

IMISHYIKIRANO MPUZABITSINA IZIRA UBWANDU

Imibanire myiza niry a ituma wowe ndetse na mugenzi wawe mwumva mumerewe neza.Ni imishyikirano ishingiyeye ku kubahana.Muri Canada,abagirana iyo mishyikirano banganya uburenganzira.Bafatira hamwe ibyemezo byose hamwe ndetse nibirebana no guhuza ibitsina.Bombi bagomba kwemeranya kugirana imishyikirano mpuzabitsina.Ntibyemewe mu mategeko ko umuntu umwe ashaka kugirana imishyikirano mpuzabitsina na mugenzi we ku ngufu kabone naho baba barashakanye.Kumvikana niwo musingi w'imibanire n'imishyikirano myiza.

Irinde kandi urinde mugenzi wawe indwara z'ibitsina

Waba wararongoye cyangwa uri ingaragu ,usabwa kwirinda no kurinda uwo (abo) muhuza ibitsina kwandura indwara z'ibitsina.Uburyo bwiza bwo kwirinda izo ndwara ni ugukurikiza aya mabwiriza:

- **Irinde** ubusambanyi.Nta mibonano mpuzabitsina kugeza ushatse cyangwa ubonye uwo muzamarana ubuzima bwose.Kugirana imibonano mpuza bitsina n'abantu benshi byongera amahirwe yo kwandura no gukwirakwiza indwara z'ibitsina.
- **Izirike kuwo mwashakanye.**Iyo ugiranye imishyikirano n'abandi ushobora kwandura ukananduzwa uwo mwashakanye ndetse n'abana banyu.
- **Koresha agakingirizo** igihe cyose igize imibonano mpuzabitsina iyo ariyo yose.
- Niba uri kunywa imiti y'indwara z'ibitsina ,irinde kugirana imishyikirano y'ibitsina mbere yo **kurangiza gufata imiti.**

Indwara z'ibitsina zandura zite?

Umuntu uwo ariwe wese ashobora kwandura indwara z'ibitsina.Ushobora kwandura izi ndwara mu bundi buryo butari uguhuza ibitsina nko mu maraso cyangwa andi mazi ava mu mubiri ,ariko uburyo bw'ibanze abantu banduriramo ni uguhuza ibitsina.Muri Canada ,biremewe cyane gusaba mugenzi wawe gukoresha agakingirizo.

Indwara z'ibitsina muri Canada

Indwara z'ibitsina ziramenyerewe muri Canada.Agakoko ka sida(VIH) ni ubwandu bunyuriye mu bitsina bukaze cyane butera sida kandi sida nta muti igira .Abashakashatsi batubwira ko ubu hari abantu 58.000 by'abanduye agakoko ka sida muri Canada kandi abenshi muri bo ntibazi ko banduye.Umuntu ashobobora kutamenya ko yanduye agakoko ka sida niba nta bimenyetso byayo agaragaza.Kuva utamenya uwanduye agakoko ka sida ,ningombwa ko wirinda utazandura.

Ishingano yo kumenyesha abo muhuza ibitsina ko ufite agakoko ka sida (VIH)

Iri ni itegeko .Niba ufite agakoko ka sida (VIH) kandi mugenzi wawe muhuza ibitsina akaba ashobora kwandura,ugomga kubimumenyeshya MBERE yo guhuza ibitsina cyangwa kugirana indi mishyikirano ishobora kwanduza agakoko ka sida(VIH).Niba ukoresha agakingirizo singombwa kubwira mugenzi wawe ko ufite agakoko ariko ni igitekerezo cyiza kubivuga.

Ingaruka zo kutabwira mugenzi wawe

Ni ubugizibwanabi bukomeye gutera mugenzi wawe agakoko ka sida binyuriye mu mishyikirano mpuzabitsina itarinzwe.Niba uzi ko ufite agakoko ka sida (VIH) ntukoreshe adukingirizo ,kandi ntubwire abo muhuza ibitsina ko urwaye agakoko ka sida ,ushobora gufatwa ukabifungirwa imyaka myinshi.

Gusuzumwa indwara z'ibitsina

Ushobora gusuzumwa indwara z'ibitsina ku mavuliro cyangwa ku bitaro byo muri Manitoba.Kwisuzumisha ni ubuntu kandi ibisubizo byawe ni ibanga nta wundi uzabimenya uretse wowe na muganga.Hari amavuliro abiri muri Manitoba ushobora kwisuzumishirizaho utababwiye amazina yawe.

- Nine Circles Community Health Centre(Ikigo nderabuzima cya Nine Circles),705Broadway,Winnipeg (204)940-6000
- Public Health Services,Unit A(Ubuzima rusange,umuryango wa A),800Rosser Avenue,Brandon(204)571-8483

Ugomba kwisuzumisha sida (VIH) n'izindi ndwara z'ibitsina iyo:

- Ufite impungenge z'ubuzima bw'imyanya ngenga bitsina yawe cyangwa ya mugenzi wawe muhuza ibitsina.
- Wowe cyangwa mugenzi wawe mugirana imishyikirano y'ibitsina n'abandi bantu.
- Agakingirizo kagucikiyeho cyangwa utashoboye kugakoresha.
- Wafashwe ku ngufu cyangwa wahohotewe
- Ukoze ku maraso cyangwa andi mazi ava mumubiri w'undi muntu (urugero :ujombwe n'urushinge rwakoreshejwe n'undi)

Niba ibisubizo byawe bigaragaza ko ufite agakoko ka sida (VIH) ,ugomba kubimenyesha abo mwahujeibitsina bose.Niba ibisubizo ari bizima ,ugomba gusubira kwipimisha hashize amezi make.Agakoko ka sida gashobora kutagaragara mu bihe bya mbere ukimara kukandura.