUTANGIRA IKIGANIRO**

- **Gushaka ahantu heza ho kuganirira**
- **Tangira**
  - Seka, usuhuza abantu ubaha ikiganza, kandi wivuge amazina
  - Sobanura aho ukora
  - Sobanura impamvu waje kubasura
- **Gukora raporo**
  - Baza abo mu muryango wasuye amakuru yabo
  - Baza abo mu muryango ibibazo muri rusange

- Kibuzeza ko ugira ibanga (Iyo muganira kukuboneza urubyaro)
- Gushimira abo mu muryango uburyo bakwakiriye.

- **Gukoresha ubuhanga mu kubaganiriza:**

- Kwitonda no kubumviriza neza
- Gukoresha ururimi rwumvikana
- Kugaragaza ko ibyo uvuga bifite akamaro
- Gusubiramo mu ncamake ibyo bamze kukubwira
- Kubaha ibitekerezo by'abandi
- Kubaza ibibazo bitomoye
- Kwerekana ko ushak kubumva
- Ntugatume umuntu agira isoni
- Kureba niba umuntu muganira, niba ibyo muganiraho bimuteye ikibazo

## **KUGANIRA N'ABATURAGE**

### **Hitamo icyo muza kuganiraho**

1. Iyo winjiye munzu itegereze ibiyikikije, tangira ikiganiro uhereye kubyo wabonye.
2. Niba hari ikiganiro wateguye, uze kuvuga no kubyo waba wabonye

Iyo witegereje	Ugomba kuvuga:
Umugore aratwite	- Ubuzima bw'umwana n'umubyeyi - Gushyira igihe gihagije hagati y'umwana n'undi - Gusukura amazi ndetse n'isukura
Umudamu afite umwana uri hasi y'umwaka umwe	- Ubuzima bw'umwana n'umubyeyi - Gushyira igihe gihagije hagati y'umwana n'undi - Gusukura amazi ndetse n'isukura
Umuryango ufite abana benshi bari hasi y'imyaka itanu	- Ubuzima bw'umwana n'umubyeyi - Gushyira igihe gihagije hagati y'umwana n'undi - Gusukura amazi ndetse n'isukura
Nta nzitira mubu iteye umuti	- Maternal and child health
Nta musarani cyangwa se umusarani wegereye inzu cyane	- Ubuzima bw'umwana n'umubyeyi
Nta kandagira ukarabe n'isabune	- Gusukura amazi ndetse n'isukura
Nta ngarani	- Gusukura amazi ndetse n'isukura
Nta gatanda ko gushyiraho amasahani	- Gusukura amazi ndetse n'isukura
Isoko y'amazi (umugezi, ikiyaga)	- Gusukura amazi ndetse n'isukura
Amatungo yegereye cyane inzu.	- Gusukura amazi ndetse n'isukura
Guteka ku mashyiga asanzwe y'amabuye	- Amashyiga ya kijyambere cyangwa se rondereza
Guhinga bitari ibya kijyambere Ntibahinduranya imyaka mu murima Nta biti mu karima k'igikoni Bakoresha ifumbire mvaruganda	- Ubuhinzi bwa kijyambere kandi burambye - Kurinda ikiyaga -Gushyira igihe gihagije hagati y'umwana n'undi
Nta ngarani	- Ubuhinzi bwa kijyambere kandi burambye
Ibiti bike cyangwa se ntabyo	- Ubuhinzi bwa kijyambere kandi burambye - Gutera ibiti
Isuri hafi y'inzu	Ubuhinzi bwa kijyambere kandi burambye - Gutera ibiti
Abarohyi	Ubuhinzi bwa kijyambere kandi burambye - Kurinda ikiyaga -Gushyira igihe gihagije hagati y'umwana n'undi

## 1. Gushyira igihe gihagije hagati y'umwana nundi

- **Tangiza ikiganiro uhereye ku mutungo bafite**
  - Baza niba umuryango ufite mafaranga angaha azabafahsa mu myaka 10
  - Baza ku byerekeranye n'ibihingwa niba bafite bihagije bizabasha mu myaka 10
  - Baza ku byerekeranye n'amafi niba bafite ashobora kubafasha mu gihe cy'imyaka 10
- **Muganirire ku ihuriro k'ubuzima no kubungabunga ibidukikije no gushyira igihe ghagije hagati y'umwana n'undi**
  - Imiyango migari iba ikeneye ubutaa bunini, ibiti, amafi, amazi n'indi mitungo.
  - Muri iyi minsi abantu ntabwo bafite ubutaka buhagije bwo guhingamo imyaka
  - Muri iyi minsi abantu bafite amafi make yo kugurisha no kurya
  - Butaka n'amafi make bituma habaho ubukene ndetse n'uburwayi
  - Iyo uteye ibiti bikura neza kandi bibyibushye ni kimwe no gushyira igihe gihagije hagati mu bana.

- **Muganire ku kamaro ko gushyira igihe gihagije hagati y'umwan n'undi**
  - Abana babona umwanya wo gukura neza bafite ubuzima bwiza
  - Umudamu abona umwanya wo kwijajara no kugira ubuzima bwiza
  - Umuryango ukenera ubutaka buke n'ibihingwa bike biwutunga
  - Umusaruro wasigaye ushobora kugurishwa bakabona amafaranga
  - Bituma ubutaka budasaza, bukazakoreshwa n'abazavuka ubutaha
  - Bigabanya gukenera inwki, ibiryo, amafi n'amazi.
  - Umuryango ubona umwanya wo gukora ibikorwa bibyara inyungu
  - Bituma umuryango uzigamira abana kugirango bazige.
- **Gusubiramo uburyo bwo kuboneza urubyaro**
  - Ibinini byo kuboneza urubyaro
  - Inshinge
  - urunigi
  - Agakingirizo
  - Tanga ibinini cyangwa agakingirizo cyangwa umwohereze ku kigo nderabuzima
- **Gusobanura ubu buryo bwombi**
  - Birinda indwara zandurira mumibonano mpuzabitsina na SIDA.
  - Bikarinda no gutwita
- **Gusobanura imyumvire mibi ku kuboneza urubyaro**

- **Niba ari ngombwa tumira umujyanama w'ubuzima mu gusura**
- **Ushingiye kubyo wabonye ganira nabo ku buhinzi burambye cyangwa se uburobyi burambye.**

### **Ubuzima bw'umwana n'umubyeyi**

- **Muganire ku ihuriro ry'ubuzima bw'abaturage no kubungabunga ibidukikije**

Umubyeyi n'abana bafite ubuzima bwiza bakenera ibintu bike.

Umubyeyi ufite ubuzima bwiza ashobora kwita ku muyango we ndetse no ku mirima.

Imuryango ifite ubuzima bwiza ishobora kukuyobora ingo neza maze bikabyara n'amafaranga.

- **Muganire ku kwitegura kubyara**
  - Ababyeyi benshi bapfa babyarira mu rugo
  - Kubyarira ku kigo ndera buzima bigabanya kuva cyane cyangwa indwara z'uruhinja .
  - Babwire ibyerekeranye no kubyara harimo no :
  - Kwipimisha inda
  - Guteganya kubyarira mu kigo nderabuzima
  - Gueteganya amafaranga igihe wabyariye mu kigo nderabuzima
  - Gushishikariza umubyeyi kubyarira kwa muganga
  - Gushihsikariza umugabo we ku mufasha kubyarira kwa muganga

**Muganire ku kwipimisha inda (ANC)**

- Abagore batwite bagomba kwipimsiha nibura inshuro enye.

<b>Mu gihe umugore akimeya ko atwite</b>	<b>Yipimisha bwa mbere ( ANC)</b>
Ku mezi 4 kugeza ku mezi 6	<b>Yipimisha bwa kabiri ( ANC)</b>
At 4 to 6 months	<b>Yipimisha bwa gatatu ( ANC)</b>
At 7 to 8 months	<b>Yipimisha bwa mbere ( ANC)</b>
At 2 weeks before due date	<b>Yipimisha bwa gatatu ( ANC)</b>

- Kwipimisha bifasha ubuzima bw'umwana n'umubyeyi
- Kwipimisha bituma bamenya ibibazo bishobora kuboneka vuba
- Kubwira abagabo bagaherekeza abagore babo igihe bagiye kwipimisha.

**Muganire ku kwipimisha nyuma yo kubyara (PNC)**

- Kwipimisha nyuma yo kubyara bifasha ku kumenya ko ubuzima bw'umubyeyi n'umwana bumeze neza
- Umubyeyi amenya uko azajya agaburira umwana ndetse n'isuku
- Umubyeyi amenya uburyo yajya aringaniza urubyaro.
- **Muganire ku gukingiza umwana**
  - Gukingiza birinda abana indwara nyinshi
  - Ifishi yo gukingirizaho yibike neza maze uzayijyane kwa muganga ugiye gukingiza
  - Gahunda y'ikingiza:

<b>Age</b>	<b>Vaccines</b>
Akivuka	Igituntu n'imbasa
Ku byumweru 6	Imbasa, akaniga /Umwijim (Umusonga-ariko barishyura)
Ku byumweru 10	Bamukingira bwa kabiri kuri izo nkingo twavuze hejuru
Ku byumweru 14	Bamukingira bwa gatatu kuri izo nkingo twavuze hejuru
Ku mezi 9	Iseru
Ku mwaka	Ibinyoro

- Ugomba kubabwira ko umwana agomba kubona zo nkingo zose ku gihe , iyo bitabaye ibyo umwana ntabwo aba afite ubudahangarwa.

- **Sobanura uko birinda Malariya.**

- Kuryama mu nzitira mubu iteye umuti
- Gutema ibihuru hafi y'urugo kugirango wirinde imibu
- Gukuraho ibidendezi by'amaz kugirang wirinde imibu

- **Muganire ku karima k'igikoni**

- Guha imboga hafi yo murugo
- Imboga zitanga ibiryo byiza
- Bituma umuryango ugura ibiryo bike ku isoko
- Iyo zabaye nyinshi izindi zishobora kugurishwa

## Amazi n'isukura

- **Muganire ku isano iri hagati n'ubuzima no kubungabunga ibidukikije (P, H, E )**
  - Imyanda ituma abantu barwara (impiswi, korera).
  - Imyanda ya parasitike ituma abantu barware, inyamaswa ndetse n'amafi
  - Abantu barwaye ntabwo baba bashoboye guhinga cyangwa se gukora imirimo ibyara inyungu
  - Abantu barwaye bakenera ibintu byinshi.
- **Muganire ku musarani**
  - Imyanda y'umutu ihumanya amazi, ibihingwa ndetse n'ibiyaga
  - Gukoresha umusarani bituma ubutaka bumera neza ndetse n'ibiyaga bikamera neza , kandi byose bikagira isuku , ibi byose birinda indwara
  - Gukoresha imisarani yitwa ECOSANS bshobora gutuma abantu bagira ifumbire y'imborera .
  - ECOSANS zimara igihe kirekire kandi zikora ifumbire y'aturima tw'igikoni
  - KUBAKA imisarani /ECOSANS kuri metero 30 uturutse ku nzu utuyemo na metero 30 uturutse ku isoko y'amazi
- **Muganire ku gukaraba intoki**

Gkaraba intoki birinda indwara  
Koresha isabune n'amazi kandi neza igihe woga intoki  
Shyira kandagira ukarabe hafi y'umusarane

Sobanura uko bubaka kandagira ukarabe.

- **Muganire ku kimoteri-ingarani**
  - Gukoresha ingarani bigabanya indwara z'abant, z'amatungo n'amafi
  - Kubaka ingarani kuri metero 15 uvuy murugo
  - Guta imyanda ituruka ku biryo nibindi mu ngarani
  - Iyo yuzuye ureka imyanda ikabora mu gihe cy'ibyumweru 4-6 maze ukabishyira mu karima k'igikoni
  - Amaparasitike n'amasashi bituma amazi atinjira mu butaka
  - Tandukana parasitike n'ibyatsi. Parasitike ziratikwa.
- **Muganire ku mazi yo kunywa**
  - Amazi asukuye arinda indwara nka korera, impiswi n'izindi
  - Guteka amazi igihe cy'iminota 10 mbere yo kuyanywa . Agomba gutekwa icyo gihe cyose
  - Iyo ufite imiti yabugenewe ushobora kuyikoresha mu gusukura amazi
  - Kubika amazi meza mu kintu gifite isuku
- **Muganire ku gatanda ko gushyiraho amasahani**
  - Koresha agatanda bashyiraho ibikoresho byo mucyikoni
  - Bereke uko bakora ko gatanda

- **Muganire ku gushyira nka, ihene n'inkoko mnzu yazo**
  - Inka, ihene n'inkoko ntabw zigomba kurara munzu muryamamo
  - Imyanda yazo izana amasazi n'ibirondwe, Bkaba bishbora kuzana indwara iyo bikoze ku biryo n'abantu
  - Bigishe uko bubaka inzu y'inka, ihene ndetse n'inkoko
  - Iyo bibaye ngombwa ubajyan gusura urugo rw'icyitegererezo

### Amashyiga abika umuriro

- **Muganire ku isano riri hagati n'ubuzima ndetse no kubungabunga ibidukikije**
  - Imyotsi iva mu mashyiga akoze mu mabuye itera indwara z'ibihaha ndetse n'amaso
  - Abarwayi baba bakenye ibintu byinshi nk'ibiryo ndetse n'imiti
  - Amashyiga akoze mu mabuye atwara inkwi nyinshi . Ibi bituma umuryango ukoresha amafaranga menshi kandi bikangiza ibidukikije
  - Ibiti bike bitera isuri . Ibi bituma ubutaka butera ndetse n'amafi mu biyaga
- **Gusobanura akamaro k'amashyiga ya kijyambere**
  - Bigabanya indwara z'amaso ku bana n'abantu bakuru
  - Bituma abana bdashobora gushya
  - Imisni yo gutekera ku mashyiga y'amabuye ingana n'ibyumwer bitatu utekera ku mashyiga ya kijyambere

- Imiryango izigama inkwi, amafaranga yajyaga kuzigura akaba yagura ibindi

- **Bereke uko bakora amashyiga ya kijyambere , niba ari ngombwa ubahe urugero rw'urugo rw'icyitegererezo**

### Guhinga birambye

- **Muganire ku isano riri hagati y'ubuzima no kubungabunga ibidukikije**

Muri iyi minsi imiryango ifite ubutaka bke bwo guhinga.

Imiryango migari iba ikeneye n'ubutaka bunini kugirango babone ibiryo

bihagije. Iyo ibiryo bidahagije abantu

bagira ingufu nke bakanarwara

Guhinga neza birinda isuri mu biyaga

bigatuma ikigereranyo cy'amazi

kidahinduka namafi akororoka.

Guteganya umuryango wawe bituma

budahura n'ibibazo maze uwo ari wese

akabona ibiryo

- **Muganire ku guhinduranya imyaka**

Guhinduranya imyaka bituma ubutaka bwera maze umusaruro ukuyongera

- Birind indwara z'imyaka ndetse n'udukoko

- Igihe cyo guhinduranya imyaka

Umwaka 1		Umwaka 2		Umwaka 3
Igihe cy'ihinga 1	Igihe cy'ihinga 2	Igihe cy'ihinga 1	Igihe cy'ihinga 2	Igihe cy'ihinga 1
Ibigori &ibishyimbo	Ibijumba cyangwa ibishyimbo Beans (cyangwa ibindi binyamisogwe)	Ibigori &ibishyimbo	Ibijumba cyangwa ibishyimbo Beans (cyangwa ibindi binyamisogwe))	Imyumbati n'ibigori

- Gutera imyaka kuri metero 200 cyangwa hejuru uturutse ku kiyaga
- Ari ngombwa wabaza abashinzwe ubuhinzi
- **Muganire ku byerekeye gutera ibiti**
  - Imiryango migari ikenera ibiti byinshi n’inkwi nyinshi
  - Akamaro k’ibiti
  - Bigabanya isuri kandi bigatuma imirima n’ibiyaga bimera neza
  - Bitanga igicucu
  - Itanga imiti kandi ibindi byica udukoko
  - Bigabanya umuyaga
  - Bituma imvura igwa
  - Biyungurura umwuka
  - Amababi yabyo n’ibiryo by’amatungo kandi akaba n’ifumbire
- **Kubungabunga ibiti**
  - Si byiza gutema ibiti
  - Niba ugiye kubitema , biteme kuburyo bizongera gushibuka
  - Koresha amashyiga ya kijyambere
  - Tera ibiti byitwa calliandra, albizia, gravellia, markhamia mu murima no hafi yo murug kuko bituma ubutaka bwera
  - Sobanura aho bashobora kubona imbuto zibiti
  - Sobanura uko batera imbuto z’ibiti , niba ari ngombwa wifashishe ushinzwe ubuhinzi cyangwa se urugo rw’icyitegererezo
- **Sobanura ifumbire y’imborera**
  - Ifumbire y’imborera ni nziza, ntihenda kandi ibungabunga ubutaka n’ibiyaga
  - Ifumbire y’imborera yongera umusaruro w’ibihingwa
  - Vanga sesbania, calliandra, na leuceana hamwe n’amazi. Urabireka bikabora mu gihe cy’iminsi maze ukagenda ubishyira mu kumurongo mu murima 14 .
  - Guta imyanda ituruka ku nka, ihene, inkoko, ingurube mu ngarani.
  - Niba ari ngombwa ifashishe ushinzwe ubuhinzi yangwa urugo rw’icyitegererezo
- **Gusoanura ingarani**
  - Ibyatsi n’imyanda y’amatungo bigira ifumbire nziza . Byingera umusaruro Composing
  - Cukura icyobo hirya y’umurima cyangwa se uce imirongo
  - Kujugunya imyanda ituruka ku matungo ndetse n’ibyatsi mu cyobo
  - .Kuyireka ikabora igihe cy’iminsi 14
  - Nba icyobo kitari mu murima, bya bindi byaboze bishyire ku murongo mu murima
- **Muganire ku gukoresha ifumbire y’imborera**
  - Ifumbire y’imborera ni nziza ku bantu, ku matungo detse namafi
  - Igabanya gukoresha ifumbire mva ruganda iba iheze cyane
  - Koresha ifumbire y’imborera gusa kuko irahendutse kandi ni nziza ku butaka
  - Koresha imiti yica udukoko ushobora kubona hafi yawe

- Tera imyaka kuri metero 200 uvuye ku kiyaga cyangwa se hirya yazo.
- **Gusobanurira ingo ibihisoboka byose**
  - Ni ngombwa kugira uburyo bwinshi bwo kubonamo amafaranga
  - Uburyo butandukanye bwo kubonamo amafaranga butuma umuntu abona amafaranga mesnhi y’amashuri, yo kugura ibiryo ndetse n’imiti
  - Bituma ubutaka budakoreshwa ku buryo budakwiye ndetse n’ibiyaga
  - Saba inama kushinzwe ubuhinzi cyangwa urugo rw’icyitegerezo ku byerekeye ubworozi bw’inzuki, kworora amatungo magufi n’ubuhinzi
  - Gusaba inama kubyerekeye n’ubworozi bw’amafi muri
  - Gusaba inama amatsinda y’abagore kubyerekeye kuboha ibiseke, ingemwe z’ibiti, ubworozi bw’inzuki, ihene zitanga amata ndetse n’ibindi byatuma haba ubuzima bwiza
- **Kuvuga ku kubitsa no kugurizanya**
  - Kuzigama amafaranga bituma umuryango ubasha kwishyurira abana amashuri
  - Kuzigama amafaranga bituma imiryango ibasha gukora ibikorwa by’ubucuruzi
  - Kuzigama amafaranga bifasha imiryango kubaka inzu
  - Baganiriza ku byerekeranye no gukora ibimina, kujya mu
- macooperatives cyangwa se SACCOs
- **Muganire ku byiza byo gufata umwanya no gushyira igihe mu gukurikiranya abana**
  - Imiryango ifite inzu nto bashobora gukemura ibyo bakeneye
  - Imiryango iteganya igabanya gukenera inkwi nyinshi, ibiryo, amazi ndetse n’amafi
  - Imiryango ifata umwanya wo gukora ibikorwa bibyara inyungu
  - Imiryango ibona umwanya wo kuzigamira amashuri y’abana