



**EKITABO KY'OKUSHOMA AHA  
BY'OKWERINDA N'OKUJANJABA  
AHARI ABANTU ABAINA  
AKAKOOKO KA SIRIIMU HAMWE  
N'ABU KATEGANIISE**

*N'EKYEKIBIINA EKIGAITA ABANTU ABAINA  
(THE NATIONAL FORUM OF PEOPLE LIVING WITH HIV AND AIDS IN  
AKAKOOKO KA SIRIIMU OMU-UGANDA)*

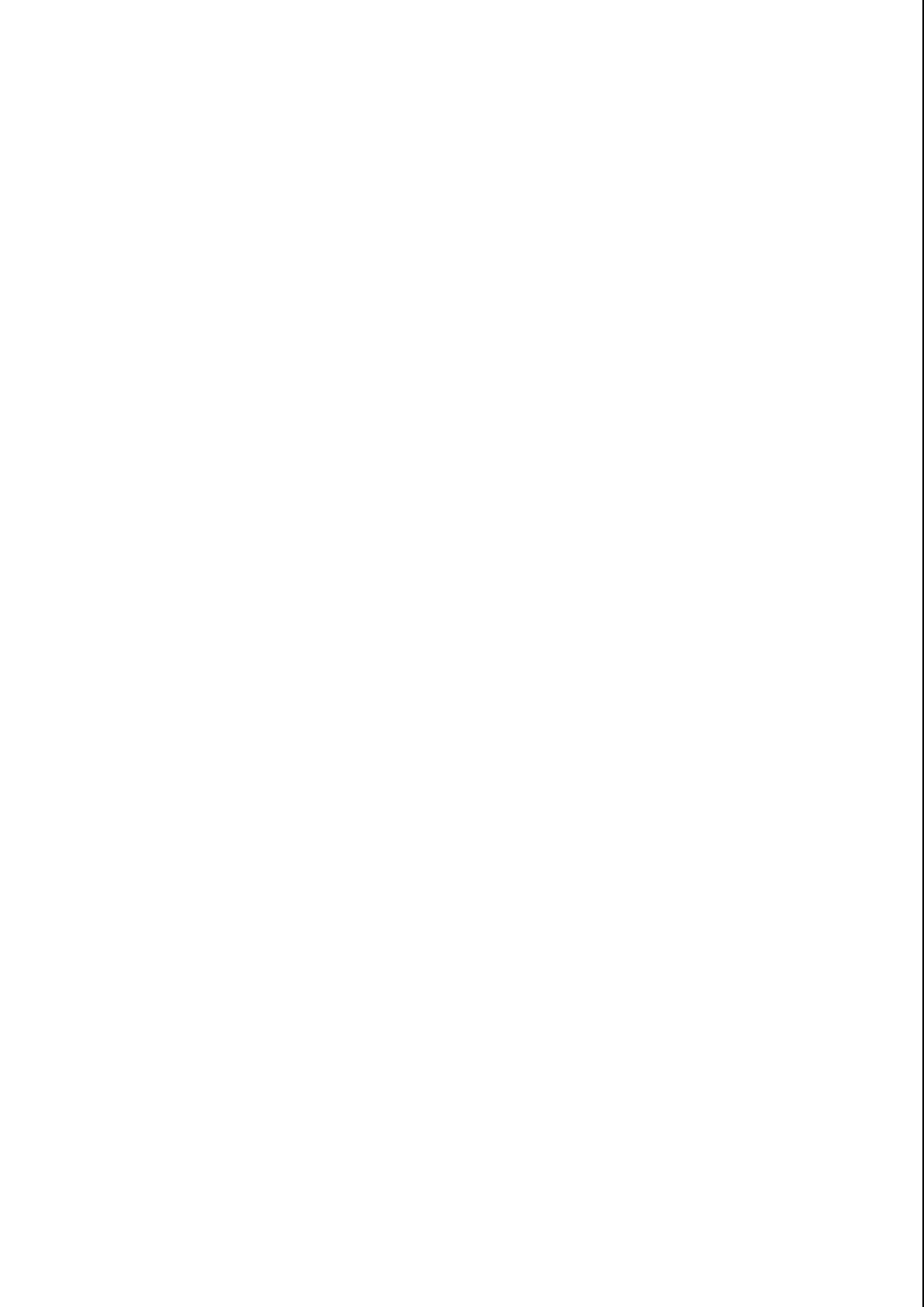
*NAFOPHANU*





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(NAFOPHANU)*



## OKUSIIMA

Ekitebe ekikuru eky' NAFOPHANU nikitwara omugisha kusiima abo boona abakwataniise nabo omu mihanda yona eyarabirwemu omu kukora ekihandiiko eki.

Okumaririra ekihandiiko eki ekirikugamba aha kwerinda n'okuragurira akakooko ka Sirimu hamwe n'ebyine kukuratwa abegyesa, kukaba kutarikuza kubaasika hatabaireho obushagiki bw'abantu batarikushushana. NAFOPHANU nesiima abo boona abakozire emirimo etarikushushana okureebeka ngu ekihandiiko ky'aba ekyo eki twabaire nitukireeberamu. Ekihandiiko kirimu ebintu bingi kuruga omu mihanda etari emwe, erimu ebitongore, amatendekyero, ebitabo, za ripooti, oku enkiiko ziine kutwazibwa hamwe na za sipiiki z'abantu batarikushushana.

Nitwenda kusiima omu muringo gw'omutaano ekibiina kya abaturagye ekiri kukora aha by'esente zobuyambi (*Civil Society Fund*) ahabw'okutuha esente kushoza ekihandiiko eki hamwe n'abo boona abu kirikukwatwaho omu NAFOPHANU ahabw'obushagiki bw'abo obutahera, hamwe n'obuhabuzi okutwakubaasa kutereza ekihandiiko eki.

Nitwenda kusiima omu muringo gw'omutaano Omw. Ephraim Kimotho hamwe n'ekitongore ky'ekifirika ekirikukora ahabya butandu hamwe n'entunguuka (*African Institute of Disaster Management and Development*) ahabw'obushagiki bwabo hamwe n'okutamu amaani omu kukora ekihandiiko eki.

Ninyenda kusiima tiimu ya NAFOPHANU eyakozire ekihandiiko eki ahabw'amaani agubatairemu. Nibo: Ms Stella Kentutsi (Orikukurira Puroguramu), Anna Mugambi (Orikukurira eby'entunguuka), Kabugo Musa (Mempa omu dipatimenti egyi) hamwe na Bamusutte William (Owumu dipatimenti y'obukyebezi n'okucondooza) abakozire omurimo gw'amaani omu kukora ekihandiiko eki.

Eky'ahamuheru, okusiima nikuza n'aha bakozi boona abe'kitebe ekikuru (*secretariat*) ahabw'okwebembera omurimo ogu hamwe n'okuhikanisa oku n'oku omu kukora ekihandiiko eki.

Twine amatsiko ngu ekihandiiko eki tikiraabe eky'omugasho ahabw'abo abaine akakooko ka Siriimu bonka baitu n'abantu boona. Omu kwongyera kumanyisa abantu, ekihandiiko eki nikijja kureetera buri omwe omw'eihanga yatunga obuhereza.

Nitubeebaza ahabw'obushagiki bwanyu bw'omutaano kandi turindiriire kw'eyongyera kukwatanisa nimwe.

**Samuel Kibanga James**

*Arikukurira Ekitongore (National Coordinator)*

## Ebirikukwata ahari NAFOPHANU

Ekibiina ekigaita ebibiina by'abantu abaine akakooko ka Siriimu omu Uganda (NAFOPHANU) kikatandikwaho omu kwa kataano 2003 kandi kyayehandiikisa n'ekibiina ekihandiika ebibiina bitari bya gavumenti omw'eihanga omu gwa 2004 n'ekigyendererwa ky'okuba omutwe gw'ebibiina by'abantu abaine akakooko ka siriimu (PLHIV), okutaho enkora nungi y'okuhikanisa abantu abaine akakooko ka siriimu hamwe n'ebibiina ebihwezi okwenda kuba eiraka ryabo, okutaho enkora ya hamwe n'okugira obujunanzibwa bw'okusharaho omu nkwatanisa omu bya siriimu. Eki kikabaho ahamuheru gw'okureeba, okuhamya hamwe n'okwikiriza ku hariho ebikirikwetaagisibwa omu birikukorwa ahabw'abantu abaine akakooko ka siriimu aha rurengo rw'eihanga. Eki kihakikwaho omu nkiiko z'okwebuuzaho z'abantu abaine akakooko ka siriimu kuruga ahari abo abu kirikukwataho omu Uganda, n'obuhagizi kuruga omu UNAIDS hamwe n'akakiiko akarikukora aha'byokurwanisa siriimu (*Uganda AIDS Commission*).

*Ebigyendererwa ebikuru ebya NAFOPHANU n'okuba eiraka rimwe, okugaba amahurire hamwe n'okuganjaaza, okushaba obuhagizi, okuteekaho enkoragana hamwe n'okukora ebirikwetaagisa kwebiisaho.*

### Omutwe

NAFOPHANU neyorekyerera okureeba ngu abantu abaine akakooko ka siriimu baatuura kurungi.

### Ekyorekyereirwe

Okuhikanisa emirimo y'ebibiina bya abantu abarikutuura n'akakooko ka siriimu ahabw'okwenda ngu nabo betabe kurungi omu hururu y'okurwanisa akakooko ka siriimu.

### Ekigyendererwa ekikuru

Okurundaana, okuhagira hamwe n'okuhikanisa ebibiina by'abantu abaine akakooko ka siriimu ahabw'okwenda kugira obuheereza burungi kuza kuhika omwaka 2012.

### Ebintu ebikuru

1. Okurembeeka/okuronda obuyambi
2. Empurizagana/okwejunisa kompyuta
3. Okurondera ebibiina obuhwezi
4. Okureetaho enkoragana nungi
5. Okureetaho obushoborozi burikwemaririra

NAFOPHANU eyehaireyo kuhagira emiturire mirungi y'abantu abaine akakooko ka siriimu hamwe nokurwanisiza kimwe akakooko ka siriimu omu Uganda

## Omugasho gw'ekitabo eki.

Nk'abukirikukwataho, NAFOPHANU eyehaireyo kuta omu nkora puraani y'eihanga (*National Strategic Plan: NSP*) erikurabira omu kujanjaaza amakuru agahikire hamwe n'okuhagira okuhindura aha mitwarize y'abantu abaine akakooko ka siriimu hamwe n'abo abu kakwatsireho.

Gavumenti ya Uganda ekwataniise n'ebindi bibiina ebirikugaita abantu abaine akakooko ka siriimu obwo harimu na NAFOPHANU ekareeta ekigyendererwa kya boona kutunga omugisha gw'okutanga akakooko ka siriimu, okureeberera, okutambisa, hamwe n'okuhagira. Puraani y'eihanga (**NSP**) nejwekyera obucweeka buna omu eihanga, nibwo obu: (1) *Okutambisa*, (2) *okureeberera hamwe n'okujanjaaba*, (3) *okuhagira*, hamwe (4) *n'okuhamya enkora y'okuhisya obuheereza*.

Nk'oku buri omwe yakubaasa kukwatwa akakooko ka siriimu, NAFOPHANU neikiriza ngu okumanyisibwa kwa boona aha bikwatiraine n'okujanjaara kw'akakooko ka siriimu kurabira omu kwegyesa aha bikwatiraine n'akakooko kyiine omugasho omu kutanga emiringo yona ei akakooko kari kujanjaazibwamu. Okutamba akakooko ka siriimu nikyetenga okuhika aha bantu boona abari aha bugyengye bw'okukwatwa akakooko ka siriimu hamwe n'abo abu kakwasire.

Abantu abaine akakooko ka siriimu (PLHIV) nibetenga obwengye hamwe n'obuyambi kurinda amagara gaabo hamwe n'okureeba ngu ti baaturira akakooko abandi kandi baatunga obujanjabi, obureeberezi hamwe n'obuhagizi.

Abantu abataine kakooko ka siriimu, nibeetenga okwejumbira omu ekirabayambe okwerinda omu kukwatwa burwaire obu.

Ekigyendererwa ky' ekitabo eki n'okutunguura obwengye bwa **PLHIV (abantu abarikutuura n'akakooko)** hamwe n'ebikwaasire aha ntamba y'omwinazi ogu, okureeberera, hamwe n'obuhagizi. Nikigaruka kikora nk'oburugo bw'abantu boona abari kutuura n'akakooko kurugayo kugamba butunu kandi n'okwejumbira mu bikwatiraine n'akakooko ka siriimu omu eihanga.

## EBIRIMU

EKICWEKA KY'OKUBANZA: OKWETEGYEREZA AKAKOOKO KA SIRIIMU

EKICWEKA KYA KABIRI: OKWERINDA AKAKOOKO

EKICWEKA KYA KASHATU: OKUREEBERERA N'OKUJANJABA AKAKOOKO

EKICWEKA KYA KANA: OKWEHWA AMASIKO, ENSHONI, OKUSHOROORA:

EKICWEKA KYA KATAANO: OKUREEBERERA HAMWE N'OBUHAGIZI

EKICWEKA KYA MUKAAGA: OBUGABE N'OBUJUNANIZIBWA OBWA  
PLHIV

EKICWEKA KYA MUSHANJU: ENKORA Y'AHAMWANYA OGWA NAFOPHANU  
OGU BARI-  
KUKORERAHO.

EKICWEKA KY'OKUBANZA : OKWETEGYEEREZA AKAKOOKO KA  
SIRIIMU



**EKICWEEKA I:****OKWETEGYEREZA AKAKOOKO KA SIRIIMU(HIV) HAMWE NOBURWAIRE BWAAKO(AIDS)****AKAKOOKO KA SIRIIMU(HIV) NIKI?**

Aka n'akakooko aku omubiri gw'omuntu gutari kubaasa kurwanisa (*Human immuno-deficiency:HIV*) n'akooko akari kureeta siriimu.akakooko aka nikabaasa kuruga ahamuntu kuza ahandijo muntu oreshagama ye yaaba erimu akakooko, okwongyerera ahari ekyo abakazi abiine enda nibabaasa kuturira akakooko abaana baabo omubwire bwenda ninga omu kuzaara, kandi hamwe n'omukwonsya.Omuntu oine akakooko tikirikumanyisa ngu aine siriimu.

Kwonka ahabwokugira ngu akakooko ka siriimu nikamara omubiri amaani g'okurwanisa endwara, omuntu nikimureetera okukwatwa endwara nyingi, ezi omubiri gwakubaire nigurwanisa nka buriiho.

**OBURWAIRE BWA SIRIIMU(AIDS) NIKI?**

N'oburwaire obwakamanyiro omuntu ari kukwatwa obu omubiri gutarikubaasa kurwanisa (AIDS). Oru n'orurengo orweyongereho oru akakooko ka siriimu kari kujanjaariraho. Nikiruga omu kusiisikara kw'amaani gw'omubiri gw'omuntu kubaasa kurwanisa endwara ezakwenda kuhiganisa omubiri. Obukooko obw'omubiri niburwanisa okukwatwa n'endwara ezindi: kugira ngu kubwakuba butakozire kurungi,omuntu naaba ari aha bugyengye bw'okukwatwa *siriimu*..

**Okwetegyereza sirimu nitutandika n'okwetegyereza ebintu bikuru bibiri:**

1. Akakooko k'omubiri gw'omuntu,
2. Amaani g'omubiri gw'omuntu hamwe n'akakooko ka siriimu.

**1. Akakooko k'omubiri (akatari aka siirimu)**

Aka n'akakooko kakuru omu nyombeka y'amagara, omu bimera n'omubikooko (Abantu).

Obukooko bw'omubiri nibuba bwiine enkora nk'eyamatafaari agari kwombeka enju. Waganywanisa hamwe, nigakora ekintu ekyegaisire hamwe: nk'enyama z'omubiri, omutima, nainga shi obwongo. Nizijja reero zikora ebintu nk'omutima, ekitigu, omubiri hamwe n'ebindi byingi nk'enyombeka y'amagufa, enkora y'ebyokwisya, enkora y'ebyokuzaara, enkora y'omubiri okurwanisa endwara.

## **Obukooko bw'okurwanisa endwara z'omubiri, obutafaari bw'omubiri hamwe n'amaani g'omubiri kurwanisa endwara.**

Omu shagama, obukooko obu n'ekieweka kikuru omu kurwanisa okukwatwa endwara. Obukooko obu nibukora nk'amahe omu kurwanisa endwara eziri kukwata omubiri.

Omu bukooko obu nimwe hari obutafaari bw'omubiri guri kukora nka mukuru wabwona eri kugambira abasirikare boona ab'omubiri eky'okukora omu kurwanisa endwara omu mibiri yaitu. Negambira abasirikare b'omubiri oku bakubaasa kurwanisa endwara. Omukuru ogu n'owomugasho gw'amaani omu by'okwerinda by'omubiri. Nitwetenga amaani g'omubiri gari kukora kurungi okuturinda omu ndwara zoonza ezitwetoire. Emibiri yaitu yaaba nekora kurungi tituri kurwara kandi nitukira juba abasirikare b'emibiri yaitu baheza kusingura obukooko bw'endwara omu mibiri yaitu.

## **2. Amaani g'omubiri gw'omuntu kurwanisa endwara**

Eki n'ekyokurwanisa (*immune system*) ekiri kurinda omubiri okutaahirirwa endwara eziri kuruga aheeru n'eziri kureetwa omunda. Kikozirwe omu miringo ebiri: amaani g'omubiri aharimu oruhu hamwe n'obucweka (*white blood cells*) oburi kutanga obukooko bwekeyinaazi. Obucweka (*White blood cells*) nibubeera omu mihanda y'okwikizamu (*respiratory*) hamwe nebyokurya ei biri kuraba (*digestive*). Ekukwata kw'eshagama (*cloating*) ne'kyokureeberaho kirungi omu kuyamba kukwatanisa ebironda nainga obuhuta. Kandi eby'okurwanisa ebiri omunda, byo birimu ebintu nainga shi enturugunyu eziri kukorera hamwe omu by'okukwatinisa okuha omubiri amaani, nibyo ebi:

- Amaizi agarimu obukooko oburi kurwanisa endwara omu mubiri.
- Omushokooro,
- Thymus gland
- Enturugunyu,
- Ekikiruma,
- Tonsils,
- Adenoids,
- Blood and lymphatic vessels. Ebi nibimwe aha bindi ebitagambwaho.

## **Oku akakooko ka siriimu karikurwanisa abasirikare bomubiri**

Burijjo twetorirwe obukooko oburi kureeta endwara hamwe n'obundi bukooko obwakubaasa kutureetera endwara oburikushangwa omu maka gaitu hamwe n'emanya etwetorirwe. Nobu kiraabe omubiri gwaba nigukora kurungi tituri kurwara ahabwokuba obukooko nibufa ku burikutaaha omu mubiri. Kwonka

omubiri ku gukuba gutaburwaniise obukooko obu nibukozesa omugisha ogu okuturwaza. Akakooko ka siriimu nikarwanisa omubiri obwe kari kwita obutafaari bw'omubiri oburikurinda omubiri omushagama. Kwonka akakooko ka sirimu nikateganisa kaita amaani g'omubiri?

Akakooko aka, ku karikutaaha omu mubiri gwaitu, nikakwata kandi kaita obukooko oburi kurwanisa endwara omu mubiri. Omubiri gwine obuhumbi bw'obutafaari bw'omubiri nahabwekyo nikitwara obwire akakooko ka siriimu kubwita bwoona kwonka aha muheru bwingi omuribwo nibuza kufa

Obutafaari bw'omubiri bwakyyendeera kuhika omu rurengo rw'ahansi munonga, amaani g'omubiri gw'itu nigahwa kandi omubiri guburwa oburyo bw'okurwanisa endwara kandi guza omukabi kokwerararikirira kukwatwa endwara nka kakonko, senyiga, n'endwara z'oruhu rw'omubiri hamwe n'ezindi. Eki nikyo kiri kureeta okubara omubaro gwa obutafaari bw'omubiri gwaaba omuhanda murungi gw'okukyebera amaani ga abasirikare abarikurinda omubiri. Eki kaingi nikyetwa okubara kwa obutafaari bw'omubiri. (CD4 count)

Tihaine oku wakugamba ngu nooha okuhaire akakooko, nibwireki obwomazire nako nainga obu karatandike kuteganisa amagara gaawe.

## Emiringo y'akakooko ka siriimu

Akakooko ka siriimu nikataana n'obundi obukooko ahabwokuba nikakanya omu bwire bukye omu namba mpango, nikazaara obukooko oburikwingana obukaikuru ikumi buri izooba obwe buri kwehindahindura omu nkora. Eki nikimanyisa ngu hariho emiringo mingi ey'obukooko eyakubasa kushangwa omu mubiri gw'omuntu ogwe orwaire.

Wagyendera omu nshushana y'eshagama, emiringo y'obukooko nebaasa kuteibwa omu bika, bibiri:

- HIV-1
- HIV-2.

Emiringo yoona nejanjaazibwa okurabira omu kuteerana n'omuntu arwaire, eshagama erwaire hamwe n'okuruga aha mukazi orwaire kuza aha mwanawe. HIV1 eine amaani kandi netwara akaire kakye kukura. Ekanyire munonga omu burugwa eizooba bwa Afirika. HIV2 teine maani kandi netwara obwire bwingi okukura. Ekanyire munonga omu bicweka bya Afirika oburengye-rw'eizooba.

## **Akakwate akari ahagati y'obutafaari bw'omubiri, amaani g'omubiri kurwanisa endwara, hamwe n'akakooko ka siriimu**









Akakooko ka siriimu tikarikubaasa kuzaara obundi bukooko omuriko kenyine. Kwonka ku kari kutaaha omu mubiri nikakozesa obukooko bw'omumubiri gwaitu kukanya kandi kaita obutafaari bwomubiri ogwo. Nahabwekyo obukooko bwa siriimu bwayeyongyera omu mubiri obutafaari bwingi bw'omubiri nibwitwa kandi okurwana kw'omubiri nikuba kutakiine buryo kwerwanaho. Omubiri niguhwa amaani. Haaba hatariho eky'okurinda omubiri endwara ezindi zoonza zeine omugisha kutahirira omubiri ogwo zikagwinaza! Nikyo ziri kweterwa endwara eziri kwija aha bw'omugisha.

### **Oku akakooko ka siriimu kari**

Akakooko aha bwako tikari kureeta endwara yoonza. Kwonka ahabwokugira ngu nikaita okwerinda kw'omubiri, nikaikiriza obukooko obundi hamwe n'obukooko bw'ekokoro kureeta ezindi endwara. Endwara ezi nizikozesa omugisha ogu okutahirira omubiri ogutakyeine kyeyamba reero aho Siriimu etunga omugisha okwanjaara!

Amaani g'omubiri (*immunity*) ku gakuheza kucendezibwa akakooko ka siriimu, ekicweka kyoonza ky'omubiri okuruga aha mutwe okuhika aha kaarakahera nikibaasa kuterwa oburweire zakamanyiro. Nikyo SIRIIMU (*AIDS*) etarikumanyirwa nk'oburwaire oburikukwata, kwonka nk'ekintu ekirikwita (*syndrome*) omubiri reero oburweire bukaboona omugisha kutahamu bukagukyengeza!.

## OKU AKAKOOKO KA SIRIIMU KARI KUTEGANISA AMAGARA G'OMUNTU.

	<p>1. obutafaari bw'omubiri buri nk'akakooko akari kurwanirira omubiri. Obutafaari bw'omubiri ni munywani w'omubiri gwaitu</p>
	<p>2. Obu rwaire nka enkorora nibugyezaho kutahirira omubiri gwaitu kwonka obutafaari bw'omubiri bugirwanisa kurwanirira (defence) omubiri gwaitu</p>
	<p>3. Endwara nk'okwirukana nizigyezaho kutahirira omubiri kwonka obutafaari bw'omubiri bugirwanisa</p>
	<p>4. Hati, akakooko ka sirimu nikataaha omu mubiri katandika okukwata obutafaari bw'omubiri</p>
	<p>5. Obutafaari bw'omubiri nibwetegyereza ngu tiburikubaasa kwerwanaho kurwanisa akakooko ka akareeta siriimu!</p>
	<p>6. Bwanyima y'obwire, obutafaari bw'omubiri nibuhwa amaani g'okurwanisa akakooko ka siriimu.</p>
	<p>7. Obutafaari bw'omubiri nibusingurwa. Omubiri nigusigara gutaine eky'okugurinda.</p>
	<p>8. Omubiri nigusigara gwonka gutaine eky'okuguyamba. Buri kizibu kyona nka orukororo, n'okwirukana bikozeza omugisha ogu bitandika kutahirira omubiri.</p>
	<p>9.. Aha muheru, omubiri gwona nigubura amaani n'endwara zoonza zibaasa kugutahirira zitaine buzibu bwoona.</p>

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

## AMADAARA G'AKAKOOKO KA SIRIIMU KARIKUKWATIRAMU HAMWE N'AKAKWATE AKARI AHAGATI Y'OBUTAFARA BW'OMUBIRI HAMWE N'AMAANI G'OMUBIRI KURWANISA ENDWARA

<p>Idaara: 1</p>	<p>Akakooko ku kari kubanza kutaaha omu mubiri, okurwana kw'omubiri nikutandikiraho kurwanisa akakooko ka siriimu, nobu kiraabe nikitwaraho obwire obukooko bw'omubiri gwaitu kutandika orugamba (war) oru. Nahabwekyo ekyo nikiha obwire omuhendo gw'akakooko kuba nigweyongyera mpora! Omu bwire obu nikibaasika okukyebeza kandi okashanga omubiri gutaine akakooko ka siriimu. Nikimanyisa ngu obukooko oburikurwanisa omubiri nibuba bukarebire omwinazi ogu kwonka nabwo omuntu naaba aine akakooko omu mubiri. Niyo nshonga omuntu ashemereire kuhaburwa okugarukamu okukyebeza bwanyima y'emyezi eshatu nainga mukaaga.</p>
<p>Idaara: 2</p>	<p>Ekicweka kya kabiri n'ekicweka ky'obumanyiso. Omuhendo gw'obukooko niguba guri mukye kandi obutafara (CD4) bw'omubiri nibuba buri bwingi. Omubaro gw'obutafara bw'omubiri niguba guri ahaiguru. Omubwire obu amaani g'omubiri nigaba gaine okurwanisa kw'amaani aha kakooko kandi guzibira okukanya kw'obukooko. Omuntu nayoreka obumanyiso bw'oburwaire. Bwanyima y'akaire kakye, obutafara bw'omubiri bwingi nibukwatwa kandi bwitwa. Ekyi nikiyendeza aha rurengo rw'obutafara kubaasa kurwanisa oburwaire obundi.</p>
<p>Idaara: 3</p>	<p>Obutafara bw'omubiri bwaheza kukwatwa akakooko kasiriimu, omuntu nataaha omu kicweka ky'obumanyiso. Omu kicweka eki, omubiri nigutandika kutunga oburwaire obu tari kwetegyerezibwa: nk'okukyendera eratiri, emishwija,okwirukana, n'okuhaga enturuguny. Aha shaha egi, ezindi endwara zakamanyiro nazo nizitandiika kwija.</p>
<p>Idaara: 4</p>	<p>Omubaro gw'obukooko gwahika omuri magana abiri buri itondo ryeshagama (200 cells per ml), endwara nyingi zakamanyiro hamwe n'ekokoro nibitahirira omubiri zigumara amaani obwo guba (omubiri) gutakyibaasa kwerwanaho omu byokutabaara orutaro rwa siriimu. Aha rurengo oru omuntu orwaire nayenda kwetenga kutandika emibazi eri kurwanisa akakooko ka siriimu.(Omubiri ku gwakuba nigubaasa kwerwanirira, nihaba hatariho kwetenga emibazi.n'obu kiraabe ekigombe ky'ensi yoona ekikwatirene n'ebyamagara (WHO), nikiragirira obukooko bw'omubiri magana ashatu na makumi ataano ahari buri itondo ryeshagama (per ml))</p>

## SIRIIMU HAMWE N'ENDWARA EZIINE OBUZAARE

### *Endwara zakamanyiiro*

Akakooko ka siriimu nikatahirira kandi kaita abasurikare abarikurwanirira omubiri oburi kwetwa obutafaari bw'omubiri. Omugasho gw'amaani ogw'obutafaari n'okurwanisa oburwaire. Abasurikare baaba bakye omu mubiri gw'omuntu bwaba bukye, okurwanisa kw'omubiri nikukyendeera kandi omubiri niguba gutari kubaasa kwerwanirira kurwanisa obukooko oburi kugutaahirira. Akakooko ka siriimu nikakozesa omugisha ugu kutahirira kandi nikyo ebiri kurugamu birikwetwa endwara zakamanyiiro Okutamba kwendwara ezakamanyiiro, nikuteekwa kukorwa omushaho.

Endwara zakamanyiiro nizishoboororwa nk'endwara eziri kutahirira omubiri obu omubiri gutari kubaasa kwerwanirira. Tiziri kutahirira omuntu ow'amagara ga buriijo. Nizibaasa kubura omuntu yatunga amaani g'omubiri kwerwanirira. Endwara ezi nizibaasa kuretwa obukooko obundi oburimu endwara z'okweyagura hamwe n'obukooko oburi kurwaza siriimu.

Endwara erikukizayo kukanya n'endwara ya kakonko, PCP, hamwe n'endwara eziri kureetwa obukooko bwo'mushwiija gw'omumara. Endwara ezindi hatari kugira ngu nizireetwa obukooko obu kwonka buriijo zibiikirwe omu mubiri nazo nizikozesa omugisha ugu okutahirira omubiri. Zirimu nka: ekookoro. Ahansi hariho emiringo ye'ndwara zakamanyiiro ezirikubasa kurugiriraho ebizibu:

1. Orurengo rw'amaani gomubiri kurwanisa endwara.
2. Emyaka y'omurwaire
3. Obwire obu akakooko ka siriimu kari kuturiramu
4. Okutamira emibazi kurungi (poor adherence)
5. Emitwarize mibi y'omuntu orikutuura nakakooko ka siriimu

**Ezi nizimwe ahandwara zakamanyiiro eziri kukira kutahirira omubiri omu bicweka bitari kushushana.**

**ENDWARA Zakamanyiiro EZIRI KUKIRA KUREEBEKA**

Ekicweka ky'omubiri	Endwara zakamanyiiro eziri kukira kureebeka	Oburwaire oburi kwija	Okutambirwa/Okujanjaabibwa
Obwonko	Omuraaramu	Okurwara omutwe, okugangaara ebisya, okuburwa obusingye haaba hariho ekyeererezi	I.V. Amphotericin B( omw'irwariro ) Oral fluconazole neehebwa boona abu obutafaari bw'omubiri buri ahansi y'igana
	Toxoplasmosis	Okureeba kubi, okugwa kihuumura	Septin DS neehebwa emirundi ebiri buriizooba kumara emyezi eshatu
	Dementia	Okweebwa juba	Okuheebwa obuyambi n'okureebererrwa okuhisya ahu araatandiikire kumira ebijuma bya ARVs
	Encephalitis	Confusion, fits, drowsiness	okuheebwa obuyambi okuhisya ahu arikukuheebwa ART
Akanwa hamwe n'omumiro	Oral thrush (candidiasis)	Ebibara birikwera obumwe n'ebironda biri kutukura nibibasa kugira obuhuruzi bwingi	Amatondo ga Nystatin Erangi ya GV okwozya akanwa hamwe n'emibazi
Ebihaha	Kakonko (TB)	Enkorora etari kukira okushaasha ekifuba omushwija ogokukorora okuri kwija nikugyenda, okuburwa eratiri omushagama	Emibazi eri kurwanisa kakonko okumara emyezi mukaaga  INH prophylaxis neebaasa kuheebwa kutamba
	Ekishonga (PCP)	Omushwija, n'okubura omwitsyo  Orukororo orwomire rutaine eki ruri kushofoza	Doozi ya septin neehebwa kumara emyezi ena buriizooba kumara okwezi kumwe Doozi ya seputturini buri izooba kutammba CD4 eri ahansi ya magana abiri.
Orura	Cryptosporidiosis	okwirukana okutari kukira okw'amaizi obumwe n'eshagama	Okurya kurungi, Okunywa, Obuyonjo
Oruhu	Herpes zoster	Okuzimba emitsi	Amajuta ga Zovirax



**Manya ngu:** *Empindahinduka omu ndagurira eine kuba nekorwa omushaho otendekirwe.*

Omurwaire ku ari kureebekaho obumanyiso, n'ekyomugasho kubukyebeza kureeba yaaba buri obwa siriimu. Okutamba kw'endwara zakamanyiiro nikitunguura omutindo gwamagara ga'omurwaire. Okwetegyereza enamba y'obutafaari (CD 4 count) bw'omubiri nikiyamba okusharamu obu omuntu yakutandiika okujanjabwa.

## **OKUKYEBEZA AKAKOOKO KA SIRIIMU**

Okumanya oku amagara g'omuntu gemeriire aha bikwatireine nakakooko ka siriimu, n'orutambwe rw'okubanza omu kuronda emibazi kandi n'okutunga oburyo obwa kubasisa kutuzaaho n'okukyerereza okwija kwa siriimu. Okutandika kare okutamba niyo migisha mingi y'okukyererwa kutunga ebizibu ebigumire ebikwatireine na siriimu. Ekya kabiri, abaantu okumanya oku amagara gaabo gemeriire omu bya siriimu nikibayamba omu buhabuzi okutanga okweyongyera kujanjaaza n'okuturiza abakundwa baabo.

Okukyebeza akakooko ka siriimu kushemereire kubamu okuhumuriza omutima (*counselling*) batakakyebiize kandi hamwe na baaheza kukyeberwa. Okuhumuriza nikiyamba omuntu kwetekatekyera ebyaruga omu kukyeberwa. Okukyebeza akakooko ka siriimu n'enshonga nkuru omu bikwatireine n'ebiyorwaire.

Okukyebera kandi hamwe n'okuhaburwa nikiragirirwa buri omwe. Twena nitwetenga kumanya ebikwatireine namagara gaitu omu bikwatireine n'akakooko ka siriimu.

1. Ebyaruga omu kukyebera (okugira akakooko nainga okutakagira) nikiyamba omushaho okusharamu omuringo murungi gw'okutambiramu oburwaire obu omuntu yakuba aine. Embeera ezi nizatwazibwa omu miringo etari kushushana omu bantu abaine akakooko ka siriimu
2. Okumanya omuntu amagara ge oku gemeriire nikiyamba okurinda abakundwa obutaturirana akakooko.
3. Nikibaasa kuyamba omu kurinda omwana otakazairwe omu kukwatwa akakooko.
4. Nikibasa kuyamba omukutebeka kurungi amagara ge omumaisho.

## **OKUBA NEGATIVU (Negative) NAINGA POZITIVU (Positive) NIKIMANYISA KI?**

### **I. Ebishohozibwe omu negativu**

Haihi abantu boona nibatunga akakooko ka siriimu omu myezi eshatu ey'okukwatwa, kwonka nikabaasa kumara emyezi mukaaga nari mwenda ahamuheru gw'okukwatwa. Okukimanyira kimwe igana ahari igana ngu omuntu taine kakooko ka siriimu, omuntu nateekwa kubanza yagaruka yakyebeza

hakiri emyezi mwenda kuruga natunga okuteerana okutarinzirwe nainga shi omukuhingaana eshagama okuri kwerarikirirwa.

## II. Ebishohozibwe omu pozitivu

Abakyebezi bashanga eshagama eri pozitivu, nikimanyisa ngu akakooko ka Siriimu kashangyirwe omu shagama egyo. Embeera egyi seru-pozitivu(*sero-positive*). Eki buriijo nikimanyisa ngu omuntu akwasirwe akakooko akari kurwaza siriimu.

## OMUNTU AKAKORAKI KU YAAKUKYEBEZA AKASHANGA AINE AKAKOOKO KA SIRIIMU?

Omuntu nabaasa kutuura n'akakooko kasiriimu kumara obwire bureingwa kandi abaase kutunguura eka ye nka buriijo. Ku wakukyebeza okashanga oine akakooko ka Siriimu, rahuka kugyezaho kureberera n'okurinda amagara gaawe omu juba! Okutunga kare obujanjabi, okuteeka amagara gaawe omu mbeera nungi nikibaasa kukuyamba kutuuraho kurungi. Okukozesa emibazi buriijo nikibaasa kuyerezeza akakooko ka siriimu (*HIV*) kukura juba.

Kyeine omugasho kumanya ngu okukyeberwa okashangwa oine akakooko kishemereire kuhamibwa. Omuntu kwakukyeberwa akashanga aine akakooko, hariho amatembezo agari kukuraturwa aho naaho kurinda amagara ge kandi hamwe nagabandi. Amatembezo agga nigakora ekintu kyamaani omu kutamba akakooko. Garimu:

1. Otagira obwooba omanywe ngu siriimu n'oburwaire nkobundi.
2. Okuhindura emicwe erikworekyereza okukyendeza okujanjaara kw'akakooko ka Siriimu, nk'okuteerana ori kukozesa akapiira.
3. Okureeba omushaho kukwetegyereza kandi akakuha n'emibazi eshemeire kuyendeeza okukura kw'akakooko hamwe n'okukyerereza oburwaire bwa siriimu.
4. Emibazi eri kutokooza obwongo, amara n'okureesa nibimara omubiri amaani kandi bishemereire kurekwa.
6. Okumanyisa ab'omuka, emikago, nainga abanywani, hamwe n'abantu ab'orikwesiga ebirugire omu kuyeberwa kwawe nikibaasa kuba eky'omugasho munonga ha magara gaawe. Abahabuzi hamwe n'abantu boona bashemereire kuyamba abantu nkaabo, okumaraho oburemezi obu. Nikibinga okwetiina n'eirungu omu kuyamba omurwaire.
7. Kyebeza kakonko(*TB*). Nobaasa kuba orwaire kakonko(*TB*) kwonka otari kukimanya.
8. Kakonko etetegyezeibwe nebaasa kuretaho oburwaire bw'amaani kwonka nebaasa kutambwa yamanywa bukyiri kare.
9. Tunga okukyeberwa kureeba yaaba oine endwara ezindi omu mubiri eziri kurabira omu kuteerana (*STDs*). Endwara zitetegyereziibwe zirikuruga omu kuteerana nizibaasa kuretaho oburemezi omu magara g'omuntu ayine Siriimu. Kyeine omugasho kukozesa okuteerana okurinzirwe (protected sex)

- kugira ngu oyerinde kutunga endwara ezo (STDs)
10. Okuteekyereza kurungi aha'byensi na'amagara gawe nikibaasa kuba kimwe aha bintu ebyiine omugasho omu kutuura n'amagara marungi. Okukwatwa akakooko kasiriimu nikibaasa kwerekiriza kwonka tigwe muheru gw'amagara. Okumanya ngu omuntu nabaasa kutuura n'amagara marungi yamara kuyebeza akashanga aine akakooko, n'engyenderwaho y'okutuura n'amagara marungi. Okuronda emikago, abanyabuzaare hamwe na'banywaani nikiyibaasa kuyamba kutuura origye n'ekigyendererwa aha magara gaawe.
  11. Bariirira okwejumba omu bigombe ebiri kuyamba abantu abaine oburwaire bwa siriimu nainga okuronda obundi oburyo oburiho omu kicweka kyanyu nka: Okwehitsya abantu abaine ebibarikumaya aha bikwatireine na siriimu nainga shi abahabuzi.
  12. Ijuka kukozeza akapiira okwerinda okukwatwa ezindi endwara.
  13. Embeera eziri kukwata zikateganisa omutwe nk'okuburwa obusingye, nizibaasa kurengana. Reebeka ngu wabagana ebya faayo byawe n'omushaho waawe. Abo abateine busingye nibabaasa kwejumbira mpora omu kujanjaabibwa nainga shi okureebererwa okugarukirwemu
  14. Abakazi benda abatwiire n'akakooko ka sirimu bashemereire kuhika obuhereza bwa PMTCT aha by'okuzaara kandi bakakuza abaana abataine kakooko.
  15. Ahabwa abaana abato abatwiire n'akakooko bashemereire kuhika obuhereza bw'eminyeeto

## **Akakooko ka siriimu nikaturira kata?**

Siriimu neebaasa kujanjaazibwa omumiringo eshatu:

- Okurabira omu kuteerana
- Okurabira omushagama hamwe n'ebiri kuruga omushagama
- Okuruga ahamukazi kuza ahamwaana

## **Akakooko ka siriimu nahabwekyo nikabaasa kujanjaazibwa kuruga ahamuntu kuza ahandiijo omu miringo nk'egi:**

- okuteerana okuteerinzire n'omuntu oine akakooko ka siriimu. Eki kirimu okuteerana kurabira omubukazi nainga omukibunu
- okukozesa empitirizo n'omuntu orweire nainga shi okucumitwa nk'ekisaraani ebintu ebyeine obwogi n'eshagama erweire
- Okukozesa obugirita, buraashi z'amaino ahabw'okuba nibibaasa kuba biine eshagama y'omuntu orweire
- Eshagama erweire eri kukoze sibwa omu kugaba eshagama omu ma rwariro(*blood transfusion*), hamwe n'eshagama erwire eri kukoze sibwa omu kutamba endwara zitari zimwe na zimwe
- Omukugira enda, okuzaara, hamwe n'okwonsya: ahu akakooko kari kugyendera kuruga ahamukazi kuza ahamwana.
- Ebicweeka by'omubiri ebiri kuheebwayo abantu abarwiire
- Omukutunga butandu reero eshagama erweire ekaza omukironda ky'omuntu otarweire.

Akabi k'okukwatwa akakooko ka siriimu nikongyezibwa endwara eziri kureetwa omukuteerana(STIs).

Akakooko ka siriimu tikari kuturira kuraba omu kuhikaana n'omuntu (ahatari eshagama nainga amaizi g'omubiri)

Omuntu nabaasa kutuuraho kumara emyaka mingi ahamuheru gw'okukwatwa akakooko obwire obwingi kandi ataine obumanyiso nainga endwara kwonka arikubaasa kuturira abandi oburweire.

## **Akakooko ka siriimu tikari kuturira kurabira omuri ebi:**

- Okubumbatirana n'okuramukanya
- Ensiri nainga okurumwa obundi obukooko

- Okukorora hamwe n'okufuniza
- Okukozesa ekihoroonio kimwe hamwe n'ebyokwogyesa
- Okukozesa ebintu ebyokukwata hamwe n'ebyokunywisa ebikwatsirweho omuntu oine akakooko ka siriimu
- Okushutama haihi n'omuntu oine akakooko ka siriimu
- Okukora n'omuntu oine akakooko ka siriimu.
- Etuutu, amacwante, emiziga, ebijwaro, eby'okunywiisa, amasimu nainga okuruga omubintu ebi turi kukozeza burijjo nk'okurira aha Suwaani emwe.
- Kwonka hariho akagisha kakye k'okugikwatwa kurabira omukunywegerana omu kanwa n'omuntu orweire boona baaba beine ebironda omukanwa nainga engino eri kujwa

## Nkamanya nta ngu nyine akakooko ka siriimu?

Nobaasa kugira akakooko ka siriimu kandi ohurire origye omu magara gaawe. Omuringo gwonka ugu wakubaasa kukimanyiramu n'okukyebeza akakooko. Akashagama kakye nikatwarwa kukiyeberwa. Washangwa otaine kakooko oshemereire kukiyebeza ogundi omurundi, hakiri gumwe omu mwaka

## N'oha owakubaasa kukwatwa akakooko

Omuntu weena nabaasa kukwatwa akakooko nk'oku hataine muntu weena oriho ngu nuwe ashemereire kuba nakakwatwa. Sirimu teri kushoroora. Nikabaasa kukwata abantu boona omungyenda zoonza ezamagara. Eki kirimu:

***Okwerinda siriimu nainga shi okuturiza akakooko omuntu ondiijo, oyine kureeba ngu tuwayejumbira omu bikorwa ebiri kwerarikiriza nka:***

- Okweteera emibazi n'empitirizo ezi kozesiibweho
- Okuteerana kutarinzirwe(*unprotected sex*)
- Okugira enkuyanja y'abakundwa.

## Okuzibira okujanjaara kw'akakooko ka Siriimu

Obantu boona yaaba baine akakooko nainga batakaine, baine obujunanzibwa kuzibira okujanjaara kwa akakooko. Eky'omugasho munonga, abantu nibetenga kumanya oku amagara gaabo gemereire.

Okutanga akakooko nikyetengwa kuhika abantu boona abaine okwerarikirira okutunga akakooko hamwe naabo abaakwasirwe.

**Abantu abataine kakooko** nibetenga okwejumbira omuky'okubaasa kubayamba okwerinda okukwatwa.

**•Abantu abatungire akakooko ka Siriimu** nibetenga obwengye n'obuhagizi okurinda amagara gaabo kandi n'okureeba ngu tibanjaaza akakooko omu bandi-*Ekiri kumanywa nka okutamba okuhikire/okugira amagara marungi*

*g'ekitinisa kandi n'okutambirwa.*

Okukyebeza akakooko hamwe n'okuhaburwa byeine omugasho omu kutamba akakooko. Abo abaine akakooko ka Siriimu(PLHIV) baine omugisha mukye gw'okujanjaaza akakooko kuba nibamanya ngu bakeine kandi ku baakuba batungire okuhaburwa aha emicwe etari kwerarikiriza. Eky'okureeberaho, omukazi w'enda aine akakooko ka sirimu tari kuza kuyambibwa kuruga omu kwetabibwamu okurinda omwana we okwihaho yakyeberwa. Abo abari kumanya ngu tibarweire nabo nibabaasa kuhwerwa omu kutunga obuhabuzi kandi n'oku baakutuura bateine kakooko ka siriimu.

## **Omugasho gw'okwerinda endwara z'obushambani n'okuziragurira omu kwetantara akakooko akareeta siriimu.**

Endwara eziri kuretwa omu kuteerana (buriijo eziri kumanywa nka STD) nka Herpes, enziku, ebihooya, zoonu nizongyera emigisha y'okukwatwa akakooko ka siriimu. Abantu abakwasirwe endwaara z'obushambani nibaingana nka okutezamu emirundi ebiri kuhika emirundi etaano okukira abantu abateine kakooko abaine kukatunga kurabira omu kuteerana. Kwongyera ahari ekyo omuntu oine akakooko ka siriimu kwa kuba aine endiijo endwara y'obushambani, omuntu ogwe nabaasa kukajanjaaza akakooko kurabira omu kuteerana okukira omuntu ondiijo oine akakooko ka siriimu kwonka ataine endwara y'obushambani.

Endwara z'obushambani nizireebeka ziri kwongyera omugisha gw'okukwatwa akakooko

omu miringo ebiri: Ebironda by'omubicweka by'ekihama(eky'okureeberaho ebihooya,herpes, nainga shi cancroids) nibirugamu okucweka omu bicweka by'ekihama nainga shi omubiri. Okucweka oku nikureeta obuhengyere bw'akakooko ka siriimu kurabamu. Omu kwongyerera, ebizibu ebiri kuruga omu bironda by'omukicweka ky'ekihama nainga shi endwara ezitari kureeta ebironda

Ebi (eky'okureeberaho nka; chlamydia, enziku, hamwe na trichomoniasis) nibyongyera okukura kw'obukooko bw'omumubiri omu bicweka by'ekihama n'ebintu (nka amaizi g'ekihama) ebiri kushohozibwa omu kicweka ky'ekihama haza ekyo kiretera omugisha ogw'okusiiga akakooko ondiijo omuntu!

Ebishomirwe byorekire ngu abantu abaine akakooko ka siriimu kandi abaine n'endwara ezindi ez'obushambani nibabaasa kushohoza akakooko ka siriimu kurabira omu bicweka byabo by'ekihama omu biri kushohozibwa. Eky'okureeberaho, abashaija abarweire enziku hamwe nakakooko ka siriimu nibakira kubazamu emirundi ebiri kugira akakooko ka siriimu omu bi bari kushohoza kurabira omu bicweka byabo by'ekihama okukira abo abaine akakooko ka siriimu konka.

Okujanjaba endwara z'obushambani nikibaasa kukyendeza okujanjaara kw'akakooko ka siriimu. Okutamba kwamaani kw'endwara z'obushambani hamwe n'okujanjaba nikibaasa kukora omurimo gw'amaani omu kukora entebekanisa omu kutamba akakooko akari kurabira omu kuteerana.

## **Emiringo y'okutambiramu akakooko ka siriimu**

### **1. Okutamba endwara eziri kurabira omu kuteerana.**

Okujanjaara kw'akakooko ka siriimu emirundi mingi omu Afirika nikurabira omu kuteerana.

Omuntu nabaasa kutanga nainga okureka okwerarikirira kukwatwa akakooko kurabira omu kutoorana ku :

- Okurindaho kuteerana
- Ba omwesigwa aha mukundwa omwe
- Koresa akapiira: ekiri kumanyisa okukozesa akapiira ak'abashaija nainga akabakazi buriijo kandi omungyero ehikire
- Okusiramura kw'abashaija obwo barikurabira omu marwariro
- Okwehara okuteerana.

Okwegyesibwa aha bikwatireine n'ebyo kuteerana n'ekintu ky'amaani omu kutamba akakooko ka Siriimu. Eki kishemereire kubamu okutendekwa eby'amagara nk'okusharaho ebikwatireine okuteerana okwabakundwa, kandi hamwen'obukoryo obw'omuntu yaakutungiramu okuteerana okutari kwerarikiriza. Endwara ezimwe ezirikuraba omukuteerana-na munonga endwara ez'ebicweka by'ekihama-zishangirwe ziri kuhwera akakooko ka siriimu kujanjaara omu bwire bw'okuteerana. Okutamba ezindi endwara ezi nikibaasa kwongyera kuyamba omu kutanga akakooko ka siriimu.

### **2. Okutanga okujanjaara kurabira omu shagama hamwe n'ebiri kuruga omu shagama**

Abantu abari kozesa hamwe ebikwato okweteera emibazi bari omu butandu y'okukwatwa akakooko ka siriimu kuruga omuri abo abari abakeine (akakooko). Abantu aba bashemereire kuhaburwa kukyendeza ahari butandu y'okukwatwa akakooko kurabira omu kutakozesa hamwe ebikwato. Abantu abari kweteera emibazi nibabaasa kuhikibwaho /bakamanyisibwa kurabira omu kubashanga omu byaro, omu kuhabura obukunganyo bukye hamwe n'emirimo endiijo eri kuhabura abantu ahamitwarize mirungi kandi bakatunga emiringo endiijo ey'okutambirwamu.

Okugaba eshagama erweire nainga shi ebiri kuruga omu shagama nibabaasa kujanjaaya akakooko. Ebiro ebi hariho okucencura eshagama eri kugabwa kwihamu eine akakooko, hamwe n'okuteeka (*heat-treating*) ebiri kuruga omu shagama ahu kiri kubasika.

Abashaho abarikwirukanzya ebyamagara, nibahabura ngu ebikwaato ebirikukozesibwa omu mbeera erikubasa kuhikaana n'eshagama, nk'okuhandiika



aha mubiri, okushara ebicweka by'ekihama, nibibaasa kutungurwa buriijo byabanza kushanyarazibwa. Omuringo murungi ogw'akukozesibwa n'okunaga ebikwato ebi byaheza kukozesibwa, kandi eki nikiragirirwa munonga.

Abakozi b'ebyamagara bo bonka nibakira kwerarikirira kukwatwa akakooko ka siriimu kurabira omu kukwata omu shagama erweire. Omuringo omurungi gw'abantu aba (*health workers*) omu kwehara oburemezi obu, n'okukozesa eby'okwerinda nka: okunaaba engaro hamwe n'okukozesa ebijwaro ebitari kwikiriza akakooko kurabamu omu ku kwata omu shagama hamwe n'agandi maizi g'omubiri(*body fluids*)

### **3. Okutamba kw'omukazi kuturira omwana**

Okujanjaara kw'akakooko ka Siriimu kuruga aha mukazi kuza aha mwana (MTCT) n'obu omukazi oine akakooko ari kukasiiga omwaana we. Eki nikibaasa kubaho omu bwire obu omukazi aine enda, omurutaru rw'okuzaara, nainga shi omu kwonsya. Ahatariho okutambirwa omu baana aba abazairwe omu bakazi abaine akakooko nabo nibabaasa kukwatwa akakooko omu bwire bwenda hamwe n'okuzarwa. Abandi nibabasa kurwara kurabira omu kwonka. Entambwe y'okubanza omu kukyendeza omubaro gw'abaana abari kukwatwa omu muringo nk'ogu n'okutamba okujanjaara kw'akakooko omu bakazi.

Hariho ebintu bingi ebyakubaasa kukorwa kuyamba omukazi w'enda okwerinda okuturira omwana we akakooko. Emibazi eri kumuheebwa omubwire bw'enda hamwe n'omwana ozairwe nibibaasa kukyendeza munonga emigisha y'omwana kukwatwa akakooko. Nobu kiraabe kiri ngu omiringo ogurikukizayo okutamba, n'emibazi eri kukozesibwa okumara obwire buraingwa: n'obu yakuba dozi emwe y'okutamba nebaasa kushara obwingi bw'okujanjaariraho ahabw'ekicweka okutambira kurungi omukazi okutaturira omwana (PMTCT). Ekyo kirimu ebi :

- *Okutamba kukwatwa akakooko okuruga omu bazaire abaine enda, okukyebaza akakooko ka siriimu hamwe n'obundi okwetaba omu kutambirwa okuriho omu buheereza obukwatireine n'ebyokuteerana kw'abantu abari kuza kazaara hamwe na baaheza kuzaara.*
- *Okuronda okuhaburwa kurungi hamwe n'okuhagira abakazi abaine akakooko ka siriimu, okubayamba kubamanyisa kukora eby'okusharamu ebihikire ebikwasire aha magara gaabo ag'okuzaara.*
- *Okutamba okujanjaara kw'akakooko kuruga omu bakazi abaine akakooko kuza ahabaana baabo omu bwire bw'enda, okuzaara n'okwonsya. Omukazi oine akakooko ka sirimu ashemereire kwegyesibwa aha kwerarikirira hamwe n'emigasho y'okugaburira omwana kandi bashemereire kuyambwa omu kutoorana okusharamu okuhikire okurugirira omu mbeera ze.*
- *Okuhagira abakazi abashangirwe baine akakooko hamwe n'amaka gaabo. Ahabw'ebiteeka teeko bingi ebikwatireine n'akakooko ka siriimu, abakazi abamwe omu byaro byaitu baine obwoba kutaayaayira amarwariro*



*agari kugaba emibazi ya siriimu nainga shi okugaburira abaana baabo. Omukukora ekyo nibooreka embeera z'amagara gaabo mu bikwatiraine na siriimu. Ebiteekateeko nk'ebi bishemereire kweharwa kandi n'abakazi abaine akakooko kandi baine enda bashemereire kuhaburwa kushuuruura ebihama by'oburwaire bwabo omu mwanya gw'okuturira abaana baabo*

#### **4. Omuringo gwa ABC+**

Abantu nibabaasa kugira eki bakora kugira ngu babaase kukyendeza nainga bazibire byoona ebikwatiraine n'okutunga akakooko ka siriimu kurabira omu kuteerana. Ebi birimu:

##### **A- Okwerinda okuteerana okuhitsya aha kwegaita n'omukundwa omu bushwere**

Eki nikimanyisa okuhabura abatacashweire n'okushwerwa okurindaho kuteerana nk'omuringo gwonka omurungi ogw'okwerindiramu okutunga akakooko ka siriimu hamwe n'endwara ezindi eziri kurabira omu kuteerana. Okurindaho okuteerana okuhika aha bushwere kyeine omugasho munonga omu minyeeto. Haihi ekicweka ekihango ky'abakwasirwe boona nikiba omu minyeeto. Okurindaho kurimu okurindaho kuteerana nk'omuringo oguri kukizayo okwerinda akakooko ka siriimu hamwe n'okukozesa emigyenzo y'abantu eri kuhagira okurindaho okuteerana okuhika aha kwegaita kw'abakundwa omu bushwere hamwe n'okujumiirira okwegaita kw'abantu ab'emyaka mito, okwegaita kw'abantu abaine obuzaare, rukundo ya mpa nkuhe hamwe n'ebindi bikorwa by'obushambani obugyemirwe (*forced sex*).

##### **B - Okukyebeza akakooko ka siriimu hamwe n'okuba omwesigwa aha mukundwa orikumanya oku ayemereire aha by'akakooko ka siriimu.**

Omu Uganda, tugiziremu ekitwongeirweho omu kuhindura emicwe omu kukyendeeza kw'omubaro gw'abantu abari kugambwa kuba baine akakooko ka siriimu. Empinduka omu micwe y'abanya-Uganda, ecenderize Siriimu okuruga omu bucweka ikumi na butaano ahari igana (15%) omumyaka eyiira 1990 kuhika aha'bucweka buna ahari igana (4%) aha shaaha egyi! Okuba omwesigwa nikimanyisa ebi:

- Okweihaho abakundwa abari kukoze sibwa omu by'obushambani.
- Okuronda emiringo ei omuntu ari kubaasa kumarwa omu bushwere
- Okwesigana omu bakundwa abatarweire omu kukyendeeza okujanjaara kw'akakooko ka Siriimu omu bantu oteireho n'okugambirana amazima aha bya Siriimu n'amagara ganyu.
- Okuhaburwa hamwe n'okukyebeza akakooko ka Siriimu n'abakundwa baabo. Abakundwa bagyze zeho kumanya oku amagara gaabo gari omu bya Siriimu.
- Okutaho emigyenzo omu bantu ebiri kuhagira okuzibira okushambana aheeru y'obushwere, okukyendeza abakundwa, n'okumarwa omu bushwere, okukozesa emiringo, okuha ekitinisa hamwe n'okuhurikiriza ebi emigyenzo

- eri kwegyesa hamwe n'ebiragiho.
- Okukwata ebiragiho eby'abantu boona ebiri kurwanisa obushambani na rukondo ya mpaha nkuhe hamwe n'okuhamba, okuteerana kw'abantu abaine obuzaare hamwe n'ebindi bikorwa ebirimu okugyemwa okuteerana.

**C – Enkozesa ehikire hamwe n'okukozesa akapiira buriiho**

Okucondooza okukozirwe nikworeka ngu okukozesa okuhikire hamwe n'enkozesa ya buriiho eya kapiira nekyendeeza, kwonka teri kubinga okwerarikirira okukwatwa akakooko. Enkozesa ehikire kandi eshemereire kuguma kukoze sibwa erimu okutunga amakuru agejwire kandi gahikire abakwasiiirwe aha nkozesa ya kapiira. Engyesho eziri kwongyera okwerarikirira kw'akakooko ka siriimu zirimu okwegeita nabakundwa baingi, okweshuubura ahabwa esente, okuteerana n'omuntu orwaire otaine kapiira nainga ou amagara ge gatari kumanywa oku gemereire, okukozesa emibazi ya katokooza bwonko n'amarwa, okwejumbira omu bikorwa by'okuteerana otaine kapiira. Abakundwa n'obu baakuba nibeesigana nabwe nibabaasa kweshanga omu butandu y'okukwatwa akakooko, obwo barikweturira bonka-n'abonka!

**Okuragurirwa kwahoho naaho ahamuheru y'okutekateka ngu wakwatwa akakooko omu kitagyendereirwe (Post Exposure Prophylaxis (PEP))**

Eki (**PEP**) nikimanyisa okumira emibazi eri kurwanisa akakooko ka siriimu (ARVs) aho naho waheza kutunga kumanya ngu ori omu butandu bwa Siriimu, kugira ngu otatunga oburwaire obu. Egi mibazi eriho kandi neheebwa abashaho abatendekirwe omu bya kakoko ka Siriimu. Abantu nibabaasa kutunga akakooko ka siriimu kibagwireho omu miringo nk'egi:

- Abashaho abari kukora omu mibazi kyabagwaho bakehutaaza n'empitirizo.
- Abahi b'obuyambi hamwe n'abebyokwerinda, baaba nibakora aha bantu omu mirimo yaabo.
- Omu bwire bw'okuteraana hatariho kapiira, nk'akapiira kacweeka orikuteerana
- Okukozesa hamwe empitirizo kweteera emibazi.
- Abeereere nibabaasa kwonka amashereka g'omu mabeere kuruga aha mukazi arwaire.

Buriiho, **PEP** eshemereire kutandika nk'oku kiri kubaasika ahonaaho waheza kutunga akakooko kitakarengize omushaaha nshanju naibiri. PEP timubazi gw'okutamba akakooko ka siriimu. Nahabw'ekyo tikishemereire kuha abantu amaani aha bya siriimu bari kutekyereza ngu hariho omubazi ogw'okubatambira baheza kwejumbira omu bikorwa by'obushambani.

## **Ebishemereire kumanywa.**

Oine kumira buri doozi ya buri PEP n'obu eraabe eine ebizibu ebi eri kureetaho. Okubura kumira za doozi ezimwe nikibaasa kumanyisa ngu watunga akakooko ka siriimu. Nikibaasa n'okwikiriza akakooko okuremesa emibazi. Ekyo kyabaho PEP neeba etaki kukorera

## **Okwetantara akakooko ka siriimu omu bakundaine ahu omwe aine akakooko ka siriimu ondiijo atakaine. (HIV sero-discordance)**

Eki nikimanyisa embeera ezi ori kushanga ngu omukundwa omwe naguma ataine kakooko ka siriimu n'obu arikwegaita omu bikorwa by'okuteerana n'omukundwa we omurwaire bateine kapiira. Tikiri kumanywa munonga ahabw'enki eki kiri kubaho kwonka ekiine omugasho munonga n'okutambira omu kundwa otaine akakooko ka siriimu okutunga akakooko kandi ogu okaine okutuura ho namagara marungi.

Omukundwa omwe n'obu yakuba atarwaire, okukyebeza akakooko nigwo muringo gwonka ogw'okumanyiraho omuntu orwaire n'otarwaire. Emiringo egi erebekire nk'eyine omugasho omu kutambira abakundwa abaine oburemeezi obu hamwe n'obuhagizi bw'obujanjabi.

1. Abakundwa boona nibateekwa buriijo kuguma nibaza okukyeberwa eshagama hamwe n'okuhaburwa (CVCT)
2. Obubiina bw'abantu abaine oburemeezi obu: Obubiina obu bushemereire kuhangaana abantu nk'aabo kwejumba omu bibiina ebiri kuha obuyambi.
3. Emibazi ekozirwe kurwanisa akakooko ka siriimu (ART) hamwe n'enteeka teeka ez'okumaraho akakooko ka siriimu –Abashaho nibabaasa kuhabura abakundwa abataine kakooko kukoresa PEP okutakwatwa akakooko.
4. Ah'abakundwa abari kusharamu kugira ngu bazaare abaana, omushaho nabaasa kubarondera obuhabuzi obuhikire hamwe n'okubaakukikora.

## **Okurinda obutakwatwa siriimu endijo, hamwe n'endwaara ezindi omu bantu abarwaire siriimu.**

Abantu abaine akakooko ka Siriimu baine obugabe kutuuraho kurungi n'akakooko ako. Eki nikimanyisa okurinda abantu abaine akakooko ka siriimu omukutunga endwara ezindi ez'obushambani obwo harimu na Siriimu endijo eyakubaasa kweyongyera omuntu owarweire! Hariho ekyetengo eky'okutambira abantu abaine oburwaire bw'asiriimu aha bw'eshonga ibiri ez'amaani :

-Akakooko ka Siriimu okuturirwa abakundwa abataine siriimu: Oyerinde mu kujanjaaza ebindi ebikwatireine n'oburwaire bwa siriimu aha mukundwa waawe

otaine.

-Okuyamba abantu abatwiire n'akakooko kasiriimu okukyendeza butandu y'okujanjazy kw'akakooko ako aha bantu abandi n'ekintu ky'omugasho. Okutwara obujunanizibwa omu kutamba okujanjaara kw'akakooko n'ekyomugasho omubantu baingi abine akakooko hamwe nahabw'abo abari kubahwera omukureeberera amagara gaabo. Abantu abingi abaine akakooko ka siriimu, nibetaaga kutambira ababandi omu kutakwatwa akakooko kandi hamwe n'okwerinda endwara ezindi eziri kureetwa omu kuteerana hamwe n'obundi obuzibu oburi kwija na siriimu.

## **Emiringoeginebaasakukozesibwa omukukyendeza emigisha y'okuturirana ezindi endwara:**

- Okwatura ebihama ebikwatsire ahamagara gaawe obwo orikugambira mukundwa waawe hamwe n'eka yaawe
- Okukyendeza omubaro gw'abakundwa
- Okukozesa akapiira omu buryo obuhikire kandi buri kaire
- Okukozesa akapiira aha bantu abaine akakooko ka siriimu bonka
- Okwehara okunywa amarwa hamwe n'endiijo emibazi eine akakwate n'okunywa amarwa omu bikwatireine n'ebiyokwegaita.
- Abantu abari kutuura n'akakooko nibeetenga okuhaburwa kw'amaani okuhagira empindura y'emitwarize yaabo: omushaho nainga shi ori kubayamba nabaasa kurangisiriza omurwaire omu bigombe ebiri kuhagira nainga shi omubigombe eby'okutamba akakooko kasiriimu okubugana ebyetengo byaabo. Abantu abaine akakooko bashemereire kugamba ebyetengo ebyo butunu hamwe n'abo abari kubayamba kubarondera eby'okubareeberera.

## **Gambira abandi ku oine akakooko ka siriimu**

- Kyabaasika, gambira abantu ab'oyegeisire nabo omubikorwa by'okuteerana
- Manyisa omuntu ou orikugyenderera kuteerana nawe ebikwasire aha magara gaawe n'akakooko ka siriimu.
- Okukozesa akapiira nikijja kuhwera amagara gaawe kandi hamwe naago ag'omukundwa waawe
- Omu mbeera y'abantu abaine enda, abakundwa boona bashemereire kumanyisana ebikwatireine n'amagara gaabo kugira ngu babone obwire bw'okutungo PMTCT

## **Okwerinda emicwe eri kureetaho oburwaire bwa siriimu obukwatireine n'okukozesa amaarwa**

Omumahanga mingi hamwe n'ebiyobuhangwa, amaarwa nigamanywa nka ruranganwa ahakukyendeza okutiina okwejumbira omu micwe eri kwerarikiriza. Omu Uganda, okucoondoza nikworeka ngu okunywa amaarwa maingi munonga kukwatireine n'emicwe eyakubaasa kuteeka omuntu omu butandu y'okukwatwa

akakooko ka Siriimu!

Omushomo ogwakoriirwe omuri Rakai, Uganda eshangire ngu okukozesa amaarwa maingi kyeine akakwate omu kuteeka abashaija n'abakazi omu butandu y'okukwatwa omwinazi gwa akakooko aka! Okwerarikirira okukwatwa akakooko kikaba kiri ahaiguru obu omukundwa omwe yabaire anywa amarwa atakagiire kuteerana, nainga abakundwa bombiri ku babaire baganywa batakagiire kuteerana.

Amarwa gakaba gaine akakwate n'okweyongyera kw'emicwe eri kwerarikiriza harimu n'obutakozesa akapiira buriijo, kugira abakundwa baingi, n'okushambana aheeru. Omu kwongyera aha bya'butandu bya akakooko ka Siriimu ebirkuretwa okunywa amaarwa, kishemereire kumanywa ngu okunywa amaarwa maingi nikyongyera kuhagira akakooko omu miringo nk'egi:

- Nikyizibira obujanajabi bwa kakoko ka Siriimu okukora kurungi
- Abantu okuhangirira omu bitaine mugasho
- Okutakozesa akapiira buriijo n'obutafayo
- Okukanyitsa enamba mpango ey'abakundwa
- Kuguma n'ohindahindura abakundwa
- Nigakyendeza engomba y'okurya kandi gamara omubiri amaani
- Okushamabana ahagati y'abantu bakuru n'eminyeeto, okukora obwa maraya
- Nigareeta obworo n'okubura emirimo
- Okurwana ahagati y'abakundwa hamwe nokubonesabonesa abaana
- Nikiretera abashwereine haza baine akakooko kubura kukozeza akapiira
- Nikimara abantu omwete g'okuhurizana hamwe n'okugamba butunu kandi kikora engero y'okuronda rwekwaso.

Ahabweshonga ezagambwaho ahaiguru, nikirungi ahabw'abantu abarwaire nabatarwaire Siriimu okwerinda okunywa amarwa nya mwingyi n'okukozesa enjaayi!

Okugamba aha kizibu butunu n'omushaho, omukundwa nainga shi abanya diini nikiyibaasa kuyamba omuntu aha kurekyeraaho okunywa maarwa hamwe n'emicwe mibi.

## **Okusiramura abashaija hamwe n'okwetantara akakooko akareeta siriimu.**

Okushara kw'abashaija (*okusiramura*) kurimu okwihaho ekishushu ky'ahaiguru: ekishushu ekiri kushweka omutwe gw'obushaija. Ebyanga byingi bitwiire nibikora okushara abashaija okumara emyaka amagana, kandi nikireebwa nka'kamanyiso ka okumanyiraho abanyaruganda nainga shi enyikiriza.

Hariho ebintu eby'amaani ebiri kworeka ngu okushara abashaija obushaija nikorwa kurungi omu majanjabiro, kikyendeeza okwerarikirira okujanjaaza akakooko ka kuruga aha mukazi kuza aha mushaija ahabw'obucweka makumi ataano ahari igana(50%). Egi pasenti(50%) neyorekyera kimwe ngu okusiramura nikuyamba munonga aha kuzibira omukazi kuturira omushaija akakooko ka Siriimu.

Ebishomirwe nibigamba ngu okushara tikiri kukyendeeza aha kyansi(chances) z'omushaija kuturira omukazi akakooko.

Kwonka okushara ti kyo kiri kumaraho okukwatwa akakooko. Omushaija n'obu yakuba ashazirwe, nateekwa kurindaho kuteerana, abe omwesigwa nainga akozese akapiira burijjo mu kukyendeeza butandu y'okukwatwa akakooko ka Sirrimu. Kandi nabwo ahatari kukozeza akapiira, okushara tikuri kuzibira okutweeka enda, kandi tikiri kukyendeeza butandu y'okukwatwa endwara ezindi ez'obushambani.

## **Emihondano y'abashaija n'abakazi omu maka hamwe n'okwetantara, n'okujanjaba akakooko akareeta siriimu**

Obuvuyo bw'omu maka nibureetera okuhwa amaani omu kurwanisa oburwaire bwa Siriimu, hamwe n'omu kukozeza obuhereza obukwateireine na akakooko: omu kutamba, omu kujanjaba, omu kurinda, hamwe n'okuhagira. Nahabwekyo Ebigombe ebirikurwanisa Siriimu bishemereire kuteeka **obutabanguko bw'omu maka** omu puroguramu zaabyo omu byokurwanisa omwinazi Siriimu.

## **Emihondano y'abashaija n'abakazi omu maka ni ki?**

Obu n'obuvuyo bw'omumaka oburikureetwa ebiteekateeko eby'aburijjo hamwe n'enshonga z'okuteerana ebiri ahagati y'abashaija n'abakazi. Obutabanguko obu hamwe n'okuyomba kw'omu maka byeyine eki birikumanyisa kw'amaani omu kujanjaaza kwa siriimu kandi hamwe n'okwerinda kwayo. Obutabanguko obu hamwe n'okutiina ebikorwa byabwo nikiretera abakazi okutagira eiraka okusharamu omunkozesa y'akapiira nainga okutuura n'omushaija omu butebenkana nainga shi okutoorana okureeka omukago oguri kwerarikiriza. Okutiina akatabanguko omu maka nakyo nikizibira abakazi okukozeza okuhaburwa hamwe n'okukyebeza kandi kigaruka kibatinisa okwatura ebihama byabo ebikwateireine n'akakooko ka siriimu.

Omushaija **Heise** hamwe n'abandi abakugu (omu mwaka1999) bakahandiika omu rufuti-futi bakugira bati: *“If we are to succeed in addressing two of the most critical facing Uganda today—violence against women and the AIDS pandemic—it is essential to challenge social norms which condone and even promote violence against women. This includes male behaviors which put themselves, their partners and children at risk of HIV infection.”* Nikimanyisa: *“Twaba turi abokuhangura abazigu babiri abakirikusingayo omu Uganda;- okuturunuza abakazi oteireho na Siriimu-, nitutekwa kubanza twamaraho emicwe mibi y'obyobuhangwa eri kuteeka abashaija ahaiguru y'abakazi ekabakora bakirimani, haza bakakora ekyibarikwenda, obwo barikweteeka omuri butandu ya Siriimu, obwo okwateiremu abakundwa n'abaana baabo”.*

Obutabanguko bw'omumaka nibureeta akabi omu kwongyera amaani omu kujanjaara kw'akooko kandi hati nitumanya okuyomba kwa abakundaine nikitaganisa okwerinda, okujanja, okurinda hamwe n'obuheereza bw'obuhagizi. Ebirikukwata aha bakazi hamwe n'abaishiki bisibiirwe omu kubura kwabo kw'ebikozeso, oburyo hamwe n'eiraka omu byanga byoona kandi hamwe n'okutagira amaani kwabo nikibata omu butandu y'okukwatwa akakooko ka siriimu.



**Obujanjabi bw'akakooko akari kurwaza siriimu.**

Akakooko aka ti kaine mubazi kandi okukajanjaba n'okukozesa emibazi eri kukarwanisa kugira ngu omuntu okarwaire agume aine amagara marungi kandi ari omuntu ow'entunguuka. Okujanjaba nikubaasa kuyamba omuntu ahandengo zoonza ez'akakooko ka siriimu kari kuba nikeyongyera. Nobu emibazi eri kurwanisa akakooko eri kubaasa kukajanjaba, baitu terikubaasa kutambira omurwaire waako. Okujanjaba akakooko ka siriimu hamwe n'ebyetengo byawe byoona nbiiteekwa kukorwaho omushaho waawe.

Nahabwekyo ekigendererwa ky'okujanjaba omuntu orwaire akakooko ka siriimu n'okureeba ngu akakooko kaguma aharurengo orutarikwerarikiriza. Okujanjaba oku hamwe n'ebintu ebiri kureetera omubiri amaani g'okurwanisa endwara nk'okurya kurungi, ebiriisa ebiri kuruga omu mboga nka dodo n'ebihimba, obuyonjo burungi: nibiyamba omubiri kugaruzamu amaani nk'oku kiri kubaasika kandi birwanirira omuntu omu ndwara zakamanyiro. Kwonka ezindi endwara ku ziri kwija, endiijo enkozesa y'obujanjabi nekozesebwa aha ndwara ezo, nka: kakonko, okutongoka omubiri hamwe n'ezindi. Okutoorana kw'emibazi nikukorwa omushaho. Aha muheru emibazi erikurwanisa akakooko neija kwetengwa kurugirira aha butafaari bw'omubiri.

**Emibazi Ya siriimu.**

Emibazi eri kurwanisa akakooko ka siriimu neyeta *Antiretroviral drugs (ARVs)*, Egi emibazi eine ebyerikukora aha mubiri ebitari birungi yaaba etakozesiibwe kurungi. Nkoku siriimu etaine omubazi gw'okugimariraho kimwe, emibazi egi neteekwa kuriibwa okuhitsya omuntu yaruga omu ensi egyi. Nahabwekyo okwemera ahabwa bamwe n'obuhagizi ahabwa abo abari ahari ART kyeine omugasho. Nobu kirabe kiri ngu emibazi ya siriimu teri kutamba akakooko, abantu baingi abahairwe ebitanda baihiremu amagara marungi baheza kuteebwa aha mibazi egi. Kyeine omugasho omuntu oine akakooko ka siriimu okuguma nayetegyereza omubaro gw'obutafaari bw'omubiri gwe kugira ngu atungye obuheereza obwa ART omu bwire.

Okuheebwa emibazi y'akakooko ka siriimu kyeine emigasho mingi nka:

- Okuheereza amagara marungi kandi g'omutindo ahabwa abo abaine akakooko ka siriimu.
- Okukyendeeza omubaro gwa'abarikufa aha bwa kakooko ka siriimu
- Nikiha abakozi b'ebyamagara omwete okukora barikumanya ngu nibabaasa kuyamba kihango ahabw'abo abatwire n'endwara ya siriimu.



## **Akakooko ka siriimu n'oku kari kujanjabwa: Eki buri omwe ashemereire kumanya !**

**Nyine akakooko ka siriimu. Ni mushaho ki ou ndi kwetenga?** Omushaho waawe ashemereire kuba aine obukugu omu kujanjabwa akakooko ka siriimu. Nobaasa kwetenga kureeba omuntu aine eby'omutaano omu kujanjabwa akakooko. Noiya kwetenga hamwe n'omushaho waawe okusharamu eby'okujanjabwa kwawe. Nahabwekyo kyeine omugasho okuronda omushaho ou ori kuhurira otebenkaine nawe. Nikibaasa n'okugira omugasho kuronda omushaho ori kutaaha ahu ori kutaaha kugira ngu eby'entambura bitakuteganisa waba noyenda kumureeba.

## **Nimba ninyenda ki omu maisho g'omushaho?**

Omushaho naiya okukubuuza ebibuuzo aha magara gaawe, entuura yaawe, naiya kukukoraho kandi akyebere n'eshagama yaawe. Obu nibwo obwire burungi bw'okubuuza omushaho waawe ebibuuzo. Otakagiire kureeba omushaho nikirungi okuhandiika ebibuuzo ebi oine, okabigyendana yakweta. Nobaasa kubuuza omushaho waawe ekibuuzo kyoona otaine kutiina. Naba ariho aha bwaawe. Nobaasa kutoorana omushaho omushaiya nanga omukazi okurugirira omuntu ou orikwenda ngu akukorere.

## **Ni bibuuzo ki ebi nshemereire kubuuza omushaho wangye ?**

- Ebirikwerarikiriza hamwe n'ebi ori kuhwerwa omu kujanjabwa akakooko.
- Ezindi endwara eziwakubaasa kuba oyerarikiriire
- Oku amagara gaawe garahindukye ahabw'okukwatwa akakooko ka siriimu?
- Oku wakwerinda kuturiza akakooko ka siriimu abandi?
- Oku wakubaasa kwerinda kukwatwa oburwaire obundi
- Oku wakubaasa kutunga kandi okagumyaho amagara marungi?

## **Omushaho aine kukyebera ki?**

Kyeine omugasho kumanya omubaro gw'obutafaari bw'omubiri hamwe n'amaani g'akakooko aha murundi gwawe gw'okubanza kutayaayira omushaho. Oshemereire kukyeberwa aha'bwokwenda kumanya omubazi ogwakubaasa kukukorera omu kuzibira akakooko kukanya. Ebyarugamu nibyeija kureeta entandikiro y'ebira kyeberwe omu maisho.

## **Ebi nibyo birikuragiirwa kukyeberwa:**

- *Omubaro gw'obutafaari:-* Obu n'obukooko bw'omubiri oburi kurwanirira (abasirikare) omubiri obwo burikurwanisa endwara. Akakooko ka siriimu nikaita obutafaari bw'omubiri, kamara omubiri amaani g'okurwanisa endwara. Omubaro gw'obutafaari bw'omubiri nikimanyisa omubaro gwa

- abasirikare bur'itondo ry'eshagama.
- *Okukyebera obukooko bwa siriimu:* – Okukyebera oku nikupima obwingi bw'akakooko ka siriimu omu bur'itondo ry'eshagama. Okukyebera oku nikworeka amaani agari omu mubiri oku garikwingana omu kurwanisa akakooko.
  - *Okukyebera amaani g'omubiri:-* orikugarenganisa n'omubazi oguri kukora aha kakooko ka Siriimu. Eki nikyo kiri kusharaho kureeba yaaba akakooko ka siriimu akari omu mubiri gw'omuntu kari kubaasa kuremesa emibazi eri kurwanisa akakooko.
  - Akakooko nikabaasa kuhinduka omu nkora, karugyemu akakooko akatari kubaasa kutambwa emibazi emwe.
  - *Omubaro gw'obwingi bw'eshagama omu mubiri*
  - *Okukyebera enkora y'ekitigu hamwe n'ensigo*
  - *Okukyebera enkari*
  - *Okukyebera endwara ezindi z'obushambani*
  - *Okukyebera oburwaire obundi, nka hepatitis, kakonko, nainga toxoplasmosis*

## **Nyeteekateekire kutandika okujanjabwa akakooko ka siriimu?**

Waatandika okukozesa emibazi eri kurwanisa akakooko, noyetenga kugumizamu nogikozesa obwiire bw'amagara gaawe goona. Okusharamu ni ryari nainga shi okutandika okujanjabwa nikirugirira aha magara gaawe hamwe nokweteeka teeka kwawe orikukuratira obujanjabu obukuhairwe.

## **Oshemereire kutandika okujanjabwa ku wakuba:**

- Oriyo noreba omu bumanyiso bwa siriimu nainga wakwasirwe siriimu
- Omubaro gw'obutafaari bwawe ni 350 buri itondo ry'eshagama. Nainga shi ahansi yaabwe (kurugirira aha ekitongore ky'ebyamagara omunsi yoonna )
- Oine enda
- Oine endwara y'ensigo eine akazaare n'akakooko ka siriimu
- Oriyo nojanjabwa endwara y'ekitigu B?
- Wahaburwa omushaho

## **Omushaho wangye hamwe nanye kutwa kusharaho kukyererezaho okutandika okujanjabwa akakooko, ninyija kwetenga kukyebeza omubaro gw'obutafaari bw'omubiri hamwe n'amaani g'obukooko bwa siriimu ogundi murundi?**

Eego. Abantu abarwaire akakooko ka siriimu abatakandikire kukozeza emibazi bashemereire kukyeberwa amaani g'obukooko bwa Siriimu omu myezi eshatu hamwe n'omubaro gw'obutafaari buri myezi eshatu kuhika aha myezi

mukaaga. Iwe n'omushaho waawe nimweija kukozeza ebirugire omu kukiyebera, kwetegyereza oku okwasirwe hamwe n'okusharamu obu oshemereire kutandiika kujanjabwa.

## **Emibazi egi kwerabe nebaasa kunyamba kuguma nyine amagara marungi, ahabwenki nshemereire kurindaho okutandika okujanjabwa?**

Watandika oti okujanjabwa, n'oyetenga kugumizamu ori kukozeza emibazi egi obwire bw'amagara gaawe goona. N'obu kiraabe ngu emibazi emisya ey'akakooko ka siriimu eyanguhi kukozeza, okutandika okujanjabwa buriijo nikimanyisa ekintu kihango omu mpinduka y'amagara gaawe. Emibazi emwe neyetengwa kukozezebwa omurundi gumwe omw'eizooba omu shaaha ezimwe kandi neyetengwa okuhindura omu by' okurya ebi ori kurya, hamwe nawamira emiibazi y'ezindi ndwaara. Okwongyerera aha birungi ebyeri kureeta, emibazi egi eine ebibi ebi erikureeta aha magara, bimwe ahari ebi biri eby'akabi. Akakooko kaaba katamazirwe kimwe amaani, nikabaasa kuremesa omubazi kukoragye. Okuremesa omubazi hamwe n'ebiyemibazi eri kureeta aha mubiri ebiri bibi nibibaasa kureeta empinduka omu kusharaho kwaawe kw'enjanjaba ey'omumaisho.

## **N'emibazi y'emiringo engahi ei ndikwetenga kukukozeza ?**

Emibazi eikiriziibwe kujanjabwa akakooko ka siriimu ekozirwe omu mibazi eshatu nainga n'okurengamu omu bika bitari kushushana eburikwetwa *Highly Active Antiretroviral Therapy (HAART)*:- naingashi; *emibazi ya Siriimu ey'amaani gahaiguru munonga*. N'obujuma bungahi obworikuza kwetenga kumira hamwe n'emirundi engahi ei orikwija kubukozeza:- eki nikiza kirugirira aha mibazi ei ora shareho kukozeza iwe n'omushaho waawe. Emibazi emwe okozirwe omu mibazi ebiri n'okurengamu etari kushushana eri kurwanisa akakooko kuruga omu kika kimwe nainga ebika bingi.

## **Nimubazi ki ogu nshemereire kumira?**

Buri ndagiriro ya HAART neba eheirwe buri murwaire okurugirira aha maani ge. Iwe n'omushaho waawe nimwija kusharamu ni mubazi ki ogukushemereire. Mutakabagana emibazi

## **Ni bizibu ki ebimwe ebyakubaasa kuretwa emibazi egi?**

Nobaasa kutunga ebizibu okuruga omu mibazi egi. Ebizibu ebimwe ahari ebyo n'ebiyamaani, ebimwe birikubaasa kuteeka n'amagara omu butandu; Nobaasa kutunga okuhindura aha mibazi ahabw'ebizibu ebitari kwemerw. Iwe n'omushaho

waawe mushemereire kugamba aha bizibu ebiri aha buri mubazi. Ebizibu ebimwe ni nka: omushwija, akazengyerera, okuzimba ebigyere, hamwe n’okuruha. Buriijo gaaniira aha ebizibu ebi n’omushaho waawe.

## **Ninyija kumanya nta yaaba ekipimo kyangye ky’omubazi ogumpairwe nigukora gye?**

Omu bwijwire, omubaro gw’obukooko nigwo gurikworeka eky’amaani yaaba ekipimo ky’omubazi gwaawe nikikora. Omubaro gw’obukooko bwa Siriimu gushemereire kukyendeera obwo emibazi yaawe yaaba nekora.

*Ebintu ebindi ebyakubaasa kukumanyisa iwe n’omushaho waawe oku ekipimo ky’omubazi gwaawe kiri kukora nibyo ebi:*

- Omubaro gw’obutafaari bw’omubiri: Gushemereire kuza ahaiguru emibazi yaawe yaaba nekora.
- Ebirugire omu kukyeberwa kwaawe ebya juba. Ekipimo ky’okujanjabwa kwaawe kishemereire kukuhwera kuguma oine amagara marungi.

## **Ni emirundi engahi ei nshemereire kuba ninkyebeza obwingi bw’akakooko?**

Obwingi bw’akakooko kaawe bushemereire kuba nibukyeberwa ahagati y’esande ibiri n’esande ina waheza kutandika okujanjabwa reero hamwe nahagati y’esande ina n’esande munaana okuhisya ahu kari kuba katakireebeka. Obukooko bwaba butakireebeka tikiri kumanyisa ngu wakira akakooko ka siriimu; Nikimanyisa ngu okukyeberwa tikuri kwetegyereza ekiri kumara akakooko ka siriimu kakye akasigaire omu shagama.

Obwingi bw’akakooko ku burabe nibureebeka omu sande ina kuhika omu sande mukaaga omazire kutandika kujanjabwa, iwe n’omushaho waawe mushemereire kugaaniira oku emibazi erikukora. Okuremwa kumira emibazi niyo nshonga eri kusingayo omu kuremwa kujanjabwa hamwe n’okuremesa emibazi. Omushaho waawe ashemereire kukyebera okuremesibwa kw’emibazi ekira sharemu okureeba yaaba akakooko ka siriimu omu mubiri gwaawe kehindwire omu ngyero ey’okujanjabwa kwaawe okwajuba, aho’tarikubaasa kutambirwa.

## **Ni emirundi engahi ei nshemereire kuba nyine omubaaro gw’obutafaari?**

Omubaro gw’obutafaari nigworeka nk’oku ekipimo ky’obujanjabwa kiri kukora. Omubaro gw’obutafaari bwaawe gushemereire kukyeberwa buri sande ishatu kuhika omu sande mukaaga omu kujanjabwa kwaawe kwona. Okujanjabwa kw’akakooko kushemereire kwongyera omubaro gw’obutafaari bwawe nainga hakiri gubuzibire kukyendeera. Gambira omushaho waawe aha mubaro gw’obutafaari bwawe kyaba kikukwatsireho.

## **Omushaho wangye nayenda kuhindura ekipimo ky'emibazi yangye. Ahabw'enki?**

Hariho enshonga nyingi eza kubasakureeta kwetenga kuhindura omu kipimo ky'okujanjabwa. Enshonga enkuru ezirikureeta ekyi, ni ibiri: (i)emibazi erimu obutwa (ii)okuremwa kw'ekipimo ky'emibazi. Obutwa bw'omumubazi nikimanyisa ngu ekipimo ky'okujanjabwa kwawe nikireeta akabi aha magara gaawe ekiri kukureetera oburemeezi omu kumira emibazi. Okuremwa kw'ekipimo ky'emibazi nikimanyisa ngu emibazi teri kukora kurungi ekiri kumara. Kyeine omugasho kubuza omushaho waawe kukushobororera enshonga n'eha ei oine kuhindura.

## **Okuremwa kw'ekipimo ky'omubazi nikimanyisa ki?**

Okuremwa kw'emibazi nikubaho emibazi ey'orikukozesa yaaba etarikubaasa kuremesa okweyongyera kw'oburwaire. Ebirikureeta eki birimu:

- Amagara mabi otakatandikire ekipimo ky'omubazi gwona.
- Okumira kubi omubazi kitari nk'oku omushaho aragirire.
- Obujanjabi obw'enyima obw'akakooko ka siriimu nainga shi omubiri kwanga omubazi.
- Amaarwa nainga kukozeza emibazi ya katokooza-bwonko.
- Ebizibu ebiri kuruga omu mibazi, emibazi erimu obutwa, nainga shi okukozeza endiijo emibazi.
- Emibazi yataaha kubi omu mubiri
- Embeera mbi ezindi ezeirwariro nainga shi obundi oburwaire obutari bwa siriimu.

## **Niki ekyakubaasa kubaho ekipimo ky'omubazi ogu mpairwe kyarema?**

Obujanjabi bwarema, omushaho waawe naija kubariirira ebyafaayo by'obujanjabi bwawe, n'ebizibu ebiri kuruga omu mibazi, ebizibu ebi wakubaasa kuba otungire omu kukozeza emibazi nk'oku oragiriirwe, embeera z'amagara gaawe hamwe n'ebirugire omu mubiri gwawe kwanga emibazi: Reero abaase kumanya ahabwenki guremirwe. Iwe n'omushaho waawe nimubaasa kutoorana obundi obujanjabi kurinda gye oburwaire.

## **Okukorangana kw'emibazi nikimanyisa ki?**

Emibazi ya ARV-HIV Nebaasa kukora n'endiijo mibazi ei obaire nomira. Eki nikibaasa kukyendeeza okukora kurungi kw'emibazi nainga shi kyongyere akabi k'ebizibu ebiri kuruga omu mibazi. Iwe n'omushaho waawe mushemereire kugaruka kwetegyereza emibazi yaawe yoona, oteiremu n'emibazi endiijo etari kushushana hamwe n'enkozeza y'ebishaka. Oshemereire n'okwetegyereza yaaba emibazi yaawe eshemereire kumirwa n'ebyokurya naingashi kugimira otakariire.

## Okukuratira obujanjabi nikimanyisa ki?

Eki nikimanyisa oku ori kukuratira kurungi ekipimo ky'emibazi yaawe. Ekipimo kyawe kuyakuba kiri kuremwa abw'okugira ngu tori kukukuratira kurungi, iwe n'omushaho waawe mushemereire kuganiira ahabw'enki oine oburemeezi omu kumira emibazi kandi n'ekiwakubaasa kukora okweyongyera omu kukuratira kurungi okumira emibazi yaawe.

## Okukuratira kurungi emira y'emibazi kyeine omugasho omu kujanjaba siriimu?

Eego! okukuratira kurungi emira y'emibazi n'ekintu ky'amaani omu kujanjaba siriimu namunonga ahabwa ebi:

- Okukuratira kurungi okumira emibazi nikitaho empinduka aha mibazi eya ARVs-HIV omukukyendeeza obukooko bwa Siriimu. Waguruka okumira emibazi, n'obu gwakuba omurundi gimwe gwonka, akakooko kaine omugisha kuzaara kekurataniise. Okukyendeeza akakooko aha rurengo rw'ahansi nikiyamba omu kurinda omu mbeera ezikwatireine na siriimu hamwe n'okufa.
- Okukuratira okumira kurungi emibazi omu kujanjaba siriimu nikirinda omubiri kubura kwanga emibazi. Waguruka ekipimo nobaasa kutunga obuzibu obukwatireine na Siriimu obutari kwikiriza n'emibazi ei ori kumira kandi hamwe n'emibazi ei otakamizire: eki nikibaasa kukusiga n'oburyo bukye obu wakubaasa kwejanjabiramu ku wakwetenga okuhindura ebipimo by'okwejanjaba omu bwire bw'omumaisho. Ahabw'okugira ngu omubiri kwanga omubazi nikibaasa kuturizibwa n'abandi, okwetaba omu mitwarize egi nikibaasa kurugwamu akabi! N'obu haraabe hariho emibazi endiijo eya siriimu hamwe n'emiringo endiijo ey'okujanjabiramu, amashomo agakozirwe nigoreka ngu ekipimo kyawe eky'okubanza kyeine emigisha mingi ey'okukora kurungi omu bwire bureingwa. Okumira emibazi eya siriimu omu muringo oguhikire nikyongera emigisha yaawe y'okusingura

## Ahabw'enki okumira emibazi nk'oku kirikushabwa kigumiire abantu baingi abaine akakooko ka siriimu?

Ekipimo ky'obujanjabi bwa siriimu nikibaasa kuguma; ebipimo ebingi birimu okumira ebijuma bingi buri eizooba kandi hariho embeera eziri kuteekwa kukuratirwa, eky'okureeberaho: *Eshaaha eri ahagati y'okumira emibazi*. Emibazi emwe eya siriimu neteekwa kumirwa otakariire, kandi endiijo neteekwa kumirwa waheza kurya naiga shi waheza kumira ekipimo ky'emibazi nainga otakimizire. Eki nikibaasa kugumira abantu baingi na munonga abo abarwaire nainga abo abari kureeba obumanyiso bwa siriimu nainga ebizibu ebiri kuruga omu mibazi yaabo. Ebindi ebyakukireetera kyaguma okukuratirira endagiriro y'obujanjabi

birimu:

- Okutiina okwatura na munonga omubakundwa
- Okutunga ebintu bibi ebirikuruga omu mibazi nk'okuhurira ori nk'omurwaire.
- Kubyama okeebwa kumira emibazi
- Okutambura kuruga omuka haza emibazi okagyebwa enyima
- Kuguma otaine bwire bw'okuhumuraho
- Okuhurira ori omurwaire nainga otaine busingye
- Okwebwa kumira emibazi

## **Nkakora ki kukuratira kurungi ekipimo ky'obujanjabu bwangye?**

Hariho ebintu bingi ebi waakubaasa kukora kugira ngu okuratirire ekipimo ky'obujanjabu bwawe. kimwe ahabintu ebi waakubaasa kukora ori kutandika ekipimo ky'obujanjabu bwawe n'okugamba n'omushaho wawe ebikwasire ahambeera y'amagara gaawe. omuntu naaza kukuratirira endagiriro eyakubaasa kumukorera.

## **Ebintu ebi oshemereire kumanyisa omushaho waawe nibyo ebi:**

- Omurimo gwawe, okubyama, okurya, hamwe n'obwire bw'okutambura.
- Ebya kubaasa kwijamu nk'ebizibu by'emibazi.
- Endiijo emibazi ei ori kumira hamwe n'okukora kw'emibazi ey 'akakooko ka siriimu
- Orurengo rwawe rw'omwete omu kuratirira ekipimo ky'obujanjabu bw'akakooko ka siriimu. Obutabaasa kubaasa emibazi. Abantu baingi nibakuratirira kurungi obujanjabu bwabo kwonka hahwaho akaire, aha muheru okukuratirira kibagumira. Gamba n'omushaho waawe aha bikwatireine n'okuratirira. Omwete gwawe omu biteekateeko by'obujanjabu n'ekyamaani nainga nkyebembezibwa. Omurwaire ori kutwaara ekipimo ky'emibazi ye omungyero ehikire naatunga ebirungi omu bujanjabu.
- Orurengo rwawe rw'okwatura amazima n'omukundwa waawe.

## **Otakatandikire ekipimo ky'obujanjabu bw'akakooko ka siriimu, hariho amatembezo maingi ag'orikubaasa kurabamu kukuyamba omu kukuratirira kurungi.**

Gamba n'omushaho waawe aha bikwatireine n'ekipimo ky'obujanjabu.

- Ronda ekihandiiko eky'obujanjabu bwawe ekihandiikireho buri mubazi gwawe; Ni ryari kandi nigwingana ki ugu ori kumira; hamwe n'okuba noteekwa kugumira otakamizire nainga waheza kumira ebipimo by'emibazi endiijo.
- Okwetegereza okuratirira omugasho gwakyo.



-Ba omwesigwa ahabikukwasireho ebyakubaasa kugira empindukay'okukuratirira kwawe. Nikibaasa kugumira abantu abari kukozeza kubi emibazi nainga shi abasinzi, hamwe n'okubyama kubi, okutabuka omutwe, nainga ebindi ebizibu ebiri kureebwa omu magara.

-Kora obujanjabi bwawe ori kukozeza ebirisa, nka emboga ezirikwiragura(*Greens*). Eki nikijja kukuyamba okusharamu omubwiire bw'omumaisho obu ekipimo ky'emibazi kiraije kuba kigumire omu kukozezesibwa kurungi.

-Ronda omuringo ogwakubaasa kukukorera. Abantu baingi nibakishanga kiri kuyamba okuronda emirimo ei bari kukora omu bwire obu barabe nibamira emibazi yaabo. Abantu abari kutebenkanisa obwire bw'okumiriramu emibazi omu bwiire obuhikire, nibarikuratirira entebekanisa y'obujanjabi bwabo kurungi kukira abo abatari kukikora.

## **Nimbaasa nta kuguma ninkuratirira emitwarize y'okumira bwanyima y'okutandika obujanjabi?**

- Mira emibazi yaawe omu bwire bumwe buri izooba ahatari kuhindura hindura
- Tekaaho nk'esande ey'okumira omubazi omu kibokisi ky'ebijuma omu kutandika kwa buri sande
- Kozesa eshaaha: obwiire bw'eshaaha kukwijusya obu oramire emibazi
- Biika emibazi yaawe omu mwanya ogu oragishangye okagimira. Nobaasa kwenda ngu otwarirwe emibazi yaawe ahamurimo gwawe nainga omu nshaho yaawe.
- Biika akatabo k'emibazi yawe. Handiika amaziina g'emibazi omu katabo kaawe, reero kyebera buri kipimo waaba ori kumira.
- Tebekanisiza obwiire bw'omumaisho obw'ebiro by'okuhuumuraho, ebihuumuro, hamwe n'empinduka omu bwiire bwoona..
- Tuunga obuyambi bwingi omu bantu ab'omuka, abanyamukago, nainga ab'orikukora nabo abakubaasa kukwijusya kumira emibazi yaawe. Abantu abamwe nibakishanga kyeine omugasho omu kwejumbira omu bigombe ebiri kuyamba abantu abarwaire akakooko ka Siriimu.
- Otagira ou wabagana nawe emibazi
- Yetegyereze oku ori kuherezibwa emibazi. Hikirira omushaho waawe nainga eirwariro omubazi ogu oine gwaba gutari kuhisya omurundi ogundi ogu oraagarukireyo.

## **Nshemereire kukora ki kunakutunga obuzibu omukukuratira ekipimo ky'obujanjabi bwangye?**

- N'ekyomugasho okugira ngu ogambire omushaho waawe obuzibu obu oine omuntebekanisa y'obujanjabi bwawe. Ku oraabe noraba omu bintu ebitari kushemeza ebiri kuruga omu mibazi, ekipimo kyawe ky'emibazi nikyetenga kuhindurwaho. Okubura kumira ekipimo nikyibaasa kuba nk'akamanyiso ngu entebekanisa y'obujanjabi bwawe egumiire kimwe nainga teri kwetegyerezibwa
- Guma omanyise omushaho kugira ngu akuyambe otungye ebirungi omu



- kujanjabwa kwawe kandi akurondere endiijo emiringo y'okwejanjabiramu.
- Okwegaita aha bigombe ebiri kuyamba kubagana ebiteekateeko
- Gamba n'omuhumura waawe.

## **Niki ekiri kubaho omuntu yabura kumira ekipimo kye ky'omubazi?**

Ebi nibiragiirwa omuntu kwa kubura kumira ekipimo kye ky'emibazi ahabw'enshonga yoona:

- Otamira ebipimo by'emirundi ebiri omurundi gumwe kushashura omurundi ugu waaguruka.
- Kuwakuba waguruka okumira omubazi omu shaaha ishata zoonka okuhika aha kipimo ekindi, mira ekipimo eki waguruka
- Ku waakuguruka ekipimo kurenga eshaaha ishata, tegyereza ekipimo ekindi.

## **KAKONKO(TB) HAMWE NA SIRIIMU**

Kakonko n'endwara eri kureetwa akakooko akari kwetwa mycobacterium(my-ko-bak-TEER-I-um)tuberculosis. Kakonko na'munonga nekwata ebihaha, kwonka obukooko bwa kakonko nibubaasa kukwata ekindi ekicwaka kyona eky'omubiri. Obukooko bwa Kakonko nibubaasa kuba nibukora nainga bubyami ekiri kumanyisa ngu obukooko oburi omu mubiri gw'omuntu kwonka ti buri kureeta endwara. Ku wakuba oine obukooko obu byami nooza kuba otaine bumanyiso kandi butari kujanjaaza kakonko. Omubiri gwawe gwahwa amaani kwemereza obukooko bwa kakonko kukura, nibubaasa kukanya bureete kakonko. Omuntu ou omubiri gwe gwakwasirwe akakooko ka siriimu naba ari omu butandu y'okukwatwa akakonko.

## **Kakonko nejanjaara eta?**

Kakonko negyenda kuruga ha muntu kuza ha ndiijo erikurabira omu mwanya. Omuntu ori kuba aine endwara ya kakonko ey'ebihaha nainga shi orukororo aha mumiro, yafuniza, nainga yayeshongora, obukooko bwa kakonko nibubaasa kwoherezebwa omu mwanya. Omuntu ori kwisya omwoya ogurimu obukooko nabaasa kukwatwa kakonko. Abantu abaine endwara ya kakonko niberarikirizibwaho kugijanjaza omu bantu abu bari kumara nabo obwire buri izooba, nka: abantu ab'omuka, abanywani, nainga shi abantu abu bari kukora nabo ahamurimo. Nobaasa kutunga kakonko kuraba omu kuramukanya omu ngaro, okushutama aha kihoronio, nainga okukozesa hamwe ebikwato, nka esohani, ebikopo, nebindi. Kworaabe ohikaine n'omuntu oine kakonko oshemereire kubuza omushaho waawe oku wakutunga obujanjabi, n'obu ebikyebiirwe aha mubiri gwawe byakwereka ngu toine kakonko.

## Nkamanya nta ngu nyine kakonko eri kukora?

Obumanyiso bwawe niburugirira aha kicweeka ky'omubiri gwawe ahi obukooko buri kukurira. Obukooko bwa kakonko buriijo nibukurira omu bihaha. Kakonko omu bihaha nebaasa kureeta :

- Orukororo rubi orwakubaasa kumara esande ishata n'okurengamu
- Obusaasi omu kifuba
- Okukorora eshagama okuruga omu bihaha
- Obundi obumanyiso nibwe nka:
- Okuhurira otaine maani
- Okuhwa eraatiri
- Okubura engomba y'ebyokurya
- Okuhurira embeho
- Omushwija
- Okututuka omu kiro

## Akazaare akari ahagati ya kakonko hamwe na siriimu

Kakonko etakeyorokire (*latent*) nerahuka kweyoreka juba omu muntu aine akakooko ka siriimu. Eki nikireetwa okugira ngu akakooko ka Siriimu nikamara omubiri amaani, ekiri kiguretera okurmererwa omu kurwanisa endwara nka kakonko. Omuntu ku yakuba aine akakooko kasiriimu n'ekyomugasho kukyebeza kakonko kugira ngu ejanjabwe ahonaaho. Ku wakuba ori omukazi oine akakooko, haza omwana waawe yazairwe wakatungire, nawe mukyebeze Siriimu yaheza kuhisya emyezi mwenda nainga ikumi.

Kakonko netambwa. Emibazi eri kutamba kakonko nekora n'omubantu abaine akakooko ka siriimu nk'oku eri kukora omu bandi bantu abataine akakooko ka siriimu. Emibazi mingi nekozesebwa okutamba kakonko. Noiija kwetenga okukozesa emibazi y'emiringo mingi okumara emyezi mingi. Obumanyiso bwawe nibubaasa kugyenda omusande nkye bwanyima y'okutandika kukozeza emibazi. Obukooko bwa kakonko nibufa mpora mpora nahabwekyo noyetenga kuguma nomira emibazi yaawe nk'oku oragiriirwe omushaho(ekipimo ekihikire omu bwire obu hikire ahabwa obwire obuhikire oburikumara).

Kandi, kyeine omugasho kumanya ngu kakonko n'endwara eri kujanjaara. Kwokuba oine endwara ya kakonko ey'ebihaha nainga omumiro nobaasa kugiturira abantu abandi. Nobaasa kwetenga kuguma omuka otagiire kukora nainga ahaishomero nainga emirimo endiijo kumara esande nkye okuhisya obu oraheze emibazi yaawe. Waheza kumara emibazi yaawe omu sande nkye noiija kuba otakibaasa kujanjaaza akakonko omu bantu abandi. Kwonka noyetenga kugumizamu ori kumira emibazi okuhisya ahagati y'emyezi mukaaga kuhika hari mwenda kukirira kimwe. Omushaho waawe naija kukugambira obu oragaruke aha murimo nainga ahaishomero nainga aha mirimo endiijo. Omubazi tigushemereire

kuta empinduka aha maani gaawe, amaani g'okuteerana, nainga shi okubaasa kwawe kw'okukora emirimo yaawe. Okumira emibazi nk'oku kuragiriirwe nikwiya kukurinda okutagaruka kurwara kakonko.

Noyetenga okumanya ebibuuzo n'ebigarukwamu byabyo ebikwatireine na	
1. Ndi omukabi a k'okukwatwa kakonko ahabwokugira ngu nyine siriimu?	Eego. Kakonko etakeyorokire (latent) nebaasa kurahuka kweyoreka mangu omu muntu oine akakooko ka Siriimu! Eki nikireetwa ahabw'okugira ngu akakooko ka siriimu nikamara omubiri amaani ekiri kugureetera kugumibwa kurwanisa endwara ezindi nka kakonko. Oshemereire kukyeberwa omushaho waawe.
2. Obu nyine akakooko ka siriimu nshemereire kukyebeza kakonko?	Eego. Kuwakuba otakatungire kakonko nainga ebikyebirwe byona ahamubiri gwawe ebirii kworeka kakonko omu bwire bwenyima otungye okukyeberwa kwa kakonko,nainga TST omw'eirwariro omu kitebe ky'omushaho waawe.
3. Ninkozesa Protease inhibitors kurwanisa akukwatwa akakooko ka siriimu. Nimbaasa kumira omubazi ogu kutamba kakonko ?	Eego. Emibazi ya kakonko hamwe na protease inhibitors nekwatagana. Omushaho waawe naija kusharamu ni mibaziki eraije kukukorera kurungi.
4. Ku nakuba nyine kakonko eyarebekire, nebaasa kutambwa?	emibazi eri kurwanisa kakonko nekora omu bantu abaine akakooko ka siriimu nk'oku eri kukora omu bantu abata kaine
5. Kakonko eri kuremesa omubazi ni ki?	Obukooko bwa kakonko bwaba butaisirwe omubazi, kakonko egyo neyeta "kakonko eremiise omubazi". Obukooko bwa kakonko nibubaasa kuremesa omurwaire yaba atakoziise emibazi obwire oburi kumara nainga omu kipimo ekihikire omu bwire obuhikire. Kuratirira endagiriro y'omushaho waba nomira emibazi.  Hakiri emibazi ebiri aha mibazi erikurwanisa kakonko (Isoniazide hamwe na rifampin) yaremwa kwita obukooko bwa kakonko, aho kakonko neeba neyeta "kakonko endemesa mibazi"( kweyoreka mangu kweyoreka mangu resistant TB). Abantu abaine kakonko eri kuremesa emibazi nibabaasa kugituriza abandi
6. Nimbaasa kuha kakonko abantu abandi?	Eego. Kuwakuba oine endwara ya kakonko y'ebihaha nainga emimiro, nobaasa kugituriza abandi abantu. Nobaasa kwetenga kuguma ahaka otaze kukora nainga kuza ah'eishomero nainga kukora emerimo endiijo kumara esande nkye okuhitsya ahu ora maarire emibazi.

## EKY'AMAANI EKI OMUNTU AINE KUMANYA AHARI SIRIIMU N'OBUJANJABI:

1. **A.R.T** (*Obujanjabi bwa Siriimu*) n'okujanjabwa kw'obwire bureingwa kandi nikyetenga okuguma kwebuza kugumizamu kwerinda
2. Okukuratira ART omu bucweka kyenda na butaano ahari igana, nainga okukiraho. Kyeine omugasho kwerinda kwanga omubazi hamwe n'obujanjabi.
3. ART nebaasa kweyongyera omu bantu abari kuzozesa okukyebeza hamwe n'okuhaburwa, kiri kureetwa okweyongyera kw'okokwerinda akakooko ka Siriimu.

## Ebiteekyerezo hamwe n'okushoroora ni kimanyisa ki?

Ebiteekyerezo hamwe n'okushoroora nikimanyisa obuteesiga, okuguubwa kubi, okukozesa kubi emibazi omubantu abaine akakooko ka siriimu. Nikibaasa kurugwamu okunagwaho ab'amaka gaabo, ab'orwingano hamwe n'aabo abatwiire hamwe, okujanjabwa kubi hamwe n'okureeberera amagara hamwe n'ebyemishomo, okuhwaho kw'ebyobugabe, okutabuka omutwe; kandi nikibaasa kutaho empinduka mbi omu kwerinda, okukyebeza hamwe n'okugyezaho kujanjabwa.

Ebiteekyerezo tibirikukoma aha kubonabonesa abantu abaine akakooko ka siriimu boonka, beitu ni biteganisa n'endwanisa y'akakoko ako. Aharurengo orw'abantu, ebiteekyerezo nibibaasa kureetera omuntu yabura kuhikiirira okukyeberwa akakooko, okujanjabwa hamwe n'okurinda.empinduka eri kureetwaho ebiteekyerezo by'omuntu omukubaasa kw'omuntu kuhika obuheereza bw'okukyebeza akakooko ka siriimu, okuhaburwa, okugyezaho okucondooza oburweirwe, okurinda, okujanjaba, obuheereza obukwatieine n'ebya siriimu.

Mukuru w'amahanga ageeteereine nagira ati :

*“Ebiteekyerezo byingi nibyo birikukirayo okuremesa ebikorwa by'okurwanisa Siriimu. Niyo nshonga nkuru ahabw'enki abantu baingi bari kutiina kureeba omushaho kukyebeza Siriimu nainga kuronda obujanjabi baaba baine oburwaire. Tikirikuyamba kureka Siriimu nk'omwisi orikwita bukyekye ahabw'okuba abantu nibatiina okukigambaho ngu nikibaasa kubashwaza omubantu.”*

## Emiringo y'ebiteekateeko

Aha bw'abantu abatwire n'akakooko ka siriimu hamwe n'amaka gaabo ebiteekateeko nibibaasa kuba omunda nainga aheeru. Ebiteekateeko nibishoboororwa nk'ekiri

kwongyerera okunagisa omuntu obubonero omu maisho g'abandi

## **Okwetiina okw'omunda:**

Eki nikishobororwa nk'ekiri kuhurirwa, okuteekateeka, nainga shi okweteekateekaho. Nikimanyisa okushwaara kw'omuntu okukwatireine n'akakooko ka siriimu hamwe n'okutiina kushoororwa ahabw'eshonga y'oburwaire. Nikirikuruga omunda y'okushwara,okwekwasa, okwehwa amastiko, okwetaho omushango, okutiina kushoororwa omu kikwatireine n'okugira akakooko ka Siriimu. Nikibaasa kuta empinduka aha bantu abari kuha obuyambi hamwe n'abantu ab'omuka abakubaasa kuhurira okushwara, kwetaho omushango, nainga shi okutiina.

Ebiteekateeko by'omunda nibibaasa kureeta empinduka omu kwerinda siriimu, okujanjaba, hamwe n'okureebererwa. Eky'okureeberaho omukazi orwaire siriimu omu Uganda nagumizamu n'okwontsya omwaana we ahabw'okugira ngu yareemwa kumwontsya ab'ekika n'abantu boona nibabaasa kumuteekateekaho nk'omuntu aine oburwaire. Omu ky'okureeberaho ekindi abakundaine omu Uganda, abatweire n'akakooko ka siriimu nibatuura barikushwara kushuurura ebikwatireine n'akakooko kaabo, haza eki kibaretera okukyererwa kukora entebekanisa yaabo ey'omumaisho ey'okureeberera kandi n'okurinda abaana baabo. Ebiteekateeko by'omunda, nk'ebiteekateeko by'aheeru nibishenya amaka hamwe n'ebyanga.

## **Okwetiina kw'aheeru (okushoorora)**

Nikimanyisa omuringo gwona ogwakubaasa kutwarira hamwe n'ebiteekyerezo omu bantu ahabwa okuhamibwa kandi bakateekateeka oku baine akakooko kasiriimu. Nikiruga munonga omu kutiina kusharirwa omushango, haza kireeta okwekwasa, okweyahura omu bandi, hamwe n'okushoororwa. Omu mwanya gw'okureeta obusingye nikishenya ebyanga.

Okwikiriza embeera ezi omuntu arimu, okushuurura, okuhabura hamwe n'okwegaita aha bigombe eby'abantu n'emwe aha miringo eri erikukirayo omugasho omu kuyamba abantu abatweire n'akakooko ka siriimu kukora n'ebiteekateeko by'omunda hamwe n'ebyaheeru.

## **Empinduka eri kureetwaho okwetiina hamwe n'okushoororwa.**

Empinduka erikureetwaho ebiteekateeko ebikwatireine n'akakooko ka siriimu hamwe n'okushoororwa nibibaasa kutungwa aha ndengo nyingi: Ahamuntu, eka, ekyanga, ebintu ebiri kutebekanisibwa, hamwe n'eby'abantu boona. Nibijwekyera ebirikuremesa nka:

- Okuzibira abantu okwekyebeza
- Okuremesa abantu okwetegyereza ngu bo nainga abantu b'omuka baine akakooko ka siriimu;

- Kizibira abantu okuronda kureebererwa n’okuhagirwa hamwe n’okujanjabwa.
- Nikireetera abantu okuhabisa abandi;
- Nikiremesa abantu kukozeza emiringo y’okwerinda omu kwegaita n’abakundwa baabo;
- Nikiremesa obureberezi burungi hamwe n’obujanjabi;
- Nikyongyera obutaingana omu bantu;
- Nikiremesa abantu abaine akakooko ka siriimu kuraara omu maju marungi, obwegyese, emirimo hamwe n’okutambura;
- Nikireeta empinduka mbi omu mituurire y’abantu;
- Nikihamy obutaingana omu bantu oburiho.
- Nikiribatiirira obugabe bw’abantu

## EKICWEKA V:

# OKUREEBERERA N'OKUHEEBWA OBUYAMBI

**Ebyetengo:** *obwegyese, amaizi marungi, obutaaho, amagara, eby'okurya, ebijwaaro, okurindwa, okubaho kurungi*

- Okureebererwa kw'omuka okw'abantu abaine akakooko ka siriimu: Amaani g'ekyanga kyaitu
- Okuhagira ebiteekateeko by'abantu
- Obuyambi oburikuruga omu kyanga
- N'endeberera eri kukyendeeza obusaasi oteihireho oburwaire
- Abantu abari kuha obuyambi omu byanga

## Omugasho gw'okureeberera hamwe n'okuyamba

Abantu abatweire n'akakooko, baine kutunga okureebererwa kwingi hamwe n'obuyambi. Ebi birimu ebiteekateeko by'abantu hamwe n'obujanjabi bw'endwara zakamanyiro (oburwire oburi kwija obw'omubiri gwaheza kushishwa akakooko ka siriimu). Akakooko ka siriimu kaaba kahika ah'idaara ery'okushanga nikatini-sa amagara, nibetengwa obujanjabi n'emibazi eri kukarwanisa.

Okutunga okureeberera hamwe n'obuhagizi nikyongyera omu kwerinda akakooko ka siriimu okuheebwa obureberezi. Nikireetera okuhurira ohamire waa-ba nohaburwa kandi ori kukyebaza n'akakooko. Nikireeta omugisha kuganiira n'omuntu orweire hamwe n'abari kubaha obuyambi nk'oku bakubaasa kutamba omwinazi ogu. Eky'okureeberaho: Okubayamba omu kweyongyera omu kwerinda nk'abakundwa abu barikuteerana nabo nainga okutunga obujanjabi kukyendeeza omukazi okuturira omwana we akakooko ka Siriimu.

Okureeberera hamwe n'okuyamba abantu abatweire n'akakooko ka Siriimu nikiyendeza okujanjaara kw'oburwaire obukwateireine na Siriimu –namunonga kakonko hamwe n'endwara z'obushambani. Abarikureeberera, na abari kuha obuyambi hamwe n' obureberezi nibakyendeza obwooba bw'abantu aha kakooko ka Siriimu kandi bakyendeza n'ebiteekateeko n'okushoroora.

Harimu ebintu ebya burijjo hamwe n'ebyobushubuzi ebiri kutungwa omu kureeberera n'okuyamba abantu abaine akoakooko ka Siriimu ahabwa amaka gaabo hamwe naha mirimo yaabo, kandi hamwe nebyanga byabo: Abantu abaine akooko ka siriimu ku bari kuyambwa kutuuraho kumara obwiire bureingwa, bagira amagara marungi, obusaasi hamwe n'okuboona-bona bikyendera. Okureeberera hamwe n'okuhebwa obuyambi abantu abaine akakooko ka Siriimu nikyombeka okweyikirizamu hamwe n'okugira amatsiko: omutindo gw'amagara gwayeyongyera ahabw'abantu abaine akakooko ka Siriimu.

## Endeberera n'obuyambi niki?

Okureeberera abarweire n'okubayamba tikiri kugyendererwa aha abantu abarweire akakooko ka Siriimu boonka, beitu naabo abu kirikukwataho, nka: abeeka, abanywani, abaana hamwe naabo abari kuheereza obuyambi n'obureeberezi. Obureeberezi hamwe n'obuyambi bwa Siriimu birimu ebi:

### 1. Okuheebwa ebiteekyerezo biri kuyamba: birimu

- Okuheebwa obuhabuzi
- Okuheebwa obuyambi bw'ebiteeka teeko n'ebiyomwoyo.
- Okukyendeza ebiteekateeko hamwe n'okushoororwa.
- Okutuura n'aamagara marungi

### 2. Obuyambi bw'amarwariro:

- Okukyebeza;
- Okwerinda hamwe n'okujanjaba endwara zakamanyiiro oteiremu na kakonko;
- Okuzibira obubonero hamwe n'obusaasi hamwe n'obureeberezi obw'endwara z'abaana
- Okukuratira obujanjabi hamwe n'amakuru(byona biri eby'okukyendeza obusaasi)
- Ogundi omuringo/emibazi y'ebishaka.

### 3. Obuyambi obw'ebintu ebya buriijo hamwe n'ebiy'obushuubuzi: birimu;

- Okurinda abantu (emishaara y'abahumwire, obujanjabi bwabusha nainga obushazirweho emihendo hamwe n'ebishare by'eishomero) -Ebintu ebiri kutungwa omu baana hamwe nabantu abatari kweyamba.
- Obuyambi obutegyezibwe obw'esente(nka okwohereza esente, esente za busha hamwe n'obuyambi omu nfu)
- Kureeta entasya hamwe n'emirimo.
- Engyenderwaho y'ahamurimo hamwe n'entebekanisa.
- Okutaho kubaasa hamwe n'obuyambi bw'okusharamu
- Obuyambi bw'ebiyokurya hamwe n'okurya gye hamwe n'obuheereza bw'ebiyobuhingi hamwe n'ebiri kwetengwa omu buhingi.

### 4. Obugabe bw'abantu n'obuyambi obwikirizibwe: burimu

- Obuyambi obwikirizibwe ,obuyambi hamwe n'amakuru,
- Okurinda obugabe bw'abantu (oteiremu okurinda n'akavuyo k'omu maka hamwe n'okushoroora)
- Okuhungura eitaka hamwe n'ebintu; ebiragiyo by'emirimo
- Entebeekanisa y'okuhungura
- Okumanyisibwa obugabe okatunguura kandi okasharamu okutendekwa

### 5. Obuhagizi obw'eka hamwe n'obwekyanga:

- Obuyambi bw'ebintu ebya buriijo hamwe n'ebintu eby'esente n'obureeberezi



obwikirizibwe hamwe n'obuyambi (oteiremu n'amakuru g'okwerinda) ahabwa amaka, abari kuha obureeberezi hamwe n'abaana abakwatsirwe akakooko ka siriimu.

- Ebiteekateeko by'abantu (Oteiremu okuhangaana abantu ) hamwe n'emibazi (byona hamwe bigyendereire kukyendeza obusaasi)

## **Obureeberezi obugyendereire okumaraho obusaasi.**

Obureeberezi obugyendereire kumaraho obusaasi n'omuhanda oguri kurabwamu kutunguura omutindo gw'amagara g'abarweire n'amaka gaabo abari kureeba ebizibu ebikwatireine n'endwara eziri kutinisiriza amagara.

Okurabira omu kwerinda hamwe n'okutunga obuhwezi omu ku bona bona kurabira omu kwetegyereza hamwe n'okucondooza otakozire enshobe yona omu kujanjaba obusaasi n'ebizibu ebindi, eby'omubiri eby'ebiteekateeko by'abantu hamwe n'eby'omwoyo *Okureeberera okugyendereire kukyendeza obusaasi:*

- Nikireeta okuruhuura kuruga omu busaasi hamwe n'obundi obumanyiso oburikubuzabusingye;
- Nikihamya amagara kandi kireetera abantu okumanya ngu okufa n'ekintu kya buriiho.
- Nikigyenderera kwongerayo ebiro by'okufeeraho
- Nikyongyera okurinda ebiteekateeko by'omuntu hamwe n'ebyomutima eby'omurwaire.
- Nikihayo obuyambi okuyamba abarweire okutuuraho bari kukora kurungi nk'oku kiri kubatsika okuhisya aha kufa.
- Nikihayo obuyambi okuyamba amaka omubwire obw'omuntu ari kuba arweire hamwe n'omukubahangaana.
- Nikikozesa akakiiko kugambira abantu ebyetengo by'abarwire n'amaka gaabo, oteiremu n'okubahangaana obuhabuzi ku kya kuba kitirweho.
- Nikiija kwongyera aha mutindo gw'amagara, kandi nikibaasa kwongyera omutindo omu bwire bw'omuntu ari kuba arwariremu.
- Nikikora omu bwire bw'okutandika kurwara, omu kikwatireine n'emibazi endiijo egyenderiire kwongyera amagara kutuuraho, nka *chemotherapy* nainga shi *radiation therapy*, kandi harimu nebyo ebicondooziibwe ebiri kwetenga okwetegyereza kurungi n'okureebuza embera mbi ez'obujanjabi.

## **Ebikwatireine n'okureeberera hamwe n'okurinda hamwe n'ebyetengo eby'abahi b'obuyambi ab'ahansi**

### **Enshonga**

Abahi b'obuyambi bo bonka nibabaasa kutunga ebitekyerezo kuruga omu bantu abatari kwetegyereza oku akakooko ka Siriimu kari kujanjaara kandi batekyereze kubi ngu obundi abahi b'obuyambi nibabaasa kujanjaaza akakooko omu kyanga kyoona.

Abahi b'obuyambi abaingi n'abantu bakuru omu myaka abari kureeberera abaa-na baabo abakuru omuka. Tibari kumanyiira embeera y'okufa yonka kw'abaana

baabo baitu nibeetenga okureeberera amafuuzi g'abajukuru baabo.

Amaka nainga shi abagabi b'obuyambi abarikuha obuyambi omu maka nibareeba ebityekerezo biri kubuza obusingye, okureeberera nainga kumanyiira okufa kwa bantu abaine akakooko ka siriimu.

## Ebyetengo

Obuyambi bw'ebiteekateeko by'abantu hamwe n'obuhagizi omu ngyero y'okuhabura hamwe n'ebigombe ebiri kuyamba nahabw'eki n'ekyomugasho ahabw'abahi b'obuyambi abahansi. Okuhangaana amaka g'omuntu aine akakooko ka siriimu atakafiire nayaheza kufa nakyo kyeine omugasho omu kutebkanisa omuntu kweteguurrira orufu rw'abantu baabo abakundwa, okubahwera omu busaasi kandi n'okubayamba kumanyiira n'okwetegyereza embeera z'okufeerwa.

## Obuyambi hamwe n'okureebererwa kw'abaana abaine akakooko ka siriimu

Omu Uganda, ebintu ebya buriijo hamwe n'embeera z'esente omu baana (abaana abato kuruga aha kuzarwa kuhisya emyaka ikumi na munaana ) nibitaana ahamurungo kugira ngu abaana boona beine ebyetengo byaabo okurugirira omu myaka yaabo, omu buhangwa bwabo yaaba n'omwojo nainga n'omwishiki, ei bari kutaaaha, yaaba baine eby'okurya biri kumara, yaaba baine owa kubaasa kubareeberera, yaaba nibabaasa kuza ahaishomero, n'ebindi byingi.

Abaana boona nibetenga rukundo hamwe n'okureebererwa okutebenkaine. Abaana bato baine ebyetengo ebyongyeirweho, ebirimu okurisibwa buriijo hamwe n'okubeera omu mwanya murungi. Obureeberezi obwijwire hamwe n'obuhagizi n'ekyomugasho kandi nikipira kuteganisa kuhikirizibwa omu bwire obwingi omu maka agebembeirwe amafuuzi.

## Obureeberezi buhikire

Obureeberezi obuhikire hamwe n'obuhagizi, burimu: obuhereza oburi kuhikiriza ebyetengo by'abantu abarwaire akakooko ka Siriimu, okuhisya obujanjabi, hamwe n'okuheebwa obwengye, hamwe n'okurindwa kushoorwa n'okwangwa. Ebi nibabaasa kuba birimu:

- Obuheereza bw'ebyamagara hamwe n'okujanjabwa akakooko ka siriimu n'ebikakwasireho:-Abantu bashemereire kumanyisibwa aha kubaho kw'obuhereza omu mwanya, obwe abari kuha obuhereza bw'ebyamagara nibabaasa kwenda kuhagira okuhikiriza obuheereza bw'ebyamagara omu kyanga ekyo.
- Okuha obuhabuzi hamwe n'okukyebera bya busha (VCT), nk'aho kutandikira harungi ahabwa okwerinda hamwe n'okureebererwa.
- Omwanya oguri kureebeka guri kwikiriza kandi guri kuhagira abakozi abari kushuruura ebikwatsire aha magara gaabo n'akakooko ka siriimu, hamwe nebiri kubahebwa ebikyirizibwe ebiri kurwanisa okushoorwa
- Obuyambi bw'ebitekyerezo hamwe n'obuhabuzi omu bantu abakyebiirwe

bakashanga baine akakooko hamwe n'amaka gaabo

- Obuheereza bw'okubariirira ruzaaro
- Entebeekanisa y'okutuura n'amagara marungi oteiremu n'ebyokurya birungi ahu kiri kubaasika
- Obuyambi bw'esente, okutendeka nainga shi emigisha y'entasya ahabw'abantu abafeerirwe emirimo ahabw'akakooko ka Siriimu kandi hamwe n'abomu maka gaabo
- Okurinda kw'abantu, oteiremu n'okutunga ebiri kuheebwa eihanga, hamwe n'abagabi b'emirimo.
- Amakuru hamwe n'okutendekwa aha bikwatireine n'endeeberera y'akakooko ka Siriimu hamwe n'okwerinda ahabw'abantu abari kuha obuyambi omuka.
- Okureeberera hamwe n'okuhagira abantu ab'omuka bwanyima y'okufa kw'omukuru w'eka.

## **OKUTUURA KURUNGI OBWE OINE AKAKOOKO KA SIRIIMU**

### **Okutuura kurungi nikimanyisaki?**

- Okusharaho aha magara g'omuntu ekiri kirungi aha magara g'omuntu.
- Okutuura nka burijo nk'oku kiri kubaasika.
- Okureeberera omutima gw'omuntu hamwe n'amagara g'obwonko bwe.
- Okukora kurungi amagara g'omuntu oine akakooko ka siriimu

### **Ebintu ebiri kuyamba omu kutuura gye n'akakooko ka Siriimu.**

- Okugira amasiko omu biriho kandi n'ebyomumaisho.
- Okwikiriza ebikyebairwe kuruga omu shagama.
- Okubagana ebirugire omu kukyeberwa ebyeine akakooko ka Siriimu n'omukundwa waawe, abaana, abanywani, abanyabuzaare, bataahi baawe, abebembezi, abahabuzi, eishomero, ab'orikukora nabo aha murimo, ab'ebyamagara, n'ebindi.
- Okusaasira ekikorwa ky'okuturira nk'oku kiri kuhakanisibwa okwekwasa.
- Okutunga amakuru agakwatsire aha kakooko ka siriimu agari kumara
- Okutunga emibazi, obureberezi hamwe n'obuhabuzi bw'obujanjab.
- Okwetegyereza omugasho gw'okutuura n'amagara marungi.
- Okwetegyereza empinduka aha bitekateko ebikwatereine n'oburweire
- Okwerondera eby'okurya ebyeine ekiriisa ekiri kumara, hamwe n'amaizi marungi.
- Kureeba ngu omuntu yayejumbira omu kukora emirimo y'okunanuura omubiri.
- Okuguma noronda obuheereza bw'emibazi n'obujanjab waaba ori omurweire
- Omuntu okwerinda endwara z'obushambani.
- Okwerinda okutunga enda ezitari kwetengwa.

### **Enshonga eziri kureetaho empinduka y'amaani omu kutuura kurungi n'akakooko ka Siriimu**

- Okuhurira wayehwa amatsiko kandi n'okuburwa obuyambi.
- Obutaikiriza kumanya amazima agari kukwata aha kakooko ka Siriimu.
- Okwekwasa kandi n'okuremwa kusaasira.
- Okuhurira oine okushwara hamwe n'okutiina, kugira ebiteekateeko hamwe n'okushororwa
- Okuremwa kweyikiririzamu.
- Okubura kw'ebikwato, obwire bw'okuhumuraho, eby'esente, eby'amagara hamwe n'obuheereza bw'obujanjab, n'ebindi.
- Okubura rukundo

- Okweshoroora hamwe n'okweyiha omu bandi
- Okwetegyereza kubi ebikwatireine n'akakooko ka Siriimu hamwe n'abantu abari kutuura gye n'akakooko ka Siriimu.
- Okubura kweha ekitinisa.
- Okubura okugambira abantu ahabikwatireine n'oku oine akakooko ka Siriimu.

## **Okurya gye hamwe n'okutuura n'akakooko ka siriimu**

### **Okozese eby'okunywa bingi**

#### **Onywe amaizi mingi amayonjo.**

- Nywa amaizi agari kwingana na lita ibiri buri izooba
- Teeka amaizi g'okunywa
- Amatondo g'omubazi gwa chlorine nigabaasa kukoze sibwa kuyonja amaizi kwonka gashemereire kukoze sibwa kurugirira aha ngenderwaho.
- Biika kurungi ebi ori kubiikamu amaizi biyonjire kandi bifundikiire.

#### **Nywa amaizi obu ori kuba oteine njara**

- Nywa ahagati y'eb yokurya na waheza kurya.
- Okutanywa nikubaasa kureeta oburweire bwayeyongyera
- Okunywa eby'okunywa tikiri kureeta ebiriisa ebingi nk'okurya kwonka nikikirira okurya busha.
- Eby'okunywa ebikozirwe omu bijuma byeine ebiriisa.
- Jwanzia amate hamwe n'amajaani makye
- Amate agari kushariira nigarwanisa obukooko oburi kureeta endwara.

#### **Nywa eby'okunywa waaba orweire ekiirukano**

- Nywa amaizi agarimu omwonyo na sukaari bwanyima ya buri kwirukana.
- Kozesa amaizi g'amayonjo waaba n'otabura ekyokunywa, kandi kitabure n'engaro zinabire.
- Nywa amaizi ga mayonjo, ag'omukyeri hamwe n'omucuuzi.
- Guma nonywa otwizi tukye tukye nainga okozese akashekye.
- Nywa amacunda nainga amate gari kushariira.
- Yerinde eby'okunywa ebiri kunuriira, ebyokunywa ebyanguhi, cai, kaawa
- Oyerinde eby'okunywa ebiri kwosya, ebyokurya ebisikire.
- Yerinde amarwa hamwe n'ebijuma ebirimu obutwa.
- Nywa omucuuzi n'obushera. Omucuuzi gurimu ekiriisa kya vitamini
- Yongeramu ebinyobwa bishekwire nainga soya omu bushera

#### **Omuka n'enteeka y'eb yokurya.**

Abantu abaine akakooko ka Siriimu baine omugisha gw'okurwara kandi okubon-eza emyanya eyetoroire nikikyendeeza emigisha y'okurwara.

**Gumya omwanya ogw’etoroire guyonjire**

- Reeka ebihoronio biyonjire kandi bifundikiire.
- Reka ekihongore ky’amatungo hare n’omwanya gw’okuteekyeramu.
- Boneza oburugo bw’amaiz.
- Reebeka ngu emikyeeka eyonjire.
- Buriijo yeyerera, kandi kasaasiro naiga ebisingo obiziikye.

**Naaba engaro buriijo.**

- Naaba engaro n’amaizi n’esaabuuni nainga kashenda waheza kutayayira ekihoronio. Okuboneza omwanya otakatekire nabwanyima y’okuteeka nainga okurya.
- Engaro zigubire n’eshonga nkuru eri kureeta kurwara.

**Yozya ebakuri n’esaabuuni**

- Yozya ebakuri hamwe n’enyungu n’esaabuuni
- Siimura kandi oshwekye ebintu n’akenda kayonjire.

**Siimuura emboga hamwe n’ebijuma.**

- Oburofa aha mibiri nibureeta obukooko oburi kurwaaza.
- Nabiisa ebijuma n’amaizi marungi otaka birire nainga kubiteeka.

**Biika ebakuri**

- Yonja omwanya ugu ori kutebekanisizamu eby’okurya buri izooba n’esaabuuni
- Biika eby’okuriiraho n’okuteekyeramu biyonjire kandi bibikirwe omu mwanya guyonjire, gwomookire, gufundikiire kutagiibwa mu obukooko hamwe n’amatuungo.

**Guma ogyende kukyeberwa buriijo.**

***Otariinda kubanza waarwara kugyenda kujanjabwa.***

- Okukyeberwa buriijo nikubaasa kworeka endwaara eyesherekire omu mubiri eri kubaasa kujanjabwa
- Yanguhirwaho kukira obwo ori kutunga obujanjabi obwaho naaho.
- Za omw’irwariro waaba nohurira otaine maani nainga ori omurweire.
- Gasirwa kuruga omu buheereza bw’amarwariro, nka: obujanjabi bwa kakoonko.
- Tunga abantu ab’omuka n’abanywani kukutwara.

**Tunga okukyeberwa kw’obutafaari bw’omubiri buriijo.**

- Okukyeberwa kwe’shagama nikworeka obwire obu oshemeriire kumiriramu ebijuma.
- Okugira omubaro mwingi gw’obutafaari bw’omubiri nikimanyisa ngu oine okubaasa kurwanisa oburweire oburi kwija.
- Okubara obutafaari bw’omubiri kishemereire kuba nikiporwa hakiri emirundi ebiri omu mwaka.

**Guma oyepume buriijo**

- Reeba ngu tiwakyendeera eratiri.
- Twara abaana kubapimisa buri mwezi

**Ganyirwamu omu byokurya ebyo'mutano.**

- Buuza ebikwatireine n'ebiyokurya hamwe n'ebiri kwongyererwa ahaby'okurya.
- Ebiriisa ebitari kureebwa nabyo nibiteekwa kuba biriho.

**Boneza akanwa, omumiro hamwe n'ebicweka byekihama.**

**Ronda obujanjabi**

- Hariho emibazi mingi y'okujanjabisa oburweire bw'omumiro.
- Siiga eminwa n'ebishaju.
- Naaba engaro kandi osiige eminwa na buto emirundi mingi omu izooba.
- Margarine, vasilini hamwe gilayisilini nabyo nibibaasa kukoze sibwa

**Rya ebyokurya ebyanguhi nainga ebisiire.**

- Gyezaho okurya nawaaba orweire munonga
- Teeka eby'okurya kurungi kandi oshekure ebyokurya ebitanogire
- Nywa amacunde, nainga amate agari kushariira
- Rya amapapaari agahiisize kukiza ebironda
- Nywa obushera, omucuuzi, n'ebiyokunywa ebindi obwo orikukozeza akashek-ye kwangusya okumira.
- Yetantare ebyokurya ebijwangizemu ebintu bingi, hamwe n'ebiyokunywa ebir-imu obutwa.

**Yonja akanwa.**

- Okuyonja akanwa nikiyamba omu kwerinda okukwatwa kw'oburwire bw'omumiro.
- Yonja akanwa n'ekikopo kimwe ekya maizi agari kutagata, hamwe n'ekigiiko kimwe y'ekitumbisa emirundi ebiri buri izooba.
- Jwanzia akagiiko kamwe kaijwire omwonyo omu kikopo kimwe ey'amazi gari kutagata.
- Tumbika akenda kogize omu maize garimu omwonyo,okate omu bironda ebya hamunwa buri kuheza kurya

**Mira ebijuma bya siriimu n'ebiyokurya (mirisa eby'okurya)**

- Eby'okurya nibikyendeeza omuntu okuhurira ari nk'omurwire ekiri kureetwa emibazi
- Ebijuma nibigyenda kurungi omu by'okurya.
- Ebijuma ebimwe ebitari bya buriijo, omuri Zambia nibabimira bataine byokurya.
- Kuratirira endagiriro eri kukuhebwa omushaho waawe.

**Kora emirimo eri kunanuura omubiri, reero orye ebijuma**

- Okwenanuura nainga okutambatambura nikibaasa kwongyera engoga yaawe y'okurya.

**Mira ebijuma omu maisho g'abantu ob'omuka hamwe n'abanywani.**

- Okumira ebijuma hamwe n'omuntu ondiijo nikyongyera engoga y'okurya.
- Bagana eby'okurya n'ab'omuka hamwe n'abanywani, reero bwanyima omire ebijuma.

**Mira ebijuma n'ebiyokunywa.**

- Okunywa eby'okunywa nikitebekanisa enda okwakiira ebijuma kandi nikiyamba omuntu kumira ebijuma.
- Amaizi ga amayonjo, omubisi, amate garimu amajaani, omucuuzi nainga shi amaizi g'omukyeri nigabaasa kunywibwa ebyokurya byaba bitari kuha amaani.

**Kuririza ebikorwa eby'amagara marungi*****Kora emirimo y'okunanuura amagara burijjo.***

- Obugyendo bugufu, okuhinya amaju, okuhinga kakye, okwenanuura.
- Okwenanuura nikihamya enyama z'omubiri, kiha amaani, nikiihamu okuruha kandi kyo-nyera engoga y'okurya.
- Okwenanuura n'abandi nikyongyera okubikunda.

**Yerinde okunywa amaarwa.**

- Amarwa nigabaasa kureetera emibazi nk'eya Siriimu yabura kukora gye.
- Amarwa nigakyendeeza engoga y'okurya.
- Amarwa nigabaasa kureetera okukora ebikorwa eby'akabi.
- Ku oraabe otarikubaasa kukyerindira kimwe, nywaho kakye.

**Kyendeeza ebindi ebiri kukureetera okwerarikirira.**

- Yerinde okureetsa ahabw'okuba nikyongerera kyansi y'okurwara hamwe n'okukwatwa endwara zebikaaka.
- Okurindaho okuteerana nainga shi okukozesa akapiira nikiriinda okuturiza oburwire abandi nainga shi okutunga akakooko ka siriimu.

**Kyendeeza okuburwa obusingye n'kwerarikirira.**

- Abantu abaine akakooko ka siriimu burijjo nibajanjabibwa kubi, abamwe beerarikirira ebiro byabo eby'omumaisho kandi bahwa n'amaani ahabw'okurwara burijjo.
- Okwerarikirira nikureetera okuhwa engoga y'okurya, gyezaho kurya eby'okurya ebi ori kukunda.
- Okugamba n'abomuka, abanywani, hamwe n'abebembezi bamadiini nikibaasa kukureetera kuhurira kurungi.
- Bugana abanywani omu kwetaba omu bigombe ebiri kuyamba.
- Tunga okuruhuuka okuri kumara.



Wakyeberwa akakooko ka siriimu okashanga okaine, tikirikumanyisa ngu nigwe muheru gw'amagara gaawe. Nikimanyisa ngu oshemerire kutandika kutuura n'amagara marungi

Ebi nibimwe aha birikubaasa kukuhwera kutuura n'amagara marungi, ebya Pierre Brouard, owe kibiina ekya Siriimu omu Univasite eya Pretoria:

- Manyisibwa ebikwatireine n'akakooko ka siriimu kandi oijukye okutamu bingyi ebi ori kwetenga aha bwire obu.
- Baririra okugyenderera kwerinda okukwatwa, oteiremu kakonko hamwe n'ekishonga.
- Baririra obundi bujanjabi oteiremu n'emibazi ya siriimu. Wakuratirira emibazi ya buriijo hamwe n'eyabacayina, kikore, ahansi y'okureebererwa(emibazi emwe neekora n'emibazi ya siriimu omu ngyero mbi)
- Kuratirira ekiriisa ekiri ahaiguru omu biriisa ebiri kureetera omubiri amaani.
- Kuratira ebiriisa n'ebijuma bingi, emboga hamwe n'embibo zoon.
- Oyerinde obw'okurya bw'ahamuhanda, amara, okureetsa hamwe n'emibazi endiijo.
- Okukozesa obutumwa nakyo nikibaasa kuhwera omu bitekyerezo, kugaruzaho ekishushani ky'omubiri n'okweha ekitinisa kandi kitunguure okutambura kw'eshagama omu misi hamwe kutebekana kw'enyama z'omubiri
- Tunga okuhumura okurikumara n'okubyama.
- Mutabagana empitirizo
- Waaba oine enda, baririra emiringo ey'okubaasa kurindamu okuturira omwana waawe
- Tunga okumanya aha bikwatireine n'omubiri gwawe, ebitekyerezo hamwe n'ebyetengo by'omwoyo gwawe.
- Ronda omuhabuzi owakubaasa kwetegyereza eby'akakooko ka siriimu byaawe kandi ori kuba ariho ahabwawe aha bikugyenda omu maisho omu ngyero eyanguhi.
- Yegaite aha kigombe ekirikuha obuyambi;-okucondooza nikwereka ngu obuyambi oburungi bukwataniise n'embeera nungi nikibaasa kwongyera omubaro gw'obutafaari bw'omubiri, kikyendeeze obumanyiso kandi kibaase kwongyerayo amagara omu maisho.
- Okuronda abakundwa abari kubaasa kukuyamba abari kwikiriza kwetegyereza embeera;- abantu baingi abatweire n'akakooko ka Siriimu nibagira ngu nibatunga ekintu kitsya omu enkora egyi.
- Okutunga abantu baingi, abanywani hamwe n'abomuka, okweteguura kuronda obuyambi bw'ebiteekateeko hamwe n'okuha kandi okatunga rukundo-nikirebeka kuhereza amagara marungi.
- Biika akatabo k'ebiri kukubuza obusingye kandi oyegye ekiri kukubuza obusingye kandi n'obumanyiso obu kiri kureeta.
- Ronda akakoryo aka kubaasa kumaraho okuburwa kwawe kw'obusingye akari kukukorera.
- Nanuura omubiri buriijo, kyaba nikibasika n'abantu abandi.

[http://www.searo.who.int/EN/Section10/Section18/Section356/Section428\\_5500.htm](http://www.searo.who.int/EN/Section10/Section18/Section356/Section428_5500.htm)

**OBUJUNANIZIBWA N'OBJABE BW'ABANTU ABARI  
KUTUURA N' AKAKOOKO KA SIRIIMU**

Obugabe n'objunanizibwa nibiruga omu mitima y'abantu abatweire n'akakooko ka siriimu omu byaaro bingi. Abantu baine obugabe oburi kwingana omungy-enderwaho y'eihanga nk'omuntu weena. Kwonka ahabw'okugira ngu nibaba nibatunga ebitekyerezo nibarahuka kubura kumanya obugabe bwabo.

**OBUGABE BW'ABANTU ABATWIRE N'AKAKOOKO**

Oine obugabe omu :

**A. Okujanjabwa kw'ekitiinisa**

1. Tunga ekitinisa, okumanya, okweyikirizamu hamwe n'okureebererwa omu bwire kandi omu mwanya murungi gutari kwerarikiriza oteine kushororwa.
2. Tunga okureebererwa okuri kwingana hatarimu kushororwa omu kurugirira omu biragiro bya Uganda.
3. Tunga amakuru agakwatireine n'obukugu bw'omuntu ari kukoraho, na'munonga ebikwatiraine n'obumanyi bwabo bw'ebyokujanjabwa hamwe n'okureeberera akakooko ka siriimu nainga shi obuheereza obukwatireine nabyo.
4. Tunga obuheereza obwenzarwa hamwe n'obwendimi, oteiremu n'okutunga okushobororerwa obuheereza bwona n'okujanjabwa obu kuhirwe kurungi omu rurimi rwawe.
5. Reeba aha bipapura byawe ebyemibazi kandi okyesemu ebi ori kwendamu byona.
6. Tunga okureebererwa kwawe okuruga aha muntu atendekirwe kurungi aine obukugu kandi arikukuratira endengo z'okujanjabiraho akakooko ka siriimu.
7. Tunga endagiriro nungi aha eya abashaho abandi, nka: ab'emitwe nainga aba obundi buheereza.

**C. Many okweshariramu omu kujanjabwa kwaawe.**

8. Tunga amakuru aga buriho omu bigambo ebi ori kwetegyereza omukyeberwa kwawe, obujaanjabi, emibazi(oteiremu n'ebintu ebibi ebiri ku-reetwa emibazi: *side effects*)
9. Kora hamwe n'omuheereza waawe omu kugaaniira ahabyotoreine hamwe n'ebi oshaziremu ebiriho ahabw'okujanjabwa kwawe.
10. Kora eky'okusharamu eky'ahamuheru ekikwatireine n'okutorana n'eki

oshaziremu ekiri kukushemeza wamara kuheebwa amakuru goona aga kwatsire ahaby'otoraine hamwe n'okwikirizibwa kurungi kw'omushaho nainga omuheereza.

11. Gambirwa obuzibu oburi omu kutajanjabwa eki bweine aha magara gaawe, gambirwa ekindi eki buri kubaasa kukora ahabw'okwanga kwawe.
12. Yanga kukora kucondooza hatariho ekibonerezo eky'omuringo gwona.

**D. Okweyikirizamu n'okubiika ekihama.**

13. Biika ebikwatsire aha magara gaawe n'akakooko n'okweyikirizaamu ahabw'obuhabuzi n'obuheereza bw'okukyebeza. Tunga amakuru agashoborwire ahari iwe, ebikwatsire aha miringo ey'okweyikirizamu hamwe n'embeera. Tunga okwegyesibwa aha bikwatiraine n'okubiika ebi-hama by'oburweire bwaawe.
14. Buuza amakuru g'ebihandiiko ebya kuhebwa aha kipapura kyawe ky'emibazi kandi ohandiikye ekihandiiko ekiri kushaba okubihindura ky-aba nikyetagisa. Ori kukukoraho aine orusa okwikiriza nainga akanga eki waashaba, obwo arikukushoberera ahabwenki.

**OBUNANIZIBWA BW'ABANTU ABAINA AKAKOOKO KA SIRIIMU.**

Okugira ngu oyambe omuhereza waawe akuhe obuyambi obu kushemereire, nai-we oine obujanizibwa okukora ebi:

1. Okwemereza okujanjara akakooko ka siriimu omu kukozeza obujanizibwa n'okushururira abakundwa baawe otakatereine nabo.
2. Shuruura ebikwatireine n'oburwaire bwawe ahari mukama waawe ah'embeera zaawe zirateganisemu okukora kurungi kwawe.
3. Tamu abantu abandi amaani okukuratira ebipimo by'okujanjabwa.
4. Sharamu okwanguhirwa okw'okujanjabwa n'obundi buhereza.
5. Kuratirira obujanjabi obuwaikyiriza okukozeza nainga oikirize ebirarugye omu kuremwa okujanjabwa, nainga oyikirize okukozeza obujanjabi obundi.
6. Rondera omuheereza waawe oku orikubaasa kwona amakuru agahikire kandi gahwaire aha bikwatsire aha burwaire bwawe omu bya faayo nainga ebya hati bya'amagara gaawe, obwo ogaitsireho n'emibazi eya orakozeise. Ebi byona nibibaasa okureeta empinduka aha bureeberezi bwawe.
7. Yamba abandi nk'oku wakubaire noyenda ngu bakuyambe.
8. Kora omu kutunguura n'omukutaho okujanjaba kwawe nainga shi enteeka-teeka y'obuhereza ahamuringo ogu ori kubaasa.
9. Gamba n'omuheereza waawe ah'orabe otetegyeriize hamwe n'amakuru agu ohairwe.
10. Biika okwetwa kwawe hamwe n'okwehayo ahu kiri kwetengyesa nainga manyisa abandi bantu kworabe otari kubaasa kukikoraho.
11. Guma omanyisize omuhereza waawe aha bikwatsire oku yakubaasa kukuhika omu kihama arikurabira omu simu, ebaruha nainga endiijo miringo.
12. Kuratirira ebiragiro by'amarwariro ebikwatireine n'omurwaire hamwe

- n'emitwarize.
13. Baririra abahereza baawe kandi n'abarweire bagyenzi baawe kandi obatwarize n'ekitinisa naiwe nk'oku orikuyetenga.
  14. Okukozesa orurimi rw'okujumiirana nainga orurimi ruri kutiinisa, okutiinisi-riza, akavuyo nainga okukangakanga, okwegura ebikwato eby'engero yona, okwiba nainga okushiisha, okutamu obutwa, okukozesa emibazi etaikirizibwe, okugyema omu by'okuteerana hamwe n'emitwarize mibi tibirikwikirizibwa n'akakye.
  15. Gumyaho obwesigwa ahari buri omwe ori kutunga obuyambi kandi orekye kumanyiira abarweire abandi, okatandika kubatwarira engambo obwo otari-kumanya nahi barikuruga.

## **Buri omwe aine obujunanizibwa:**

- Okutwarizibwa kurungi kandi n'okutashoorwa ahabwa akakooko ka siriimu.
- Obugabe kutashuurura ebikwatsire aha burweire bwawe
- Obugabe aha kumanya amakuru hamwe n'obugabe bw'okugamba
- Buri omwe oine obugabe kukora, kutoorana omurimo ogu ari kwenda, okutunga oburingaaniza aha murimo
- Buri omwe ori kukora aine obugabe kutunga emishaara mirungi omu bu-ringaniza.
- Buri omwe aine obujunanizibwa kuruhuuka oteiremu n'okubariirira es-haha z'okukora hamwe n'ebihumuro by'okushashurwa.
- Buri omwe nk'omwe ahabwe'ekyanga aine obugabe ahaby'amagara ham-we n'ebyokwerinda.
- Buri omwe aine obugabe okugira ekihama.

## **Okwongyerera aha byagambwaho aha ruguru, buri mukozi aine obugabe:**

- Obutakyeberwa akakooko ka siriimu n'okuzibirwa omurimo.
- Obutabingwa aha murimo ahabw'amagara g'omuntu omu bikwatireine n'akakooko ka siriimu.
- Okukutendekwa hamwe n'okwongyezibwa amadaara aha murimo;
- Obutateebwa aha kigyemo ky'okukyeberwa.
- Obutashoorwa bakozi bagyenzi baawe aha murimo
- Obutazibirwa kutunga emibazi hamwe n'ebiri kutungwa abarwire
- Obutazibirwa kutunga oburaaro okubaasa kujanjaba oburweire.
- Obutabingwa aha murimo okyeine amaani g'okukora

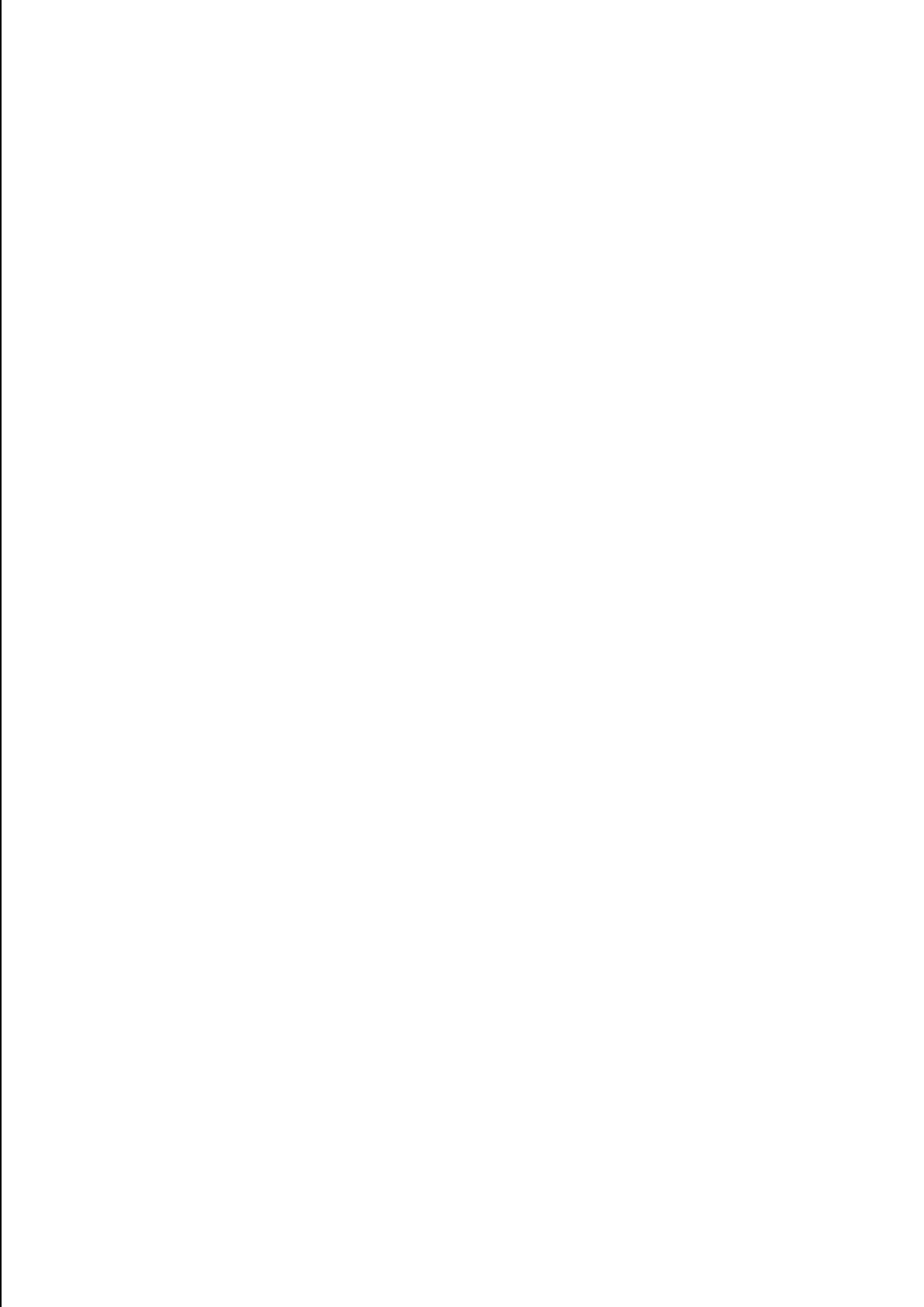
Kugira eki wagamba, handikira aba:

EKYEKIBIINA EKIGAITA ABANTU ABAINA AKAKOOKO KA SIRIIMU OMU  
UGANDA

*NATIONAL FORUM OF PEOPLE LIVING  
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Kampala- UGANDA

Ekitabo eki, nikibaasa kureebwamu ahabwa busha, okugira ekiwaihamu, okuteerwa obwa kabiri, nainga okukishobororora omu bwijwire nainga omu bicweka kasita oyoreka ahu obyeihire.





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