

Imibonano mpuzabitsina ibereye “Healthy Sexual Relationships”

Imibonano ibereye n’irya ikugira wewe n’umugenzi wawe kwumva ko mwuzuranye. N’ imibano ifatiye mu kwubahana. Muri Canada, abuzuranye bose barangana. Bafatira ingingo hamwe harimwo no guhuza ibitsina. Abuzuranye bose bategerezwa muguhuza ibitsina kuba babigiyemwo inama. Birateye kubiri n’amategeko k’umuntu umwe kuhadikiriza uwundi kugirana imibonano mpuzabitsina naho boba bubakanye. Kuja inama nirwo rupfunguzo rw’imibonano inezereye kandi ibereye.

Kwikingira no gukingira umugenzi wawe indwara zandurira mumibonano mpuzabitsina “STIs”

Nimba wubatse canke utubatse, birahambaye kwikingira no gukingira uwo mugirana imibonano mpuzabitsina indwara zandukira ziciye muguhuza ibitsina “STIs”. Inzira irashe yo kwirinda “STIs” n’ ugukurikiza amategeko ukurikira:

- Ntushurashure. Ntiwigere ugira imibonano mpuzabitsina gushika umaze kwubaka urwawe.
- Gushurashurana n’abantu benshi vyongereza amahirwe yo kwandura n’ukwanduza ingwara ziciye mumibonano mpuzabitsina.
- Ntuhemukire uwo mwuzuranye. Ushurashuye ubawiteye gushobora kwandura no gushobora kuzokwanduza uwo mwuzuye mbere n’abana bawe.
- Koresha agafuko (agakingirizo) mu gihe cose c’imibonano mpuzabitsina vy’uburyo bwose.
- Niwaba uriko urafata imiti ivura ingwara zandukira ziciye mumibonano mpuzabitsina, ntiwegere usubira kugira uwo muryamana gushika umaze iyo miti.

Wandura gute “STIs”?

Uwariwe wese arashobora kwandura “STIs”. Urashobora kwandura utarinze guhuza ibitsina mukujakwo n’amaraso canke uruzi ruzi ruvuye mu mubiri, mugabo abantu muri rusangi bandurira mumibonano mpuzabitsina. Muri Canada barasaba bashimitse ko usaba umunywanyi wawe gukoresha agafuko k’agakingirizo.

“STIs” muri Canada

Indwara zandukira ziciye mu mibonano mpuzabitsina zirandagaye. Umugera uhonyabashyamba bo mu mubiri (HIV) ni ruhonyanganda mu ndwara zandukira biciye muguhuza ibitsina kandi iratera na SIDA, kandi SIDA nta muti wayo. Abashakashatsi batubwirako hafi abantu 58000 uno musi bagendana umugera wa SIDA, birahambaye kwikingira kugirango ntiwandure.

N’inshingano zawe kumenyesha umunywanyi wawe ko ufise umugera

Iri n’itegeko. Nimba ufise umugera hari amahirwe menshi yuko umunywanyi wawe ashobora kwandura, utegerezwa kumenyesha ko ufise umugera imbere yuko muryamana canke mugirana ibindi bikorwa vyose bishobora gutuma mwandura umugera wa Sida. Nimba ukoresheje agafuko ko kwikingira, ntutegerezwa kumenyesha umunywanyi wawe ko ufise umugera, mugabo vyoba vyiza ubimumenyesheje.

Inkurikizi zo kutamenyesha umunywanyi wawe

Ni icaha gikomeme gutuma uwundi muntu yandura umugera bivuye muguhuza ibitsina atagakingirizo ukoresheje. Nimba uzi yuko ufise umugera ukaba udakoresheje agakingirizo, kandi ntunabwire umunywanyi wawe ko ufise umugera, urashobora kwagirwa n’icaha gikomeme ugacirwa kumara imyaka myinshi mumunyororo.

Gusuzumwa"STIs"

Urashobora kwisuzumisha kumavuriro no kubitaro vyose vy'i Manitoba. Ntaco utanga mu kwisuzumisha, n'inyishu z'ibipimo vyawe ziba ibanga.

Hari amavuriro abiri i Manitoba udategerezwa gutanga izina ryawe mu gihe wagomba kwisuzumisha:

- Nine Circles Community Health Centre, 705 Broadway, Winnipeg (204) 940 6000
- Public Health Services, Unit A, 800 Rosser Avenue, Brandon (204) 571 8483

Urashobora kwisuzumisha umugera na (STIs) nimba:

- Ufite amazinda y'amagara yawe canke y'umunywanyi wawe muvyo guhuza ibitsina.
- Wewe canke umunywanyi wawe mwararyamanye n'abandi bantu.
- Agakingirizo karatabutse canke waragize imibonano mpuzabitsina atagakingirizo.
- Barakugiriye ivyamfurambi canke bagufashe kugakanu mu kugira imibonano mpuzabitsina.
- Wandujwe n'amaraso canke uruzi ruzi ruva mu mubiri (nk'impanuka zo gukora k'urushinge bakoresheje).

Inyishu z'ibipimo zerekanye ko wanduye umugera wa HIV, utegerezwa kubimenyesha abanywanyi bawe bakera. Inyishu zerekanye naho ko utanduye, utegerezwa gusubiramwo kwisuzumisha hanyuma y'amezi make. Umugera wa Sida ntuhuta uraboneka mu bipimo ariho ucandura.