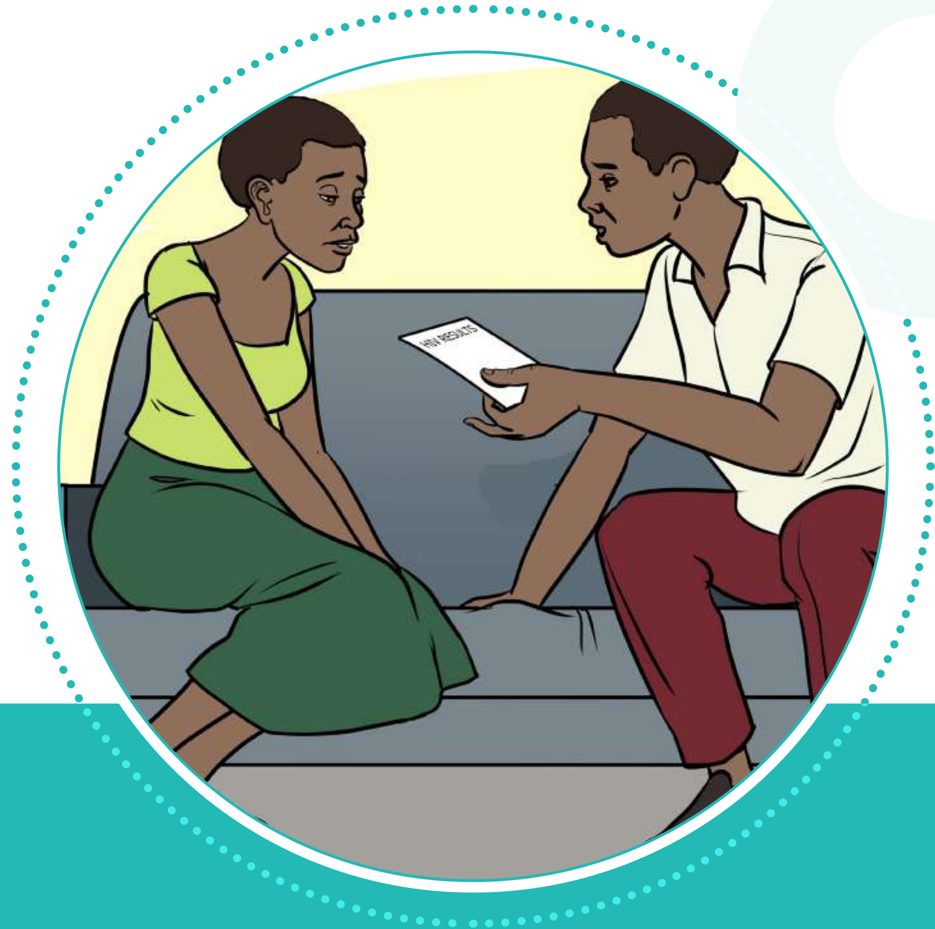
THE REPUBLIC OF UGANDA
MINISITULE Y'EBYOBULAMU



Obulamu bwange, Enzijanjaba yange, Endabirira yange

EKITABO EKIFA KU MUKENENYA/OKWEWALA AKAFUBA, ENDABIRIRA N'ENZIJANJABA

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EBIFA KU BIKOZESEBWA N'EBIRUUBIRIRWA

Ekipande kino kya kukozesebwa na basawo n'abantu abalala abatali bakugu, olw'okulinnyisa omutindo gw'okubudaabuda(okubuulirira) ku bikwata ku kawuka akaleeta Mukenenya eri abawangaala n'akawuka ako –PLHIV

Eri awaayo/alabirira

- Okwongera kubukugu bw'alabirira omulwadde.
- Okujjukiza abalabirira ensonga enkulu ez'okukubaganyako ebirowoozo n'abalwadde kunsonga z'akawuka akaleeta Mukenenya
- Okujjukiza amangu ddala abalabirira/abajjanjabi kunsonga y'okuwandiisa abazuulwa n'akawuka ka HIV nga bakebeddwa
- Yamba ababa bakalina HIV okwatula nti bakalina.

Eri oyo akalina

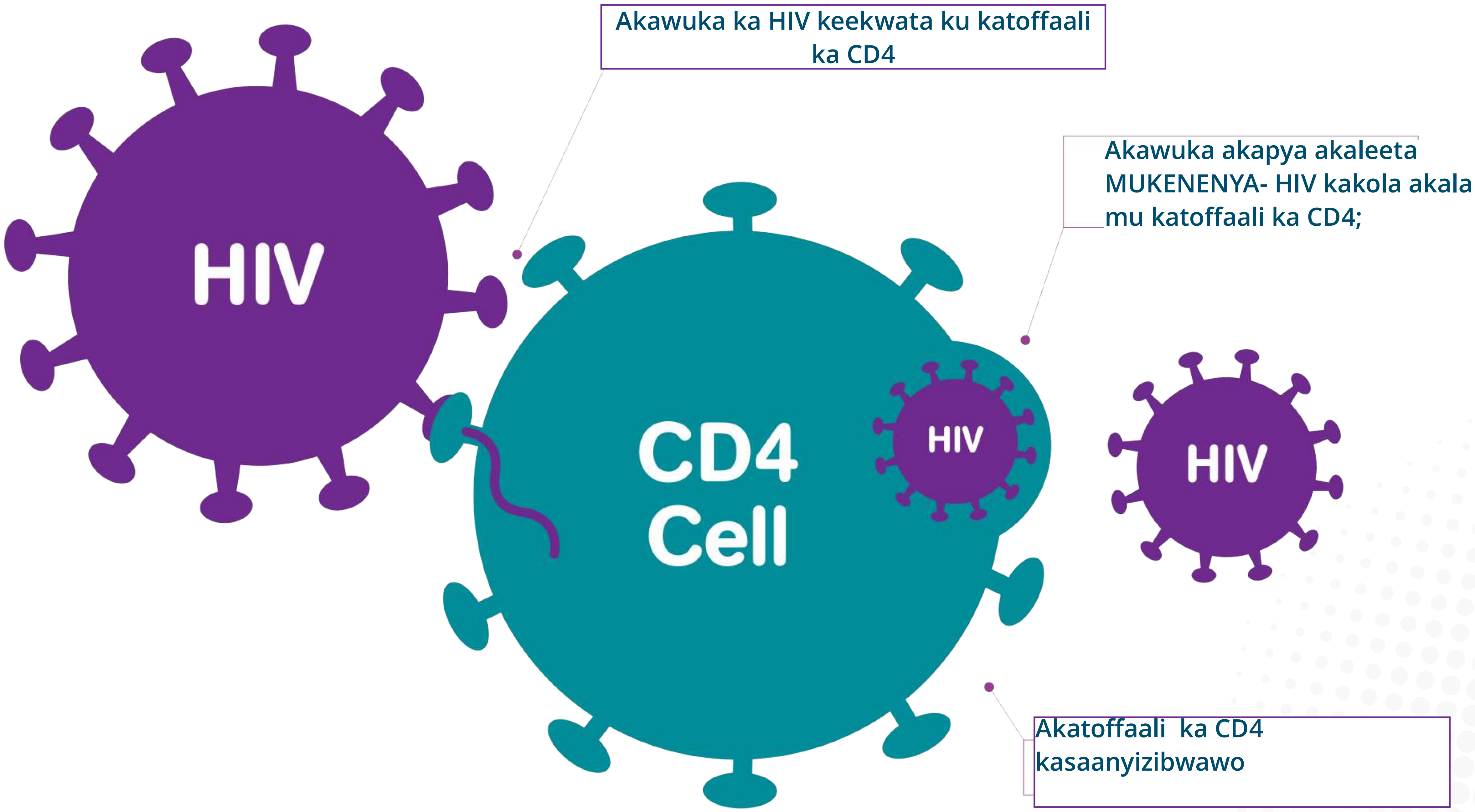
- Yongerea okumanyisa omulwadde ku nzijanjaba ya HIV n'endabirira
- Okwongera okumatiza/okukkirizisa abakeberebwa ebivudde mu kukeberebwa
- Kubiriza abazuuse nti bakalina (ka HIV) bakkirize okwewandiisa nga bukyali batandike okulabirirwa.
- Kendeeza ku kwenyinyalwa n'okuboolwa kw'abazuuse nti balina akawuka (HIV)

Enkozesa y'ekipande

- Tegekerawo nga bukyali nga wejjukiza ebikulu ebiri mu kipande
- Yaniriza azze gy'oli/eyeetaaga obuweereza, era tuula nga omwolekedde.
- Zuula ekyetaago ky'oyo eyeetaaga obuweereza nga kikwatagana n'okumanyisa omuntu bwatyo/ n'emiramwa emirala emitonotono.
- Nga bw'okozesa oludda oluliko obuwandiike kakasa nti eyeetaaga obuweereza, alaba bulungi ebifaananyi
- Songa ku kifaananyi ng'eno bwoyogera
- Yogera mu ddoboozi lya mwanguka ng'ate togaaya bigambo.
- Kozesa olulimi eyeetaaga obuweereza lwategeera.
- Musikirize okunyumya naawe, nga abuuza n'ebibuuzo.

OKUTEGEEERA AKAWUKA AKALEETA MUKENENYA(HIV)

Akawuka akaleeta MUKENENYA (HIV) kalumba abasirikale abakuuma omubirigwo-CD4



OKUTEGEEERA AKAWUKA AKALEETA MUKENENYA(HIV)

Akawuka akaleeta MUKENYENYA –HIV kye kki?

H- Human (Human-Muntu)

I – Immunodeficiency (Embeera y'omubiri Ogunafuyiziddwa)

V- Virus (Obuwuka obulwaza)

Akawuka kano HIV, akalumba obukuumi bw'omubiri gw'omuntu era neka(bu) gunafuya. Bwe katajjanjabibwa akawuka kano akaleeta MUKENENYA kanafuya omubiri nga kalumba wamu n'okusaanyaawo obutofaali bwa CD4 obukuuma omubiri okutuusiza ddala omubiri lwe guba nga tegukyasobola kwerwanako nga gulumbiddwa obulwadde obutali bumu. Kino kiviirako omuntu okulwala SSIRIIMU/MUKENENYA naayenjebukira ddala.

MUKENENYA/SSIRIIMU KYEKKI?

A – Acquired (Omuntu akafuna)

I – Immune (Enkola ekuuma omubiri)

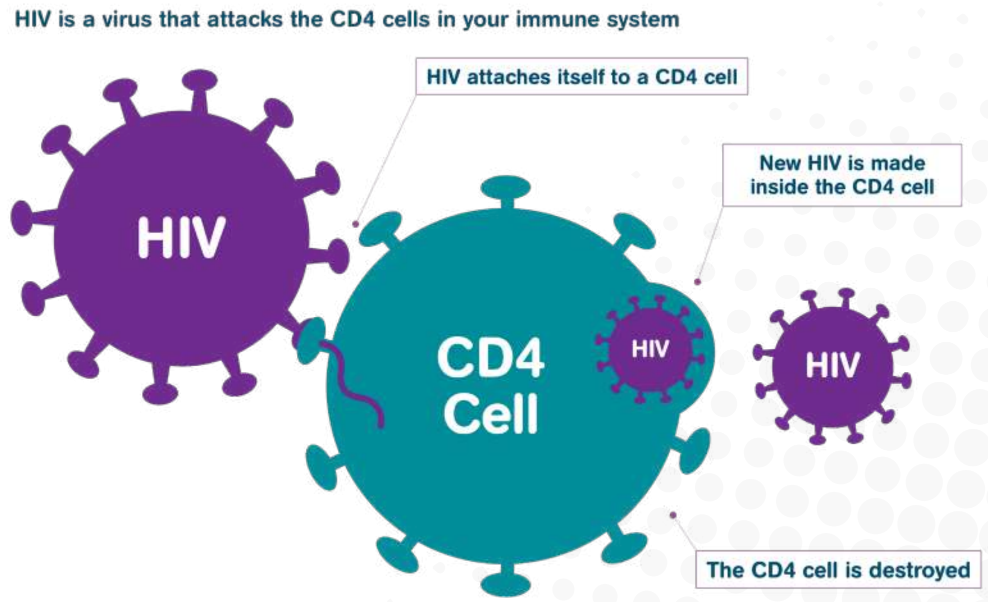
D- Deficiency (Okubulwa okwekuuma)

S- Syndrome (Endwadde eza buli kika).

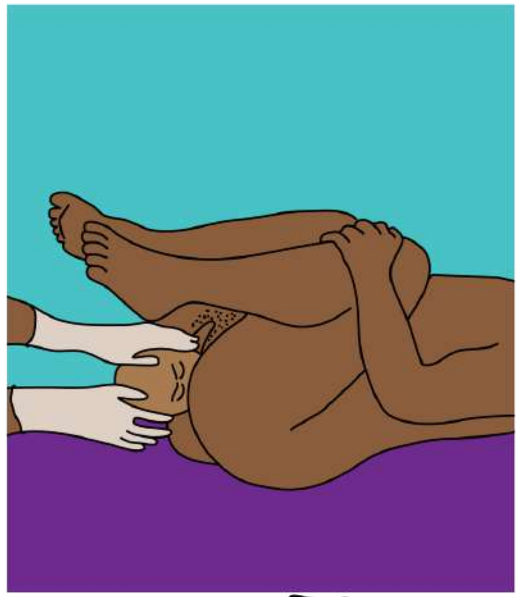
- Omuntu alwala MUKENENYA nga akawuka akamuleeta (HIV) bwe kasaanyawo enkolay'obukuumi mu mubirigwe. Olwo omubiri guba tegukyasobola kwerwanako nga obulwadde bugulumbye.
- Alwala MUKENENYA/SSIRIIMU aba alowoozebwa okuba n'akawuka akamuleeta –HIV. Era balwalalwala endwadde nga: akafuba, lubyamira, ekiddukano, mulalama, olukuku, n'emisujja.
- Omuntu ayinza okuwangaala n'akawuka akaleeta MUKENENYA/SSIRIIMU naye n'atalwala MUKENENYA/SSIRIIMU yennyini. Wabula bwatajjanjabwa olwo n'alyoka alwala MUKENENYA yennyini.

Mu nnimi endala AIDS ayitibwa bwati:

- Luganda – Ssiriimu/Mukenenya
- Runyakore-
- Runyakitara- Munywerero



ENSAASANYA



Ebiva mu musaayi ogusiigiddwa

ENSAASANYA

Akawuka akaleeta Ssiriimu kasaasaanyizibwa katya?

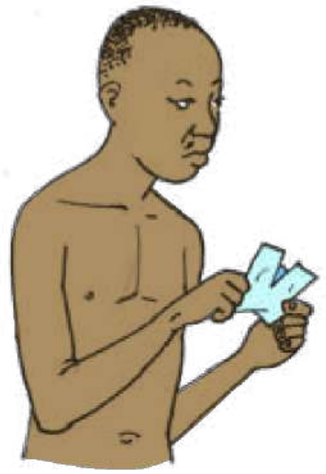
- Okwegadanga/okwegatta n'omuntu nga teweesabise.
    - Akawuka ka HIV, n'endwadde endala ez'okwegatta/okwegadanga(STIs) ziyinza okusiigibwa nga abantu beegadanga nga kayita mu:
        - Okukoona/Okukwata ku musaayi ogulimu akawuka kano, amazzi g'obusajja; oba oluzzizzi, lw'omu bukazi obw'oyo aba alina akawuka kano ka HIV.
    - Akawuka akaleeta MUKENENYA/SSIRIIMU kayinza okusaasaanyizibwa nga kayita mu kwegatta n'omukazi nga oyise mu bukazibwe; nga onuunye ebitundu eby'ekyama, oba okulya ebisiyaga/okuvuga empanka z'obuseegu.
    - Oli ne bw'aba ku bujjanjabi bw'empeke erikendeeza ku busungu bw'akawuka; omuntu bwe yeegadanga nga teyeesabise, ayinza okusaasaanya akawuka akaleeta SSIRIIMU/MUKENENYA-HIV; nga kino kiyinza okumwongera okulwala.
- Okuva ku maama alina akawuka kano ng'asiiga omwana ali mu lubuto, mukuzaala, oba ng'amuyonsa. (Laba emiko egiddako).
- Nga okutte butereevu ku musaayi, oluzzizzi lw'omumubiri; olw'oyo eyasiigibwa akawuka

Engeri endala eziyinza okuviirako okusaasaana kwa HIV

- Obusambattuko obuva ku kikula ky'omuntu
- Okufumbiriganwa nga bekikwatako tebanneetuuka
- Okwegadanga wakati w'abantu ab'emyaka egitali gye gimu
- Okwegadanga n'olukunkumuli lw'abantu
- Emikolo egy'ekinnansi nga: okulamba abantu ne zi ttatuu; enjokyo, okukomolebwa mu ngeri eteri ya mirembe.
- Okwegadanga kw'okwetunda.
- Ebitamiiza n'okukozesa ebiragalalagala.

ENSAASANYA

Ayagala obuyambi/obuweereza bwaba asuumuse

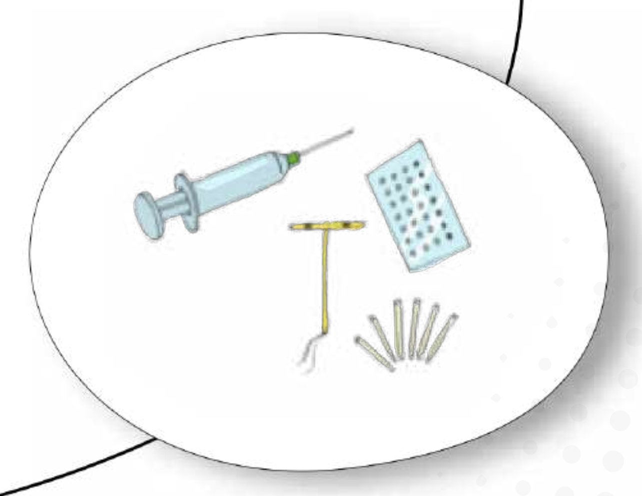


Bulijjo kozesanga 'galimpitawa/ kkondomu, olw'okwewala okusiigibwa akawuka-HIV oba endwadde z'obukaba 'STIs'.

Alwiseewo okwegadanga

Beera mwesigwa kumwagalwawo omu

Kendeeza booganza



ENSAASANYA

Ayagala obuyambi/obuweereza bwaba asuumuse

Mubuulirire ayige eby'ekikugu

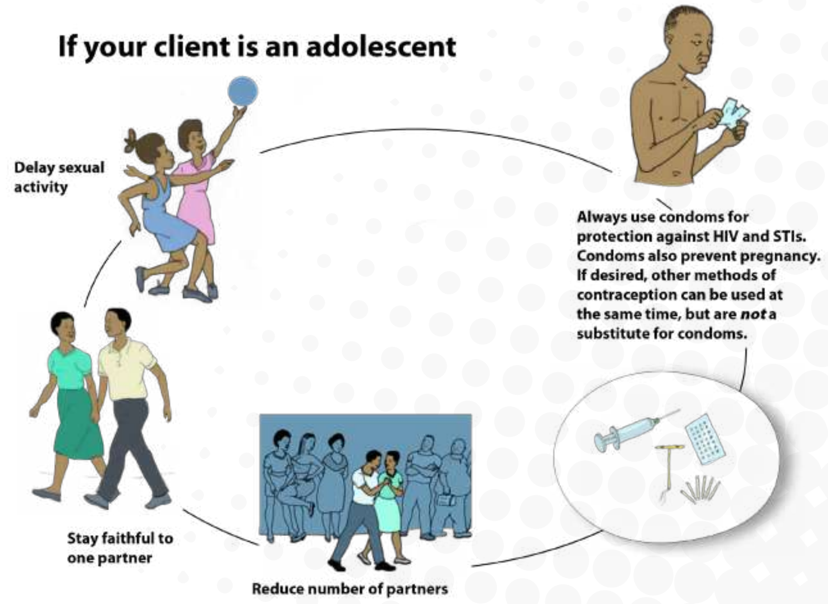
- Alwiseewo, eby'okwegadanga, kubanga asana abitandike nga mwetegefu okwambalagana n'ebisoomozo/ebizibu, ebigendera ku kwegadanga-endwadde eziva oluusi mu kwegadanga-STI, n'akawuka ka HIV akaleeta SSIRIIMU, n'embuto zooteeyagalidde. Kakasa nti ozuula ebyo omuvubuka asuumuse by'amanyi ku kawuka ka HIV-akaleeta SSIRIIMU, n'enwadde endala eziva mu kwegadanga; era bwe kiba kyetaagisa munnyonnyole okusingawo.

Amagezi eri:

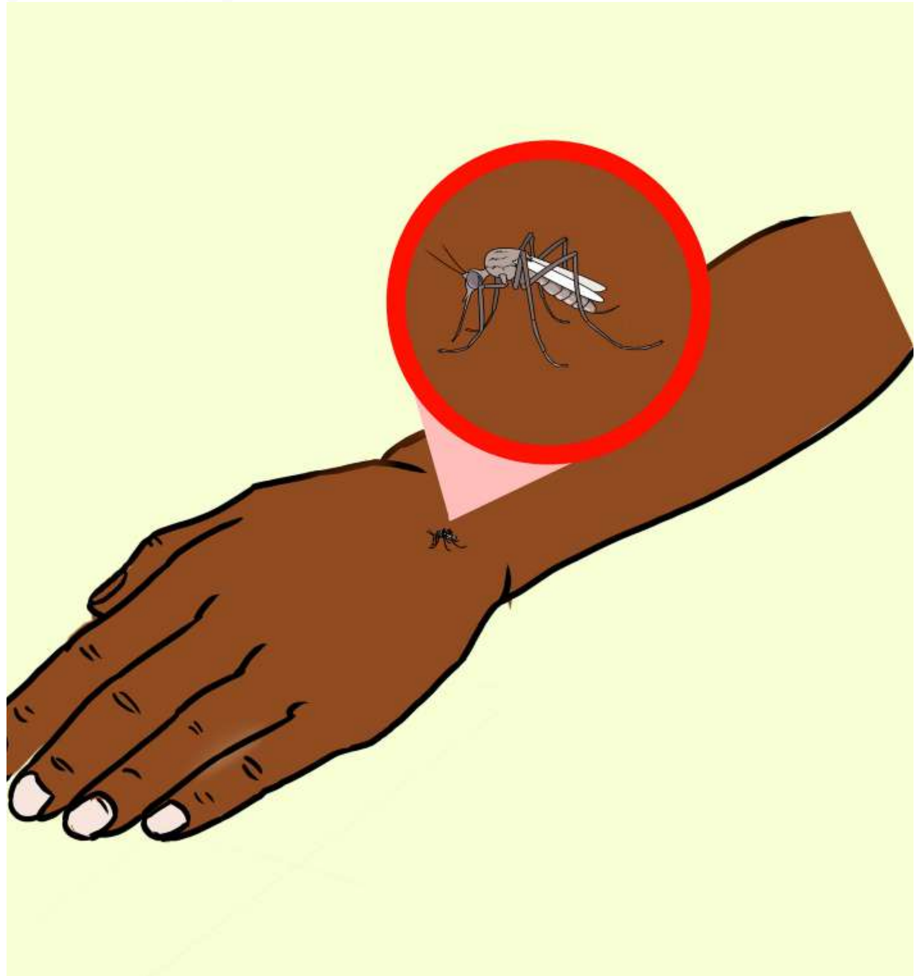
- Noonyereza/Zuula essanyu eriva mu makubo amalala agatali ga mutawaana nga gakozesebwa mu kyama (okwenyonyoogera mu mbugo, okukanda, okukwatako, okunywegera) okwewala okukwata/okukoona ku mazzi g'omusajja oba oluzzizzi oluva mu bukazi n'okwegandangira mu bukazi, mukamwa oba engeri y'ebisiyaga.,
- Kozesa 'galimpitawa' (kkondomu): Olw'okwewala okusiigibwa HIV (akawuka akaleeta SSIRIIMU) n'endwadde endala ez'obukaba, n'okwewala embuto zooteeyagalidde. Bwoba oyagadde, okozesa amakubo amalala, nga: okumira empeke, eziziyiza okufuna embuto, Kkondomu era esaana okukozesebwa mu kwenuuna. BULIJJO KKONDOMU ZISAANA ZIKOZESEBWE!
- Kendeeza booganza. Muganzi wo bwaba omu kyekisingayo obulungi ekitaliimu kabi.
- Beera mwesigwa eri omwagalwawo
- Laga engeri y'okukozesa kkondomu. (Laga omuko oguvuddeko era bakkirize bayige enkozesa ya kkondomu nga bagezesa ku kintu ekyekula nga "obusajja".
- Give condoms. [Gaba kkondomu

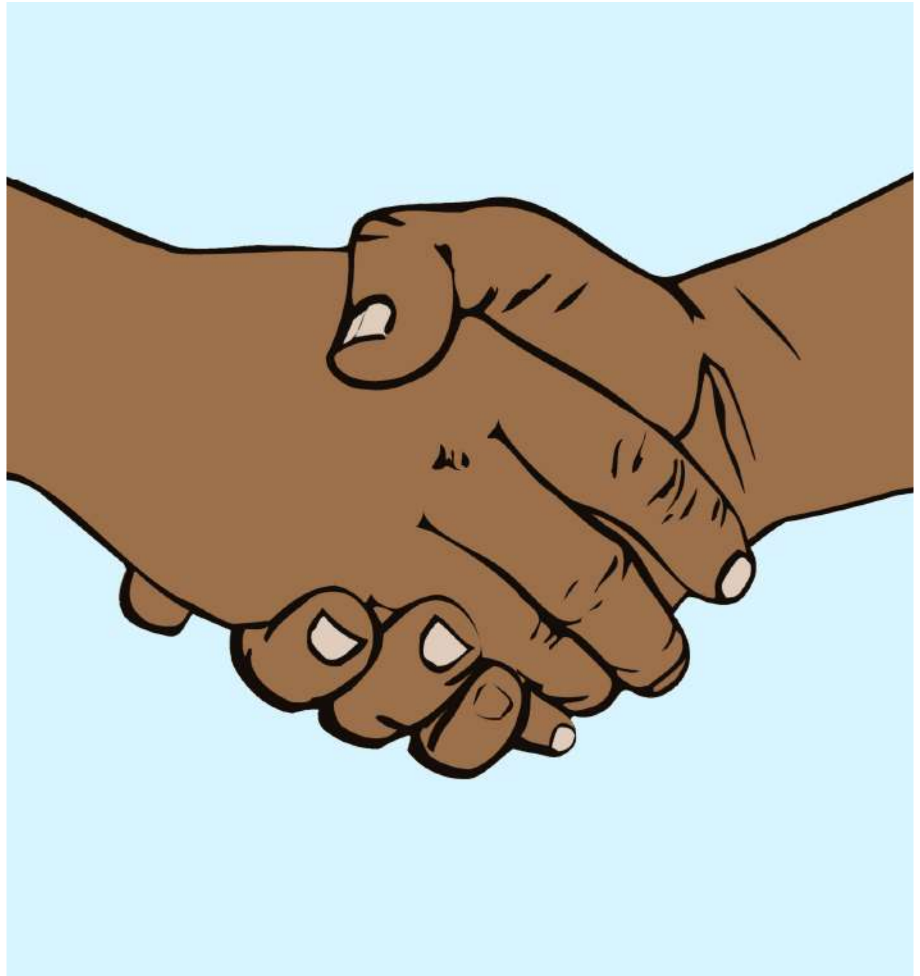
- Yigiriza engeri y'okukkaanya oba okuteesa. Kubanganya engeri yokukkaanya , ku nkozesa ya kkondomu, n'okugaana nti 'nedda' ku kwegandanga kw'otoyagadde.
- Labula ku ngeri ebitamiiza/ ebiragalalagala, gye biyinza okukendeeza ku busobozi bw'omuntu okwefuga ku bigambo by'okwegatta; n'ebiyinza okuva mu kwegadanga nga teweesabise.

Eri abawangaala n'akawuka ka HIV : Mujjukire okukozesa amakubo gegamu, ne bwoba nga oli ku makerenda agakendeeza obukambwe bw'akawuk; yadde mwembi ne muganziwo mulina akawuka akaleeta SSIRIIMU/MUKENENYA. (HIV+)



ENGERI AKAWUKA 'HIV' GYE KATASAASAANAMU

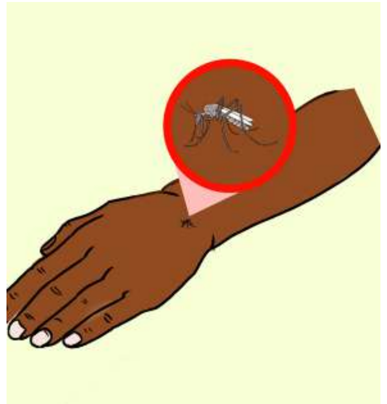


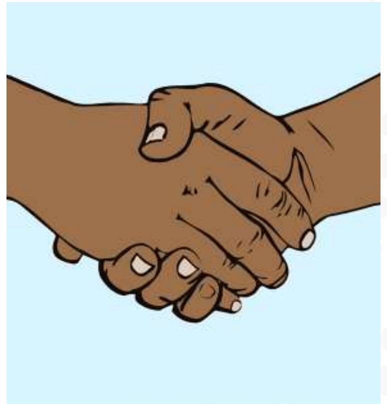


ENGERI AKAWUKA 'HIV' GYE KATASAASAANAMU

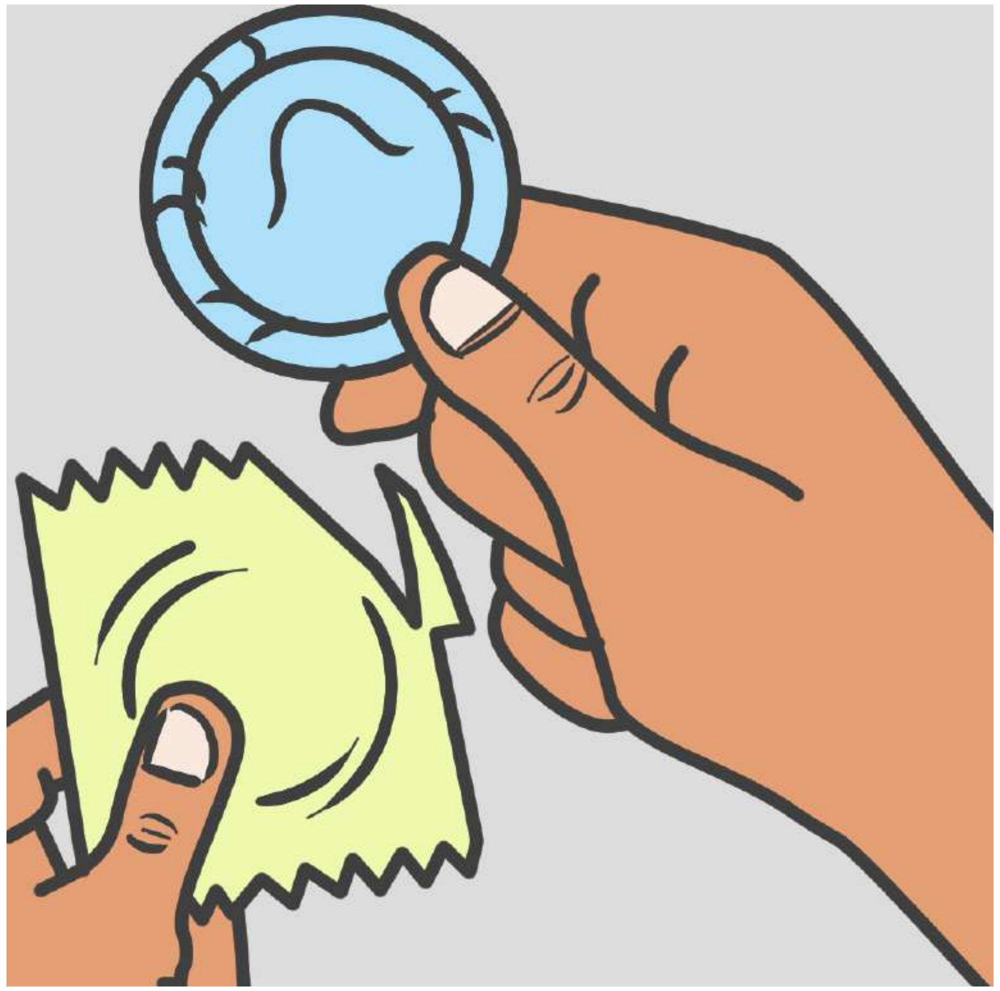
HIV not transmitted through;[akawuka ka HIV tkasaasaana nga kayita mu:

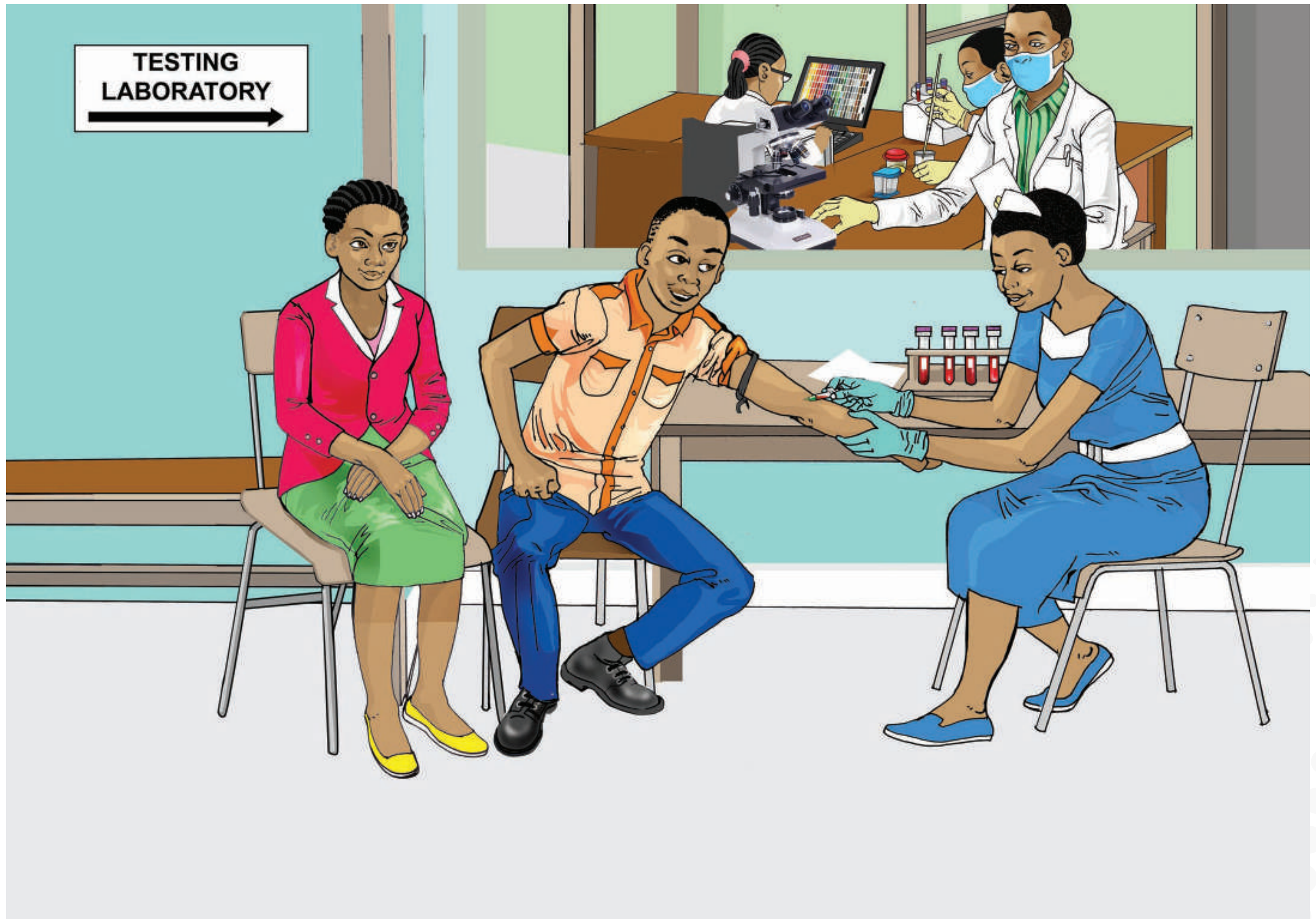
1. Okulumwa ensiri, n'ebiwuka ebirala.
2. Amalusu, amaziga, omusulo(enkali) oba entuuyo ezeetabise mu musaayi gw'oyo alina akawuka akaleeta SSIRIIMU.
3. Okukwata mu ngalo;
4. Okugenda mu/ku kaabuyonjo yeemu n'oyo akalina
5. Okukozesa essowaani n'ebikopo byebimu
6. SOkusuka ku kitanda ekumu n'omuntu alina akawuka ka SSIRIIMU/ MUKENENYA.





OMUNTU YEEKUUME ATYA OBUTAKWATIBWA SSIRIIMU?



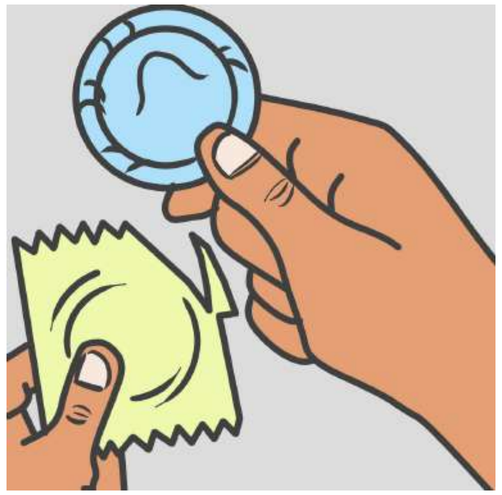


OMUNTU YEEKUUME ATYA OBUTAKWATIBWA SSIRIIMU?

Akatyabaga k'okukwatibwa SSIRIIMU kakendeezebwa katya?

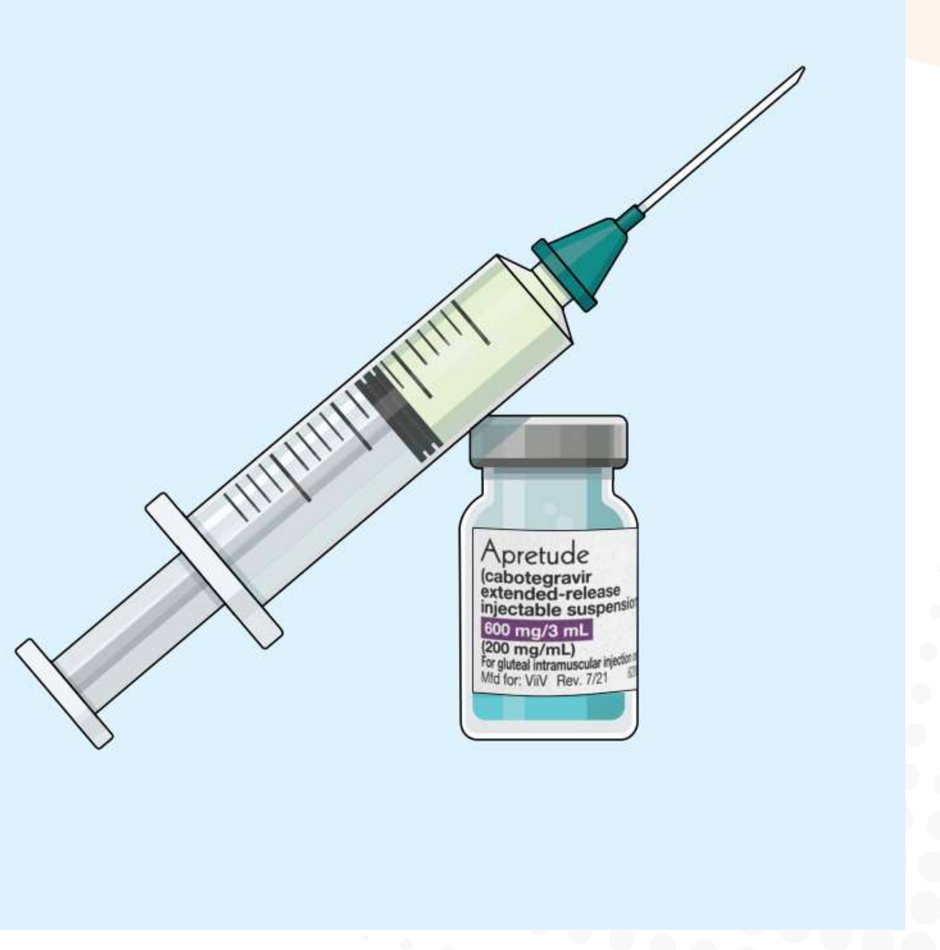
Tewali kkubo limu lyetongodde nti lye limala mu kuziyiza akawuka ka HIV mu bantu bonna. N'olwekyo kisingako okukozesa ekkubo erisukka mu limu.

- Manya bwoyimiridde ku by'akawuka ka SSIRIIMU nga ogenze ne bakukebera.
- Okwewalira ddala eby'okwegadanga
- Okubeera omwesigwa ku mwagalwawo gwomanyi bwayimiridde ku bya SSIRIIMU.
- Okukozesanga kkondomu entuufu bw'oba okyalimu embavu.
- Okukomolwa kw'abasajja okutaliimu kabi.
- Enkola ey'okweziyiza okukwatibwa obulwadde (PrEP)- nga okozesa n'empeke zi kakendeeza bulumi ARV, oluusi ziba mpiso,empeta eweebwa omuntu ali mu katyabaga akanene ak'okukwatibwa akawuka ka HIV, okukendeeza ako, okugeza nga abeetunda, abaagalana naye nga omu kubo talina kawuka 'discordant lovers' mu Luzungu, n'abalala.
- Okweziyiza nga okozesa eddagala eryo nga omaze okwegatta n'omuntu gw'oteekakasa –ARV, (empeke zi kakendeeza bulumi) eziweebwa oyo abadde mu katyabaga k'okusiigibwa akawuka.
- Okuziyiza Maama okumetta omwanawe omuwere (PMTCT) oluusi emanyiddwa nga 'EMTCT'
- Ba Maama abalina akawuka akaleeta SSIRIIMU obutasiiga baana bali mumbuto zaabwe (abatannazaalibwa), oba abo abayonsa.
- Okukozesa eddagala erikendeeza obulumi- ART; okutandika okulikozesa, n'okuliremerako, nga kino kikakata kubantu abawangaala n'akawuka ka HIV nga kino, kikendeeza ku katyabaga k'okukasaasaanya.
- OKwejjanjabya amangu nga omuntu azindiddwa endwadde yonna ey'obukaba.



OMUNTU YEEKUUME ATYA OBUTAKWATIBWA KAWUKA KA HIV (AKALEETA SSIRIIMU?

Using PrEP when you are at risk of acquiring HIV



OMUNTU YEEKUUME ATYA OBUTAKWATIBWA KAWUKA KA HIV (AKALEETA SSIRIIMU?

Okukozesa PrEP nga oli mu mbeera eya katyabaga k'okusiigibwa HIV

PrEP(Pre-exposure prophylaxis)- lyeddagala ery'amakerenda agakkakkanya obulumi 'ARV' ,empiso, akaweta eliweebwa ali mu katyabaga akanene ak'okusiigibwa akawuka ka HIV okugeza: Abeetunda mu by'omukwano, abaagalana ng'omu kubo talina kawuka kaleeta SSIRIIMU, n'abalala.

Makubo ki amalala agookwetangira (PrEP) gooyinza okulondako?

- Akaweta akasonsekwa mu bukazi olw'okuziyiza okukwatibwa kwa HIV. Kayusibwa buli luvannyuma lwa mwezi.
- Akakerenda/Empeke emiribwa buli lunaku kasika obeera mu katybaga.
- Empiso ekubiwa buli myezi 2

Ani yeetaaga enkola y'okwetangira eya PrEP?

Abatunda emibiri gyabwe/ Abatunda akaboozi, abaagalana naye nga omu kubo talina kawuka ka HIV, Bavubuka abalenzi n'abawala abasuumuse., abali mu katyabaga ak'okukwatibwa akawuka, abeekuba empiso nga bayisaamu ebiragalalagala.

Enkola eno ey'okwetangira PrEP esangibwa wa

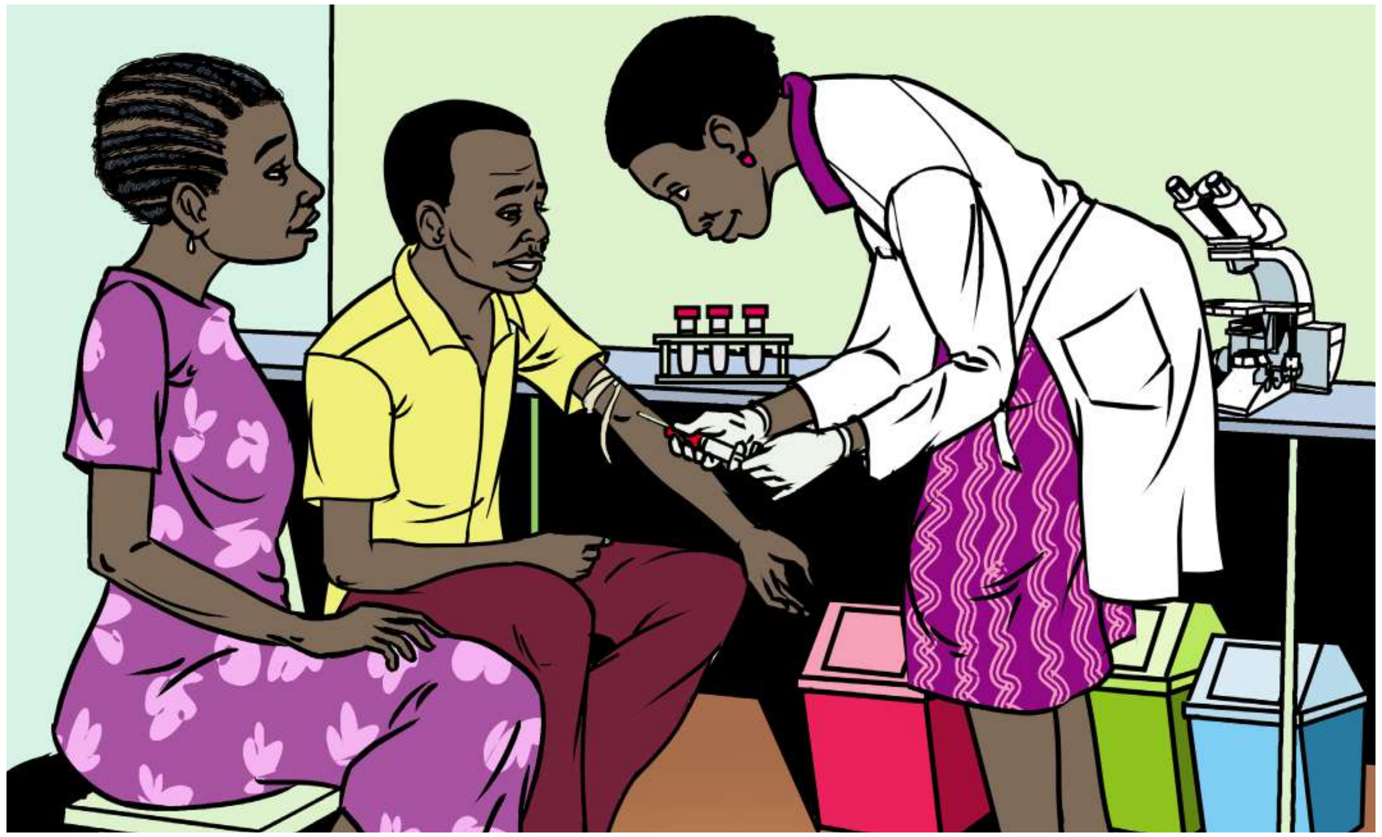
Mu malwaliro, mu maduuka agatunda eddagala mu bitundu byammwe, awasaasaanyizibwa eddagala mu bitundu ebitali bimu.

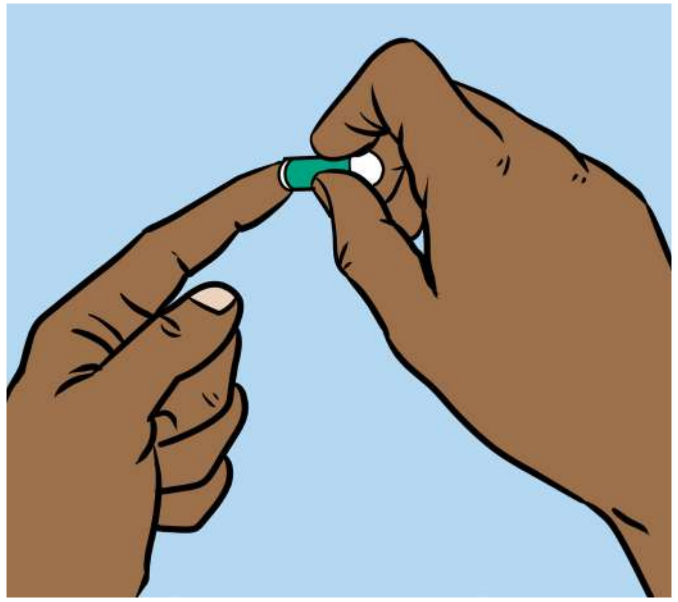
Enkola ya PrEP ey'okwetangira ogikozesa kumala bbanga ki?

PrEP ogikozesa ebbanga lyonna wooberera mu katyabaga. Jjukira okwekebeza akawuka akaleeta SSIRIIMUbuli luvannyuma lwa myezi 3.

Empeeereza ya PrEP ya bwereere era bwoba ne kye weetaaga okumanya kun kola eno eya PrEP wattu tuukirira omusawo.

OKUMANYA BWOYIMIRIDDE KU KY'AKAWUKA KA HIV





OKUMANYA BWOYIMIRIDDE KU KY'AKAWUKA KA HIV

Okwekebeza akawuka akaleeta SSRIIMU-HIV

- Okumanya bwoyimiridde ku ky'akawuka ka HIV kikulu nnyo mu bulamubwo.
- Bwe weekebeza ku ky'akawuka ka HIV, kikuyamba okumanya embeeraayo, era nofuna okuyambibwa n'okulabirirwa olyoke owangaale n'obulamu obulungi.
- Okwekebeza kuno, oyinza okukukolera ku ddwaliro ly'omu kitundu nga bakuggyako omusaayi, oba amalusu, nga beekenneenya. Buuza omusawo empeereza eno eyinza okukuweebwa.

Bwe bakukebera nga okalina ka HIV

- Kitegeeza nti omusaayigwo gulimu akawuka ka HIV.
- Omusawo akuwandiisizaawo nga eyeetaaga okulabirirwa kulunaku olwo lwennyini era akunnyonnyole engeri gy'oyinza okusigala nga oli mulamu.
- Buvunaanyizibwaabwo, okukozesanga eddagala nga omusawo bwakuwabula; kino kikendeeze ku bungi bw'obuwuka buno mu mubirigwo, era mukukola kino,
- Owangaala ebbanga ggwanvu nga weekolera n'egigyo
- Okendeeza n'akabi k'okumetta omwagalwawo/abaagalwabo.

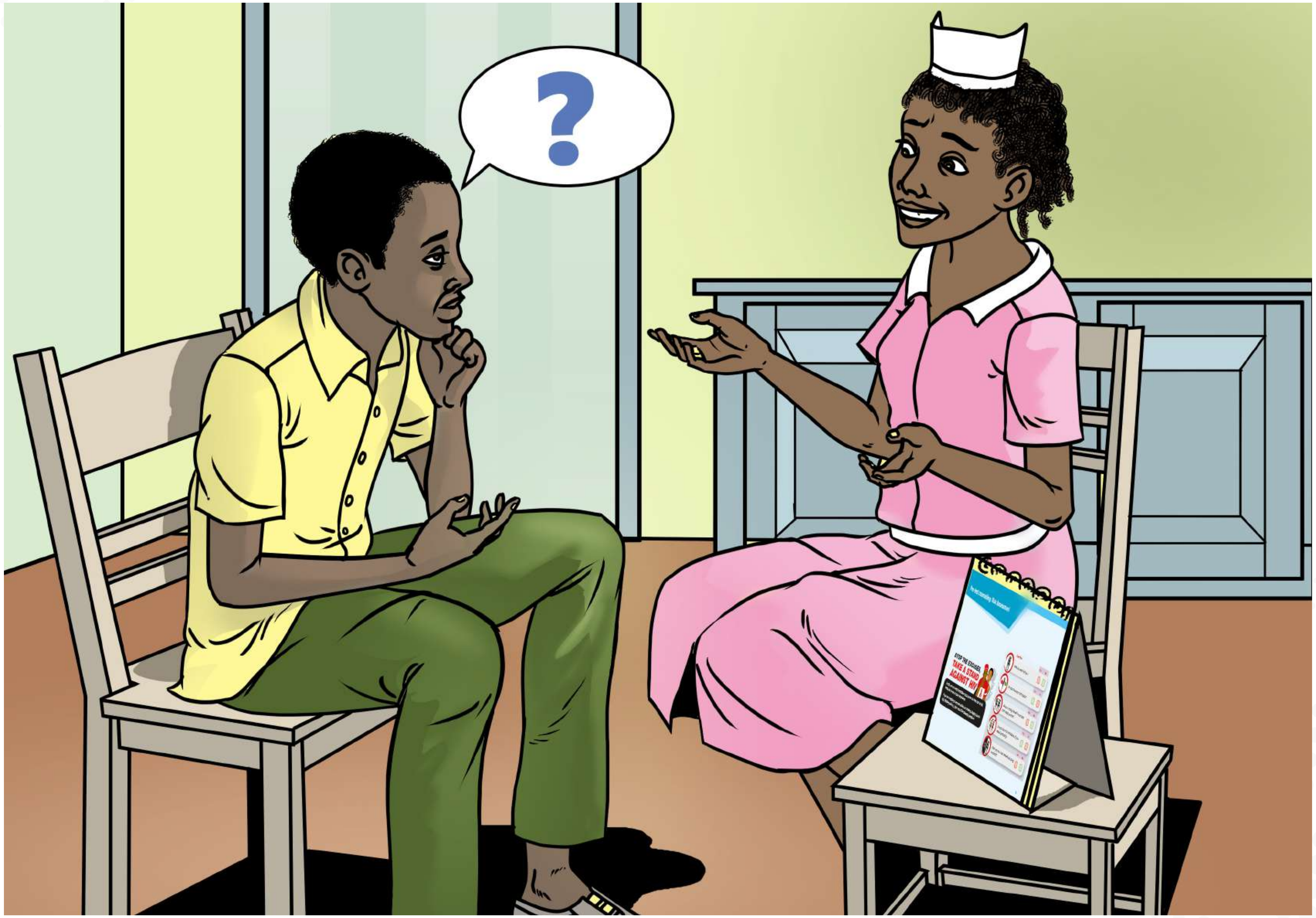
If you test HIV negative; [Bw'ozuulibwa nga tokalina;

- Kitegeeza nti omusaayigwo teguliimu kawuka (HIV)
- Lekeeraawo okwekwasa kino nakiri kola kyonnaekisoboka osigale nga oli mulamu
- Atalina kawuka ka HIV nga mwe muli;
- Okutegeeza ku baagalwa bo era obakubirize bagende beekebeze.
- Vva kuby'okwegadanga bwoba osobola.

- Buli lwe weegatta n'omuntu gwoteekakasa mbeeraaye ku ky'akawuka ka HIV kozesa kkondomu.
- Sigala nga oli mwesigwa eri omwagalwa wo oba kendeeza ku muwendo gw'abaagalwa bo.

Jjukira embeerayo ku by'akawuka ka HIV eggwako kw'olwo lwe weegatta n'omuntu mu ngeri ey'akatyabaga. Ekikolwa kyonna ekikwatagana n'okwegatta nga tewaliiwo nkola ya kweziyiza kusiigibwa HIV, kiyinza okukuviiramu okumettebwa akawuka kano 'HIV'.

OKUGUMIRA EMBEERA Y'OKUBA N'AKAWUKA 'HIV'



OKUGUMIRA EMBEERA Y'OKUBA N'AKAWUKA 'HIV'

Bwozuulwamu akawuka ka HIV, ebirowoozo bino biynza okukujjira:

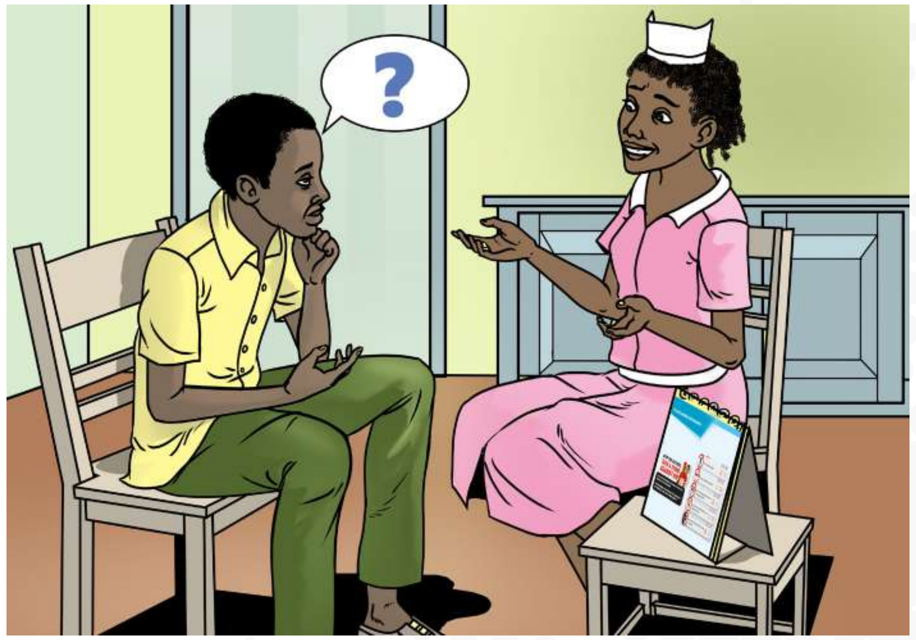
- Kaakati nng'enda kukolaki?
- Omwagalwa wange, ob'omumaka gange, banaalowooza oba banaawulira batya bwe bannamanya nti nnina akawuka ka HIV?
- Nnaagenda mu maaso n'okukola?
- Kati nng'enda kufa?

Aaa! Kya bulijjo okuba n'okutya ku mbeerayo ku kawuka ka HIV. Naye, oyinza okufuna obuyambi ku ngeri gy'onooyambalagana n'okusoomozebwa okwo. Ebizibu ebya bulijjo oba okutya okuyinza okukujjira, bwozuula nti olina akawuka ka HIV, mwemuli:

- Okutya nti bakumanyi nti olina akawuka akaleeta SSIRIIMU-HIV.
- Okutya okukyasanguza
- Okutya okufiirwa omulimugwo
- Okutya obusambattuko
- Okutya okufa
- Engeri gy'onoogenda mu maaso nga olabirira ab'omu makaago
- Engeri y'okukyasanguza eri ab'omu makaago

Ebikolwa ebitera okuddirira mwemuli:

- Okwogerako ne mukwano gwo oba omusawo nga oyagala bakuwe ku magezi
- Saba otandike okulabirirwa n'okujjanjabwa.
- Yogerako n'omusawo, okeberwe oba tolina KAFUBA-TB
- Bwonoonya okuweebwa ku magezi kikuyamba okugumira embeeraayo era neweetegekera engeri y'okuwangaala n'akawuka kano ka HIV.



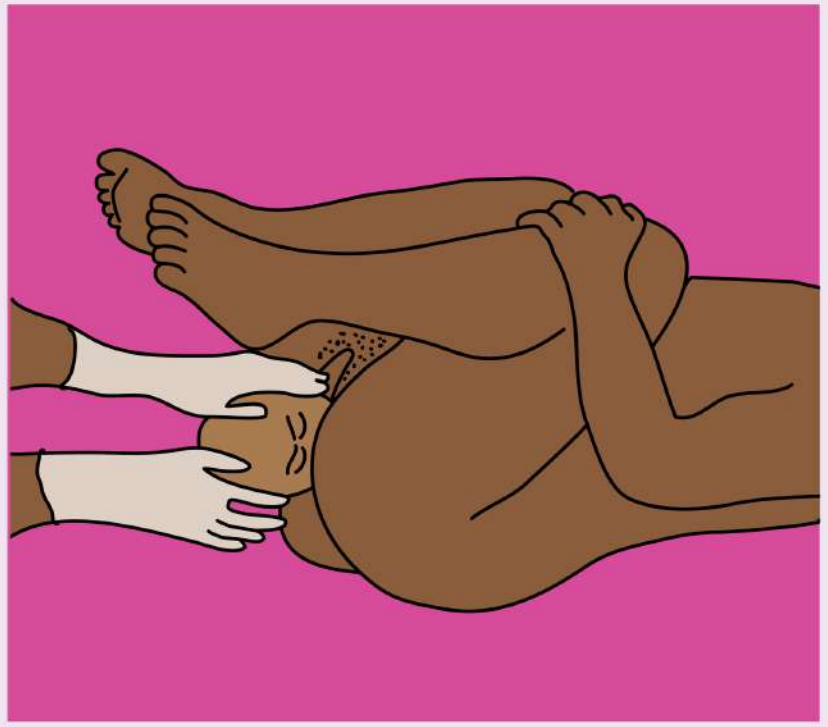
OKUJJIRAWO DDALA OBUSOBOZI BWA MAAMA OKUSIIGA OMWANA

Obutyabaga obuviirako maama okusiiga omwana akawuka ka HIV

Nga ali lubuto

- Nga mu nnabaana mulimu obulwadde
- Nga omusaayi gulimu obuwuka(vayiraasi) bungi.
- Endya/endiisa embi

Kiseera Mu ky'okulumwa n'okuzaala



- Olububi nga lwatise (nga ebisa biruddewo)
- Akabwa oba okuyulika mu bweereere bwo oba kumumwa gwa nnabaana.
- Okwegaanya nga omwana ayita mu kisenge ky'obukazibwo ggwe maama

Mu kuyonsa

- Okutabiikiriza byaliisibwa (omwana) mu myezi 6 egisooka
- Obubwa mu kamwa k'omwanawo
- Ennywanto eziriko enjatika oba obunuubule

OKUJJIRAWO DDALA OBUSOBOZI BWA MAAMA OKUSIIGA OMWANA

EMTCT kyekki?

- Okumalawo ensiiga y'akawuka okuva eri maama okudda ku mwana
- Kizingiramu ebikolwa eby'okutangira Maama aba n'akawuka ka HIV okukasiiga omwanawe naddala nga agenda mu ddwaliro naafuna obujjanjabi ng'ali lubuto.
- Bamaama abasinga okugenda okufuna eddagala nga bali mbuto, batera okuzaala abaana abatalina kawuka ka HIV.
- Kiyamba ne ba maama na ba taata okusigala nga balamu bulungi era ne bawangaala ebaanga eggwanvu.

Ani asaanidde okufuna obujjanjabi buno?

- Abakazi abali embuto
- Ba maama abayonsa
- Abaana abali mu katyabaga k'okusiigibwa akawuka ka HIV

Abasajja bo bavunaanyizibwa batya ku ky'okuwagira enkola ya EMTCT?

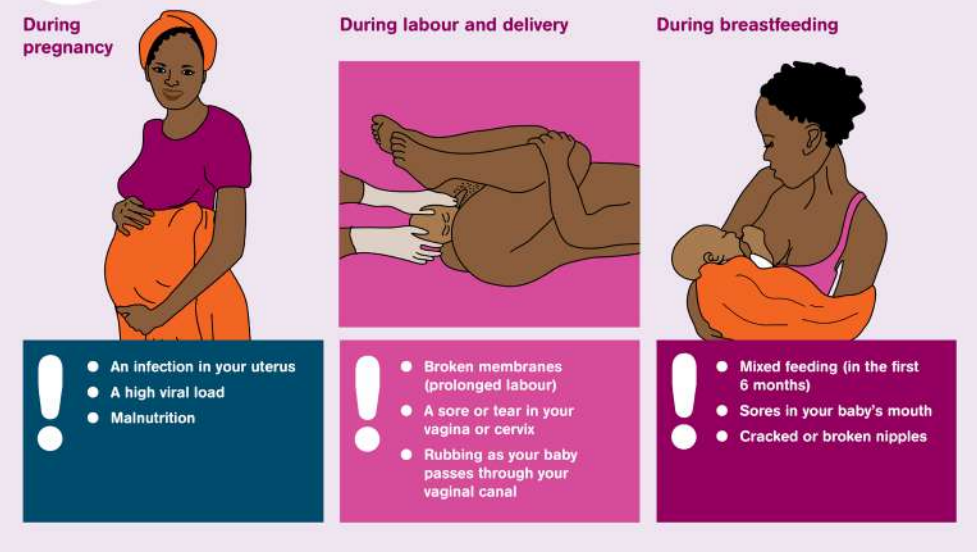
- Bakukebere omusaayi ku kya HIV n'omwagalwawo.
- Kakasa nti mwegatta n'omwagalwawo ali olubuto nga temwekengeera kabi konna.

Biki ebiba mu mpeereza eno eya EMTCT ebisookerwako?

- Ali olubuto okufuna obujjanjabi waakiri emirundi 8
- Okukeberwa n'okupimwa nga ali lubuto, mu kuzaala ne mukuyonsa ku bamaama abatalina kawuka ka HIV.
- Okukeberebwa buli myezi esatu okulaba oba bamaama obuwuka obubalimu tebweyongedde.
- Eddagala eriziyiza okusaasaanya akawuka
- Okuziyiza akawuka ka HIV
- Enkebera 3 eza PCR kubaana abazaalibwa ba maama abalina akawuka ka HIV.
- Okuyonseza ddala abaana ne ba maama nga baliisibwa bulungi okusinziira ku basawo.
- Okuziyiza obusambattuko obuva ku kikula ky'omuntu.

Ensonga ezivaako okusiigibwa nga omukazi ali lubuto ne mu kuyonsa

Obusambattuko obuva ku kikula ky'omuntu



OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

Obubonero obw'akabi omukazi ng'ali lubuto

Bwolaba akamu kububonero buno, ng'oli lubuto, oba oluvannyuma lw'okuzaala genda mangu mu ddwaliro:

Okuvaamu kwonna okw'omusaayi mu bukazi

Omusujja

Nga maama yeesika oba nga alinga agwa ensimbu

Okulumwa ennyo mulubuto

Okulumwa eenyo omutwe

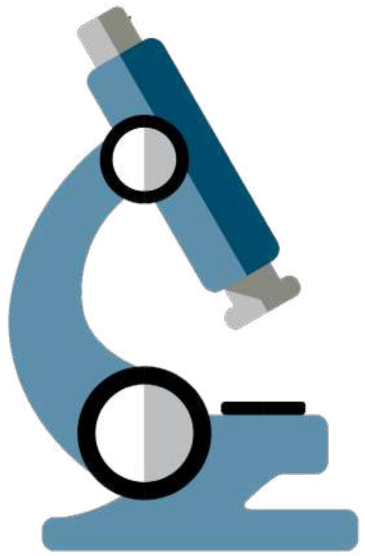
Okutanaka okususse

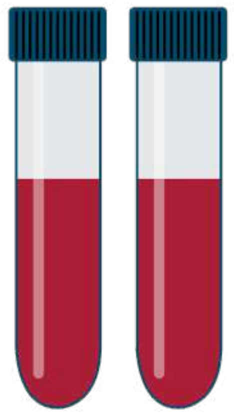
Okuzimba mu maaso, emikono n'ebigere

OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

Endabirira y'abali embuto n'okulondoola ebifa ku HIV

- Okulondoola engeri omwana gyakulamu(okugeza: okuwuliriza nkuba y'omutima, okuwuliriza engeri gye yeekyusa munda n'ebirala
- Okukebera oba alina embeera ez'obutyabaga obunnene (nga: endwadde ya ssukaali, ppuleesa okuba waggulu, n'ebirala
- Okukebera oba maama alina ebimutawaanya nga: okukendeera omusaayi, okwetamwa oba okuba n'entondo
- Ebikolebwa okwewala ebizibu mu by'obulamu(okugeza:okugemebwa, n'okujjanjabwa okuziyiza omusujja –malaria)
- Okulondoola embeera y'akawuka 'HIV' n'okujjanjaba akalina,okukebera amaanyi g'omusaayi, okukeberebwa ku by'endwadde z'obukaba, okukebera oba ebibumba n'ensigo bikola.
- Obujjanjabi bw'embeeera y'ebyobulamu
- Amawulire/okumanyisibwa n'okuwabulwa/okubudwabudwa
- Okwetegekera okuzaala





OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

Bye weetaaga okumanya ng'oli lubuto

OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

Bye weetaaga okumanya ng'oli lubuto

Omujjanjabi asaana akebere ppuleesa yo ey'omusaayi, n'obuzitobwo, buli lwogenda okufuna obujjanjabi bw'abembuto.

Omujjanjabi asaana akugeme tetanaasi, enbwadde y'okuzimba emimiro. Era kino kijja kuziyiza omwanawo okukwatibwa tetanaasi.

Weewale okukola agalimu agazito ng'oli lubuto, weewummuze nga nnyo.

Tuukirira mangu omusawowo, oluba nga obuuseewo omwezi nga tolwadde, akakase oba oli lubuto, olyoke otandikirewo okufuna obujjanjabi bw'abali embuto

Omujjanjabi asaana akebere olubuto lwo buli lwogenda okufuna obujjanjabi. Olubuto lwo lwongera kugejja buli lwe lweyongera okukula.

Mu myezi esatu egisooka ng'oli lubuto, kozesa 'foliki asidi'. Genda mu maaso ne foliki aside ko ne 'ayani' (ayamba ku musaayi) mu bbanga erisigaddeyo ery'olubuto; olw'okuziyiza okuggwamu omusaayi nokuyamba omwana aleme kufuna buzibu ku bwongo ne ku nkizi.

Mu nkyalira zo e'zeddwaliro, ojja kuweebwa empeke za Fansidar 3 zoolina okumira omulundi gumu buli luvannyuma lwa mwezi gumu; zino ozimira olubuto lumaze kuweza myezi esatu.

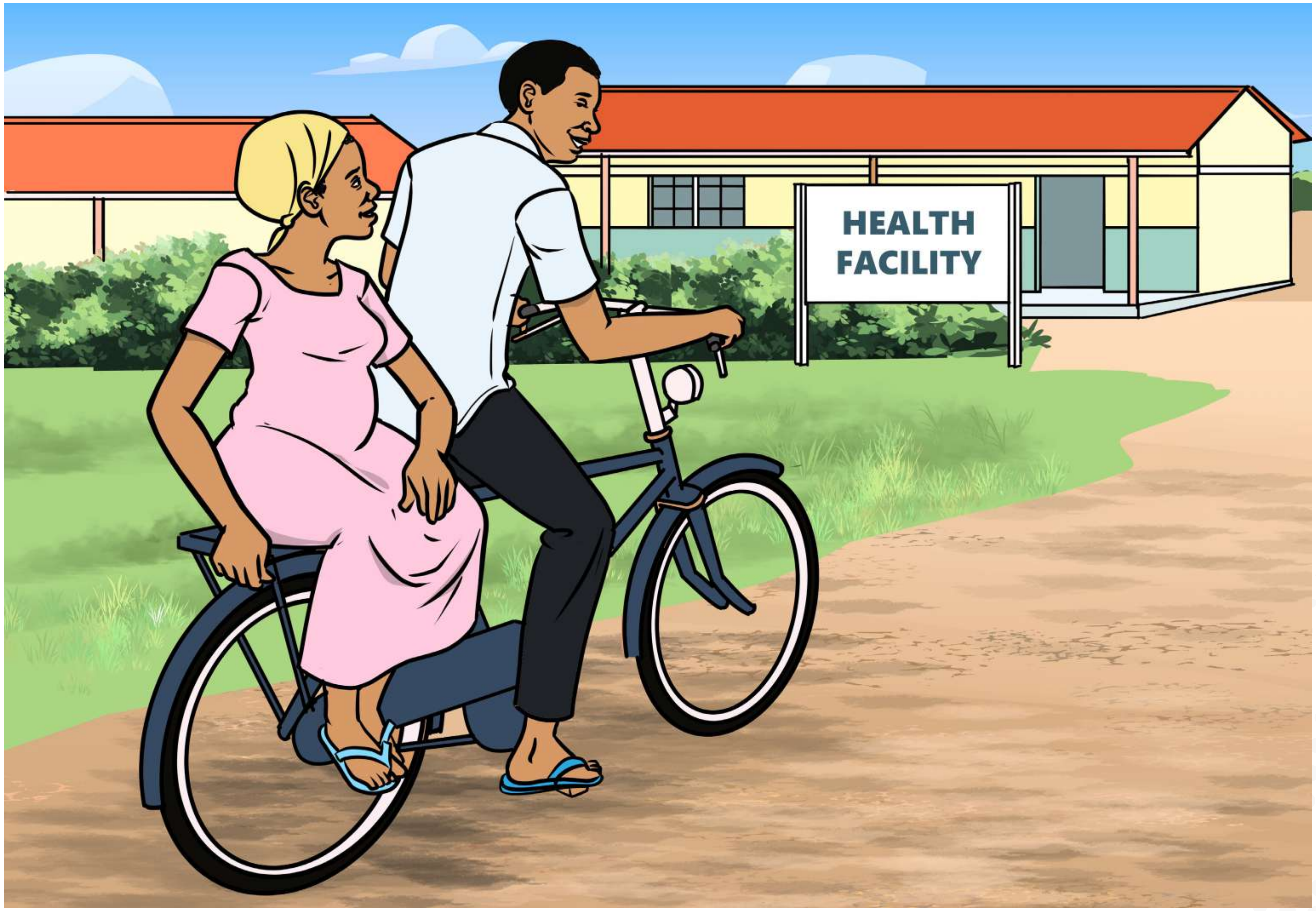
Bakukebere oba tolina kawuka kaleeta SSIRIIMU (HIV), Kabootongo –ggwe n'omwagalwawo, okwewala okusiiga omwana wammwe endwadde zino

Omwami

- Kakas anti weekebeza akawuka ka HIV-akaleeta SSIRIIMU
- Bwoba tokalina ng'ate mukaziwo akalina ojja kuweebwa (eddagala erigema nga bukyali (Pre-exposure Prophylaxis) olw'okuziyiza ggwe okukwatibwa akawuka akaleeta SSIRIIMU

OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

Bye weetaaga okutegeka nga omwana tannazaalibwa

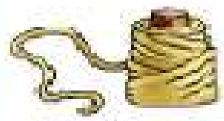
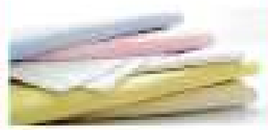


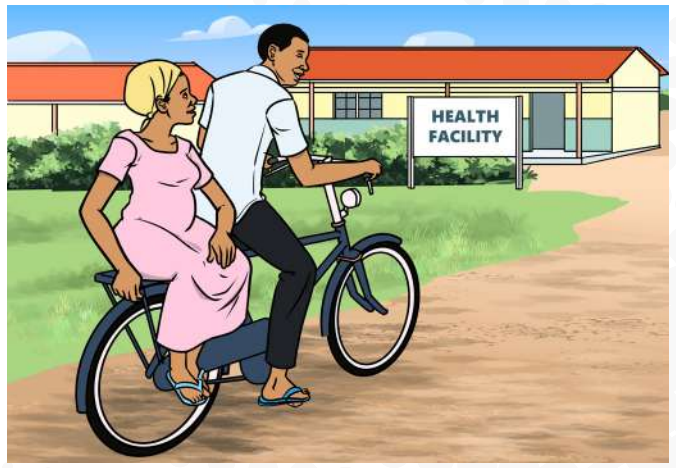
OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

Bye weetaaga okutegeka nga omwana tannazaalibwa

- Olunaku lwasuubir(w)a okuzaala....../..../..... [Osula n'ani? ....
- Osuubira kuzaalirawa?..
- Ani alikuwerekera okukutwala muddwaliro nga ebisa bitandise?..................
- Olikozesa ntambula ya kikaaki ngojja ku/mu ddwaliro?........................
- Ani alibeera naawe nga ebisa bikuluma?.. .
- Tegekawo omuntu alikubeerera awaka mu nnaku zoolibeereramu mu ddwaliro.
- OMwana ow'emabega aliteekebwa wa? Wakusuula ku ddwaliro[] Maama alimutwala eka?[]
- Bwe wabaawo embeera eya kazigizigi ani akubirwa essimu/ ategeezebwa?.............................

Oyinza okwetaaga okugenda n'ebintu bino mu ddwaliro/ssanya

4 pairs of gloves [Ppeya 4 eza ggiraavu	Obuveera obugazi ngessuuuka 2	Obuguwa 3 nga bwa cm 20 buli kamu 	Eggirita
Paadi ezeesabikwa	Obugoye bw'omwana n'essuuka	Ebbenseni	Ggoozi n'eppamba(bino bya kukozesebwa naye nga oyinza okubigula mu dduka omutundibwa eddagala (ffamase)
Ssabbuuni	Engoyezo nga nnyonjo 	Ssukaali n'amajaani	Ssente ez'okwekuumisa tugambe za ntambula, n'ebyetaago ebirala



OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

Mukiseera ky'okuzaala n'oluvannyuma lwakyo

OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

Omuntu asaana akoleki?

- Genda mu ddwaliro ozaalire awali endabirira ey'abaswo ey'ekikugu. Kino kijja kukuyamba okuzaalira mu mbeera ennungi, n'omwana abeere n'obulamu obulingi kubanga Abasawo batendekebwa okwambalagana n'embeera yonna enzibu eziyinza okubaawo mu budde bw'okuzaala.
- Bwoba nga olina akawuka akaleeta SSIRIIMU-HIV,genda mu maaso ng'omira 'septrin' nga omusawo bwakulagira, okutuusa nga omwana awezezza omwaka gumu n'ekitundu; oba nga omwana alekeddaawo okuyonka.

Role of men [Obuvunaanyizibwa bw'abasajja

- Yamba omwagalwawo azaalire mu ddwaliro.
- Ggwe kennyini, werekera ku mwagalwawo mu ddwaliro.
- Muzzeemu amaanyi era omulabirire n'omwana ali mulubuto.
- Omukazi ow'olubuto muwenga emmere ewa obulamu era asule walungi okwewala okusiigibwa obulwadde n'omwana.
- Kakasa nti osula mu katimba akalimu eddagala eritta ensiri; buno bgabibwa mu malwaliro ga gavumenti.

Omuntu alina kukolaki?

Maama

- Omwana muyonse okumala emyezi 6 nga toyosezza..
- Genda mu maaso nga okozesa eddagalalyo erikendeeza obulumi (ARV).

Omwana

Oluvannyuma lw'okuzaalibwa. Omwanawo ajja kuweebwa sirapu eyitibwa 'Neverapinen' nga enkozesa yaayo eneesinziira ku ngeri emu ku zino:

- Bwe kiba nti wazuulibwa olimu akawuka akaleeta SSIRIIMU, mu myezi esatu egisooka egy'olubuto; nootandika okukozesa eddagala erikendeeza obulumi-ARV; oba bwoba nga wasangibwa watandika dda okukozesa eddagala eryo, nekizuuka nti olimu obuwuka butono, omwanawo ajja kuweebwa sirapu ya Neverapine okumala wiiki 6.
- Bwe kiba nti walina akawuka ka HIV mu myezi esatu egy'olubuto egisembawo olyoke ozaale, mu kulumwa ebisa, oba nga watandika okukozesa eddagala lya ARV mu mwezi ogusembayo nga tonnazaala; omwanawo ajja kuweebwa sirapu ya 'Neverapine' wiiki 12.
- Bwe kizuuka nti obuwuka bwa HIV olina bungi nnyo, omwanawo ajja kuweebwa sirapu eno eya 'Neverapine' okumala wiiki 12.
- Oluvannyuma lw'omwezi gumu n'ekitundu omwanawo ajja kutandika okukozesa 'Septrin'. Eddagala lino limuyamba obutalumbibwa ndwadde ezitera okutawaanya abaana abato.

OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

OKUMALAWO ENSIIGA OKUVA KU MAAMA OKUDDA ERI OMWANA

Kakasa nti omwanawo agemebwa, kimuyambe obutalumbibwa ndwadde ezitera okutta abaana abatali bageme nga bakyali bato.

Immunization and HIV testing of the child [Okugema omwana n'okumukebera olwa HIV	
Mu kuzaalibwa	Omwana ATEEKWA okugemebwa n'okuweebwa sirapu (NVP)
Wiiki 6	Omwana ateekwa okugemebwa, aweebwe Septrin era bamupime kulwa HIV
Emyezi 2½	Omwana ATEEKWA okugemwa nate, aweebwe Septrin, bajjuze nate era ebyava mu byasooka nga bamupimye HIV, bikomezebwewo.
Emyezi 3½	Omwana ATEEKWA okugemwa nate; aweebwe bupya Septrin.
Emyezi 6	Omwana aweebwa vitamini A are atandiike okuweebwa emmere ennyangungu
Emyezi 9	Omwana agemebwa nate, era n'apimwa kulwa HIV
Emyezi 12	Omwana ateekwa okujjibwa ku bbeere, era ne bamuwa eddagala lyebiwuka
Emyezi 13½	Wiiki 6 ngavudde ku bbeere, omwana ajja kupimwa ogw'okusatu ku lwa HIV)
Omwaka 1½	Omwanawp apimwa kulwa HIV okukakasa nti teyasiigibwa we yayonkera

WEETEGERZE: Ku buli lwagenda mu ddwaliro, maama bamwongera kaweeweeza bulumi 'ARV' endala era nebamuwa amagezi ku ndiisa y'omwana.

Omwana bwazuuka nti alina akawuka ka HIV aweebwa ARV mangu ddala, era n'agenda mu maaso n'entegeka y'okugemebwa. Nnyina ATEEKWA okupimwa balabe obungi bw'obuwuka bwa HIV bwe bwenkana mu mubirigwe; kikolebwa buli myezi 3.

Nga maama buuza omusawo bbanga ki lyolina okumala nga tonnaddamu kufuna lubuto. Kino kikuyamba okuddirawo ddala mu bulamu, nomwana noomulabirira bulungi.

Endiisa ya Maama n'omwana

- Okuliisa obulungi omukazi ali olubuto, n'awo nga amaze okuzaala naddala ng'ayonsa kikulu nnyo olw'okukuuma bombi maama n'omwana nga balamu.
- Muddakiika 30 agasooka ng'azadde, maama alina okutandika okuyonsa omwana.
- Omwana muwe bbeere lyokka, na ddagalla (erikuweebwa muddwaliro), mu myezi 6 egisooka nga togattirizaako birala. Okutabika amabeere, n'ebiriibwa ebirala, kijja kwongera akabi ka maama okusiiga omwana akawuka akleeta SSIRIIMU-HIV.
- Oluvannyuma lw'emyezi 6, omusawo ajja kukuwa amagezi ku biriibwa ebirala byoyinza okuwa omwana.

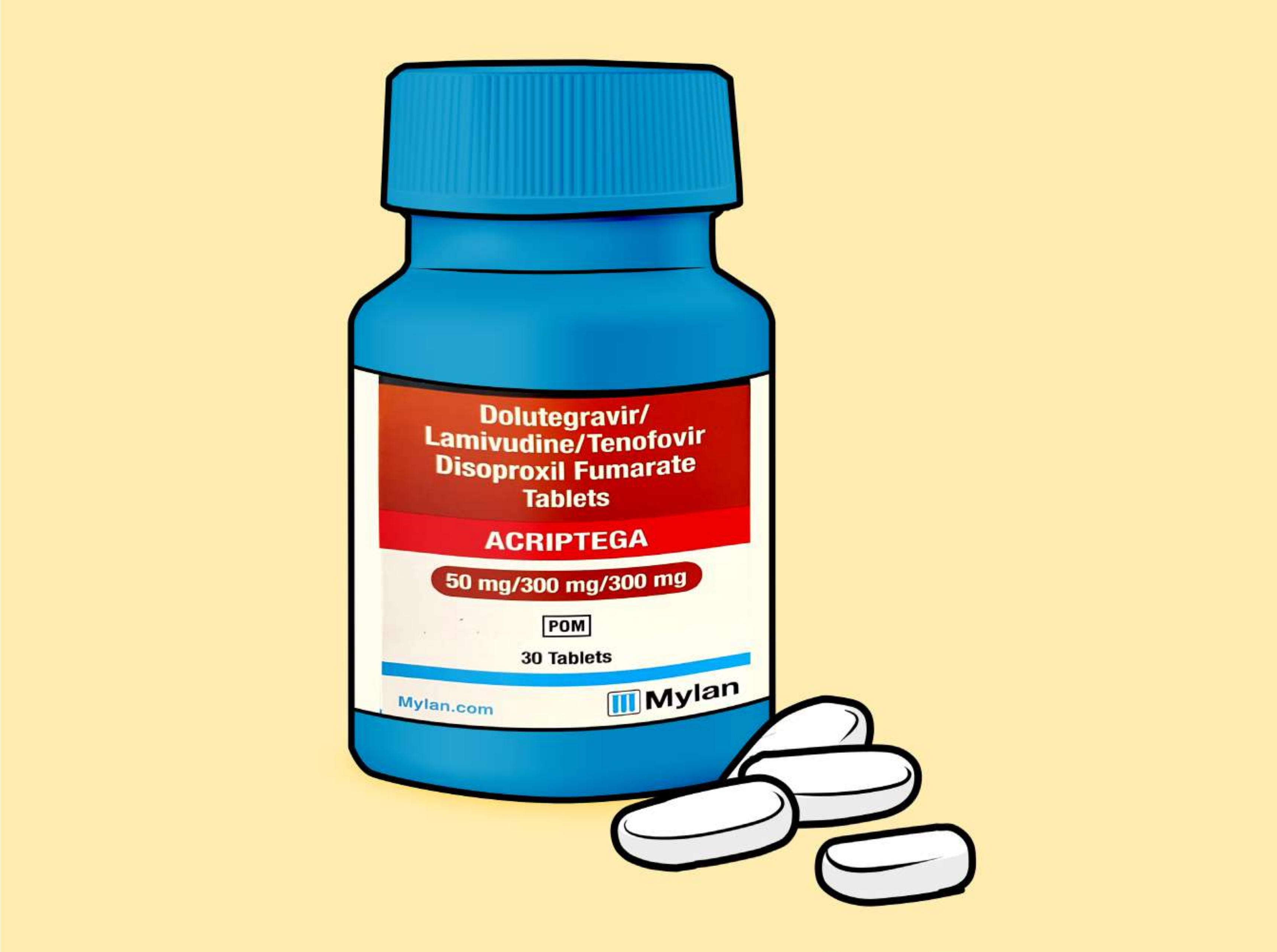
Endiisa ennungi eyinza kuva mu:

- Okunywa ebirimu amazzi ebimala
- Okulya ebibala ebiwerako n'enva
- Okukozesa omunnyo ogulimu ayodayini(iodine) okwewala embuto ezidobonkana,(nga okuzaala omwana afudde; omwana ali munda okukundugga, ne maama okumera eddookooli)
- Okukuuma omutindo gw'obuyonjo ggwe ng'omuntu ne byolya okubikuuma obulungi; okwewala endwadde.
- Okula ennyo emmere erimu vitamin C; nga kino kyongera ku maanyi g'omusaayi.

Weewale:

- Okunywa caayi oba kaawa mu ssaawa emu oba n'emmere; kino kiyinza okutaataganya ayani ayingira mu mubirigwo.
- Okunywa ebitamiiza, okufuuweeta ssigala n'ebiragalalagala; n'eddagala ertakakasiddwa musawo mutendeke.

ENZIJANJABWA YANGE EYA (ARV) KAKENDEEZA BULUMI/ BUWUKA



ENZIJANJABWA YANGE EYA (ARV) KAKENDEEZA BULUMI/ BUWUKA

ARV KYEKKI?

ARV ly'eddagala eriweebwa abawangaala n'akawuka ka HIV obulamu bwabwe bwonna likendeeze kubungi bw'obuwuka buno mu mibiri gyabwe.

Key facts about ARVs [Ebikulu ebikwata ku ARVs

- Zi kakendeeza bulumi/nuwuka ozikozesa ebbanga lyonna ery'obulamu
- Eddagala erikendeeza obukambwe bwa HIV likakasibwa musawo mutendeke yekka.
- Kasita olekeraawo okukozesa eddagala erikendeeza obukambwe (ARVs) obungi bw'obuwuka (vayiraasi) gweyongera nate era ne bunafuya omubirigwo.
- Eddagala lya ARVs lyawukana era osaana okozese eryo LYOKKA omusawo omukugu lyakuwadde' era weewale okuligabana n'omulala.
- Eddagala erimu erya ARVS likozesebwa omulundi gumu olunaku ate eddala emirundi ebiri.
- Okutabiikiriza ARVs n'eddagala eddala eritakuweereddwa musawo mutendeke kya kabi nnyo, kubanga kino kyandidobonkaanya enkola yaalyo, nekiviiramu entondo ezitasuubirwa mu bulamubwo.
- ARVs zitandikirawo okukozesebwa amangu ddala nga omuntu akakasiddwa nti alimu akawuka akaleeta SSIRIIMU.
- Kisingako okutandika eddagala lino ARVs kulunaku lwennyini. Naye omusawo ayinza okulwisaawo okulikuwa okusinziira ku mbeera ezimu.
- Abasawo bayimza okukyusa eddagala omulwadde lyakozesa, ne bamuwa eddala eriba lisingako okundeeza obuwuka. Abalwadde tebakkirizibwa kukyusa ddagala kulwabwe.
- Oyinza okufuna eddagalalyo okuva mu bantu oba mu ddwaliro. Buuza omusawowo, emikisa egiriwo mu kufuna obujjanjabi.

Omulimu gwa ARVs mu mubirigwo

- Eddagala erikendeeza obukambwe bwobuwuka ARVs liweebwa mu bika bisatu oba okusingawo ebigatte awamu; eriyinza okuba ery'amakerenda nga lyawukana ne mulangi. Okugattagaganya kw'eddagala lino kukulu nnyo mu kulwanyisa obuwuka mu mubiri nga;
    - Okuziyiza akawuka okweyongera okwesogga obutoffaali bwa CD4
    - Liziyiza akawuka okwongera okwala mu mubiri
    - Liziyiza obuwuka obupya okwongera okukula

N'olwelyo;

- Eddagala lya ARV likendeeza obuwuka obulwaza mu musaayi n'eryongera omuwendo g'wobutaffaali bwa CD4
- eddagala lya ARV likendeeza ku katyabaga k'okulumbibwa endwadde ezeembeka ku kawuka ka HIV.
- Eddagala lya ARV likendeeza akatyabaga k'okusaasaanya akawuka ka HIV

WEETEGREZE: BULIJJO, BUUZANGA OMUSAWO WO EKIKA KY'EDDAGALA LYOKOZESA

Mu bujjanjabi mulimu emitendera esatu;

- Ojja kutandisibwa ku ku mutendera ogusooka ogw'obujjanjabi, nga guno mwanguko okukozesa era lifunika.
- Bwotokozesa ddagalalyo nga omusawo bwakulagira, bajja kukussa ku mutendera ogw'okubiri ogw'ebyenzijanjaba.
- Bwolemwa ogw'okubiri, oteekebwa ku gusembayo nga gwa kusatu; wabula nga guno buzibu okusingawo (Omira empeke nnyingiko, ate nga nzibu okuzuula.

WEETEGEREZE: KIGASA NNYO BULIJJO OKUKOZESANGA EDDAGALALYO NGA OMUSAWO BWALAGIRA

NNEETEGEKERA NTYA OKUJJAMBWA KWANGE ERA NNETAAGA BUYAMBI BWA NGERI KI?

NNEETEGEKERA NTYA OKUJJAMBWA KWANGE ERA NNETAAGA BUYAMBI BWA NGERI KI?

Adherence means taking your medicine; [Okugoberera kitegeeza okumira eddagalalyo

- MU NGERI ENTUUFU
- MU KUMIRA EDDAGALA ETTUUFU
- OKUMIRA EKIPIMO EKITUUFU
- OKULIMIRA MU BISEERA EBITUUFU
- ALIMIRA NGA YE MUNTU OMUTUUFU

Okulimira nga omusawo omutendeke bwalagira

Kigasa nnyo okugenda n'eddagala erifisseewo ng'oddayo mu ddwaliro

Kigasa nnyo okulondawo, omuntu gwe weeseiga ayinza okukuyamba okumira eddagalalyo mu ngeri entuufu

Bulijjo jjukiranga ennaku z'omwezi zoolina okulaba omusawo nga bwaba akulagidde.

Nnondoola ntya engeri gye nzikiriza okulimira?

- Okufuna Kalenda ekujjukizenga
- Okufuna obuyambi okuva ku muyambiwo ow'enzijanjba.
- Oyinza okutegeka akade akanaakujjukizanga.
- Okulamba emikebe gy'eddagala, weewale okulitabika n'ery'omuntu omulala yenna

Okugumira obukosefu obukutuukako nga okozesezza eddagala ARV

Eddagala erisinga ARV eririwo kati TERIRINA bukosefu bwa maanyi,

Obukosefu obutalwawo butera okubaamu:

- Kammunguluze
- Ebirooto Ebibi
- Okubutuka
- Kantoolooze
- Okuddukana

Weetegereze: Bino biyinza okulekeraawo okukujjira oluvannyuma lw'ebbanga, wabula bwe byeyongera, weebuuze ku musawo.

Ebikosa obulamu ebirwawo

- Sukaali ali mumusaayi okulinnya(aleeta okufukira okumukkumu, ankalamata okuddinng'ana, n'okwongera okwagala okulya
- Okulumwa mu magumba
- Obuzitobwo okweyongera

Weetegereze: Amakerenda agamirwa omulundi ogumu mu lunaku, bwolwawo okugamira, laba nti toyisaawo ssaawa 12 nga tonnagamira; kwolwo.

Essaawa ezo bwe zisukkamu nga tonnamira, lekerayo ddala okumira okutuusa enkeera.

OMWANA WANGE, NKOLA NTYA OKUMUWAGIRA MU BUJJANJABI?

Ebiragiro bino, ebikwata kukuwa omwanawo eddagala li 'Pdtg' nga ogasseeko 'abacavir' ne 'lamivudine', nga lya mpeke ezigabwa. Omwanawo bwaba tamira ABC/3TC, wayinza okubaawo, enkyukakyuka, ku magezi agakuweebwa ku nsonga zino.. bulijjo gobereranga aennunng'amya y'omusawowo.

1

Empeke zi pDTG ne ABC/3TC zimumizise na mazzi mayonjo, okusinziira ku buzito bw'omwana. Laba omweso ogufa ku nkozesa y'eddagala wansi wano:

Weight (Obuzito)	Obungi bw'empeke zi pDTG Eza buli lunaku	Obungi bw'empeke zi ABC/3TC eza buli lunaku
3 to < 6 kg	0.5	1
6 to < 10 kg	1.5	1.5
10 to < 14 kg	2	2
14 to < 20 kg	2.5	2.5

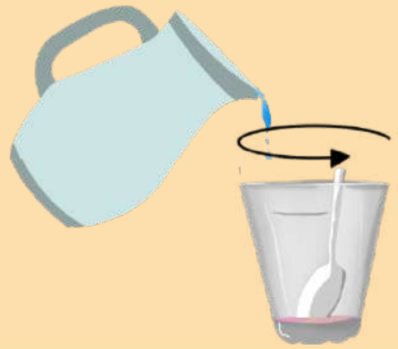
2

Yongeramu ebijiiko 2-4 (10-20ml) eby'amazzi amayonjo mu ggiraasi.

Tabula bulungi okutuusa amakerenda lwe gamerenguka.

Omwanawo muwe eddagala eryo, alinywe. Kakasa nti lyonna alinywa amangu ago oba mu bbanga lya ddakiika 30

3



Bwe wafikkawo eddagala lyonna mu ggiraasi, tonnyezaamu ku tuzzi mu ggiraasi olimuwe, kino kiddinngane okutuusa nga liggwereddemu ddala mu ggiraasi.

OMWANANGE MMUYAMBA NTYA MU KUMUJJANJABA?

Eddagala eppya nga ddongooseemu (ARV) ery'abaana abato abalina akawuka ka HIV weeriri.

Empeke zi pDTG

- Zikola mangu mu kufuga akawuka
- Nnungiko era tezitera kukosa nnyo alimize kwenkana ARV endala
- Bwe limirwa omulundii ogumu buli lunaku limerengukira mangu mu mazzi
- Lye limu nga erikozesebwa abakulu era lirimu akawoowo k'enkenene akawoomu.

Akujjanjabira omwana mubuuze ku ddagala erisinga obulungi kw'eryo eririwo

Eby'okujjukira

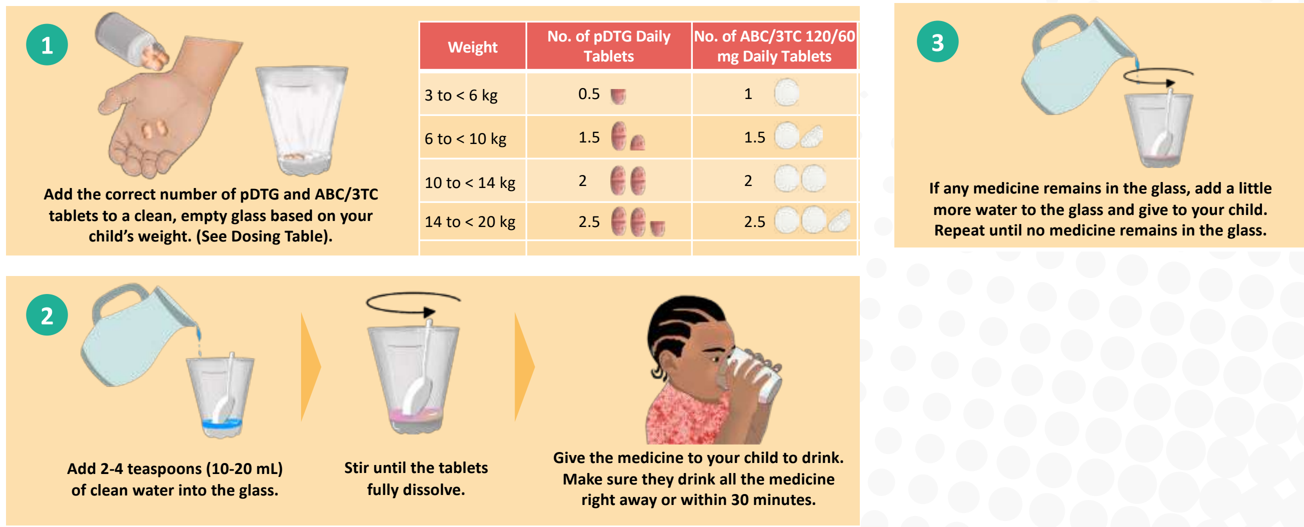
- Jjukira okuwanga omwanawo eddagala lye 'ARV' buli lunaku mu budde bwe bumu
- Kozesanga enkola ey'okutabula eddagala lino mu mmere oba eby'okunywa ebirala, ssinga omwanawo tasobola kulimirira mu mmazzi. Kozesa ekipimo k'ebinywebwa oba eky'okulya kye kimu   n'ekyo kyotabula mu mazzi.
- Omwanawo muwe ddoozi enzijuvu eya 'pDTG' lwaba asesemye lwokka mu ddakiika nga 30 okuva lwe yamize eryasoose.

Kye nnina okukolera omwana alimu obuwuka (vayiraasi) obungi kye kiruwa?

- Kakasa nti owa omwana oyo eddagala ARVs buli lunaku.
- Ab'omumaka bonna batendeke engeri y'okuwaamu omwana eddagala
- Omwana oyo tomwawula ku baana balala.

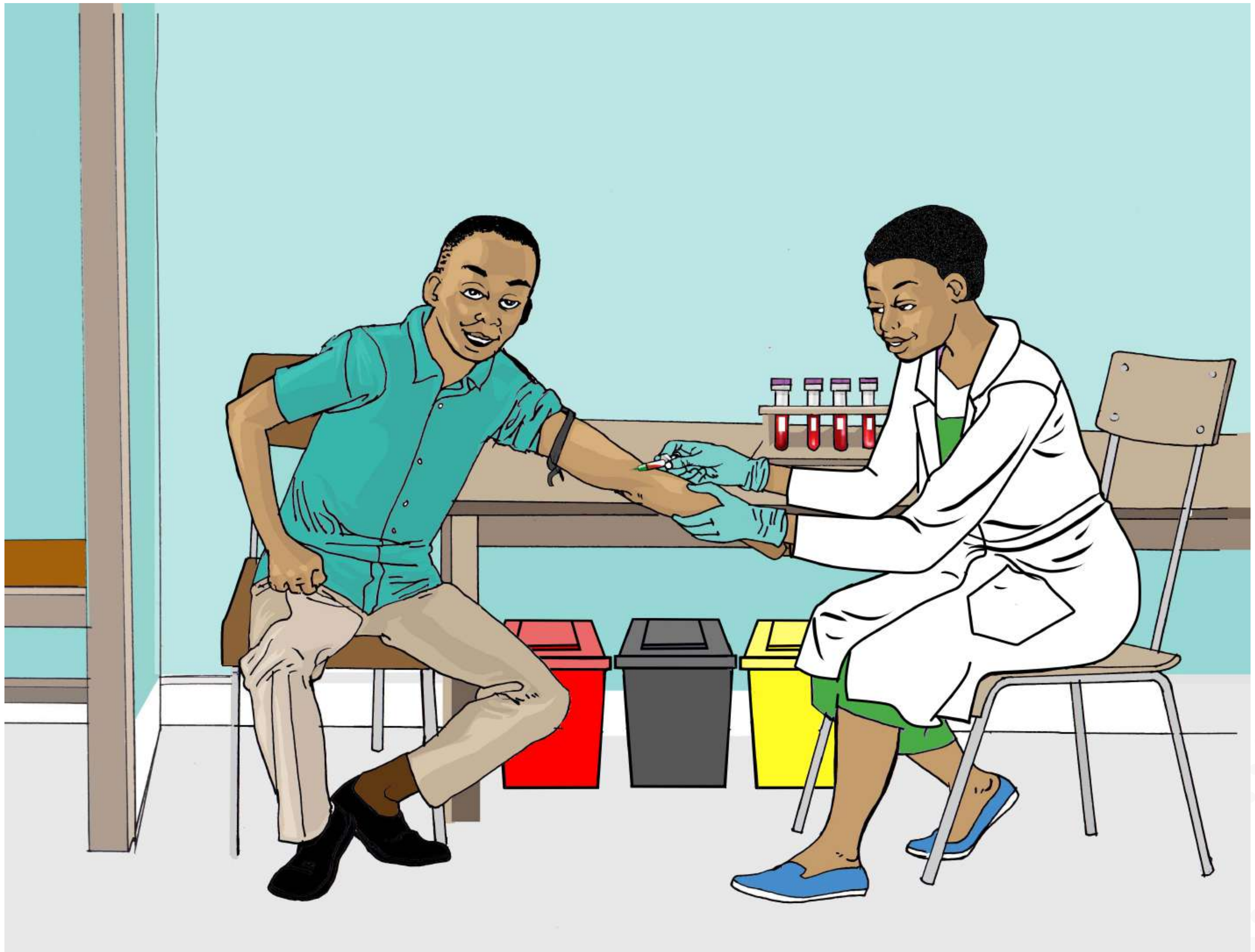
- Omwana yogera naye omugaso gw'okumira eddagala lye buli lunaku.
- Kakasa nti omwana aliisibwa bulungi.
- Muddwaliro sabayo obuwagizii obulala ku ngeri y'okuyambamu omwana oyo.

These are instructions on how to give your child pDTG alongside abacavir and lamivudine (ABC/3TC) 120/60 mg dispersible tablets. If your child is not taking ABC/3TC, there may be changes to these recommendations. Always follow the guidance of your healthcare provider.



Weight	No. of pDTG Daily Tablets	No. of ABC/3TC 120/60 mg Daily Tablets
3 to < 6 kg	0.5	1
6 to < 10 kg	1.5	1.5
10 to < 14 kg	2	2
14 to < 20 kg	2.5	2.5

OKULONDOOLA EMBEERA Y'OBULAMU BW'OYO AWANGAALA N'AKAWUKA 'HIV'



OKULONDOOLA EMBEERA Y'OBULAMU BW'OYO AWANGAALA N'AKAWUKA 'HIV'

Kikulu nnyo okutuukiriza ebiseera ebikuweereddwa omusawo olw'okulondoola bino:-

1. Obutoffaali bw'omusaayi 'CD4':

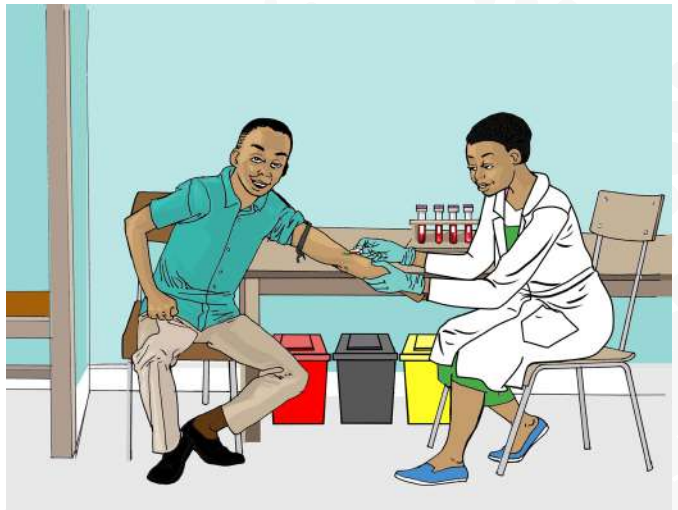
    - Bwe bakukebera nga okalina ka 'HIV'
    - Bwobaamu obuwuka obungi ennyo

2. Okupima obungi bw'obuwuka buno 'HIV' kukolebwa:

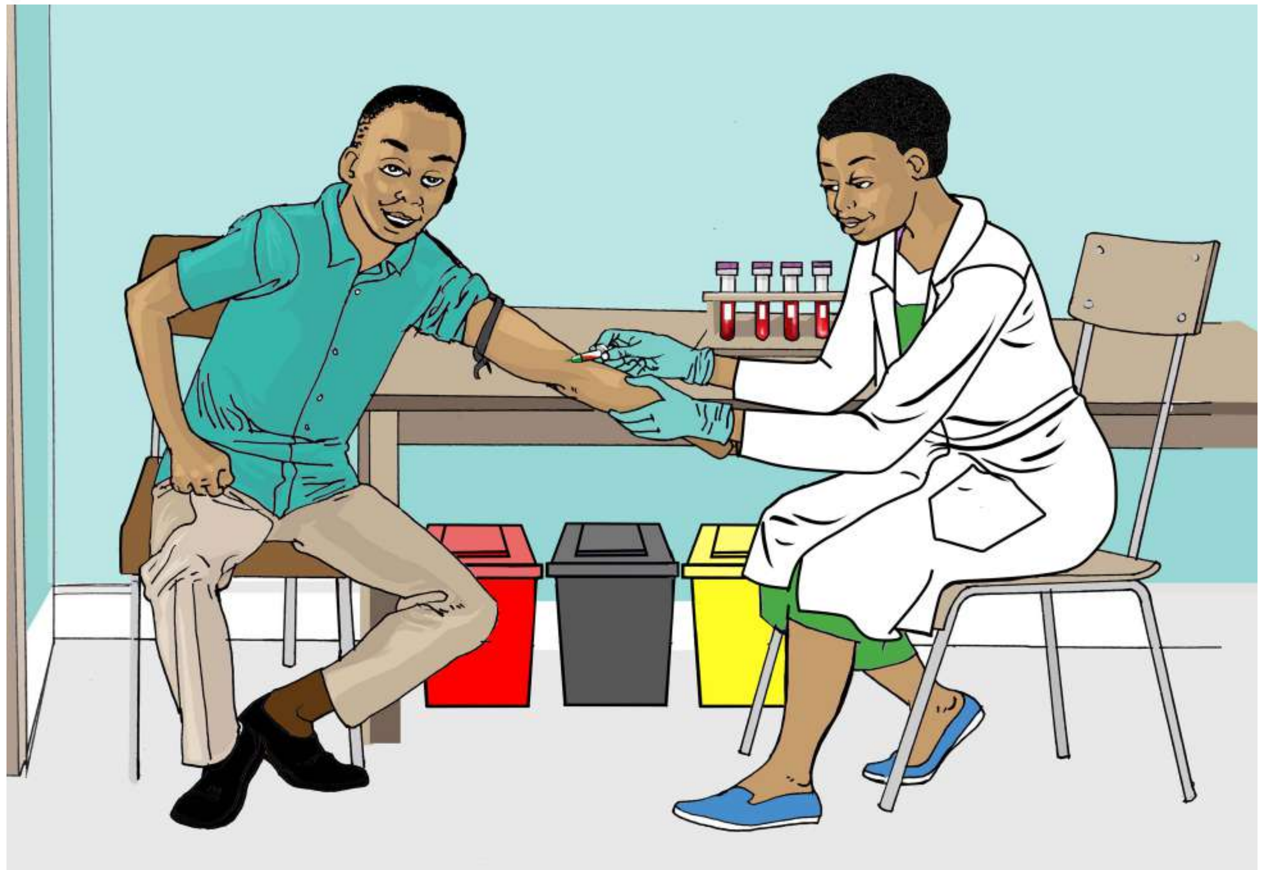
    - Oluvannyuma lw'emyezi 6 okuva lwotandika okumira zi 'ARV' (KYA BULI OMU)
    - Buli luvannyuma lwa myezi 12, ku baweza emyaka 20 n'okusukkawo.
    - Buli myezi 6 ku baana n'abavubuka. (emyaka 0-19)
    - Buli myezi 3 ku bakazi b'embuto n'abayonsa.

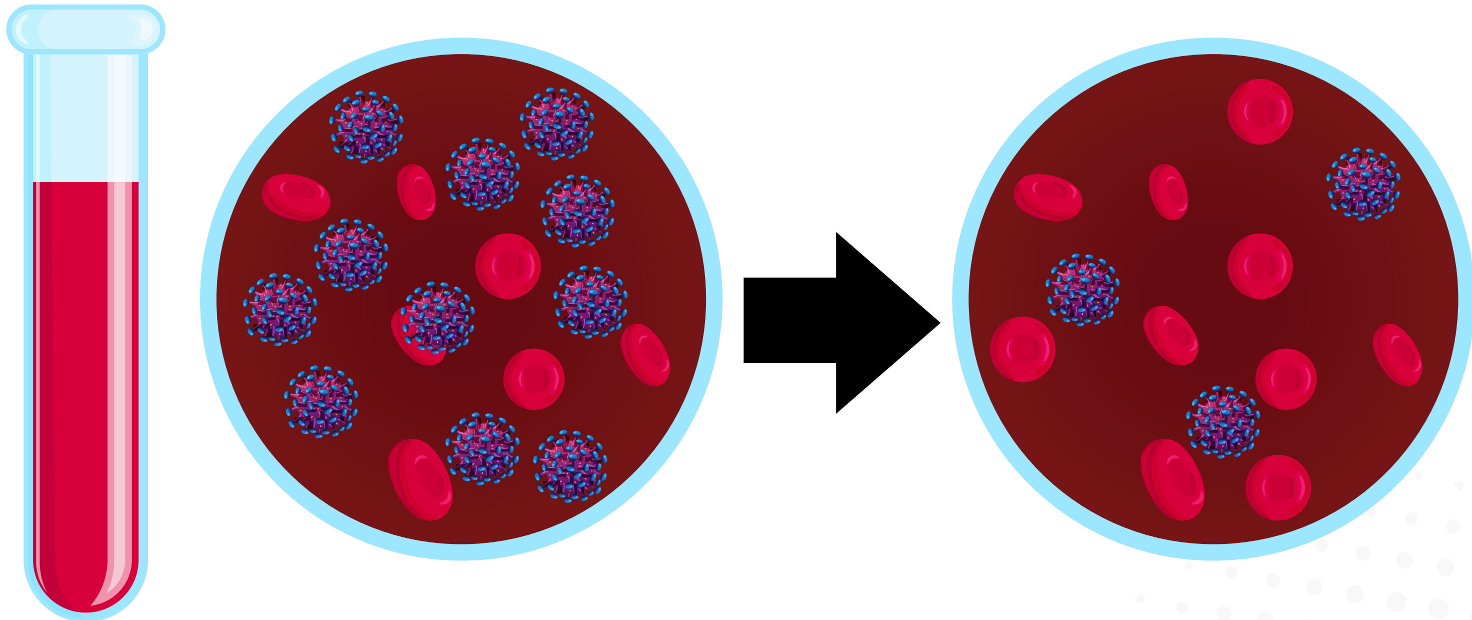
3. Ebikwatagana n'endya(Obuzito, obuwanvu, ne 'MUAC'
4. Okulaga endwadde ezeetumikiriza ne HIV (O.Is)
5. Okugondera ebiragiro by'abasawo

- Olina okugenda ew'omusawo wo akukebere nate n'okukulondoola okusinziira ku mpabulaye; era osabe akupime otegeera obungi bw'obuwuka bwolina, ; waakiri omulundi gumu mu mwaka.
- Kino kiyamba mwembi n'omusawo okumanya bungi ki obw'obuwuka HIV obuli musaayigwo.
- Bwe kizuuka nti obuwuka bukendedde, kitegeeza nti eddagala lyo li 'ARV' likola.
- Bwe kizuuka nga obuwuka bweyongedde, kitegeeza nti eddagala lyokozesa terikola bulungi, era nti omusawowo alina okulikukendeerezaako..
- Oteekwa okwatulira abaagalwabo n'ab'omu makaago ekyama bwoba n'akawuka 'HIV'. Bayinza okukuyamba nga bakugumya, era ne kunyiikirira obujjanjabibwo.
- Abaagalwabo boolina kati n'abaaliko bakubirize bagende bakeberwe kulw'akawuka akaleeta SSIRIIMU – HIV
- Bulijjo kozesanga kkondomu mu ngeri entuufu olw'okwewala okusiiga be weegadanga nabo ate naawe weewale okumettebwa ekika ekirala ekya HIV.
- Bulijjo beeranga mwesigwa ku mwagalwawo omu, oba kendeeza omuwendo gwabo be weegadanga nabo.
- Omusajja, bwoba toli mukomole genda okomolebwe mu ngeri eteri ya kabi.



OKULONDOOLA OBULAMU BW'OYO ALINA AKAWUKA AKALEETA SSIRIIMU-HIV





Okubeera n'obuwuka obuleeta SSIRIIMU obutono

OKULONDOOLA OBULAMU BW’OYO ALINA AKAWUKA AKALEETA SSIRIIMU-HIV

Okupima obungi bw’obuwuka HIVobuli mu musaayi.

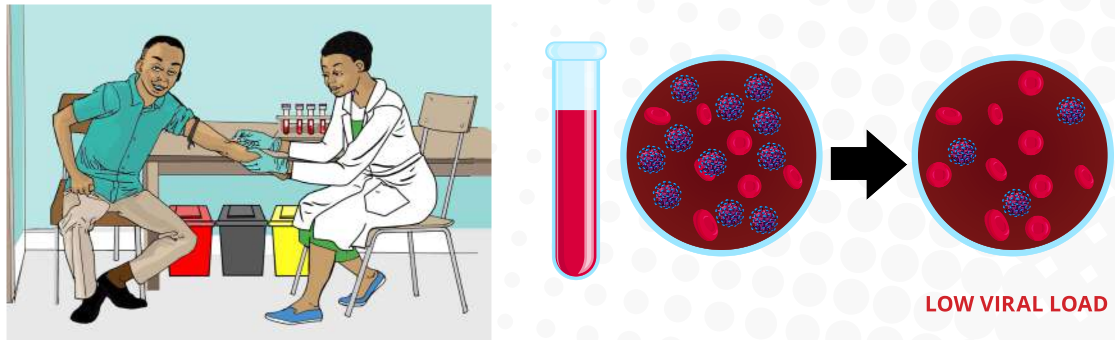
- Okupima obungi bw’obuwuka obuli mu musaayi, kukolebwa lwa kwagala kutegeera bungi ki obw’obuwuka HIV obuli mu musaayigwo, era n’okumanya oba eddagala ARVs likola bulungi.

Obungi bw’obuwuka bu HIV obuli mu musaayi kitegeeza:

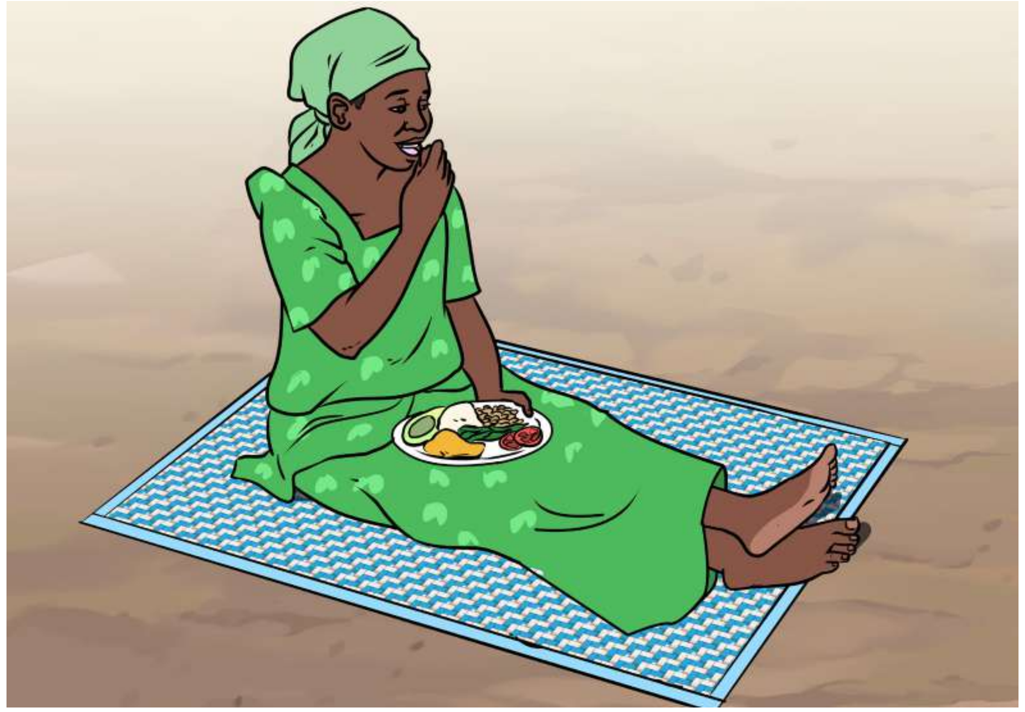
- Kwe kuba ne kkopi z’akawuka ezeenkanankana 200; oba okusingawo nga ziri mu musaayigwo.
- Akawuka akaleeta SSIRIIMU kaba tekafugwa, ate nga kalumya omubirigwo!
- Wandiba nga obuukamu kuddozi zo mu kujjanjabwako.
- Akawuka ‘HIV’kayinza okuba n’emputtu, ekitegeeza nti keekyusizza engeri yako era nga ARV tezikyakasobola.

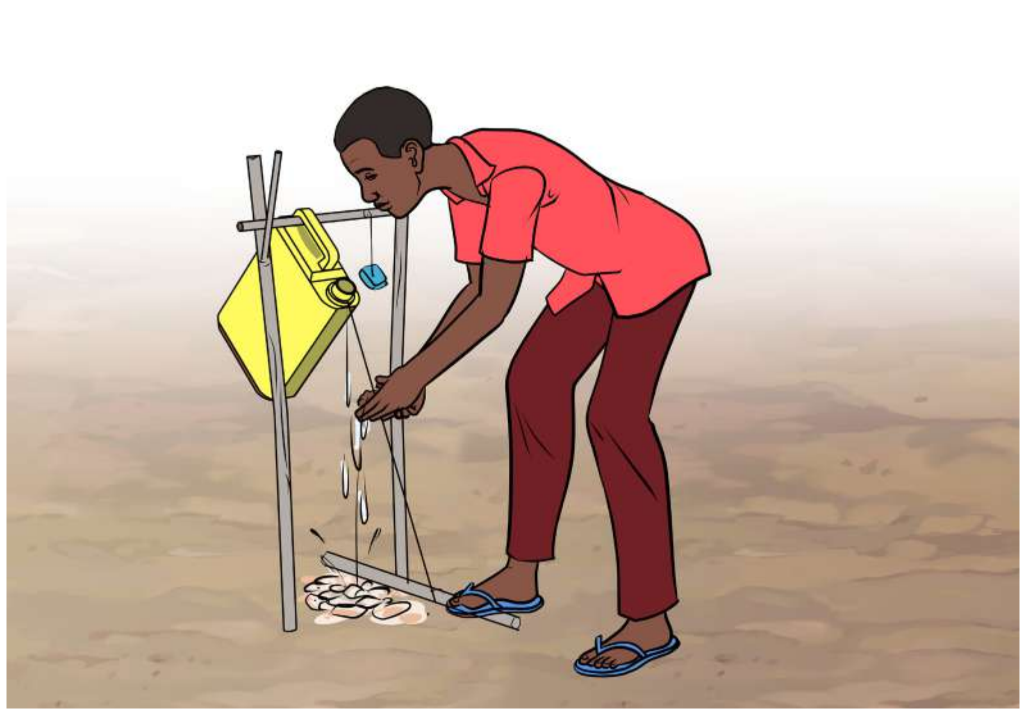
Okuba nomuwendo omutono ogw’obuwuka HIV kitegeeza:

- Okuba ne bu HIV oba kkopi zaabwo, ezitawera 200 mu mubirigwo.
- Okukkiriza okujjanjabwa kirungi
- Akawuka kanyigiriziddwa/katuuliddwa ku nfeete.
- Genda mu maaso n’entegeka y’obujjanjabi, era toyosa kumira ddagala



OKULONDOOLA OKUMANYA OBA OKUJJANJABWA KUNNYAMBA

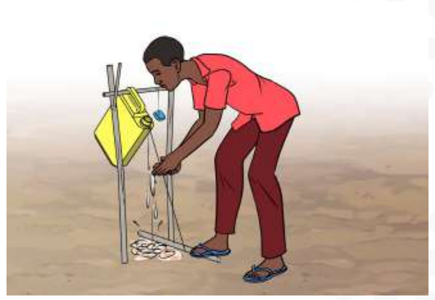




OKULONDOOLA OKUMANYA OBA OKUJJANJABWA KUNNYAMBA

Ebimu kubyinza okukola mwemuli:

- Okwewala okunywa omwenge n'okuzesa obubi eddagala/ebiragalalagala
- Okwewala olukunkumuli lwabaagalwa
- Kakasa nti olya endya ewa obulamu obulungi.
- Beeranga muyonjo
- Omwagalwawo mukubirize agende yeekebeze ku lw'akawuka 'HIV'
- Bulijjo tegekangawo ku ssente ezirikuzzayo okujjanjabwa mu ddwaliro.
- Yogerako n'omusawo ku nsonga y'okwegatta ku bibiina ebiyinza okukwongera ku buyambi.
- Funa endagiriro y'omusawo gwe weesiga kikusobozese okufuna obuyambi buli kadde.
- Eddagala litereke okusinziira ku nnunng'amya y'omusawo.
- Okwegadanga nga weesabise, kiziyiza okumettebwa endwadde endala ez'obukaba nga mwemuli n'okusiigibwa ekika ekiraka eky'akawuka akaleeta SSIRIIMU.



OKULONDOOLA OBA OKUJJANJABWA KWANGE KUNGASA

OKULONDOOLA OBA OKUJJANJABWA KWANGE KUNGASA

Okujeemera eddagala erikendeeza ku bukambwe bwa HIV

- Kino kibaawo nga eddagala ARVs terikyasobola kufutiza buwuka buleeta SSIRIIMU

Okujeemera eddagala erikendeeza obukambwe bwa HIV kiva ku:

- Obuteefiirayo ku nzijanjaba
- Okutabula enkozesa y'eddagala
- Okuweebwa ddozi y'eddagala eteri ntuufu
- Okusiigibwa oba okuddamu okusiigibwa ka HIV ak'emputtu.

Kiki ekibaawo bwobeera nga eddagala lyomira terikola ku buwuka buli mu musaayigwo?

- Obuwuka bweyongera obungi mu musaayigwo
- Abasirikale abakuuma omubirigwo banafuwa, n'edwadde zi 'nnamukisa'/zi 'mpulidde-kamenya' zongera okukulumba.
- Waliwo ebitundu by'omubiri ebyonoonebwa.

Obulwadde bwa HIV obukaayide/obutaamye-AHD

Obulwadde butuuka kussa lino nga obutoffaali bwo obw'omusaayi - CD4 tebuwera 200 oba nga omuntu alina akawuka ka HIV asusse okulwalalwala endwadde zi 'mpulidde-kamenya'

Ani ali mu katyabaga k'okuba ku ssa lino eriyitibwa AHD?

- Abalwadde ababa baakazuulibwa nga obutaffaali bwabwe obwa CD4 buli wansi 200.
- Abalwadde ababa nobuwuka obutawulira ddagala nga bulya butaala.
- Abalwadde abaddayo okujjanjabwa nga wayise emyezi 3 kasookanga balekayo okujjanjabwa.
- Abaana abataweza myaka 5abatali ku bujjanjabi bu 'ART' okumala omwaka.

Kiki ekiteekwa okukolebwa?

Okukeberebwa omusulo okulaba oba waliwo endwadde enkambwe ezireetebwa obukuku.

Enzijanjaba y'abakakasiddwa nti batuuse kuddaala ebbi (AHD, esangibwa mu malwaliro gonna agajjanjaba abalwadde ab'engeri eno.

AWANGAALA N'AKAWUKA AKALEETA SSIRIIMU, ABEERA NA BYETAAGOKI EBIRALA?

Emmere ekuuma/ erwanirira omubiri (ebibala n'enva)

Emmere ezzamu amaanyi mu mubiri

Emmere ekuza omubiri (pulotini, z'ebimera, n'ezeebisolo)

BYETAAGO KI EBIRALA AWANGAALA N'AKAWUKA KA HIV BYE YEETAAGA?

Endiisa ennungi

Akawuka ka HIV kadobonkanya emigaso gy'ebiriibwa mu mubiri, n'olwekyo ne kyetaagisa omulwadde okuliisbwa obulungi okusingawo, okukendeeza okulya emmere, ebiriiriddwa nebitayingiza migaso bulungi mu mubiri, ne kiviiramu emmerengula y'emmere okdobonkana. Kino kileetera omulwadde okukendeera mu buzito, zi vitamin n'eminnyo okukendeera. Endiisa embi ereetera omulwadde okusensebulwa SSIRIIMU/ MUKENENYA n'okufa!

Ebika by'emmere ebigasa eenyo bw'oba ku bujjanjabi

- Emmere eziwa omubiri amaanyi omuli: Lumonde, Obummonde, Amatooke, Omuwemba, Obulo, Akawunga ka Muwogo, kasooli.
- Emmere ezizimba omubiri omuli: ennyama, enkoko, ebyennyanja, amagi, n'emmere eva ku bibala nga: ebijanjaalo, ebinyeebwa, ssoya.
- Ebibala n'enva: bino, bikuuma mubiri nga mwe muli:emicungwa, emiyembe, amenvu, amapaapaali, ennaanaansi, zi-apo, n'enzabbibu.
- Waliwon'eva endala nga, kabigi(emboga), saga, 'sukuma wiiki', nnakati n'ennyaanya.
- Amasavu
- Ebiyiika nga amazzi, omubisi...

Obubonero bw'endiisa embi

- Omuntu okuwewuka ennyo okusinziira ku bukulubwe
- Obutabaamu maanyi,
- Okutunula ng'omulwadde
- Okwetamwa okulya
- Okuzimba engalo , ebigere ne mu maaso

Endiisa ennungi eri Maama n'omwana

- Okuliisa obulungi nga omukazi ali lubuto, mu bwa nnakawere, naddalla nga ayonsa,kikulu nnyo; mu kukuuma obulamu obulungi obwa maama n'omwana.
- Omwana tandika okumuyonsa mu ddakiika 30 ezisooka nga waakamuzaala.
- Omwana muyosenga kyokka na kumuwa ddagala mu myezi omukaaga egisooka, nga togattako kirala. Okugattiriza ku mabeere emmere endala, kiyinza okwongera akatyabaga ka maama okusiiga omwanawe akawuka ka SSIRIIMU.
- Oluvannyuma lw'emyezi 6 omusawo ajja kukuwa amagezi ku ngeri endala gyoyinza okuliisaamu omwana.

Endiisa ennungi eyinza kuva ku:

- Okunywa amazzi n'ebiyiika ekimala
- Okulya ennyo ebibala n'enva
- Okukozesa omunnyo ogulimu ayodayini okuziyiza ebidobonkanya olubuto nga okuzaala omwana afudde, okuzinng'ama kw'omwana ali mu lubuto, n'okumera eddookooli.
- Okukuuma obuyonjo ggwe nga omuntu ne byolya bibe biyonjo, ng'ate tebirina kabi, olw'okwewala endwade.
- Okwettanira emmere ezirimu ennyo vtamini C, olwo ayani (iron) asensere bulungi omubiri.

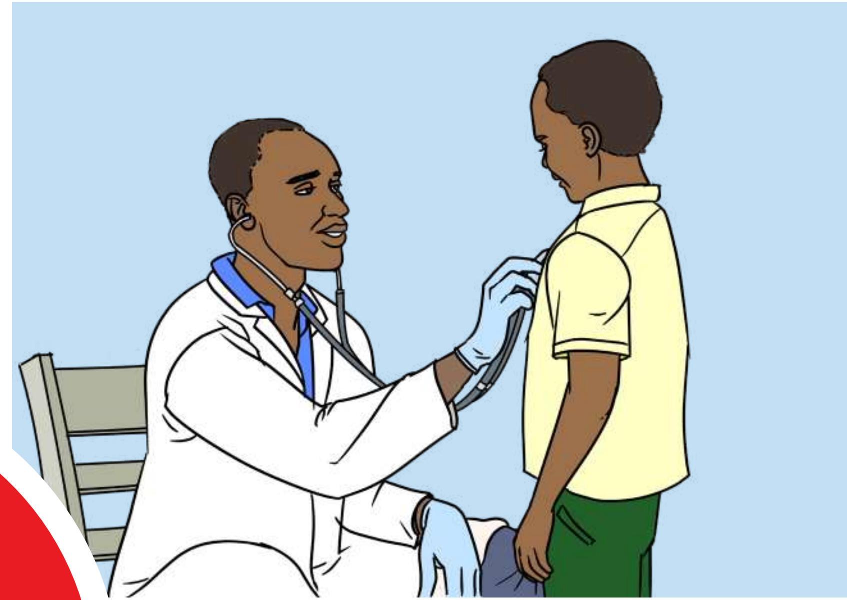
Weewale

- Okunywa caayi oba kaawa ng'ebula essaawa emu okulya emmere,oba okubinywera ku mmere, kubanga kino kiyinza okutaataaganya ayani okusensera obulungi omubiri.
- Okunywa owenge , ssigala, ebiragalagala, n'eddagala lyonna ertakkiriziddwa musawo mutendeke

NFUNA /NTUUKIRIRA NTYA OBUYAMBI OBULALA OBUTALI BWA BUJJANJABI?

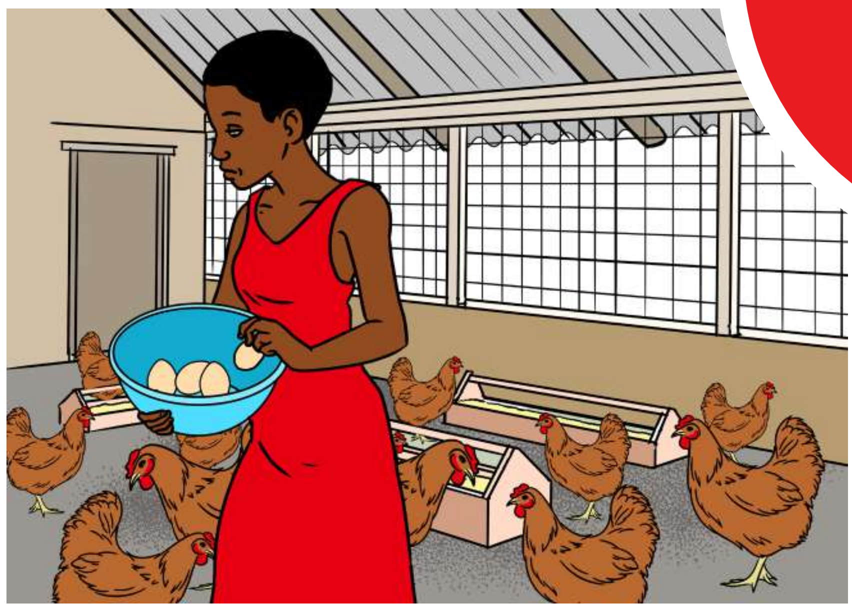
Omujjanjabi w'ebyobulamu. Tekirina mutawaana

Obulamu



OVC

Kitebenkevu/ Tekiyuuga mu ngeri yonna.



Essomero

NFUNA /NTUUKIRIRA NTYA OBUYAMBI OBULALA OBUTALI BWA BUJJANJABI?

Obuyambi bwonna obw'obuntu-nga bwa byanfuna, (Empeereza ya OVC) eyamba ku mbeera y'amaka agalimu abaana n'abavubuka abalwadde oba abaakosebwa akawuka ka HIV nga batuukirira obuyambi obwetaaagisa balyoke baddewo mu mbeera gye baalimu, nga balamu bungi era nga basobola okwekolera emirimu egigasa.

Kino kizingiramu biki?

Ojja kusaanira okufuna obuweereza buno, bwe weewandiisa:

Mu by'obulamu

- Okukeberwa n'okuweerezebwa gye banaakupimira akawuka ka HIV (okwa OVC), olw'aba ffamireyo.
- Okukwanaganya enkola y'okuziyiza eri ab'omumakaago(OVC)
- Okuwagira enkwanaganya y'abomumakaago abaazuulibwa nti balimu akawuka ka HIV, balyoke bajjanjabwe.
- Okuwagira obuyonjo okutandikira awaka wennyini.
- Okuwagira empeereza eyeekebejja n'ekola ne ku VAC awaka.
- Okuwagira okusomesa endiisa ennungi n'enkola y'okulimira awaka/emmanju
- Okukwanaganya abayambi b'ebyobulamu,okuva mu maka nga bayamba abaana n'abavubuka n'okukuuma endagaano y'okusisinkana.
- Okukyalirwanga buli wiiki eri abo abatanyigiriziddwa.

2. Schooled [Abali mu ssomero

- Okuwagira eky'okwewandiisa, engeri y'okugenda mu maaso, n'okumalako emisomo
- Okukwanaganya okufuna obukugu, n'okubangulwa mu by'emirimu

3. Temuli kabi

- Bwowa obujulizi obwesigamye ntegeka efa ku kuziyiza HIV/VAC
- Okuzuula/okumanya n'okwanukula eri VAC

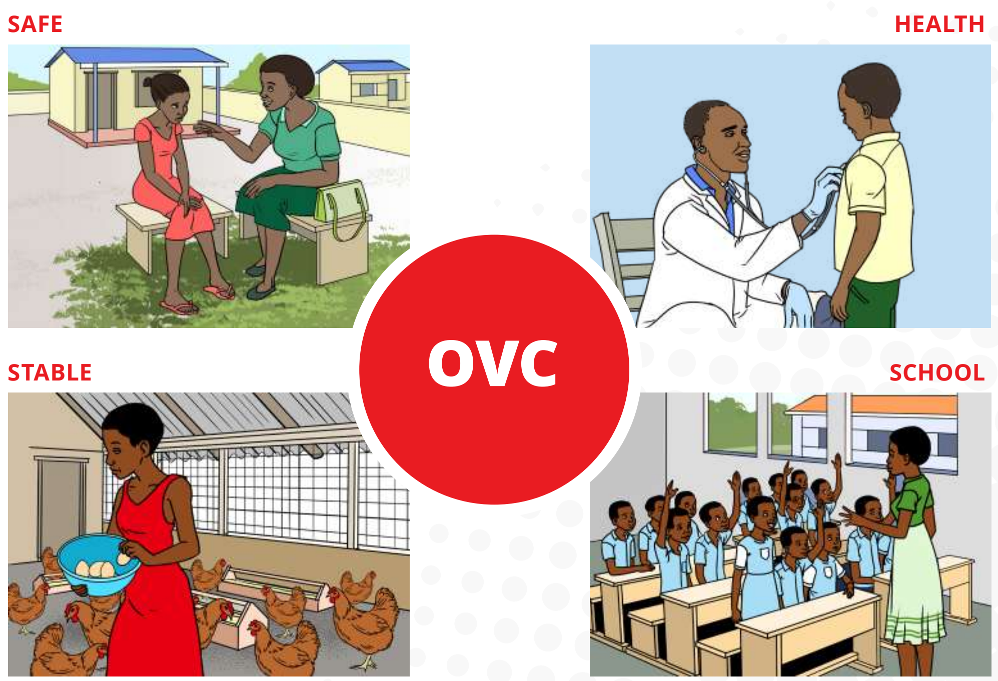
4. Kitebenkevu/Kiri mulaala

- Okwongera amaanyi amakaago,ng'oyita mu kussaawo enkola ey'okutereka
- Okuyiga bwe bakwata ensimbi
- Okubangulwa mu by'obusiga-nsimbi n'obulimu obw'ekisuubuzi
- Okukwataganyizibwa n'ebitongole by'ensimbi

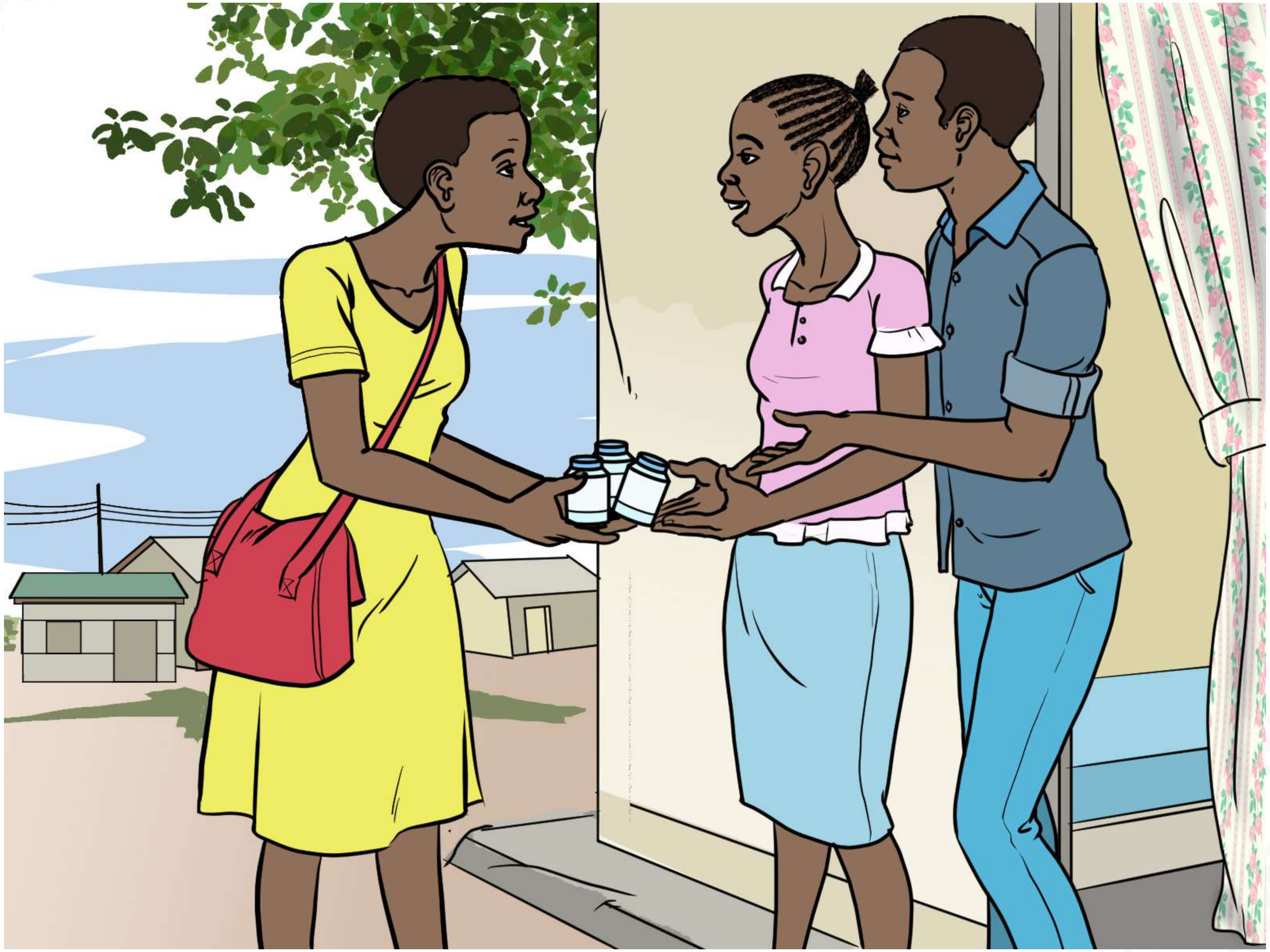
Ani asaana okwewandiisa?

1. Ffamire zonna ezirimu abaana okuva ku (baakazaalibwa oku-tuuka kub'emyaka 17; bakkirizibwa okwewandiisa.
2. Ffamire ezirimu abaana abayinza okusiigibwa SSIRIIMU ne bamaama abatanyigirizibwa ku nsonga zino.
3. Abaana abaana b'abakazi/basajja abeetunda nga ballina akawuka HIV.
4. Abaana abasimattuka obusambattuko

Weetegereze: Buuza omusawowo oba Omukungu Akola ku Byenkulaakulana ku Ggombolola akutegeeze ebisingawo kungeri gyoyinza okufuna obbuyambi/emiganyulo.



NFUNA NTYA OBUYAMBI OBULALA OBUTALI BWA NZIJANJABA?



NFUNA NTYA OBUYAMBI OBULALA OBUTALI BWA NZIJANJABA?

Okulonda ku ngeri y'okulabirirwa

Eddagala lyange nnyinza kuliggya wa?

Bulijjo yogera n'omujjanjabiwo lu ngeri eziriwo mwoyinza okuyita okufuna endabirira/eddagala; ojja kulabirirwa okusinziira kubwetaavubwo, okusalawo kwo nengereka. Oyinza okufuna eddagalalyo okuva mu ddwaliro ne mu bantu.

KIKI?

- Okuatandika/okweyongera ART
- Okulondoolwa mu kiliniki (Okukeberwa n'enkozesa ya OIs
- Okugendera ku buyambi
- Okukebera kwomu laabu (okulaba obungi bw'obuwuka n'okubala CD4)
- Obuwagizi bw'ebirowoozo n'embeera
- Okumanya ku nziyiza n'enzijanjaba

DDI?

- Buli mwezi ku yaakatandika
- Buli myezi 3
- Buli myezi 6

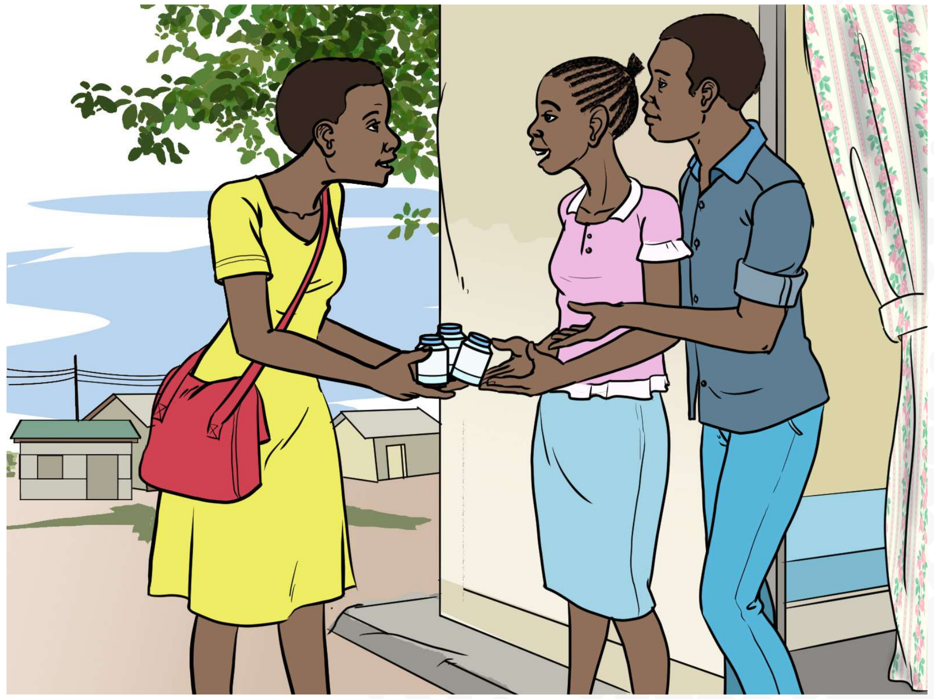
WA?

- kiriniki ya HIV/ddwaliro
- Abantu okugeza edduuka omutundibwa eddagala
- Eka

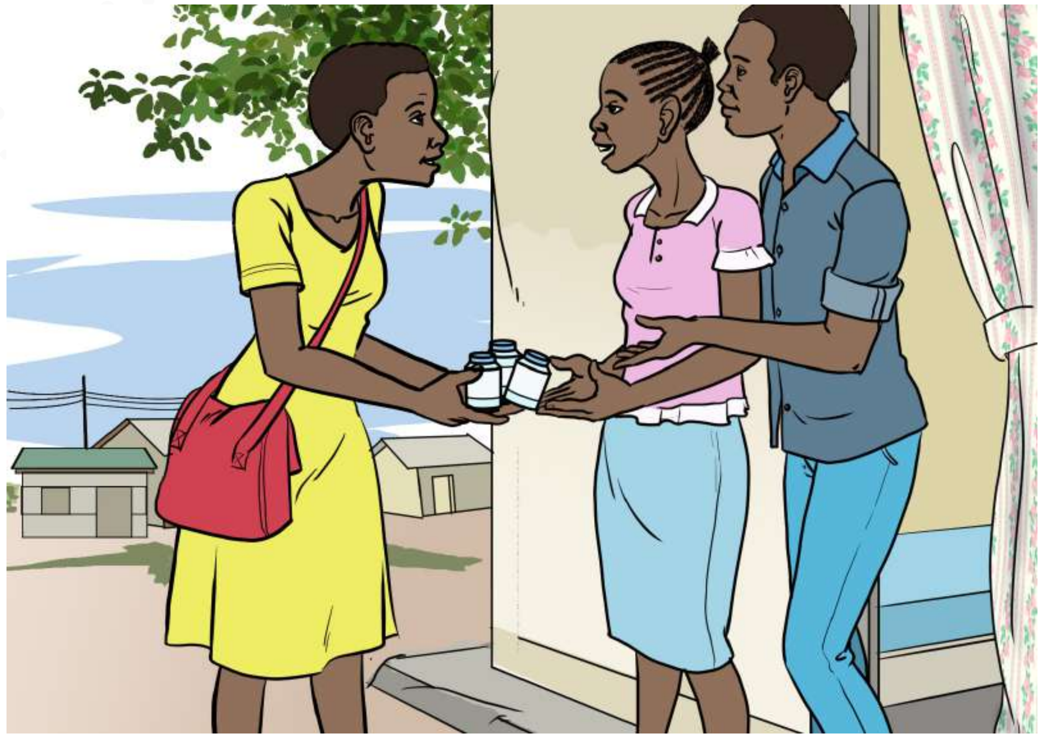
Weetegereze: Muyinza okufuna obuyambi mu kibinja oba omuntu kinnoomu ku ddwaliro ob okuva mu bantu b'omukitundu

ANI?

- Omukugu nga: nnaasi, ofiisa w'omu kkeberezo, omukugu mu byeddagala
- Omusawo w'okukyalo/mu kitundu
- Omulwadde/Munno/Ab'omumaka



BIKI EBIRALA EBIYINZA OKUNNYAMBA?



BIKI EBIRALA EBIYINZA OKUNNYAMBA?

- Okujjuzangawo eddagala ery'ebika ebingi buli mwezi. Kino kiyamba mu kuweza eddagala mu myezi egiwerako okendeeze ku mirundi g'ye waaligenzenga mu ddwaliro nga kino kikuyamba mu kukkereza ssente n'ebiseera eby'okwewuuba mu ddwaliro. Kino kikwata ku balwadde abatera okugondera ebiragiro by'okujjuzaawo eddagala, n'obutagootaanya ntegeka ya nzijanjaba.
- weebuuze ku musawowo okumanya ebisingawo
- Mukoleewo ekibiina ne banno abalina akawuka ka HIV nga muwanyisiganya empalo z'okunona eddagala lya HIV nga omu anonera banne.
- Eddagalalyo, erijjanjaba HIV, linone ku dduuka ly'eddagala erikuli okumpi.
- Oyinza n'okufuna eddagala lino lyozzaawo okuva mu kifo kya bonna ekibaamu eddagala.
- Ku ddwaliro, nga muli mu kibiina, ku nnaku za kiriniki ne/oba butereevu okuva ku ddirisa wemufunira eddagala.

Weetegereze:Bulijjo yogerako n'omusawowo ssing oyagala okukyusa ku ngeri gy'olabirirwamu

ENNYAMBIBWA YANGE KU NZIJANJAB(W)A

ENNYAMBIBWA YANGE KU NZIJANJAB(W)A

Okwasanguza ku bwoyiridde ku by'akawuka ka HIV

- Guno gwe mutendera gw'okujjayo obutuufu nti ddala olina akawuka 'HIV', nga kino kiyinza okukufunira abeetegefu okukuyamba omanyiire embeera empya.
- Kiva gyoli okusalawo okwasanguza nti olina akawuka HIV okuggyako nga waliwo eketaagisa mu mateeka nti olina okwasanguzibwa.

Biki ebissibwako essira mu kwasanguza kuno?

- Okwasanguza mutendera era tekipapirwa lumu.
- Tekisaana kufubutukirwa
- Okwasanguza kuno, kwetaaga entegeka
- Okwasanguza kukolebwa eri mwesigwa
- Kyetaagisa okwambalagana n'ebiremesa
- Manya/Tegeera obuyambi gye buyinza okuva, nga: ebibiina ebiyamba ku bawangaala ne SSIRIIMU/akawuka ka HIV; bannaddiini, n'ebitongole ebibuulirira/ebibudaabuda.
- Fumiitiriza olabe oba oyinza okukyatula wekka kululwo oba weetaaga anaakuyambako okuva mu basawo?
- Suubira be kinaayisa obubi oba obulungi ng'omaze okwatula era weetegekere embeera ey'emirundi gyombi.

Emigaso gy'okwatula nti okalina 'HIV'

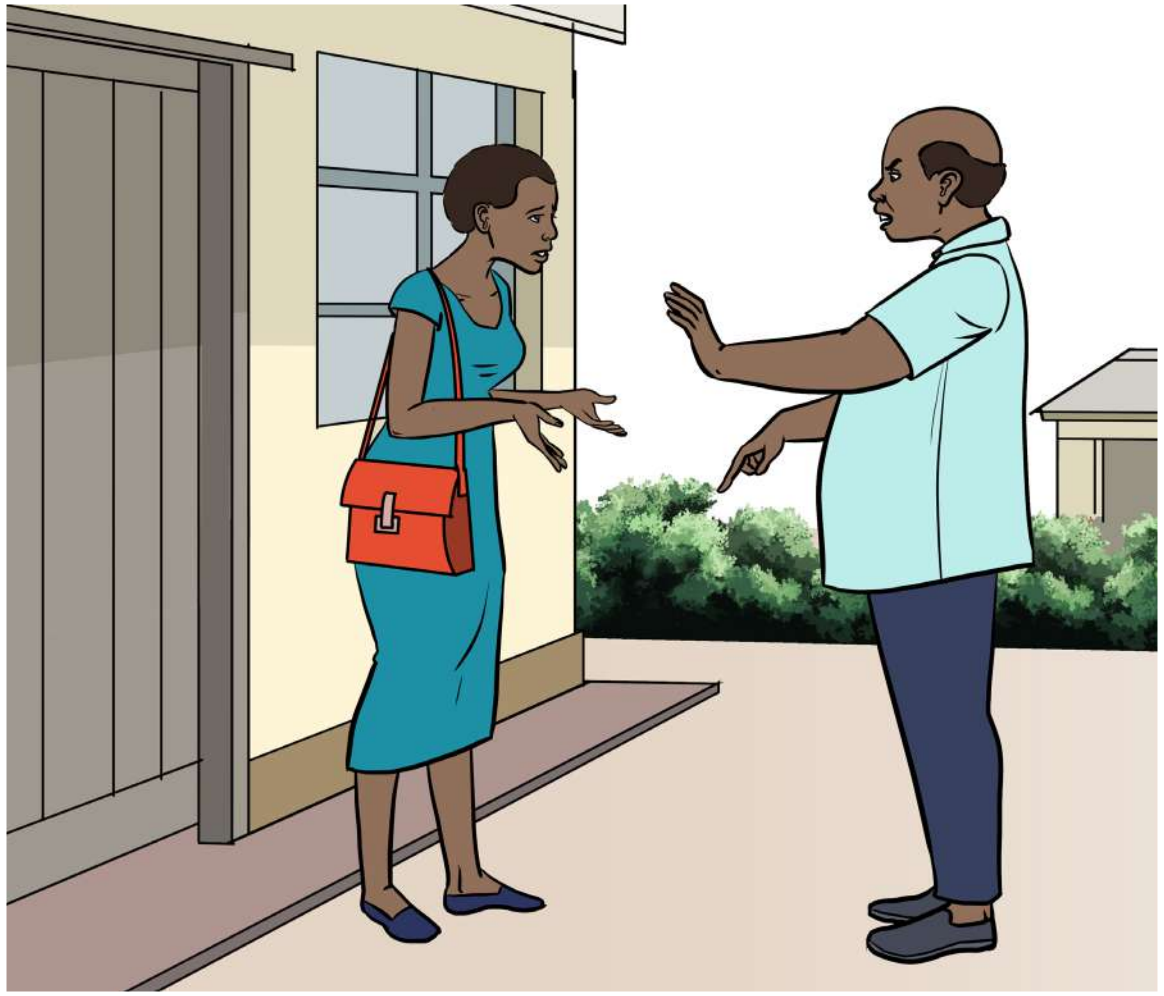
- Okwatula kuyamba ayatudde okukkiriza nti kyajja kyajja
- Okwatula kuyinza okuyamba ayatudde naafuna empeereza n'endabirira y'omuddwaliro gyaba yeetaaga.
- Okwatula kuyinza okuyamba abantu bennyini okwekuuma n'okukuuma abalala/abaagalwa baabwe, ne batasiigibwa kawuka kaleeta SSIRIIMU.
- Okwatula kuyamba ku nteeseganya y'okunyumya emboozi y'ekikulu nga mwesabise.
- Okuboolwa, okusosolwa n'okwewalwa okukyaliwo ku balina akawuka/abalwadde ba SSSIRIIMU kukendeera.
- Kiwewula ku bwerariikirivu bw'okusigala n'ekyama ekyo.
- Kino kyongera omuntu okuba n'obuvunaanyizibwa, era kiyamba n'abaagalwabo okutegekera ebiseera eby'omumaaso.
- abawangaala n'akawuka 'HIV' abaatula nti bakalina, batera okufuna obuyambi okuva wano na wali; bawulira nga bekkiririzaamu, bakendeeza ku bweraliikirivu n'omukwano ne bebeegadanga nabo, gweyongera.
- Okwatula kuno, era kukwanaganyizibwa n'okuba mu bulamu obulungi, n'ebiva mundabirira y'ebyobulamu nga mwemuli n'okusigala ku ndabirira y'abakalina 'HIV' obujjanjabi, n'okugoberera abasawo abakugu byebakulagira.
- It enhances communication with the providers, client's relatives etc...
- Kyongera empuliziganya ennungi n'abasawo/ abajjanjabi, ab'oluganda b'omulwadde, n'ebirala ebigasa.

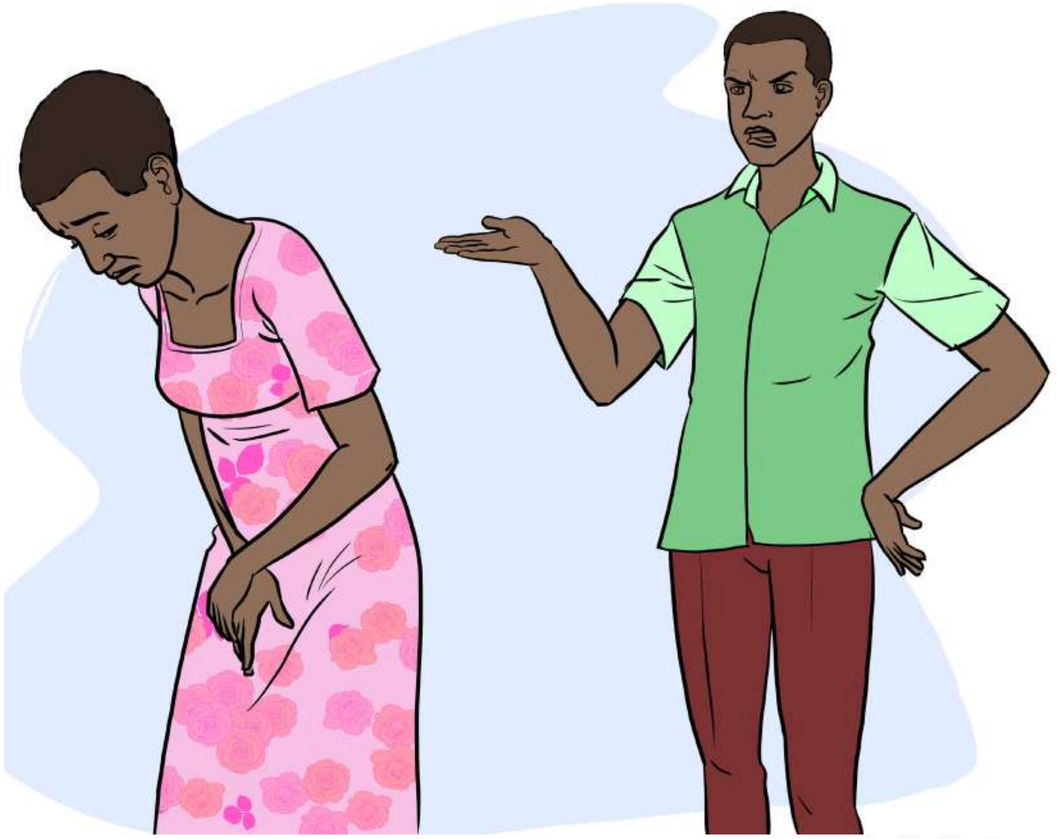
Omuntu agumira atya obweraliikirivu obwekuusa ku kutwatula nti akalina 'HIV'

Ka kibe nti osazeewo kwatula oba butayatula, oba okwatula nga tewesiimidde; kya mugaso nnyo okugezaako okumanyiira enfuga y'okweraliikirira, n'obusungu. Ebimu ku byoyinza okukola bye bino:

- Okuyimba
- Okusaba/Essaala
- Okutambula ebbanga eggwanvu
- Okuba n'abomumakaago oba emikwano
- Okwegatta ku bibiina ebiyamba
- Okwogerako n'omuwabuzi/n'abudaabuda

KIKI EKIYINZA OKUKOSA ENZIJANJABA YANGE?





KIKI EKIYINZA OKUKOSA ENZIJANJABA YANGE?

Obusambattuko obuva ku kikula ky'omuntu

Abantu bagootanyizibwa mu mibiri, mu kunyumya emboozi y'ekikulu, ne mundowooza nga kino kiviirako omuntu kinnoomu oba ekibiina okugootaanyizibwa; ng'abantu balina engeri gye balowoozaamu abasajja/abalenzi; abakazi/abawala nti bwe bali; ngeriki gyebalyeyisizzaamu; kye basaana okukola ne kye batasaanye kukola; ebitiibwa/amadaala gaabwe ne bye bateekwa okufuna, n'ebirala nkumu.

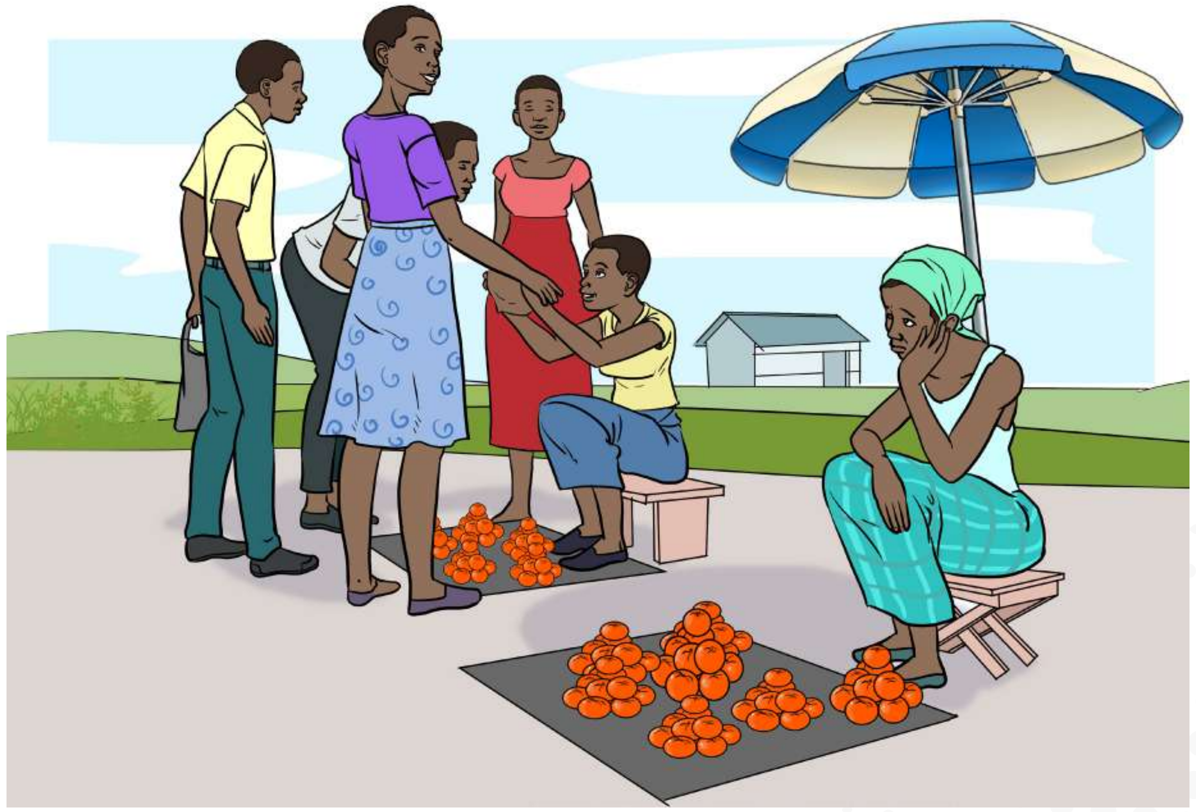
Obusambattuko obuva ku kikula ky'omuntu buli mu miteeko etaano nga gyegino:

- Okukuba, okutulugunya omubiri, n'okufutiza;
- Obusambattuko bw'ebyokwegadanga nga mulimu obuliisa-maanyi; okukabawaza amabujje; okwegadanga n'abatanneetuuka, n'okukabawaza abakuzira; okukabassanya mu ngeri y'akaboozi, okukakibwa obwa malaaya, n'okukukusa abantu nga olina ekiruubirirwa.
- Enkola erumya ey'obulombolombo nga: okukecula bakazi mu mbugo, okufumbiza/okuwasisa abataneetuuka, nga bakakiddwa; okusikiza bannamwandu, n'obusambattuko obuva ku bisalirwa awasa/afumbirwa.
- Obusambattuko bw'ebyenfuna nga: okummibwa eby'obugagga; n'ebyenfuna.
- Okutulugunyizibwa mu bwongo ne mundowooza nga: okuvumwa mu bigambo; okuswazibwa, okuggalirwa.

Asimattuka Obusambattuko obuva ku Kikula yeetaaga:

- Atwalibwe/Agende mu ddwaliro akeberwe
- Okugumizibwa mu by'endowooza n'embeera z'omubuntu
- Obuyambi bw'ekinnamateeka n'okubudwabudwa
- Empeereza efa ku kukuuma abaana (okugeza okubalabirirwa nga tebali mu ffamire; okubayunga nate n'aba ffamire bwe kiba kisoboka, okunoonya ekisingako eky'olubeerera; ssinga tekisoboka kuzza mwana mu babe.
- Okusoboseza/Okuyamba omuntu muby'enfuna
- Okuzimba aw'okusula nga wa kisseera/katyabaga

KIKI EKIYINZA OKUKOSA ENZIJANJABWA YANGE



KIKI EKIYINZA OKUKOSA ENZIJANJABWA YANGE

Okuboolebwa n'okusosolwa bye biki?

- Okuboolwa kuno, kuba kuswazibwa nga kukwatagana n'ekintu ekirowoozebwa okuba nti kikwa era nti tekikkirizika mu bulamu obwa bulijjo. Ababoolebwa olw'embeera batwalibwa nga ab'enjawulo, era nga banenyezebwa okubeera mu ngeri eyo ey'enjawulo.
- Okusosolwa kitegeeza okuyisa omuntu mu ngeri ey'enjawulo kuy'abalala, nga ssi ya bwenkanya. Okugeza okuyisa omuntu omu nga ammibwa ebyalimugwanidde, mbu olw'okuba nti alina akawuka akaleeta SSIRIIMU-HIV

Biki ebisinga okuleeta okuleetera abalina SSIRIIMU okuboolebwa?

Ebikulu ebitera okuviirako embeera eyo mulimu:

- Obutamanya bifa ku kuboolebwa na kusosolwa
- Okutya okukwatibwa akawuka nga okwatagana n'abo abakalina/abalwadde.
- Emigaso egikwanaganya abalina akawuka n'empisa eziirowoozebwa okuba "enkyamu n'ezoobuseegu", kino nno kye kibaviirako okusosolwa.

Byakulabirakoki, ebifa ku kuboolebwa?

Eby'okulabirako ebitera okubaawo ku balina akawuka 'HIV' bye bino:

- Omuntu asaasaanya ssente ennyingi, amaanyi naamala n'ebiseera biwanvu nga agenda mu kkiriniki ey'ewala nti gyaba anona eddagalalye erya buli mwezi; erikendeeza ku bukambwe bw'akawuka ARV nga atya banne nti bajja kuzuula nti alina akawuka ka HIV bwanagenda ku ddwaliro ery'okumpi.
- Omusawo (ddokita) eyeepima yekka era neyejjanjba era n'atabuulirako muntu yenna nti alina akawuka ka HIV olw'okutya nti ajja kuweebuka ekitiibwa ky'obukugubwe
- Omukazi atiisibwa nti ajja kutugunyizibwa/kutiisibwa n'okunakuwazibwa, aba ffamireye, bwayatula nti alina akawuka ka HIV.
- Essomero eryawula bamulekwa mu kusimba olunyiriri, nga abalikulembera (essomero), tebalowoozezza kiva mu ekyo; naddala mu ndowooza z'abaana.
- Omutunzi w'ennyaanya, eyeewalwa omudaalagwe ng'abatuuze batya oluvannyuma lw'enngambo okusaasaana nti alina akawuka ka HIV.
- Omukulembeze w'eddiini abuulira buli wiiki nga agamba nti: 'Akawuka ka SSIRIIMU kibonerezo kya Katonda eri abantu abeeyisa obubi/aboonoonyi.

KIKI EKIYINZA OKUKOSA ENZIJANJAB(W)A YANGE?

KIKI EKIYINZA OKUKOSA ENZIJANJAB(W)A YANGE?

Kiki ekiyinza okuva mu kuboolebwa?

- Ku muntu kinnoomu, okuboolebwa kuyinza okumuggyako ffamireye, ko obuwagizi kubanga mbu aba aswaziddwa n'okunenyezebwa,nokuggwamu ensa, (okwekkiririzaamu). Kiyinza n'okuleetera omuntu okufiirwa obusobozi bw'okweyimirizaawo, nga omulimugwe gugootaanye.
- Ab'omu maka nabo bakosebwa olw'okuboolebwa kuno.
    - Abaana abawangaala n'akawuka HIV, ne bamulekwa, bayinza okusosolwa, okwesulubabbwa, oba okubonezebwa mubukambwe okusinga ku balala oba okufiirwa okusoma n'emikisa emirala.
    - Akawuka ka HIV kasaasaana okuva ku mwami/mukyala olw'okuba batya nti bwe baatula tebamanyi kinaakivaamu.
    - N'okuteesa nti tukozesa kkondomu kiyinza okulowoozesa omu ku baagalana nti osanga munno alimu engeri!
- Ekiva mu kuboolebwa kiyinza okukosa okuviiraddala ku kyalo okutuusiza ddala kuddaala ery'eggwanga.
    - Okuboolebwa oba okutya ebinaddirira, kuziyiza abantu okugenda okwekebeza kulwa HIV nobujjanjabi;
    - Okuboolebwa kukendeeza omuwendo gw'abawonawo kubanga okulwawo okwekebeza, kulwisa okuzuula ekituufu, kko n'okufuna obujjanjabi.
    - Okuboolebwa era kukeereya omuntu okugendera ku bujjanjabi bwe yaalifunye.
    - abantu bwe batya okwatula eri ffamire zaabwe n'emikwano gyabwe; bwe bayimiridde ku HIV, olw'okutya okuboolwa, bayinza n'okusalawo okukweka ebifa ku nzijanjaba yaabwe, era kino kiyinza n'okubaviiramu okwosa ddoozi zaabwe.

Tuyinza tuya okulwanyisa omuze g'wokuboolebwa mu bantu?

- Abawangaala n'akawuka (PLHIVs) bakubirizibwa okwatula nti bakalina nga babbira ku baagalwa baabwe ffanire zaabwe n'abemikwano. Bayinza okukuzzaamu amaanyi mu ndowooza, ne bakuyamba n'okunywerera ku nzijanjabayo.
- Abawangaala n'akawuka –PLHIVs bakubirizibwa okwegatta ku bibiina ebigaba obuyambi.
- Aba ffamireyo, mikwanogyo amasomero, abakozesa, abasawo, n'abantu bonna bakubirizibwa balekeraawo okubooolanga abalina akawuka ka HIV; wabula babayambe buyambi nga babagumya, n'okubakubiriza balemere ku nzijanjba yaabwe(abalwadde).

HOW DO I DEAL WITH OTHER HIV RELATED ILLNESSES

ENDWADDE ENDALA ZI 'MPULIDDE-KAMENYA' EZIRUMBA ABALINA HIV NZIKOLE NTYA?

AKAFUBA

- Akafuba ndwadde ereetebwa akawuka akalumba amawuggwe, naye; kayinza n'okulumba ebitundu ebirala eby'omubirigwo; okugeza: amagumbago, ennyingo, ebyenda, olususu, n'obwongo!
- Akafuba ke kasinga okutta aba n'akawuka ka HIV; era bakalwala nnyo.
- Akafuba kasaasaanira mu mpewo, okuva ku muntu omu, okudda ku mulala
- Bwe wabaawo enzijanjba entuufu, AKAFUBA kawonyezebwa; naddala nga ajjanjabwa amazeeyo ddoozi mu biseera ebituufu.

Obubonero bwa TB (AKAFUBA) bwe buluwa?

Ababeera N'AKAFUBA baba n'obubonero obulabula nga mulimu na buno:

- Okukolola okw'ebbanga lyonna,
- Emisujja
- Okutuuyana ennyo ekiro
- Okukendeera obuzito
- Obuteeyongerako buzito mu ngeri esaanira, naddala bwoba nga watuukirirako ku mulwadde w'akafuba, naddala abaana

Ebituufu ku KAFUBA ne HIV

AKAFUBA ne HIV ssi byebimu. Naye abantu ababa balwadde ekimu kw'ebyo atera okulumbibwa n'ekirala.

- Oyinza okuba N'AKAFUBA kokka.
- Oyinza okuba ne HIV yekka.
- Oyinza okuba ne byombi, AKAFUBA ne HIV.

Abalwadde bonna ab'akafuba , basaana bakeberebwe, era n'abalwadde ba HIV basaana bakeberebwe.

Engeri AKAFUBA gye bakazuulamu

- Nga bakebera omusulo n'ebikolondolwa mu laabu/kkebesezo
- Omukugu bwakukebera mu byuma, azuula nti olina AKAFUBA.
- Okukozesa Ekisire

Engeri AKAFUBA GYE KANJANJABWAMU

- Eddagala limirira emyezi 6 oba okusingawo, okusinziira kulikuweeredda.

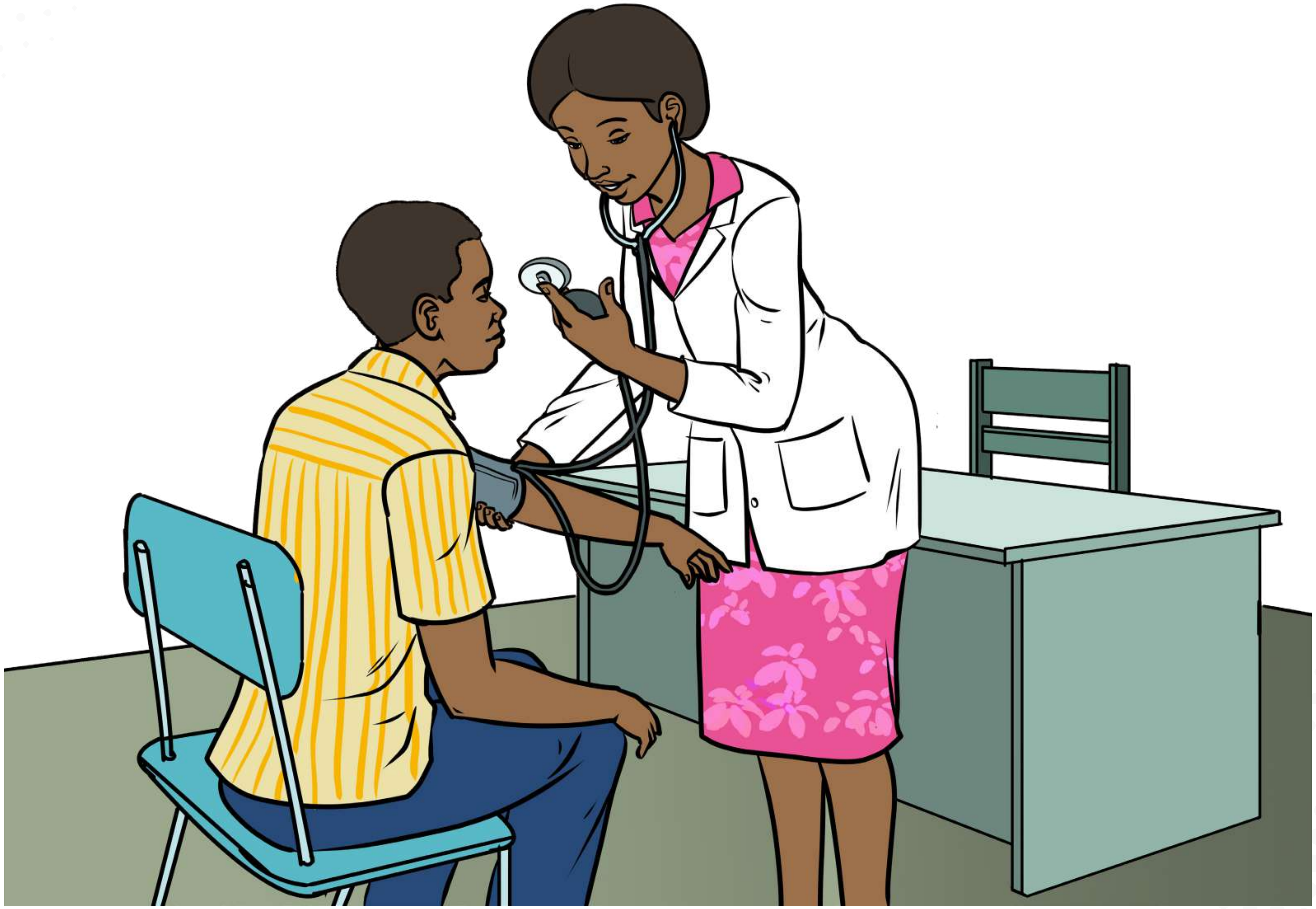
Prevention of TB [Enneewala y'a KAFUBA

- Okumira eddagala eriziyiza AKAFUBA 'TPT' kitegeeza kulimira weewale akatyabaga k'okulumbibwa AKAFUBA naddala ng'olina akawuka ka HIV
- Kwatanga/Bikkanga kumimwagyo nga okolola
- Weewale ebifo eby'omujjuzo gw'abantu.
- Yongera okukkiriza empewo ennungi okuyingira mu nnju nga oggula amadirisa n'emiryango; nga olina omulwadde w'a KAFUBA
- Tomala gawanda buli wamu, ebikolondolwa biteeke mu kifo ekyekusifu okugeza mu kaabuyonjo, oba biziike mu ttaka.
- Ggwe omulwadde, yambalanga akakookolo (mask) okutuusa omusawo lwalikugamba okulekera awo, oleme kusiiga balala.
- Omwanawo mugemmese nga yaakazaalibwa.

Ggwe nga omuntu buvunaanyizibwa ki bwolina?

- Genda mu ddwaliro bwolaba akamu ku bubonero obunokoddwayo.
- Bwoba n'a KAFUBA, endagirirozo zonna zibe za ku ddwaliro wamu n'abo abalina obubonero bw' AKAFUBA.
- Abali ku bujjanajbi bw'a KAFUBA, bawe obuyambi nga obajjukiza okumira eddagala lyabwe mu butuufu.
- Okuyigiriza eby'obulamu

ENDWADDE ENDALA ZI 'MPULIDDE-KAMENYA' EZIRUMBA ABALINA HIV NZIKOLE NTYA?



ENDWADDE ENDALA ZI 'MPULIDDE-KAMENYA' EZIRUMBA ABALINA HIV NZIKOLE NTYA?

Endwadde zino tezisiigibwa kuva kw'omu kudda ku mulala.

HIGH BLOOD PRESSURE /HYPERTENSION [PPULEESA/ENTUNNUNSI

- Ppuleesa erumba omuntu nga omusaayigwe gwewagaanya bwewagaanya mumisuwa. Olwo, ppuleesa neeryoka erinnya. Ppuleesayo bweba nga etera okuba mu 140/90 oba okusingawo, kino kiyinza okukuviirako okulwalira ddala ppuleesa eya waggulu.

What are the common symptoms?[Buboneero ki obutera okweraga?

- Okulumwa omutwe
- Ekifu kumaaso oba okulaba ekintu nga kirimu bibiri
- Okulumwa mu kifuba
- Obutassa bulungi/kuwejjawejja

Weetegereze: Omuntu ayinza okuba ne ppuleesa eya waggulu kyokka nga talina bubonero buno

Eyinza kwewalwa etya n'okugifuga?

- Lyanga emmere ezzamu obulamu mumubiri nga: ebibala, ebyennyanja n'ebirala
- Kendeeza kumunnyo gwolya.
- Fuga obuzito obunene- weewale omugejjo
- Kolanga dduyiro
- Tonywa sssigala
- Weewale ebitamiiza ebisusse
- Weewale ebikunyiiza/ebikumalako emirembe

OBULWADDE BWA SSUKAALI

Obulwadde bwa ssukaali bujja nga ssukaali asussse mumusaayigwo, ekiviirako okwonooneka kw'emisuwa egitambuza omusaayi.

Omuntu bwalwala akawuka HIV, ennuuniye eyinza okukosebwa; ssonga y'evunaanyizibwa mu kukendeeza ku ssukaali mumusaayi. Kikulu nnyo okukozesanaga eddagalalyo olw'okukendeeza ssukaali mumusaayi. Kino kiyamba ennuni okukola obulungi.

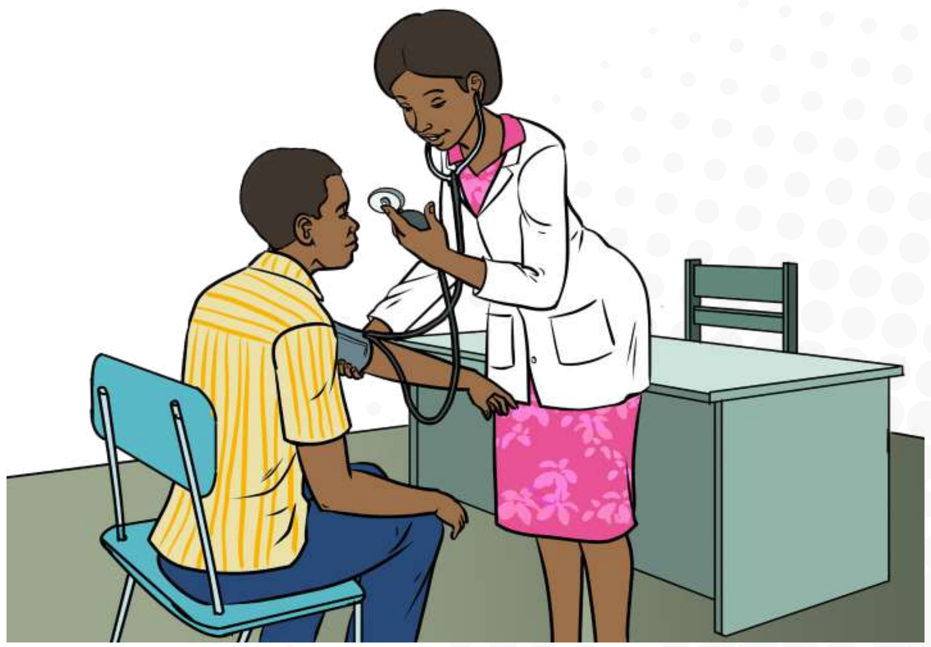
Obubonero obutera okulabika bwe buluwa?

Nga waakalwala ssukaali tatera kweragirawo, kyava ayitibwa omussi ow'akasirise. Naye bwe yeeyongera obubonero obutera okweyoleka mwe muli:

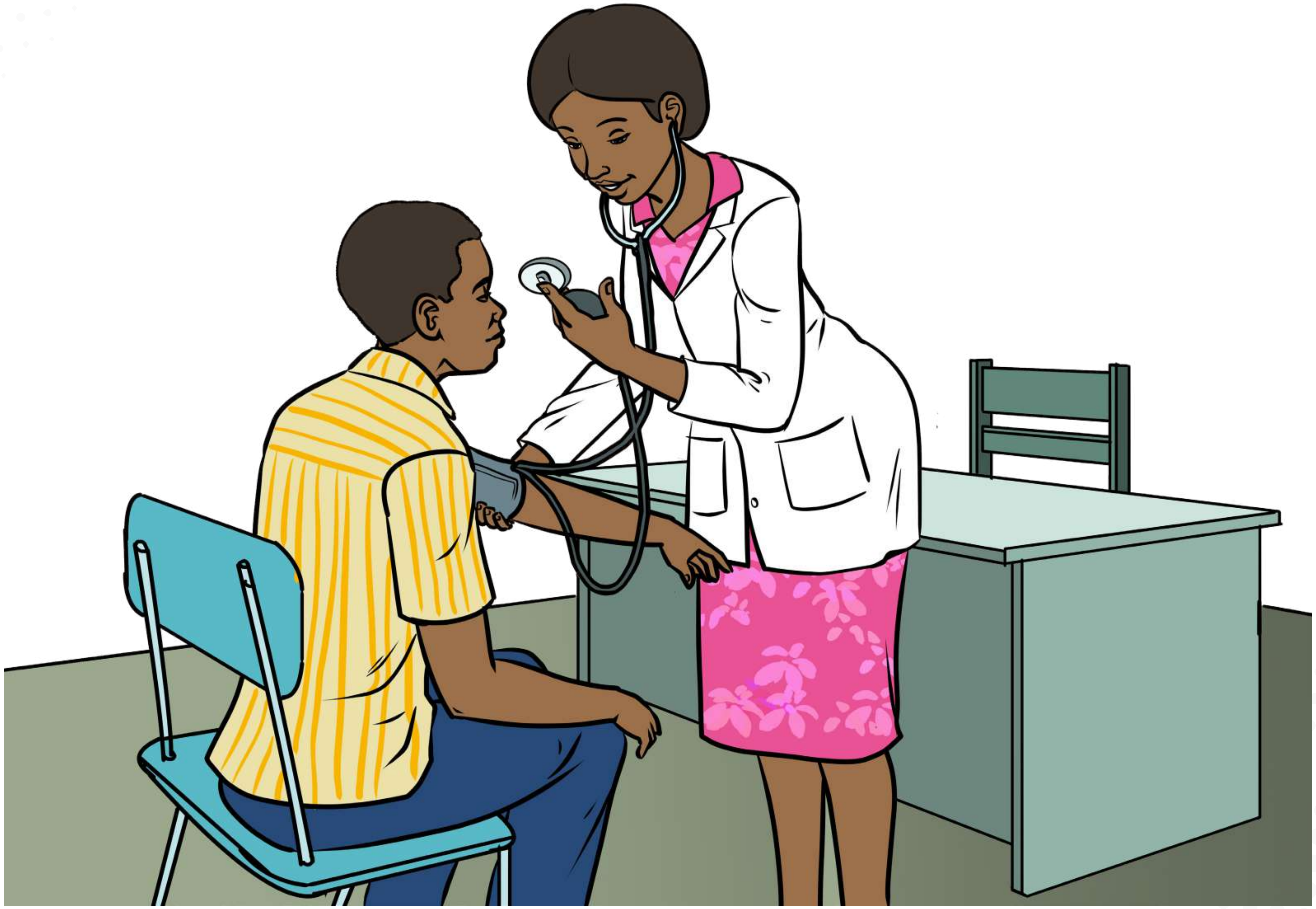
- Okufuuyisiza okumukumu;
- Okulumwa ennyonta/enkalamata buli kadde
- Enjala okukulumira okumukumu, ko n'okukendeera obuzito
- Okulwalalwala buli bbanga n'okulumbibwa amabwa agalwawo okuwona.

Ayinza kwewalibwa atya?

- Lyanga emmere ewa obulamu nga; enva, emmere ey'empeke, ebibala, eby'ennyanja, n'ebirala
- Kendeeza ku ssukaali gwonywa.
- Kendeeza ku buzito
- Nyiikirira okukola dduyiro
- Tonywanga ssigala



NKOLA NTYA KUNDDWADDE ENDALA EZEEKUUSA KU HIV?



NKOLA NTYA KUNDDWADDE ENDALA EZEEKUUSA KU HIV?

OKWERALIIKIRIRA N'OKWETAMWA-OKUCANKALANA OMUTWE

Okucankalana kw'obwongo kukosa endowooza y'omuntu, n'engeri gye yeewuliramu, era kiyinza okukosa engeri gy'awangaalamu n'abalala . aba byakola ssibya bulijjo. N'engeri gye yeyisaamu ekyuka ko n'endowooza. Era kiyinza okumuviirako okufuna obuzibu bungi obukwata ku ngeri gyanyiiga n'omubirigwe.

Obubonero bw'okwekyawa mu balina HIV – PLHIV

- Okunakuwala, okwagala okukaaba, okuggwamu essuubi, oba okwekyawa
- Okuba ne 'kasunguyira' okunyiiganyiiga, ne bwe kaba katono kamunyiiza.
- Okutamwa eby'amasanyu n'akaboozi k'ekikulu akatamwa, ebisanyusa yadde eby'emizannyo tabyagala.
- Okubulwa otulo, oba okwebaka ennyo
- Okuwulira obukoowu, okubulwa amaanyi, n'akalimu akatono yeegaganula.
- atamwa okulya, akogga, oba okulunkanira emmere n'okufuna omugejjo.
- Okusunguwala oba obutaba bukkakkamu
- Okulowooza empola, okwogera oba obuteesobola mu mubiri
- Okulowooza nti tagasa, oba yeesalira omusango, kunsobi ezaayita
- Okulowooza nti akabi kajja kubaawo, abeera mu kusalawo, n'okujjukira ebintu
- Okuloowoza ku kufa, okwetuga, okugezaako okwetta n'ebirala bityo
- Okuba n'ebizibu mumubiri, nga okulumwa omugongo, oba omutwe.

Engeri gyoyambamu abalina HIV nga balwadde emitwe

- Okuyunga ab'emikwano ne ffamire ku balala.
- Okubazzaamu amaanyi n'essuubi/ kubabudaabuda
- Endiisa ennungi
- Omugizi w'ebirowoozo
- Okumwongerayo mu ddwaliro, alyoke aweebwe obujjanjabi obusingawo, oba okutwala we babudaabudira abantu abatamiddwa

KOOKOLO/KANSA W'OKUMUMWA GWA NNABAANA

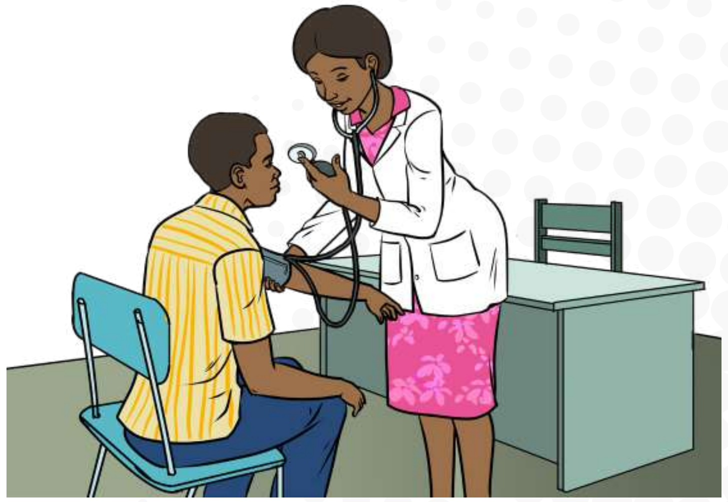
Kookolo ono alumba emimwa gya nnabaana waabwe. Abasajja tebamulwala. Kansa ono aleetebwa akawuka akayitibwa 'Human Pailloma Virus [HPV era asaasaanyizibwa mu makubo ga kwegandanga nga omuntu akyali; n'ol'wekyo abavubuka abawala bali mu katyabaga ak'okusiigibwa akawuka ka HPV ne kibviiramu okukwatibwa kookolo w'okumumwa gwa nnabaan.

Engeri y'okendeeza akabi k'okusiigibwa akawuka ka HPV ne nnabaana w'okumumwa gwa nnabaana.

- Okulwisa eby'okuganza abasajja
- Okukozesanga kkondomu buli bbanga
- Okwewala okwegadanga
- Okukebererwanga olabe oba olina kookolo ono.
- Abawala bonna okugemwa kookolo ono.

Okwewala kansa w'okumumwa gwa nnabaana

- Kansa oyo ayinza okwewalwa bwe bagema abawala akawuka ka HPV
- Okukeberanga omumwa gwa nnabaana w'abakazi kino kimuziyiza era kiwonya obulamu
- Abakazi abalina akawukaHIV bateekwa okukeberebwa buli mwaka kasita baweza emyaka 25



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IN PARTNERSHIP TO FIGHT HIV/AIDS

Obulamu?