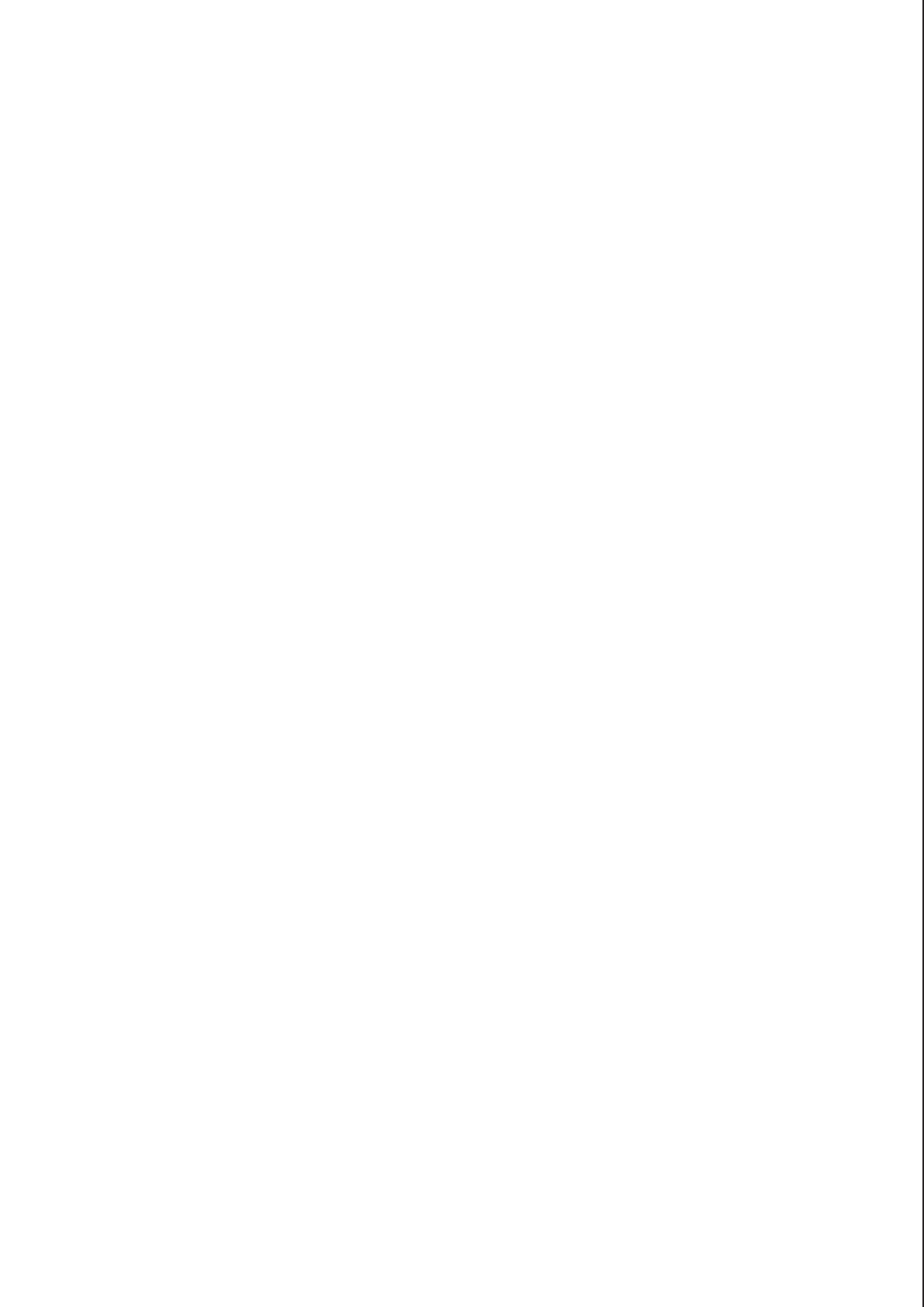




**AKATABO AKASOMESA
KU KWEWALA WAMU
N'ENZIJJANJABA Y'AKAWUKA
KA MUKENENYA NE SIRIIMU KU
BANTU ABALINA AKAWUKA KA
MUKENENYA NE SIRIIMU KW'OSSA
N'ABAKOSEBWA EMBEERA**

*KATEGEKEDDWA EKIBIINA OMWEGATTIRA ABANTU
ABALINA AKAWUKAA KA SIRIIMU NE MUKENENYA
MU UGANDA:*

*THE NATIONAL FORUM OF PEOPLE
LIVING WITH HIV & AIDS NETWORKS IN UGANDA
(NAFOPHANU)*





**AKATABO AKASOMESA KU KWEWALA
WAMU N'ENZIJJANJABA Y'AKAWUKA
KA MUKENENYA NE SIRIIMU KU
BANTU ABALINA AKAWUKA KA
MUKENENYA NE SIRIIMU KW'OSSA
N'ABAKOSEBWA EMBEERA**

*KATEGEKEDDWA EKIBIINA OMWEGATTIRA
ABANTU ABALINA AKAWUKAA KA SIRIIMU
NE MUKENENYA MU UGANDA - THE
NATIONAL FORUM OF PEOPLE LIVING WITH
HIV & AIDS IN UGANDA*

(NAFOPHANU)



OKUSIIMA

Eggwandiikiro lya NAFOPHANU lituusa okusiima eri abantu bonna ab'enjawulo abakwatibwako olw'ebirowoozo eby'awamu bye baawaayo mu nteekateeka zonna ezituusizza akatabo kano okufulumizibwa.

Okumalirizibwa kw'akatabo kano akasomesa n'okumanyisa abantu ebikwata ku kuziyiza n'enziJJanjaba ku kawuka ka Mukenenya ne Siriimu tekwandisobose singa abantu ab'enjawulo tebawaddeeyo buyambi bwa njawulo. NAFOPHANU esiima abo bonna abakoze ebintu eby'enjawulo okukakasa nti akatabo kafuluma nga bwe kaali kasuubirwa. Akatabo kalimu ebintu ebiggyiddwa mu bifo eby'enjawulo omuli ebitongole, ebibiina, obutabo, lipoota, okwogera kw'abantu ab'enjawulo kwe bakolera mu nkiiko oba emikolo.

Okusingira ddala, twagala okusiima Civil Society Fund olw'okuwaayo ensimbi ezikoze ku kufulumya akatabo kano wamu n'abantu bonna abalina akakwate ne NAFOPHANU olw'obuwagizi bwabwe wamu n'okuwabula mu ngeri ey'obwesimbu ku ngeri y'okutumbulamu omutindo gw'akatabo.

Twagala okwebaza Mw. Ephraim Kimotho ne African Institute of Disaster Management and Development olw'obuyambi n'amaanyi ge bataddemu okulaba ng'akatabo kano kafulumizibwa.

Njagala okusiima amaanyi agassiddwaamu ttiimu ya NAFOPHANU ekoze ku katabo kano omuli; Muky. Stella Kentutsi (Programme Manager), Anna Mugambi (Capacity Building Officer, VSO), Kabugo Musa (Programme Department) ne Bamusutte William (M&E Department) ababadde ab'omugaso ennyo mu kukola akatabo kano.

Ekisembayo, ka ntuuse okusiima kwange eri abakozi ku ggwandiikiro olw'okuwoma omutwe n'okukwanaganya enteekateeka zonna ez'okukola n'okufulumya akatabo kano.

Tulowooza nti akatabo kano tekagenda kukoma ku kuyamba bantu abalina akawuka ka Mukenenya wabula ka kuyamba abantu bonna. Akatabo kano kaakuyamba okuwa abantu amagezi n'okutumbula okumanya kwabwe ku ngeri entuufu y'okweyambisaamu ebintu ebiriwo mu ggwanga ebiyamba abantu bonna.

Mwebale nnyo mwenna olw'ebyo byonna bye muwaddeyo era twagala okugenda mu maaso nga tukolaganira wamu nammwe.

Samuel Kibanga James
National Coordinator

EBIKWATA KU NAFOPHANU

Ekibiina omwegattirwa abantu abalina akawuka ka siriimu ne mukenenya mu Uganda (NAFOPHANU) kibiina kya bwannakyewa ekyatandikibwawo mu May wa 2003 era ne kiwandiisibwa akakiiko akafuga ebibiina by'obwannakyewa mu 2004 ekyakawa olukusa okutuuka mu buli kitundu kya Uganda nga kikolera wansi w'omulamwa gw'okuyamba abantu abalina akawuka ka Mukenenya oba Siriimu, okukwanaganya emirimu n'ebibiina ebiyamba mu kulwanirira enkola n'okusalawo ku nsonga ezikwata ku kawuka ka Mukenenya/ Siriimu. Kino kyatuukibwako oluvannyuma lw'okuzuula n'okukiraba nti waliwo omuwaatwa ogwali gwetaaga okuzibwa mu kuyamba abantu abalina akawuka ka Mukenenya ne Siriimu mu ggwanga lyonna. Kino okukituukako kyayisibwa mu mitendera egiwerako n'enkiiko z'okwebuza ku balina akawuka ka Mukenenya ne Siriimu wamu n'abakwatibwako ensonga z'abalina akawuka ka Mukenenya ne Siriimu, n'okuyambibwa okuva mu kitongole kya UNAIDS wamu n'akakiiko ka Uganda AIDS Commission.

Essira aba NAFOPHANU basinga kuliteeka ku kulwanirira, okumanyisa n'okusaasaanya amawulire, okukung'aanya ebikozesebwa, okuzimba enkolagana n'okutendeka abeenyigira mu nsonga z'akawuka ka Mukenenya ne Siriimu.

Ekiruubirirwa eky'awamu

NAFOPHANU eruubirira okulaba ng'abantu bonna abalina akawuka ka Mukenenya ne Siriimu basobola okubeera mu bulamu obweyagaza.

Obuvunaanyizibwa obw'awamu

Okukwanaganya emirimu egiyamba okusitula embeera z'abantu abalina akawuka ka Mukenenya ne Siriimu okusobola okwanukula omulanga gw'eggwanga lyonna ku kawuka ka Mukenenya ne Siriimu.

Ekigendererwa Ekikulu

Okukunga, okuyamba n'okukwanaganya emirimu egiyamba abalina akawuka ka Mukenenya ne Siriimu basobole okutuusibwako ebintu ebibayamba omwaka 2012 we gunaatuukira.

Essira we Tulissa

1. Okulwanirira
2. Okumanyisa Abantu/Okusaasaanya Amawulire (ICT)
3. Okukung'aanya Ebikozesebwa/Obuyambi
4. Okuzimba Enkolagana
5. Okutendeka n'Okusomesa/Okutegeka Enkiiko

NAFOPHANU yeewaddeyo okutumbula embeera z'abantu abalina akawuka ka Mukenenya ne Siriimu mu kawefube w'eggwanga lyonna ow'okumalawo akawuka ka Mukenenya mu Uganda.

EKIGENDERERWA KY'AKATABO KANO

NAFOPHANU ng'ekibiina ekikwatibwako ennyo, kyewaddeyo mu kutuukiriza enteekateeka ya National Strategic Plan (NSP) nga kisaasaanya obubaka obutuufu mu bantu abalina akawuka ka Mukenenya ne Siriimu wamu n'abakosebwa olw'embeera z'abantu baabwe ababeera balwadde kw'ossa n'okuyamba okukyusa enneeyisa n'endowooza zaabwe.

Gavumenti ya Uganda ng'ekolaganira wamu n'abakwatibwako nga NAFOPHANU, yavaayo n'ekigendererwa ekikulu eky'okuyamba abantu bonna mu kuziyiza akawuka ka Mukenenya ne Siriimu, okubudaabuda, okujjanjaba, n'okuwa obuwagizi obw'embeera ezaabulijjo eri abalina akawuka ka Mukenenya ne Siriimu wamu n'abakosebwa. Enteekateeka emanyiddwa nga NSP erimu ebintu bina by'essaako essira ebirina okukolwako omuli; okuziyiza, okubudaabuda n'okujjanjaba, okuwa obuwagizi bw'embeera z'abantu n'okunyweza emikutu omuyita ebintu ebiyamba abalina akawuka ka Mukenenya ne Siriimu wamu n'abakosebwa.

Olwokuba nga buli muntu yenna asobola okukwatibwa akawuka ka Mukenenya, NAFOPHANU ekkiriza nti okutumbula okumanyisa abantu ku bikwata ku kawuka ka Mukenenya ne Siriimu kikulu nnyo mu kuziyiza engeri zonna akawuka ka Mukenenya gye kasobola okuyita okukwata abantu. Okuziyiza akawuka ka Mukenenya kyetaaga okussibwamu ennyo amaanyi kituusibwe ku bantu abali mu buzibu obunene obw'okukwatibwa akawuka ka Mukenenya n'abo abamaze okukwatibwa akawuka.

Abantu abalina akawuka ka Mukenenya (PLHIV) beetaaga okuweebwa amagezi n'obuyambi okukuuma obulamu bwabwe n'okukakasa nti tebasasaanya kawuka mu bantu abalala kw'ossa n'okubatuusaako obujjanjabi, okubudaabudibwa n'obuyambi.

Abantu abatalina kawuka ka Mukenenya beetaaga okumanyisibwa ku ngeri gye bayinza okwekuuma baleme kukwatibwa kawuka ka Mukenenya.

Ekigendererwa ky'akatabo kano kwe kwongera okumanyisa abantu abalina akawuka ka Mukenenya n'abakosebwa ku bikwata ku nzijjanjaba, okubudaabudibwa n'okuyamba abalina akawuka ka Mukenenya ne Siriimu. Akatabo kaakuyambako okukola ng'ensibuko y'obuvumu mu bantu abalina akawuka ka Mukenenya okwogera akaati n'okwozeza obumanyi era n'okwenyigira mu kaweefube w'eggwanga lyonna ow'okulwanyisa akawuka ka Mukenenya ne Siriimu.

EBIRI MU KATABO

EKITUNDU I: OKUTEGEERA AKAWUKA KA MUKENENYA NE SIRIIMU

EKITUNDU II: OKUZIYIZA AKAWUKA KA MUKENENYA NE SIRIIMU

EKITUNDU III: OKUBUDAABUDA N'OKUJJANJABA ABALINA AKAWUKA KA MUKENENYA NE SIRIIMU

EKITUNDU IV: OKUBOOLA, OBUSWAVU, OKWESAMBIBWA N'OKUSOSOLA ABALINA AKAWUKA KA MUKENENYA NE SIRIIMU

EKITUNDU V: OKUBUDAABUDA N'OKUYAMBA MU MBEERA EZAABULIJJO
EKITUNDU VI: OKUBEERA MU BULAMU OBWENYUMIRIZIBWAMU NG'OLINA AKAWUKA KA MUKENENYA NE SIRIIMU

EKITUNDU VIII: EDDEMBE N'OBUVUNAANZIZIBWA BW'ABANTU ABALINA AKAWUKA KA MUKENENYA NE SIRIIMU

EKITUNDU IX: ENKOLA Y'OKUYISAAMU ABAKOZI MU NAFOPHANU

EKITUNDU I: UNDERSTANDING HIV&AIDS

Akawuka ka Mukenenya kye ki?

Akawuka ka Mukenenya kafunzibwa mu nnyukuta ssatu “HIV” ekitegeeza Human Immunodeficiency Virus era ke kaleeta obulwadde bwa Siriimu. Akawuka kano kasobola okuva ku muntu omu ne kakwata omulala kasita omusaayi, enkwaso z'omusajja oba ez'omukazi ezirimu akawuka kano zeegetta mu z'omuntu atakalina. Okwongerako, omukazi ow'olubuto asobola okusiiga omwana akawuka mu kiseera ng'ali lubuto oba ng'azaala oba mu kuyonsa. Omuntu alina akawuka ka Mukenenya abeera asobola okukasiiga omuntu omulala.

Olw'okubeera ng'akawuka ka Mukenenya kanafuya abaserikale abalwanyisa endwadde mu mubiri, kyanguyiza endwadde endala nyingi zinnakigwanyizi okulumba omubiri, so nga zandibadde nyangu okulwanyisa singa akawuka ka Mukenenya kaba tekanafuyizza baserikale abalwanyisa endwadde mu mubiri.

Obulwadde bwa Siriimu kye ki?

Obulwadde bwa Siriimu bufunzibwa mu nnyukuta nnya “AIDS” ekitegeeza Acquired Immune Deficiency Syndrome era gwe mutendera ogusembayo akawuka ka Mukenenya mwe kaviirako omuntu okulwala. Kiva ku kusaanyizibwawo kw'abaserikale abalwanyisa endwadde mu mubiri. Abaserikale abalwanyisa endwadde mu mubiri bamegga obuwuka bwonna obuleetera omubiri okulwala era bwe baba tebakola bulungi endwadde zinnakigwanyizi ez'omutawaana zifuna omukisa okulwaza omubiri.

Okutegeera akawuka ka Mukenenya/ Siriimu tutandikira ku kutegeera ebintu bibiri ebikulu

1. Obutoffaali bw'omubiri gw'omuntu
2. Abaserikale abakuuma omubiri nga mulamu, n'akawuka ka Mukenenya.

1.Obutoffaali

Obutoffaali ze bbulooka z'obulamu ezibeera mu birime ne mu bisolo (nga n'abantu mw'obatwalidde)

Obutoffaali bw'omubiri bugeraageranyizibwa ku bbulooka ezeeyambisibwa mu kuzimba. Bbulooka bwe zigattibwa zikola 'ekitole' (tissue) okugeza ekitole mu binywa, mu mutima ne mu bwongo. Ebitole bino bikola ebitundu by'omubiri ebitonotono (organ) okuli omutima, ekibumba, olususu n'ebirala. Ebitundu by'omubiri ebitonotono mu kukolera awamu bikola ettundutundu ly'omubiri ery'awamu (system). Eky'okulabirako ky'ettundutundu ly'omubiri ery'awamu mulimu ebyenda, amagumba, ekitundu ekikola ku kussa, ekitundu ekikola ku kuzaala, ekitundu ekirwanyisa endwadde n'ebirala.

Abaserikale abalwanyisa endwadde (White blood cells), obutoffaali bwa CD4 cell n'amaanyi mu mubiri okumegga endwadde

Mu musaayi, abaserikale abalwanyisa endwadde (*white blood cells*) ky'ekitundu ekisinga okubeera ekikulu mu kulemesa endwadde okukwata emibiri gyaffe. Abaserikale bano ly'eggye erirwanyisa obuwuka obuleeta endwadde obulumba emibiri gyaffe.

Mu butoffaali buno mwe muli obutoffaali obumanyiddwa nga CD4 obuduumira abaserikale b'omubiri abalala nga bubalagira eky'okukola mu lutalo lw'okulwanyisa omulabe abeera alumbye omubiri. Buno bwe butegeeza abaserikale abalala engeri y'okulwanamu olutalo. N'olwekyo Omuduumizi ono (General) mukulu nnyo mu ggye eddwaanyi. Twetaaga ebitundu by'omubiri ebigumu okumegga endwadde mu lutalo lw'okulemesa endwadde ezitwetoolodde. Ebitundu by'omubiri byonna bwe biba bikola bulungi, tetulwala era bwe tuba tulwadde tussuuka mangu ng'obutoffaali bw'abaserikale mu mubiri balwanyisa endwadde mu mubiri ne bazimegga.

2. Amaanyi g'omubiri gw'omuntu okulwanyisa endwadde

Lino ly'eggye erikuuma omubiri ku kutiisibwatiisibwa okuva munda oba ebweru. Eggye lino likolebwa ebika bibiri: **Eggye ly'ebweru** (physical system) nga muno mulimu ekitundu ky'olususu wamu n'ekikwata obuwuka okubulemesa okuyingira mu kitundu ekituyamba okussa wamu n'ekitundu ky'ebyenda. Okwekwata kw'omusaayi ne gukola ensanjabavu ke kamu ku bubonero bw'eggye ery'ebweru mu kulwanyisa ebiwundu ate **ng'eggye ly'omunda** lirimu ebitundutundu by'omubiri ebikolaganira awamu okukola ekitole ky'obutoffaali obulwanyisa endwadde. Ebitundu by'omubiri bye bino:

- Emisuwa (Lymphoid organs and tissues),
- Amagumba (Bone marrow),
- Thymus gland,
- Lymph nodes,
- Spleen,
- Tensulo (Tonsils),
- Adenoids,
- Omusaayi (Blood and lymphatic vessels) n'ebitundu ebirala.

Engeri Akawuka ka Mukenenya gye kakosaamu amaanyi g'ebitundu by'omubiri okulwanyisa endwadde

Twetooloddwa obuwuka obusangibwa mu maka gaffe n'ebifo ebituliraanye obuyinza okuleeta endwadde ez'omutawaana. Wabula ebitundu by'omubiri ebirwanyisa endwadde bwe bibeera bikola bulungi, tetulwala kubanga obuwuka obwanditulwazibwa bulwanyisibwa ne buttibwa nga buyingira omubiri. Kyokka amaanyi agalwanyisa endwadde bwe gaba gakendedde, obuwuka butwala omukisa gun one butulwaza. Akawuka ka Mukenenya kakendeza amaanyi agalwanyisa endwadde nga katta abaduumizi b'abaserikale abalwanyisa endwadde (CD4) ate nga bano be bakuumi baffe mu musaayi.

Naye akawuka ka Mukenenya kakosa katya amaanyi g'omubiri mu kulwanyisa endwadde?

Akawuka ka Mukenenya bwe kayingira omubiri gwaffe, kawamba wamu n'okutta abaduumizi b'eggye ly'abaserikale abakuuma omubiri gwaffe – CD4. Mu kiseera kyekimu, akawuka ka Mukenenya 'kagezi' kubanga bwe kamala okuyingira mu mubiri kakyusa ebbala wamu n'okuzaala obuwuka obulala bungi ne busaanikira n'okutta abaduumizi b'abaserikale abakuuma omubiri. Omubiri gulina abaserikale (CD4) abali mu buwumbi n'obuwumbi mu bungi n'olwekyo kitwala obudde akawuka ka Mukenenya okubalumba n'okubatta okubamalawo kyokka oluvannyuma lw'akaseera, abaserikale abasinga bajja kuttibwa.

Omuwendo gw'abaduumizi b'abaserikale (CD4) bwe gukendeera ennyo, omubiri guba tegukyasobola kulwanyisa ndwadde era ne gwongera okuggulawo enziggi ezeeyambisibwa endwadde zinnakigwanyizi okuyingira omuli Akafuba (TB), Ssenyiga n'ekifuba, endwadde z'olususu n'endwadde endala nyingi. Kino ky'ekireetawo obukulu bw'okubala omuwendo gw'abaduumizi b'abaserikale (CD4) ababa basigaddewo okumanya obusobozi bw'omubiri mu kulwanyisa endwadde we butuuse. Kino kimanyiddwa nnyo nga "CD4 Count".

Bw'oyita mu nkola eno tewali ngeri gy'oyinza okumanya eyakusiiga akawuka, ebbanga ly'omaze nako oba ddi lwe kanaatandika okukosa obulamu bwo.

Ebika by'akawuka ka Mukenenya

Akawuka ka Mukenenya okwawukanako n'obuwuka obulala kaalulira ku misinde mingi era buli lunaku kazaala obuwuka obupya obukadde 10 nga kuno kw'otadde n'okukyusakyusa ebbala. Kino kitegeeza nti waliwo engeri nnyingi ez'enjawulo akawuka ka Mukenenya gye **kakosaamu** omuntu neb we guba mubiri gwa muntu omu alina akawuka ako.

Okwesigama ku bifaanagana mu nkula y'okukosebwamu okuleetebwa akawuka ka Mukenenya kasobola okwawulwamu ebika bino:

- HIV-1
- HIV-2

Ebika byombi bisaasaanyizibwa mu kwegatta n'omuntu alina akawuka ako, mu kuwaanyisiganya omusaayi ng'ogw'omu ku mmwe alina akawuka oba okuyita mu mukazi omuzadde alina akawuka okukasiiga omwana. Ekika kya HIV-1 kikambwe nnyo era kyaluulira ku misinde mungi. Ekika kino kisinga kubeera mu mawanga g'obuvanjuba bwa Africa (East Africa). HIV-2 si kikambwe era kitwala obudde buwanvuko okwalula. Ekika kino kisinga kubeera mu mawanga g'obugwanjuba bwa Africa (West Africa).

Akakwate wakati w'obungi bw'abaduumizi b'abaserikale abakuuma omubiri (CD4), obungi bw'obuwuka bwa Mukenenya mu mubiri ne Siriimu

Akawuka ka Mukenya tekasobola kuzaala buwuka buleeta ndwadde ndala. Kyokka amangu ddala ng'obuwuka bwa Mukenenya buyingidde mu mubiri buzaala nnyo ne





bulumba n’okutta abaduumizi b’abaserikale abakuuma omubiri (CD4 Cell). N’olwekyo buli **omuwendo gw’obuwuka bwa Mukenenya** lwe gweyongera mu mubiri, abaduumizi b’abaserikale abakuuma omubiri gye bakoma okuttibwa era omubiri ne gwongera okunafuwa. Ekiddirira bwe busobozi bw’omubiri okulwanyisa endwadde okukendeera. Awatali baserikale bakuuma mubiri, endwadde ezitwetoolodde zifuna omukisa okulumba omubiri, era eno y’ensonga lwaki ziyitibwa ‘endwadde zinnakigwanyizi’.






Enkola y’akawuka ka Mukenenya

Akawuka ka Mukenenya kokka tekalina bulwadde bwe kaleeta. Kyokka olw’okuba kanafuya amaanyi g’omubiri mu kulwanyisa endwadde, kyanguyiza endwadde endala okuleetera omubiri okulwala. Wabeerawo emitendera mingi ez’obulwadde bunnakigwanyizi obutonotono obulumba omubiri, kyokka oluvannyuma lw’omubiri okuggweeramu ddala amaanyi agalwanyisa endwadde, Siriimu olwo yeeyolekera mu kkubo erimaze okwerurwa endwadde zinnakigwanyizi ne kkansa.

Omubiri bwe guggweeramu ddala amaanyi agalwanyisa endwadde, buli kitundu ky’omubiri kisobola okutandika okukosebwa. Obulwadde busobola okukwata okuva ku mutwe okutuukira ddala ku bigere, era olwo Siriimu abeera yeeyolese. Eno y’ensonga lwaki Siriimu ayitibwa “mbeera” (syndrome) mu kifo ky’okumwogerako “ng’obulwadde”.

ENGERI AKAWUKA KA MUKENENYA GYE KAKOSAAMU OBULAMU BW’OMUNTU.

	<p>1. “ CD4 cell” kika ky’abaserikale abakuuma omubiri. CD4 mukwano gwa mubiri gwaffe era omubiri gumwetaaga nnyo</p>
	<p>2. Obulwadde ng’ekifuba bugezaako okulumba omubiri gwaffe, kyokka abaserikale abayitibwa CD4 balwanyisa obulwadde n’okukuuma mukwano gwabwe, gwe mubiri</p>
	<p>3. Obulwadde ng’embiro bugezaako okulumba omubiri gwaffe, wabula abaserikale ba CD4 balwanyisa obulwadde ne bakuuma omubiri</p>
	<p>4. Mu kiseera kino, akawuka ka Mukenenya kayingira omubiri ne katandika okulumbagana abaserikale abakuuma omubiri</p>

	<p>5. Abaserikale abakuuma omubiri (CD4) bakizuula nti tebasobola kusimattuka kawuka ka Mukenenya!</p>
	<p>6. Oluvannyuma lw'ekiseera, abaserikale ba CD4 batandika okufiirwa abajaasi nga battibwa akawuka ka Mukenenya</p>
	<p>7. Abaserikale abakuuma omubiri (CD4) bawangulwa. Omubiri gusigala nga tegulina agukuuma.</p>
	<p>8. Omubiri gusigala nga guli gwokka awatali agulwanirira. Ebizibu byonna omuli ekifuba, embiro bitwala omukisa ogwo ne bitandika okulumba omubiri.</p>
	<p>9. Ku nkomerero, omubiri gunafuyira ddala nga buli kika kya bulwadde kisobola okugulumba awatali buzibu bwonna.</p>

(Biggyiddwa: MOH Uganda, 2007. *Primary-level Training Manual for Comprehensive Management of HIV Infection*)

W'ABASERIKALE ABAKUUMA OMUBIRI (CD4) N'OBUNGI BW'OBUWUKA BWA MUKENENYA MU MUBIRI.

<p>Omutunde-ra 1</p>	<p>Akawuka nga kaakayingira mu mubiri abaserikale abakuuma omubiri basisimuka ne batandika okulwanyisa obulwadde. Wabula kitwala obudde bungi obutoffaali obulwanyoni okulumba akawuka okukafufuggaza. N'olwekyo ekiseera ekisooka kiyamba akawuka okuzaala obungi bwaako mu mubiri (viral load) ne bweyongera nnyo. Mu kiseera kino kisoboka okukukebera akawuka ebivuddemu ne biraga nti tokalina. Kino kitegeeza nti obuwuka tebusobola kulabika mu kiseera ekyo, naye akawuka kabeeramu mu mubiri. Eno y'ensonga lwaki abantu baweebwa amagezi okuddamu okwekebeza oluvannyuma lw'emyezi 3 oba 6</p>
<p>Omutende-ra 2</p>	<p>Omutendera ogwokubiri gwe gw'obutalaga bubonero. Omuwendo gw'obuwuka guli wansi ate ogw'abaserikale abakuuma omubiri gusobola okubeera waggulu. Mu kiseera kino, abaserikale mu mubiri balwana bwezizingirire ekiviirako omuwendo gw'obuwuka okusigala nga guli wansi. Omuntu alina akawuka talina kabonero ka bulwadde konna k'alaga. Wabula mu kiseera kyekimu abaduumizi b'abaserikale abakuuma omubiri (CD4) balwazibwa n'okuttibwa mpolampola. Ekiddirira kwe kwongera okusaanyaawo abaduumizi b'abaserikale, era olutalo lubalemerera.</p>

<p>Omutunde-ra 3</p>	<p>Ng'abaduumizi b'abaserikale bongera okusaanyizibwawo, omuntu ayingira omutendera gw'okulaga obubonero. Ku mutendera guno obubonero obw'enjawulo omuli obuzito okwesala, omusujja, embiro n'ebizimba. Wasobola okubeerawo obuwuka obuleeta endwadde endala mu mubiri ezimanyiddwa nga "Endwadde Zinnakigwanyizi".</p>
<p>Omutende-ra 4</p>	<p>Omuwendo gw'abaduumizi b'abaserikale abakuuma omubiri bwe gukka ne gutuuka ku 200 mu buli mililitre, endwadde endala zinnakigwanyizi ne kkansa birumba omubiri mu mbeera emanyiddwa nga Acquired Immune Deficiency Syndrome oba AIDS (Siriimu). Ku mutendera guno omuntu alina akawuka alina okutandika okukozesa eddagala eriweweeza ku Siriimu. (Omubiri bwe guba gukyasobola okulwanyisa obulungi akawuka, tewali bwetaavu bwa kukozesa ddagala liweweeza. Kyokka ekitongole ky'ebyobulamu mu nsi yonna kisemba obutoffaali bwa CD4 350 mu buli mililiter)</p>

HIV&AIDS RELATED ILLNESSES

Endwadde zinnakigwanyizi n'embeera zaazo

Akawuka ka Mukenenya kalumba n'okusaanyaawo ekika ky'abaserikale abalwanyisa endwadde ekimanyiddwa nga "Obutoffaali bwa CD4". Omulimu omukulu ogw'obutoffaali bunu gwa kulwanyisa bulwadde. Omuwendo gw'obutoffaali bwa CD4 bwe gukendeera, amaanyi g'omubiri okulwanyisa endwadde gakendeera era omubiri ne gulemwa okufufuggaza obuwuka obulumba omubiri. Obuwuka bunu butwala omukisa ogwo okulumba omubiri era eno y'ensonga lwaki endwadde eziva ku buwuka bunu ziyitibwa **Endwadde Zinnakigwanyizi**. Okukubera n'okujjanjaba endwadde zinnakigwanyizi kirina kukolebwa musawo alina obukugu.

Endwadde zinnakigwanyizi kitegeeza endwadde ezo ezirumba omubiri oluvannyuma lw'amaanyi g'omu mubiri agalwanyisa obulwadde okukendeera, ekitegeeza nti endwadde zino tezisobola kulumba mubiri nga gulina amaanyi gaagwo agaabulijjo agalwanyisa endwadde. Endwadde zino zeeyambisa omukisa gw'okulumba omubiri olw'okuba amaanyi gaagwo agalwanyisa endadde gabeera gakendedde. Endwadde zino zisobola okubula singa omuntu aweebwa ebimuyamba okwongera amaanyi mu mubiri agalwanyisa endwadde. Endwadde zinnakigwanyizi zisobola okuleetebwa obuwuka obw'ebika ebisatu okuli; bacteria, fungi oba obuwuka nnawookeera (viruses).

Endwadde zinnakigwanyizi ezitera okulumba omubiri mulimu Akafuba (TB), PCP, wamu n'ezireetebwa obuwuka ng'omusujja gw'omu byenda. Endwadde zinnakigwanyizi endala ezireetebwa ebika by'obuwuka ebirala nazo zeeyambisa omukisa ogwo okulumba omubiri. Muno mulimu kkookolo okuli amanyiddwa nga Kaposi ne Sarcoma. Wammanga lwe lukangaga olunnyonyola ebitundu by'omubiri ebitera okutawaanyizibwa endwadde zinnakigwanyizi. Ekika ky'endwadde nnakigwanyizi ekirumba omuntu kisinziira ku:

1. Amaanyi g'omubiri mu kulwanyisa endwadde we gatuuse (omuwendo gwa CD 4 gwesaze kwenkana wa?)
2. Emyaka gy'omulwadde
3. Ebbanga akawuka ka Mukenenya gye kamaze mu mubiri

Bino wansi by'ebitundu by'omubiri n'endwadde nnakigwanyizi ezisinga okubitawaanya:

ENDWADDE ZINNAKIGWANYIZI EZITERA OKULUMBA OMUBIRI

Ekitundu ky'Omubiri	Endwadde Nnnakigwanyizi	Obubonero kw'olabira endwadde	Enzijjanjaba/Okuziyiza
Obwongo	Omusujja gw'oku bwongo	Okulumwa omutwe, ensingo obutakyuka, n'okuggweebwako emirembe ng'oli mu kitangaala (photophobia)	I.V. Amphotericin B (mu malwaliro) Oral fluconazole aweebwa abo bonna abalina omuwendo gw'obutoffaali bwa CD4 oguli wansi wa 100
	Toxoplasmosis	Okwesesa, okusannyalala, obutalaba bulungi	Septin DS omira emirundi ebiri okumala emyezi 3
	Dementia	Okwerabira	Okuyambibwa n'okubudaabudibwa okutuusa lw'anaasobola okumira ARVs
	Encephalitis	Okutabulwa, okwesesaasesa, okwebaka ekisusse/ okubongoota	Okuyambibwa n'okubudaabudibwa okutuusa lw'anaasobola okumira ARVs
Akamwa n'emimiro	Amabwa mu kamwa (candidiasis)	Obutolobojjo obweru mu kamwa, oluusi Alusa (ulcers) ez'omutawaana era zitera okuluma ennyo	Amatondo ga Nystatin GV paint Okunaaba emimwa n'osiimuulako ne antiseptics
Amawuggwe	Akafuba (Tuberculosis)	Okukolola okw'olutentezi, okulumwa ekifuba eky'omunda, omusujja, okukolola omusaayi, obuzito okwesala n'okutuuyana ennyo ekiro	Eddagala ly'Akafuba (Anti- TB drugs) okumala emyezi 6 INH prophylaxis lisobola okuweebwa omuntu okugema Akafuba
	Pneumocystis pneumonia (PCP)	Omusujja gw'ekitengo n'okukaluubirizibwa mu kussa Okukolola ekifuba ekikalu (Dry cough Cyanosis)	Septin – emirundi 4 buli lunaku okumala omwezi 1 (Cure-High dose Septin) Okumira septin buli lunaku mu kuziyiza eri abalina CD4 eri wansi wa 200

Olubuto	Cryptosporidiosis	Ekiddukano eky'amaanyi, oluusi nga mulimu n'omusaayi	Endiisa ennungi, okunywa ennyo amazzi Okutumbula obuyonjo
Olususu	Herpes zoster	Okubabuukirirwa mu bitundu awali obusimu	Ebizigo bya Zovirax (Zovirax cream)

Weegendereze Kino: Eddagala eriweebwa omulwadde lisobola okukyukakyuka okusinziira ku biseera eby'enjawulo ng'omusawo bw'abeera alagidde.

Omulwadde bw'afuna obumu ku bubonero obwo kikulu nnyo okukeberwa omusaayi okuzuula oba balina akawuka ka Mukenenya. Okujjanjaba Endwadde Zinnakigwanyizi kiyambako okulongoosa embeera y'obulamu. Obujjanjabi obuweweeza bulina okutandikirwawo era bugobererwe bulungi nga bw'oba olagiddwa. Okulondoola obungi bw'abadiumizi b'abaserikale abalwanyisa endwadde mu mubiri (CD4 count) kiyambako okumanya kiseera ki mw'oteekeddwa okutandikira okukozesa eddagala eriweeweeza.

OKWEKEBEZA AKAWUKA KA MUKENENYA

Okumanya w'oyimiridde ku kawuka ka Mukenenya gwe mutendera ogusooka nga tonnanoonya bujjanjabi okusobola okujjanjabwa obulungi olyoke owangaale ebbanga eddene era otwale ekiseera ekiwanvu ng'obulwadde bwa Siriimu tebunnakulumba. Gy'okomya okwanguwa okutandika okukozesa eddagala, obulwadde bwa Siriimu gye bukoma okulwawo okweyoleka n'ebizibu bye bujja nabyo. Ekyokubiri, okumanya w'oyimiridde ku kawuka ka Mukenenya kikuyamba okufuna okulabulwa ku bintu by'olina okwewala wamu n'okutaasa obulamu bw'abantu abalala ng'omwagalwawo.

Okukebera akawuka ka Mukenenya kulina okukulemberwa okubudaabudibwa n'okuweebwa amagezi era ebivudde mu kukeberwa bwe biba bikuweebwa era okubudaabudibwa kuno n'okuweebwa amagezi kulina okukolebwa. Okubudaabuda kuno kugezaako okuyamba omuntu okutegeera ebiba bivudde mu kwekebeza, engeri gy'oyinza okubeera mu bulamu bwe weenyumirizaamu (bw'oba olina akawuka), era n'okwewala akawuka okukukwata bw'oba osangiddwa tokalina. Okwekebeza kikulu nnyo mu kawefube w'okulwanyisa nnawookeera wa Mukenenya.

Kisembabwa buli muntu okwekebeza n'okubudaabudibwa. Ffenna twetaaga okumanya bwe tuyimiridde ku kawuka ka Mukenenya.

Waliwo ensonga nyingi lwaki tuteekwa okukubiriza abantu okujjumbira okwekebeza n'okubudaabudibwa. Ezimu ku nsonga ezo ze zino:

1. Ebivudde mu kukeberwa (oba olina akawuka oba tokalina) biyamba omusawo okuzuula awava obuzibu n'engeri y'okujjanjabamu endwadde ez'enjawulo eziba zisangiddwa mu mubiri. Embeera zino zikwatibwa mu ngeri za njawulo ku bantu abalina akawuka ka Mukenenya.
2. Okumanya omuntu bw'ayimiridde ku kawuka ka Mukenenya kiyamba okutaasa obulamu bwa muganziwo singa osangibwa ng'olina akawuka ate nga muganziwo tekannamukwata.
3. Kisobola okuyambako okutaasa obulamu bw'omwana abeera tannazaalibwa obutasiigibwa kawuka kuva ku nnyina.

EBIVUDE MU KUKBERWA EBIRAGA NTI “TOLINA KAWUKA” OBA “OLINA AKAWUKA” BITEGEEZA KI?

I. Ebiwudde mu Kukeberwa Omusaayi ebiraga nti “Tolina Akawuka”

Ebiwudde mu kukeberwa ebiraga nti olina akawuka ka Mukenenya bitegeeza nti obuwuka obulwanyisa Mukenenya tebusangiddwa mu musaayi. Embeera eno eyitibwa “**Sero-negative**”. Kino ebiseera ebisinga kitegeeza nti omuntu talina kawuka.

Kumpi abantu bonna abafunye akawuka ka Mukenenya, mu myezi 3 obuwuka obulwanyisa endwadde mu mubiri bubeera bujagaladde mu musaayi okulwanyisa omulabe, kyokka kiyinza okutwala emyezi 6 mu bantu abamu okuva ku lunaku lw'aba akwatiddwa akawuka. Okubeera omukakafu ebitundu 100 ku 100 nti omuntu talina kawuka omuntu alina okuddamu okukeberwa oluvannyuma lw'emyezi 6 nga tazzeemu kwegatta oba ng'akozesa kondomu oba nga tebamutaddeemu musaayi gwa muntu mulala.

II. Ebiwudde mu Kukeberwa Omusaayi ebiraga nti “Olina Akawuka”

Ebiwudde mu kukeberwa omusaayi ebiraga nti olina akawuka bitegeeza nti obuwuka obulwanyisa akawuka ka Mukenenya busangiddwa mu musaayi era embeera eno eyitibwa “**Sero-positive**”. Kino emirundi egisinga kitegeeza nti omuntu alina akawuka akaleeta obulwadde bwa Siriimu.

OMUNTU AKEBEDDWA N'ASANGIBWA N'AKAWUKA KA MUKENENYA ALINA KUKOLA KI?

Omuntu asobola okubeera n'akawuka ka Mukenenya okumalira ddala ebbanga eddene era ng'asobola okukola obulungi emirimu gye n'okuyimirizaawo amakaage nga bulijjo. Bw'okeberegwa ne kizuulibwa nti olina akawuka ka Mukenenya, gy'okomwa okwanguwa okussa mu nkola ebiyamba obulamu bwo okusigala nga bulungi, gy'okoma okuganyulwamu. Bw'oyanguyira obujjanjabi, okweyisa mu ngeri etateeka bulamu bwo mu katyabaga n'okubeera mu bulamu bwe weenyumirizaamu wamu n'okukyusa endowooza yo kikuyamba okubeera obulungi. Okufuna obujjanjabi obutuufu era n'obukozesa mu ngeri entuufu kisobola okuviirako obulwadde bwa Siriimu okulwawo okweyoleka era ne kiziyiza n'ebintu ebirala ebiteeka obulamu bwo mu mbeera enzibu.

Kikulu nnyo okumanya nti okukeberwa n'osangibwa ng'olina akawuka ka Mukenenya era olina okuddamu okwekebeza okukakasiza ddala nti okalina. Okukeberwa kwonna bwe kulaga nti olina akawuka waliwo emitendera emikulu egiwerako gy'olina okugoberera amangu ddala okukuuma obulamu bwo n'obw'abantu abalala nga bweyagala. Emitendera gino era gikola kinene mu nzijjanjaba y'obulwadde bwa Siriimu. Mulimu gino:

1. Okukyusa mu nneeyisa ng'okendeeza okusaasaanya akawuka ng'okozesa enkola z'okwegatta eziziyiza akawuka okukwata omwagalwa wo.
2. Okulaba omusawo alondoola n'okugoberera embeera y'obulamu bwo kisobole okuyamba mu kulemesa akawuka ka Mukenenya okwala wamu n'okulwisaawo obulwadde bwa Siriimu okweyoleka.
3. Ebiragalalagala (eddagala ly'okwejalabya oba eriteetaagisa), omwenge n'okufuuweeta sigala kunafuya amaanyi g'omubiri agalwanyisa endwadde era ebyo oteekeddwa okubikomya.
4. Okutegeeza ab'omu makaago ne mikwano gyo. Okutegeeza ku bantu be weesiga ennyo ku bivudde mu kukeberegwa kisobola okubeera ekintu ky'olina okukwata n'obwegendereza. Abaakuguka mu kubudaabuda wamu n'abantu mu kitundu balina okuyamba omuntu ow'ekika kino ku ngeri gye bayinza okwang'anga okusoomoozebwa kuno. Kiggyawo okutya n'okuwulira ng'ali wekka mu nsi ekiyinza okukosa obulamu bwo mu kasirise.
5. Weekebeze Akafuba (TB). Osobola okubeera ng'olina Akafuba kyokka nga tokimanyi. Okubeera ne TB kyokka nga tomanyi kiyinza okunafuya ennyo obulamu bwo kyokka ate ng'Akafuba bwe kazuulwa nga bukyali kasobola okujjanjabwa ne kawona.
6. Weekebeze endwadde z'ekikaba endala (STDs). Okubeera n'endwadde y'ekikaba nga tomanyi nti ogirina kisobola okukuvirako okulwala ennyo. Kikulu nnyo okwegatta ng'okozesa enkola eziziyiza akawuka k'endwadde y'obukaba konna okukukwata.
7. Beera n'essuubi mu ndowooza yo: Okulowooza ku bulamu mu ngeri ezzaamu essuubi kiyamba nnyo okukuuma omubiri gwo nga mulamu. Okufuna akawuka ka Mukenenya kisobola okukukuba enkyukwe n'entiisa n'oyongobera kyokka kimanye nti si y'enkomerero y'obulamu. Okumanya nti omuntu asobola okubeera mu bulamu obwa bulijjo era obweyagaza n'agenda mu maaso n'okwekolera emirimu gye ky'ekisumuluzo ky'okubeera mu bulamu obw'essuubi. Okufuna emikwano, ab'eng'anda oba abantu ab'ekinywi be weeyabiza by'ebimu ku biyinza okuyamba omuntu okubeera mu bulamu obugaba essuubi n'okussa essira ku bulamu obwa bulijjo era guno mutendera mukulu nnyo.
8. Lowooza ku ky'okwegatta ku bibiina ebyegattirwamu abantu abalina akawuka ka Mukenenya oba okuzuula ebikozesebwa mu bulamu obwa bulijjo ebiri mu kitundu mw'obeera okugeza abantu abalina obukugu mu kubudaabuda abalina akawuka ka Mukenenya ne Siriimu mu kitundu kyo, obutabo obwogera ku Mukenenya n'ebintu ebirala.
9. Jjukira okukozesa kondomu okwekuuma obutafuna ndwadde ndala.

10. Embeera ezitali nnungi ku by'obwongo okugeza ebirowoozo ebisusse oba okwekubagiza zisobola okusajjuka. Kakas anti ebyafaayo ebikwata ku byobulamu bwo byonna obittotolera omusawo wo kubanga abalina ebirowoozo ebingi oba abali mu kwekubagiza kyangu okukaluubirirwa okugondera enkozesa y'eddagala entuufu oba okujjumbira okubudaabudibwa.
11. Abakazi ab'embuto abalina akawuka ka Mukenenya balina okukyalira amalwaliro agamanyiddwa nga PMTCT okwekebejjebwa nga bwe baba balagiddwa n'okuzaalirayo kiyambe ku kuziyiza akawuka obutakwata mwana abeera azaaliddwa.
12. Ku balina akawuka ka Mukenenya nga bato mu myaka balina okweyunira ebifo ebibudaabuda abavubuka okufuna okuyambibwa kwe beegazaanyizaamu.

EKITUNDU II: OKUSAASAANYIZIBWA KW'AKAWUKA KA MUKENENYA NE SIRIIMU WAMU N'OKUKAZIYIZA

Akawuka kasaasaanyizibwa katya?

Akawuka ka Mukenenya kasobola okusaasaanyizibwa mu ngeri enkulu ssatu:

- Okwegatta
- Okuwaanyisiganya omusaayi
- Omukazi omuzadde okukasiiga omwana gw'azaala

N'olwekyo akawuka ka Mukenenya kasobola okuva ku muntu omu n'akasiiga omulala mu nkola zino wammanga:

- Okwegatta n'omuntu alina akawuka awatali kukozeza nkola ziziyiza kawuka kukukwata. Muno muzingiramu okwegatta okw'okukozeza obukyala oba okw'obusiyazi.
- Okukozeza empiso ekozeseddwa omuntu alina akawuka ka Mukenenya oba okufumitibwa ekintu ekisongovu mu butanwa kyokka nga kiriko omusaayi gw'omuntu alina akawuka ka Mukenenya.
- Okukozeza ejjirita oba akasenya ebikozezeddwa omuntu alina akawuka ka Mukenenya kubanga emirundi egimu ebintu bino bibeera bisigaddeko omusaayi.
- Okukozeza omusaayi gw'omuntu alina akawuka ka Mukenenya okujjanjaba omuntu atakalina oba okukozeza ebintu ebirala ebyekuusa ku muntu ebiva mu mubiri gw'omuntu ne biyingira omubiri gw'omuntu omulala.
- Embuto, okuzaala oba n'okuyonsa akawuka mwe kayitira okuva ku nnyina w'omwana ne kakwata omwana.
- Okusimbuliza ebitundu by'omu mubiri ebirimu akawuka ka Mukenenya (ekibumba, ensigo, amawuggwe) ne biteekebwa mu muntu atalina kawuka.

Obuzibu bw'okukwatibwa akawuka ka Mukenenya bweyongera singa omuntu asangibwa ng'alina endwadde z'ekikaba endala.

Akawuka ka Mukenenya ne Siriimu tebisobola kukwata muntu nga biyita mu nkola ey'ekisaazisaazi (kwe kugamba awatali musaayi oba enkwaso eva mu mubiri okuyingira ogw'omuntu omulala). Akawuka ka Mukenenya tekatambulira mu bbanga, n'olwekyo "tekakwata" muntu wabula abantu "kabayingira". Omuntu asobola okuwangaala emyaka mingi ddala oluvannyuma lw'okuyingirwa akawuka ka Mukenenya, era ng'ekiseera kino ekisinga tebabeera na bubonero oba bulwadde kyokka nga basobola okusiiga abantu abalala akawuka kano.

Akawuka ka Mukenenya tekasobola kusaasaanyizibwa nga kayita mu bino:

- Okwegwa mu bifuba n'okukwata mu ngalo z'omuntu alina akawuka
- Ensiri okuluma omuntu oba okulumwa ekiwuka ekirala kyonna
- Okukolola oba Okunyiza
- Okukozesa kaabuyonjo n'omuntu omulala oba okukozesa ekinaabiro ekimu
- Okukozesa amasowaani oba ebikopo n'omuntu omulala oba okulya n'okunywa ku kintu ekimu n'omuntu alina akawuka
- Okutuula ng'oliraanye omuntu alina akawuka ka Mukenenya
- Okukolera mu kifo ekimu n'omuntu alina akawuka ka Mukenenya.
- Okuyita mu ntuuyo, amalusu, amaziga, engoye, eby'okunywa, amasimu oba okulya ku mmere yeemu n'omunti alina akawuka
- Okugaba omusaayi
- Okuyita mu kunywegeragana kyokka ng'emimwa gyewumbye (kyokka wasobola okubeerawo obulabe butono ddala obw'okukwatibwa ng'emimwa gyasamye singa mwembi muba mulina amabwa mu kamwa oba ku lulimi oba ekibuno ekivaamu omusaayi)

Mmanya ntya nti nnina akawuka ka Mukenenya?

Osobola okubeera n'akawuka ka Mukenenya kyokka ng'oli mulamu bulungi. **Engeri yokka gy'olina okuyitamu okumanya kwe kwekebeza akawuka ka Mukenenya.** Omusaayi gukuggibwako ne gukeberewa. *Bwe gusangibwa nga teguliimu kawuka ka Mukenenya oina okuddamu okwekebeza waakiri omulundi gumu mu mwaka.*

Muntu wa kika ki ayinza okukwatibwa akawuka ka Mukenenya?

Akawuka ka Mukenenya kasobola okukwata omuntu yenna awatali kutaliza. Kasobola okukwata omuntu mu kitundu ky'ensi kyonna.

Okwewala okukwatibwa akawuka ka Mukenenya oba okukasiiga omuntu omulala, kikulu nnyo obuteenyigira mu bikolwa biteeka bulamu bwo mu katyabaga.

- Okuteeka empiso ez'abantu ab'enjawulo mu kifo kimu ekiyinda okuvaako okukozesa ey'omuntu omulala.
- Okwegatta nga tokozesezza nkola yonna eziyiza kawuka kukukwata.
- Okubeera n'abaagalwa be weegatta nabo abasukka mu omu.

Okuziyiza Okusaasaanya Akawuka ka Mukenenya

Abantu bonna abalina akawuka ka Mukenenya n'abatalina, buvunaanyizibwa bwabwe bonna okuziyiza akawuka okusaasaana. Ekikulu ekisookerwako be bantu okumanya bwe bayimiridde ku kawuka nga bekebeza okuzuula oba bakalina oba tebakalina.

Kaweefube w'okuziyiza akawuka ka Mukenenya okusaasaana alina okuzingiramu abantu abali mu kiti eky'okwanguyirwa okukwatibwa akawuka kano wamu n'abo abakebeddwa ne kizuulibwa nti balina akawuka:

• **Abantu abatalina kawuka ka Mukenenya** beetaaga okuyambibwa okwekuuma baleme kukwatibwa kawuka.

• **Abantu abalina akawuka ka Mukenenya** beetaaga okuweebwa amagezi okuyambako mu kaweefube w’okukuuma obulamu bwabwe nga tebukosebwa n’okukakasa nti tebasasaanya kawuka kano mu bantu abalala abatalina era kino kiyitibwa “positive prevention/positive health dignity and prevention”. Okwekuuma kyokka ng’olina akawuka kyeyongedde okubeera eky’omugaso mu nzijanjaba y’abalina akawuka ka Mukenenya era kyongedde ku muwendo gw’abantu abalina akawuka kyokka ne basigala nga bali mu bulamu obweyagaza.

Okubudaabuda okw’ekikugu ku kawuka ka Mukenenya kikulu nnyo mu kuziyiza okusaasaanyizibwa kw’akawuka. Tekitera kulabika nnyo, abantu abalina akawuka ka Mukenenya okukasiiga abalala singa baba bakimanyi nti bakalina era nga bafunye okubudaabudibwa n’okuweebwa amagezi okuva mu bakugu ku nneeyisa entuufu gye balina okugoberera. Eky’okulabirako, omukazi ow’olubuto alina akawuka ka Siriimu tajja kusobola kuganyulwa mu nteekateeka y’okuziyizaamu akawuka kaleme kukwata mwana gw’agenda kuzaala okuggyako ng’akimanyi nti akawuka akalina. Abeekebezza ne bazuula nti tebalina kawuka nabo basobola okuganyulwa nga bayita mu kubudaabudibwa n’okuweebwa amagezi okuva mu bakugu ku ngeri gye baneekuumamu okusigala nga tebalina kawuka ka Mukenenya.

Obukulu bw’okuzuula amangu endwadde z’ekikaba endala (STDs) eziri mu mubiri n’engeri gye kiyambamu mu kujjanjaba n’okuziyiza akawuka ka Mukenenya:

Endwadde z’ekikaba endala ezimanyiddwa nga STDs omuli Enziku, Kabootongo n’endala bwe zibeera mu mubiri kyanguyiza akawuka ka Mukenenya okukukwata oba okukasiiga abantu abalala. Abantu abalina endwadde z’ekikaba endala babeera n’ebitundu 2 okutuuka ku 5 eby’ennyongeza mu kukwatibwa akawuka ka Mukenenya singa beegatta n’omuntu alina akawuka ka Mukenenya awatali kukozeza kondomu. Mu ngeri y’emu, omuntu alina akawuka ka Mukenenya kyokka ng’alina n’endwadde endala ez’ekikaba, kibeera kyangu okusaasaanya akawuka singa abeera yeegasse n’omuntu omulala awatali kukozeza nkola ziziyiza kawuka kukwata muntu oyo.

Obulwadde bw’ekikaba obulala bwerura ekkubo akawuka ka Mukenenya mwe kayita nga tekafunye buzibu bwonna. Ebirwadde nga Kabootongo n’ebirala ebireeta amabwa ku mubiri ne mu bitundu eby’ekyama ekireetera akawuka ka Mukenenya okwanguyirwa okuyingira mu mubiri. Kyokka ate endwadde endala ng’Enziku zireetera abaserikale b’omu mubiri okwetuumu mu kifo ekimu okulwanyisa ekirwadde ekyo ekiwa akawuka ka Mukenenya omwagaanya okulwanyisa abaduumizi b’abaserikale (CD4) ababeera bakung’aanidde mu kifo ekimu ne banafuyizibwa.

Endwadde z’ekikaba zongera ku buzibu bw’omuntu alina akawuka okukasiiga omwagalwa we oba abaagalwa be. Okunoonyereza kulaze nti abantu abalina akawuka ka Mukenenya kyokka nga balina n’endwadde z’ekikaba endala kyangu obuwuka bwa Mukenenya okwetuumira okumpi n’ebitundu byabwe eby’ekyama okusinga abo ababeera balina akawuka ka Mukenenya kyokka nga tebalina ndwadde za kikaba ndala.

Ekyokulabirako, omuntu alina Enziku ng'alina n'akawuka ka Mukenenya, kyangu obuwuka bwa Mukenenya okukung'aanira ku bitundu by'ekyama ekiviirako omuntu gw'abeera yeegasse naye okwanguyirwa okukwatibwa akawuka ka Mukenenya.

Okujjanjaba endwadde z'ekikaba kikendeeza ku ntambula y'akawuka ka Mukenenya mu musaayi. Okuziyiza endwadde z'ekikaba mu ngeri ey'amaanyi, okwekebeza n'okujjanjaba endwadde ezo kizannya ekifo kya ku mwanjo mu nteekateeka y'okuziyiza okusaasaanyizibwa kw'akawuka ka Mukenenya.

Engeri ez'okuziyizaamu akawuka ka Mukenenya ne Siriimu

1. Okwewala ebikolwa eby'okwegatta

Ebikolwa eby'okwegatta byebisinga okuviirako abantu mu bitundu bya Africa ebya Sahara okukwatibwa akawuka ka siriimu. Ekibuuzo ekisinga okwekwebuuzibwa buli omu y'engeri akawuka kano gyekasaasaana mu bufumbo. Omuntu asobola okwewala ebiyinzira okumuvirako okukwatibwa akawuka ka siriimu ng'akola bino:

- Okwewala ebikolwa eby'okwegatta
- Okubeera omwesigwa eri omwagalwa we
- Okukozesa kondomu, mu kino asobola okukozesa ey'abakazi oba ey'abasajja awatali kussa mukono, era mu ngeri entuufu
- Okukomolwa mu ngeri entuufu.

Okusobola okuziyiza ensaasaanya y'akawuka ka siriimu abantu balina okusomesebwa ku bikwata ku kwegatta. Mu kino mulina okubaamu okutendekebwa ku ngeri y'okukuuma obulamu, n'okumanyisibwa ku ngeri y'okukwekumamu mu bikolwa eby'okwegatta. Ebiwadde ebikwatira mu bikolwa eby'okwegatta. Okujjanjaba ebiwadde bino kiyambako mu kuziyiza akawuka. Treating these other infections may therefore contribute to HIV prevention.

2. Okuziyiza ensaasaanya y'akawuka nga kayita mu musaayi oba ebikozesebwa mu musaayi.

Abantu abakozesa empiso z'ezimu okuyingiza eddagala mu mibiri, kiba kyangu okukwatibwa akawuka. Balina okulagirwa okwewala okugabana ebikozesebwa bino basobole okukendeeza ku nsaasaanya y'akawuka. Abantu bano balina okumanyisibwa nga batuukibwako mu bitundu, okubabudaabuda mu bibinja, n'ebikolwa ebirala ebiyinzira okubayamba okumanya ekwewala okukwatibwa akawuka.

Omusaayi ogugabibwa nagwo bwegubaamu akawuka kasobola okukwata omulala, n'ebintu ebikozesebwa mu musaayi. Wabula, ennaku zino sikyangu muntu kukwatibwa kawuka kubanga kati gusooka kukeberwa, era n'ebikozesebwa nebisooka okufumbibwako.

Okufaayo ennyo ku mitendera egigobererwa ng'ebintu eby'ekuusa ku musaayi bikolebwa okugeza okukuba ttatu, okukomola; era kino kisobola okukolebwa ng'ebikozesebwa bifumbibwa bulungi. Ekirala ekirina okukolebwa kwekusuula ebintu ebikozeseddwa mu musaayi.

Abasawo b'eb'by' obulamu nabo baba mu katyabaga ak'okukwatibwa akawuka nga bakwata mu musaayi. Abakozi b'omumalwaliro basobola okwewala ensaasaanya y'akawuka nga bagoberera amateeka agabaweebwa; ng'okunaaba mu ngalo, okwesabika nga bagenda okukwata mu musaayi.

3. Okuziyiza akawuka okuva ku maama ne kakwata omwana gw'azadde

Akawuka okuva ku maama ne kakwata omwana (Mother-to-child transmission - MTCT) y'engeri omukazi alina akawuka ka Mukenenya gy'akasiigaamu omwana gw'abeera adazze. Kino kisobola okubeerawo ng'omukazi ali lubuto, ng'ali mu ssanya/leeba n'okuzaala oba mu kuyonsa. Awatali bujjanjabi, omwana w'omukyala alina akawuka ka Mukenenya kyangu okukwatibwa akawuka mu kiseera ng'ali lubuto oba ng'azaala. Abalala bakwatibwa akawuka ka Mukenenya mu kiseera eky'okuyonsebwa. Omutendera ogusooka ogw'okukendeeza ku muwendo gw'abaana abakwatibwa akawuka nga kava ku bannyaabwe, kwe kusooka okuziyiza akawuka kaleme kukwata bakazi.

Waliwo engeri nyingi eziyinda okuyitibwamu okuyamba omukazi ow'olubuto obutasiiga mwana we kawuka ka Mukenenya. Okuweebwa eddagala eriweweeza ku kawuka ka Mukenenya mu kiseera ng'ali lubuto ne mu kuzaala wamu n'eriveebwa omwana ng'azaaliddwa kiyambako nnyo mu kukendeeza ku bulabe bw'omwana ono okukwatibwa akawuka. Wadde ng'enzijjanjaba esinga okukola obulungi y'eyo ey'ebika by'eddagala ebiwera ebiribwa maama w'omwana okumala ebbanga eggwanvu, ne 'ddoozi' emu esobola okukendeeza ebitundu 50 ku buli 100 eby'omwana okukwatibwa akawuka. Enkola entuufu mu kuziyiza maama okusiiga omwana akawuka ka Mukenenya mulimu zino:

- Okuziyiza akawuka ka Mukenenya kaleme kukwata mukazi ow'olubuto – okwekebeza akawuka ka Mukenenya wamu n'okukozesa enkola zonna eziziyiza akawuka ka Mukenenya okusaasaanyizibwa kirina okukolebwa w'anywera eddagala ne w'abeera azaalidde.
- Okubudaabuda omukyala mu ngeri ey'ekikugu n'okumuwa amagezi wamu n'okumuwa obuyambi obusoboka ng'alina akawuka ka Mukenenya asobole okusalawo mu ngeri entuufu ku by'okuzaala kwe.
- Okuziyiza akawuka okuva ku maama okukwata omwana mu kiseera ng'ali lubuto, ng'ali mu ssanya/ leebe oba ng'azaala wamu n'ekiseera ky'okuyonsa. Omukazi omuzadde alina akawuka ka Mukenenya alina okuweebwa amagezi n'okunyonnyolwa ku kabi wamu n'emiganyulo wamu n'engeri ez'enjawulo ez'okugabirira omwana era ayambibwe asobole okulondako enkola enaasinga okumwanguyira okusenziira ku mbeera ze.
- Okubudaabuda, okuwa obujjanjabi n'obuwagizi eri abakazi abakebeddwa ne kizuulwa nti balina akawuka ka Mukenenya. Olw'okuboolebwa okutera okutuuka ku bantu abalina akawuka ka Mukenenya ne Siriimu, abakazi abamu mu bitundu byaffe batya okugenda mu malwaliro agagaba eddagala eriweweeza ku Mukenenya ne Siriimu (ARVs) oba okubawa engeri y'okugabiriramu abaana, singa mu kukola

kino kibooleka ng'abalina akawuka ka Mukenenya. Abantu balina okukubirizibwa okwewala okuboola abalina akawuka ka Mukenenya n'abakazi abalina embuto balina okukubirizibwa okulaga ekyo kye bali ku mbeera y'akawuka ka Mukenenya mu kifo ky'okukasiiga abaana be bazadde.

4. Enkola ya ABC+

Abantu ssekinnoomu basobola okubeerako kye bakola okukendeeza oba okwewala okukwatibwa akawuka ka Mukenenya akayitira mu kwegatta n'omwagalwa wo. Enkola ezo mwe muli zino:

A – “Abstinence” ekitegeeza Okwesonyiwa eby'okwegatta okutuusa ng'ofumbiddwa oba ng'owasizza

Abstinence kitegeeza okukubiriza abantu abatannaba kuyingira bufumbo okwesonyiwa eby'okwegatta ng'emu ku ngeri y'okwekuuma baleme kufuna kawuka ka Mukenenya. Okwesonyiwa eby'okwegatta okutuusa ng'oyingidde obufumbo kikulu nnyo naddala mu bavubuka abakyali abato kubanga kumpi kimu kyakubiri eky'abantu abakwatibwa akawuka kabakwata bakyali mu myaka gya kivubuka. Okwesonyiwa eby'okwegatta kizingiramu n'omuntu abaddeko mu mukwano kyokka n'ayawukana ne munne, n'asalawo eby'okwegatta okubiwummula okutuusa ng'afunye omuntu omutuufu. Eno y'enkola eyeekakasibwa ennyo mu kwewala akawuka ka Mukenenya. Mu nkola eno abantu balina okukubirizibwa okwewala emize omuli obwamalaaya, okuganza ababasinga ennyo mu myaka, n'okubatangira embeera y'okusobezebawako ab'eng'anda zaabwe n'okukakibwa omukwano.

B – Beera mwesigwa eri omwagalwawo era weekebeze akawuka ka Mukenenya.

Mu Uganda, wabaddewo okugenda mu maaso kunene mu kulwanyisa Mukenenya olw'okukyusa enneeyisa y'obulamu bwaffe ekivuddeko n'okukendeera ku muwendo gw'abakwatibwa akawuka mu bantu abakulu okuva ku bitundu 15 ku buli 100 mu myaka gya 1990 we gyatandikira omuwendo ne gutuuka ku bitundu 4 ku buli 100. Okubeera Omwesimbu kitegeeza bino wammanga:

- Okwewala eby'okuganza abalala n'ekigendererwa ky'okwesanyusaamu mu by'omukwano;
- Okuzimba obukodyo bw'omuntu obw'okunyweza obufumbo nga talabankana;
- Okubeera omwesimbu eri omuntu atalina kawuka gw'olina ng'omwagalwa wo ng'omutegeeza ekituufu ku w'oyimiridde ku kawuka ka Mukenenya okugeza okalina oba tokalina.
- Okwekebeza akawuka ka Mukenenya n'okubudaabudibwa abakugu nga muli mwembi n'omwagalwa wo;
- Okuwagira enkola z'ekitundu ezissibwamu ekitiibwa mu by'omukwano ezikugira obwenzi.
- Okuwagira enneeyisa n'enkola z'ekitundu ezivumirira okuganza abakusinga ennyo mu myaka olw'ebyenfuna, okukwata abakazi, okwegatta ne gw'olinako oluganda, okukaka omukwano n'ebirala.

C – Kozesa kondomu mu ngeri entuufu olubeerera

Okunoonyereza okukoleddwa kulaga nti okukozesa obulungi kondomu n’oginywererako kikendeeza nnyo ku kusaasaana kw’akawuka ka Mukenenya, kyokka tekimalaawo kabi ka kukwatibwa kawuka kano. Okukozesa obulungi kondomu (akapiira ka kalimpitawa) olubeerera kizingiramu okusomesebwa enkozesa ya kondomu entuufu. Enneeyisa eyinza okuleetera omuntu okukwatibwa akawuka kwe kwenyigira mu kwegatta okw’okwesanyusaamu, obwamalaaya oba okwegatta olw’okwagala okufuna obulabo wamu n’okwegatta awatali kukozesa nkola zitangira kawuka kukwata muntu ate nga weegasse n’omuntu akalina oba gw’otamanyi bw’ayimiridde ku bya kawuka, okukozesa ebiragalalagala n’omwenge oluvannyuma ne weegatta n’omuntu awatali kukozesa kondomu. Omufumbo omu ne bw’abeera nga mwesigwa kyokka nga munne takumye bwesigwa, asobola okusiiga munne akawuka ka Mukenenya.

Okukozesa Eddagala Erisannyalaza Akawuka mu kiseera ekituufu Post Exposure Prophylaxis (PEP) n’obujjanjabi oluvannyuma lw’okuyingirwa akawuka ka Mukenenya

“Prophylaxis” kitegeeza okuziyiza obulwadde. Post-exposure prophylaxis (oba PEP) kitegeeza okutandika okukozesa eddagala erisannyalaza akawuka ka Mukenenya (ARVs) amangu ddala nga waakeenyigira mu kintu okiteeka obulamu bwo mu buzibu bw’okukwatibwa akawuka kano, kaleme kukuviiramu kufuna bulwadde bwa Siriimu. Eddagala lino liweebwa omuntu nga ligobererwa ebiragiro. Abantu basobola okwesanga mu buzibu bw’okukwatibwa akawuka ka Mukenenya mu butanwa nga mu ngeri zino wammanga:

Omusawo ng’ali ku mulimu ne yeefumita empiso ekizeseddwa ku muntu alina akawuka ka Mukenenya mu butanwa;

Abayambi oba abapoliisi nga bagezaako okuyamba abantu abagudde ku bubenje;

Kondomu bw’eyabika nga muli mu kwegatta n’omwagalwa wo alina akawuka ka Mukenenya,

Okukozesa empiso mu butanwa kyokka ng’ekozeseddwa ku muntu alina akawuka ka Mukenenya.

Abaana abayonseddwa ku mabeere ga bannyaabwe abalina akawuka ka Mukenenya.

Mu mbeera eyaabulijjo, enzijjanjaba ya PEP erina okuweebwa omuntu amangu ddala obutasukka ssaawa 72 okuva ku ssaawa ekintu ekikutadde mu bulabe bw’okukwatibwa akawuka ka Mukenenya we kikutuukiddeko. N’olwekyo kino tekirina kweyinuzi bantu nga balowooza nti baakufuna eddagala lino akadde konna beetangire Siriimu.

By’olina okwegendereza:

Enzijjanjaba ya PEP si yaakumira bumizi ddagala mulundi gumu ne biggwa. Eno nteekateeka erimu ebika by’eddagala ebiwerako ly’okozesa emirundi egiwera buli lunaku okumala waakiri ennaku 30. Okutuukiriza obulungi omulimu gw’eddagala lino, olina okumira buli kika kya ddagala neb we kiba nga waliwo ekika ekikuleetera ebizibu ebingi. Bwe kakutanda n’oyosa mu nkozesa y’eddagala lino, kitegeeza nti akawuka ka

Mukenenya okawadde omwagaanya era kiyinza n'okuviirako akawuka okuguba nga ne bw'omira eddagala tekakyukako. Ekyo bwe kibeerawo olwo eddagala lya PEP liba terikyasobola kukuyamba.

Okuziyiza akawuka ka Mukenenya mu bafumbo ng'omu akalina ate ng'omulala takalina

“HIV sero Discordance” kitegeeza embeera ng'omu ku baagalana alina akawuka ka Mukenenya kyokka ng'ate munne takalina wadde nga bayinza okuba nga babadde beegatta awatali kukozeza kondomu. Ensonga kino kwe kiva temanyiddwa bulungi kyokka ekisinga obukulu kwe kuziyiza omu ku baagalana atannafuna kawuka kaleme kumukwata asigale nga mulamu bulungi.

Ne bwe kiba ng'omu ku baagalana bano talaga bulwadde, okwekebeza akawuka ka Mukenenya y'engeri yokka ey'okuziyiza akawuka kaleme kukwata mwagalwa we. Okukeberan'okubudaabuda abaagalana banonga bali bombi y'entandikwa y'okuyambamu okuziyiza akawuka okukwata oyo atakalina. Bino wammanga bikakasiddwa nti biyamba nnyo mu kuziyiza akawuka okusaasaana mu baagalana ng'omu alina akawuka ate ng'omulala takalina:

1. Okwekebeza n'okubudaabudibwa mu ngeri ey'ekikugu ng'abaagalana bali bombi (CVCT)- kino abaagalana balina okukikola entakera;
2. Emisomo gy'ebibiina egitegekebwa okuyamba abaagalana abeesanga ng'omu alina akawuka ate omulala nga takalina – abaagalana bombi baweebwa amagezi okujjumbira okwegatta ku bibiina bino n'okwetaba mu misomo bombi.
3. Okukozesa eddagala eriweweeza ku kawuka ka Mukenenya (Integrated antiretroviral therapy -ART) n'enteekateeka z'okutangira akawuka ka Mukenenya kaleme kusaasaanyizibwa- Omusawo ayinza okuwa omu ku baagalana atalina kawuka okuweebwa eddagala lya PEP bwe kiba kyetaagisizza okusannyalaza akawuka bwe kiteeberezebwa nti kamukutte.
4. Abaagalana bwe baba baagala okuzaala abaana, omusawo ayinza okubawa amagezi amatuufu ku kye balina okukola n'engeri y'okukikolamu.

Okuziyiza okusaasaanyizibwa kw'akawuka ka Mukenenya mu bantu abalina akawuka kano: (Positive Prevention)

Abantu abalina akawuka ka Mukenenya balina eddembe okubeera mu bulamu obulungi wadde nga balina akawuka. Okubeera mu mbeera ennungi kyokka ng'olina akawuka ka Mukenenya kizingiramu okwegatta mu ngeri etateeka bulamu bwo mu katyabaga. Kino kitegeeza, okuyamba omuntu alina akawuka ka Mukenenya ate obutakwatibwa buwuka bulala ekiyinza okubeera eky'omutawaana (kwe kugamba okuddamu okukwatibwa akawuka omulundi omulala era n'afuna akawuka akaluma mu ngeri ey'enjawulo) wamu n'okwewala endwadde z'ekikaba endala. Kino kikulu nnyo mu kuyamba omuntu alina akawuka ka Mukenenya olw'ensonga enkulu bbiri:

Okwewala akawuka okukwata omuntu abadde takalina. Okuziyiza okukwatibwa ekika ky'akawuka ka Mukenenya ekiruma mu ngeri ey'enjawulo.

Okuyamba abalina akawuka ka Mukenenya obutateeka bulamu bwabwe mu katyabaga nga beewala endwadde z'ekikaba endala eziyinza okubakwata.

Okuyamba omuntu alina akawuka ka Mukenenya okukendeeza ku buzibu bw'okusaasaanya akawuka ka Mukenenya kikulu nnyo mu nzijanjaba n'embudaabuda y'omuntu oyo ssekinnoomu. Abalina akawuka ka Mukenenya wamu n'abasawo balina okufaayo ennyo ku ngeri y'okutangira akawuka okusaasaanyizibwa. Abantu abasinga abakebeddwa ne bazuulibwa nti balina akawuka babeera baagala nnyo okuziyiza akawuka obutasaasaana wamu n'okukuuma obulamu bwabwe nga tebuli mu buzibu bw'okuwakankula endwadde z'ekikaba endala wamu n'ebika bya siriimu aluma mu ngeri ez'enjawulo.

Enkola zino wammanga zisobola okukozesebwa okukendeeza obuzibu bw'okufuna akawuka ka Mukenenya omulundi ogwokubiri mu bantu abasangiddwa nga balina akawuka:

- Okutegeeza omwagalwa wo n'aboomu makaago ku wa w'oyimiridde ku kawuka ka Mukeny (okalina oba tokalina)
- Okukendeeza ku muwendo gwa baganzi bo be weegatta nabo mu mukwano
- Okukozesa kondomu mu ngeri entuufu era n'oginywererako
- Okwegatta mu ngeri eziziyiza akawuka okukwata omwagalwawo atakalina (sero-sorting)
- Okwewala ettamiiro n'okukozesa ebiragalalagala ate mu kiseera kyekimu ne weenyigira mu kwegatta
- Okukozesa obulungi eddagala eriweweeza ku kawuka ka Mukenenya

Omuntu alina akawuka ka Mukenenya bw'aba yeetaaga okubudaabudibwa mu ngeri ey'enjawulo ku kukyusa enneeyisa ye, omusawo oba amukolako asobola okumuweereza mu bibiina ebiyamba omulwadde okumuzzaamu essuubi n'okumuwa amagezi ku ngeri y'okutangiramu akawuka okusaasaana n'engeri gy'ayinza okutambuzaamu obulamu wakati mu byetaago by'alina. Omuntu alina akawuka ka Mukenenya alina okutegeeza amubudaabuda ebyetaago bye bino.

Tegeeza abalala nti olina akawuka ka Mukenenya.

- Bwe kiba kisoboka tegeeza abo be weegattako nabo.
- Omuntu gw'osubira okwegatta naye mu mukwano naye sooka omutegeeze ku w'oyimiridde ku kawuka ka Mukenenya

Okwegatta mu ngeri eziyiza akawuka okusaasaana kiyamba obulamu bwo okusigala nga bulungi ate nga bwe kiyamba ne mu kutangira okusaasaanya akawuka mu baagalwa bo.

- Mu mbeera ey'omukazi ali olubuto, abazadde bombi omukyala n'omwami balina

okulaga we bayimiridde ku kawuka ka Mukenenya kiyambe omukazi okusobola okufuna obujjanjabi obunaasobozesa omwana agenda okuzaalibwa obutakwatibwa kawuka.

Okwewala okukwatibwa akawuka ka Mukenenya okwekuusa ku mwenge n'enneeyisa y'omuntu

Okwetoolola amawanga n'ebiyobuwangwa, omwenge gumanyiddwa nti kyekimu ku biyamba akawuka ka Mukenenya okukwata abantu singa bagunywa ate ne beenyigira mu by'okwegatta n'ebikolwa ebirala ebiteeka obulamu bwabwe mu katyabaga. Mu Uganda okunoonyereza kulaga nti okunywa omwenge n'otamiira kisindiikiriza bangi okwenyigira mu bikolwa ebiteeka obulamu bwabwe mu buzibu bw'okukwatibwa akawuka ka Mukenenya.

Okunoonyereza okwakolebwa mu disitulikiti y'e Rakai mu Uganda kulaga nti okunywa omwenge n'otamiira kiviirako abakazi n'abasajja bangi okwenyigira mu bikolwa ebiteeka obulamu bwabwe mu katyabaga k'okukwatibwa akawuka ka Mukenenya. Okunoonyereza kulaga nti kisukkirira singa omuntu anyway omwenge nga tannaba kwegatta oba abaagalana bombi nga batamidde tebanneegatta. Omwenge era gwalagibwa ng'oguviirako abantu obutajjukira kukozeza kondomu, okukwana abasukka mu omu n'obwenzi. Okunywa omwenge n'otamiira era kiyamba akawuka ka Mukenenya mu ngeri endala nyingi okuli zino:

Guziyiza eddagala eriweweeza ku Mukenenya okukola obulungi.
 Abantu okwenyigira mu mize egy'obulabe kyokka nga gyewalika.
 Obutafaayo n'obutakozesa kondomu kuginywererako.
 Okuganza abantu abangi mu biseera eby'edda n'ebiriwo.
 Okubeera n'abaagalwa be yeegatta nabo abasukka mu omu mu kiseera kyekimu.
 Gutta obwagazi bw'emmere ekinafuya ennyo omubiri.
 Okuganza abakusinga ennyo emyaka/ okwetunda n'okugula bamalaaya
 Okukaka abantu omukwano oba okukozesa eryanyi.
 Kireeta obwavu n'ebbula ly'emirimu.
 Kireeta obutabanguko mu maka wakati w'omukyala n'omwami;
 Kiremesa abaagalana ng'omu alina akawuka ate ng'omulala takalina okukozesa kondomu
 Kiremesa obwanjulukufu n'okwogeraganya obulungi wamu n'okuteesa mu maka.

Olw'ensonga ezo waggulu, kikulu nnyo abantu abalina akawuka ka Mukenenya okwewala okunywa omwenge ogususse wamu n'okukozesa ebiragalalagala. Okukubaganya ebirowoozo n'omusawo wo ku buzibu bw'olina kiyambako okuzuula amagezi aganaakuyamba okuvvuunuka ekizibu kino.

Okukomolebwa mu ngeri entuufu n'engeri gye kuyambamu mu kuziyiza akawuka ka Mukenenya ne Siriimu

Okukomola abasajja kizingiramu okuggyako ekiriba ekibikka obusajja. Ebitundu ebimu birudde nga bikomola abasajja mu by'obuwangwa bwabyo era abamu bakitwala

ng'akabonero akalaga nti ova mu ggwanga eryo oba mu ddiini eyo.

Waliwo obujulizi obunywevu obulaga nti abasajja abakomodwa era ng'okukomola kuno kukoledwa abasawo abalina obukugu kikendeeza ku bulabe bw'okukwatibwa akawuka ka Mukenenya bw'oba weegasse n'omukazi alina akawuka kumpi ebitundu 50 ku buli 100 ekinyonyola lwaki enkola eno nayo esembebwa okukozesebwa ng'emu ku ngeri y'okwewalamu akawuka ka Mukenenya.

Kyokka okunoonyereza kuno kulaga nti okukomolebwa tekulina kye kuyamba mu kutaasa mukazi butasiigibwa kawuka singa yeegatta n'omusajja omukomole ne batakozesa kondomu. Ekibeerawo ku basiyazi wakati w'abasajja n'abasajja abakomole, tekimanyiddwa.

Wabula okukomolebwa kwokka tekutangira muntu butafuna kawuka. Omusajja ne bw'aba akomoleddwa, atekwa okwekuuma nga yeeresa eby'okwegatta, okubeera omwesigwa eri munne oba okukozesa kondomu okugaziya emikisa gy'okusimattuka obutakwatibwa kawuka ka Mukenenya. Ate ekirala, obutafaananako na kondomu, okukomolebwa tekuziyiza muntu butafuna mbuto zaateetegekede era tekukendeeza ku bulabe bwa kukwatibwa ndwadde za kikaba ndala.

Obutabanguko mu maka wakati w'omukazi n'omusajja n'akabi kaabwo mu kuziyiza n'okujjanjaba Siriimu

Obutabanguko mu maka wakati w'omwami n'omukyala bisajjula embeera mu kuziyiza, okujjanjaba, okubudaabuda n'okuyamba abalina akawuka ka Mukenenya. N'olwekyo enteekateeka ezirwanyisa akawuka ka Mukenenya ne Siriimu zonna ezitatunuulira butabanguko mu maka wamu n'okuboolebwa tezivaamu bibala bingi byandizivuddemu.

Obutabanguko mu maka wakati w'omwami n'omukyala butegeeza ki?

Obutabanguko mu maka wakati w'omwami n'omukyala busobola okubeera obw'omu bwongo, obw'omubiri oba obwekuusa ku kwegatta nga buva ku njawulo mu maanyi wakati w'omusajja n'omukazi. Obutabanguko mu maka butera kubeerawo mu maka agalimu omukyala n'omwami mu mawanga omuli ne Uganda. Obutabanguko buno bulina kinene kye bukola ku kwongera ku bulabe bw'okusaasaanya akawuka ka Mukenenya ne Siriimu n'okulemesa kaweeefube w'okuziyiza nnawookeera w'akawuka ka Mukenenya. Okukozesa eryanyi mu mukwano, okukaka omukazi omukwano bye bimu ku biteeka omukazi n'omusajja mu katyabaga k'okukwatibwa akawuka ka Mukenenya.

Obutabanguko n'okutya obutabanguko kikalubiriza abakazi ababeera baagala okweyambisa kondomu mu kwegatta oba okutangira obwenzi mu baagalwa baabwe oba okusalawo okwesonyiwa eby'okwegatta nga bakirabye nti biyinja okutuuka obulamu bwabwe mu katyabaga. Okutya obutabanguko mu maka kuziyiza n'abakazi okugenda mu malwaliro okufuna obujjanjabi n'okubudaabudibwa ku nsonga z'akawuka ka Mukenenya

ne Siriimu wamu n'okulaga abagaalwa baabwe we bayimiridde ku kawuka ka Mukenya. Heise et al (1999) yagamba bw'ati *“Bwe tubeera baakuvvuunuka ebizibu ebikulu ebibiri ebiri mu Uganda mu kiseera kino –okutuntuzwa abakazi n'ekirwadde kya Siriimu – kikulu nnyo okusooka okumenyawo obuwangwa n'obulombolombo obuwagira okutulugunya abakazi. Muno ozingiramu n'enneeyisa y'abasajja ebaleetera okukwatibwa akawuka ka Mukenya wamu n'okukasiiga bakazi baabwe wamu n'abaana.”*

Obutabanguko mu maka wakati w'omusajja n'omukazi buzannya ekifo kya ku mwanjo mu kutumbula okusaasana kw'akawuka ka Mukenya ne Siriimu era kati tukimanyi nti obutabanguko buno mu baagalana bukola ng'omuziziko mu kulemesa okuziyiza, Okujjanjaba, okubudaabuda n'okuyamba ku nsonga z'akawuka ka Mukenya ne Siriimu. Obuzibu abakazi n'abawala bwe boolekera mu mbeera y'obutabanguko mu maka bwe butafuna bwenkanya ku by'obugagga, eddoozi lyabwe okuwulirwa era obunafu buno bubateeka mu buzibu bw'okwanguyirwa okuteekebwa mu mbeera mwe bayinza okufunira akawuka ka Mukenya. Okwongerera abakyala amaanyi mu bintu eby'enjawulo kiyamba mu kukendeeza obulabe bwe babeeramu obw'okukwatibwa akawuka ka Mukenya.

EKITUNDU III: OKUBUDAABUDA N’OBUJJANJABI KU BALINA AKAWUKA KA MUKENENYA NE SIRIIMU

Obujjanjabi ku Mukenenya

Mukenenya talina ddagala limuwonya era obujjanjabi obuwebwa bubeera bwa kuweweeza okukuuma omuntu alina akawuka ka Mukenenya nga mulamu era ng’asobola okukola obulungi emirimu gye. Obujjanjabi buno busobola okuyamba abantu ku mitendera gyonna akawuka ka Mukenenya gye kayitamu nga kakula. Wadde ng’eddagala eriweeza ku Mukenenya lisobola okujjanjaba endwadde ezijja n’akawuka kano, terisobola kuziwonyeza ddala. Obujjanjabi ku Mukenenya bulina kutambulira ku biragiro bya musawo era nga bukwatagana n’embeera wamu n’ebyetaago by’omuntu alina akawuka.

N’olwekyo, **ekigendererwa ekikulu** mu kujjanjaba abantu abalina akawuka ka Mukenenya kwe kukuumira abaserikale mu mubiri nga bali mu kifo ekinywevu. Obujjanjabi buno nga bugattiddwaako ebintu ebirala ebyongerera abaserikale b’omu mubiri amaanyi okugeza **ebiriisa, vitamin, ebiriisa ebyetaagisa omubiri okukula obulungi wamu, n’omutindo gw’obuyonjo**, biyamba omubiri okugwongerera amaanyi mu baserikale abagukuuma n’okulwanyisa ebirwadde binnakigwanyizi. Kyokka obuwuka obulala bwe bulumba omubiri, obujjanjabi obw’enjawulo bukozesebwa okwang’anga obulwadde obwo okugeza akafuba n’obulwadde bw’ensusu. Okusalawo ku ddagala eririna okweyambisibwa kulina kukolebwa omusawo. Oluvannyuma, eddagala eriweezaako lijja kwetaagibwa okusenziira ku bungi bwa CD4 ezisangibwa mu mubiri.

Eddagala eriweeza ku Siriimu

Eddagala erikozesebwa okulwanyisa Mukenenya liyitibwa **antiretroviral drugs (ARVs)**. Eddagala lino lirina ebirivaamu ebitali birungi bwe liba likozeseddwa bubu. Olwokuba ng’akawuka ka Mukenenya ne Siriimu tebirina ddagala libiwonya, eddagala eriweeza lirina okumiribwa obulamu bwo bwonna. N’olwekyo **okugondera wamu n’okuyamba** abo abali ku ddagala lino kikulu nnyo. Wadde ng’obujjanjabi bwa ARVs tebuwonya Mukenenya na AIDS, abantu bangi ababadde ku ndiri bassuuse ne baddamu okukola obulungi emirimu gyabwe oluvannyuma lw’okutandika obujjanjabi buno obumanyiddwa nga Antiretroviral Therapy (ART). Kikulu nnyo okukebera entakera obungi bwa CD4 ku muntu alina akawuka ka Mukenenya okusobola okutandika okufuna eddagala eriweeza mu budde obutuufu.

Okuweebwa eddagala eriweeza ku Mukenenya ne Siriimu kulina emigaso egiwerako omuli gino:

- Okusobozesa abantu abalina akawuka ka Mukenenya (PLHIV) okubeera mu bulamu obweyagaza
- Okukendeeza ku muwendo gw’abantu abalina akawuka ka Mukenenya (PLHIV) abafa, anti balwadde batono ababa bafa.

- Okuwa abasawo n'abajjanjabi amaanyi okukola ennyo oluvannyuma lw'okukitegeera nti basobola okutumbula obulamu bw'abantu abalina Mukenenya (PLHIV).

Mukenenya n'obujjanjabi bwe: Biki buli muntu by'alina okumanya!

Nze nnina akawuka ka Mukenenya. Kika kya musawo ki gwe

nneetaaga? Omusawo wo (oba omusawo omulala agaba obujjanjabi) alina okubeera n'obumanyirivu mu kujjanjaba Mukenenya ne Siriimu. Oyinza okwetaaga okulaba omukugu mu ndwadde ezo. Ojja kwetaaga okukolaganira awamu n'omusawo wo okusalawo obulungi ku bujjanjabi bw'onaakozesa, n'olwekyo kikulu okufuna omusawo gw'owulirirako emirembe. Era kiyinza okubeera eky'omugaso okufuna omusawo aliraanye w'obeera okukendeeza ku buzibu bw'entambula ng'ogenda okumusisinkana buli lw'owuliramu obuzibu mu bulamu bwo oba okumwebuzaako buli kiseera.

Biki bye mbeera nsuubira mu ofiisi (kasenge) y'omusawo?

Omusawo wo waakukubuuza ebikwata ku bulamu bwo, engeri gye weeyisaamu, okwekebejja embeera y'omubiri n'okulagira okeberebwe omusaayi. Kino ky'ekiseera ekituufu okubuuza omusawo wo ebibuuzo. Nga tonnaba kugenda kuisinkana musawo kirungi okuwandiika ebibuuzo byonna by'olina era ogende nabyo ku lunaku lw'ogenda okumusisinkana. Osobola okubuuza omusawo ekibuuzo kyonna awatali kutya. Omwami oyo/ oba omukyala oyo aliwo ku lulwo. Osobola okusalawo ku kikula ky'omusawo gw'oyagala okukujjanjaba (musajja oba mukazi).

Bibuuzo ki bye nnina okubuuza omusawo wange?

- Obuzivu n'emigaso gy'okukozesa eddagala eriweeweza ku Mukenenya
- Endwadde endala eziyinda okukulumbagana
- Enneeyisa mu bulamu bwo eyinza kukyuka etya oluvannyuma lw'okufuna akawuka ka Mukenenya?
- Oyinza kwewala otya okusaasaanya akawuka ka Mukenenya mu bantu abalala?
- Oyinza kwewala otya okuddamu okukwatibwa akawuka ka Mukenenya omulundi omulala?
- Osobola otya okusigala nga weeyisa mu ngeri enaakukuuma ng'oli mulamu bulungi?

Kukeberebwa kwa bika ki omusawo kw'anaankozesa?

Kikulu okukebera CD4 okuzuula obungi bwazo mu mubiri we buyimiridde wamu n'obungi bw'obuwuka era okukeberebwa kuno kukolebwa ku mulundi ogusoose lw'osisinkanye omusawo. Balina okukubera okuzuula ebika by'eddagala ebiyamba omubiri gwo n'ebyo ebikuyisa obubi oba ebitakuyamba (drug resistance testing). Ebibeera bizuuliddwa bye bisalawo ku kukeberebwa okunaddako gye bujja.

Okukeberegwa okusembebwwa kwa bika bino:

- *Okukeberegwa obungi bw’abaserikale mu mubiri CD4 count* – CD4 cells, era eyitibwa CD4+ T cells oba CD4 lymphocytes, ky’ekika ky’abaserikale mu mubiri abalwanyisa endwadde. Akawuka ka Mukenenya katta CD4 cells ne kinafuya abaserikale abakuuma omubiri ne gwanguyirwa okulumbibwa endwadde. CD4 count kwe kuzuula obungi bw’abaserikale (CD4 cells) abasangibwa mu musaayi gwe baba bakuggyeeko.
- *Okukeberegwa obungi bw’obuwuka bwa Mukenenya mu mubiri (Viral load test)* – Viral load test epima obungi bw’obuwuka bwa Mukenenya mu musaayi gwe babeera bakuggyeeko. Okukebera kuno kuyamba okuzuula obusobozi bw’abaserikale mu mubiri okulwanyisa akawuka ka Mukenenya.
- *Okukuberwa okuzuula ebika by’eddagala ebiyamba omubiri n’ebitaguyamba (Drug resistance testing)* – Okukeberegwa kuno kuyamba mu kuzuula ebika by’eddagala ebiyamba omubiri n’ebitaguyamba oba eby’obulabe eri omubiri. Akawuka ka Mukenenya kakyusa ebbala, era kino kitegeeza nti okukalwanyisa olina okukozesa ebika by’eddagala eby’enjawulo
- Okukebera abaserikale bonna mu musaayi (Complete blood count)
- Okukebera ebitundu by’omubiri omutambulira omusaayi “Blood chemistry profile” (omuli **ekibumba** wamu **n’ensigo** n’embeera gye birimu)
- Okwekebejja omusulo (Urinalysis)
- Okukebera endwadde z’ekikaba endala (STDs)
- Okukebera endwadde endala omuli; sukaali, akafuba, endwadde ezikwata abantu nga ziva ku nsolo naddala kkapa (toxoplasmosis)

Ntuuse ekiseera ekitandika okukozesa eddagala eriweweeza ku Mukenenya?

Kasita otandika okukozesa eddagala eriweweeza ku Mukenenya, weetaaga okugenda mu maaso n’okuzikozesa obulamu bwo bwonna. Okusalawo ddi lw’olina okutandika okukozesa eddagala lino kisinziira ku bulamu bwo n’obumalirivu okugoberera enkozesa yalyo. Ggwe ne dokita wo mulina okwogera ku ngeri gye weetegeseemu okutandika okukozesa eddagala lino n’okusala amagezi ku ngeri enaakuyambamu okugoberera obulungi enkozesa y’eddagala lino nga bw’oba olagiddwa.

Olina okutandika okukozesa eddagala singa:

Obeera ofuna obubonero bwa Siriin ■ obw’omutawaana oba ng’okebeddwa n’osangibwa ng’olwadde Siriimu

Ng’obungi bw’abaserikale abakuu ■ a omubiri (**CD4 count**) bali 350 cells/mm3 oba obutawera (kisebwebwa kitongole kya byabulamu mu nsi yonna WHO)

Bw’oba oli lubuto

Bw’oba olina obulwadde bw’ensigo obulina akakwate n’akawuka ka Mukenenya

Bw’oba ojjanjabwa obulwadde obukwata ekibumba obwa Hepatitis B

Dokita wo bw’aba akuwadde amagezi okutandika okulikozesa

Singa nze ne Dokita wange tusalawo okulwiisaawo okutandika okukozesa eddagala, kineetaagisa okuddamu okwekebeza CD4 Count ne Viral Load test?

Yee. Omuntu alina akawuka ka Mukenenya atannatandika kukozesa ddagala liweweeza ateeddwa okukeberwa okuzuula obungi bw'obuwuka bwa Mukenenya bw'alina mu musaayi (Viral Load Test) buli luvannyuma myezi 3 era okeberwe n'obungi bw'abaserikale abalwanyisa endwadde mu mubiri (CD4 Count) buli luvannyuma lwa myezi egiri wakati wa 3 ne 6. Ggwe ne Dokita wo mujja kweyambisa ebivudde mu kukeberwa okumanya obulamu bwo we buyimiridde n'okusalawo ddi lw'olina okutandika okukozesa eddagala.

Bwe kiba ng'eddagala eriweweeza ku Mukenenya liyinza okunnyamba okusigala nga ndi mulamu bulungi, lwaki ndwawo okutandika okulikozesa?

Kasita otandika okukozesa eddagala eriweweeza ku Mukenenya, oyinza okwetaaga okugenda mu maaso n'okulikozesa obulamu bwo bwonna. Wadde ng'eddagala eppya eriweweeza ku Mukenenya lyangu okukozesa, okutandika okulikozesa kitegeeza olina okukyusa ennyo enneeyisa yo n'embeera z'obulamu bwo. Eddagala erimu eriweweeza ku Mukenenya obeera weetaaga okulikozesa emirundi egiwerako buli lunaku mu biseera ebigere era kiyinza okwetaagisa okukyusa mu bika by'emmere gy'olya, ddi lw'olina okulya emmere na ddi lw'olina okulikozesa. Ekyo ng'okitadde wabbali, eddagala eriweweeza ku Mukenenya liyinza okubeera ne bye likutuusaako ebibi ng'olikoseseza ate ebimu nga bya bulabe. Akawuka bwe kaba tekafufuggaziddwa, eddagala obutakuyamba oba okukutuusaako obulabe kye kiddirira. Ebyo ebikutuukako oluvannyuma lw'okukozesa eddagala wamu n'eddagala obutakuyamba oba okukutuusaako obulabe kya kwesigamibwako okusalawo enzijjanjaba endala enaakukolako.

Bika bya ddagala bimeka bye nneetaaga okukozesa?

Enzijjanjaba ku kawuka ka Mukenenya esembewwa y'ey'eddagala ery'ebika ebisatu oba okusingawo mu miteeko egy'enjawulo mu nkola eyitibwa **Highly Active Antiretroviral Therapy (HAART)**. Okusalawo ku mpeke mmeka z'olina okumira n'emirundi emeka gy'olina okuzimira kijja kusinziira ku nzijjanjaba ggwe ne dokita wo gye munaaba mulonze okukozesa. Enzijjanjaba emu ebeera ya bika bya ddagala bibiri oba okusingawo eby'eddagala erirwanyisa akawuka okuva ku miteeko ogumu oba okusingawo.

Kika kya bujjanjabi ki kye nnina okukozesa?

Buli miteeko gwa ddagala (HAART) gutambulira ku mulwadde ssekinnoomu – tewali miteeko 'gusinga' gunnaagwo. Ggwe ne Dokita wo mujja kusalawo kika kya bujjanjabi obutuufu gy'oli. Temugabana ddagala na muntu mulala.

Bizibu ki ebiyinza okukujjira oluvannyuma lw'okukozesa eddagala HAART?

Osobola okufuna ebizibu oluvannyuma lw'okutandika okukozesa eddagala eriweweeza ku Mukenenya. Ebimu ku bizibu bino oba **eddagala obutasiima mubiri** bubeera bwa

mutawaana, era nga buyinza okutuusa obulabe ku bulamu; weetaaga okukyusa eddagala singa obuzibu obwo tebugumiikirizika. Ggwe n’omusawo wo oba omukugu mu by’eddagala mulina okukubaganya ebirowoozo ku bizibu ebiva ku buli kika kya ddagala. Obuzibu obuva mu kukozeza eddagala mulimu okufuna olusujjasujja, okusinduukirirwa emmeeme n’okusesema, okubabuukirirwa, obuyongobevu, okuzimba embiriizi n’obutabeera na maanyi, kyokka tebikoma ku ebyo byokka. Buli kizibu ky’oba ofunye oluvannyuma lw’okukozeza eddagala eriweweeza ku Mukenenya kitegeeze Dokita wo mukiteeseeko.

Mmanya ntya nti omuteeko gw’eddagala eriweweeza ku Mukenenya lye nkozesa likola?

Okutwaliza awamu, obungi bw’obuwuka bwa Mukenenya mu musaayi (**viral load**) y’engeri esinga obukulu erabirwako engeri ebika by’eddagala ly’okozesa oba bikukolera bulungi. Eddagala bwe liba likukolera bulungi, obungi bw’obuwuka bwa Mukenenya mu mubiri bulina okukendeera. Ebirala ebikulaga ne dokita wo kw’alabira oba omuteeko gw’eddagala lyokozesa gukola bulungi bye bino:

- Obungi bw’abaserikale m^u musaayi (**CD4 count**). Eddagala bwe liba likola bulungi, muwendo gw’abaserikale bano gulina okulinye ne gutuuka we guteekeddwa okubeera.
- Embeera y’obulamu gy’obe^{ra} olimu mu kiseera ekyo okusenziira nga bw’oba weewulira mu mubiri. Omuteeko gw’eddagala ly’okozesa gulina okukuuma ng’obulamu bweyagala.

okukeberwa obungi bw’obuwuka bwa Mukenenya obuli mu musaayi (Viral Load) nnina kukukola buli luvannyuma lwa kiseera ki?

Okukeberwa obungi bw’obuwuka bwa Mukenenya obuli mu musaayi kulina okukolebwa wakati wa wiiki 2 oba 3 okuva lw’otandise okukozeza eddagala ate oddemu okwekebeza oluvannyuma lwa wiiki 4 – 8 okutuusa ng’omuwendo gw’obuwuka gukendedde nnyo nga tebukyalabika. Oluvannyuma lwa kino, okuddamu okwekebeza obungi bw’obuwuka bwa Mukenenya mu musaayi kulina okukolebwa buli myezi 3 oba 4 okuyita mu kiseera ky’okukozeza obujjanjabi okukakasa nti eddagala lya ARV – HIV likyakola bulungi. Obujjanjabi ku Mukenenya bulina okukendeeza obuwuka bwa Mukenenya mu musaayi okutuusa nga tebukyalabika. Obuwuka bwa Mukenenya okuba nga tebukyalabika mu mubiri tekitegeeza nti akawuka ka Mukenenya okawonye; wabula kitegeeza nti obuwuka obusigadde mu musaayi butono nnyo, tebusobolwa kulabwa mu kukeberwa.

Bw’omala emyezi egiri wakati wa 4 – 6 ng’okozesa eddagala kyokka ng’obuwuka bwa Mukenenya bukyasobola okulabibwa ng’okebeddwa, ggwe n’omusawo wo mwetaaga okukiteesaako okulaba engeri omubiri gye gugondeddemu omuteeko gw’eddagala ly’okozesa. Okwosaayosa mu kukozeza eddagala ky’ekisinga okuvaako eddagala eryo obutakola bulungi. Omusawo wo alina okukukebera azuule engeri eddagala gye likozeemu ekineesigamwako okulaba oba akawuka ka Mukenenya kakyusizza ebbala nga kakonye era ng’omuteeko gw’eddagala ly’okozesa tegukyasobola kukaweweeza.

Okukeberwa obungi bw'abaserikale abali mu musaayi (CD4 Count) nnina kukukola buli luvannyuma lwa kiseera ki?

Okukeberwa obungi bw'abaserikale abali mu musaayi (CD4 count) kulaga engeri gy'oyisiddwaamu omuteeko gw'eddagala ly'okozesa. Okukeberwa CD4 count kulina okukolebwa buli luvannyuma lwa myezi 3 oba 6 mu kiseera ng'ofuna obujjanjabi. Eddagala eriweweza ku Mukenenya lirina okulinyisa obungi bw'abaserikale abalwanyisa obulwadde mu mubiri era liziyize omuwendo ogwo okukka. Yogeramu n'omusawo wo bw'oba ofunye obweraliikirivu bwonna ku muwendo gw'abaserikale abalwanyisa obulwadde mu mubiri (CD4 count).

Omusawo wange ayagala nkyuse ebika by'eddagala bye nkozesa. Lwaki?

Waliwo ensonga eziwerako ezireetaawo obwetaavu bw'okukyusa ebika by'eddagala by'okozesa. Ensonga enkulu ebbiri eddagala obutakwatagana na mubiri ne lifuuka ery'obulabe eri alikozesa (*drug toxicity*) oba ebika by'eddagala by'okozesa okulemwa okukola ng'akawuka kakyusizza ebbala (*regimen failure*). *Drug toxicity* kitegeeza nti ebika by'eddagala by'okozesa bikuleetede obuzibu mu bulamu bwo ebikulemesa okugenda mu maaso n'okukozesa eddagala eryo. *Regimen failure* kitegeeza nti eddagala terikuyambye bulungi. Kikulu okubuuza omusawo wo ensonga lwaki olina okukyusa eddagala ly'okozesa.

Biki ebireetera eddagala obutakuyamba?

Eddagala obutayamba kibeerawo ng'ebika by'eddagala eriweweza (ARV-HIV) by'okozesa tebirwanyisizza bulungi kawuka ka Mukenenya. Ebimu ku bikireeta bye bino:

- Okutandika okukozesa eddagala kyokka ng'embeera yo emaze kusajjuka.
- Obutagondera nkozesa ntuufu ya eddagala (obutalikozesa mu ngeri entuufu omusawo gy'aba akulagidde).
- Okuba ng'osangiddwa wakozesaako eddagala eriweweza ku Mukenenya kyokka n'olivaako.
- Okunywa omwenge oba okukozesa ebiragalalagala.
- Okufuna ebizibu ebiva mu kukozesa eddagala ebikulemesa okugenda mu maaso ng'olikozesa oba okuyingizaamu ebika by'eddagala eddaga.
- Eddagala obutannyikira bulungi mu mubiri.
- Okusangibwa mu mbeera y'ebyobulamu embi oba okubeera n'endwadde endala eziteekuusa ku kawuka ka Mukenenya.

Kiki ekibeerawo singa eddagala lye nkozesa liremwa okunnyamba?

eddagala ly'okozesa bwe liba terikuyambye, omusawo wo waakwetegereza ebyafaayo ku ngeri gy'ozze ojjanjabwamu, ebikutuukako oluvannyuma lw'okukozesa ebika by'eddagala ebimu, obuzibu bwe wafuna ng'okozesezza eddagala nga bw'obeera olagiddwa, engeri gye weewuliramu mu mubiri, n'ebivudde mu kukeberwa ku kukola n'obutakola bw'eddagala gy'oli okusinziirwa okwo okuzuula lwaki eddagala liremeddwa okukuyamba. Oluvannyuma lw'ekyo, ggwe n'omusawo wo musobola okusalawo ku kika ky'eddagala ekirala kye muyinza okukozesa okuweweza ku Mukenenya.

Okutaataaganya eddagala kye ki?

Eddagala eriweeweza ku Mukenenya (ARV-HIV) lisobola okutaataaganyizibwa eddagala eddala ly'okozesa. Kino kisobola okukendeeza ku nkola y'eddagala eriweeweza ku Siriimu era ne kyongera ne ku buzibu bw'okufuna okutawaanyizibwa okuva ku ddagala eriweeweza. Ggwe n'omusawo wo mulina okutunula mu ddagala lyonna ly'okozesa omuli ly'ogula mu maduuka wamu n'eritabulwa mu mirandira n'ebirime (herbal). Mulina n'okutunula mu mbeera mw'olina okukozesereza eddagala eryo; okulikozesa ng'omaze kulya oba nga tolina kye waalidde.

Okugondera enkozesa y'eddagala kye ki?

Okugondera enkozesa y'eddagala "Treatment Adherence" kitegeeza okugoberera obulungi ebiragiro ku nkozesa y'ebika by'eddagala ng'omusawo bw'aba akulagidde. Bwe kiba ng'eddagala ly'okozesa liremeddwa okukuyamba olw'obutagoberera biragiro ku nkozesa yaalyo, ggwe n'omusawo wo mulina okwogera ku bikulemesa okugondera ebiragiro ku nkozesa y'eddagala mukisalire amagezi osobole okutambulira ku nkozesa y'eddagala ekulagiddwa.

Okugondera enkozesa y'eddagala kikulu nnyo mu nzijjanjaba ya Mukenenya?

Yee! Okugondera enkozesa y'eddagala nsonga nkulu nnyo mu nzijjanjaba ya Mukenenya kubanga:

- Okugondera enkozesa y'eddagala kisalawo ku ngeri eddagala gye linaakolamu mu kukendeeza obuwuka bwa Mukenenya mu musaayi. Bw'oyosa okukozesa eddagala neb we guba mulundi gumu, akawuka kafuna omukisa okuzaala ku misinde emingi ennyo. Okukendeeza ku kuzaala kw'akawuka ka Mukenenya kikulu nnyo mu kuziyiza endwadde ezeekuusa ku Siriimu n'okufa.
- Okugondera enkozesa y'eddagala eriweeweza ku Mukenenya kiyamba okuziyiza embeera y'eddagala obutakola bulungi. Bw'oyosa mu kukozesa eddagala kisobola okuvaako akawuka ka Mukenenya okuguba nga kagumidde eddagala ly'okozesa ne ku eryo ly'otannakozesaako. Kino kiyinza okukuleka nga tolina bika bya ddagala ddala by'oyinza kukozesa mu biseera eby'omu maaso kubanga okuguba kw'akawuka kuyinza n'okukola ku bika by'eddagala ebirala; okwenyigira mu bikolwa eby'obulabe nakyo kiyinza okukuteeka mu mitawaana egisingawo. Wadde nga waliwo ebika by'eddagala bingi ebikola mu kuweweza ku Mukenenya, ebizuliddwa biraga nti *ekika ky'eddagala ky'osoose okukozesa kibeera n'emikisa mingi okukukolako obulungi okumala ebbanga eddene*. Okukozesa eddagala lyo eriweeweza ku Mukenenya mu ngeri entuufu kyongera ku mikisa gy'okubeera obulungi.

Lwaki okugondera enkozesa y'eddagala kikaluubirira abantu bangi abalina akawuka ka Mukenenya?

Ebika by'eddagala bisobola okubeera ebizibu; ebika ebimu biyinza okukwetaagisa okumira empeke emirundi egiwerako buli lunaku ate ng'ebiragiro bino olina okubigondera, okugeza, ebiseera mw'olina okumirira empeke. Eddagala eriweeweza ku Mukenenya erimu liyinza okwetaagisa okulimira nga tolina ky'olidde, kyokka ate eddagala eddala oyinza okuba ng'olina kulimira ng'olya mmere oba nga tonnaba oba oluvannyuma lw'okumira eddagala erimu. Kino kiyinza okubeera ekizibu eri abantu abamu, naddala abo abalwadde oba abamazee okulaga obubonero bw'akawuka ka Mukenenya oba abafunye

ebizibu ebireteddwa okukozesa eddagala eryo. Ensonga endala eziyinda okukifuula ekizibu okugondera enkozesa y'eddagala eriweeweza ku Mukenenya mulimu zino:

- Okutya abantu okumanya nti olina akawuka naddala omwagalwa wo.
- Okufuna ebizibu ebiva mu kukozeza eddagala eryo naddala emmeeme okukusinduukirira
- Okwebakira mu biseera by'okukozesa eddagala
- Okugenda ku ng'endo empanvu n'ova awaka
- Okubeera n'ebiyokukola ebingi ebikumalawo
- Okwewulira ng'omulwadde oba okuyongobera
- Okwerabira okukozesa eddagala mu kiseera kyalyo

Kiki kye nyinza okukola okugondera enkozesa y'eddagala?

Waliwo ebintu bingi by'oyinza okukola okusobola okugondera obulungi enkozesa y'eddagala. Ekimu ku bintu by'oyinza okukola ng'ogenda okutandika okukozesa eddagala kwe kwogeramu n'omusawo wo ku ngeri gye weyisaamu mu bulamu bwo. Omusawo oyo ajja kuba asobola okukutegekera ebika by'eddagala ebinaakukolera obulungi.

Emitwe gy'olina okwogerako n'omusawo wo mulimu bino:

- Omulimu gy'okola, okwebaka, okulya n'entambula zo
- Ebizibu by'oyinza okufuna nga biva mu kukozeza eddagala
- Eddagala ery'ebika ebirala ly'okozesa n'engeri gye linaataataganyaamu eddagala eriweeweza ku Mukenenya
- Okwekubiriza kw'olina ku kugoberera enkozesa y'eddagala eriweeweza ku Mukenenya nga bw'oba olagiddwa
- Obutabeera na busobozi kwetuusaako ddagala. Abantu abamu basooka ne bagondera bulungi enkozesa y'eddagala wabula oluvannyuma lw'ekiseera ne bikaluba. Yogeramu n'omusawo wo ku buzibu mu kugondera enkozesa y'eddagala buli lw'omusisinkana. Okwekubiriza kwo mu nteekateeka y'enzijjanjaba kikulu nnyo. Abalwadde abakozesa eddagala mu ngeri entuufu ebalagiddwa obujjanjabi bubakolera ne babeera bulungi.
- Obwanjulukufu eri omwagalwa wo we bukoma.

Nga tonnatandika kukozeza ddagala liweeweza Mukenenya, waliwo emitendera egiwerako gy'olina okuyitamu okukuyambako okugondera enkozesa y'eddagala entuufu.

- Yogerako n'omusawo wo ku kika ky'eddagala ly'ogenda okukozesa.
- Wandika olupapula olulaga enteekateeka yo ku bujjanjabi ng'olaga buli kika kya ddagala, biseera kin a bipimo ki by'olina okukozesa; era n'okulaga oba lirina kukozezebwa oluvannyuma lw'okukozesa eddagala eddala oba nga terinnakozesebwa.
- Okutegeera obukulu bw'okugondera enkozesa y'eddagala entuufu.
- Beera wa mazima ku bikwata ku biyinda okukulemesa okugondera enkozesa y'eddagala entuufu. Okugondera enkozesa y'eddagala entuufu kitera okukalubirira abantu abakozesa ebiragalalagala oba okunya ennyo omwenge, amaka agayuugayuuga, endwadde z'okutabuka omutwe, oba okusomoozebwa mu bulamu okulala kwonna.
- Lowooza ku "kwegezaamu". Weegezeemu ku nkozesa y'ebika by'eddagala ng'okozesa eddagala ly'ekiriisa kya Vitamin. Kino kijja kukuyamba okumanya nga bukyaali, 'ddoozi' ya bika bya ddagali ki eyinza okukubeerera enzibu okugondera.
- Kola enteekateeka enaakukolera obulungi. Abantu abasinga bakisinga nga kyangu okukwataganya ebintu ebikulu bye bakola buli lunaku n'ebiseera by'okukozesa

eddagala. Abantu abateekateeka enkozesa y'eddagala ng'etambulira ku bintu bye bakola buli lunaku baanguyirwa nnyo okugondera enkozesa y'eddagala okusinga abatakoze kino.

Nsobola ntya okugondera enkozesa y'eddagala nga mmaze okutandika okulikozesa?

- Eddagala limire mu kiseera kyekimu mu buli lunaku.
- Ku buli ntandikwa ya wiiki eddagala erimalako ennaku omusanvu liteeke mu kabokisi kamu mw'oba oliggya okulikozesa
- Kozesa ebide mu ssaawa oba mu ssimu okukujjukiza okumira eddagala mu kiseera mw'oteekeddwa okulimirira.
- Eddagala liteeke mu kifo w'onaalikozesereza. Oyinza n'okwetaaga okubeerako n'eddagala ery'okwekumisa n'olissa ku mulimu oba mu nsawo gy'otambula nayo.
- Beera n'akatabo akayitibwa 'diary' mw'owandiika ensengeka y'enkozesa y'eddagala lyo. Wandika ebika by'eddagala lyo mu katabo kano era ogende ng'ogolola akabokisi ku ddagala ly'oba omaze okukozesa olunaku olwo.
- Wiiiikendi n'empummula ezikyusakyusa mu bintu by'otera okukola bulijjo, zeetegekere bulungi omanywe kw'onajjukirira.
- Zimba emikwano n'abantu mu maka wamu ne ku mulimu abanaakuyamba okukujjukiza okumira/okunywa eddagala. Abantu abamu bakisanga nga kyangu okuyingira ebibiina ebigatta abalina akawuka ka Mukenenya okusobola okuyambagana.
- Londoola bulungi enkozesa y'eddagala lireme kuggwaawo nga totegedde. Tuukirira omusawo wo bwe kiba ng'eddagala erisigaddewo teriikituuse ku lunaku luddako lw'osuubira okulabirako omusawo.
- Togabana ddagala lyo na muntu mulala

Nkole ntya bwemba nnina obuzibu mu kugondera enkozesa y'ebika by'eddagala lyange?

- Kikulu nnyo okutegeeza omusawo wo nga bukyali, ku buzibu bw'olina n'enteekateeka y'enkozesa y'eddagala lyo.
- Bw'oba ofuna ebizibu ebiva mu kukozeza y'eddagala, 'ddoozi' y'eddagala eyinza okuba nga yeetaaga okukyusibwamu oba okukyusa ebika by'eddagala ly'okozesa. Okwosa mu nkozesa y'eddagala kayinza okubeera akabonero akalaga nti enteekateeka y'obujjanjabi gye wakola gy'olina okugoberera nzibu oba tessika mu nkola gyoli.
- Omusawo wo mutegeeze buli kibeerawo abeere ng'amanyi buli kintu ku nzijjanjaba kikuyambe okufuna ekisinga obulungi mu bika by'eddagala era n'okutemera empenda endala ezisoboka singa obeera okaluubiriddwa nnyo.
- Weegatte ku bibiina by'okuyambagana n'abantu be mufaananya embeera.
- Yogerako n'omukugu mu kubudaabuda abantu/ alina obukugu obwetaagisa okukola ku bantu.

Kiki ekikolebwa singa oyosa mu 'ddoozi' y'enkozesa y'eddagala?

Oweebwa amagezi okole bino wammanga singa oyosa mu nkozesa y'eddagala olw'ensonga ezitali zimu:

- Tomira 'ddoozi' bbiri ng'ogezaako okusasulira ekiseera kye wayosezza nga tomize.
- Singa ojjudira 'ddoozi' gy'obadde weerabidde okumira ng'ebula essaawa 3 okutuuka ku kiseera mw'olina okumirira eddagala eriddako, 'ddoozi' gy'obadde tomize gimire.
- Bw'oba oyosezza ne wayita essaawa ezisukka mu 3, Linda 'ddoozi' eddako gy'oba omira.

AKAFUBA NE MUKENENYA

Akafuba (TB) bwe bulwadde obuleetebwa obuwuka obuyitibwa *Mycobacterium* (my-ko-bak-TEER-I-um) *tuberculosis*. Akafuba ebiseera ebisinga kakosa mawuggwe, kyokka obuwuka bw'akafuba busobola okukosa ekitundu ky'omubiri kyonna. Akafuba kasobola okukonera mu mubiri (akakonye/ latent) oba okubeera n'akawuka k'Akafuba ak'obulabe (active), kyokka bwe kakoneramu kitegeeza olina obuwuka bw'Akafuba tebusobola kukuleetera kulwala. Bw'obeera n'obuwuka bw'Akafuba obwakonera mu mubiri, tojja kufuna bubonero bulaga nti olina akafuba era obeera tosobola kubusiiga muntu mulala. Kyokka abaserikale abalwanyisa endwadde mu mubiri bwe banafuwa ennyo nga tebukyasobola kuziyiza buwuka bwa TB kuzaala, busobola okwala era ne busumulukuka ne bufuuka obw'obulabe. Ku muntu ng'amaanyi g'abaserikale abalwanyisa endwadde mu mubiri gamaze okunafuyizibwa akawuka ka Mukenenya, 'emikisa' gy'okukwatibwa Akafuba nagyo gibeera mingi.

Obulwadde bw'Akafuba busaasaana butya?

Akafuba kava ku muntu omu ne kakwata omulala nga kayitira mu mpewo. Omuntu alina obulwadde bw'Akafuba mu mawuggwe akolola, anyiza oba okuyimba, obuwuka bw'Akafuba busobola okugenda mu mpewo. Omuntu omulala bw'assa omukka guno ogulimu obuwuka buno, naye asobola okufuna Akafuba. Abantu abalina akawuka batera okukasiiga bannaabwe be batera okubeera nabo buli lunaku, ng'ab'omu maka gaabwe, mikwano gyabwe, oba bakozi banne. Tosobola kukwatibwa Kafuba olw'okukwata omuntu mu ngalo, okutuula ku kaabuyonjo, oba okukozesa amasowaani, ebijiiko oba wuuma ebikozeseddwa alina Akafuba. Bw'oba oliraana nnyo omuntu alina akawuka k'Akafuba ak'obulabe, tuukirira omusawo wo omusabe akuyambeko ofune obujjanjabi, ne bw'obeera ng'okukeberwa okw'oku lususu kulaga nti tolina Kafuba.

Mmanya ntya nti nnina akawuka k'Akafuba ak'obulabe?

Obubonero kw'Akafuba businziira ku kitundu ky'omubiri Akafuba kye kakutte we kakulira. Obuwuka bw'Akafuba ebiseera ebisinga bukulira mu mawuggwe. Akafuba mu mawuggwe kasobola okuvaako bino:

- Ekifuba eky'omutawaana ekikumalako ebbanga erisukka mu wiiki essatu
- Okulumizibwa mu kifuba
- Okukolola omusaayi oba ekikolondolwa ekiviira ddala mu mawuggwe

Obubonero obulala kuliko:

- Okubulwa amaanyi n'obuteewulira bulungi mu mubiri
- Obuzito okukendeera
- Obutayagala kulya
- Empewo okukuyitamu (okuwulira oluwewowewo)
- Olusujjasujja
- Okutuuyana ekiro

Enkolagana wakati w'Akafuba ne Mukenenya

Akafuba akakonedde mu mubiri kyangu okwanya ne kafuuka ak'obulabe ku muntu alina akawuka ka Mukenenya. Kino kibeerawo kubanga akawuka ka Mukenenya kanafuya abaserikale b'omu mubiri abalwanyisa endwadde ne kikaluubiriza omubiri okulwanyisa endwadde ng'Akafuba. Omuntu bw'abeera n'akawuka ka Mukenenya, kikulu okwekebeza okuzuula oba alina Akafuba kimusobozese okufuna obujjanjabi amangu ddala. Bw'obeera mukyala omuzadde ng'olina akawuka ka Mukenenya era ng'omwana wamuzaala omaze kufuna kawuka, omwana wo oyo mutwale akeberebwe Akafuba ng'ali wakati w'emyezi 9 okutuuka ku 12 egy'obukulu.

Akafuba kasobola okujjanjabwa ne kawona! Eddagala erikozesebwa okujjanjaba Akafuba likola bulungi mu balina akawuka ka Mukenya mu ngeri yeemu gye kakolamu ku batalina Mukenenya. Waliwo eddagala ery'enjawulo eriwerako erikozesebwa mu kujjanjaba Akafuba akafuuse ak'obulabe. Ojja kwetaaga okukozesa ebika by'eddagala ebisukka mu kimu okumala emyezi egiwerako. Obubonero bw'obulwadde buno busobola okuwona mu wiiki ntono ng'otandise okukozesa eddagala. *Obuwuka bw'Akafuba bufa mpolampola, n'olwekyo weetaaga okugenda mu maaso n'okukozesa eddagala nga bw'oba olagiddwa omusawo wo oba ng'omujjanjabi (nnansi) bw'aba akugambye (ekipimo ekituufu mu kiseera ekituufu okumala ebbanga ettuufu)*

Era kikulu okumanya nti Akafuba bulwadde obukwata. Bw'oba olina Akafuba k'omu mawuggwe oba mu mumiro, kisoboka okukasiiga abantu abalala. Oyinza okwetaaga okusigala awaka nga togenda ku mulimu oba ku ssomero oba ku bintu ebirala bye weenyigiramu okumala wiiki entonotono okutuusa eddagala eriba likuweereddwa lwe liggwaawo. Bw'omala okukozesa eddagala lino okumala wiiki entonotono kiyinza okuba nga tekikyasoboka kusiiga bantu balala bulwadde bw'Akafuba, kyokka weetaaga okugenda mu maaso n'okukozesa eddagala lyo okumala emyezi egiri wakati wa 6 ne 9 okuwonera ddala. Omusawo wo oba omujjanjabi waakukubuulira ddi lw'oyinza okudda ku mulimu oba ku ssomero oba ku bintu ebirala bye weenyigiramu. Eddagala teriteekeddwa kukunafuya mu mubiri, amaanyi go mu by'okwegatta, oba amaanyi ku mulimu gy'okolera. Okukozesa eddagala ng'omusawo bw'akulagidde kijja kukuyamba obutaddamu kulwala Kafuba.

Obwetaavu bw'okumanya Ebibuuzo wamu n'Ebyokuddamu ku Kafuba:	
1. Kinteeke mu buzibu obunene obw'okukwatibwa Akafuba olw'okuba nnina akawuka ka Mukenenya?	Yee. Akafuba akakonye kyangu nnyo okufuuka ak'omutawaana ku muntu alina akawuka ka Mukenenya. Kubanga akawuka ka Mukenenya kanafuya obuwuka obulwanyisa endwadde mu mubiri ne kikalubiriza omubiri okulwanyisa endwadde ng' Akafuba. Oteekeddwa okwekebezang'okolagana n'omusawo wo. Weekebeze
2. Olwokuba nnina akawuka ka Mukenenya, kinkakatako okwekebeza Akafuba?	Yee. Bw'oba tobadde na Kafuba oba ebivudde mu kwekebeza okw'olususu ebiraga nti okalina, weekebeze 'tuberculin skin test', oba TST ku ddwaaliro erikuliraanye oba ew'omusawo wo.
3. Ndi mu kukozeza ddagala erirwanyisa Mukenenya. Nsobola okukozeza n'erijanjaba Akafuba?	Yee. Eddagala ly' Akafuba n'eryo eriweweeza ku Mukenenya biyinja okukuubagana. Omusawo wo ajja kusalawo bika ki eby'eddagala erinaakukolera obulungi ku ndwadde zombi.
4. Bwemba nnina Akafuba akamaze okufuuka ak'omutawaana, kasobola okujanjaba ne kawona?	Yee. Eddagala erijanjaba Akafuba likola bulungi mu balina akawuka ka Mukenyanya mu ngeri yeemu gye likola ku batakalina.
5. Akafuba akatawulira ddagala (drug-resistant TB) kye ki?	Yee. Eddagala erimu bwe liremwa okutta obuwuka bw' Akafuba, olwo Akafuba ako kayitibwa "drug-resistant" (akatawulira ddagala). Obuwuka bw' Akafuba buguba singa abalwadde tebakozesa ddagala mu kiseera kyalyo ekituufu mu bipimo ebituufu era mu bbanga ettuufu. Goberera amagezi agakuweebwa omusawo wo ng'okozesa ddagala. Ebika by'eddagala ebibiri ebisinga obulungi ebijanjaba Akafuba (isoniazid ne rifampin) bwe biremwa okutta obuwuka bw' Akafuba olwo Akafuba kayitibwa "multidrug-resistant" TB (MDR TB). Abantu abalina Akafuba akatawulira ddagala basobola okukasiiga abantu abalala.
6. Nsobola okusiiga abantu abalala obulwadde bw' Akafuba?	Yee. Bw'oba olina Akafuba mu mawuggwe oba emimiro, osobola okukasiiga abantu abalala. Kiyinza okukwetaagisa okusigala awaka n'otagenda ku mulimu, ku ssomero oba ku kintu ekirala okumala wiiki entonotono okutuusa ng'omazeewo ddagala.

EBINTU EBIKULU BY'OLINA OKWETEGEREZA KU NZIJJANJABA Y'AKAWUKA KA MUKENENYA NE SIRIIMU:

1. Eddagala eriweweza ku Mukenenya (ART) likozesebwa obulamu bwo bwonna era lyetaaga okufaayo mu nkola ey'obuvunaanyizibwa n'endabirira ennungi.
2. Okugondera eddagali (ART) ebitundu 95 % oba okusingawo bye byetaagisa okuziyiza eddagala obutasoba ekivaako eddagala okulemwa okukukolera ky'obadde olisuubiramu.
3. Eddagala lino (ART) liyinza okwongera ku miwendo mu mirundi gye weekebeza n'okubudaabudibwa omukugu, ekivaako okwongera ku mikisa gy'okuziyiza Mukenenya okusaasaana.

Okuboola n'Okusosola kye ki?

Okuboola n'okusosola kitegeeza endowooza enkyamu, erimu kyekubiira, okuvvoola n'okuyisa obubi abantu abalina akawuka ka Mukenenya (PLHIV). Bisobola okuvaako abantu b'omu maka okukwewala, banywanyi bo n'abantu mu kitundu, okukuyisa obubi mu malwaliro n'amasomero, okuggibwako eddembe ly'obuntu, okukosebwa mu by'obwongo; era kiyinza okukosa kaweeefube w'okuziyiza, okwekebeza wamu n'okujjanjaba.

Okuboola tekikoma ku kukaluubiriza mbeera y'abantu ababa bagezaako okutambuza obulamu wadde nga bakizudde nti balina akawuka ka Mukenenya, wabula kigootaanya ne kaweeefube w'okulwanyisa nnawookeera wa Siriimu okutwalira awamu. Ku muntu ssekinnoomu, okuboola kumalamu omuntu amaanyi agagenda okwekebeza, okufuna obujjanjabi n'okubudaabudibwa. Ekiva mu kuggwaamu amaanyi olw'okuboolebwa obutajjumbira kwekebeza kawuka ka Mukenenya, okubudaabudibwa, okwekebejjebwa, okulabirirwa, okujjanjabwa n'obubaka ku kuziyiza Mukenenya kukyuka okusenziira ku mbeera z'ebitundu omuntu mw'abeera, era okuboolebwa bwe kubeerawo kussaawo embeera abantu mwe bayinza okusalirawo okwewala ebintu byonna ebyekuusa ku Siriimu ebyandibayambye.

Ssaabawandiisi w'ekibiina ky'amawanga amagatte (UN) Ban Ki Moon agamba:

“Okuboola gukyasigadde nga gwe muziziko omunene ogukyalemesezza abantu bonna okutunuulira ekizibu kya Siriimu ng'ekibakwatako bonna awamu. Eno y'ensonga enkulu eviirako abantu abangi ennyo batya okugenda okulaba omusawo okuzuula oba balina akawuka oba okufuna obujjanjabi we kibeera kyetaagisiza. Kino kiyamba obulwadde bwa Siriimu okusigala nga butta abantu mu kasirise, kubanga abantu batya okusongamu ennwe nga bakyogerako, oba okugoberera okulabulwa n'ebigobererwa ebinyinza okubayamba. Okuboola y'ensonga enkulu evaako nnawookeera wa Siriimu okugenda mu maaso n'okusaanyaawo ebitundu okwetoolola ensi.”

Ebika by'Okuboola

Ku bantu abalina akawuka ka Mukenenya (PLHIV) n'abantu b'omu maka gaabwe, okuboola kuyinza okubeera munda oba okw'ebweru. Okuboola kitegeeza embeera “y'okutyoboola okusukkiridde” okukolebwa ku muntu ne yeeraba ng'atakyagya mu banne.

Okuboola okw'omunda: kusobola okuwulirwa munda mu ggwe, okukulowooza oba okukuteebereza, oba okweboola ggwe kennyini ekitegeeza *okuwulira ng'aswala mu banno olw'okubeera n'akawuka ka Mukenenya ne Siriimu ng'otya okusosolwa olw'okubeera omulwadde*. Kiva ku kulowooza nnyo ku buswavu n'obuyingiza mu bwongo, okwenenya, obutabeera na ssuubi, okuwulira ng'asingiddwa omusango, n'okutya okusosolwa olw'okubeera n'akawuka ka Mukenenya. Kino kisobola okukalubiriza abakulabirira, kubanga nabo basobola okuyingiza mu bwongo eky'okuwulira ng'abaswadde, abasingiddwa omusango, oba okutya.

Okuboola okw'omunda kusobola okubeera okw'obulabe ennyo ku kaweefube w'okuziyiza Mukenenya, okujjanjaba n'okubudaabuda. Eky'okulabirako, omukyala omuzadde alina akawuka ka Mukenenya mu Uganda agenda mu maaso n'okuyonsa omwana we kubanga eky'obutamuyonsa kiyinza okuleetera abantu mu kika n'ekitundu mw'abeera okutandika okumuteebereza nti alina Siriimu. Eky'okulabirako ekirala abaagalana ababiri mu Uganda, nga bombi balina akawuka ka Mukenenya nga bombi batya okwogera ekyo kye bali, balwawo okukola enteekateeka zaabwe ez'omu maaso ez'okubudaabudibwa n'engeri y'okuyambamu abaana baabwe. Okufaananako n'okuboola okw'ebweru, okuboola okw'omunda kumenyaamenya amaka n'ebitundu abantu mwe babeera.

Okuboola okw'ebweru (Okusosola) oba “okuboola okulukiddwa” kitegeeza engeri yonna essaawo enjawulo engenderere wakati w'abantu abalina akawuka ka Mukenenya oba abateeberezebwa okubeera nako okuva ku bantu abatakalina. Embeera eno eviira ddala mu kutya n'okusalawo ku njawulo, evaako okunenya, okwesuula ebbanga n'okusosola. Abeera kaweefube w'okugezaako okutumbula enneeyisa mu kitundu kyokka mu ngeri embi ennyo emaliriza emenyeemenye ebitundu abantu mwe babeera.

Weegendereze kino nti okuboola okw'omunda kulina akakwate kanene n'okuboola okw'ebweru, kubanga okutya okusalawo oba okusosolwa mu banno kusalawo kinene ku muntu alina akawuka ka Mukenenya engeri gy'aneetwalamu n'okusigala ng'atambuza obulamu wadde alina akawuka. Okukkiriza embeera omuntu gy'alimu, okugitegeezaako abantu abalala, okubudaabudibwa n'okwegattira mu bibiina ne banne by'ebimu ku bintu eby'omugaso ennyo mu kuyamba omuntu alina akawuka okwang'anga okuboola okw'omunda n'okuboolebwa okw'ebweru.

Ebiva mu kuboola n'okusosolwa

Ebizibu ebiva mu kuboolebwa n'okusosolwa olw'okubeera n'akawuka ka Mukenenya biwulirwa ku mitendera egy'enjawulo: ku muntu ssekinnoomu, ku maka, mu kitundu

mw'obeera, ebibiina ebigatta abantu, n'ekitundu mw'okwataganira n'abantu abalala. Bireetawo ebizibu bino wammanga:

- Okuziyiza abantu okwekebeza;
- Okuziyiza abantu okukkiriza nti bbo oba ab'omu maka gaabwe balina akawuka ka Mukenenya;
- Okulemesa abantu okugenda okufuna okubudaabudibwa, okuyambibwa n'okufuna obujjanjabi;
- Kiviirako abantu okuwabya abalala;
- Okulemesa abantu okweyambisa enkola eziziyiza okusiiga abaagalwa baabwe akawuka;
- Okulemesa enteekateeka z'okufuna okubudaabudibwa n'okujjanjabwa okutuukana n'omutindo;
- Obutenkanankana mu bantu mu kitundu okweyongera okukula;
- Kikosa abantu abalina akawuka ka Mukenenya mu kufuna we basula, okusoma, okufuna emirimu n'okutambula;
- Kikosa omutindo gw'obulamu bw'abalina akawuka ka Mukenenya; era,
- Kyongera okuggumiza obutali bwenkanya obubeera mu bitundu abantu mwe bali.
- Okutyoboola eddembe ly'obuntu.

EKITUNDU V**OKUBUDAABUDIBWA
N'OKUYAMBIBWA MU MBEERA
EZAABULIJJO**

Ebyetaago Ebikulu: Okusoma, Amazzi amayonjo, Aw'okusula, Eby'obulamu, Emmere, engoye, Obutebenkevu, Endabirira ennungi **Okulabirirwa kw'Eka ku Muntu alina Akawuka ka Mukenenya ne Siriimu: Amaanyi g'Ebitundu mwe Tubeera**

Okuyambibwa okw'omu bwongo (Psychosocial support)

Okuyambibwa okw'omu bitundu mwe tubeera (Community Based care)

Okubudaabudibwa kw'Okuweweeza (Palliative care)

Abayambi Abatutuukako mu Bitundu mwe Tubeera (Community Support Agents)

Emigaso gy'okubudaabudibwa n'Okuyambibwa

Abantu ababeera n'akawuka ka Mukenya (PLHIV) balina engeri nyingi gye bayinza okubudaabudibwamu n'obuyambi bwe beetaaga. Muno mulimu obuyambi obw'ebw'obwongo wamu n'obujjanjabi ku “ndwadde zinnakigwanyizi” (endwadde ezeeyambisa omukisa gw'akawuka okunafuya abaserikale abakuuma omubiri olwo zzo ne zeenyigawo). Akawuka ka Mukenenya bwe katuuka ku mutendera gw'okuteeka obulamu bw'omuntu mu katyabaga, omuntu oyo abeera yeetaaga okukozesa eddagala eriweeweza ku Siriimu.

Okufuna okubudaabudibwa n'okuyambibwa kiyambako mu kuziyiza akawuka ka Mukenenya okusaasaana. Okubudaabudibwa kuyambako okuleeta obuvumu bw'okukkiriza okwekebeza n'okuweebwa amagezi nga weesiimide (VCT). Kiwa omukisa okukubaganya ebirowoozo n'omuntu alina akawuka n'oyo amulabirira ku ngeri y'okutangiramu akawuka okusaasaana, n'okuwa abantu abo obuwigizi okutuukiriza bye baba basazeewo, eky'okulabirako, okubayambako okutumbula engeri y'okuyambamu abaagalwa baabwe oba ku ngeri y'okufunamu obujjanjabi okuziyiza akawuka ka Mukenenya okuva ku maama ne kakwata omwana gw'azadde.

Okubudaabuda n'okuyamba abantu abalina akawuka ka Mukenenya ne Siriimu kuyambako mu kukendeeza emikisa gy'okusaasaanya endwadde ezitambulira awamu ne Siriimu - naddala Akafuba (TB) n'endwadde z'ekikaba – nga zikeberwa mangu era ne zijjanjabwa nga bukyali. Ng'oyita mu kubudaabudibwa okw'obwesimbu ku muntu alina akawuka ka Mukenenya, abamulabirira bavvunuka ekizibu ky'okutya ab'ekitundu engeri gye batwalamu eky'okukwatibwa akawuka ka Mukenenya n'okukendeeza okuboola n'okusosolwa.

Waliwo emigaso mingi egyekuusa ku mbeera z'abantu n'ebyenfuna egiri mu kubudaabudibwa n'okuyamba abantu abalina akawuka ka Mukenenya ne Siriimu, eri amaka gaabwe ne ku mirimu gye bakolera, kw'ossa n'ekitundu kyonna mw'abeera:

Abantu abalina akawuka ka Mukenenya ne Siriimu bwe bayambibwa okubeera nga balamu okumala ebbanga eddene ng'obulamu bwabwe bweyagala, okulumwa n'okuboyaana, okufiirwa ensimbi n'obwetaavu bw'okulabirirwa bwongezebwayo mu maaso. Ekifo w'akolera n'ebyenfuna biganyulwamu olw'okusigaza omuntu oyo ku mulimu ng'akola. Okubudaabudibwa n'okuyamba omuntu alina akawuka ka Mukenenya ne Siriimu bizimba obuvumu mu muntu wamu n'essuubi: omutindo gw'obulamu bwe gweyongera eri abantu abalina akawuka ka Mukenenya ne Siriimu, essuubi lya kweyongera ekiganyula omuntu oyo ssekinnoomu, amakaage n'ekitundu mw'abeera okutwalira awamu.

Okubudaabuda n'Okuyamba kye ki?

Okubudaabuda ku nsonga za Mukenenya tekigenderera kuyamba abo bokka ababeera n'akawuka ka Mukenenya (PLHIV), wabula n'okuyamba abo abakosebwa olw'omuntu alina akawuka ka Mukenenya omuli ab'omu makaage, ab'emikwano, abaana n'abo abamulabirira n'okumuyamba mu kitundu mw'abeera. Okubudaabudibwa n'Okuyambibwa mulimu bino wammanga:

1. Okuyambibwa mu by'Obwongo : mulimu

Okubudaabudibwa n'okuweebwa amagezi,
engeri y'okukwatamu embeera ez'enjawulo n'ebyomwoyo (byonna bigwa mu ttuluba lya buyambi obuweezeza);
okukendeeza ku kuboolebwa n'okusosolwa;
okutambuza obulamu wadde olina akawuka.

2. Obuyambi bw'Obujjanjabi:

okwekebeza;
okuziyiza n'okujjanjaba endwadde zinnakigwanyizi omuli Akafuba (TB);
okuziyiza obubonero n'okuziyiza obulumi wamu n'okubudaabudibwa okw'obujjanjabi okugondera enkozesa y'eddagala n'okuwa amawulire agakwata; (byonna bigwa mu ttuluba lya buyambi obuweezeza);
eddagala ery'ekika ekirala/eddagala ly'ekinnansi.

3. Obuyambi bw'embeera z'abantu n'ebyenfuna: mulimu;

Okuyambibwa ku mbeera z'abantu (ng'obusiimo, obujjanjabi obw'obwereere oba obuteereddwaako akabega n'ebisale by'essomero, obuyambi eri abaana n'abalema);
Obuyambi bw'ebyenfuna (okugeza emisaala, okuweezeza ensimbi, obuyambi bw'ensimbi, n'okuyambako mu kufiirwa n'ennyimbe);
Okwongera ku nnyingiza n'emikisa gy'okufuna emirimu;
Enkola ezigobererwa ku mulimu n'enteekateeka ze bassaaawo;
Okuzimba obusobozi bw'abantu okulwanirira n'okwogera ku nsonga za Mukenenya;
Emmere n'okuyambako mu ndya ennungi wamu n'ebikozesebwa mu by'obulimi ebiri ku mutindo;

4. Obuwagizi ku Ddembe ly'Obuntu n'ebyamateeka: mulimu

Okuyambibwa mu by'amateeka, obuyambi n'ebyamawulire,
Amateeka ageekuusa ku ddembe ly'obuntu (omuli okuziyizibwa okuva ku butabanguko n'okusosolwa, ettaka, eby'obusika, eddembe ku by'obugagga, n'amateeka g'obukozi);

Okuteekateeka eby'obusika;
Okumanyisibwa ku ddembe ly'obuntu wamu
N'okutendekebwa ku kulwanirira ku nsonga za Mukenenya.

5. Obuwagizi mu maka n'Ekitundu omuntu mw'abeera:

Okuteekateeka omuntu mu by'obwongo mu mbeera z'abantu (omuli obuwagizi mu kukungubaga) wamu n'obujjanjabi (byonna bigwa mu ttuluba lya buyambi obuweweeza); Obuwagizi ku mbeera z'abantu n'ebyenfuna wamu n'okuyambibwa mu by'amateeka (omuli n'amawulire agakwata ku kuziyiza Mukenenya) ku maka, abalabirira n'abaana abalina oba abakoseddwa Siriimu.

Okubudaabudibwa kw'Okuweweeza

Okubudaabudibwa kw'okuweweeza y'enkola etumbula obulamu bw'omulwadde n'abomu makaage okwang'anga ebizibu ebyekuusa ku bulwadde obussa obulamu mu katyabaga, ng'eyita mu kuziyiza n'okuweweeza obulumi ng'ozuula mangu obuzibu n'okubwekebejja obulungi n'okujjanjaba obulumi n'ebizibu ebirala, eby'omubiri, eby'obwongo n'ebiy'omwoyo. Okubudaabuda kw'okuweweeza kulimu bino:

- Okukkakkanya obulumi n'obubonero bw'obulwadde obulala obuyongobeza omuntu;
- Okugumya obulamu era okufa ne kikufuula okujja nga bwe kubeera ne ku ndwadde endala zonna ezaabulijjo;
- Tekigenderera kwanguya oba okulwisaawo okufa;
- Kigatta embeera ezeekuusa ku by'obwongo n'ebyomwoyo mu mbudaabuda y'omulwadde;
- Kiwa obuwagizi obuyamba omulwadde okusigala ng'akola bulungi emirimu gye nga mulamu okutuusa okufa;
- Okuwa obuwagizi eri amaka okugayamba okumanyiira embeera z'omulwadde wamu n'okuguma mu kiseera ky'okukungubaga;
- Kikozesa enkola y'okukwataganira awamu okukola ku byetaago by'abalwadde n'amaka gaabwe omuli okubudaabuda abali mu kukungubaga bwe baba banokoddwaayo;
- Okutumbula omutindo gw'obulamu era kiyamba n'okussuusa omulwadde;
- Kikola ng'obulwadde bukyaali nga kigattiddwa n'ebika by'eddagala ebigenderera okuyamba okuwangaaza omuntu, nga chemotherapy aba radiation era kizingiramu okunoonyereza okwetaagisa okuzuula n'okutegeera engeri y'okukwatamu obulamu obuteeyagala n'obuzibu bw'obujjanjabi.

Okubudaabuda n'ensonga z'obuyambi wamu n'obwetaavu bw'okubeera n'abakola ogw'okubudaabuda abasookerwako:

Ensonga

Amaka oba n'abakola ogw'okulabirira mu maka ebiseera ebisinga bafuna obuzibu obususse obwekuusa ku by'obwongo ne babulwako emirembe oluvannyuma lw'okuviibwako abantu be babadde balabirira nga balina akawuka ka Mukenenya. Abantu abasinga

okulabirira abalwadde batera kubeera bakadde abalabirira abaana baabwe abakulu awaka. Tebakoma ku kya kufuba kugumira kufa kwa mwana waabwe, wabula baba balina n’okugumya bamulekwa era bazzukulu baabwe babawanirire mu mbeera zonna. Oluusi abalabirira abalwadde ba Mukenenya nabo basobola okuboolebwa mu bitundu abantu gye batategeera ngeri kawuka gye kasaasaanyizibwamu nga balowooza nti mu kulabirira omulwadde, n’ono eyali amulabirira yakwatibwa akawuka ate nga kikyamu.

Ebyetaago

Okuyambibwa n’okubudaabudibwa mu by’obwongo mu ngeri ey’okuweebwa amagezi n’okugumya, ebibiina omwegattira abantu bikulu nnyo mu kubudaabudibwa okusookerwako.

Okuyamba ab’amaka abali mu kwekubagiza mu kiseera ng’omulwadde wa Siriimu afudde oba nga tannafa bikulu nnyo mu okubategeka okuguma mu nnaku gye baba balimu n’okumanya engeri gye banaatwalamu obulamu mu maaso oluvannyuma lw’omwagalwa waabwe okubava ku maaso.

Obuyambi n’okubudaabuda abaana abakoseddwa Siriimu kwe beetaaga:

Mu Uganda embeera ezaabulijjo n’ezebyenfuna mu baana (abato okuva okuzaalibwa okutuuka ku myaka 18) zikyuka okusinziira ku byetaago by’omwana ssekinnoomu nga bitambulira ku njawulo mu myaka, ekikula kyabwe (bawala oba balenzi), gye babeera, oba balina emmere emala, oba balina ayinza okubalabirira, oba balina obusobozi okugenda mu ssomero n’ebirala.

Abaana bonna beetaaga okubalaga omukwano n’okubudaabudibwa okutasalako, era abaana abato ennyo balina ebyetaago eby’ensusso omuli endiisa ey’enjawulo n’embeera emwetooolodde emucamula. Okulabirirwa n’okuyambibwa okujjuvu kukulu nnyo kyokka oluusi kubeeramu okusoomoozebwa kungi mu kukutuukiriza ku bamulekwa abasinga nga be basigaddewo okuddukanya amaka.

Okubudaabudibwa okujjuvu

Okubudaabudibwa okujjuvu n’okuyambibwa kulimu emirimu mingi okugonjoola ebizibu by’obujjanjabi bw’omuntu alina akawuka ka Mukenenya, mu bintu ebikalu n’embeera ezaabulijjo era n’okumutaasa ku kusosolwa n’abantu okumwesamba. Muno muyinza okuzingirwamu bino:

- Okuweebwa obujjanjabi obutuufu ku ndwadde ezeekuusa ku Mukenenya- abantu balina okumanyisibwa ku bujjanjabi obuli mu bitundu byabwe era nga n’abagabi b’obujjanjabi bwe bafuba okutuusa obujjajjaji buno mu bitundu abantu gye babwetaaga.
- Okwekebeza okutali kwa buwaze n’okubudaabudibwa wamu n’okuweebwa amagezi (VCT) mu bwesimbu era mu kyama ntandikwa nkulu ku kuziyiza wamu n’okujjanjaba obulwadde bwa Mukenenya;
- Obwanjulukufu, okukkiriza n’okuyambibwa mu mbeera emwetooolodde ku bakozi ababeera bategeezizza bakama baabwe nti balina akawuka ka Mukenenya era

- n'okumuwa obuyambi mu by'amateeka aleme kusosolwa;
- Okuyambibwa mu mbeera eza bulijjo wamu n'okubudaabudibwa ku bantu ssekinnoomu abeekebezza ne bazuula nti balina akawuka ka Mukenenya wamu n'ab'omu maka gaabwe;
 - Eby'ensula ebisaamusaamu – okukola enkyukakyuka mu mirimu egimuweebwa ku mulimu oba embeera gy'akoleramu (omuli essaawa z'akolera n'empummula z'afuna) okulaba ng'omukozi alina akawuka ka Mukenenya agenda mu maaso ng'ali ku mulimu;
 - Enkola y'okutegeka amaka (kizaalaggumba);
 - Enteekateeka ezitumbula eby'obulamu ebirungi omuli n'endiisa ennungi bwe kiba kisoboka;
 - Obuwagizi mu by'ensimbi, okutendekebwa oba okwenyigira mu mirimu egivaamu ensimbi ku bantu abafirwa emirimu olw'okubeera n'akawuka ka Mukenenya, wamu n'ab'omu makaage;
 - Okuwagirwa enkola ezimuyamba mu biseera eby'omu maaso, omuli okufuna akasiimo akaweebwayo mu nteekateeka za gavumenti oba ez'omukozesa;
 - Okumanyisibwa n'okuyigirizibwa ku kawuka ka Mukenenya ne Siriimu ku kubudaabudibwa n'okuziyiza akawuka okusaasaanyizibwa mu balabirira alina akawuka mu b'omu makaage;
 - Okubudaabuda n'okuyamba abantu b'omu maka ababa bafiriddwa omuntu abadde abayimirizzaawo mu by'ensimbi.

EKITUNDU VI OKUBEERA MU BULAMU OBWENYUMIRIZIBWAMU WADDE OLINA AKAWUKA KA MUKENENYA NE SIRIIMU

Okubeera mu bulamu obwenyumirizibwamu kitegeeza ki?

Okusalawo mu ngeri entuufu eyamba okubeera mu mbeera y'ebiyobulamu ennungi
Okubeerawo nga bwe wandibaddewo mu mbeera eya bulijjo
Okufaayo okulabirira embeera z'omuntu mu by'omwoyo n'ebiyobwongo nga byonna biri
mu mbeera y'ebiyobulamu ennungi
Omuntu alina akawuka ka Mukenya oba Siriimu okusigala ng'akola ebintu eby'omugaso
mu bulamu

Ebintu ebiyamba okubeera mu bulamu obwenyumirizibwamu wadde olina akawuka ka Mukenya oba Siriimu

- Okubeera n'essubi ly'ebiseera ebiriwo n'ebiy'omu maaso
- Okukkiriza ebivudde mu kwekebeza akawuka ebiraga nti okalina
- Okulaga omwagalwa wo ebivudde mu kwekebeza ebiraga nti olina akawuka ka Mukenya n'okukitegeezaako abaana, mikwano gyo, abooluganda, baliranwa, abakulembeze mu ddiini, abakola ogw'okubudaabuda, mikwano gyo mu ssomero, mikwano gyo ku mulimu, abakola ku by'obulamu n'abalala.
- Okusonyiwa gw'olowooza eyakuviirako okufuna akawuka mukifokya okumunyenya
- Okufuna okumanyisibwa ku nsonga ezikwata ku kawuka ka Mukenya ne Siriimu
- Okufuna obujjanjabi, okubudaabudibwa n'amagezi ku by'okujjanjabwa.
- Okumanya obwetaavu n'amakulu g'okubeera mu bulamu obulungi nga totawaanyizibwa ndwadde
- Okumanya ebiva mu ndowooza omuntu gy'alina ky'etuusa ku mbeera y'obulamu bwe
- Okuweebwa eby'okulya ebituufu ebikkirizibwa mu ndiisa ennungi wamu n'amazzi g'okunywa amayonjo
- Okukakasa nti weenyigira mu dduyiro (exercises) okukuuma omubiri nga gwetaaya
- Okufuna obujjanjabi mu kiseera ekituufu n'okufuna eddagala ng'olwadde
- Okwekuuma obutakwatibwa ndwadde za kikaba ndala
- Okwewala okufuna embuto z'oteetegekede/ z'obadde toyagala

Ebintu ebikosa eky'okubeera mu bulamu obwenyumirizibwamu wadde olina akawuka ka Mukenya oba Siriimu

- Okugaana okukkiriza ebivudde mu kwekebeza ebiraga nti olina akawuka ka Mukenya
- Okuwulira ng'oweddemu essubi nga weeraba ng'atakyalina mugaso mu nsi
- Okwekubagiza n'obutayagala kumanya oba okukkiriza ebintu ebituufu ebikwata

ku kawuka ka Mukenenya ne Siriimu

- Okunenya gw'osubira okukusiiga akawuka n'obutayagala kusonyiwa
- Okuwulira obuswavu munda mu ggwe n'okutya nti oyinza okuboolebwa n'okusosolwa olw'okubeera n'akawuka
- Obutekkiririzaamu
- Obutabeera na bikozezebwa bimala; obutafuna budde bumala kuwummula, amagezi n'obukugu, ensimbi, eby'obulamu n'obujjanjabi n'ebirala.
- Okweyawula ku bantu abalala n'obuteenyigira mu mikolo egigatta abantu abangi
- Endowooza enkyamu ku kawuka ka Mukenenya ne Siriimu eri omuntu atambuza obulamu ng'alina akawuka
- Okutandika obuteenyumiriza mu bulamu bwo
- Obutabeera mwanjulukufu ku ky'okubeera n'akawuka ka Mukenenya

Endiisa n'okubeera mu bulamu obwenyumirizibwamu wadde olina akawuka ka Mukenenya ne Siriimu

Funa eby'okunywa mu bungi

Bulijjo nywa amazzi amayonjo

Omugatte waakiri nywa liita z'amazzi 2 (ebikopo/tampeko 4) buli lunaku

Amazzi gateekwa okubeera amayonjo nga gafumbiddwa

Osobola okweyambisa eddagala lya "Chlorine" ng'ogoberera ebiragiro byalyo okutta obuwuka mu mazzi g'okunywa

Ebintu mw'otereka amazzi bikuume nga biyonjo era nga bibikkiddwaako

Tolinda njala kukuluma olyoke onywe

Nywa wakati oba oluvannyuma lw'okulya emmere oba eky'okulya obumpwakimpwaki

Obutanywa kimala kisobola okusajjula embeera y'obulwadde

Okunywa tekuriimu biriisa bingi ng'ebiri mu kulya naye kisingako okubeererawo

Okunywa omubisi/obutunda obwakakammulirwawo mubeeramu ekiriisa ekimanyiddwa nga 'vitamin'

Tabula amata mu kyayi omukalu

Amata ga bbongo galimu ekirungo ekirwanyisa obuwuka obuleeta endwadde

Nywa nnyo ng'olina embiro

Nywa Oral Rehydration Solution (ORS) buli lw'omala okufuna embiro

Kozesa amazzi amayonjo gokka ng'otabula ORS, era engalo z'otabuza zibeere nnyonjo

Nywa amazzi amayonjo, amazzi g'omuceede oba ssupu

Nywa otuzzi otuyonjo otutonotono bulijjo oba oyinza okukozesa akaseke

Nywa 'yogaati' (yoghurt) oba amata ga bbongo

Weewale okunywa omubisi oguwoomerera ennyo, eby'okunywa ebigonvu ennyo, caayi ne kaawa

Weewale okunywa ebyokya oba ssupu w'enva ezisiikiddwa

Weewale okunywa omwenge n'eb'okunywa ebirimu ekibala kya 'asidi'

Wuuta ssupu n'okunywa obuugi

Mu buugi gattamu ebinyebwa ebise oba obuwunga bwa soya okwongeramu amaanyi

Ssupu alimu ekiriisa kya 'vitamin'

Amaka n'obuyonjo mu kufumba

Abantu abalina akawuka ka Mukenenya ne Siriimu kyanguyira endwadde okubakwata n'olwekyo balina okukuuma ebifo ebibeetoolodde nga biyonjo okukendeeza emikisa gy'okukwatibwa endwadde.

Okukuuma ebifo ebikwetoolodde nga biyonjo

Kuuma kaabuyonjo nga nnyonjo era nga mbikkeko
Ebisolo bikuume nga biri walako okuva ku kifo w'ofumbira
Kuuma ebifo mw'oggya amazzi nga biyonjo
Kuuma w'otuula nga wayonjo
Bulijjo fuba okwera w'obeera era kasasiro omuggyewo

Bulijjo naabanga engalo

Engalo zinaabe ng'okozesa amazzi ne ssabbuuni buli lw'ova mu kaabuyonjo, oluvannyuma lw'okuyonja omwana, nga tonnaba oba ng'omaze okufumba oba okulya emmere.
Engalo ezitali nnyonjo ly'ekkubo ly'obuwuka obusinga okuvaako endwadde

Yoza amasowaani n'ebintu ebikozesebwa ng'okozesa ssabbuuni

Yoza amasowaani n'ebikozesebwa mu kulya, okunywa n'okufumba ng'okozesa ssabbuuni Siimuula era obikkeko amasowaani n'ebikopo ng'okozesa akatambaala (ttawulo entono) akayonjo

Yoza enva endirwa n'ebibala

Obucaafu ku kikuta oba ebikoola by'enva endirwa n'ebibala kubeerako obuwuka obuleeta obulwadde
Yoza ebibabala n'enva endirwa ng'okozesa amazzi amayonjo nga tonnabirya oba okubifumba

Entereka y'amasowaani, amaseppiki n'ebikopo

Yonja ekifo w'ofumbira buli lunaku ng'okozesa ssabbuuni
Kuuma ebintu bye weeyambisa mu kufumba n'okuliirako nga biyonjo era nga bikuumiddwa nga bikalu mu kifo ekiyonjo, nga bibikkiddwaako okwewala ebiwuka n'ensolo okubituukako

Genda weekebeze enfunda eziwera mu biseere ebigere

Tolinda kumala kulwala olyoke ogende okwekebeza

Okukeberegwa bulijjo mu biseera ebigere kikuyambako okuzuula endwadde ezeekwese mu mubiri ezisobola okujjanjabwa ne ziwona
Okussuuka amangu kozesa eddagala mu butuufu bwalyo nga bw'obeera olagiddwa
Genda mu ddwaaliro bw'oba weeyongera okunafuwa oba ng'owulira olwadde oleme kulumizibwa mu kasirise
Ganyulwa mu bujjanjabi obuwebwayo ab'eddwaaliro omuli okujjanjabwa Akafuba n'okutta ebiwuka mu lubuto
Funa ab'omu maka oba mikwano gyo bakuyambe okukutwala

Weekebeze bulijjo ozuule obungi bw'obuwuka obulwanyisa endwadde (CD4 Counts)

Okuggyako omusaayi mu ngeri enyangu ne gukeberwa kiraga ddi lw'olina okutandika okukozesa eddagala eriweeweza ku Siriimu
 Omuwendo gw'obuwuka obulwanyisa endwadde bwe gubeera waggulu kitegeeza nti omubiri gusobola okulwanyisa endwadde ezigulumbagana
 Okukebera obungi bw'obuwuka obulwanyisa endwadde mu mubiri kulina okukolebwa waakiri emirundi ebiri mu mwaka

Weepime omanye obuzito bwo bulijjo

Kkasa nti obuzito bwo tebwesala
 N'abaana abato nabo bapimise buli mwezi

By'oganyulwa mu ndiisa ennungi (ekolanga eddagala)

Saba onnyonyolwe ku bikwata ku ndiisa ennungi n'emmere egerekeddwa ekolanga eddagala
 Emmere erimu ebirungo ebikola ng'eddagala nayo osobola okugifuna

Okulabirira emimwa egyatika

Noonya obujjanjabi

Obujjanjabi bwa mirundi mingi okuwonya emimwa egyatika
 Emimwa gitonnyezeeko butto
 Naaba engalo zitukule bulungi olyoke ozikozese okusiiga butto ku mimwa emirundi egiwerako buli lunaku
 Omuzigo, Vaseline ne ggiriisi (glycerine) nabyo bisobola okukozesebwa

Lya emmere eng'onvu, egotteddwa

Wadde olina amabwa ku mimwa, fuba okulya
 Emmere gifumbe bulungi eggye era emmere ekaluba gigotte egonde
 Nywa 'yogaati' (yoghurt), bbongo era mum mere gattamu ggaliki (garlic)
 Lya amapaapali agengedde obulungi okukendeeza obulumi
 Wuuta ssupu, onywe obuugi, omubisi, n'eby'okunywa ebirala ebionjo ng'okozesa akaseke okwanguyirwa mu kumira
 Weewale emmere esiikiddwa, emmere eyokya n'ebibala ebirimu 'asidi' (acidic fruits)

Okuyonja emimwa

Okuyonja emimwa kuyambako okuziyiza emimwa okwatika
 Siimuula emimwa ng'okozesa ekikopo kimu eky'amazzi amayonjo era agabuguma mw'otadde akagiiko kamu aka 'baking soda' era kino okikole waakiri emirundi ebiri bulu lunaku
 Tabula akagiiko k'omunno kamu mu kikopo ky'amazzi amayonjo era agabuguma kimu.
 Nnyika akagoye akayonjo mu mazzi agalimu omunno okasiimuuze ku mimwa buli luvannyuma lw'okulya emmere.

Mira Eddagala Eriweweeza ku Mukenenya nga Bw'olya Emme_{re}

Empeke zimire nga bw'olya emmere

Emmere esobola okukendeeza ku kusinduukirirwa emmeeme okuba kuleeteddwa empeke ezimu

Empeke zeetabula bulungi mu mubiri bwe zimirirwa ku mmere

Ebika by'empere ezimu eziweweeza ku Mukenenya ezitatera kukozezebwa mu Zambia zimiribwa awatali kuzigattika na mmere.

Goberera okuwabulwa n'amagezi agakuweebwa omusawo wo.

Kola dduyiro, olyoke olye emmere omire n'empere

Okukola dduyiro ng'oddukaddukamu oba okutambula ng'oyanguyirira (okutemerera) kiyamba okulinyisa obwagazi bw'okulya emmere

Empeke zimire ng'oli ne mikwano gyo oba ab'omu makaago

Okumira empeke eziweweeza ng'oli n'omuntu omulala kiyambako okukwongeramu amaanyi okuzimira

Gabana ne banno ku by'okulya oluvannyuma omire empeke zo

Empeke zimire ng'olina by'onywerako

Okausooka okufuna eby'okunywa kiteekateeka olubuto okwaniriza empeke era kiyambako ne mu kuzimira amangu

Amazzi amayonjo, omubisi/obutunda obukammulirewo, amata agatabuddwa mu caayi, ssupu, amazzi g'omuceere, bisobola okukola obulungi singa emmere ebeera tekusikirizza.

Weeyigirize enneezyisa y'ebyobulamu ennungi

Kola dduyiro entakera

Okutambula ng'oyanguyirira (okutemerera), okufunya ku maviivi nga bw'ogafunyulula, okwewetaaweta ng'odda mu maaso n'emabega n'obuzannyo obulala obwangungu obugolola amagumba n'ebinywa mu mubiri

Okukola dduyiro kugumya ebinywa, kuzzaamu amaanyi, kukumalako ebirowoozo ne kwongera n'obwagazi bw'okulya emmere

Okukola dduyiro ng'oli n'abantu abalala kyongera okuyambira ddala ku mbeera

Weewale okunywa omwenge

Omwenge gusobola okulemesa eddagala eriweweeza ku Siriimu (ARVs) okukola obulungi

Omwenge gukendeeza ku bwagazi bw'okulya emmere

Omwenge gusobola okukusendasenda ne weenyigira mu mize egy'obulabe eri obulamu bwo

Bw'oba tosobola kuviira ddala ku mwenge, waakiri nywako katono

Kendeeza ku mize emirala

Weewale okunywa ssigala kubanga kyongera okuteeka obulamu bwo mu katyabaga k'endwadde omuli pneumonia

Okwewala eby'okwegatta mu mukwano oba okukozesa obupiira bu kalimpitawa (kondomu) kiyambako obutasiiga balala kawuka oba naawe okufuna obuwuka bwa Mukenenya obulala.

Kendeeza ku birowoozo n'okweraliikirira

Ebiseera ebisinga abantu abalala bayisa bubi abantu abalina akawuka ka Mukenenya ne Siriimu, ne beeraliikirira nnyo ku biseera byabwe eby'omu maaso, ekibaviirako okuggwaamu amaanyi n'okulwalalwala entakera

If worry causes you to lose your appetite, try to eat your favourite foods

Okwogerako n'abomu makaago, mikwano gyo oba abakulembeze bo mu by'eddiini bisobola okukuyamba okuweweera

Sisinkana mikwano gyo mu bibiina ebibagatta ebikuyamba mu mbeera gy'obeera olimu Wummulako ekimala

Bwe weekebeza ne kizuulibwa nti olina akawuka ka Mukenenya, tekitegeeza nti y'enkomerero y'obulamu bwo. Ekyo kitegeeza nti olina okutandika okubeera mu bulamu bwe weenyumirizaamu. Eno y'engeri gy'oyinza okukikolamu, nga Pierre Brouard of the Centre for the Study of AIDS, University of Pretoria y'akikutuusaako:

Funa okumanyisibwa ku kawuka ka Mukenenya/Siriimu era ofube okujjukira ebyo byonna by'obeera oyize mu kiseera ekyo bye weetaaga okumanya

Lowooza ku ndwadde zinnakigwanyizi omuli Akafuba ne pneumonia

Lowooza ku ddagala eriyinza okukuwewezaako omuli ARVs

Bw'oba olwoozezza ku ddagala ng'ery'ekinnansi oba ery'Abachina ery'emirandira n'ebikoola, likozese nga bwe weebuza ku musawo wo (kubanga ebika by'eddagala ly'ekinnansi ebimu bikosa amaanyi g'eddagala eriweweza erya ARVs)

Goberera endiisa eyongerera amaanyi mu baserikale abalwanyisa endwadde mu mubiri

Lya emmere etuukana n'omutindo oguwa omubiri amaanyi wamu n'ekiriisa kya vitamin ekingi

Goberera endiisa etalina kyekubiira ku kika kya mmere kimu ojumbire okulya ebibala ebingi, enva endiirwa, n'emmere y'empeke

Weewale emmere ensiike, ey'omu mikebe, omwenge, okunywa ssigala n'ebiragalalagala

Okukola 'masaagi' (massage therapy) kiyambako okuwummuza ebirowoozo, okukuuma omubiri nga gweyagala n'okwenyumiriza mu bulamu bwo wamu n'okuyamba omusaayi n'ebinywa okwetaaya

Funa okuwummula n'okwebaka okumala

Temugabana ku mpiso ze mukozesa

Bw'oba oli lubuto, lowooza ku ngeri gy'oyinza okuziyiza akawuka kaleme kukwata mwana wo

Manya ebyetaago eby'omubiri, ebyekuusa ku by'obwongo wamu n'eby'omwoyo

Funa omuntu anaakubudaabuda n'okukuwa amagezi gw'osobola okweyabiza ng'ategeera ensonga ezikwata ku kawuka ka Mukenenya/Siriimu era oyo eyeetegese okubeerawo ku lulwo mu ngeri ekwanguyira

Funa ekibiina mw'oneegattira ne banno ekinaakuwanirira – n'okukuzzaamu amaanyi era kino kiyamba mu kulinyisa omuwendo gw'abaserikale abalwanyisa endwadde mu mubiri (CD4 –cell count), okukendeeza ku bubonero bwa Mukenenya era kiyinza n'okwongera ku buwangaazi bwo

Emikwano egikuyamba okusigala ng'oli munywevu egy'abo abategeera embeera gy'olimu nagyo gya mugaso – abantu bangi abalina akawuka ka Mukenenya nti mu kino bayambibwa okulaba amakulu g'okusigala nga balamu

“Okuyungibwa” – olukalala lw'emikwano n'ab'omu makaago, abeetegefu okukuwanirira mu mbeera eza bulijjo okukwagala n'okukkiriza okubaagala kiyamba okutumbula omutindo gw'obulamu bwo

Funa akatabo mw'owandiika ebikumalako emirembe n'okukuleetera ebirowoozo

http://www.searo.who.int/EN/Section10/Section18/Section356/Section428_5500.htm

**BWOnEDDEMBE LY'ABALINA AKAWUKA KA MUKENENYA
N'OBUVUNAANYIZIBWA BWABWE**

Eddembe n'obuvunaanyizibwa buva ku mitima gy'abantu abalina akawuka ka Mukenenya ne Siriimu mu bitundu eby'enjawulo mwe babeera. Abantu abalina akawuka ka Mukenenya balina eddembe ng'abantu abalala bonna mu ssemateeka wa Uganda. Naye olwokuba bayinza okuba nga baboolebwa, kyangu n'eddembe lyabwe okutyoboolwa mu butamanya.

EDDEMBE LY'ABANTU ABALINA AKAWUKA KA MUKENENYA

Olina eddembe ku bino:

A. Enzijjanjaba ey'ekitiibwa

1. Okujjanjabwa nga bwe kisaanidde, mu ngeri ey'ekitiibwa, ey'ekikugu, ey'ekyama era mu kiseera ekituufu mu mbeera gye weegazaanyizaamu ng'owulira ofiibwako awatali kyekubiira.
2. Okufuna obujjanjabi mu ngeri ey'obwenkanya awatali kyekubiira ng'amateeka ga Uganda bwe galagira.
3. Okumanyisibwa ku bisaanyizo by'omuntu akujjanjaba, naddala obumanyirivu bw'alina mu kukola ku balina akawuka ka Mukenenya ne Siriimu n'ebirala ebyekuusaako.
4. Okuweebwa ebintu ebisaanidde mu by'obuwangwa n'ebyennimi omuli okunnyonyolwa ku bujjanjabi mu lulimi lw'ategeera.
5. Okutunula ku biwandiiko kw'ofunira obujjanjabi era n'okufunamu 'kkopi' oluvannyuma lw'okuzisaba singa obeera ogyetaaze;
6. Okufuna okubudaabudibwa okw'ekikugu nga kukolebwa omuntu alina obusobozi, alina obukugu atuukana n'omutindo gw'enziijjanjaba ya Siriimu
7. Okuweerezebwa mu ddwaaliro erisingako amaanyi, mu ddwaaliro erijjanjaba abalina endwadde z'obwongo oba endwadde endala yonna.

C. Okusalawo ku Bujjanjabi

8. Okufuna okumanyisibwa okujjuvu era okutuukana n'omutindo mu lulimi lw'otegeera ku bivudde mu kukeberegwa, engeri ez'enjawulo ez'okujjanjabwamu, eddagala (omuli n'ebizibu ebiyinza okukutuukako oluvannyuma lw'okulikozesa) wamu n'ebisuubirwa by'oyinza okusuubira.
9. Okwenyigira mu kukubaganya ebirowoozo n'omusawo oba abasawo

bo ku ngeri z'okujjanjabwamu ez'enjawulo kw'onaasinziira okusalawo ku kika ky'onaalondako.

10. Okukola okusalawo okusembayo ku kika ky'enzijjanjaba ekikusingira ku byonna oluvannyuma lw'okunnyonyolwa okutuufu ku bika byonna n'okusembebwa omusawo wo.
11. Okutegeezebwa ebizibu ebinyinza okuva mu butakozesa ddagala nga bw'obeera olagiddwa eri obulamu bwo, n'okutegeezebwa ebinyinza okuva mu kugaana okugondera emmira y'eddagala;
12. Okugaana okwenyigira mu kunoonyereza okutaliimu bwenkanya oba ekibonerezo eky'engeri yonna.

D. Okukuuma ebyama n'okussa ekitiibwa mu bulamu obw'ekyama

13. Okukuuma ebivudde mu kukeberwa akawuka ka Mukenenya nga bya kyama oba nga tebimanyiddwa oluvannyuma lw'okwekebeza n'okubudaabudibwa abakugu n'okuweebwa amagezi. Okumanyisibwa n'okunnyonyolwa mu kyama ku nkola ez'enjawulo n'obukwakkulizo obw'enjawulo, bwe bubeerawo, n'amawulire gonna agakwata ku kubudaabudibwa ku kawuka ka Mukenenya okugafuna.
14. Okubuuza ku by'otakkaanya nabyo ku bipande ebikwata ku nzijjanjaba y'akawuka ka Mukenenya ne Siriimu n'okukola okusaba mu buwandiike okukyusa ebimu ku biri mu biwandiiko by'obeera olabye. Omusawo wo alina eddembe okukkiriza okusaba kwo oba okukugaana ng'akuwadde ennyinyonyola/ensonga.

OBUVUNAANYIZIBWA BW'OMUNTU ALINA AKAWUKA KA MUKENENYA

Okuyamba omusawo wo asobole okukuwa okubudaabudibwa okutuufu ne banno, naawe olina obuvunaanyizibwa ku bino:

1. Okukomya okusaasaanya akawuka ka Mukenenya ng'otwala obuvunaanyizibwa okutegeeza abaagalwa bo nti olina akawuka nga temunnaba kwegatta;
2. Okutegeeza mukamaawo ku mulimu nti olina akawuka singa embeera zo ziba zitandise okukosa empeereza yo ku mulimu;
3. Okukubiriza abantu abalala okugondera ebiragiro by'okumira eddagala;
4. Okulwanirira okufuna obujjanjabi mu ngeri ennyangu n'okubudaabudibwa n'ebirala ebigenderako;
5. Okugoberera enteekateeka y'okumira eddagala gy'okkaanyizzaako n'omusawo wo oba okukkiriza ebivaamu singa olemwa okutuukiriza emmira y'eddagala ebeera yakulagirwa oba okukozesa ebika by'eddagala ebirala.
6. Okutegeeza abasawo bo amazima gonna g'omanyi mu butuufu ne mu bujuvu bwago ku mbeera y'ebyobulamu gy'olimu, gye walimu, eddagala ly'okozesa, obujjanjabi wamu n'okubudaabudibwa kw'ofuna kubanga bino byonna bisalawo kinene ku nzijjanjabwa yo. Mutegeeze ku nkyukakyuka zonna eziba zizzeewo.
7. Yambako abalala nmu ngeri naawe bwe wandiyagadde nabo bakuyambe.
8. Ssaamu amaanyi go gonna nga weenyigira mu kukulaakulanya n'okussa mu nkola enzijjanjabwa yo.

9. Tegeeza omusawo wo buli lw'otageera bibeera bikutegeezeddwa n'okumanyisibwa okubeera kukuweereddwa kyokka nga tokutegeera, tegeeza/buuza omusawo.
10. Kuuma ennaku n'essaawa z'okusisinkanirako omusawo era ozituukirize kyokka bw'oba tosobodde olw'ebizibu ebiteebeereka,, tegeeza omusawo nga bukyali.
11. Tegeeza omusawo oba oyo akukolako engeri gy'ayinza okukutuukako mu kyama okugeza ng'ayita ku ssimu, email, oba engeri endala yonna.
12. Goberera amateeka g'eddwaaliro n'ebiragiro omulwadde oba balwadde abalala kwe balina okutambulira wamu n'enneeyisa ebalagirwa.
13. Faayo ku musawo wo wamu n'abalwadde abalala mu ngeri ey'ekintukiramu obayise mu ngeri ey'ekitiibwa nga naawe bwe wandisuubidde okuyisibwamu.
14. TOKukozesa olulimi oluvvoola, olujerega / oluvuma oba olukambwe; okutiisatiisa, okuleet akatabanguko, okukaalakaala n'ebiyokulwanyisa / ebissi, okubba oba okwonoona, okukozesa ebiragalagala ebitakkirizibwa mu mateeka, okukabassanya abantu abalala mu mukwano, n'okweyisa mu ngeri enkyamu tekikkirizibwa n'omulundi n'ogumu.
15. Kuuma ebikwata ku banno abalala abajjanjabirwa mu kifo w'ojjanjabirwa nga bya kyama nga weewala okubeerako gw'okibuulirako mu kifo ekyo oba ebweru waakyo ne bw'oba oyogera mu ngeri ya lusaagosaago kireme kukusimattuka.

Buli muntu alina EDDEMBE ku bino:

1. Okujjajabwa mu bwenkanya awatali kusosolwa oba okusalibwako olw'okuba alina akawuka ka Mukenenya n'embeera gy'aba alimu.
2. Eddembe obutaasanguza oba alina akawuka ka Mukenenya (wadde ng'aweebwa amagezi okwasanguza)
3. E d d e m b e okusomesebwa n'okumanyisibwa wamu n'eddembe ly'okweyogerera.
4. Buli muntu alina eddembe okukola, eddembe okuvuganya ku mulimu gw'aba ayagala, n'okukolera mu mbeera ennungi,
5. Buli muntu akola alina eddembe okuweebwa omusaala ogwegasa - "ogw'obwenkanya n'ensasula ennungi"
6. Buli muntu alina eddembe okuwummula n'okufuna ebiseera eby'eddembe, omuli ekkomo ku ssaawa z'alina okukolera omuli n'empummula ate ng'asasulwa.
7. Buli muntu alina eddembe okuweebwa obujjanjabiri n'obukuumi mu kitundu ng'abantu abalala bonna.
8. Buli muntu alina eddembe ku bulamu bwe obw'ekyama (okumuziyiza okuva ku kukeberegwa okw'obuwaze n'okwekumira ebimukwatako nga bya kyama).

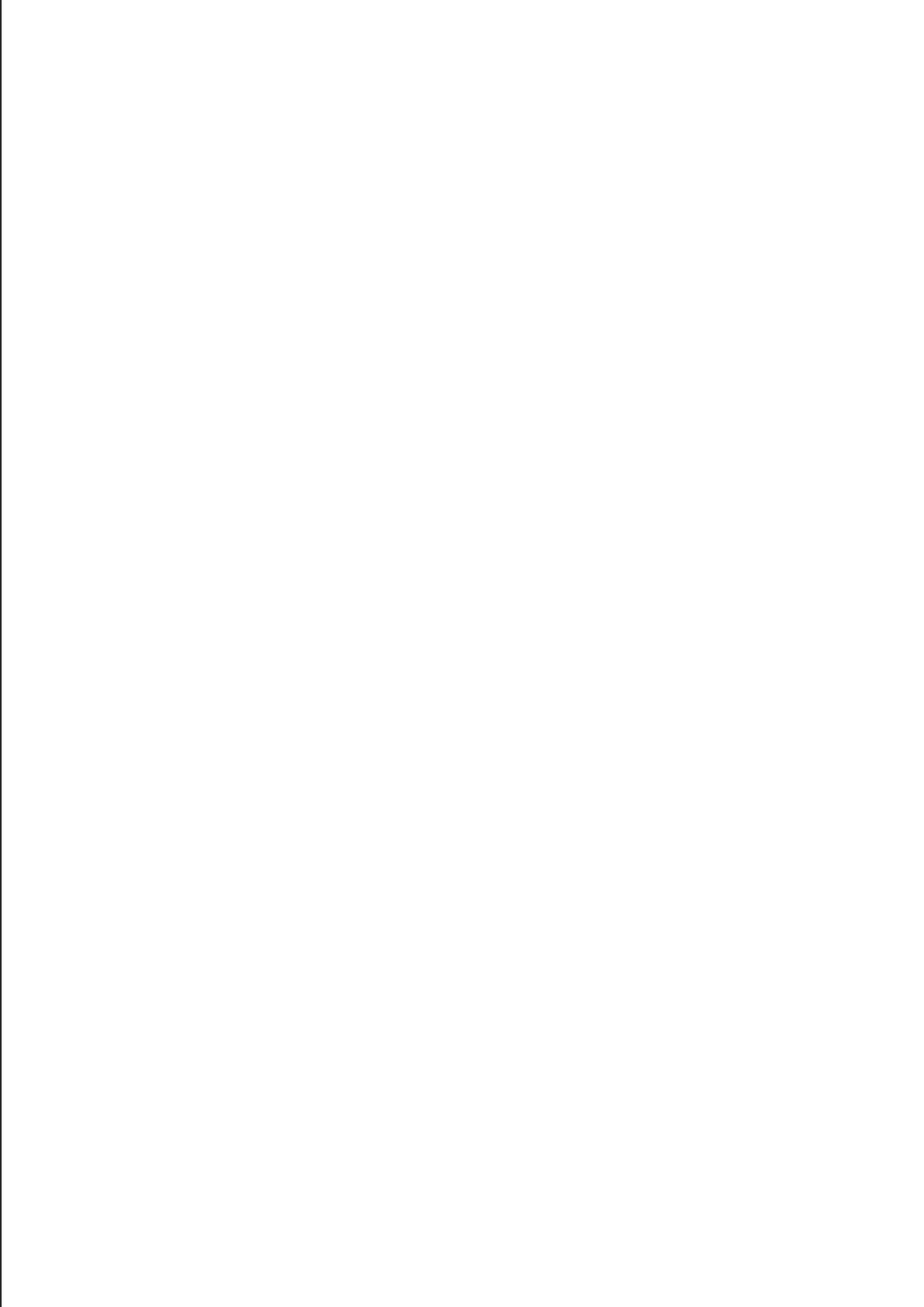
Okugattako, omukozi yenna alina eddembe obutakolebwako bino:

- Okukeberegwa akawuka ka Siriimu n'ammibwa omulimu;
- Okugobwa ku mulimu olw'okuba alina akawuka ka Mukenenya;
- Okugaanibwa okutendekebwa oba okukuzibwa olw'okuba alina akawuka ka Mukenenya;
- Okukeberegwa okw'obuwaze;
- Okwawulwa ku bakozi banne abalala olw'okubeera n'akawuka;
- Okugaanibwa okufuna obujjanjabiri n'ensako y'abalwadde;

- Okummibwa aw'okusula awandibadde wabayamba okutambuza obulamu nga bwe bakola.
- Okugobwa ku mulimu ate ng'akyalina amaanyi agakola

NATIONAL FORUM OF PEOPLE LIVING
WITH HIV & AIDS IN UGANDA (NAFOPHANU)
Plot 213 Sentema Road, Mengo, Kampala- UGANDA

Akatabo kasobola okusunsulwa, okujulizibwako, okukubwamu kkopi endala oba okukyusibwa nga bwe kali mu bujuvu oba mu bitundutundu, bwe kiba ng'omuntu oba ekitongole ekikola kino kimanyiddwa/kissibwamu ekitiibwa.



*NATIONAL FORUM OF PEOPLE
LIVING WITH HIV & AIDS NETWORKS IN
UGANDA (NAFOPHANU)*

*P.O. Box 70233, Kampala Uganda
Plot 213 Sentema Road-Mengo
Email: nafophanu@infocom.co.ug
Tel: + 256 414 270976*