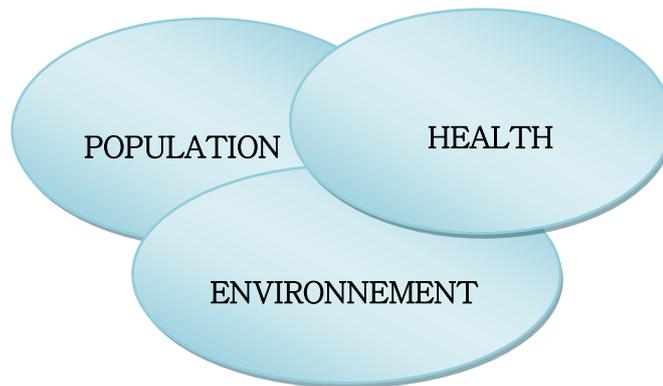


# Umuryango wA Afirika y'Uburasirazuba LAKE VICTORIA BASIN COMMISSION

IGITABO MFASHANYIGISHO C'ABAREMESHAKIYAGO NTUNGAMAGARA NO  
GUKINGIRA IBIDUKIKIJE

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**Umugambi wo kubungabunga amagara  
y'abanyagihugu n'ibidukikije ku nkengera  
z'Ikiyaga Vigitoriya**

## IGITABO MFASHANYIGISHO C' ABAREMESHAKIYAGO NTUNGAMAGARA NO GUKINGIRA IBIDUKIKIJE.

### INTANGAMARARA

Iki gitabo mfashanyigisho cagenewe inyigisho z'abaremeshakiyago ntungamagara(ASC), imigwi y'abatangamuco ku mitumba, amashirahamwe y'abafundi b'indimo b'amashamba, be n'abaganga b'ibitungwa. Izi nyigisho zigenewe kubaha ubumenyi kugirango bafashe ingo n'imiryango mu kubungabunga amagara y'abantu n'ibidukikije vyose hamwe.

Turazi neza ko ingo n'imiryango bakora uko bashoboye mu gutorera inyishu ibibazo vyabo bijanye n'amagara n'ibindi, izi nyigisho n'izo gufasha abaremeshakiyago ntungamagara(ASC), imigwi y'abatangamuco yo ku mitumba, amashirahamwe y'abafundi b'indimo hamwe n'abashinzwe kubungabunga ibidukikije gufasha abanyagihugu kuraba aho bageze, kuraba ibibazo bafise maze bakarabira hamwe imvo zibitera kugirango barabe icokorwa.

Kubera imiryango itandukanye y'abanyagihugu izoronka izi nyigisho, ubumenyi buzoyifasha gufasha imiryango n'abanyagihugu mu guteza imbere amagara yabo, no kubungabunga ibidukikije biciye mu biganiri bizotuma bashira mu ngiro ibikorwa vyotuma biteza imbere.

Abaremeshakiyago ntungamagara(ASC), imigwi y'abatangamuco no kubungabunga ibidukikije yo mu mitumba, amashirahamwe y'abafundi b'indimo n'abashinzwe kubungabunga ibinyabuzima, bazotegurirwa gufasha ingo n'imiryango mu bikorwa vy'amagara yabo vya minsi yose no kubungabunga ibidukikije basanzwe bagiramwo uruhara.

Ikizokurikira n'ukuraba ibikenewe mu ngo n'imiryango kugirango vyoroshe ibikorwa vyabo uko bikwiye. Izi nyigisho zizongereza ubushobozi n'ubumenyi bwizo ngo n'imiryango kuvyo bari bazi, bifatirweko kugirango bibe imbarutso y'ugushimangira ubumenyi.

Iki gitabu mfashanyigisho kirasobanura ubumenyi n'ubuhinga abaremeshakiyago ntungamagara(ASC), imigwi y'abatangamuco yo ku mitumba, amashirahamwe y'abafundi b'indimo, bategerezwa kuba bafise kugirango

bashobore gufasha ingo n'imiryango mu guhindura ubuzima babayemwo.

Iki gitabo cakozwe kuburyo cerekana inyigisho nkenerwa ku miryango mugufasha abaremeshakiyago ntungamara, abajejwe kubungabunga ibidukikije n'iterambere rirama biciye mu bikorwa biboneka. Iki gitabo mfashanyigisho n'isoko y'amakuru ku rwego rw'umuryango. Gituma haba abasiguzi canke abigisha bafise ubushobozi, mu gutanga amakuru mu dutabo tubigenewe twakozwe.

### INTUMBERO Z'IKI GITABO

#### MFASHANYIGISHO

Intumbero nyamukuru y'iki gitabo mfashanyigisho ni kwubaka ubumenyi bw'abaremeshakiyago ntungamagara mukubungabunga ibidukikije no kuba imboneza z'imiryango kugirango ishobore kubungabunga amagara yayo no kubungabunga ibidukikije. Ivyo bibafasha: kwirinda indwara, guteza imbere amagara, kwivuzza hakiri kare, kubungabunga isi ndimwa n'ahandi.

Iyi mfashanyigisho irafasha kandi kwirinda umwanda, guha umukenyezi ubushobozi no guteza imbere imiryango.

Ni muri ubu buryo aba baremeshakiyago bazoza baratanga inguvu bakaba nabavugizi mu vyerekeye amagara no kubungabunga ibidukikije mu miryango yaho baherereye.

Abaremeshakiyago ntungamagara no ku bungabunga ibidukikije bategerezwa gufasha imiryango mu gusuzuma aho amagara yabo, ibidukikije n'imibereho yabo bigeze kugirango baganire nabo ku bibazo n'ibibitera, mbere n'ibikorwa bariko barakora, kugirango barabire hamwe ibibazo bihari bishobora gukenera ubundi ubumenyi, bongere babafashe kubungabunga amagara n'imibereho yabo.

Inyuma y'inyigisho abaremeshakiyago ntungamagara no kubungabunga ibidukikije bazoba bashobora:

1. Gusobanura ibibazo vyugarije imiryango bijanye n'abanyagihugu, amagara hamwe n'ibidukikije .
2. Gusigura indwara nyamukuru zugarije abakenyezi, abana n'abanyagihugu muri rusangi
3. Kumenya no gutondeka ivyavuzwe no kumenya gukora ibikwiye (gutanga impanuro, kuvura canke kurungika kwa muganga-transfert)
4. Gufasha mu guteza imbere amagara biciye mu biganirwa kugirango imiryango ikore ibikorwa biteza imbere amagara yayo,
5. Gusigura ibisata bijanye n'amagara y'umwana n'umuvyeyi bihari, ababikoramwo naho bikorerwa.
6. Gusobanura ibisata n'ibikorwa bijyanye n'ibidukikije bihari, ababikora naho bikorerwa.
7. Kuraba ibikorwa vyerekeye umubano bihari, hamwe n'ibikorwa bitanga inyungu,
8. Kuganira ku vyerekeye uburinganire bw'ibitsina, uko bishobora kugira ingaruka ku mukenyezi, umugabo mbere no k'ugwaruka
9. Kwishura ibibazo vy'abanyagihugu bijanye no kubungabunga amagara y'abantu hamwe n'ibidukikije
10. Kwigisha neza imiryango ngo igire uruhara mu gukingira, gutandukanya imvyaro, kwipimisha ku bakenyezi bibungenze, ubutabazi bwa mbere, kwivuza malariya no kwirinda kwandura ikiza ruhonyanganda Sida;
11. kwigisha neza abanyagihugu kugira bagire uruhara mu gutera ibiti, kubungabunga amasoko y'amazi no kubungabunga amashamba cimeza;
12. Kugendera imiryango kugirango barabe ubuzima bwayo, ibidukikije mbere n'uburyo babayeho, bakaganira nabo kugirango barabire hamwe ico bohindura
13. Kubera akarorero keza abandi ngo babigane, guteza imbere amahuriro y'inzezo, Kugira uruhara mw' isuzuma ry'ibikorwa bijanye n'abanyagihugu, amagara meza hamwe n'ibidukikije mu banyagihugu

### **IBIGIZE ICIGWA**

Iki gitabo mfashanyigisho kigabanijwemwo ibice bine bigatanguzwa n'icigwa, intumbero, ibirimwo, uburyo bwo kwigisha, ibikoresho n'uburyo icigwa cosuzumwa.

Dusangamwo ibice bikurikira:

Igice ca 1: Gusigurira abanyagihugu igituma biga, Amagara n'ibidukikije (PHE)

Icigwa ca 1.1: PHE ni iki?

Agace 1.2: Kubera iki PHE?

Agice 1.3: Akamaro ka PHE ni akahe

Igice ca 2: Amagara y'umwana n'umuvyeyi

Icigwa ca 2.1: kwibungenga, Kwibaruka n'uruyoya,

Icigwa ca 2.2: Gutandukanya imvyaro

Icigwa ca 2.3: Kwitwararika umwana n'igihe agwaye

Icigwa ca 2.4: Ingaburo ibereye abanyagihugu;

Icigwa ca 2.5: Akamaro k'umuremeshakiyago ntungamagara no kubungabunga ibidukikije;

Igice ca 3: Kwirinda no kwivuza Malaria, Ikiza Sida, Igituntu n'indwara zandukira ziciye mu bihimba vy'irondeka

Agace 3.1: Ibibazo bijanye n'ikiza ca Sida, Igituntu, Malariya n'indwara zandurira ziciye mumibonano mpuzabitsina mu banyagihugu;

Icigwa ca 3.2: Kwirinda no kwipimisha Malariya;

Icigwa ca 3.4: Kwirinda no kwivuza ikiza ca Sida.

Igice ca 4: Kwitaho ibikoko n'ibidukikije no gukoresha isi ndimwa

Icigwa ca 4.1: Ibitungwa, ubworozi;

Icigwa ca 4.2: Amategeko agenga ubworozi;

Icigwa ca 4.3: Gukoresha isi ndimwa;

Icigwa ca 4.4: Ibibazo bijanye no kubungabunga ibidukikije;

Icigwa ca 4.5: Akamaro k'abaremeshakiyago ntungamagara no kubungabunga ibidukikije mu kwitaho ubworozi n'ibidukikije, hamwe n'uburyo bukwiye mu gutunganya isi ndimwa.

Igice ca 5: Guha uburyo umukenyezi no guteza imbere umuryango

Icigwa ca 5.1: Ukungana n'ugufashanya mu banyagihugu

Icigwa ca 5.2: Ihohoterwa rifatiye ku gitsina

Icigwa ca 5.3: Kuronka ingurane ku mashirahamwe matomato y'ubudandaji

Icigwa5.4: Ibikorwa bitanga inyungu (ubundi buryo bwo kubaho)

## UBURYO BWO GUTANGA INYIGISHO

- Kwigisha
- Kuganira no kubaza ibibazo
- Gukorera mu migwi no kuvuga ivyavuye mu migwi
- Udukino

- Amahiganwa
- Kugendera abanyagihugu
- Kugendera ibitaro
- Intambo n'imvino
- Gutwenda no kwidagadura

### Igice ca 1: Ibituma twobungabunga Amagara y'abanyagihugu n' Ibidukikije (PHE)

Iki gice kiraha abakurikirana inyigisho insiguro, ibituma n'akamaro ka PHE. Ishimikiro ngaha ni uguhuza inzego hamwe no kuzifatanya. Ibi bisigura ko kugirango bashike ku bikorwa bifise akamaro, ni vyiza gukorera hamwe hagati y'inzego n'abanyagihugu.

#### Intumbero nyamukuru y'iki cigwa

Intumbero y'iki gice niyo gusigurira abakurikirana inyigisho uburyo PHE ikora n'akamaro ko guhuza inzego zo muburungozi bwo kumitumba.

#### Intumbero z'iki cirwa

Iki gice nicahera, uwushinzwe kubungabunga amagara y'abantu n'ibidukikije azoba ashobora:

- Gusigura PHE
- Kuvuga ibigize PHE
- Gusigura igituma ca PHE

#### Ibigize icigwa

Icigwa ca 1.1: PHE ni iki?

Agace 1.2: Kubera iki PHE?

Agace 1.3: Inyungu za PHE ni izihe?

Umwanya icigwa kimara: Amasaha abiri

#### Icigwa ca 1.1: PHE ni iki?

##### Ivyo umwigisha atagerezwa kumenya

###### Insiguro

Guhuza Abanyagihugu, amagara y'abantu n'ibidukikije n'uburyo bujanye n'iterambere bufatanije n'ibikorwa bijanye n' amagara no kubungabunga ibidukikije (PHE), kugirango bikomere bigatuma kubungabungabunga ibidukikijije bikorwa neza n'abanyagihugu bakabandanya bagira amagara meza bikaruta kubaha igikorwa kimwe kimwe ukwaco.

Uko PHE ikora, amagara y'abantu n'ibidukikije vyose biba bifitaniye isano kandi kimwe cose kigakenera ikindi, ihindagurika ry'ibitigiri; uko bibayeho, muri ivyo vyose twabonye haruguru, kimwe kimwe cose kigira uruhara kukindi kuko ivyo umuntu akeneye, ubuzima abayemwo canke

ibidukikije vyitaweho, vyose bifitaniye isano ku cobitera canke ingaruka zavyo.

PHE rero ni uguhuza inguvu zose, gufatanya no guhuza ibikorwa bikoregwa abanyagihugu. Yitwararika cane cane ikorwa vyose abanyagihugu bashobora kwiyumvira gukora kugirango batorere inyishu ibibazo bibugarije babungabunga amagara yabo, ubuzima bwa misi yose hamwe no kubungabunga amatungo yabo. Imigabo n'imigambi ya PHE ni guteza imbere ibisata vy'amagara y'abantu, gufasha abanyagihugu gutunganya amatungo yabo kugirango bateze imbere amagara yabo n'ubuzima bwabo, bongere babungabunga urwo ruvange rw'ibinyabuzima vyose bishobora kubaho.

#### POPULATION (Abanyagihugu), HEALTH (Amagara) AND (n') ENVIRONMENT (Ibidukikije) (PHE) ni iki?

**P: isigura Abanyagihugu (POPULATION):** Ibisata vyitaho abanyagihugu bigizwe: gutandukanya imvyaro ku bushake (gutandukanya imvyaro canke guhagarika burundu), irondeka rijanye n'amagara meza, uko abantu babayeho n'ibindi.

**H: isigura "amagara" (Health):** Ibisata biraba amagara y'abavyeyi n'ibibondo, kwirinda malariya, isuku n'amazi meza, kwirinda indwara zandukira, ingaburo ibereye, kugwanya ikiza Sida n'ibindi

**E: isigura "ibidukikije" (ENVIRONMENT):** kubungabunga ibinyabuzima, kwitwararika uburovyi, gutunganya neza amashamba n'ibidukikije, kubungabunga amashamba cimeza n'ibindi.

## **Icigwa ca 1.2: Imvo n'imvano y'umugambi PHE**

Ivyigwa vyakozwe mu bice bitandukanye vy'isi vyerekana ko ibikorwa bya PHE bidatwara amafaranga menshi, bituma haboneka akarusho munyungu, bigatuma kandi haba guhanahana inguvu zidashobora kuboneka ukoze igikorwa canke umugambi ukwawo.

Muri rusangi, imigambi ya PHE:

- Iha inguvu ibikorwa vyo gutandukanya imvyaro ku gushaka, cane cane ku bantu baba mu mitumba cane kuko bashikira ibi bisata bibagoye cane.
- Ituma abagabo bashikirwa n'ubutumwa bw'irondeka rijanye n'amagara meza kandi bigatuma bigira ingingo bafata ibyemezo mu kugira uruhara mu gutandukanya imvyaro
- Ituma urwaruka cane cane rw'igitsina gabo rushobora gushikirwa n'ibisata bijejwe irondeka rijanye n'amagara meza, cane cane urudashoka rushikirwa n'ivyo bisata.
- Ituma abakenyezi baronka ingurane canke bagira uruhara mubikorwa bitanga amafaranga, ibi bikaba bituma abakenyezi banagira uruhara mu nzego zifata ingingo.
- Yongereza inyungu ziva mu kubungabunga ibidukikije bivuye ku ruhara rw'abanyagihugu, na cane cane ko ivyo bakeneye baba babishitseko;
- Igira uruhara mu gucunga neza no kubungabunga amatungo , bigatuma isi ndimwa icungerwa neza, bigafasha kuzigama ubutunzi kama, bigatuma n'abanyagihugu bareka guhonya ibinyabuzima n'ibidukikije bitandukanye;
- Igabanya gucafuzwa impwemu duhemuka zo munzu kandi igatuma n'amashamba

akingirwa muguteza imbere amashiga ya kijambere;

- Iteza imbere ikongera igatanga uburyo bwinshi butuma imiryango igira iterambere rirama, bikagabanya indwara n'impfu, umuntu wese akumva ko amagara yiwe agenda neza igihe ibidukikije bitunganijwe neza
- Ishobora gutuma abantu baronka amazi meza vyongeye bagateza imbere isuku no gutunganya neza aho tubaye ;
- Iteza imbere uburimi bigatuma abana bafungura imfungurwa zibereye kandi zikwiye;
- Ituma abantu birinda malaria mu gucungera no kwirinda ibiyanduza, hamwe no kuryama mu musegetera urimwo umuti wica imibu,
- Ituma abantu bagira utuzu twa surwumwe dusukuye bakongera bakagira imigenzo myiza mubijanye n'isuku,
- Ituma babandanya kubungabunga amashamba cimeza.

## **Igice ca 2: Amagara y'umuvyeyi n'ikibondo**

Mu kwibanda ku magara y'abavyeyi n'ibibondo, iki gice kirasobanurira abaremeshakiyago ntungamagara no kubungabunga ibidukikije ivyo umuvyeyi n'umwana bakeneye hamwe n'ibikorwa bajejwe. Amagara meza y'umuvyeyi yibungenze n'ikibondo biritawehe cane mw'ihangiro ry'ikimpumbi, ni naryo shingiro, mu migambi yo gutunganya ubutunzi bw'igihugu.

### **Intumbero nyamkuru y'igice**

Intumbero nyamakuru y'iki gice ni ugutanga ubumenyi shingiro dufatiye ku mice y'ubuzima, tugashimikira cane cane kuvyobategerezwa gukora kugirango bashike kwihangiro bihaye.

## **Intumbero z'iki gice**

Inyuma y'iki gice, abaremeshakiyago ntungamagara no kubungabunga ibidukikije bazoba bashobora:

- Kuganira n'imiryango ivyerekeye irondeka rijanye n'amagara meza
- Kwitwararika umukenyezi yibungenze
- Guha impanuro abavyeyi ku kamaro ko kwibarukira kwa muganga,
- Gufasha mubijanye n'irondeka rijanye n'amagara meza,
- Guteza imbere amagara meza (igikuriro) y'umwana
- Kuvura indwara zidakaze;
- Kurungika abantu barwaye kwa muganga hakiri kare.

## **Ibigize igice**

Icigwa ca 2.1: Kwibungenga, Kwibaruka n'uruyoya

Icigwa ca 2.2: Gutandukanya imvyaro

Icigwa ca 2.3: Ubukangwe n'izindi ndwara zikingirwa

Icigwa ca 2.4: Gufata neza umwana n'igihe arwaye

Icigwa ca 2.5: Ingaburo ibereye abanyagihugu Umwanya icigwa kimara, amasaha 3

## **Icigwa ca 2.1: Kwibungenga, Kwibaruka Uruyoya no kwitaho ivyambarwa vy'umwana inyuma yo kwibaruka**

### **Ivyo umwigisha ategerezwa kumenya**

#### **1. Ubutumwa bukenewe mugihe co kwibungenga, kwibaruka hamwe n'inyuma yo kwibaruka**

- Kumenya neza ko umuvyeyi yibungenze yipimishije neza, kwipimisha igihe co kuvyara mbere n'inyuma yo kwibaruka,
- Kwigisha abavyeyi bibungenze ibimenyesto nyamukuru mugihe bibungenze, mugihe co kwibaruka no kumenya ibikoresho vya nkenerwa bategerezwa kuba bibangikaniye n'igihe borondera uwubafasha vyihutirwa,
- Guhimiriza abakenyezi bibungenze kuryama mu musegetera urimwo umuti wica imibu kugirango bikingire malaria
- Gufasha abakenyezi bibungenze mu kwitegura kuvyara n'ivyo bategerezwa kwibangikanya iyo igihe co kwibaruka cegereje

## **2. Gukingira umuvyeyi yibungenze kwanduza umwana yibungenze ni iki (PTME)?**

Gukingira umuvyeyi yibungenze kwanduza umwana yibungenze bijana no guhimiriza abavyeyi kwipimisha ikiza ca Sida imbere canke igihe bibungenze. Bijana kandi no guhimiriza abavyeyi bibungenze kuvyarira kwa muganga mugishingo co kuvyarira muhira, bigatuma baronka impanuro zihabwa abavyeyi banduye kugirango ntibanduze abana bibungenze. Kuvyarira kwa muganga bizogabanya igitigiri c'abana bashobora kwandura igihe abavyeyi babo banduye ikiza ca Sida. Ivyo bikorwa vyose abavyeyi babikorera mw'ibanga.

### *Kubera iki ari nkenerwa gukingira umuvyeyi yibungenze ntiyanduze umwana (PTME)?*

Umwana avutse ku muvyeyi yanduye umugera wa Sida ashobora nawe kwandura. Ingorane zo kwandura ziboneka cane cane igihe umuvyeyi ari kumbanyi, canke ariko aribaruka, vyongeye umuvyeyi ashobora kwanduza umwana ikiza ca Sida igihe amwibungenze canke ariko aramwonsa.

Mukwirinda kwanduza umwana umugera wa Sida, umuvyeyi ategerezwa kuronka impanuro zo kwipimisha umugera wa Sida. Iyo basanze yaranduye ikiza Sida, aca ahabwa imiti yo gupfufahaza ubukare bw'uwo mugera Sida.

Abantu bategerezwa kuronka impanuro kugira ngo bahitemwo uburyo bwo gukoresha mu kwirinda kwanduza umwana igihe bibungenze. Ibisata bifasha ivyo gukingira umwana igihe umuvyeyi yibungenze bitegerezwa kwigisha abavyeyi banduye umugera wa Sida uburyo bwo kwonsa umwana n'uburyo bwiza bwo kumugaburira. Ni n'umwanya wo kuraba abana bafise ingorane zo gufungura nabi kugirango babahe imfungurwa zikwiye n'izindi ndemamubiri mu mezi atandatu ya mbere.

### *Akamaro n'inyungu zo gukingira ikibondo mugihe umuvyeyi yibungenze (PTME)*

- Biteza imbere irondeka rijanye n'amagara meza,
- Bituma umukenyezi ashobora gupimisha imbanyu kuko aja kwa muganga incuro zine canke zirenze,

- Bituma umuvyeyi ashobora kwitegurira kuvyara,
- Bifasha kwigisha abavyeyi uburyo bwo kugaburira umwana,
- Bituma umuntu ashobora kuja kwa muganga hakiri kare nko gupimisha imbanyi, kwivuza indwara zandurira mu bihimba vy'irondoka, gufata imiti ipfupfahaza umugera wa Sida, kwivuza malaria n'igituntu hakiri kare n'ibindi.

- Bitanga umwanya wo gutegura ejo hazoza, kurondoka kurugero: kurondera ivyo uzifashisha mu kugaburira umwana
- Bigabanya igitigiri c'abana banduye ikiza ca Sida,
- Vyongereza amagara meza y'umwana n'ikiringo co kubaho,
- Bituma abantu bahindura ingendo.

### **Icigwa ca 2.2: Irondoka rijanye n'magara meza**

Gutandukanya imvyaro aho ariho hose bitegerezwa gukorwa ku bushake bwababikora. Mu guhitamwo uburyo bwo gutandukanya imvyaro bivana n'ingingo abubakanye bafashe inyuma yo kuronka impanuro zo kwizera kandi zikwiye.

Uwituye ibisata bijewe gutanga izo mpanuro baramusigurira agahitamwo uburyo yicaguriye.

Uwukwituye ntumuhatira gutora uburyo ubwo aribwo bwose. Mu banyagihugu, gukoresha agakingirizo vyigishwa cane mu rwaruka canke abafise amaraso ashushye mu gukora imibonano mpuzabitsina kugirango bibarinde indwara zimwe zimwe zandurira mu mibonano mpuzabitsina canke ikiza Sida.

Hari uburyo bwinshi bwo gutandukanya imvyaro ariko nta burinda ijana kw'ijana ikiza ca Sida.

Uburyo bwo gutandukanya imvyaro buboneka ni:

- Inshinge, ibinini, akagegene ko mu kuboko
- Imiti yica intanga zumugabo,
- Gupfunga uturingoti twakira intanga ku bagore,
- Gupfunga uturingoti tujana intanga ku bagabo,
- Akanyuzi (DIU)
- Uburyo bwo gutandukanya imvyaro bwa kamere (naturelle).

#### **Abatanga uburyo bwo gutandukanya imvyaro**

- Amavuriro ya Leta
- Amavuriro y'abikorera utwabo
- Abaremeshakiyago ntungamara (udukingirizo, ibinini),
- Amashirahamwe yabigenga

#### **Akamaro k'umuremeshakiyago ntungamara**

- Umuremeshakiyago ntungamagara akeneye inyigisho zikwiriye kuvyerekeye uburyo bwo gutandukanya imvyaro, akamaro kabwo, ingaruka zishobora guterwa n'uburyo bwo gutandukanya imvyaro hamwe no kumenya gutanga impanuro.
- Bakeneye kandi gukurikiranwa n'umuntu yabigishije wo mu bisata vy'amagara y'abantu.
- Ariko bafise akamaro kanini mu kurungika ababitura aho batangira ivyo bikoresho canke izo mpanuro.
- Bafise n'akamaro gakomeye mu kuganira n'abagabo no kubahimiriza mu kugira uruhara mu gutandukanya imvyaro n'ibindi vyerekeye irondoka rijanye n'amagara meza.

### **Icigwa ca 2.3: Agasama n'izindi ndwara zikingirwa n'urucanco.**

#### **Intumbero y'iki cigwa**

Inyuma y'iki cigwa, abariko barigishwa barashobora:

- Kuvuga indwara zose zikingirwa n'urucanco,
- Gusigura agasama
- Kuvuga ibimenyesto vy'agasama n'ibibazo ishobora gutera
- Kuvuga uburyo yandurwa n'ibishobora kuyitera
- Gusobanura uko bayirinda n'izindi ndwara zikingirwa

## Ivyo umwigisha atagarezwa kumenya

### 1. Agasama n'iki?

Agasama n'indwara iterwa na virus ikarangwa n'umuriro no kwiyagaza ku mubiri. Irandukira cane kandi ishobora no gutera izindi ngorane nyinshi kumagara y'umuntu.

### 2. Uburyo yandurwa

Ni indwara yandurirwa mu muyaga ikaba yokwandukira iciye mu mate, ikunda kuza bwa kiza

### 3. Ibimenyetso

- Gukorora cane n'umuriro mwinshi
- Inkorora
- Amaso atukuye
- Ibiseru vyinshi
- Kwiyagaza cane
- Uduhere dutukura mu kanwa

### 4. Ibikwega agasama

- **Gufungura nabi**
- Kubana kw'abantu benshi mukibanza gitoya,
- Kudakingirwa
- Ikiza c'agasama

### 5. Ingaruka

Agasama bishobora kugira ingaruka nyinshi, zimwe murizo ni:

- Gucibwamwo
- Ibisebe mu kanwa
- indwara zo mu matwi
- indwara z'amaso

### 6. Izindi ndwara zikingirwa

#### *i) Igituntu (TB)*

N'indwara iterwa n'umugera witwa "tubercule bacilli". Gikunda kurangwa n'inkorora, kwonda cane, kugira umuriro mwinshi mwijoro, n'ibindi. Mu kucirinda, ni ugutuma

## Icigwa ca 2.4: Kwitwararika umwana muri rusangi na cane cane umwana urwaye

### Intumbero ziki cigwa

Inyuma y'iki gice, abakurikiranye inyigisho bazoba bashobora:

- Gusobanura ikirangamisi c'incanco,

akayaga kinjira munzu, isuku ry'umubiri naho tuba, gufungura neza no kwikingira igituntu mukuja kurucanco.

#### *ii) Ubukangwe*

N'indwara iterwa n'umugera igakunda gufatira mu kanwa no mumara. Igwirirana iciye mu kanwa, mu mwanda mukuru (amavyi) bikaba bitera kumugara cane ingingo zo hepfo (amaguru). Dushobora kuyirinda mu gukingirwa no gukoresha imisarani ibereye kugirango twirinde kuyikwiragiza, ariko na cane cane mugucandagisha ibibondo.

#### *iii) inkorora y'akanira*

N'udusebe tuza ku ruhu rwo muzuru n'ibice vyo mwihumekero yo hejuru, ikaba ikunda kurangwa no gukorora cane. Dushobora kuyirinda mu kuyikingira biciyemurucanco.

#### *iv) Ibigoga*

Ibigoga biterwa n'umugera ikamenyekanira kudusebe mu myanya y'ubuhumekero yo hejuru mumagage. Dushobora kuvyikingira mugucandagisha ibibondo.

#### *v) Rudadaza (Tetanos)*

N'indwara iterwa n'umugera. Umwana ashobora kuyirwara igihe ariko aravuka canke inyuma yo kuvuka. Ishobora kwinjira mu mubiri w'umwana iciye mu mukondo igihe bariko baragabira uruzogi bakoresheje ibikoresho bicafulye canke bitagiriwe isuku rikwiye. Umwana aragira ingorane zo guhema mbere akaza arahemagurika bitewe no kubura impwemu zikwiye.

Twoyirinda hakoreshejwe:

- Gukoresha ibikoresho bisukuye igihe bakira umuvyeyi,
- Gucandaga abavyeyi igihe bibungenze hakurikijwe ikirangaminsi c'incanco.

- Gusobanura indwara zikunda gufata ibibondo,
- Gusobanura itandukaniro ry'ibimenyetso n'ico twokora mu gihe c'izo ndwara zifata mu bwana,

- Gusobanura ibimenyetso nyamukuru n'ingene womurungika kwa muganga mumaguru masha,
- Kumenya akamaro k'umuremeshakiyago ntungamagara mu kwitwararika umwana arwaye

2. Ubukangwe
3. Ibigoga
4. Inkororay'akanira
5. Rudadaza
6. Umusonga
7. Indwara y'igitigu
8. Mugiga
9. Agasama
10. Indwara y'ugucibwamwo

**Ivyo umwigisha atagarezwa kumenya:**

**Indwara zikigirwa n'incanco:**

1. Igituntu

**Ikirangamisi c'incanco**

**Ku mwana:**

Urucanco	Akivuka	Ku kwezi n'igice	Ku mezi 2 n'igice	Ku mezi 3 n'igice	Ku mezi 9	Uko amezi 6 aheze gushika ku myaka 5
Igituntu	+					
Indwara y'ugucibwamwo		+	+			
Ubukangwe,	+	+	+	+		
Ibigoga, rudadaza, inkorora y'akanira, mugiga, indwara y'igitigu, umusonga.		+	+	+		
Agasama					+	

**Ku bakenyezi n'abigeme bakwije imyaka y'ugusama**

Urucanco rwa tetanosi	Ni ryari aruruka?	Rumukingira igihe kingana gute?
Urucanco rwa 1	Ku myaka y'ubuyabaga ( 15)	Ntanakimwe rukinga
Urucanco rwa 2	Niburiburi mu ndwi 4 inyuma y'urwa mbere	Rumukingira gushika ku myaka3
Urucanco rwa 3	Niburiburi mu mezi 6 inyuma y'urwa 2	Rumukingira gushika ku myaka5
Urucanco rwa 4	Niburiburi mu mwaka inyuma y'urwa 3	Rumukingira gushika ku myaka10
Urucanco rwa 5	Niburiburi mu mwaka inyuma y'urwa 4	Rumukingira ubuzima bwiwe bwose

✓ **Indwara abana bakunda kurwara**

- Malariya
- Gucibwamwo
- Umusonga

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

- Imfungurwa canke amazi acafuye
- Kudacandagisha ibibondo
- Imyuka duhemuka icafuye

**3. Ibimenyesto nyamukuru ku mwana arwaye**

- Umwana adashobora kunywa canke kwonka,
  - Umwana adahwa ico ariye cose,
  - Umwana afise umwumira,
  - Umwana atagira ico yitaho atanakimwe kimunezera.
- *Iyo kimwe muri ibi bimenyesto vyibonekeje n'ukujana umwana kwa muganga.*

Niyaba ata kimenyesto na kimwe muri ibi n'ukugira inama umuvyeyi canke uwurera umwana k'ukuntu yomwitaho

### **Ibindi bimenyesto vyerekana ko umwana ashobora kuba arwaye**

- Gucibwamwo, amaso arenga imutwe
- Ukweze umubiri wiwe urateba gusubirana
- Guhirira mu gikiriza

- Umuriro ungana canke urenga ibipimo 37.5°C ,
- Ububabare canke kuvyimba inyuma y'ugutwi,
- Ibintu vy'amazi biva mu gutwi
- Kuvyimba ibirenge
- Kunanuka (kwonda)
- Kwituma amaraso mu musarani
- Uruhu rugahinduka nkibara ry'umuhondo

## **Icigwa ca 2.5: Ingaburo ibereye**

Indwara zijanye no gufungura nabi ni zibi cane kuko zituma umubiri utagira abasoda bakwiriye bo kurwanya indwara. Ibituma abana barwara indwara zifatiye kugufungura nabi bijanye no gufungura imfungurwa zitarimwo imirwi yose y'imfungurwa, kurwaragurika, no kutitwararika abana bakiri bato. Indwara zo gufungura nabi mu myaka ibiri ya mbere zizingamika umwana mu gikuriro (igihagararo) mbere no mu bwenge bigatuma adakura neza. Ikibabaje nuko ivyo vyose yatakaje bidashobora kugaruka iyo umwana akuze.

Umwana afise uburenganzira bwo kwitwararika, guhabwa imfungurwa zikwiye, gutegurirwa ubuzima bwo muntango kugirango arindwe indwara kandi abandanye akura neza.

Iki cirwa kirashimikira cane ku mfungurwa z'abana, isesangure ubwoko bw'indwara ziterwa no gufungura nabi , uburyo umuntu yozimenya, uburyo bwo kuzirinda no kuzivura.

### **Intumbero y'iki cigwa**

Inyuma y'iki cigwa, abakurikirana inyigisho bazoba bashobora:

- Kugirana ikiganiro n'imiryango ku vyerekeye imfungurwa
- Kumenya no kwitwararika abana bafise indwara zo gufungura nabi

### **Ivyo umwigisha ategerezwa kumenya**

#### **1. Insiguro**

Gufungura neza bisigura ko ivyo dufungura bituma umubiri wacu wiyubaka neza. Gufungura neza ni ugucagura ubwoko butandukanye bw'ibiribwa ku rugero rumwe. Imfungurwa ntizituma tureka gusonza gusa. Umubiri ukeneye ubwoko bw'ibiribwa butandukanye kugirango:

- Ukore neza
- Kubaka no gukomeza ingingo zigize umuntu
- Gukura neza
- Gukora no kwikingira indwara

#### **2. Ubwoko bw'imfungurwa**

Ibifungurwa vyose bifise akamaro. Hari amoko atatu nyamukuru y'ibifungurwa. Hari ibitanga inguvu (amasukari), ivyubaka umubiri (ndemamubiri) n'ibirinda indwara (vitamine) bitewe n'ingene umubiri ukoresha ivyo ufise

#### *Imfungurwa ntanganguvu*

Ibi bifungurwa bitanga inguvu n'ubususuru umubiri ukeneye. Bigizwe n'amasukari, ubuki, imyumbati, ibijumbu n'ibirayi, ibigori, ingano, umuceri, umukate, amavuta nama foromaji

#### *Imfungurwa ndemamubiri*

N'ibifungurwa bifise akamaro mu gukura kandi bikubaka n'ingingo z'umubiri. Bigizwe n'inyama, inkoko, amafi, amata, amagi, ibiyoba, ibiharage n'ubushaza.

#### *Imfungurwa nsanganyangaburo*

Ni ibifungurwa bikingira umubiri indwara. Bifasha no kugubwa neza. Bigizwe n'ivyamwa n'imboga.

#### *Amazi*

Turetse imfungurwa nyamukuru, amazi nayo ni ngombwa ku maraso, canke ku ngingo z'umubiri.

### **3. Uburyo bwo kugaburira abana bari musi y'inyaka itanu**

- Kubonsa gusa mu gihe c'amezi atandatu yambere (atavyo kurya, atavyo kunywa ata n'amazi). Abana barengeje amezi atandatu baba bakeneye ibindi bifungurwa n'ibindi binyobwa. Hagati y'amezi 6 na 12 umwana

ategerezwa konswa imbere yo kurya kugirango umenye neza ko yonse amaberebere akwiye buri muni.

- Gucutsa umwana bikorwa buhoro buhoro, uratangura ukamuha ibifungurwa vyoroshe bimeze nk'amazi nk'igikoma. Utangura umuha ibifungurwa bikeya ukazojya wongera uko umwana akura.
- Gutegura igikoma c'ibigori kivanze n'uburo ukongeramwo ndemamubiri nk'amata, bigatekwa neza, maze ukongeramwo n'irigi wafyonze neza canke ibiharage n'ubushaza, ukongeramwo utuvuta duke. Kubandanya kwonsa umwana kugeza nimiburiburi afise imyaka ibiri
- Gutanguza umwana ibifungurwa abantu bakuze baryako ukamenya ko bamugaburira bikwiriye. Kumwaka wambere, ibifungurwa vy'umwana barashiramwo imboga zasewe kandi zitetse neza, ibiharage canke ubushaza hamwe n'ivyamwa, amavuta make, amafi, amagi, inkoko n'inyama ukongeramo n'ibindi bitanga vitamine n'ivyunyuny.
- Ku mwaka wa kabiri, konsa umwana inyuma yo gufungura canke ikindi gihe. Kumenya neza ko umwana afungura indya zikwiye ku bifungurwa vyo muhira, ariko bandanya kumwonsa kugeza afise imyaka ibiri canke irenga. Amaberebere n'ingirakamaro mu gutanga inguvu, n'izindi ndemamubiri zikenewe nka vitamin A, fer , bifasha gukingira indwara umwana mugihe yonka.

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

- Igihe ibifungurwa bimaze mu mubiri,
- urugero n'ubwoko bw'ibifungurwa,
- Uburyo umuntu abayeho mu buzima,
- Ibindi biranga ibifungurwa nko kuba bitamaze igihe bitetswe, uburyo vyatetswe n'ibindi

#### **5. Ibishobora kugira uruhara mu ngaburo y'umwana**

- Ingaburo y'umwana ikwiye itangurwa na nyina amwibungenze. Inyuma yo ku muvyara hari vyinsh vyiyongerako.
- Umwana ashobora kutaronka ibimuhaza vyo kurya, canke ntaronke ibikwiye byo kurya.
- Rimwe na rimwe imigenzo yo murugo iratuma batamenya ko umwana akeneye ibifungurwa bimuhagije mu gihe ariko arakura canke ko ubwoko bw'ibifungurwa butandukanye ari nkenerwa.

- Uburyo ibifungurwa bitegurwa canke vyatetswe bishobora kugira ico bihinduye kukuntu umwana asanzwe afungura , kuko ibi vyose bishobora kugira uruhara mu ndemamubiri ziba mu bifungurwa.
- Kurwaragurika bishobora guterwa n'ukuntu umubiri ukoresha ibifungurwa wahawe.

#### ***Ibimenyetso ku muvyeyi bishobora kwerekana y'umwana:***

*Uko umvyeyi ameze mu gufungura:*

- ✓ Igihe yibungenze kuko bishobora kugira ingaruka ku mwana ataravuka
- ✓ Inyuma yo kwibaruka igihe akeneye imfungurwa zikwiriye kugirango aronke inguvu, bikongereza n'amaberebere no kwitwararika umwana uko bikwiye,
- Ibibazo biterwa n'ingorane z'amagara make umvyeyi yari afise igihe yari yibungenze,
- kuvyara ummukenyezi agifise imyaka mike, imvyaro zegeranye , Abana benshi murugo, kuvyara yaratevye.

➤ *Kutaronka imfungurwa zikwiriye*

Bigira ingaruka mu kubaho kw'umwana, mugukura, mbere no mu bwenge bw'umwana. Indwara ziva kutaronka imfungurwa zikwiriye nazo ninkizi:

- Kutaronka ndemamubiri zikwiriye,
- Kutaronka isukari ikwiriye,
- Kutaronka ivyunyuny vya fer bikwiriye,
- Kutaronkabona Iyode ikwiriye,
- Kutaronka vitamin A ikwiriye,

Ibi vyose bishobora guturuka mu kutaronka imfungurwa zikwiye kandi zikwiriye(ingaburo ibereye) mu vyubaka umubiri, ibirinda indwara n'ibitanga inguvu.

- Iyo imfungurwa zitarimwo indemamubiri zikwiriye hashobora kwongerwamwo izindi ntungamagara nka fer na Vitamine A kugirango umwana akure neza.
- Urugero rw'umwana inda yiwe yuzuye nk'imyumbati canke umuceri ashobora kutumva inzara ariko ashobora kurwara indwara zo gufungura nabi kuko imfungurwa yahawe zidafise ndemamubiri zikwiriye n'izindi ntanganguvu zikwiriye kugirango akure neza.
- Umwana bahora baha imitobe nk'amafanta aho kumuha amata ashobora kutarizwa n'inzara ariko ntazonka ingaburo ikwiye

### *Imigenzo myiza yerekeye ingaburo*

- ✓ Gutangura kwonsa umwana akivuka canke mu masaha 48 akivuka mu gihe habaye ikibazo. Amaberebere ya mbere yitwa “colostrum” n’imfungurwa nziza y’umwana. Harimwo ibitunga umubiri vyinshi agafasha no kurinda umwana indwara.
- ✓ Guha umwana ibere gusa mu gihe c’amezi atandatu kuva avutse.
- ✓ Kugira umuvyeyi inama igihe umwana agira isevu no kumuturisha umube kugirango impwemu yamize igihe yariko aronka zisohoke ahejeje kwonka
- ✓ Ku mezi atandatu, kumuha ivyunganira ibere, gutanguza ibifungurwa vyoroshe cane nk’igikoma. Munyuma, buhoro buhoro ukamuha ibifungurwa bafyonze (basyeye).  
Uko umwana agenda arakura, ibifungurwa bimwe bimwe bishobora gukatwamo uduce duto aho kubisya canke kubifyonda. Na Cane cane inyama, kuraba ko utwo duce wakase atari tunini kugirango ntikumunige. Kubandanya gufyonza ibiharage, ubushaza n’ibindi kugirango ntabimire uko biri.  
Nta guha umwana mutoya ibiyoba kurya nyene biri.
- ✓ kumenyereza umwana kwirisha igihe yamenye gufatisha intoke ibifungurwa bike. Kumenya neza ko intoki zawe nizumwana zifise isuku igihe mutanguye gufungura.
- ✓ Si vyiza guhatira umwana kurya, ku muha ibifungurwa bitandukanye ku gihe cagenewe, umwana azorya igihe yumva ko ashonje.
- ✓ Kugena igihe ciza co gufungura ku buryo mushobora gusangira n’umwana
- ✓ Gutuma se w’umwana agira uruhara mu kumugaburira no kwitwararika umwana

### *Ivyiyongera mu ngaburo*

- ✓ Rimwe na rimwe indya dufungura zishobora kuba zidafise ingaburo zikwiriye. Nkuko imibereho y’ubuzima ihinduka, abantu bagenda barya imfungurwa zo mumahinguriro kandi ntibiba bifise vya ngombwa bikwiriye
- ✓ Nk’urugero, ifarini yera ifise ingaburo nke ugereranije n’ifarini isanzwe. Uburyo imfungurwa zateguwe bishobora kugira uruhara mu gutakaza akamaro k’ingaburo.
- ✓ Guteka imfungurwa igihe kirekire canke kutabika neza ibifungurwa bitetse bishobora kwonona ingaburo. Nivyiza ko abana bahabwa ibifungurwa bigiheza gutekwa iyo bishoboka. Vyongeye indwara zimwe zimwe

zitunga umubiri udashobora gukoresha ingaburo ziba mubifungurwa

- ✓ Kubera izo mvo zose , ivyiyongera ku ngaburo nka za vitamin n’ivyiyonyuny bishobora kuba nkenerwa cane.
- ✓ Ivyiyongera mu mfungurwa bigira akamaro mu kwongereza ingaburo ibifungurwa ubwavyo bidashobora gutanga.
- ✓ Izo nyongera zirinda uburozi zigatuma n’ibigize ingaburo bidapfa.
- ✓ Zikoresha mu kurinda indwara kandi zigafasha mu gikuriro.
- ✓ Ingaburo zimwe zimwe ni nkenerwa cane kuziha abana. Izo ni nka Viamine A, Fer na Zenke.

### **Icigwa ca 2.6: Indwara ziterwa no gufungura nabi (malnutrition)**

#### **Intumbero**

Inyuma yiki cigwa, abakurikiranye inyigisho bazoba bashobora:

- Gusigura Indwara ziterwa no gufungura nabi ico ari co
- Gusigura uburyo bwose bwo gufungura nabi
- Kumenya ibimenyetso vy’ Indwara ziterwa no gufungura nabi
- Kumenya ibitera Indwara ziterwa no gufungura nabi n’ibishobora gutuma ubwo Indwara ziterwa no gufungura nabi zibaho
- Gusigura uko Indwara ziterwa no gufungura nabi zirindwa
- Kugendera ingo uzisigurira Indwara ziterwa no gufungura nabi
- Kuvuga ingaruka z’ indwara ziterwa no gufungura nabi

#### **Ivyo umwigisha ategerezwa kumenya**

##### **1. Gusigura indwara ziterwa no gufungura nabi**

Indwara ziterwa no gufungura nabi ni ugufungura ibidakwiye. Gufungura ibidakwiye biboneka iyo umubiri udahawe imfungurwa zikwije imigwi yose kandi zihagije. imfungurwa zidakwije zishobora kuboneka niyo umuntu afungura imfungurwa nyinshi cane. Hari ubwoko bubiri bw’ingaburo mbi, ariko ubuzwi cane ni:

- Kwashi
- ubuzingo

## 2. Kwashi

### *Kwashi ni iki?*

N'indwara iterwa n'ugufungura nabi. Ikunda gufata umwana iyo yaheveye kwonka. kenshi na kenshi aba ataronka ibifungurwa birimwo ntanganguvu na ndemamubiri zikwiriye. Kwashi ikunda kwibonekeza ku bana bari hagati y'amezi 6 n'imyaka itatu. Ibi ntibisigura ko abana bakuze badashobora kurwara kwashi.

### *Ibimenyetso*

Ibimenyesto bikunda kwibonekeza ni:

- ✓ Ibirenge biravyimba
- ✓ Ibiganza no mumaso naho haravyimba
- ✓ Uruhu rusa n'urukabirana
- ✓ Rimwe na rimwe uruhu rumera nk'urwasataguritse akagira umwera mwinshi,
- ✓ Umwana agira imishatsi itukuye kuburyo ishobora no gucikagurika
- ✓ Umwana ubona ata kintu na kimwe akunda mu bimukikije,
- ✓ Usanga umwana ata magara afise kandi asa nuwunanutse cane.

## 3. ubuzingo

### *ubuzingo ni iki?*

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

### *Ibitera ubuzingo*

- ✓ Kutaronka ibifungurwa bikwiriye
- ✓ Indwara yamusinziyaje nk'igituntu

### *Ibimenyetso*

- Umwana aba yonze cane
- Uruhu ruba rufashe ku magufa gusa
- Ubona mu maso hameze nk'ah'uwushaje
- Ubona yama asa n'uwukanuye amaso
- Umwana yama akeneye imfungurwa kandi uzimuhaye akaziryana umunoho.

### *Ibindi vyotuma umwana arwara ubuzingo*

- Ibibazo mu muryango birenze urugero: gutandukana kw'abavyeyi canke abavyeyi barapfuye,
- Mu muryango bakunda inzoga bigatuma bafyina ku mwana maze ntafungure neza
- Ubumenyi buke kuvyerekeye ingaburo ibereye,
- Kubura ivyo kurya
- Imico imwe imwe- aho bavuga ko indya mbi nziza zitagenewe abana

## 4. Uko bavura indwara zo gufungura nabi

- ✓ Gufasha umuryango kurabira hamwe ibituma vyaziteye n'inyishu z'ivyo bibazo
- ✓ Gutegurira hamwe umugambi n'umuryango w'umwana no kubakurikirana

## 5. Ingaruka zo gufungura nabi

- ✓ Umwana ateba gukura
- ✓ Umwana ashobora kutamenya ubwenge mu mashuri
- ✓ Umwana ashobora kugaragurika

## 6. Kwirinda indwara zo gufungura nabi

- ✓ Kwigisha abantu kuvyerekeye ingaburo ibereye
- ✓ Gucandagisha ibibondo: bibarinda indwara nyinshi zo mu bwana zishobora kugira aho zihurira nuko umubiri ukoresha ibifungurwa bikenye
- ✓ Guhindurira abana ibifungurwa no kubaha ibifungurwa wisunze cane cane ibikunda kuboneka muri ako karere.
- ✓ Kubandanya gutandukanya imvyaro
- ✓ Kubongerereza kwonka no gucutsa umwana ku buryo bubereye.

## 7. Ibintu vyerekana ingaburo ibereye

Gutegura ingaburo ibereye bitangura kuva ibifungurwa bigitangura gutegurwa kugera ku co bizomarira umuryango.

Ubutunzi bwifashe neza, ibidukikije vyitaweho, hamwe n'amagara meza, vyose ni magirirane kugirango dutenze imbere ingaburo ibereye.

### *Uburimi bwa kijambere*

- ✓ Gutunganya amatongo mugihe gikwiye,
- ✓ Gutera imbuto zirobanuye,
- ✓ Gukoresha ifumbire no gukurikiza impanuro z'abafundi b'indimo,
- ✓ Kwimbura ku igihe
- ✓ kubika imbuto neza kugirango uzirinde kubungwa canke kwononekara
- ✓ Guteza imbere imigenderanire ngo ibice vyose vy'igihugu bironke imfungurwa zikwiye,
- ✓ Gutegura indimiro zikwiriye kugirango haboneke umwimbu ukwiye n'abantu bashobore kuronka amafaranga.

### *Ibidukikije bimeze neza*

- ✓ Amazi meza yo kunywa akwiye, ayo guteka ayo gusukura, n'ibindi.
- ✓ Ubumenyi bukwiye mu guteka
- ✓ Gukoresha imisarani ico yagenewe no kuganira ku vyerekeye isuku,
- ✓ Isuku ryo ku mubiri n'ivyambarwa kugira twirinde indwara,

### *Kwigisha*

- ✓ Gukwiragiza ubumenyi mu vyerekeye ingaburo ibereye mu mashuri
- ✓ Kwerekana uburyo bwo guhindura imico n'imigenzo.

### *Umuryango ufise amagara meza*

- ✓ Kwirinda ibiboreza kugirango ntidupfise ubusa amafaranga y'umuryango n'inguvu
- ✓ Kurondoka kurugero: Abana bose bategerezwa kuronka ingaburo nziza ikwiriye kandi tukavyitondera iyo umuryango ukiri muto
- ✓ Kwitwararika umwana:

- Iyo abavyeyi badahari bagiye kukazi bategerezwa kubanza kuraba ko umwana aza kuronka ibifungurwa bikwiriye.
- Umwana afise abavyeyi batabana canke atabafise ategerezwa kwitabwaho gusumba.

### *Kwikingira indwara*

- ✓ Indwara zandukira zirashobora gutera indwara zo gufungura nabi,
- ✓ Guhimiriza abantu gucandagisha ibibondo n'abakenyezi bageze mubigero,
- ✓ Kwivuza hakiri kare indwara nko gucibwamwo
- ✓ Kwitwararika indwara zimara igihe kinini nk'igituntu.

## **Icigwa ca 3: Malariya, Ikiza ca Sida, Indwara zandurira mu mibonano mpuzabitsina n'Igituntu**

### **Icigwa ca 3.1: Malariya Intumbero nyamukuru**

Inyuma yiki cigwa, abakurikiranye inyigisho bazoba bashobora:

- Gusigura malariya,
- Gusigura uko malariya yandurwa,
- Kumenya umurwayi urwaye malariya,
- Kumenya uburyo bwose umuntu ashobora kwirinda malariya

### **Ibigize icigwa**

- Insiguro ya malariya
- Uko malariya yandurwa
- Ibimenyetso vya malariya
- Kwirinda malariya

Umwanya icigwa kimara: Isaha imwe

### **Ivyo umwigisha atagerezwa kumenya**

#### **1. Malariya ni iki?**

Malariya ni indwara iterwa n'imigera ija mu mubiri iyo umubu wakuriye (umubu w'ingore). Ako gakoko konona amaraso (globule rouge) maze umuntu akarwara malariya.

#### **2. Ibimenyetso**

- Kuzungurigwa,
- Kubabara mu ngingo z'umubiri, n'umubiri wose,
- Ubushuhe, uburuhe, kumeneka umutwe
- Iseseme/kuruka,
- kwumva udashaka kurya
- Gucika intege,
- Kubabara munda.

### **3. Uburyo yandukiramwo**

Malariya yandurwa iyo umubu w'ingore uriye umuntu yayanduye maze ugakwega amaraso arimwo imigera ya malaria .Umubu urongera ukarya umuntu akomeye maze ukamuteramwo ya migera ya malariya.

### **4. Ingaruka zo ku rwara malariya**

- Gukama amaraso
- Gukorora imbanyi canke kuvyara umwana dakwije ibiro,
- Urwagasha ruravyimba
- Ibisahuzi,
- Kudadarara (convulsion)

### **5. Ibimenyetso nyamukuru vya malaria kumwana**

- Ibisahuzi nka kurya k'uwufashwe n'intandara
- Gucika intege
- Umwana ntashobora kwonka
- Umucanwa urenze
- Kudahwa

### **6. Kwirinda malaria**

#### **Ibidukikije**

- Gusukura aho imibu ivyarira
- Gukura ibidengeri vy'amazi hafi y'inzu tubamwo,
- Gusukura murugo tugakuraho ivyatsi no gukuraho ibintu vyose amazi ashobora kurekamwo
- Gupompa imiti aho amazi yaretse

### ***Ku mibu itera malaria***

- Gukoresha imiti yabigenewe maze bakayipompa no munzu
- Gutunganya neza aho tubaye.

### ***Ku muntu***

- Kurara mu mu segetera urimwo umuti wica imibu,
- Kwisiga imiti yirukana imibu,
- Kwambara impuzu zirezire zipfuka umubiri n'ingingo cane cane mu masaha yo k'umugoroba
- Uwayirwaye kumuvuza neza hakiri kare agakira

## **Icegwa ca 3.2: Indwara zandukira ziciye mubihimba vy'irondoka**

### **Intumbero yiki cigwa**

- Inyuma yiki cigwa, abakurikirana inyigisho bazoba bashobora:
- Kumenya ubwoko bw'indwara zandukira ziciye mu mubihimba vy'irondoka,
- Gusigura uburyo zandukira n'uburyo umugera wa Sida wandukira,
- Kumenya ingaruka z'indwara zandukira ziciye mu mubihimba vy'irondoka nk'umugera wa sida,
- Kumenya uburyo bazikingira nuburyo bikingira ikiza sida
- Guhanura imiryango iyo wayigendeye ku vyerekeye ikiza Sida

### **Ivyo umwigisha ategerezwa kumenya**

#### **1. Indwara zandukira ziciye mubihimba vy'irondoka ni iki?**

Indwara zandukira ziciye mubihimba vy'irondoka ni indwara zandurwa ziciye mu buryo bwo gukora imibonano mpuzabitsina idakingiye.

Izikunda kuboneka cane ni:

- Sifilisi
- mburugo
- umugera wa Sida

Umuntu ashobora kugira indwara zandukira ziciye mubihimba vy'irondoka zirenze imwe. Zishobora gutera uburwayi butibonekeza, ubugumba, ubumuga, zikaba zotera n'urupfu. Uretse uwu mugera wa Sida, izi ndwara zirashobora gukora iyo zavuwe neza hakiri kare.

#### **7. Uko bavura malariya k'umwana**

- Iyo ubonye ibimenyetso vyavuzwe haruguru, bifate ko ari indwara ikomeye cane maze umurungike kwa muganga mumaguru masha.
- Umwana uramuha umuti w'umucanwa kugirango umuriro ugabanuke,
- Kubandanya kwonsa umwana no kumugaburira,
- Guha umwana ivyo anywa vyinshi kiretse inzoga.

#### **2. Imigwi ibangamiwe gusumba mu kwandura indwara zandukira ziciye mubihimba vy'irondoka**

Uwo ariwe wese akora imibonano mpuzabitsina aba ageramiwe no kuzandura. Ariko ni nkenerwa kwibuka ko uwo ariwe wese ku myaka iyo ariyo yose yaba nuwafashwe ku nguvu ashobora kuzandura.

Ibishobora gutuma umuntu yandura:

- Kugira abo mukorana imibonano mpuzabitsina benshi,
- Kudakoresha agakingirizo neza
- Imico imwe imwe yerekeye ku mibonano mpuzabitsina,
- Kuba umukenyezi adashobora gufata ingingo mu gukoresha agakingirizo,
- Kuba umugabo atagira uruhara mu vy'irondoka rijanye n'amagara meza.

#### **3. Ikiza ca Sida**

SIDA ni umugera ufata uduce tw'amaraso (globules blancs), utwo duce tukaba ari abasirikare b'umubiri mu kuwurinda indwara.

#### **Uburyo yandura**

- Kurangura amabanga mpuzabitsina n'umuntu afise umugera wa sida mutikingiye.
- Kwandura biciye mumaraso y'umuntu yayanduye:

Akarorero: guterwa amaraso, gusangira ibikoresho bitobora uruhu, gukoresha inshinge zuwanduye, canke ibindi nko mu kwirasaga canke gusiramura.

- Ku muvyezi afise umugera wa sida arashobora kwandukiza umwana ari mu mbanyi, mugihe ari kumbanyi no mugihe c'ukwibaruka no mu gihe co ku mwonsa.

#### ***Ibimenyetso vy'umugera wa Sida***

- Gutakaza ibiro buhoro buhoro
- Umucanwa udahera
- Kubura akayabagu
- Gucibwamwo
- Indwara zo ku rukoba

Umuntu arwaye Sida kandi ashobora kugira indwara z'ivyuririzi:

- Igituntu n'izindi ndwara zo mu mazuru,
- Gucibwamwo,
- Indwara zo kurukoba,
- Indwara zandurira mu mibonano mpuzabitsina,
- Indwara zo mu kanwa, n'ibindi.

#### ***Isano riri hagati y'indwara zandurira mu mibonano mpuzabitsina n'umugera wa SIDA***

Indwara zandurira mu mibonano mpuzabitsina ziratumwe kwandura umugera wa SIDA vyongerekanwe cane kuko zitera ibikomere ku gitsina.

#### ***Uburyo bwo kuzirinda***

- Kwirinda kujarajara mu mibonano mpuzabitsina (kugira umugenzi umwe)
- Gupima amaraso neza imbere yo kuyaha abayakeneye
- Gukoresha ibikoresho vyo kwa muganaga vyonyene bisukuye,
- Kwivuzwa neza indwara zo mubihimba vy'irondeka,
- Gukoresha neza agakingirizo: ak'abagabo canke ak'abakenyezi,
- Guhimiriza cane abantu ku vyerekeye indwara zandurira mu mibonano mpuzabitsina n'ikiza ruhonywa nganda Sida,
- Guhimiriza abantu guhindura ingendo zitabereye mubujanye n'imibonano mpuzabitsina
- Kwirinda gusama igihe wanduye ikiza ca Sida,
- Kugira umugenzi umwe ntimuhemukiranire,
- Kwihangana.

#### **4. Kwipimisha ku gushaka**

Kwipimisha ku gushaka ni bwo buryo bwo kumenya inkuru y'ukuri, guherekeza abantu no

kubapima igihe bipfuzwa kumenya uko amagara yabo yifashe ku vyerekeye Sida.

Kwipimisha ku gushaka ni intambwe ya mbere yo kwirinda ikiza ca Sida, kubera ko ababituye bigira ingingo yo kwipimisha. Bishobora gukorerwa aho bisanzwe bikorerwa, canke ku bitaro. Bisubiye, ico gikorwa gikorwa k'ubuntu mu mavuriro.

Bitewe n'igwirirana ry'abandura Sida ni nkenerwa ko uwo ariwe wese mu gihugu amenya uko amerewe. Ibi kandi ni ngombwa k'uwariwe wese yumva ameze neza canke yiteze kubaka urwiwe canke ashobora kurangura imibonano mpuzabitsina. Ninangombwa ku mukenyezi ategukanya gusama imbanyi. Kumenya uko amagara yabo ameze bizotuma abantu bamenya uko bahagaze ku vyerekeye amagara yabo, gutegekanya mbere no kumenya inyifato bogira ku vyerekeye imibonano mpuzabitsina n'ibibazo umuntu yogira mugihe asanze yaranduye ikiza ca Sida.

#### ***Kwipimisha ku gushaka bigizwe n'iki (Depistage volontaire)?***

Kwipimisha ku gushaka bisigura ko abantu bipimisha ku bwabo bavipfuye bo nyene ubwabo. Abantu bategerezwa guhabwa impanuro imbere n'inyuma y'uko umuntu yipimisha.

Kuronswa impanuro imbere bituma umuntu aronka akanya ko kuganirizwa ku vyerekeye ikiza SIDA, ingene ibipimo bikorwa, ryari inyishu ishobora kuboneka, bikanafasha umuntu kwitegurira inkuru iyariyo yose ishobora kuva murivyo bipimo. Ivyo bituma hatabaho gukumirana canke iyidi migenzo ku vyerekeye ikiza SIDA.

Inyuma y'ibipimo uwaje kwipimisha araganirizwa imbere yo guhabwa inyishu yabonetse. Bifasha umuntu asanze atanduye afata ingingo kugirango abandanye yirinda kwandura.

Uwusanze nawe yaranduye aganirizwa guhitamwo neza kubaho mu buryo bubereye, gukingira abagenzi biwe, umuryango wiwe no kubandanya kubaho mu buryo bwiza.

#### ***Ni ngombwa kumenya ko:***

- Umuntu yihitiramwo guhabwa impanuro no gupimwa kubushaka bwiwe,
- Gupimwa bikorwa mw'ibanga,
- Iyo bikenewe ko bakurungika ahandi bikorwa mw'ibanga
- Inyishu ivuye mubipimo ntatangwa ku canditse

### ***Ninde ashobora kwipimisha ku gushaka bwiwe***

Ukwipimisha kugushaka biraba uwariwe wese afise imyaka 18 niyirenga, agashobora kwipimisha kw'ivuriro iryariryo ryose rifise ubushobozi bwo gupima umugera wa Sida.

### ***Akamaro ko kwipimisha ku gushaka***

Mugihe umuntu amenye uko amagara yiwe yifashe, ashobora kumenya ingingo afata zimufasha kwirinda kwandura umugera wa Sida. Vyongeye, iyo asanze yaranduye, araronka impanuro zikwiriye kuvyerekenye umugera wa Sida, agaheza akaza akora imibonano mpuzabitsina yikingiye. Biramufasha no kuronswa imiti yo gupfupfahaza imigera kubuntu.

Ku bakenyezi bibungenze, baragirwa inama ijanye n'uburyo bashobora gukingira umwana ari munda, kugira ngo avuke atanduye umugera wa Sida.

Kwipimisha ku bushake bifasha umuntu:

- Gukurikiranwa, guhabwa impanuro no kuronswa imiti ipfupfahaza,
- Bifasha uwariwe wese kwikingira kuko nta muti wa SIDA ubaho,
- Bituma umuntu ashobora guhindura inyifato,
- Ni bumwe mu buryo bwambere bwo kwikingira.

### ***Ninde atanga impanuro zo kwipimisha ku gushaka?***

Umuhanuzi w'abipisha kugushaka ashobora kuba umuforoma yavyize, abize ivyigwa bijanye n'inyifato, umwigisha, canke umurongozi w'ishengero.

Uwariwe wese yahejeje amashuri yisumbuye arashobora gutanga impanuro zo kwipimisha ku gushaka iyo amaze kuronka inyigisho ku vyerekeye ikiza Sida no gutanga impanuro bijanye.

### ***Ibikorwa vy'umuremeshakiyago ntungamagara no kubungabunga ibidukikije***

- Kumenyeshya abantu ko ibisata vyo kwipimisha ku bushake biriho,
- Kumenyeshya abantu aho ivyo bisata bikorera,
- Kumenyeshya, kwigisha no guhanura abantu ngo bakoreshe ibikoresho vyo kwikingira vyabigenewe, hamwe n'agakingirizo,
- Kumenya nimba ibisata vyo kwakira abantu ku mavuriro bikora neza,
- Kurondera kumavuriro no gutanga ibikoresho vyo kwikingira.

## **5. Gukurikirana abantu mu ngo iwabo**

Gukurikirana abantu mungo ni igikorwa gikorera abantu bafatira imiti mumihana iwabo. Bishobora gukenerwa ko umuntu arungikwa kwa muganga, bivanye nuko abamukurikirana canke umuryango wiwe babonye bikenewe.

Ico gikorwa kijanye no gufashanya hagati y'amavuriro, umuryango hamwe n'ababanyi.

Kugendera abantu mu ngo bifasha:

***Gutanga imiti:*** bikorwa mugutorera abantu imiti kwa muganga, gutanga impanuro kuburyo imiti ifatwa no gukurikirana umugwayi mugihe hari indwara zivyuririzi zijanye n'ikiza SIDA.

***Gukurikiranwa n'abaforoma:*** bikorwa mu guteza imbere no kubungabunga amagara meza, isuku, ingaburo ibereye no kubaho neza mugihe umuntu agendana umugera wa Sida.

### ***Gutanga impanuro no gufasha:***

Bikorwa mukuremesha umugwayi, kwigisha kubaho neza mu buzima busanzwe, gufasha abantu gufata ingingo zibereye iyo bamaze kuronka inyishu ku gipimo c'umugera wa Sida, gutegura umugambi wo kubana neza n'abandi hamwe no guhindura inyifato.

***Ibindi bikorwa vyo gufasha:*** bigizwe no gutanga inkuru hamwe no kurungika abantu mu mashirahamwe atanga imfashanyo, ibisata biraba ivyo kubaho neza, mbere n'impanuro ku muntu wese ku giti ciwe, hamwe no kumiryango.

### ***Intumbero zo kugendera ingo***

- Kugirango abantu bafise umugera wa Sida babandanye baronka imfashanyo zikenewe uherye kwa muganga gushika i muhira,
- Bitutuma abantu bashobora kumenya uburyo bwo kwirinda ikiza ca SIDA,
- Gutanga ubushobozi ku bantu n'imiryango kugirango babandanye bagira ubumenyi bukenewe mu gufasha abagendana umugera wa sida muburyo burama,
- Gutahuzza cane imiryango n'abantu kugirango babane neza n'abantu bagendana umugera wa SIDA binagabanye gukumirana bivuye ku kiza ruhonyanganda SIDA,
- Kworohereza umurwayi bamurungika aho aba canke kuva aho aba aja kwa muganga no kuronka ibikoresho bikwiriye
- Gutuma akazi ko kugendera imiryango ku bantu banduye n'abahuye n'ingaruka zo kuba bafise ababo banduye gakorwa neza.

## **Akamaro ko kugendera imiryango irimwo abantu bagendana umugera wa SIDA**

- Bituma bafungura neza
- Kwivuzza hakiri kare indwara z'ivyuririzi
- Kuronka impanuro nyinshi ku buryo umuntu agira inyifato nziza akongera akaremeshwa
- Kwigisha abafasha umurwayi ukuntu umurwayi yitwararika
- Kumurungika kw'ivuriro riri hafi kugirango umurwayi avurwe indwara z'ivyuririzi canke igihe umurwayi aremuye,
- Bituma haba umubano mwiza hagati y'umurwayi n'umuryango wiwe

## **Abagira uruhara mu kugendera imiryango n'akamaro kabo**

Abagira uruhara mu kugendera imiryango ni amavuriro, abantu bagendana umugera wa SIDA, umuryango ndetse n'ababanyi.

Aba bose ni kirumara kandi bafise akamaro kanini:

- *Amavuriro*
- Gutanga impanuro, gupima ubwa mbere no kuvura,
- ✓ Guha abantu bagendana umugera wa SIDA isango, kurondera ibikenwe ku nzego zose, gutegurira umuntu agendana umugera gutaha muhira,
- ✓ Gutegura umuryango uzomwitwararika ageze muhira,
- ✓ Gutanga imiti vyoroshe n'ibindi bikoresho nkenerwa vy'abaforoma.
- ✓ Guhimiriza no gukurikirana abaremashakiyago ntungamara muvuyerekeye kugendera imiryango, gufasha abarwayi bagendana umugera wa SIDA hakurikijwe ivyipfuzo vyabo, mbere no gukoresha ibikoresho bibayabaye.
- *Umuryango:*
- ✓ Kwitwararika umurwayi agendana umugera wa SIDA muhira, guhura n'abandi batanga imfashanyo, nk'amashengero, amashirahamwe atanga imfashanyo, imigwi ijejwe ivy'amagara y'abantu canke iyindi migwi.
- ✓ Abagendana umugera wa SIDA bategerezwa kumenya no kugira uruhara mu bibakorerwa, kwemera igihe bagezemwo.
- *Abagendana umugera wa SIDA*
- ✓ Guhitamwo uwundi ashobora kubafasha igihe bibaye nkenerwa,
- ✓ Kugira uruhara mu mfashanyo baronswa

- ✓ Kugira uruhara mu gutegura imigambi yo muri kazoza,
- ✓ Kurondera uwomufasha mu kumuremesha
- ✓ Gufata ingingo ko atazokwanduza abandi ikiza ca SIDA,
- ✓ Kuba intwari mu guhindura inyifato no kumenyesha abagenzi biwe uko amagara yabo ameze.

## ***Incamake mu vyokorerwa abagendana umugera wa SIDA***

- Kubahanura kwipimisha ibiro buri mezi abiri.
- Kubahanura ko bakeneye kugira inguvu bagafungura ingaburo ibereye.
- Kwigisha abaremashakiyago ntungamagara n'abandi ku vyerekeye isuku muri rusangi n'isuku ry'ibifungurwa.
- Kubahanura ko bategerezwa kubaho mu buzima bwiza kandi bakarangura amabanga mpuzabitsina bikingiye.
- Kubabwira ko bategereza kurondera imiti y'indwara z'ivyuririzi no kumenya ibimenyesto vyazo.
- Gukora imyimenyerezo y'ukwinonora imitsi.

## **Icigwa ca 3.3: Indwara y'igituntu Ibigize icigwa**

- Insobanuro y'igituntu
- Uburyo candura, ibituma umuntu akirwara
- Ibimenyetso vyaco
- Uburyo twocirinda no kukivura,
- Isano riri hagati y'igituntu n'umugera wa SIDA

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

Igituntu ni indwara yandukira iterwa n'umukorobe uvuye ku murwayi w'igituntu co mu mahaha ukaja mu wundi biciye mu muyaga. Igituntu gishobora gufata mu mubiri ahariho hose uretse umushatsi n'inzara. Iyo kivuwe neza kirakira, iyo kitavuwe naho kirica.

### **2. Ibituma abantu bashobora kugwara igituntu**

- Kubana igihe kirekire n'umuntu yacanduye atari ku miti
- Ahantu hari abantu benshi kandi hadaca akayaga gakwiriye
- Indwara ya SIDA
- Gufungura nabi
- Abana n'abageze muzabukuru
- Umuntu anywa itabi

### 3 Uburyo candukira

Igituntu gikwiragizwa n'impwemu iyo umuntu amize amate y'uwasanduye nkiyo akoroye, yasamuye canke avuze. Abantu bari hafi yabacanduye bashobora guhema imikorobi mu mate bagaheza bakacandura. Abantu barwaye igituntu co mu mahaha nibo bakunda gukwiragiza bagiteri mu bantu bakunda kwirirwana nabo buri muni nk'abo mu muryango, incuti canke abagenzi babo.

### 4. Ibimenyetso vy'igituntu

- Inkorora imaze indwi zibiri canke zirenga
- Guta ibiro no kubura akayabagu
- Umuriro no kugira ivyuya vyinshi mw'ijoro
- Gukorora agacira amaraso canke igikororwa kivanze n'amaraso.

### 5. Uburyo bacirinda

- Kuvura hakiri kare abacanduye bose
- Gushiraho ibisata vyo gutanga impanuro no gutanga imiti,
- Gutanga inkuru yukwizera zijanye nukuntu candukira nuko cirindwa hakoreshejwe ibikoresho vyo gutanga amakuru, kwigisha no gutanga ubutumwa (IEC).

### 6. Akamaro k'umuremesha kiyago ntungamara n'ibidukikije mu kwitwararika abarwaye igituntu

- Kurungika kwa muganga umuntu afise inkorora imaze indwi zibiri canke zirenga,
- Gukurikirana ingene umugwayi afata imiti,
- Gukurikirana abantu bigeze kubana nuwugwaye igituntu.

### 7. Isano riri hagati y'umugera wa SIDA n'Igituntu

Igituntu ni indwara imwe mu zituma haba impfu ku bantu bagendana umugera wa SIDA. Umugera wa SIDA n'igituntu zifitanye isano riri hafi. Mw'ijambo rimwe, igituntu kiri mu "ndwara z'ivyuririzi" rikundwa gukoreshwa kugira ngo basobanure isano rihari. SIDA itera abasirikari b'umubiri maze igatuma abantu bagoyagoya bakandura igituntu. Abantu benshi baba bafise igituntu cinyegeje mumubiri. (bisigura ko umuntu aba afise mikorobe mu mubiri ariko zitaramutera indwara).

SIDA ituma izo mikorobe z'igituntu zinyegeje zivamwo indwara. Ivyo bica bituma haziramwo n'izindi ndwara. Kubera uburyo igituntu candukiramwo, abantu bo mu muryango canke abitwararika umurwayi n'abandi babana n'uwo

agendana umugera wa SIDA baba bari mu bashobora kwandura igituntu.

Vyaribonekeje ko abantu barenga 60% barwaye igituntu baba baranduye umugera wa SIDA. Abantu bagendana umugera wa SIDA basugerejwe incuro 50% mu kwandura igituntu kurusha abatawugendana.

Ibindi bituma umuntu adakizwa n'imiti yahawe kuri iyo ndwara y'igituntu, bishobora guterwa no kudafata imiti ku buryo bukwiye bigatuma imigera irushiriza gukomera.

Kutavurwa n'imiti bitera imiryango ingorane cane kuko birazimba, akenshi umuntu imiti yanse kuvura akanapfa.

Abantu barwaye igituntu bategerezwa gupimwa umugera wa SIDA, n'abantu barwaye umugera wa SIDA bategerezwa kwisuzumisha igituntu.

Twomenya ariko ko izi ari indwara zibiri zitandukanye kuko igituntu kivuwe kirakira.

## **Icigwa ca 4: Amazi meza, Amashamba n'ibinyabuzima n'uburyo bwo gutunganya amatongo Intumbero z'icigwa**

Inyuma y'iki cigwa abakurikiranye inyigisho bazoshobora:

- Kuvuga amasoko y'amazi aboneka aho baba,
- Gusigurira imiryango ingorane zo gukoresha amazi mabi
- Gusigura uburyo bwo gusukura amazi,
- Gusigura uko batunganya isi ndimwa no gusigura akamaro k'amashamba,
- Gusigura uko kubungabunga amashamba,
- Gusigura amategeko agenga amashamba,
- Gusigura akamaro ko kubungabunga ibinyabuzima,
- Gusobanura amategeko agenga kubungabunga ibinyabuzima.

### **Ibigize icigwa**

- Amasoko y'amazi, ivyanduza amazi n'inzira yanduriramwo,
- Ibibazo bishobora kuvuka ukoresheje amazi mabi,
- Uko basukura amazi yo kunywa,
- Akamaro ko kubungabunga amashamba,
- Kwigisha amategeko agenga amashamba
- Akamaro k'abanyagihugu mu kubungabunga amashamba
- Akamaro ko kubungabunga ibinyabuzima,
- Kwigisha amategeko agenga kubungabunga ibinyabuzima,
- Akamaro k'abanyagihugu mu kubungabunga ibinyabuzima.

### **Icigwa ca 4.1 Uko bitwararika amazi meza**

#### **1. Amasoko y'amazi**

- Imvura
- Imigezi, amasoko, inzuzi, ibiyaga,
- ibinogo vyimbwa amazi azoza ararekamwo
- Amasoko yo mu mitumba miremire,
- Amasoko yo mukuzimu.

#### **2. Ibikunda kwanduza amazi**

- Imyanda y'abantu niy'ibikoko
- Imiti ikoreshwa mu burimyi, urugero ikoreshwako, iyica udukoko,
- Ivumbi, ibibabi canke ibindi vyatsi,
- Uhuriro ry'imyanda ituruka mu misarani canke imyanda ituruka mu mahinguriro
- Iyindi myanda
- Ivyondo

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

Amazi ashobora kwandura akiva mw'isoko, igihe bayatwaye canke akandurira muvyo bayabikamwo

##### **Akiva mw'isoko**

- Aho atembera: ashobora kwanduzwa n'imiti yica ivyatsi canke umwanda mukuru,
- Iyo barekuriyeyo amahwaniro y'imyanda iva mu musarani canke imyanda yo mu mahinguriro,
- Igihe bogera muhira canke mu biyaga

- Kumeseramwo impuzu canke kwoza amasahani
- Iyindi myanda iba yaguye mu masoko y'amazi : ibikoko vyapfuye canke iyindi micafu
- Gukoresha ibintu vyanduye canke kwogereza amasahani mu mariba
- Kubaka imisarani hafi y'amasoko
- Gushora ibikoko (iyo bigiye kunywa amazi) hafi yamasoko

##### **Igihe bayatwaye**

- Ivyo bayatwaramwo vyanduye
- Umukungugu
- Ibibabi vyagiye mu mazi
- Gukoza intoki mu mazi

##### **Aho bayabika nuko bayakoresha**

- Ibikoresho vyo munzu bishobora kwanduza amazi iyo ari mu bintu bidapfundikiye
- Ibintu bayabikamwo iyo bidafise isuku
- Gukoza intoki mu mazi
- Ibintu bipfundikira amazi iyo bidasukuye

#### **4. Twokingira amazi gute kwandura?**

- Kwubaka imisarani ku metero 30 uvuye ku masoko y'amazi kandi hepfo y'amasoko,
- Gukingira amasoko y'amazi nk'ukuyazitirira
- Kwirinda kwogera mu masoko y'amazi
- Ibikoko biba mu mazi mu masoko azwi

- Kubanza gusukura uruhurirane rw’imyanda canke imyanda yo mu mahinguriro imbere yuko bayirekurira mu mazi,
- Kwirinda guta imyanda mu masoko y’amazi
- Gukoresha ibintu bashiramwo amazi canke batwaramwo amazi bifise isuku rikwiye,
- Kwirinda kumesera canke kwogereza amasahani, amasafuriya mu masoko y’amazi,
- Gutera ibiti hafi y’amasoko y’amazi.

### 5. Ingorane ziterwa no gukoresha amazi acafuye.

- Indwara ziterwa n’isuku rike nk’ugucibwamwo
- Inzoka zo munda ,
- Uburozi

### 6. Insiguro y’amazi meza

Amazi bavuga ko ari “meza” iyo ataryoshe canke ngo abihe, nta bara agira canke akamoto. Nta kintu na kimwe kiba kirimwo canke kirerembamwo, nta n’utundi tunyabuzima naho twoba duto duto tuba turimwo canke utuntu twoba dufise imigera canke uburozi.

Ivyo bintu bine vya mbere biranga amazi meza biboneka iyo uyitegereje canke uyakoresheje.

Iyo bayasuzumye mu mazu yabigenewe, bashobora kubonamwo utwo tunyabuzima duto duto canke ibindi bintu vyinyegejemwo.

### 7. Uburyo bwo gusukura amazi

Ubwo buryo bukunda gukoreshwa mu gusukura amazi yo kunywa canke yo gukoresha munzu. Ubwo buryo ni ukuyayungurura, kuyateka, kuyashira ku zuba canke gushiramwo iyindi miti

#### *Kuyayungurura*

Kuyungurura amazi ni ugutuma imyanda yose iri mu mazi ija hasi mu ndiba y’ico ateretsemwo. Ayo mazi yayunguruwe bakayashira mu kindi kintu, aho adashobora guhurira n’imicafu. Muri ubwo buryo bwo kuyungurura amazi, dutegerezwa guca tuyashira mu kindi kintu ca kabiri iyo amaze kuba meza.

#### *Kuyateka*

Amazi yayunguruwe ashobora gushirwa mw’isafuriya nini ukurikije uko umuryango ungana.

Munyuma amazi bayatereka ku muriro akabira nimiburiburi iminota itanu. Ubu buryo butuma utunyabuzima duto duto dutera indwara dupfa. N’utunyabuzima duto duto twoba turi mu mwanda ukomeye duca dupfa.

- Iyo amazi amaze gutekwa, isafuriya irapfundikirwa igashirwa mu cumba gifise isuku. Nivyiza ko aca abikwa mu kindi kintu ciza atatetswemwo kugirango abantu baze kuyakoresha.

#### *Imishwarara y’izuba*

Amazi bayatereka ahantu imishwarara y’izuba iyashikira ifise inguvu ari mugikoresho gipfundikiye. Iyo mishwara y’izuba itabonwa n’amaso yitwa “ultraviolet” ikaba ishobora kwica udukoko duto duto dushobora kwanduza amazi.

#### *Gukoresha imiti*

Ubu buryo nubwo gukoresha imiti hakoreshejwe imiti imwe imwe bita “sodium hypochlorine” abantu bakunda kwita sure eau. Ni umuti uyungurura amazi, ukica udukoko tuba mu mazi, utubuza guhema.

Uwo muti ushobora kuboneka ku buryo butandukanye, nk’ibinini, ifu canke umeze nk’amazi.

### 8. Ibikorwa vyerekeye isuku

#### *Isuku ryo ku mubiri n’ivyambarwa*

Kwoga umubiri wose imisi yose, kwoza amenyo, umushatsi no mu maso iminsi yose tukongera tugaca inzara tukanazozza.

Kumesura ivyambarwa , gukaraba intoki imbere yo gufungura, imbere yo gutegura imfungurwa, inyuma yo kuva ku musarani, imbere yo kugaburira umwana, canke imbere n’inyuma yo gufasha umurwayi.

#### *Ibidukikije*

- Gushira ivyo dutekamwo n’ivyo turiramwo kure y’ibitungwa, abana canke inkoko. Kwubaka agaserama ko kwanikirako ibikoresho vyo mu gikoni,
- Kubika neza no gupfundikira imfungurwa,
- Imisarani itegerezwa kubakwa nimiburiburi ku metero 30 uvuye ku nzu tubamwo,
- Kuraba nimba amazu yubatswe neza kandi afise amadirisha akwiye yinjiza akayaga,
- Kwimba nyabarega yo gutamwo imyanda

- Kwubaka urugomero inka zinyweramwo amazi
- Gukingira ibidukikije, gutegura ahaja imyanda, gusukura amasoko y'amazi,
- Kwubaka imiringoti hafi y'inzu kugirango amazi ntareke maze imibu igakuriramwo,
- Kurandura ivyatsi biri hafi y'inzu,
- Kubungabunga amasoko y'amazi yaba aya rusangi canke ay'abikorera ivyabo mumihana
- Gutera ibiti ku misozi.

## **Icigwa ca 4.2: Gukingira amashamba**

### **1. Amashamba ni iki?**

- Amashamba cimeza canke ayo bateye
- Ibiti bishobora kuba ari vya cimeza canke vyavuye mu bindi bihugu
- Amashurwe
- Ibikumba vya leta canke vy'abantu
- Ikibira canke amashamba akingiwe.

### **2. Akamaro k'amashamba**

#### *Ku banyagihugu*

- atuma imvura igwa
- Niho ibikoko n'ibinyabuzima biba
- Ahantu hahambaye mu gukingira imigezi n'amasoko y'amazi,
- Ingenzi zirahatembera bikinjiza amafaranga
- Ibikoresho vyo kubaka, imbaho, ivyatsi amabuye n'ibindi,
- Inkwi zo gucana, amakara, imyavu ituruka ku bitegwa n'ibikoko bitungwa,
- Indya-ivyamwa, ubuki, imboga,
- Bituma uburimi butera imbere: amazi, imbaho,
- Imiti yo mubuvuzi kama, amatambarubingo, imvyamwa, ect.

#### *Kuri Leta*

- Bituma ikirere kiguma kimeze neza.
- Kubungabunga no gukomeza ikigereranyo c'amazi(c'imvura)
- Gukingira isi bigatuma hataba inkukura

- Ubutunzi butera buja imbere iyo hari amashamba akwiriye cane cane ku banyagihugu kuko bashobora kugurisha ibiva mu mashamba nk'ibiti n'imbaho,
- Hashobora gukorwa ibikoresho bimwe bimwe biva ku mashamba nk'impuro canke imbaho.
- Hari ibiti bivamwo imiti, ibindi bakabikoramwo ibikoresho vyo munzu nk'intebe, inzugi.
- Ashobora gutanga akazi nko mu mahinguriro akora ibiturutse ku mashamba canke abantu bakora ububaji,
- Amashamba ashobora kuba arimwo ibigo ndangakaranga nk'aho gukinira canke aho kwororera ibikoko,
- Ubushakashatsi no kwiga guteza imbere amashamba, ubushakashatsi mu bisata vyose vy'amashamba n'ibiyakomokako.

### **3. Igituma abantu bahonye amashamba**

- Baba barondera inkwi zo gucana
- Baba barondera imiti
- Baturira amakara kugirango baronke amafaranga,
- Baba barondera imbaho
- Baba barondera isi yo kurimamwo ivyo kurya
- Baturira amashamba kugira baronke uburagiho.

### **4. Uburyo bwo kubungabunga amashamba**

- Guhimiriza abantu kubungabunga amashamba
- Gutera ayandi mashamba
- Gutera ibiti bitandukanye
- Kwigisha abantu amategeko agenga amashamba
- Gushiraho imigwi y'abajejwe kubungabunga amashamba.

### **Icigwa ca 4.3: Kwitwararika ibinyabuzima**

1. Ibitungwa n'ibinyabuzima vyo mw'ishamba ni iki

- Inyamaswa
- Ibiguruka
- Ivyikwega
- Ibindi vyose bibana n'ibinyeshamba

2. Akamaro ko kubungabunga ibinyabuzima

- Ni isoko y'amafaranga biciye kuri ba rukerarugendo
- Bituma abantu baronka akazi
- Bituma habungabungwa ubwoko butandukanye bw'ibinyabuzima.

3. Ibituma abantu bahonye ibikoko

- Baba bariko bararondera ivyo kurya
- Barondera ivyo gushaza nk'amahembe y'inzovu
- Gukingira imirima canke aho baba

4. Uburyo bwo kwitwararika ibinyabuzima

- Kwigisha abantu uko babibungabunga
- Ni ubundi buryo bwo kugira amagara meza
- Gusobanura ibikoko bishobora kubana n'abantu
- Gukingira abantu ibikoko bimwe bimwe vy'inkazi,
- Kwigisha abantu amategeko ajanye no kubungabunga ibinyabuzima.

**Igice ca 4.4: Ibikorwa vyo kubungabunga isi ndimwa**

- Kurima imbuto zirobanuye
- Kuvanga ibiti n'imbuto zishobora kubigirira akamaro mu kwera
- Gukoresha umwavu ubora,
- Guhindura imbuto,
- Guca imiringoti kumisozi,
- Kwitwararika ibiterwa mbumbarugo,

### **Icirwa ca 5: Guha umukenyezi ubushobozi no guteza imbere imiryango**

**Intumbero z'iki cirwa**

Inyuma y'iki cigwa abakurikiranye inyigisho bazoba bashobora:

- Gusigura uburinganire hagati y'ibitsina,
- Gusigura amajambo nyamukuru (Uburinganire, Ukwunganiranira, Guha ubushobozi umukenyezi),
- Gusigura ingorane zijanye n'uburinganire hagati y'ibitsina mu bantu,
- Gusigura ibituma haba ihohoterwa rifatiye ku gitsina
- Gusigura ingene ihohoterwa rifatiye ku gitsina rishobora kurandurwa burundu,
- Gusigura ukuntu abakenyezi n'urwaruka bashobora kuronswa ubushobozi,
- Gusigura ibikorwa vyose bitanga inyungu bishobora gukorwa n'abanyamuryango,
- Gusigura urugo canke umuryango w'akarorero muri uyu mugambi

**Ibigize iki cigwa**

- Amajambo akoreshwa mu burunganire hagati y'ibitsina,
- Ihohoterwa rifatiye ku gitsina n'ikumirwa (ibibitera nuku bavyirinda),

- Izindi ngorane zishika zishingiye ku burunganire hagati y'ibitsina,
- Guha abakenyezi n'urwaruka ubushobozi bwo kwiteza imbere,
- Ibikorwa bitanga inyungu mu muryango,
- Amashirahamwe yo kubika no kuguranana
- Gusigura urugo canke umuryango w'akarorero muri uyu mugambi.

**Icigwa ca 5.1: Guha ubushobozi abakenyezi**

Ni ibikorwa canke imyitwarariko runaka baha umukenyezi canke umugabo bafatiye k'uko baremwe.

Uburinganire rero buhagaze ku kuba umugabo canke umukenyezi. Mu burunganire, ibikorwa y'umwe wese igenda irahinduka, dushobora no guhindura ivyo abantu bari biteze ku mugabo canke ku mukenyezi maze tugashiraho iyindi myitwarariko y'umugabo canke y'umukenyezi.

**3. Amajambo akunda gukoreshwa mu burunganire**

*i) Ihohoterwa rishingiye ku gitsina*

Ihohoterwa rishingiye ku gitsina n'ikibi cose gikorewe umuntu bigatuma yotakaza ubushobozi bwiwe yaba ku mugabo canke ku mukenyezi. Ubwo bugizi bwa nabi bushobora kuba ku

mubiri, ku gitsina, gutuma umuntu ata umutwe, ku matungo canke bifatiye ku mico.

**ii) Uburinganire n'ibikorwa vya buri muntu**

Ibi n'ibikorwa vyose bigenewe umugabo canke umukenyezi hakurikijwe agace babayemwo kandi n'uko bavutse.

Ivyo bikorwa bigabanijwemwo ibice:

*Ibikorwa vy'ingirakamaro:* n'ibikorwa bakora hakaboneka ibintu bitandukanye bizana inyungu. Biba bizwi kandi bigahabwa agaciro nk'igikorwa c'umuntu canke c'abantu cane cane nko mw'isuzumwa ry'ubutunzi bw'igihugu (PIB).

*Ibikorwa vyo muhira n'ibijanye n'indero mu muryango:*

Ibi bigizwe no kwitwararika urugo nko: guteka, gukora isuku, kurera abana, n'ibindi. Ariko ni gake cane bifatwa nk'ibikorwa bitanga inyungu. Abakenyezi n'abakobwa nibo bakunda kubikora.

*Ibikorwa vyo kwitwararika abanyagihugu:*

Ibi ni ibikorwa bijanye no gufata ingingo kugirango ibintu bije ku murongo, mu nzego zitandukanye mbere n'uburyo bwo gutunganya aho baba.

**iii) Uburinganire n'ukwunganirana**

Ibi vyerekeye ivyo kungana mu bitigiri vy'abagabo n'abakenyezi mukuja mu nzego canke kuzigiramwo uruhara, nko kugira uruhara muma komite atandukanye.

**vi) Gutandukana mu burunganire**

Igitsina kimwe kiba kitaboneka mungingo zose zifatwa mbere co nta n'inyungu kibibonamwo.

**vii) Kwitwararika ibibazo bihagaze kukungana kw'ibitsina**

Bijanye no gusangira amatungo y'umuryango, ivyiza n'inyungu hagati y'umugabo n'umukenyezi mu bihe bitandukanye.

**viii) Guha abagabo n'abakenyezi amahirwe angana**

Gufatwa kumwe hagati y'umugabo n'umukenyezi imbere y'amategeko canke

ibwirizwa Nshingiro ry'igihugu bifatiye ku mategeko y'uburenganzira bwa kiremwa muntu nkuko vyibonekeza muri ayo mategeko yubahiriza agateka ka zina muntu (1948), n'ubwumvikane mu kurandura burundu ikumirwa ku mukenyezi (1979).

**ix) Ihohoterwa rifatiye ku gitsina**

Bifatiye kukuba umuntu ataronswa uburenganzira bwiwe kuko ari umukenyezi, umugabo, umukobwa canke umuhungu. Ivyo ni nko kwirengagiza gushira mw'ishure umwana w'umukobwa.

**3. Guha umukenyezi canke umugabo ubushobozi**

Bifatiye ku gutanga uburyo, ubumenyi bufasha uwo ariwe wese guhiganwa n'abandi mu kuronka akazi, ibintu canke amatungo bibonetse kugirango ashobore kwibeshaho .

**4. Ibitera ihohoterwa rifatiye ku gitsina**

- Ababana batavyumvikanye
- Gusangira amatungo y'umuryango
- Kuba umwe adashobora kwumva umubabaro w'uwundi
- Kuba bafise ico bapfana (mu mategeko)
- Kudahuriza hamwe amatungo y'umuryango

**5. Tworinda gute ihohoterwa rifatiye kugitsina**

- Kwigisha no guhanura ababana
- Gutegurira imigambi hamwe
- Gushira kumugaragararo uko bakoresha amafaranga.

**Icigwa ca 5.2: Ibikorwa bitanga inyungu**

1. Ni ibihe bikorwa bitanga inyungu (AGR)?
2. Ibikorwa bitanga inyungu umuntu ashobora gukora
3. Ibikorwa bitanga inyungu bishobora gushirwa mu mugambi gute?
4. Gushira imbere ibikorwa bitanga inyungu

### **Icigwa ca 5.3: Inzu canke umuryango w'akarorero mu kwitwararika amagara y'abanyagihugu no kubungabunga ibidukikije (PHE)**

#### *1. Umuryango canke inzu y'akarorero mu kwitwararika amagara y'abanyagihugu no kubungabunga ibidukikije (PHE) ni iki?*

Niyo urwo rugo canke umuryango ushira imbere, amagara meza n'ibidukikije, ushira mu ngiro umugambi wo guteza imbere amagara meza no kubungabunga ibidukikije.

Ayo mazu rero canke iyo miryango n'akarorero mu kubungabubga amagara n'ibidukikije (PHE) mu kibano.

#### **2. Ibigize iyo nzu canke uwo muryango**

- Kureka amazi aturuka hejuru ku mazu
- Gusukura imisarani
- Kwubaka agatanda bashirako amasahani (agaserama)
- Abana bari musu y'imyaka itanu baracandazwe neza

- Abakenyezi bibungenze barapimishije imbanyi kwa muganga
- Abakenyezi bavyarira kwa muganga
- Umukenyezi n'umugabo bakoresha uburyo bwo kurondoka kurugero
- Inzu ifise amadirisha
- Iyo nzu canke umuryango bafise akarima k'igikoni,
- Iyo nzu canke umuryango barateye ibiti mw'itongo,
- Iyo nzu ifise isuku kandi baratema n'ivyatsi iruhande y'inzu,
- Abo mu muryango bose barara mu mu segetera urimwo umuti wica imibu,
- Abo mu muryango bose banywa amazi meza.

## **IVYONGEWEMWO**

**IKIGANIRO C' UMUREMESHAKIYAGO NTUNGAMAGARA  
NO KUBUNGABUNGA IBIDUKIKIJE**

**Itegurwa ry'ikiganiro cawe**

1. Kugendera abantu kugirango umenye ingorane zabo.

2. Shira hamwe ibikoresho vyawe.

- Urutonde rw'ikiganiro rufasha umuremeshakiyago ntungamagara n'ibidukikije
- Ikaye
- Ikaramu canke ikaramu y'igiti
- Igitabo wandikamwo icegeranyo
- Amasanamu ajanye n'irondeka rijanye n'amagara meza
- Ibitabo vyo gutanga inkuru, kwigisha no kuganira n'abantu (IEC)
- Imfashanyigisho zo guha abantu iyo bikenewe
- Ibinini vyo kurondoka ku rugero wifashisha uriko urigisha abantu canke uza guha abakenyezi,
- Udukingingirizo wifashisha uriko urigisha abantu canke uza guha abari ngaho
- Imfashanyigisho y'igitsina c'umugabo
- Igipimo mu gupima uturima twigikoni
- Ibikoresho vyo kwereka abantu.

**GUTANGURA IKIGANIRO**

- Kurondera ahantu heza ho kuganirira
- Tangura
- Twenga twenga, uramutse abantu ubereka ikiganza ,kandi widondore,

**Tora neza ico muza kuganirako**

1. Iyo winjiye munzu itegereze ibiyikikije, tangura ikiganiro uhereye kuvyo wabonye.

- Babwire aho ukora
- Vuga icakuzanye kubagendera
- Baza abo mu muryango wagendeye amakuru yabo
- Baza abo mu muryango ingorane muri rusangi
- Kubizeza ko muganira mw'ibanga (Iyo muganira ku kurondoka kurugero)
- Kwinjira mwido n'ido ry'ikiganiro,
- Gusozera ikiganiro,
- Gushimira abo mu muryango ukuntu bakwakiriye
- Gukora raporo

**Gukoresha ubuhinga mu kubaganiriza:**

- Kwitonda no kubumviriza neza
- Gukoresha ururimi rwumvikana
- Kwerekana ko ivyo uvuga bifise akamaro
- Gusubiramwo mu ncamake ivyo bamaze kukubwira
- Kubabwira ivyiyumviro vy'abandi
- Kubaza ibibazo bitomoye
- Kwerekana ko ushaka kubumva
- Ntutume umuntu agira isoni
- Kuraba ko ivyo muganira n'umuntu bitamuteye ingorane.

2. Nimba hari ikiganiro wateguye, uze kuvuga no kuvyo woba wabonye

Iyo usanze hari	Uganira kuri ibi:
Umukenyenzi yibungenze	<ul style="list-style-type: none"> <li>Amagara y'umwana n'umuvyeyi</li> <li>Gupimisha imbanyi,</li> <li>Gutandukanya imvyaro</li> <li>Gusukura amazi n'isuku ryo munzu</li> </ul>
Umukenyenzi afise umwana ari musu y'umwaka umwe	<ul style="list-style-type: none"> <li>Amagara y'umwana n'umuvyeyi</li> <li>Gutandukanya imvyaro</li> <li>Gusukura amazi n'isuku muhira</li> <li>Gucandagisha ibibondo</li> </ul>
Umuryango ufise abana benshi bari musu y'imyaka itanu	<ul style="list-style-type: none"> <li>Amagara y'umwana n'umuvyeyi</li> <li>Gutandukanya imvyaro</li> <li>Gusukura amazi n'isuku muhira</li> <li>Gucandagisha ibibondo</li> </ul>
Nta musegetera urimwo umuti wica imibu uhari	<ul style="list-style-type: none"> <li>Amagara y'umwana n'umuvyeyi</li> <li>Kwikingira malaria</li> </ul>
Nta musarani canke umusarani wegereye inzu Cane	<ul style="list-style-type: none"> <li>Amagara y'umwana n'umuvyeyi</li> <li>Indwara zo gucibwamwo</li> </ul>
Nta honyora ukarabe n'isabune bihari	<ul style="list-style-type: none"> <li>Gusukura amazi n'isuku muri vyose</li> </ul>
Nta nyabarega	<ul style="list-style-type: none"> <li>Gusukura amazi n'isuku muri vyose</li> </ul>
Nta gatanda ko gushirako amashani, agaserama	<ul style="list-style-type: none"> <li>Gusukura amazi n'isuku muri vyose</li> </ul>
Isoko y'amazi (umugezi, ikiyaga)	<ul style="list-style-type: none"> <li>Gusukura amazi n'isuku muri vyose</li> </ul>
Ibitungwa vyegereye cane inzu.	<ul style="list-style-type: none"> <li>Gusukura amazi n'isuku muri vyose</li> </ul>
Guteka ku mashiga asanzwe y'amabuye	<ul style="list-style-type: none"> <li>Amashiga ya kijambere canke ubundi buhinga bwo kubika umuriro</li> </ul>
Kurima ibitari ivya kijambere Ntibahindura imbuto mu murima Nta bitu mu karima ko mukigo Bakoresha umwavu wo mu mahinguriro	<ul style="list-style-type: none"> <li>Uburimyi bwa kijambere</li> <li>gukingira amasoko y'amazi</li> <li>Gutera ibiti mu matungo</li> </ul>
Nta nyabarega	<ul style="list-style-type: none"> <li>Uburimyi bwa kijambere</li> </ul>
Ibitu bike canke ntanibiraho	<ul style="list-style-type: none"> <li>Uburimyi bwa kijambere</li> <li>Gutera ibiti</li> </ul>
Inkukura hafi y'inzu	<ul style="list-style-type: none"> <li>Uburimyi bwa kijambere</li> <li>Gutera ibiti</li> </ul>
Abarovyzi	<ul style="list-style-type: none"> <li>Uburimyi bwa kijambere</li> <li>Gukingira ikiyaga</li> </ul>

### 1. Gutandukanya imvyaro

- Tanguza ikiganiro uhereye ku matungo bafise
- Baza nimba umuryango ufise amafaranga ashobora kuzobafasha mu myaka 10 iri imbere,

- Baza ku vyerekeranye n'ivyimbirwa nimba bafise ibizobashikana ku myaka 10

- Baza ku vyerekeranye n'amafi nimba bafise ayazoshobora kubafasha mu gihe c'imyaka 10

**Muganirire kwisano riri hagati y'amagara meza, kubungabunga ibidukikije no gutandukanya imvyaro**

- Imiryango yagutse iba ikeneye itungo rinini, ibiti, amafi, amazi n'ayandi matungo.
- Muri iyi minsi abantu ntibafise amatungo akwiriye yo kurimamwo
- Muri iyi minsi abantu bafise amafi make yo kugurisha no kurya
- Amatungo mato n'amafi make bituma habaho ubukene mbere n'indwara
- Iyo uteye ibiti bikura neza kandi biviyibushye ni co kimwe no gutandukanya imvyaro.

### □Muganire ku kamaro ko gutandukanya imvyaro

- Abana baronka umwanya wo gukura neza bafise amagara meza
- Umukenyenzi aronka umwanya wo kuruhuka no kugira amagara meza
- Umuryango ukenera itungo rito n'ibiterwa bike biwutunga
- Umwimbu wasigaye ushobora kugurishwa bakaronka amafaranga
- Bituma itungo ridatituka, rikazorimwa n'abazovuka mu nyuma
- Bigabanya gukenera inkwi, imfungurwa, amafi n'amazi.
- Umuryango uronka umwanya wo gukora ibikorwa bitanga inyungu
- Bituma umuryango uziganiriza abana kugirango baze bige neza.

### Gusubiramwo uburyo bwo gutandukanya imvyaro

- Ibinini vyo gutandukanya imvyaro
- Inshinge
- Akanyuzi
- Agakingirizo
- Tanga ibinini canke agakingirizo canke umurungike ku bajajwe amagara y'abantu

### **Gusigura ubu buryo bwose**

- Bishobora gukinga indwara zandurira mu mibonano mpuzabitsina nka SIDA.
- Bishobora gukinga imbanyu utipfuza.

### **Gusigura ivyo bategereye nabi bijanye n'uburyo bwo gutandukanya imvyaro**

- Nivyaba nkenerwa, tumira umuremeshakiyago ntungamagara mu gutemberera ingo
- Wihweje ivyo wabonye, ganira nabo ku burimyi bwa kijambere canke ubworozi bwa kijambere.

### **Amagara y'umwana n'umuvyeyi**

- Muganire kw'ihuriro riri hagati y'amagara y'abanyagihugu no kubungabunga ibidukikije,
- Abavyeyi n'abana bafise amagara meza bakenera ibintu bike.
- Umuvyeyi afise amagara meza ashobora kwitwararika neza umuryango wiwe n'imirima,
- Imiryango ifise amagara meza ishobora gukora neza maze bigatanga amafaranga.

### **□ Muganire ku kwitegurira kwibaruka**

- Abavyeyi bamwe baracavyarira muhira
- Kwibarukira kwa muganaga bituma umuvyeyi atavirirana bikarinda umwana indwara nyinshi
- Babwire ivyerekeye kwibaruka harimwo no gupimisha imbanyu
- Gutegura kuzokwibarukira kwa muganga
- Gutegekanya amafaranga uzokenera igihe uzokwibarukira kwa muganga
- Guhimiriza umuvyeyi kwibarukira kwa muganga
- Guhimiriza umugabo wiwe kumufasha kwibarukira kwa muganga

### **Muganire ku gupimisha imbanyu (CPN)**

Abakenyezi bibungenze bategerezwa kwipimisha nimiburuburi incuro zine.

<b>Ikiringo</b>	<b>igipimo</b>
Igihe umukenyezi akimenya ko yasamye	Yipimisha ubwa mbere
hagati y'amezi 4 gushika ku mezi 6	Yipimisha ubwa kabiri
hagati y'amezi ndwi n'amezi umunani;	Yipimisha ubwa gatatu
hasigaye indwi 2 yitegurira kwibaruka	Yipimisha ubwa kane

- Kwipimisha bituma umuvyeyi agira amagara meza
- Kwipimisha bituma bamenya ingorane zishobora kuboneka vuba
- Kubwira abagabo bagaherekeza abakenyezi babo igihe bagiye kwipimisha.

### **Muganire ku kwipimisha inyuma yo kwibaruka (CPON)**

- Kwipimisha inyuma yo kwibaruka bifasha kumenya ko amagara y'umuvyeyi n'umwana ameze neza
- Umuvyeyi amenya uko azoza aragaburira umwana n'ingene azogira isuku
- Umuvyeyi amenya ingene yotandukanya imvyaro.

### **Muganire ku gucancisha umwana**

- Gucancisha bikingira abana indwara nyinshi
- Ifishi y'incanco yibike neza maze uzoyijane kwa muganga usubiye kumucancisha,

**Ikirangaminsi c’incanco z’umwana:**

Urucanco	Akivuka	Ku kwezi n’igice	Ku mezi 2 n’igice	Ku mezi 3 n’igice	Ku mezi 9	Uko amezi 6 aheze gushika ku myaka 5
Igituntu	+					
Ubukangwe	+	+	+	+		
Ibigoga, rudadaza, inkorora y’akanira ,mugiga, indwara y’igitigu, umusonga		+	+	+		
Agasama					+	

Utegerezwa kubabwira ko umwana atagerezwa kuronka izo ncanco zose ku gihe, iyo bitabaye uko umwana ntagira abasoda b’umubiri bakwiye.

***Sigura uko bikingira Malariya.***

- Kuryama mu musegetera urimwo umuti wica imibu
- Gutema ivyatsi biri hafi y’inzu wirinde imibu
- Gukuraho ibidengeri vy’amazi kugirango wirinde imibu

***Muganire ku karima k’igikoni***

- Kuronka imboga hafi
- Imboga zitanga imfungurwa nziza
- Bituma umuryango ugura indya zike kw’isoko
- Iyo zabaye nyinshi izindi zishobora kugurishwa

**Amazi n’isuku**

***Muganire kw’isano riri hagati y’amagara meza no kubungabunga ibidukikije (PHE)***

- Imyanda ituma abantu barwara (gucibwamwo, korera).
- Imyanda itabora ituma abantu barwara, ibikoko mbere n’amafi
- Abantu barwaye ntibashobora kurima canke gukora ibikorwa vyo kwiteza imbere,
- Abantu barwaye bakenera ibintu vyinshi.

**Muganire ku tuzu twa surwumwe**

- Imyanda y’umuntu icafuza amazi, ibiterwa n’ibiyaga
- Gukoresha neza umusarani bituma isi n’ibiyaga bimera neza, vyose bikagira isuku.

- Gukoresha imisarani yitwa ECOSAN bishobora gutuma abantu bagira umwavu ubora.
- ECOSAN zimara igihe kirekire kandi zikora umwavu w’uturima tw’igikoni,
- Kwubaka imisarani ku metero 30 uturutse ku nzu ubamwo na metero 30 uturutse kw’isoko y’amazi

***Muganire ku gukaraba n’amazi meza n’isabuni:***

Gukaraba intoki bikingira indwara nyinshi, Koresha isabune n’amazi meza mugihe ukaraba intoki

Shira, honyora ukarabe hafi y’umusarani Sigura uko bubaka honyora ukarabe.

**Muganire kuri nyabarega**

- Gukoresha nyabarega bigabanya indwara z’abantu, z’ibitungwa n’amafi,
- Kwubaka nyabarega kuri metero 15 uvuye ku nzu
- Guta imyanda ituruka mu gikoni n’ibindi mu nyabarega,
- Iyo yuzuye urarindira imyanda ikabora mu gihe c’indwi 4-6 maze ukabishira mu karima k’igikoni,
- Ubumwanya n’ibindi vya bitabora bituma amazi atinjira mw’isi ndimwa,
- Tandukanya ibitabora n’ivyatsi.
- Ibitabora biraturirwa.

### **Muganire ku mazi yo kunywa**

- Amazi asukuye arakinga indwara nka korera, gucibwamwo n'izindi
- Guteka amazi igihe c'iminota 10 imbere yo kuyanywa,
- Ategerezwa kwama atekwa
- Iyo ufise imiti yabigenewe ushobora kuyikoresha mu gusukura amazi
- Kubika amazi meza mu kintu gifise isuku

### **Muganire ku gatanda ko gushirako amasahani (agaserama)**

- Koresha agatanda bashirako ibikoresho vyo mugikoni
- Bereke uko bakora ako gatanda

### **Muganire ku gushira inka, impene n'inkoko mu nzu yazo**

- Inka, impene n'inkoko ntizirara mu nzu muryamamwo
- Ibisogorore vyazo bizana amasazi n'inyondwe, bikaba bishobora gukwega indwara iyo bikoze ku ndya no ku bantu
- Bigishe uko bubaka inzu y'inka, impene n'inkoko
- Iyo bibaye ngombwa ubajana gutemberera urugo rw'akarorero

### **Amashiga abika umuriro**

#### **Muganire kw'isano riri hagati y'amagara meza no kubungabunga ibidukikije**

- Imyotsi iva mu mashiga akoze mu mabuye itera indwara z'amahaha n'izamaso,
- Abarwayi baba bakeneye ibintu vyinshi nk'indya n'imiti,
- Amashiga akoze mu mabuye atwara inkwi nyinshi . Ibi bituma umuryango ukoresha amafaranga menshi kandi bikonona ibiti n'ibidukikije
- Ibiti bike bituma haba inkukura . Ibi bituma isi itituka mbere n'amafi yo mu biyaga akahahonera

### **Gusigura akamaro k'amashiga ya kijambere**

- Bigabanya indwara z'amaso ku bana n'abantu bakuze
- Bituma abana badashobora gusha
- Iminsi ibiri yo gutekera ku mashiga y'amabuye ingana n'indwi zitatu zo gutekera ku mashiga ya kijambere
- Imiryango iziganya inkwi, amafaranga yogiye kuzigura akazogura ibindi

### **Bereke uko bakora amashiga ya kijambere, nimba bikenewe ubereke urugo rw'akarorero**

### **Kurima kijambere**

#### **Muganire kw'isano riri hagati y'amagara meza no kubungabunga ibidukikije**

Muri iyi minsi imiryango ifise amatongo mato yo kurimamwo. Imiryango minini iba ikeneye n'isi ndimwa nini kugira ngo ironke ibifungurwa bikwiye. Iyo imfungurwa zidakwiriye, bituma abantu bagira amagara make bakanarwara.

Kurima neza bikinga inkukura mu biyaga bigatuma ikigereranyo c'amazi kidahindagurika n'amafi akagwira.

Kuziganiriza umuryango wawe bituma mutagira ingorane maze uwo ari wese akaronka imfungurwa zibereye kandi zikwiye.

#### **Muganire ku guhindura imbuto**

Gukuranya imbuto bituma ibirimwa vyimbuka neza, maze umwimbu ukuyongera

- Birinda indwara z'imbuto n'udukoko
- Igihe co gukuranya imbuto

Umwaka 1		Umwaka 2		Umwaka 3
Igihe c'irima 1	Igihe c'irima 2	Igihe c'irima 1	Igihe c'irima 2	Igihe c'irima 1
Ibigori ibiharage	Ibijumbu canke ibiharage	Ibigori n'ibiharage	Ibijumbu canke ibiharage	Imyumba ti n'ibigori

- Gutera imbuto kuri metero 200 canke zirenga uturutse ku kiyaga
- Bikenewe wobaza abashinzwe uburimy

### ***Muganire ku vyerekeye gutera ibiti***

Imiryango minini ikenera ibiti vyinshi n'inkwi nyinshi.

Akamaro k'ibiti :

- Bigabanya inkukura kandi bigatuma imirima n'ibiyaga bimera neza
- Bitanga agatutu n'akayaga,
- Bitanga imiti kandi ibindi vyica udukoko
- Bigabanya ibihuhusi
- Bituma imvura igwa
- Biyungurura impwemu
- Amababi yavyo n'indya zibitungwa akaba n'ifumbire

### ***Kubungabunga ibiti***

- Si vyiza gutema ibiti,
- Nimba ugira ubiteme, biteme kuburyo bizosubira kunaga,
- Koresha amashiga ya kijambere,
- Tera ibiti vyitwa calliandra, albizia, gereveriyo, mu murima no hafi yo muhira kuko bituma isi imera
- Sigura aho bashobora kuronka imbuto zibiti
- Sigura uko batera imbuto z'ibiti, nimba bikenewe wifashishe uwushinzwe uburimyi canke urugo rw'akarorero

### ***Sigura ifumbire iva mubibora***

- Ifumbire iva mubibora ni nziza, ntizimvye kandi ibungabunga isindimwa n'ibiyaga,
- Ifumbire iva mubibora ituma umwimbu mu ndimiro wongerekana
- Vanga sesbania, calliandra, na leuceana hamwe n'amazi. Urabireka bikabora mu gihe c'iminsi 14 maze ukagenda ubishira kumurongo mu murima.
- Guta imyanda ituruka ku nka, impene, inkoko, ingurube mu nyabarega.
- Nimba bikenewe saba impanuro uwujewe uburimyi canka urugo rw'akarorero

### ***Gusigura nyabarega***

- Ivyatsi n'imyanda y'ibitungwa bigira umwavu mwiza. Vyongereza umwimbu wa nyabarega

- Wimbe ikinogo hirya y'umurima uce imirongo
- Guta imyanda ituruka ku bitungwa n'ivyatsi mu kinogo
- Kuyireka ikabora igihe c'iminsi 14
- Nimba ikinogo kitari mu murima, ivyaboze bishire ku murongo mu murima.

### ***Muganire ku gukoresha ifumbire y'imborera***

- Ifumbire iva mubibora ni nziza ku bantu, ku bitungwa mbere no ku mafi,
  - Igabanya gukoresha ifumbire iva mu mahinguriro iba izimvye cane
  - Koresha ifumbire iva mubibora gusa kuko irazimbutse kandi ni nziza kw'isindimwa
  - Koresha imiti yica udukoko ushobora kuronka hafi yawe
- Tera imbuto kuri metero 200 uvuye ku kiyaga canke kure yazo.

### ***Gusigurira imiryango ibishoboka vyose***

- Birakenewe kugwiza uburyo butandukanye bwo kuronka amafaranga:
- Uburyo butandukanye bwo kuronka amafaranga butuma umuntu aronka amafaranga menshi y'amashuri, yo kugura ibifungurwa, imiti n'ibindi.
- Bituma isindimwa n'ibiyaga bidakoreshwa nabi,
- Saba impanuro ku bashinzwe uburimyi canke umuryango w'akarorero ku vyerekeye ubworozi bw'inzuki, kworora ibitungwa bitobito n'uburimyi,
- Gusaba impanuro kuvyerekeye ubworozi bw'amafi,
- Gusaba impanuro imigwi y'abakenyezi kuvyerekeye kujisha ibiseke, kuronka imbuto z'ibiti, ubworozi bw'inzuki, impene zitanga amata n'ibindi vyotuma haba amagara meza

### ***Kuganira ku vyerekeye kuziganya no kugurana***

- Kuziganya amafaranga bituma umuryango ushobora kurihira abana amashuri no kwivuzza,
- Kuziganya amafaranga bituma imiryango ishobora gukora ibikorwa vy'ubudandaji,

- Kuziganya amafaranga bifasha imiryango kubaka inzu
- Baganirize ku vyerekeye imigwi ikorera hamwe, canke ama cooperative abika akongera akagurana

***Muganire ku vyiza vyo gutandukanya imvyaro no kuvyara bake***

- Imiryango irimwo abantu bake ishobora kwikenura
  - Imiryango irimwo bake igabanya gukenera inkwi nyinshi, indya nyinshi, amazi menshi n'ibindi
  - Iyo miryango iraronka umwanya wo gukora ibikorwa bitanga inyungu
- Imiryango ironka umwanya wo kuziganiriza kazoza n'amashuri y'abana.