

REPUBULIKA Y' U RWANDA



Minisiteri y'Ubuzima
B.P. 84 Kigali

AGATABO K'UBUZIMA BW'UMUBYEYI N'UBW' UMWANA

**ITWAZE AGATABO K'UBUZIMA BW'UMUBYEYI
N'UBW' UMWANA IGIHE CYOSE UGIYE KU
KIGO NDERABUZIMA CYANGWA IBITARO**



AGATABO K'UBUZIMA BW'UMUBYEYI N'UBW'UMWANA IBISOBANURO RUSANGE

Aka gatabo k'ubuzima bw'umubyeyi n'ubw'umwana, gakubiyemo amakuru arebana n'ubuzima bw'umubyeyi. Ni ukuvuga: umubyeyi atwite, abyara na nyuma yo kubyara ndetse n'ubuzima bw'umwana wavutse ari muzima, kuva umwana akivuka kugeza yujujeimyaka itanu. Aka gatabo kandi gakubiyemo amakuru arebana nuburyo bwo kwita no gufata neza ubuzima bw'umubyeyi n'ubw'umwana.

Buri mubyeyi wese utwite agomba kugira aka gatabo kuko gakubiyemo amakuru arebana n'ubuzima bwe n'ubw'umwana atwite. Umubyeyi utwite impanga cyangwa wabyaye impanga agomba guhabwa agatabo kamwe gusa.

Aka gatabo kaboneka aha hakurikira:

- Ku bigo nderabuzima
- Ku bitaro

ICYITONDERWA

- Mubyeyi, ugomba gusoma aka gatabo buri gihe kubera ko gakubiyemo inama nziza kandi z'ingirakamaro zirebana n'ubuzima bwiza bw'umubyeyi n'ubw'umwana. Uwo mwashakanye cyangwa abandi bantu mubana mumuryango wanyu na bo bagomba kugasoma kuko ari ingirakamaro.
- Ugomba kwitwaza aka gatabo buri gihe uko ugiye ku ivuriro rikwegereye kandi ukakereka umukozi w'ivuriro ugusuzuma.
- Aka gatabo kagomba kubikwa neza kandi ahantu hafite isuku kugira ngo katangirika, ukirinda kugata kuko gakubiyemo amakuru y'ubuzima bwawe n'ubw'umwana utwite. Aya makuru ni ingirakamaro kuri wowe, ku mwana wawe no kumukozi w'ivuriro ubakurikirana.
- Ugomba kubaza buri gihe abakozi b'ivuriro ibibazo byose wifuza kubaza birebana n'ubuzima bwawe cyangwa ubw'umwana utwite kugira ngo urusheho gusobanukirwa ibyo utumva. Ntugatinye kubaza cyangwa ngo ugire isoni zo kubaza ikibazo icyo aricyo cyose cyerekeranye n'ubuzima bwawe cyangwa ubw'umwana utwite, kubera ko kubaza bitera kumenya.

AMASHAKIRO

IGIKA KIREBANA N'UMUBYEYI

- A. Umwirondoro w'umuryango
- B. Umugore utwite
- C. Umugore uri Ku
- D. Imirire mbonerabuzima

Amakuru arebana na serivisi z'ubuzima bw'umubyeyi

- Umugore utwite
- Kubyara

IGIKA KIREBANA N'UMWANA

A. Umwirondoro w'umwana

B. Uruhinja rwavutse rwo munsu yukwezi
uri Hagati yukwezi kumwe kugeza hejuru yimyaka itanu

U m w a n a

- Umwana ufite amezi kuva kuri 1 kugeza 6
- Umwana ufite amezi kuva kuri 6 kugeza 12
- Umwana ufite umyaka kuva 1 kugeza 2
- Umwana ufite imyaka kuva 2 kugeza 3
- Umwana ufite imyaka kuva 3 kugeza 5

C. Uburyo bwo kwita kumwana kumwana muto urwariye murugo

D. Ni ibihe bimenyetso by'umwana urwaye?

E. Ni ryari umwana urwaye agomba kwihutira kujyanwa kwivuriro?

F. Ni iyihe miti y'ubutabazi bw'ibanze igomba guhabwa umwana urwaye murogo?

G. Ni ubuhe buryo umubyeyi yakoresha kugirango arinde umwana we ingorane zitunguranye

H. Ikarita yo gukurikiraniraho ubuzima

Amakuru arebana na serivisi z'ubuzima bw'umwana

- Ibizamini bya mbere yo kuvuka
 - Gahunda y'inkingo
 - Vitamini A
 - Imbonerahamwe y'imikurire nubujyanama ku mbonezamidire
- Amakuru arebana n'indwara n'ibibazo by'imikurire by'umwana

Uburyo n'ingero zo kugaburira umwana

IGICE CYA MBERE: UBUZIMA BW'UMUBYEYI UMWIRONDORO

Itariki yinjiriyeho:

Izina ry'ivuriro:

Amazinayombi:.....

Itariki yavukiyeho:

Inomero yinjiriyeho. :.....

Itariki yaboneyeho agatabo :.....

Aho atuye:

- Akarere:.....
- Umurenge:.....
- Akagali:.....
- Umudugudu:.....

Idini asengeramo:.....

Amashuri yize:

Icyo akora:.....

Telefone:.....

Uwo bashakanye.....

Itariki yavukiyeho:.....

Amazina :.....

Aho atuye :

- Akarere:.....
- Umurenge:.....
- Akagali:.....
- Umudugudu:.....

Idini asengeramo:.....

Icyo akora:.....

Telefone:.....

I. UMUGORE UTWITE

I.1. Ibyo umugore utwite agomba gukora

- Umugore utwite agomba kubahiriza gahunda y'isuzumwa ahabwa na muganga umukurikirana kandi akubahiriza inama amuha, kugira ngo amenye amakuru arebanan'ubuzima bwe n'ubw'umwana atwite.



Ibyo bizagufasha umugore utwite n' uwo mwashakanye kumenya vuba ikibazo icyo aricyo cyose cyavuka cyangwa yagira mugihe utwite.



- Burigihe, ukoumugore utwite agiye kugipimo, agomba kwipimisha ibiro kuko ibiro afite bigaragaza uko umwana uri munda akura.



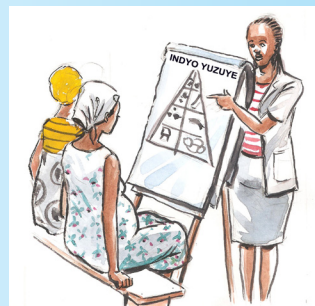
- Igihe umugore utwite agaragaje ibimenyetso byo kubura amaraso, agomba kunywa ibinini bya feri bimwongerera amaraso. Ibyo binini bizamurinda indwara yo kubura amaraso mugihe atwite. Ibinini byongera amaraso ntibyangiza ubuzima bw'umwana uri mu nda.



- Igihe inda imaze kugira amezi ane, umugore agomba kuganiriza umwana atwite kenshi amubwira amagambo meza kandi ari nako yikorakora kunda akoresheje ibiganza. Ibyo umwana uri munda arabyunva.



- Umugore utwite agomba kugisha inama umukozi w'ivuriro ushinzwe imirire kugira ngo amenye indyo agomba kurya mu gihe atwite.



- Umugore utwite agomba kwihutira kujya kwivuriro igihe afite ibimenyetso bikurikira: inkorora yigihe kirekire; ni ukuvuga inkorora imaze ibyumweru bibiri, kugira umuriro, gucika intege, kugira isereri, kumva umutima uteragura kenshi kandi cyane, kwishima mugitsina, cyangwa kuzana ururenda rw'umweru rusohoka mu gitsina.



- Umugore utwite agomba kwikingiza urukingo rurinda Tetanosi kugira ngo mu gihe cyo kubyara umwana atayandura.

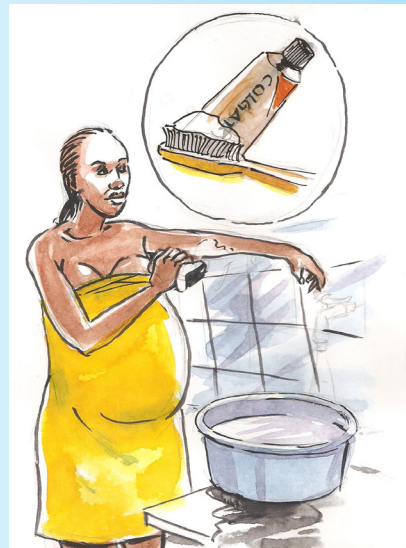


I.1.1. Ingengabihe yo gukingira agakwega ku mugore utwite

Inkingo	Igihe akingirirwa	Imyaka ashobora kumara atanduye
Urwa mbere	Akimara kumenya ko atwite	-
Urwa kabiri	Hashize ukwezi kumwe nibura abonye urwa mbere	3
Urwa gatatu	Hashize amezi 6 nibura abonye urwa 2 cyangwa se ku nda ikurikiyeho	5
Urwa kane	Hashize amezi 12 nibura abonye urwa 3 cyangwa se ku nda ikurikiyeho	10
Urwa gatanu	Hashize amezi 12 nibura abonye urwa 4 cyangwa se ku nda ikurikiyeho	Ubuzima bwe bwose

I.1.2. Ibindi by'ingenzi byo kwitabwaho mu gihe umugore atwite.

- Umugore utwite agomba koga umubiri wose n'isabune mu gitodo na nimugoroba, ibyo akabikora buri munsi. Ibyo bizamurinda kurwara indwara z'uruho.
- Gukaraba mu kanwa akoresheje uburoso bw'amenyo buri munsi mu gitondo na mbere yo kuryama nimugoroba. Ibyo bizamurinda indwara z'amenyo ndetse nizo mu kanwa.



- Umugore utwite agomba kuruhuka bihagije. Ni ukuvuga ko agombakuryamanibura isaha imwe ku manywa kandi akirinda gukora imirimo imuvuna, ibyo bimufasha guhora afite imbaraga.

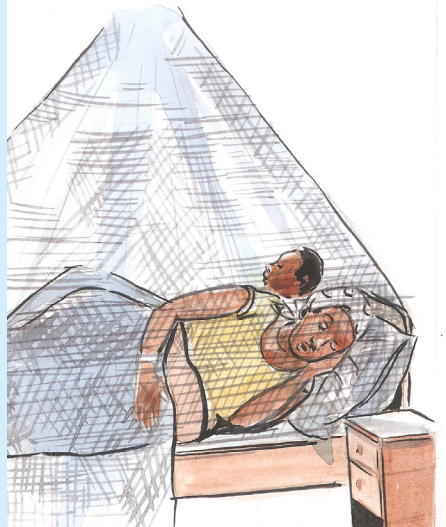


- Umugore utwite agomba kugisha muganga inama ku byerekeye imibonano mpuzabitsina mu gihe atwite akamubwira uko yabyitwaramo.

- Umugore utwite agomba kwirinda kunywa itabi n'ibinyobwa bisindisha, kuko bigira ingaruka mbi ku buzima bw'umwana uri munda. Agomba kandi kwitwararika kunywa neza imiti yandikiwe na muganga kandi akayirangiza akanirinda kunywa imiti yibyatsi kuko bigira ingaruka mbi k'umwana uri munda.

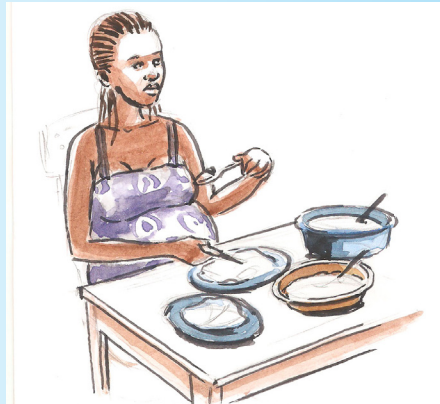


- Umugore utwite agomba kurara mu nzitiramibu bityo bikamurinda kurwara malariya.



I.2.IMIRIRE IBONEYE KU MUGORE UTWITE

- Umugore utwite agomba kurya ibiryo birimo intungamubiri zihagije akurikije inama agirwa n'umukozi w'ivuriro ushinzwe imirire.
- Umugore utwite agomba kurya neza kandi kenshi k'umunsi.
- Umugore utwite agomba kurya indyo yuzuye irimo intungamubiri zose.



I.3. IBIMENYETSO MPURUZA KU MUGORE UTWITE

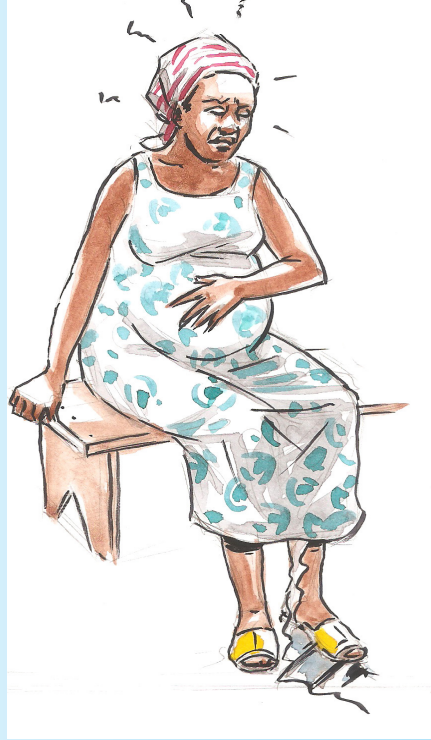
- Kuva amaraso ku mugore utwite ni ikimenyetso kibi cyane kuko bishobora kumuviramo gukuramo inda iyo ikiri ntoya.
- Kuva amaraso kumugore utwite igihe inda ikuze nabyo ni bibi kuko bishobora gutuma umugore amaraso agabanuka ndetse bikaba byatuma umwana amupfira munda.



- Kubyimba ibirenge, amaboko ndetse no mu maso, cyangwa kubabara umutwe rimwe na rimwe akanagira isereri. Ibyo bimenyetso byose ni bibi mu gihe umugore atwite abibonye agomba kwihutira kujya kwa muganga kuko bimufiteho ingaruka mbi ndetse n'umwana atwite.



- Kugira umuriro mwinshi akenshi bishobora guterwa n'uko umugore utwite afite udukoko dutera indwara mu maraso ye cyangwa arwaye malariya. icyo kimenyetso ni kibi kuko gishobora gutuma umubiri w'umubyeyi ucika intege ndetse akaba yabyara umwana utagejeje igihe cyangwa akaba yabyara umwana upfuye.



- Kubona uruzi rwinshi rume-neka ruva mu mura rugasohokera mu nda ibyara mbere y'igihe cyateganyijwe cyo kub- yara. Ibi bigaragaza ko inda yakoroganye kandi bishobora ku- gira ingaruka mbi k'umwana uri munda.

- Iyo umwana uri munda adakura cyangwa adakina. Ibi bimenyetso ni bibi cyane kuko bigaragaza ko umwana uri munda afite ikibazo.

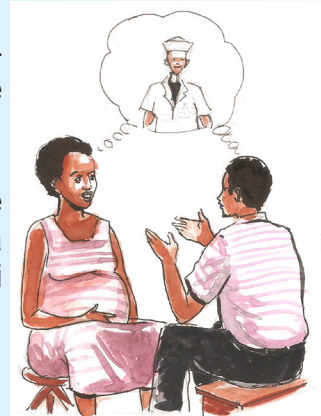


- Igihe umugore utwite akomeje kuruka cyane kabone n'iyi yaba afite inda ikuze kandi akaba atabasha kurya. Ibyo ni bibi kuko bica intege umubiri w'umubyeyi.



I.4. IBYO UMUGORE WITEGURA KUBYARA AGOMBA GUKORA

- Umugore utwite hamwe nuwo bashakanye bagomba kunvikana mbere y'igihe aho azabyarira.
- Umugore utwite nuwo bashakanye bagomba gutangira kubika amafranga azabafasha mugihe cyo kubyara hakiri kare mubyi bazakenera byose.



- Umugore utwite agomba kumenya ubwoko bw'amaraso ye hakiri kare ndetse akamenya nuwo babuhuje, kandi akamusaba hakiri kare kuba yayamwongerera mugihe bibaye ngombwa.



- Umugore utwite n' uwo bashakanye bagomba kubaza umuganga umukurikirana itariki akeka ko yazabyariraho.



- Umugore utwite n' uwo bashakanye bagomba guteganya hakiri kare uburyo bwo kugera kwamuganga igihe agiye kubyara butabatinza munzira.



I.5. UMUGORE URI KU BISE

I.5.1. Ibimenyetso by'umugore uri ku bise

- Ibise biza byikurikiranya kandi bikamara akanya.
- Uruzi ruvanze n' amaraso ruva munda ibyara.
- Amazi menshi aturuka mu mura agasohokera mu nda ibyara bigaragara ko ari isuha yamenetse. Ibyo bimenyetso bikimara kugaragara, uwo mwashakanye cyangwa undi muntu wo mu muryango uri hafi muri icyo gihe agomba guhita ko abimenyeshya mugaga.



I.5.2. Inama ku umugore uri ku bise cyangwa uri hafi kubyara.

- Umugore ashobora kumara amasaha 12 ari ku bise uhereye igihe ibise byatangiriye. Muri icyo gihe cyose, umugore agomba gukomeza kurya, kunywa, kwituma ibyoroshye no gukora uturimo duke kandi tworoheje.
- Niba igise kimufashe, agomba gufunga umwuka usohokera mu mazuru maze agahumekere mu kanwa.
- Niba umugore uri ku bise yunva ashaka kujya kwituma ibikomereye, ntagomba kujyayo ahubwo abibwira vuba muganga cyangwa kuko bisobanura ko umwana agiye gusohoka.
- Umugore uri kubyara agomba gukurikiza inama ahabwa na muganga mu gihe urimo gusunika umwana.



I.5.3. Bimwe mu bimenyesto mpuruza k'umugore uri ku bise cyangwa ari kubyara.

- Umwana ashobora gutinda kuvuka akarenza amasaha 12 umugore ashobora ku mara ku bise uhereye igihe bya mufatiye.
- Kuva amaraso menshi aturuka mu nda ibyara.
- Kubona ururera ruhuza rusohoka mbere y'umwana mu nda ibyara.
- Kubura umwuka wo gusunika umwana mu gihe cyo kubyara, cyangwa guta ubwenge.

- Kuzana uruzi runuka ruva mu nda ibyara.
- Gutinda kuvuka kw'iyanyuma umugore amaze kubyara.
- Umugore uri ku bise yananiwe kandi ababara cyane.

Umugore uri kubyara agaragaje kimwe muri ibi bimenyetso, agomba kwitabwaho by'umwihariko n'abaganga.

1.6. UMUGORE UMAZE KUBYARA

1.6.1. Ibyo umugore umaze kubyara agomba gukora.

- Ikintu cyambere umugore umaze kubyara agomba guhita ko akora ni ukonsa umwana ataramara iminota 30 amubyaye. Ibyo bituma agabanya kuva kandi bikamufasha kuzana amashereka vuba. Ibyo kandi bituma umwana abona intungamubiri z'ibanze, bikanatuma umwana ashyuha mu mubiri.
- Konsa umwana kenshi bishoboka buri gihe uko ashatse konka.
- Kugisha inama umuganga wawe kubyerekeranye no konsa umwana gusa ndetse no kwita by'umwihariko ku ruhinja rwavutse.
- kwisuzumisha nibura inshuro eshatu nyuma yo kubyara no kubahiriza izindi gahunda ahabwa na muganga.



1.6.2. Bimwe mu bikorwa mu kubungabunga ubuzima bw'umugore umaze kubyara

- Kurya ibiryo bifite intungamubiri zihagije kandi akarya kenshi ku munsi;
- Kuruhuka bihagije. Ibyo bizamufasha kubona amasher-eka ahagije no konsa neza;

- Gukaraba neza mu gitsina kandi agahindura buri kanya ibyo yibindisha;

- Mu gihe ari ngombwa, ashobora gukomeza gufata ikinini cyongera amaraso;



1.6.3. Ibimenyetso mpuruza ku mugore umaze ku byara

- Kuva amaraso menshi aturuka mu nda ibyara
- Kuzana ibisanz binuka bituruka mu nda ibyara
- Kugira umuriro mwinshi
- Kubyimba mu maso, amaboko n'ibirenge, rimwe na rimwe bikajyana no kubabara umutwe no gutakaza ubwenge.
- Kubyimba amabere ndete hakazamo amaraso
- Kugaragaza ibimenyetso by'umuntu wataye umutwe cyangwa wahahamutse nko kuvuga amagambo aterekeranye.

Uwo bashakanye cyangwa undi muntu umuri hafi agomba kwihutira kumujoyana kwa muganga akimara kubona kimwe muri ibi bimenyetso.

I.7. GAHUNDA YO KUBONEZA URUBYARO

I.7.1. Kuki umugore umaze kubyara agomba kwitabira gahunda zo kuboneza urubyaro?

- Umugore umaze kubyara agomba kwitabira gahunda yo kuboneza urubyaro kugira ngo abone igihe gihagije cyo konsa no kwita ku mwana yabyaye adahise ko yongera gusama, kandi nawe agire imbaraga abashe kwita ku muryango we.
- Agomba kandi kwitabira gahunda yo kuboneza urubyaro kugirango azabashe guhitamo igihe ashaka kongera gusama, bitamutunguye.
- Umugore umaze kubyara agomba kugisha inama muganga akamuhitiramo uburyo bumuboneye.

I.7.3. Ni ryari umugore umaze kubyara yatangira gahunda yo kuboneza urubyaro?

Igihe cyiza ku mugore wabyaye cyo gukoresha uburyo bwo kuboneza urubyaro, ni gihe aba akimara kubyara atararenza ibyumweru bitatu.

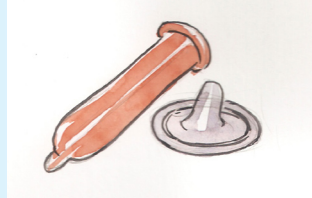
Rimwe na rimwe, umugore nyuma y'ukwezi abyaye ashobora kutabona imihango yarahise ko asama. Ibyo bikunda kubaho kubagore bamwe na bamwe bagategereza imihango nyuma yo kubyara ntibayibone, ahubwo bagatangira kumererwa nabi baja kwa muganga babapima bagasanga barasamyeye, bikabatangura.

Niyo mpanvu bibaye byiza akwiye gutaha ava ku ivuriro yabyariyeho, afashe uburyo bwo kuboneza urubyaro. Ntibikwiye ko umugore yatangira gukora imibonano mpuzabitsina nyuma yo kubyara atarafata uburyo bwo kuboneza urubyaro, kuko ashobora guhitako asama.

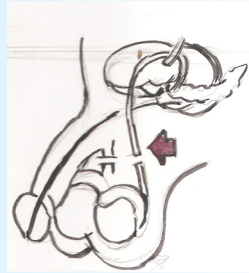
I.7.4. Uburyo bunyuranye bwo kuboneza urubyaro

I.7.4.1. Uburyo bwo kuboneza urubyaro ku bagabo

- Agakingirizo: Kambikwa igitsina cy'umugabo igihe kimaze gufata umurego mbere yo gutangira gukora imibonano mpuzabitsina.



- Gufunga burundu: Ibi bikorwa hafungwa imiyoborantanga ngabo. Bikorerwa kwa muganga.



I.7.4.2. Uburyo bwo kuboneza urubyaro ku bagore

- Uburyo bw'ibinini: umugore agomba kumira akanini kamwe buri munsu kandi ku isaha yahisemo imworoheye. Umugore wonsa agomba gufata ubwoko bw'ibinini bwagenewe abagore bonsa.



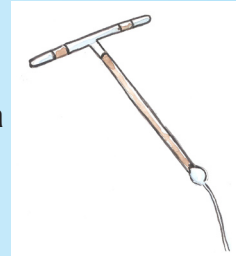
- Uburyo bw'inshinge: Umugore aterwa inshinge buri kwezi ahindurirwa amatako aterwaho. Ukwezi kumwe agaterwa iburyo ukundi agaterwa ibumoso, bitryo bitryo. Hari inshinge ziterwa rimwe mumezi abiri hakaba niziterwa rimwe mu mezi atatu.



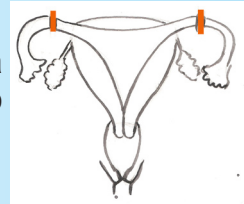
- Uburyo bw'agapira ko mukuboko: Aka gapira gashyirwa mu kuboko imbere y'uruho ahagana mu kwaha



- Uburyo bw'agapira ko mu mura: Aka gapira gashyirwa mu nkondo y'umura.



- Gufunga burundu: Ibi bikorwa hafungwa imiyoborantanga ngore ubwo aba yahisemo kutazongera ku byara.



II. URUHINJA RWAVUTSE (muni y'ukwezi)

IGICE CYA KABIRI: UMWANA

A. UMWIRONDORO W'UMWANA

Numero yanditweho:

Izina ry'umwana :

Itariki yavutse ho:

Ibiro yavukanye:

Uburebure:

Igitsina : Umuhungu/ Umukobwa

Shyira akamenyetso ku gitsina nyacyo

Imbonerahamwe y'uko umwana yavutse ameze

II.1. Ibimenyesto by'umwana wavutse afite ubuzima bwiza

- Ahitako arira uwo mwanya agisohoka mu nda
- Umubiri we wose uba usa n'iroza
- Yinyagambura kenshi
- Ashobora kugaragaza ko ashaka konkwa wenyine
- Avukana nibura ibiro bibiri n'amagarama magana atanu (2.5 kg)



II.2. Ibyo umwana umaze kuvuka agomba gukorerwa.

- Umwana agomba guhita yonka akivuka hatarashira iminota 30 avutse. Kugira ngo umubyeyi ahembere adatinze (Gisha umuganga inama akubwire uko bikorwa)
- Umubyeyi agomba konsa umwana incuro nyinshi zishoboka kandi akamwonsa buri gihe uko abishatse.

- Amashereka yambere yitwa umuhondo, ni meza kuko atuma umwana agira ubudahangarwa bw'umubiri bityo bigatuma atarwaragurika. Umubyeyi arasabwa konsa umwana kenshi kugirango amurinde indwara za hato na hato



- Umwana agomba gufubikwa cyane agashyuha



- Umwana utaramara amasaha atandatu avutse agomba kurindwa imbeho afubikwa cyane kuko bishobora kumuviramo kuba yarwara ibicurane, umusonga n' inkorora.

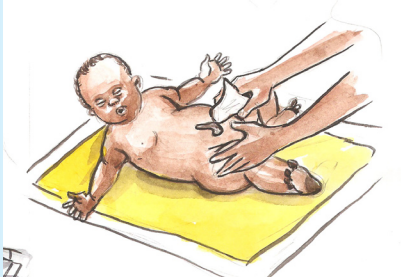
- Umwana agomba gufubikwa mu myenda ifite isuku kandi igahindurwa buri uko bibaye ngombwa.

- Niba umwana yavukanye ibiro biri munsu ya bibiri n'igice, uwo mwana afite ubuzima bworoshye cyane agomba gufubikwa cyane imyenda myinshi kandi mama we akamushyira mugituza, akenshi akabikora atambaye mugituza n' umwana atambaye kugirango umubiri we uhure n' uwa nyina yumve ubushyuhe bwe.



II.3. Kurinda umwana w'uruhinja kwandura indwara.

- Ugomba gusukura umukondo w'umwana ukoresheje ibikoresho byabugenewe wahawe na muganga.
- Ugomba kwirinda gukoresha imiti y'ibyatsi cyangwa ikindi kintu icyo ari cyo cyose kidafite isuku mu gihe usukura umukondo w'umwana.



- Baza muganga imiti bashyira mu maso y'umwana amaze kuvuka.
- Baza muganga gahunda y'ikingira umwana amaze kuvuka.

II.4. Gufasha umwana mu mikurire ye (kuva ku kwezi kumwe kugeza kumezi ane)

- Umubyeyi agomba gukunda umwana cyane, akamwerekako amwishimiye buri gihe bari kumwe.

- Ni byiza kwereka umwana agakinisho kajejere kandi gafite amabara bizamufasha kumva no kubona.



- Umubyeyi akwiye gusekera umwana we, amuvugisha kandi akajya yumva indirimbo muri radiyo ari kumwe n'umwana we.

Kuva ku kwezi kumwe umwana ashobora:

- Gukurikiza amaso mama we
- Kumva amajwi amwe n'amwe
- Guseka
- Gukoresha amaguru n'amaboko abinyeganyeza ubwe.

Ni ngombwa kujyana umwana ku ivuriro nibura kabiri mu kwezi kugirango barebe ko akura neza. Ni byiza kandi kubahiriza gahunda y'inkingo zose umwana agomba kubona uhereye ku rwa mbere kugeza ku rwa nyuma kandi uzikurikiranye nk'uko bikwiye kuko bimufasha kutadindizwa n'indwara.



Ibimenyetso bigaragaza umwana urwaye:

- Kwanga konka.
- Kutinyegageza.
- Gukonja ibiganza n'ibirenge, ahandi akahagira umuriro.
- Guhinduka umuhondo k' umubiri w'umwana.
- Gufunguka k'umukondo w'umwana kandi ukavamo utuzi.
- Kunanirwa kunyeganyeza amaguru n'amaboko ku mwana.

Ababyeyi b'umwana bagomba kwihurira kujyana umwana ku ivuriro bakimara kubona kimwe muri ibi bimenyetso.



III. UMWANA UMAZE UKWEZI KUMWE KUGEZA KU WUJUJE IMYAKA ITANU

III.1. IBIMENYETSO BY'UMWANA UFITE UBUZIMA BWIZA

- Umwana agenda akura ibiro byiyongera buri kwezi ukurikije umurungo w'icyatsi kibisi uri mu ifishi y'ubuzima bw'umwana ari yo fishi yo gukingirizaho.
- Imikurire y'umwana igenda igaragara mu burebure, mu biro ndetse no mu byo akora uko imyaka igenda ishira.
- Umwana ntarwaragurika, ahora yishimye, ameze neza, afite imbaraga kandi anezerewe.

III.2. IBYO UMUBYEYI YAKORA KUGIRA NGO UMWANA WE AHORANE UBUZIMA BWIZA

III.2.1. Gukurikirana imikurire y'umwana buri gihe

- Gupimisha umwana ibiro rimwe mu kwezi, kuva afite ukwezi kumwe kugeza afite imyaka itanu.
- Umubyeyi agomba kubaza ibiro umwana yagize kandi akareba ko babyandite mu gatabo k'ubuzima bw'umubyeyi n'ubw'umwana.
- Ushobora kubona ko umwana wawe akura neza ushingiyeye ku biro byiyongera buri kwezi. Iyo ibiro by'umwana bizamuka buri kwezi, biguma mu murungo w'icyatsi kibisi uri ku ifishi y'imikurire y'umwana. Ibyo ubibona uko uje kumupimisha.
- Ushobora kubona ko umwana wawe akura nabi uheryeye ku biro bye bitiyongera.



Iyo bimeze bityo, ibiro by'umwana bigenda bigabanuka, biva mu murongo w'icyatsi kibisi bijya mu murongo w'umuhondo, ndetse iyo bikabije bigera no mu murongo utukura. Icyo gihe umwana aba ameze nabi cyane, arwaye indwara zituruka ku mirire mibi, umubiri we ntambaraga uba ufite zo kurwanya indwara. Ugomba kwegera umukozi w'ivuriro akakugira inama z'uko wakwita kuri uwo mwana by'umwihariko.

- Ganiriza umwana wawe kandi mukine nawe bizamufasha mumukurire ye.

III.2.2. Gukingiza umwana

Baza gahunda y'ikingiza uyimenye neza kuko umwana wese agomba kubona inkingo zose kandi akazirangiza mbere y'uko yuzuza umwaka.

IMBONERAHAMWE Y'INKINGO

Imyaka	Amoko y'inkingo
Iminsi 0-7 (akivuka)	Igituntu , Imbasa
Ukwezi n'igice (1 moi ½)	Imbasa, Kokolishi, Agakwega (Tetanos), Akaniga, Hemofilusi infuluenza, Umwijima wo mu bwoko bwa B , Pinemokoke (umusonga)
Amezi 2 n'igice (2 moi ½)	Imbasa, Kokolishi, Agakwega (Tetanos), Akaniga, Hemofilusi infuluenza, Umwijima wo mu bwoko bwa B , Pinemokoke (umusonga)
Amezi 3 n'igice(3 moi ½)	Imbasa, Kokolishi, Agakwega (Tetanos), Akaniga, Hemofilusi infuluenza, Umwijima wo mu bwoko bwa B , Pinemokoke (umusonga)
Amezi 9	Iseru

IMBONERAHAMWE Y'INKINGO

B. VITAMINI A

Gutanga ikinini cya Vitamini A



Buri mwana agomba guhabwa ikinini cya Vitamini A rimwe mu mezi 6 kuva agize amezi atandatu kugeza ku myaka 5



Buri mubyeyi agomba guhabwa ikinini kimwe cya vitamini A atararenza ibyumweru 6 abyaye

VITAMINI A KU MWANA	Ukwezi	Umwaka
Dose 1		
Dose 2		
Dose 3		
Dose 4		
Dose 5		
Dose 6		
Dose 7		
Dose 8		
Dose 9		
Dose 10		

KWANDIKA KU IFISHI NO KUMENYESHA UMUBYEYI ITARIKI AZAGARUKIRAHO GUPIMISHA UMWANA NO KUMUHESHA IKININI CYA VITAMINI A

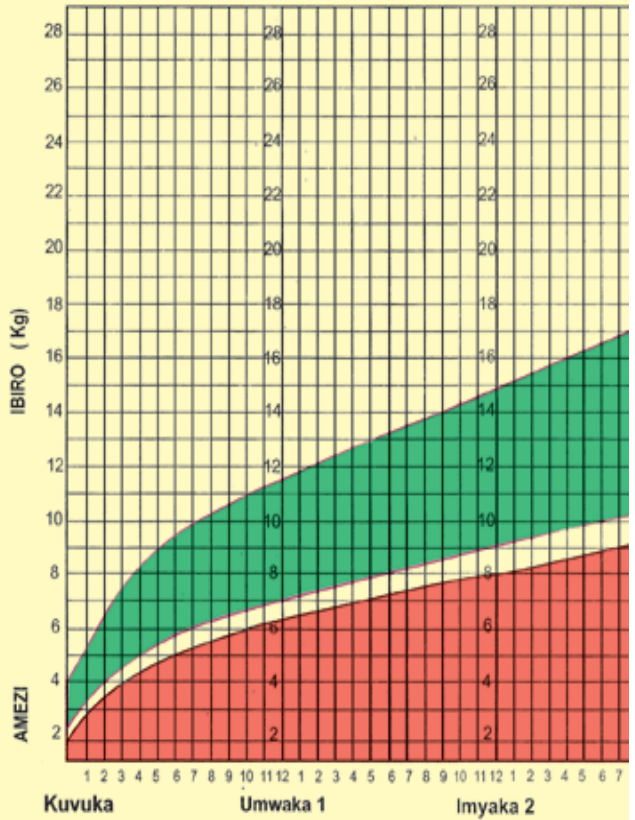
ICYITONDERWA

Umwana ugomba kwitabwaho cyane cyane ni:

- Uvukanye ibiro biri muni ya 2 n'igice
- Kufyongera mu biro
- Ufite bakuru be barwaye bwaki
- Uvutse indahekana

IBIRO BY'UMWANA W'UMUHUNU

Kuva akivuka kugeza ku myaka itanu

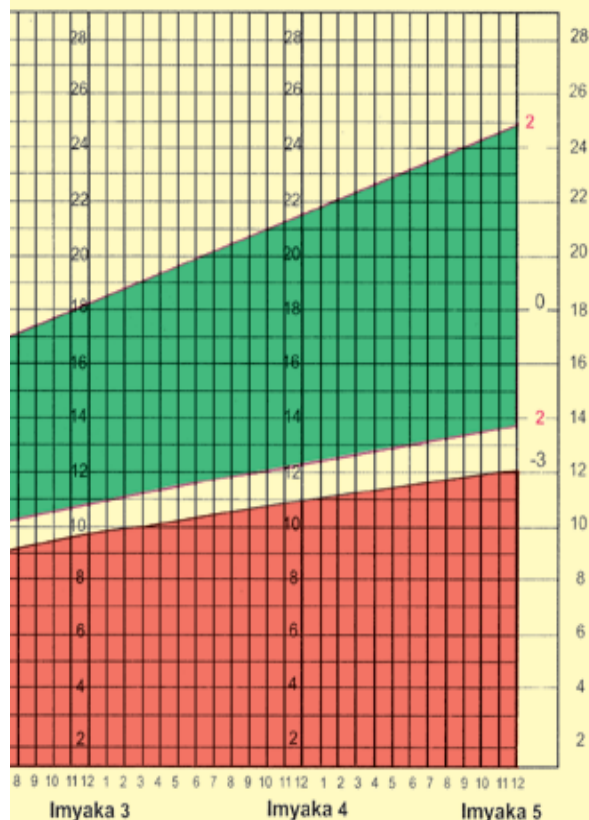


Imyaka (Amezi n'imyaka amaz

- Uvutse impanga
- Uvutse akurikira abandi bitabye
- Imana umusubirizo
- Uvutse ari uwa 5 n'abamukurikira

- Ufite umubyeyi umwe gusa
- Urwaye (seru, Kokorishi, impiswi)
- Ucutse ikubagahu
- Urwaragurika

GU UKURIKIJE IMYAKA



e avutse)

C. IKININI KIVURA INZOKA ZO MUNDA

Buri mwana wujuje amezi 12, ahabwa ikinini cy'inzoka buri mezi 6 kugeza yujuje imyaka 5

Umubyeyi ahabwa ikinini cy'inzoka mu gihe kitarengeje ibyumweru 6 amaze kubyara

IKININI CY' INZOKA	Ukwezi	Umwaka
Dose 1		
Dose 2		
Dose 3		
Dose 4		
Dose 5		
Dose 6		
Dose 7		
Dose 8		
Dose 9		

D. SUIVI DE L'ENFANT EXPOSE

1. Code de la mère:

- Eligible
- Non Eligible
- Inconnu

2. Prophylaxie de la mère:

- D.U. NVP
- AZT
- TRITHERAPIE
- RIEN

3. Médicaments de l'enfant:

- AZT
 - NVP
 - CTMX
- | PERIODE | | | | | |
|---------|--|--|--|--|--|
| | | | | | |

4. Test de l'enfant:

- PCR/DBS1:...../...../.....
- PCR/DBS2:...../...../.....
- SRV à 9 mois:...../...../.....

Ibindi umwana ahabwa:

Vitamini A: Umubyeyi agomba guhesha umwana we ikinini cya vitamini A kugirango bimurinde ubuhumyi no kurwaragurika. Vitamini A ihabwa abana bafite kuva kumezi atandatu kugeza ku myaka itanu.

Ikinini cy'inzoka : Buri mwana wujuje amezi 12 ahabwa ikinini cy'inzoka buri mezi 6 kugeza yujuje imyaka 5



III.2.3. Kugaburira umwana kugirango akure neza Inama zerekeye imirire

- Kuva umwana avutse kugeza ku mezi 6, umwana atungwa n'amashereka ya nyina gusa. Kuva ku mezi atandatu biba ngombwa ko umwana ahabwa imfashabere kugira ngo yunganire amashereka aba atagishoboye kumuhaza.
- Mu byo ahabwa mbere hagombye kubonekamo uruvange rw'imbutu uretse izifite amavuta menshi n'izisharira cyane cyane nka avoka n'indimu.
- Umwana ntagomba guhabwa ibinyobwa bibonetse byose cyane cyane ibisindisha.
- Umwana agomba kunywa igikoma n'amata. Amata yose iyo utangiye kuyaha umwana ugomba kuyafungura (kuyavanga n'amazi) kugeza igihe atangiye kuyamenyera. Amata y'inka n'amashunushunu (amata y'ihene) bayafunguza amazi atetse. Amata y'ifu yo avangwa n'amazi ukurikije ibipimo biba byanditse ku kintu apfunyitswemo.
- Umwana ukiri muto ntagomba kurya ibiryo birimo urusenda cyangwa ibikaranze.

- Mu biryo by'umwana hagomba kongerwamo ibyubaka umubiri bituruka ku matungo kuko ari byo abaakeneye cyane kurushaho.

Urugero: Amagi, amata, inyama, amafi, indagara n'ibindi.

- Ibiryo by'umwana bigomba kuba binombye buri gihe kubera impanvu ebyiri:



Igifu cye kiba kikiri gito kidashobora gusya ibibonetse byose akaba ari ngombwa kumworohereza.

Kugira ngo umwana adatoranya ibyo yishakiye kandi wenda ntatafatemo ibyo umubiri we ukeneye.

- Iyo umwana yatangiye kurya ntunyuzamo ngo uhagarike, biba ngombwa ko ukomeza kumugaburira ukurikije ikigero cye.

- Mu gutegura igaburo ry'umwana witwararika isuku mu bikorero ndetse n'aho ukorera kugira ngo bitavamo intandaro yo kurwara inzoka cyangwa izindi ndwara zituruka ku mafunguro yateguranywe umwanda.

- Igaburo ry'umwana nta na rimwe rigomba kuburamo imboga, kuko zimufasha kurwanya indwara.

Kugaburira umwana kuva akivuka kugeza kumezi 6

- Umwana agomba konka gusa nta kindi kintu ahabwa muri icyo gihe.
- Umwana agomba konka igihe cyose abishakiye, nibura incuro umunani (8) ku munsu.
- Umwana agomba konka amabere yombi, umubyeyi ayasimburanya buri uko amwonkeje.

III.2.4. Inama zerekeye uko wafasha umwana wawe gukura neza.

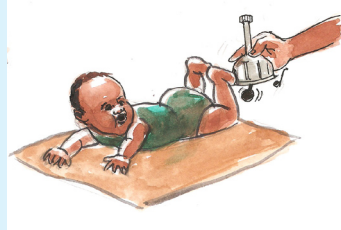
Umwana agenda akura hakurikijwe amezi/ imyaka, ibiro n'ubwenge.

Kuva kumezi atatu (3) umwana aba ashobora:

- Kuzamura amaboko hejuru
- Guseka
- Kwihindukiza ku mpande, iburyo ni'ibumoso
- Kwitegereza ibiganza by'umuntu ushaka kumuterura

Hagati y'amezi ane n'atandatu (4-6)

- Shakira umwana wawe ibikinisho binini kandi bifite amabara agaragara unamwigishe kubifata.
- Mwereke ibikinisho ubihindukiza iburyo n'ibumoso umuturutse imbere.
- Wowe n'abo mubana mu rugo mugomba kuvugisha umwana kenshi kugira ngo yumve amajwi menshi bimufashe kumenya gutandukanya amajwi.



Ku mezi atandatu umwana ashobora:

- Kwigana amajwi.
- Gufata kintu kimwegereye.
- Guhindukira mu ruhande ashaka wenyine.
- Ashobora gutega ibiganza akurikiye aho yumvise ijwi.



Izindi nama

- Niba umwana adakura neza, umubyeyi akwiye kugisha inama umujyanama w'ubuzima cyangwa umukozi w'ivuriro
- Gisha inama ku byerekeye uburyo bwo kumugaburira
- Gisha inama ku byerekeye kumufasha gukura mu bwenge.
- Komeza konsa umwana kugeza nibura ku myaka ibiri byaba byiza ukanayirenta.

- Kuva kumezi (6) tangira kugaburira umwana ibiryo byoroshye byunganira ibere, nk'igikoma kivanze n'amata, umuceri useye,imboga, n'ibindi, nibura kabiri kumunsi.

Urugero rw' ibiryo umwana agomba kurya ku munsi bitewe n'amezi afite:

- Amezi 6: utuyiko 6
- Amezi 7: utuyiko 7
- Amezi 8 : utuyiko 8

Icyitonderwa: Umwana agomba kubanza konka hanyuma ukabona kumuha ibindi biryo.

Kuva kumezi 9 kugeza kuri ku mezi 12, umwana agomba guhabwa indyo yuzuye nibura incuro eshatu ku munsi, kandi ukurikije amezi afite.

- Amezi 9 : utuyiko 9
- Amezi 10 : utuyiko 10
- Amezi 11 : utuyiko 11
- Amezi 12 : utuyiko 12

Icyitonderwa: Kuva ku mezi 12 umwana abanza kugaburirwa akonka nyuma.

III.3. IBYEREKEYE GUFASHA UMWANA MU MIKURIRE

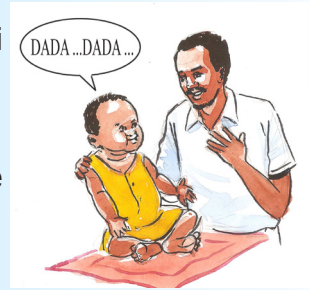
- Fasha kandi wigishe umwana wawe kwicara.
- Kora utumenyetso wereka umwana umwigisha kutwikoresha.
- Hereza umwana wawe igisuguti umutoze kucyifasha no kugihekenya acyifashije.



- Kina n'umwana wawe umwigisha gufata ikintu n'intoze ze, kandi umutoze kwikoresha utuntu tumwe na tumwe utamufashije.



- Ganira n'umwana wawe incuro nyinshi zishoboka.



- Toza umwana kwigana inyuguti zimwe na zimwe nka: ma...ma....da...da....pa....pa.

- Igisha umwana wawe guhagarara.

- Niba umwana wawe ashobora guhagarara, mutoze kubyikoresha utamufashije.



- Shakira umwana wawe ibikinisho bifite isuku kandi bitamugiraho ingaruka mbi.

KU MEZI 9

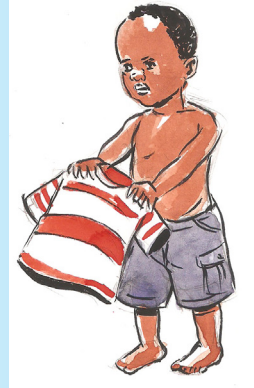
- Umwana aba ashobora kwicara
- Umwana aba ashobora kuvuga ma... ma...da...da..
- Umwana aba ashobora gukinisha ikinu afite mintoki
- Umwana aba ashobora kwifasha igisuguti akakirya.



KU MEZI 12

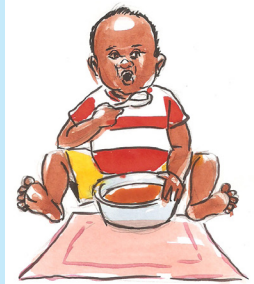
- Umwana aba ashobora kurebana amatsiko ibintu byose bimuri iruhande.
- Umwana aba ashobora gufata utuntu duto dukwirwa mukiganza cye.

- Umwana aba ashobora kwigana amagambo amwe namwe nka papa, mama, dada
- Umwana aba ashobora guhagarara wenyine ntawe umufashije, ndetse agatera n'udutanbwe duto duto.



KU MYAKA ITATU

- Umwana umwigisha kwiambika.
- Ugenda umuha udutabo turimo inkuru zishushanyije kandi ukagenda umubwira udukuru.



- Umwana umwigisha kwigaburira wenyinye.
- Umwana umwigisha kwikarabya intoki wenyine, kwituma ibyoroshye n'ibikomeye wenyine kandi ahantu habigenewe.



- Tega amatwi umwana kugira ngo ubashe kumva icyo ashaka kuvuga.
- Egera umwana wawe arimo gukina umwereke ko ukeneye gukina nawe no kumenya ibyo arimo gukora.

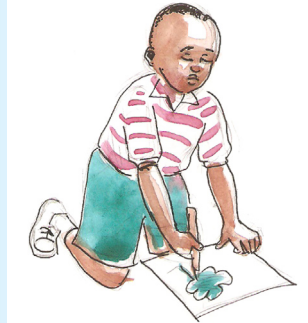
Ku myaka 3 kandi umwana aba ashobora:

- Kwigenza wenyine ntawe umufashije.
- Kuvuga asubiramo amagambo aba yumvise

- Kumenya amabara y'ibintu n'imibare.
- Guhobera umuntu umwegereye.
- Guterera umupira imbere ye.

Ku myaka 5 umwana aba ashobora:

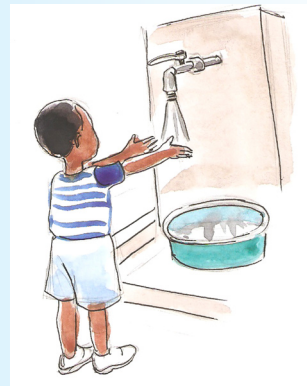
- Gusimbuka.
- Gushushanya umuntu cyangwa igiti nibice bikigize.



- Gukina n'abandi bana.
- Gusubiza ibibazo bimwe na bimwe abajijwe.
- Kugerageza kuvumbura udukino ubwe.
- Kubara kugeza aho ashoboye bitewe n'uko akura mu bwenge.



- Kwikarabya intoki wenyine.
- Kwiyambika,
- Kwita amazina ibikinisho bye.



III.4. UKO UMUBYEYI AGOMBA KWITAKU ISUKUY'UMWANA WE KUGIRA NGO AMURINDE INDWARA

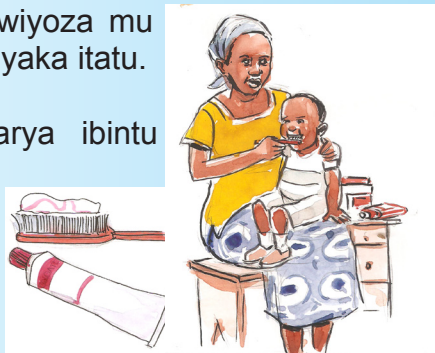
- Umubyeyi agomba kuhagira umwana buri muni mu gitondo na nimugoroba.
- Umubyeyi agomba koza umwana intoki buri gihe mbere yo kurya na nyuma yo kwituma.
- Umubyeyi agomba guca umwana inzara z'intoki n'iz'ibirenge buri gihe uko zikuze.
- Umubyeyi agomba gukora isuku mu nzu buri muni kandi akirinda amazi areka hafi y'urugo.
- Umubyeyi agomba kurinda umwana kwegera ahari umuriro n'umwotsi nko mu gikoni, aho banywera itabi n'ahandi.



- Umubyeyi agomba kwigisha umwana kwituma mu musarani no gukaraba intoki buri gihe avuyeyo.
- Mu gihe umwana amaze kumera amenyo, umubyeyi amutoza koza amenyo akoresheje umuti w'amenyo n'uburoso bw'amenyo kabiri ku muni. Akibyuka na mbere yo kuryama.



- Umubyeyi atoza umwana kwiyoza mu kanwa wenyine kuva afite imyaka itatu.
- Sibyiza kureka umwana arya ibintu birimo isukari nyinshi kuko byangiza amenyo y'umwana.



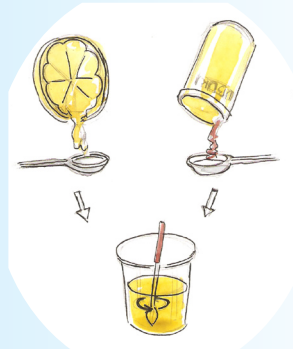
III.5. Uburyo umubyeyi yakwita ku mwana urwaye zimwe mu ndwara

Iyo umwana agaragaje kimwe mu bimenyetso by'indwara nko guhinda umuriro, gukorora, kuruka, guhitwa, cyangwa agakomereka, mwereke umujyanama w'ubuzima akugire inama nibiba ngombwa amuhe imiti imufasha, nibinirana umujyane ku ivuriro abaganga bamusuzume.

Icyakora hari ibintu umuntu wese akwiriye gukorera umwana urwaye indwara zimwe na zimwe.

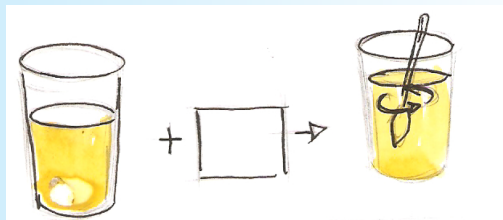
III.5.1. Inkorora

- Umwana ukorora agomba konka kenshi, agahabwa amazi y'akazuyazi kenshi.
- Niba umwana arengeje umwaka, ushobora kumuha ubuki buvanze n'umutobe w'indimu.
- Rinda umwana kwegera umwotsi w'itabi, uw'igikoni n'uw'ibindi bintu bitwitswe kuko bishobora gutuma inkorora yiyongera.
- Niba inkorora yanze guhagarara ikamara iminsi irenze ibiri, ihutire kujyana umwana kwa muganga.



III.5.2. Impiswi

- Niba umwana acyonka ni ngombwa kumwonsa kenshi ari nako ahabwa n'ibindi binyobwa kenshi kugira ngo asimburwe amazi aba atakaza igihe ahitwa.



- Umwana ahabwa imiti yongera amazi mu mubiri nka serumu zo kunywa, ziteguwe hakurikijwe inama zanditseho, kandi igihe cyose amaze twituma ukongera ukamuha.
- Umwana urwaye impiswi agomba kugirirwa isuku by'umwihariko.
- Ihutire kujyana umwana kwa muganga mu gihe akomeje guhitwa cyangwa agaragaje kimwe mu bimenyetso bikurikira:
 - Umusarane (amabyi) urimo amaraso
 - Kwanga kurya no kunywa
 - Gucika intege
 - Kumagara no kugira inyota ikabije
 - Kurerembura amaso

III.5.3. Umuriro

Kugira umuriro ku mwana bishobora guterwa n'impanvu zinyuranya nko gukorora, malariya, ibicurane, guhitwa no kuruka, kurwara mu matwi n'ibindi.

Uko umubyeyi yabyifatamo:

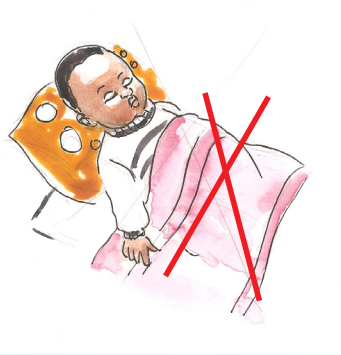
- Ereka umwana umujyanama w'ubuzima, amuhe umuti umugabanyiriza umuriro.
- Niba umwana acyonka, mwonse kenshi gashoboka.
- Ha umwana ibinyobwa byinshi nk'amazi, icyayi, umutoba w'imbuto, isosi cyangwa isupu y'imboga.
- Irinde kwambika umwana ufite umuriro imyenda ishyushye cyangwa kumworosa ibintu byinshi.
- Shyira igitambaro mu mazi maze ukirambike ku mutwe w'umwana cyangwa mu kwaha.
- Ryamisha umwana mu nzitiramubu.
- Ihutire kujyana umwana ku ivuriro.

III.5.3. Indwara z'uruhu

Indwara z'uruhu ku bana zikunda kuba ari uduheri tuza ku ruhu, ibisebe, cyangwa kwishimagura.

Uko umubyeyi yabyifatamo:

- Kugirango urinde umwana wawe indwara z'uruhu, ugomba kumwoza buri munsu ukambambika imyenda imeshe kandi yanitswe kuzuba ryinshi kugira ngo udusimba turimo dupfe, kubabishoboye imyenda y'umwana igomba guterwa ipasi mbere yo kuyimwambika.
- Umwana ugaragaweho n'indwara z'uruhu agomba kugirirwa isuku; kumwuhagira ukoresheje amazi n'isabune, kumwambika imyenda imeshe, iteye ipasi
- Jyana umwana kwa muganga kugira ngo bamuvure iyo ndwara y'uruhu yamufashe.



Ibimenyetso mpuruza by'umwana urwaye.

- Kunanirwa konka.
- Kunanirwa kunywa kandi yanagerageza akanywa duke.
- Kuruka kenshi buri uko agize icyo afata.
- Gutentebukwa/gucika intege ku buryo bukabije.
- Kumera nk'uwataye ubwenge.
- Gukonja ibirenge n'ibiganza
- Guhinda umuriro mwinshi

Mugihe ubonye kimwe muri ibi bimenyetso ku mwana wawe, ihutire kumujoyana kwa muganga

III.6. KURINDA UMWANA ZIMWE MU MPANUKA.

- Rinda umwana wawe gukinisha ibintu bishobora kumutera impanuka. Urugero: icyuma, imiti yo kwa muganga, imiti yica udukoko, umuriro, kumurinda kwegera ibintu bishobora kumugirira nabi.
- Kumurinda kwegera iziko, n'amazi ashushye.
- Rinda umwana gukinira ahantu utareba, kuko ashobora kugucika akajya mu muhanda, murinde kwegera icyobo, umugezi, n'ibindi.
- Kwirinda gusiga umwana utaramenya kwimanura ku buriri wenyine ari maso kuko ashobora guhanuka akavunika.



III.7. INAMA ZEREKEYE KU GUSIRAMUZA UMWANA W'UMUHUNGU.

Ni byiza gusiramuzwa umwana mu kwezi kwa mbere akivuka kuko biroroha kurusha iyo umwana amaze gukura, kuko umwana muto akira vuba. Iyo umwana w'umuhungu yasiramuwe akiri muto, aba afite amahirwe menshi yo kutandura virusi itera SIDA n'izindi ndwara zandurirwa mu mibonano mpuzabitsina. Abana basiramuwe kandi ntibakunze kurwara indwara zifata umuyoboro w'inkari.

Gusiramurwa ku bana birizewe, nta bibazo bitera ku buzima bwabo iyo bikorewe ku ivuriro kandi bigakorwa n'umuganga wabihuguriwe.

IV. AMAKURU AKENEWE KU MWANA UVUTSE KU BABYEYI BABANA N'UBWANDU BWA VIRUSI ITERA SIDA.

Abana bose, baba bavuka ku babyeyi babana na virusi itera SIDA cyangwa batabana nayo bahabwa inkingo ziteganywa na gahunda y'ikingira n'izindi serivisi zirimo gukurikirana imikurire yabo. By'umwihariko, abana bavuka ku babyeyi babana na virusi itera SIDA bitabwaho hakurikijwe gahunda iteye itya:

Ku byumweru 6: Umwana afatirwa ikizamini cya mbere cyo kureba uko ahagaze . Umwana atangira guhabwa umuti wabigenewe. Umubyeyi akomeza guhabwa ubujyanama burebana no kugaburira umwana no kuboneza urubyaro

Ku mezi 6: Umubyeyi ahabwa ubujyanama bw'uko atangira guha umwana imfashabere.

Ku mezi 9: Umwana akorerwa ikindi kizamini cyo kureba aho ahagaze

Ku mezi 16: Ababyeyi bakomeje konsa bahabwa inama zijyanye no gucutsa abana buhoro buhoro.

Ku mezi 18: Ababyeyi batahagaritse konsa basabwa kubihagarika burundu. Ababyeyi batarageza igihe cyo gufata imiti igabanya ubukana ku buryo buhoraho bahabwa inama z'uburyo bahagarika imiti igabanya ubukana bafataga. Abana n'ababyeyi bakorerwa ibizamini. Ababyeyi bahabwa igihe bazagaruriraho abana kugira ngo batange ikizamini cyemeza burundu uko bahagaze.

Buri kwezi: Umubyeyi akomeza kujya kwa muganga hamwe n'umwana bakanakomeza guhabwa imiti bikurikije ibiro byabo, bagahabwa n'izindi serivisi zirimo inama ku mirire, ibizamini bimwe na bimwe, gukurikirana imikurire y' umwana, kuboneza urubyaro, n'ibindi. Ababyeyi bibutswa gahunda yo gufata imiti buri muni ku gihe kuko iyo miti igira akamaro ari uko ifashwe nk'uko biteganijwe Imbonerahamwe y'ibizamini bikorerwa umwana uvutse ku babyeyi babana na virusi itera SIDA

IFISHI YO KUYABYARA

Itariki yabyariyeho:..... isaha yabyariyeho

Inda yarigeze igihe:.....

Uwamubyaje:.....

Aho yabyariye:.....

Uburyo yabyayemo: Yabyaye neza..... Yabazwe.....

Uko ubuzima bw'umubyeyi bwifashe:

Ni muzima/ ararwaye/ Yapfuye

Uko ubuzima bw'umwana wavutse bwifashe

Yavutse ari muzima/ yavutse adashyitse/ yapfuye avuka/ yapfuye ataravuka.

Ingorane zabonetse nyuma yo kubyara:

Kuva cyane/ kugira umuriro/Guta ubwenge/kuzana amazi anuka mugitsina/
Ibindi.....

IFISHI YO KWIMURIRWA KURINDI VURIRO

Itariki/ukwezi/umwaka : -----/-----/-----/Isaha: -----

Aho yimuriwe : -----

Ubutabazi bw'ibanze yakorewe: -----

Umwohereje-----

IGISUBIZO CY' IVURIRO YIMURIWEHO

Ibimenyetso :

Ubutabazi bwibanze yakorewe:.....

Icyo muganga abivugaho:

Itariki:

Ifishi y'umubyeyi nyuma yo kubyara

Itari-ki isaha	Uko um-utima utera	Umu-vuduko w'amaraso (MMHg)	Uko ahumeka (/min-ute)	Ubushyuhe (OC)	Uko umura umeze	Amaraso ava	Amazi azana	Kwituma ibikomeye	Kwituma ibyoroshye	Konsa mugitondo kare	Ubutabazi n'ubuvuzi bwibanze(Koherezwa ahandi)	Ibizamini yalatiwe	Inama zatan-zwe	Icyitonderwa:

Ivuriro:.....

Umukono:.....

Umwanzuro nyuma yo kubyara
Uko umubyeyi amaze

[] Afite ubuzima bwiza [] Ararwaye [] Yapfuye

Uko umwana ameze

[] Afite ubuzima bwiza [] Ararwaye [] Yapfuye
 Shyiraho akamenyetso () ahangomwa

Uburyo bwokuboneza urubyaro k'umugore nyuma yo kubyara

IVURIRO									
ITARIKI/UKWEZI/ UMWAKA									
UBURYO AKORESHA									
IBIRO									
ICYITONDERWA									

Imbonerahamwe y'uko umwana yavutse azeze

AMANOTA	0	1	2	UMUNOTA 1	IMINOTA 5
UKO UMUTIMA UTERA	Ntutera	Buhoro<100	Neza >100		
UKO AHUMEKA	Ntahumeka	Ahumeka nabi	Byiza		
UKO UMUBIRI UMEZE	Ntambaraga	Ibirenge n'intoki binyeganyega buhoro	Arinyagambura neza		
IBARA RYUMUMIRI	Ubururu bwijimye	Umubiri usa n' iroza ibiganza n'ibirenge byenda kuba ubururu	Umubiri wose ni iroza		
UKO YUNVA UBUBABARE	Ntacyo yunva	Yarize gatoya kandi buhoro	Yarize umwanya kandi cyane		
TOTAL					

Umwana yonse nyuma y'igihe kingana iki avutse

Munsi y'iminota 30 []

Hejuru y'iminota 30 []

ICYEMEZO CY'AMAVUKO

N°:

Njyewe..... nemeje ko

Uyu munsi Itariki Ku isaha

Havutse umwana w'umuhungu/ umukobwa

Yavukiye:.....

Yavukanye ibiro:.....Gms

Ububure:cm

Amazina ya nyina:.....

Numero y'indangamuntu:.....

Icyo akora:.....

Aho abarizwa:

Akarere:.....Umurenge:.....

Akagali..... Mudugudu:

Itariki n'umukono bya muganga:.....

Amazina ye

IMBONERAHAMWE Y'INKINGO

Imyaka	Amoko y'inkingo
Iminsi 0-7 (akivuka)	Igituntu , Imbasa
Ukwezi n'igice (1 moi ½)	Imbasa, Kokolishi, Agakwega (Tetanosi), Akaniga, Hemofilusi infuluenza, Umwijima wo mu bwoko bwa B , Pinemokoke (umusonga)
Amezi 2 n'igice (2 moi ½)	Imbasa, Kokolishi, Agakwega (Tetanosi), Akaniga, Hemofilusi infuluenza, Umwijima wo mu bwoko bwa B , Pinemokoke (umusonga)
Amezi 3 n'igice(3 moi ½)	Imbasa, Kokolishi, Agakwega (Tetanosi), Akaniga, Hemofilusi infuluenza, Umwijima wo mu bwoko bwa B , Pinemokoke (umusonga)
Amezi 9	Iseru

Ibindi umwana ahabwa:

Vitamini A: Umubyeyi agomba guhesha umwana we ikinini cya vitamini A kugirango bimurinde ubuhumyi no kurwaragurika. Vitamini A ihabwa abana bafite kuva kumezi atandatu kugeza ku myaka itanu.

Ikinini cy'inzoka : Buri mwana wujuje amezi 12 ahabwa ikinini cy'inzoka buri mezi 6 kugeza yujuje imyaka 5



IMBONERAHAMWE Y' IBIZAMINI BIKORERWA UMWANA UVUTSE KU BABYEYI

BABANA N'UBWANDU BWA VIRUSI ITERA SIDA.

AMEZI	ITARIKI	HB	ANTIBODY TEST	DBS/PCR	CD4	TOTAL	LYMPHOCYTE
						<3500/mm ³	>3500/mm ³
Ibyumweru 6							
Amezi 6							
Amezi 9							
Amezi 18							

IMBONERAHAMWE YO GUKURIKIRANA UBUZIMA BW'UMWANA UVUTSE KUBABYEYI BABANA N'UBWANDU BWA VIRUSI ITERA SIDA.

	M b e r e y'ibyumweru 6	Ibyumweru 6	Ibyumweru 10	Ibyumweru14	Amezi 4	Amezi 5	Amezi 6	Amezi 7	Amezi 8	Amezi 9	Amezi 12	Amezi 18
Itariki												
Ibiro												
uburebure												
Uko ahagaze												
Cotrimoxazole Prophylaxis												
Uburyo agaburirwa												
Ibimenyetso agaragaza												
CD4												
Kwemeza ikizamini cya anticorps												
PCR/DBS												
Imiti igabanya ubukana Niba test yanyuma ari positif												