IBIDASHOBOKA

BIRASHOBOTSE KUMENYA

GUTAHURA NEZA

i=i

ITAGARAGARA

ITANDUZA

Agakingirizo

Kwipimisha

Imiti

ITANGIRIRO/INTANGAMARARA

Kurubu gusobanura aya magambo **itagaragara=itanduza (i=i)** n'ingenzi ku bantu babana na agakoko ka VIH (PVVIH) no kubandi batabana na agakoko ka VIH.

Muri make i=i ituma :

- Kutongera kwanduzanya agakoko ka VIH;
- kubyara abana hatagombye kwifashishwa ubuhanga buhanitse bukoreshwa kwa muganga;
- guhindura isura abantu bafite kubantu babana n'agakoko ka VIH no gukuraho kubanena canke kubinuba.

Niyo mpanvu umurwi w'ababana n'umugera wa VIH (PVVIH) «L'espace Mandela» basanzwe bashigikiwe n'umushinga w'impuzamashyirahamwe yokurwanya uburwayi bwa sida (Plateforme Prévention SIDA) wahisemo gukora agatabo gakubiyemo ibikenewe kubantu babana n'agakoko ka VIH (PVVIH) kuribo ibisobanuro rimwe na rimwe biba biruhije kubyunva. Aka gatabo kazafasha kongera umumvikano n'insobanuro itomoye hagati y'uvurwa n'uvura kuriyi ngingo.

Aka gatabo kagamije kongerera ubumenyi bw'ababana n'ubwandu bw'agakoko ka VIH (PVVIH) ku bijyanye n'imiti nuko ikora, ku ngano/urugero rw'umugera, no uturemangingo tw'umubiri no kubijyanye na (i=i) itaboneka=itagaragara Kazabafasha kunva neza ibyiza bya i=i ku buzima bwabo muri rusange no kubuzima bwabo mu kwishimisha, byihariye cyane kubijyanye n'imibonano mpuzabitsina.

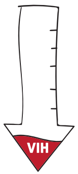
NTANGIYE IMITI YANJYE

Bimariyi iki gufata imiti ?

Bigabanya ingano/urugero rw'umugera, bikongerera imbaraga uturemangingo z'umubiri (cyane abasirikare barwanirira umubiri twitwa CD4).

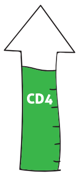
Kugabanya ingano/urugero rw'udukoko:

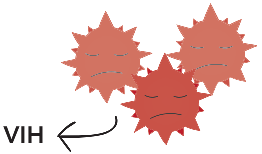
ubuke bw'udukoko twa (VIH).

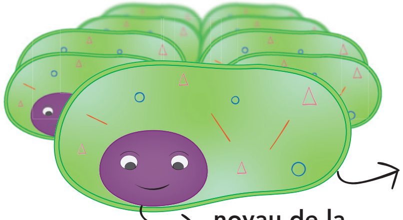


Kongera ubudahangarwa bw'umubiri:

ubwinshi bw'uturemangingo.





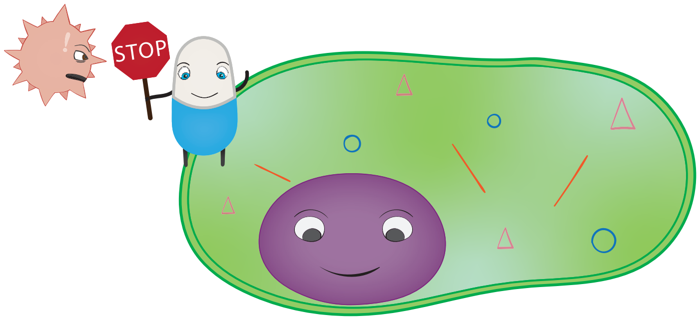


Imiti ikora ite?

→ Imiti ikora kuburyo butandukanye hakurikijwe ibiyikubiyemo (ibyo ikozwemo).

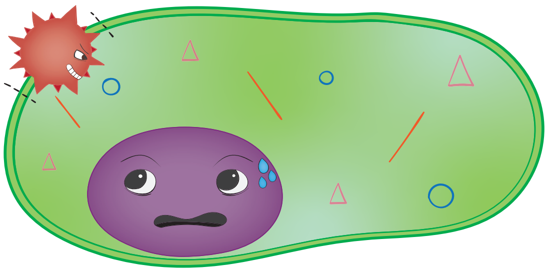
→ Imiti ibuza udukoko kwinjira mu karemangingo kitwa CD4

UFATA IMITI



Imiti ibuza agakoko ka VIH
kwinjira mukaremangingo kitwa CD4

UDAFATA IMITI

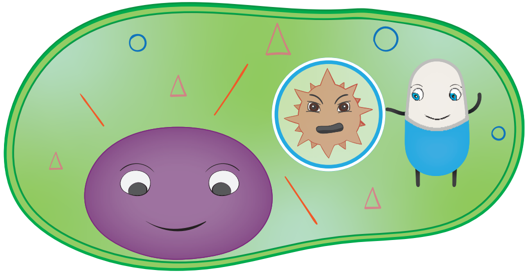


Agakoko ka VIH kwinjira mu karemangingo ka CD4

Imiti ikora ite?

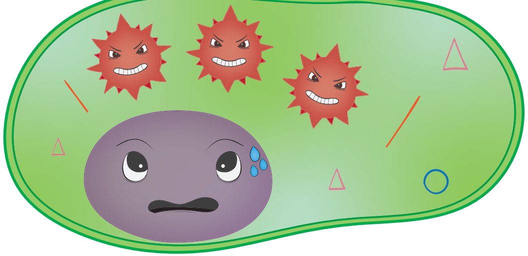
→ Imiti ibuza agakoko kwiyongera

UFATA IMITI



Imiti ibuza agakoko ka VIH
kwiyongera mukaremangingo kitwa CD4

UDAFATA IMITI

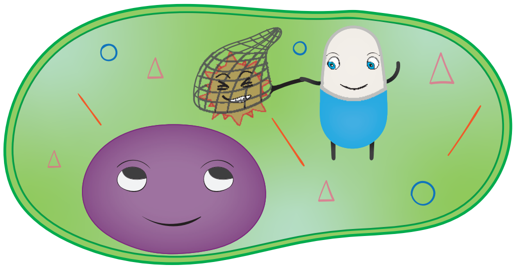


Agakoko ka VIH kariyongera mu karemangingo CD4

Imiti ikora ite?

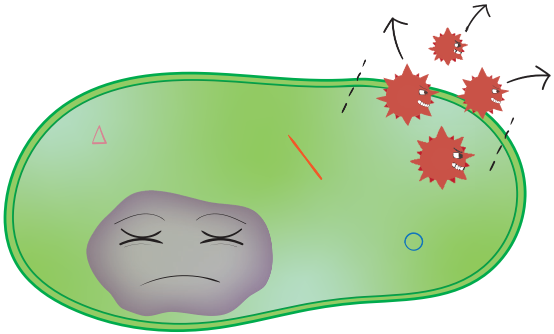
→ Imuti ibuza agakoko ka VIH gusohoka mu turemangingo no kwanduza utundi turemangingo twa CD4

UFATA IMITI



Imiti ibuza agakoko ka VIH gusohoka mu karemangingo CD4

UDAFATA IMITI

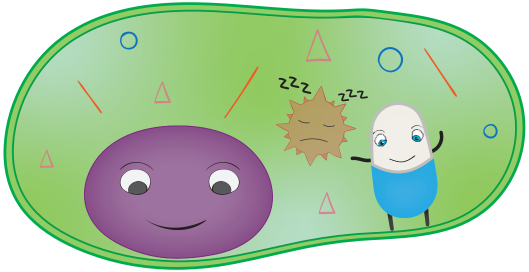


Agakoko ka VIH gasohoka mu karemangingo CD4

Imiti ikora ite?

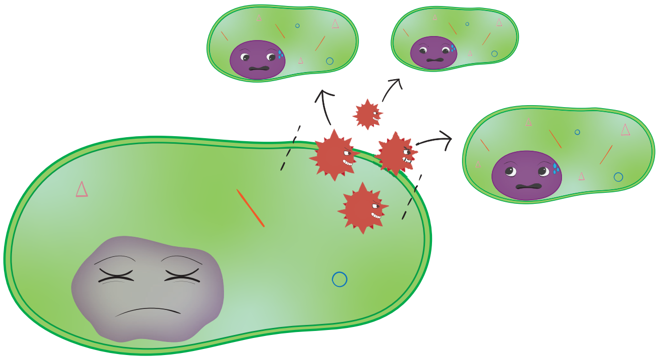
→ Imiti isinziriza agakoko ka VIH. Igihe agakoko kansinziriye sinshobora kongera kwanduza VIH mu gihe cy'imibonano mpuzabitsina.

UFATA IMITI



Imiti isinziriza agakoko ka VIH
mu karemangngo ka CD4

UDAFATA IMITI



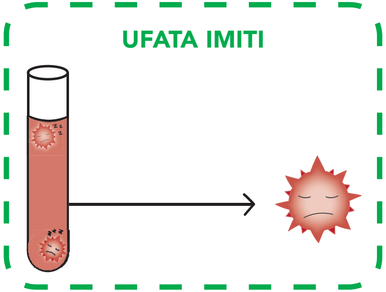
Agakoko ka VIH kanduza utundi
turemangingo twa CD4

Bisobanura iki ingano/urugero rw'umugera ?

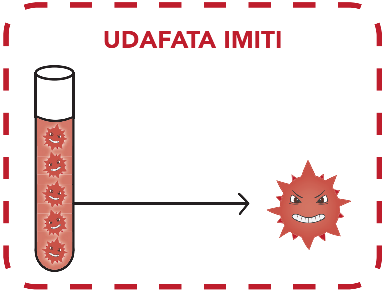
Ingano/urugero rw'umugera **isobanura umubare w'udukoko twa VIH turi mu maraso y'uwanduye.**

Mbere yo gutangira imiti umubare wa gakoko ka VIH uri mu maraso yanjye akenshi uba uri hejuru. **Ingaruka zo kwanduza agakoko ka VIH nazo ziba ziri hejuru**

Imiti ifasha kugabanya ingano/urugero rw'umugera mu mubiri. **Iyo ingano/urugero rw'umugera wagabanutse mu maraso yanjye kwanduza agakoko nabyo biragbanukaka.**



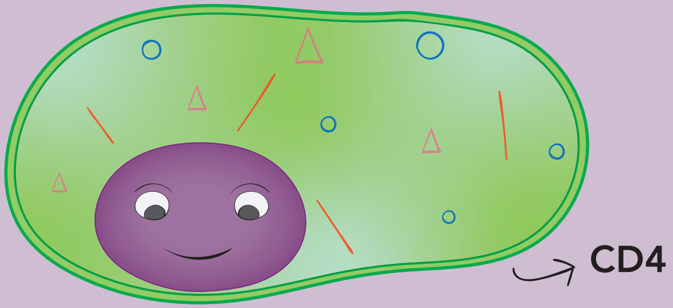
Kwanduza agakoko ka VIH biragabanuka



Kwanduza agakoko ka VIH biriyongera

Bisobanura iki ubudahangarwa bw'umubiri ?

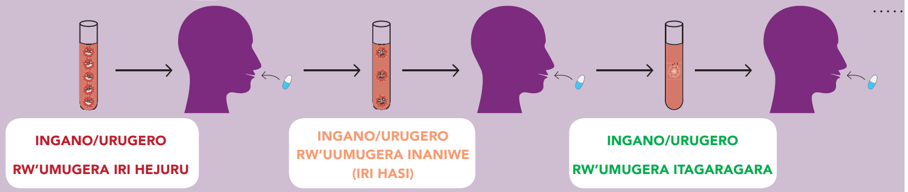
N'**abasirikare barwanirira umubiri mu kwirinda indwara.** Uturemangingo twa CD4 turi mu muryango w'uturemangingo twera dushinzwe kurwanira umubiri wanyje. **Abo basirikare canke utwo turemangingo niwo agakoko ka VIH karondera kwanduza**.



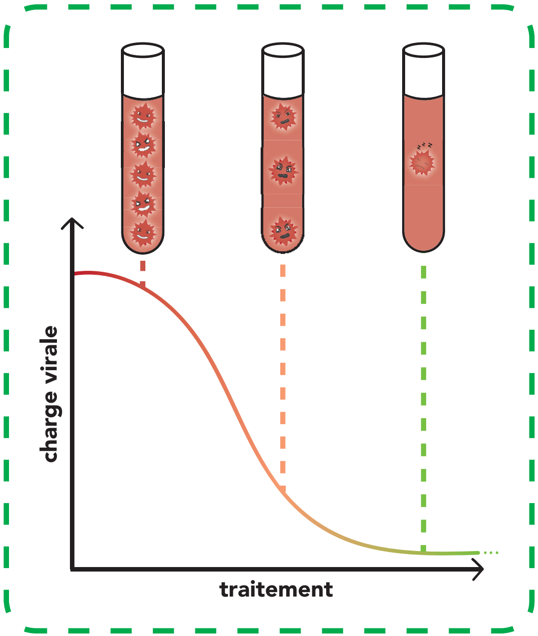
Mbere yo gutangira gufata imiti ubudahangarwa bw'umubiri wanjye (abasirikari barwanirira umubiri CD4) akenshi baba bari hasi. **Habuzwa agakoko kwiyongera, imiti ituma uturemangingo twa CD4 twiyongera imbaraga ikaha n'imbaraga ubudahangarwa bw'umubiri.**

Bisobanura iki kugira ingano/urugero rw'umugera itagaragara ?

N'igihe ingano/urugero rw'agakoko kari mu maraso yanjye iba iri hasi. Muri make **iyo nfata imiti neza ngakurikiza amabwiriza ya muganga urugero/ubwinshi bw'agakoko ka VIH iragabanuka cyane kugeraho itakigaragara mu maraso hakoreshejwe ibyuma byabugenewe byo muri laboratware by'ubu** (kopi 20 cyangwa 50 kuri mililitiro 1 y'amaraso kopi 1 ihwanye 1 na gakoko ka vih) icyo gihe bavuga ko **ingano/urugero rw'umugera itakigaragara**.



Icyitonderwa ibi ntibivuga ko nta gakoko ka VIH kari mu mubiri, uba ukiri mu mubiri ariko kugipimo kigufi. Agakoko ka VIH kaba nta mbaraga nyinshi ugifite uguma usinziriye.

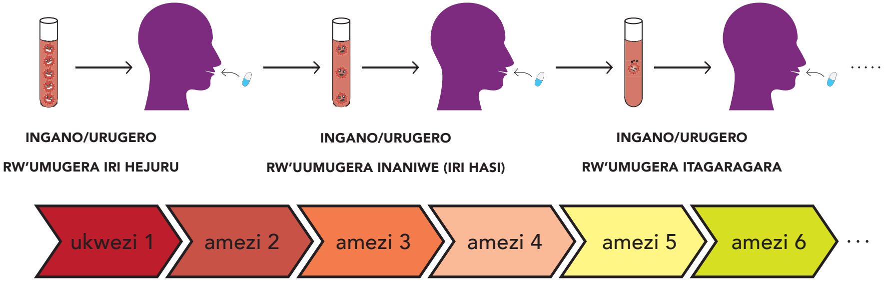


Icyitonderwa kugira ingano/urugero rw'umugera iri hasi ntibivuga ko wakizi VIH. Ariko ibyo bifasha kugabanya ingaruka za gakoko canke umugera wa VIH mu mubiri, bikongera icyizere ku buzima cyo kuramba k'uwanduye cyegeranye ni cy'utanduye umugera wa VIH. Nfata imiti nshobora kubaho ubuzima busanzwe.

Ni gute nagera ku ngano/urugero rw'umugera itagararagara ?

Uburyo bumwe bufasha kugabanya agakoko mu mubiri ntugaragare n'ugufata neza imiti y'umugera/agakoko wa VIH utayihagaritse, utayibagiwe, utayongereye, utagabanije umubare y'ibini.

Ingano/Urugero rw'umugera wa VIH ifata hagati y'amezi 3 na 6 kugirango ibe itakigaragara mu maraso uhereye igihe ntangiye imiti. Kubera imiti mishya igihe gishobora kugabanuka.

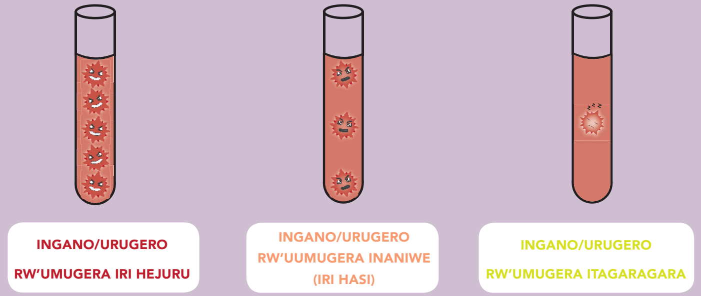


Namenye gute ko ingano/urugero rw'agakoko wa VIH itakigararagara ?

Kugira ngo menye ko ingano/urugero rw'agakoko wa VIH **wagabanutse, ngomba gupimisha amaraso (bapimamo ingano/urugero rw'umugera wa VIH).**

Muganga azasuzuma ko :

- Harimo imigera myinshi = **ingano/urugero rw'agakoko ka VIH iri hejuru**
- Harimo umugera muke = **ingano/urugero rw'agakoko ka VIH iri hasi**
- Harimo umugera muke cyane = **ingano/urugero rw'agakoko ka VIH ntugaragara**



NTA GAKOKO NKIGARAGAZA MU MARASO BIVUGA NGO SINSHOBORA KWANDUZA!

Bivuga itanduza ?

Itanduza bivuga ko ntashobora kwanduza agakoko ka (VIH).

Nibihe byiza bya i=i ?

i =i bifasha :

- Gukuraho ingaruka zo kuba nakwanduza agakoko ka VIH mugenzi wanjye igihe cy'imibonano mpuzabitsina. Ntibiba bikiri ngombwa ko nkoresha agakingirizo kugira ngo ntanduza mugenzi wanjye. Icyitonderwa agakingirizo kaguma ariko konyine gafasha kwirinda kwanduza cangwe kwandura izindi ndwara zandurira mu mibonano mpuzabitsina (IST)
- Kubyara abana batanduye. Nshobora kubyara abana kuburyo busanzwe hatabanje gukoreshwa uburyo buhanitse bwa kwa muganga (PMA). Gusa sinshobora konsa (haguma harimo umubare muke w'udukoko mu mashereka).

NOFANTA NTE I=I ?............. CVI

Nsobora kuguma burundu ntagaragaza agakoko ?

Yego igihe nfata imiti neza ku masaha amwe nta kwibagirwa, ntagufata ibinini byinshi cyangwa bike nta guhagarika gufata imiti nta burenganzira bwa muganga. Iyo ndakurikije ibi byose nshobora kongera kugaragaza agakoko mu maraso nkaba nshobora bundi bushya kwanduza VIH.

Muri make ngomba gukurikiza amabwiriza ya muganga kugira ngo ngume ntagaragaza uagakoko burundu nkisuzumisha kenshi ingano/urugero rw'umugera/agakoko wa VIH (bampima amaraso)

Ese nakize ko ntakigaragaza ingano/urugero rw'umugera/agakoko wa VIH ?

Oya igihe ingano/urugero rw'umugera/agakoko wa VIH utagaragara, bisobanura ko agakoko ka VIH kakiri mumbiri ariko ku gipimo gito cyane. **Nguma mbana n'agakoko ka VIH, n'igihe cose nisuzumishije bigaragaza ko mfite umugera/agakoko ka VIH.**

Kurubu mu Bubiligi agakoko ka VIH gafatwa nk'izind ndwara zidakira ariko zivurwa.

Niba ingano/urugero rw'umugera wa rutagaragra, gupimisha abasirikari barwanirira umubiri CD4 ni ngombwa?

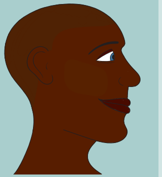
Yego igipimo cya abasirikare barwanirira umubiri CD4 n'icy'ingano/urugero rw'umugera byombi ni ngomwa. Iha muganga amakuru nyayo akeneye kugira ngo abashe gukurikirana ubuzima bwanjye. Imiti ya VIH akamaro kayo nako gutuma ingano/urugero rw'umugera wa VIH itagaragara (iri hasi cyane) bigafasha kongera ubudahangarwa bw'umubiri bikongera abasirikare ba rwanira umubiri CD4.

Hakorwa iki igihe ingano/urugero rw'umugera yongeye kuboneka mu maraso ?

Iyo imiti itafashwe neza agakoko ka VIH gashobora kudahangarwa n'imiti cyangwa kangongera kugaragara. Muganga ashobora gufata icyemezo cyo kumpindurira imiti, gusaba gukoresha ibindi bizamini, kureba hamwe niba nfata neza imiti, niba nkiri mu murongo wo kuguma ntagaragaza umugera.

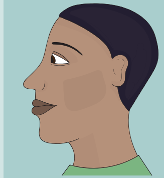
Iyo ingano/urugero rw'umugera wiyongeye kwanduza VIH biba byiyongeye, hagomba gufatwa icyemezo cyo kwikingira (hakoreshejwe agakingirizo kurumwe mubabana banduye umugera wa VIH cangwe kur'umwe utanduye).

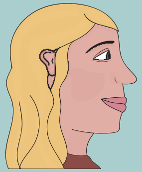
UKO MBAYEHO NFITE........ UMUGERA VIH I=I



"Mbere yuko ntangira gufata imiti, nari nigunze, natekerezaga urupfu. Imiti yanfashije gusohoka mu bwigunge kurubu,kubera i=i Itandura= Itagaragara, nunva nfite icyizere.„
G.

"Mbere yo kugira i=i ntabwo nifuza nagato ibijyanye 'imibonano mpuzabitsina. Nari nfite ibibazo byo gushukwa kuko nabaga nfite ubwoba bwo kwanduza mugenzi wanjye. Kurubu ndi i=i nta mpungenge nfite ndishima neza mu mibonano. Nunva muri make nsa nk'uwakize „
J.

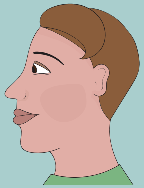




"Nubwo i=i ari amakuru meza n'icyzere kubuzima buri mbere, kumenyesha mugenzi wanjye ko mbana n'ubwandu ntibyari byoroshye. Nahisemo gutegereza ko urkundo rwacu rukomera mbere yo kubimumenyesha.„
P.

"Nubwo ndi i=i sinamenyesheje abo mu muryango ko nanduye kubera ubwoba bw'uko bancira urubanza ku myitwarire yanjye.„
H.

"Nfite ubwoba bwo kuvuga ko nanduye ku kazi, nkurikije imyitwarire bagira kubafite izindi ndwara. Ntabwo nizeye ko umukoresha wanjye nabo dukorana bafite amakuru ahagije kubirebana na agakoko ka VIH muri rusange by'umwihariko kubijyanye na i=i.„
A.



"Igihe nari mu kigo cyakira abasaba ubuhungiro nagiye kwa muganga. Muganga yarandakariye cyane ko ntamubwiye ko mbana n'ubwandu namubwiye ko ingano/urugero rw'umugera itakigararagara mu maraso yanjye, nubwo namubwiye gutyo ntibyamumaze impungenge. „
G.

- **Kubwa i=i sinshobora kwanduzaumugera agakoko ka vih mugenzi wanjye mu gihe cy'imibonano mpuzabitsina nta gakingirizo ariko ntibindinda kwandura izi ndwara zandurira mu mibinano mpuzabitsina.**
- **Ku bwa i=i udukoko twa VIH tuba tukiri mu mubiri wanjye ariko ku gipimo kiri hasi.**
- **i=i nti kwemera konsa kubera ko agakoko ka VIH wandurira mu mashereka niyo umubyeyi afata imiti neza.**
- **i = i ntibivuga ko nakize.**
- **Nshobora kongera kugaragaza ingano/urugero rw'umugerawa VIH mu maraso igihe ndafashe imiti neza (urugero/akarorero nk'igihe nfite ingaruka z'imiti).**
- **Sinshobora guhagarika imiti kugiti cyanjye ngomba kubivugana na muganga kubera ko bishobora gutuma ingano/urugero rw'umugera yongera kugaragara mu maraso.**

i=i IBIDASHOBOKA BIRASHOTSE

AHANGOMBWA TWAKURU AMAKURU

Ishyirahamwe ryo kwirinda sida

Plate-Forme Prévention Sida
Espace Mandela
Action Plus
Place de la Vieille Halle aux Blés, 29 - 1000 Bruxelles
02/733 72 99
www.preventionsida.org - www.preventionist.org

Vzw Lhiving
Poolstraat 2 - 1210 Brussel
02/201 14 19
www.lhiving.be

Projet Nyampinga
Rue des Sports, 19 -1348 Louvain-la-Neuve
0498/71 30 62

SIDA-IST Charleroi-Mons
Boulevard Zoé Drion, 1 - 6000 Charleroi
071/92 54 10
www.sida-charleroimons.be

Sida Sol ASBL
Rue des Fontaines-Roland, 29 - 4000 Liège
04/287 67 00
www.sidasol.be

Le SASER
Rue Docteur Haibe 4 - 5002 Namur
081/77 68 20
www.province.namur.be/saser

HIV-SAM Project
Nationalestraat 155 - 2000 Anvers
03/247 64 81 • 0479/50 03 98
www.hivsam.be

Muungano Boekenberglei
Charles de Costerlaan 21/G11 - 2050 Antwerpen
0488/33 37 27 • 0479/40 03 89
www.hivsam.be/

Sensoa
Franklin Rooseveltplaats 12 - 2060 Antwerpen
03/238 68 68
www.sensoa.be/

Ex Aequo
Rue des Pierres 29 - 1000 Bruxelles
02/736 28 61
www.exaequo.be

Centres de référence VIH

Centre de référence VIH de l'UCL -Hôpital St-Luc
Avenue Hippocrate, 10 - 1200 Bruxelles
02/764 21 98 • 02/764 19 02

Centre de référence VIH de l'ULB - CHU St-Pierre - CETIM
Rue Haute, 322 - 1000 Bruxelles
02/535 31 77

Centre de référence VIH Hôpital Erasme
Route de Lennik, 808 - 1070 Bruxelles
02/555 46 88

Centre de référence VIH de l'UZ VUB
avenue du Laarbeek, 101 - 1090 Bruxelles
02/ 477 60 01

Centre de référence VIH - CHU Charleroi
Chaussée de Bruxelles, 140 - 6042 Lodelinsart
071/92 23 07

Centre de référence VIH CHU Dinant Godinne
Avenue Dr. Gaston Thérasse, 1 - 5530 Yvoir
081/42 20 81 • 081/42 38 00

Centre de référence VIH du CHU de Liège (5ème étage)
Quai Godefroid Kurth, 45 - 4020 Liège
04/270 31 90

HIV Referentie centrum Instituut voor Tropische Geneeskun-de
Kronenburgstraat 43/3 - 2000 Antwerpen
03/247 64 65

HIV Referentie centrum AZ Sint Jan-Brugge – Ostende AV
Ruddershove 10, 8000 Brugge
050/45 23 12

HIV Referentie centrum Gent
G.Heymanslaan ,entrée 69 (P2, route 690) - 9000 Gent
09/332.23.50

HIV Referentie centrum, Campus Gasthuisberg
Herstraat, 49 - 3000 Leuven
016/34 47 75

HIV Referentie centrum Jessa Zeikenhuis Campus Virga Jesse
Stadsomvaart,11 - 3500 Hasselt
011/33 55 11

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SERONET : www.seronet.info/
UNIA : www.unia.be
Action Traitement : www.actions-traitements.org
Aides : magazine Remaides : www.aides.org/Remaides
ONUSIDA : http://www.unaids.org
Aidsmap : https://www.aidsmap.com

Umuntu ugendana umugera wa VIH ufite ingano/ urugero rw'imugera itagaragara mu maraso kubera imiti ntashobora kwanduza agakoko/ umugera wa VIH.

Kugira ngo umenye ikigo wakwipimishamo, ikigo kirebana n'ibya sida cyangwa kugira ngo ugire amakuru ahagije kubirebana n'imiti wakoresha urubuga nkoranyambaga rukurikira:

WWW.PREVENTIONSIDA.ORG

MUDUKURKIRE KURUKUTA RWACU
PLATEFORME PRÉVENTION SIDA

Aka gatabo kagezweho kubufatanye(bw'abanyamwuga) b'ubuzima kongera gusomwa n'abaganga n'abaforomo ba CRV ba Erasme na ST Luc.
Avec le soutien de ViiV Healthcare Belgium.

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PLATEFORME PRÉVENTION SIDA

Francophones Bruxelles

Wallonie familles santé handicap AVIQ

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