

## **GUKORESHA INSHINGE K'UBURYO BUTANDUKIZA SIDA BIVUGA IKI?**

Gukoresha inshinge kuburyo butandukiza SIDA bituma udakora kumaraso mugukoresha inshinge zisukuye canke zitarakoreshwa mugihe co gutera ibiyayura ubwenge canke imiti, mu buvuzi, mugutobora imibiri canke gushushanya ku mibiri. Iyo utera ibiyayura umutwe canke imiti, utegerezwa gukoresha inshinge zisukuye canke zitarakoreshwa. Inshinge zakoreshejwe, zicafuye ntizitegerezwa gusangirwa. Ibisagara bimwe bimwe birafise uburyo bwo kuguzanya inshinje, aho utwara inshinge wakoresheje bagaheza bakaguhana nshansha.

## **WOBA UFISE HIV UTEGEREZA KWIRINDA KWANDUZA ABANDI**

- Ntiwonse,
- egera umuganga imbere yo kwibaruka, wivuze,
- bwira uwo muhza ibitsina ko ugwaye umugera HIV imbere yuko murangura amabanga mpuzabitsina,
- koresha agafuko, ntusangire ibikoresho bitobora uruhu nk'ugutobora amatwi, gutera inshinge canke kwicapura kumubiri.

## **KWIGA GUKORESHA AGAFUKO K'ABAGABO NEZA**

- Ugurura agafuko n'iminwe ariko ntukoreshe amenyo,
- Fyonda k'umutwe w'agafuko umenye ko ata mpwemu canke umuyaga wasigayemwo,
- Zingururira agafuko kugihimba cawe c'irondeka cashutswe umanura Udashoboye kukizingururirako neza ca ugaheba utore akandi
- Uhejeje kurangura amabanga y'uguhuza ibitsina fata ku mpera y'agafuko ugiheza gusuka intanga uce ukura yo igitsina
- Ta agafuko wakoresheje hama woze igitsina
- Ntugerageze gukoresha agafuko kamwe incuro zibiri
- Banza kuvyiga imbere yo gukoresha agafuko

**Niba ushaka kumenya amakuru ya kwipimisha HIV aho utuyte, hamagara numero ya telephone 1-800-342-2437 cyangwa, raba internet:**

[www.cdc.gov](http://www.cdc.gov)

[www.hivpositive.com](http://www.hivpositive.com)

[www.thebody.com](http://www.thebody.com)

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*Amakuru ari muri aka gatabo aturuka ku makuru ari muri:*

*The National Minority AIDS Council*

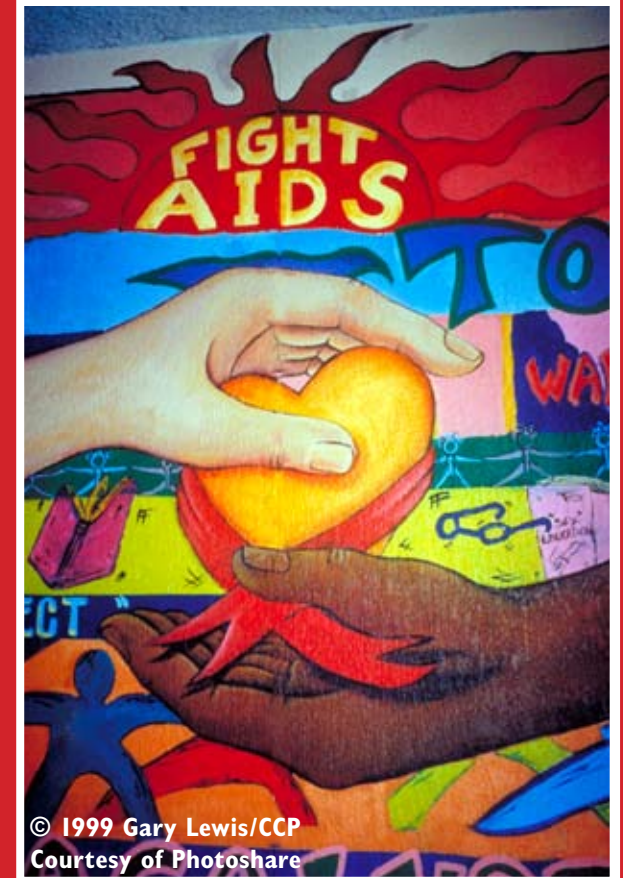
*The Centers for Disease Control and Prevention (CDC)*

*Body Health Resources Corporation*

*Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement*

### **CONTACT INFORMATION:**

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[www.refugees.org](http://www.refugees.org)



**Umuntu arashobora kwikingira umugera wa sida!**



[www.refugees.org](http://www.refugees.org)

*Protecting Refugees. Serving Immigrants,  
Upholding Freedom since 1911*

**IVYEREKEYE UMUGERA WA SIDA**

HIV--Umugera wica inguvu z'abasoda baba mu maraso batugwanira mu mubiri (HIV) ni umugera utera indwara ya SIDA (ingwara yokubura abasoda bagwanira umubiri). SIDA ituma umubiri utakaza inkomezi z'ukwigwanira ku ndwara, mbese n'utudwara duto duto, nk'ibicurane. Umuganga avuga yuko umuntu agwaye SIDA, iyo umubiri wuyu muntu wagabanutse inguvu kandi ntube ugishobora kurwanya indwara zimwe zimwe.

Umugera wa SIDA umuntu urashobora kwirinda! Abantu barwaye uwo mugera wa SIDA barashobora kuramba kandi bakabaho neza iyo muganga yatoye uwo mugera hakiri kare.

**UMUGERA WA SIDA WANDUKIRA GUTE?**

Umugera wa SIDA wandukira biciye mu maraso, m'umbuto z'umugabo, mu maberebere no mu ruziri ruva mubihimba vy'irondeka vy'umugore, vy'abantu banduye uwo mugera wa SIDA. SIDA ishobora guhererekanywa ku muntu n'uwundi biciye mu mibonano mpuzabitsina, mu gusangira inshinge zo guterwa, mu gutoboza impu (nko gutobora amatwi) canke mugushushanyisha ku mibiri (ivyo bita tatu), mw'ivuka ry'ibibondo no mu kuvyonsa.

Muri Amerika, amaraso atangwa kwa muganga muri bwa buryo bwoguherekanya amaraso kubakomeretse canke babazwe, arapimwa. Nico gituma atawogira ubwoba bwo gutanga amaraso canke kuyahabwa. Ntushobora kwandura umugera wa SIDA mugutanga amaraso.

Umuvyeyi arashobora kwirinda kwandukiza umwana wiwe umugera wa SIDA mugihe c'ukwibaruka mukuja kugipimo iyo yibungenze hamwe nogufata imiti ya SIDA. Birahambaye ko umuvyeyi yibugenze yipimisha umugera wa SIDA kugira ntaze awandukize ikibondo ciwe mugihe co kwibaruka.

**KWIPIMISHA UMUGERA WA SIDA**

Ntivyoroshe kumenya umuntu afise umugera wa SIDA. Abantu barashobora gusa n'abafise amagara meza canke bavyibushye, kandi bashobora kuba ataho bababara canke ata mabara bafise ku mibiri

yabo, ariko baranduye umugera wa SIDA, kandi bashobora kwanduza abandi. Uburyo bumwe gusa bw'ukumenyako umuntu yanduye umugera wa SIDA ni ukuwipimisha.

Kwipimisha umugera wa SIDA birasanzwe kandi biroroshe. Mubisagara vyinshi barafise ibibanza vyo kwipimishirizamwo SIDA kwa gusa canke kumahera make. Umugera wa SIDA ushobora gupimwa mu mate bakoresheje agati kariko impampa kumutwe baheza bakakinjiza mukanwa kugira baronke amate, hamwe no mumaraso yo kurutoke. Inyishu y'igipimo irashobora kuboneka mumunota itarenga 20 bahejeje kugupima. Mubisagara vyinshi kwipimisha bikorwa mw'ibanga canke umuntu ntatange izina. Kwipimisha kw'ibanga: Barandika amazina y'abantu bipimishije bagaheza bakayarungika kw'ibanga kubategetsi bajewe amagara y'abanyagihugu (nk'igisata c'ubushikiranganji kijejwe amagara y'abanyagihugu). Kwipimisha mukinyegero: Ntibisaba gutanga izina. Ahubwo bashirako ikimenyetso cisangije, atawundi agifise, kidondora nyene kwipimisha. N'ukuvugako uwipimishije ariwe wenyene amenya inyishu agaheza akayibwira abo ashatse.

Ntushobora kwandura umugera wa SIDA mugukora ibikurikira:

- Gukoranako bisanzwe
- Kuramukanya n'amaboko
- Kurwana m'unda
- Gukorora, kwasamura
- Gutanga amaraso
- Kwogana mu nyanza (piscine)
- Kwicara ku kazu kasugumwe kikizungu
- Gusangira amashuka
- Gusangira amafurusheti, ibiyiko, uduti abantu bo mubihugu vya Asia bokoresha mugufungura, imbugita, amasahani, amabakure canke ibirahuri
- Kuribwa n'imibu canke n'utundi dukoko turyana



- Kwigumya (kwirinda gushurashura canke gusambana) Nimba wewe hamwe n'uwo murangurana amabanga mpuzabitsina mwaripimishije umugera wa SIDA hakaba haciye amezi atandatu KANDI:
- Mwese basanze ata mugera wa SIDA mufise
- Rangura ayo mabanga hagati yanyu gusa
- Ntimugasangire inshinge zokwiteza, gutobora imibiri, canke gucapisha ku mibiri yanyu.

**IMPANUKA ZA SIDA**

- Ikingire mugihe co kurangura amabanga mpuzabitsina
- Koresha inshinge uburyo butuma wikingira

**NIGUTE BARANGURA AMABANGA MPUZABITSINA KUBURYO BUKINGIRA SIDA?**

Kurangura amabanga mpuzabitsina kuburyo bukingira SIDA bibuza ihura ry'imbuto z'umugabo n'uruziri rw'umugore, hamwe n'amaraso mugukoresha neza udufuko (utw'abagabo canke utw'abagore) canke uduplastike bambara mumenyo, abarangura amabanga mpuzabitsina bakoresheje uburyo bwo kurigata inzanyi (igihimba c'irondeka c'umugabo) canke igisabo (igihimba c'ironkoka c'umugore).

Imbere yo kurangura amabanga mpuzabitsina:

- Vugana n'uwo mushaka kurangurana ayo mabanga uburyo bwokwikingira
- Ni mwise gukoresha agafuko (ak'abagabo canke ak'abagore) neza imbere yokurangura amabanga.
- Ntimukarangure amabanga mpuzabitsina mwanoye ibiyayura umutwe canke mwaborewe inzoga.
- Koresha amavuta y'amazi (Ntugakoreshe avuta agandanye nka vaseline canke ubundi bwoko bwa amavuta ameze nka vaseline)

Ibinini, inshinge, utunyuzi, n'ibindi dukoresha mugutandukanya imvyaro ntibikingira HIV/AIDS. Kwikingira HIV ni ugukoresha agafuko.

**WOKWIKINGIRA GUTE?****NTUKIKWEGERE UMUGERA WA SIDA**