Ni iki kindi wakora?

- Onsa umwana wawe gusa gusa kugeza igihe agiriye amezi 6. Mutangize kurya ubundi bwoko bw'ibiryo amaze kuzuza ayo mezi.
- Igihe wonsa, fata amafunguro manini 3 aboneye buri munsi wongereho udufunguro 2 tw'inyongera dufatwa hagati y'amafunguro manini.
- Fata ibinyobwa bihagije ushire inyota.
- Niba ufite ibibazo byo kubona imiti igabanya ubukana bwa virusi itera SIDA cyangwa kuyinywa, gisha inama muganga wawe.

- Kugira ngo wirinde malariya, gumya ujye uryama mu nziti-ramibu iteye umuti.
- Igihe umwana wawe aryamye ku manywa, murinde malariya ukoresha inzitiramibu iteye umuti.
- Kugira ngo uruhinja rubone amashereka aruhagije, ni ngombwa gukoresha uburyo bwo konsa gusa ku manywa na ninjoro mu mezi 6 ya mbere y'ubuzima.
- Tangira gukoresha uburyo bwo kuboneza urubyaro ukimara kubyara.

Rinda umwana wawe kandi urinde n'ubuzima.

- Niba waranduye virusi itera SIDA, ugomba kwipimisha inshuro nyinshi buri mwaka kugira ngo urebe uko ubuzima bwawe buhagaze.
- Muganga wawe azagenzura kandi uko ubuzima n'imirire byawe bihagaze.

- Ni ngombwa gusuzumisha umwana wawe agize ibyumweru 6 cyangwa igihe bigaragara ko adakura neza, arwaragurika, cyangwa agaragaza ibimenyetso by'imirire mibi.
- Muganga azafata amaraso y'umwana wawe mu kirenge kugira ngo amupime virusi itera SIDA.

- Umuganga uvura umwana wawe azamutera agashinge gatoya mu kirenge kugirango akuremo imitonyi myinshi y'amaraso azakoresha mu kumupima virusi itera SIDA.
- Ni ngombwa gupimisha umwana wawe indwara buri gihe, kumukingiza, kumupimisha ibiro n'uburebure buri kwezi, no gufata imiti.

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A Healthy People. A Wealthy Nation

Uko warinda n'uko wagaburira umwana wawe

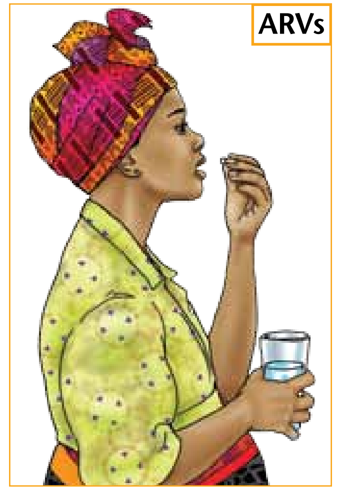
Niba utwite kandi ubana na virusi itera SIDA…

Ni iki ukeneye kumenya no gukora?

- Jya kwipimisha inda kare bishoboka ukimara gukeka ko utwite.
- Uburyo rukumbi bwo kumenya niba waranduye virusi itera SIDA ni ukwipimisha.
- Uko uhagaze kubyerekeranye na virusi itera SIDA bishobora kuba bitandu kanye n'uko mugenzi wawe ahagaze. Bityo rero mwembi mugomba kwipimisha.
- Niba wowe cyangwa mugenzi wawe yaranduye virusi itera SIDA, muganga azagufasha gutangira imiti ikwiye irwanya ubukana bwa virusi itera SIDA.
- Muganga kandi azaguha ibinini bya bagitirimu birwanya izindi ndwara abantu banduye virusi itera SIDA bakunze kurwara.
- Bwira mugenzi wawe cyangwa undi muntu uzagufasha ko wanduye.
- Ugomba kwitwararika mu kugira imiti ihagije ugomba gufata buri munsi kandi usabe umuryango kukwibutsa igihe ufatira ibinini.
- Mu gihe utwite, tegura uburyo uzagera kwa muganga igihe ibise bizaba bitangiye.

Warinda ute umwana wawe kwandura?

Mu gihe utwite…



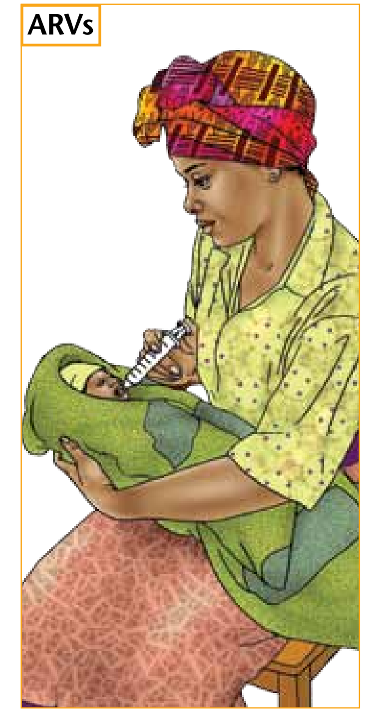
- Rinda umwana wawe kandi urinde n'ubuzima bwawe ufata ibinini bigabanya ubukana bwa virusi itera SIDA buri munsi. Jya kwa muganga gufata imiti igabanya ubukana bwa virusi itera SIDA n'ibinini bya bagitirimu buri kwezi.
- Fata ibinini bya vitamini cyangwa iyindi miti kwa muganga baguhaye.

- Kugirango wirinde malariya, ryama igihe cyose mu nzitiramibu iteye umuti.
- Jya ufata ibinini bya malariya nk'uko wabitegetswe na muganga.

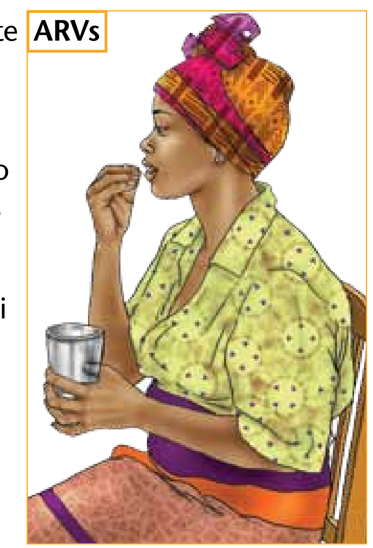
- Byarira kwa muganga. Hita ushyira umwana ku ibere akivuka.
- Niba wabyariye mu rugo, jyana umwana wawe kwa muganga bitarenze iminsi 2 avutse kugira ngo asuzumwe. Ugomba kuba ufite umuti umurinda kwandura virusi itera SIDA wagenewe abana. Uwumuha akivuka kugeza agize ibyumweru 6, igihe umusubiriza kwa muganga.

Komeza urinde umwana wawe.

Umwana amaze kuvuka…



- Mu byumweru 6 bya mbere akimara kuvuka, umwana wawe akenera gufata buri munsi umuti wihariye witwa nevirapine kugira ngo umurinde kwandura virusi itera SIDA.
- Umuganga azakwereka uburyo bwo kumuha umuti ukwiye wa Nevirapine ugenewe abana, ukoresheje serenge.
- Shyira umunwa wa serenge mu ruhande rumwe rw'umunwa w'uruhinja rwawe noneho usunike umuti buhoro buhoro.
- Bika urushinge umaze kurusukura kandi ubike urushinge n'umuti ahantu hatavogerwa kandi hafutse.



- Mu gihe cyose ucyonsa, gumya ufate imiti igabanya ubukana bwa viruse itera SIDA. Ni ingenzi kugumya gufata uyu muti buri munsi kugirango urinde umwana wawe kwandura iyo virusi. Umwana ntiyagombye konka igihe kirenze amezi 18.
- Iyi miti igabanya ubukana bwa virusi itera SIDA izakurinda kandi izindi ndwara nk'umusonga n'igituntu.