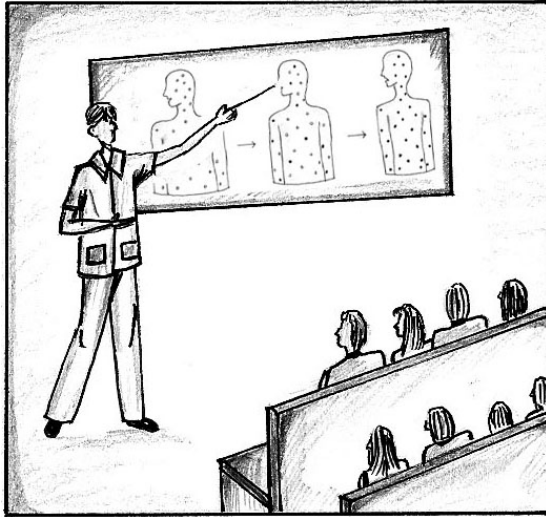


Agakoko gatera Sida/Sida

Kurwanya no kwita

Twifashishije amahame ya Bibiliya



***“Nuko mwiyambure ibinyoma, umuntu wese avugane ukuri
na mugenzi we, kuko turi ingingo za bagenzi bacu.”
Abefeso 4:25***

Ababigizemo uruhare: Gina Mares, umujyanama wa croix rouge mubya Sida; Rosa Scott, Umuganga muri laboratoire; Linda Barany, NP, afite impamyabumenyi yikirenga muri tewologiya; Joe Friberg, afite impamyabumenyi yikirenga muri tewologiya, no mu ndimi; Tammie Friberg, afite impamyabumenyi muri tewologiya; amashusho yakozwe na: Beutyani (Mimi) Cheung. Copyright © 2012 Equip Disciples

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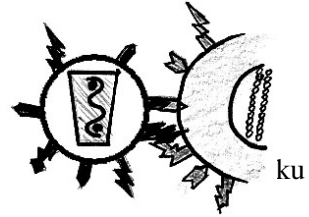
Amashusho yakozwe na:

Beutyani (Mimi) Cheung

1: Urufatiro

Mbese agakoko gatera sida ni iki?

HIV ihagarariye Virusi ica intege abasirikare barinda umubiri (virusi). Iyi virusi yinjira mu mubiri w’umuntu yarangiza igaca intege abasirikare barinda umubiri, kandi aribo barwanya indwara zataka umubiri. Ibi bishyira kurwaragurika indwara zitandukanye n’ibimenyetso bya (**SIDA**) Mu gihe cy’imyaka 5-10 iyo ititaweho, ukihagaraho. Kwiherezo ka gakoko kaza kwitwa Sida ikaba ariyo iguhitana.



AGAKOKO ni virusi imunga abantu
SIDA ni iherezo ryuburwayi bwatewe n’agakoko.

Nigute umuntu yandura iyi virusi?

AGAKOKO gatera Sida gakwirakwizwa n’umuntu ugafite ku utagafite, no mu matembabuzi aba mu muntu wanduye aka gakoko:

amaraso • amasohoro • amatembabuzi ava mu gitsina cy’umugore • amashereka

Nigute wamenyako wanduye aka gakoko?

Keretse ubanje gusuzumwa na muganga wa bigenewe niho ushobora kumenya niba waranduye agakoko gatera SIDA. Umuganga ashobora gukuka ko wanduye iyi virusi iyo uwo amaze gusuzuma selile z’amaraso ye sijya gusa nizuwanduye aka gakoko, ugereranyije ni nko munsu y’abantu 200, iyo umuntu afite ibimenyesho bidasira nibyundi afite. Zirikana ko abantu babana niyi virusi bumva ari bazima kandi babayeho neza. Rero ikizamini nicyo cyonyine kigaragaza niba waranduye cyangwa utaranduye. Dore bimwe mu bizamini bikunze gukoreshwa.

1. *Akantu gato bakoresha bahanaguzwa umubiri (an Oral swab)*. iki kizamini nicyo gikunze gukoreshwa mu gupima Sida. Ni ikizamini gihenze. Iki kizamini gipima umubare w’abasirikare bandwanya umubiri (agakoko), aribo barwanya intunga mubiri z’abasirikari barinda umubiri.
2. Ikizamini cy’amaraso kiratangwa kugira ngo muganga amenye umubare wabanzi b’umubiri uko bangana.

3. Amaraso aratangwa kugirango virusi isuzumwe ubwayo. Iki kizamini kirahenze cyane.

Ibi bizamini byose bisuzuma agakoko gatera Sida biremewe kandi bisuzuma koko aka gakoko gatera Sida.

Ibimenyesto bisanzwe

Ntago ibi bimenyetso byose ariko bigaragarira icyarimwe kuri buri wese ubana naka gakoko, kandi ntago ari ibi byonyine.

- Gutakaza 10% yi biro warusanganywe.
- Gucika intege bidasanzwe ku mubiri.
- Umuriro uhoraho, inkorora, umutwe, n'ibicurane bya buri gihe.
- Korera yurudaca.
- Guhorana amasazi.
- Guhinduka k'uruho n'imisatsi; amabara ku mubiri, gucuyuka ku ruhu.
- Kubabara amagufwa.
- Kubabara mu myanya ndanga gitsina y'umugore.
- Kwibagirwa ku bwonko.

Mbese aka gakoko gaturuka he?

Abahanga kugeza ubu ntibaravumbura aho katurutse, ariko yagaragaye bwa mbere mu mwaka wa 1980. Hari ibiyumviro byinshi. Kimwe kijya guhura nayo ni virusi yavumbuwe mu nkima, bigiye gusa neza. Abashakashatsi bavugako iyi virusi yavuye ku nkima, igihe bari barimo kuyibaga mu ibagiro cyangwa igihe baryaga inyama yayo (inkima). Iyi virusi yagombye guhinduka kugirango yinjire mu muntu.

Hari ibindi byiyumviro bitarakwirakwira cyane, bimwe na bimwe usanga ari byo gusebanya (byarahimbwe na bantu ku giti cyabo). Ariko ntago tuzi neza aho aka gakoko katurutse, dushobora gufata icyemezo cyo kurwanya ikwirakwizwa ryiyi virusi. Ishobora kwirindwa kandi ishobora guhagarara.

Nigute aka gakoko kakwirakwijwe?

SIDA yagaragaye bwa mbere muri 1981 muri Leta zunze ubumwe za America. Yongera kugaragara mu gihugu cya Uganda. Ariko amateka yayo yatangiye kera:

1930 (ugereranyije) – Agakoko gakwirakwizwa muri Afurika

1959 – Umugabo yaguye muri Kongo yishwe na Sida (Amaraso ye yapimwe muri 1998)

1966 (Ugereranyije) – Agakoko ka SIDA kambutse kava muri Afurika

ikajya muri Hayiti

1970 (ugereranyije) – Agakoko kambutse kava muri Hayiti kajya muri Amelika.

1970 – Umudogiteri wo muri Kongo n’Uburundi yavumbuye indwara yari ifite umuvuduko udasanzwe, hiyongeyeho gutakaza ibiro.

1981 – SIDA yagaragaye muri Amelika kubabana bahuje ibitsina

1982 – Indwara zidasanzwe zagaragaye muri Uganda

1984 – SIDA yakwirakwiye mu gice cy’Afulika

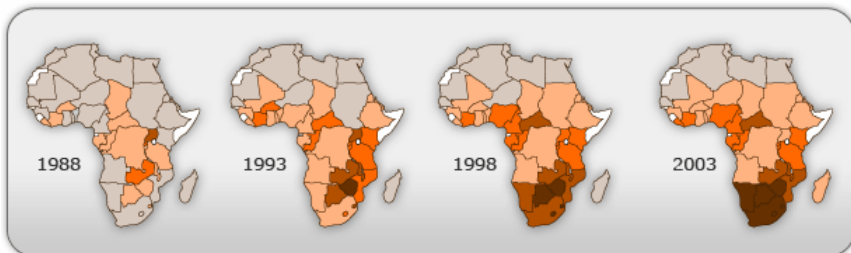
1986 – 38,000 SIDA amakuru menshi yaratanzwe kuva mu bihugu 85

1990 – ikigereranyo cyagaragaje 5,500,000 muri Africa

1997 – abantu bagera kuri 22,000,000 bari batuye ku isi yose, aho 70% (15,000,000) batuka muri Afulika yo munsu y’ubutayu bwa Sahara.

2007 – abantu bagera kuri 33,000,000 bari baranduye agakoko ku isi; hejuru y’abantu bagera kuri 25,000,000 barapfuye kuva muri 1981

Iyi carita igaragaza uburyo agakoko kakwirakwijwe cyane muri Afulika. Mu bihugu byo muri Afulika y’amajyepfo abantu bakuru bagera kuri 33% bari baranduye agakoko gatera Sida.



■ 20%-30% ■ 10%-20% ■ 5%-10% ■ 1%-5% ■ 0%-1% □ ibi wabisanga kuri
(from <http://www.avert.org/history-aids-africa.htm>)

Kwirinda muri Afulika

Dore Mu bice bitandukanye bya Afulika uburyo agakoko kameze mu bantu bakuru:

- Afulika yi iburasirazuba ifite ibihugu 8abarenga 16% babana n’ubwandu
- Afulika yo hagati niyi iburasirazuba abantu bagera kuri 3-11% babana n’ubwandu
- Afulika yi ibirengerazuba ijanisha riri hagati yi 10% ibyinshi biri hagati ya 1-5%
- Afulika y’amajyaruguru (agace k’ubutayu bwa Sahara) ifite umubare uri hasi

Abagore bafite amahirwe menshi yo kwandura aka gakoko

Abagore nibo bakunda kwandura kurusha abagabo kandi igipimo cyabo kiri hejuru cyane kurusha ikigeranyo cy' abagabo. Urugero:

- Kenya ifite abagore 18 ku bagabo 10
- Nigeriya ifite abagore 15 ku bagabo 10
- Muri Repubulika ya Kongo Kinshasa abagore 14 ku bagabo 10 babana n'agakoko
- Uganda abagore 14 ku bagabo 10 banduye virusi itera Sida
- Muri Afulika Yepfo abagore 14 ku bagabowo 10 babana n'ubwandu
- Botswana abagore 12 ku bagabo 10 babana n'ubwandu

Kubera iki iyi virusi ifite umuvuduko muri Afulika?

Hiyongera ho ibibazo by'umuco:

- Kubura ubusobanuro mbere y'igihe, no kubura amakuru ahagije
- Iyimurwa ry'abantu kubera ibibazo bya politiki, no gushaka imibereho
- Imibereho igoye abagore bahura nayo
- Ikwirakwizwa n'isangira ry'abagabo
- Umuco utemera ikoreshwa ry'agakingirizo
- Ibibazo by'urudaca no gufatwa kungufu n'intambara. Agace karimo intambara abasilikare bafata abagore ku ngufu, ikwirakwizwa ry'agakoko rikiyongera ku kigero cya 40-60%.

2: Nigute agakoko gakwirakwira mu mubiri?

Niki gica intege agakoko gatera SIDA?

Agakoko gatera SIDA ntago kica abantu. Ariko gaca intege abasilikare barinda umubiri bityo bacika intege ntibashobore kurwanya irwara.

Ubusanzwe aba basilikare bashobora kurwanya virusi n'indwara. Ariko abantu babana naka gakoko izi ndwara zisanzwe ntago zishobora gupfa.

Ubusobanuro bwa tekini: Nigute agakoko gasenya ubudahagarwa bw'umubiri ?

Agakoko kataka abasilikare baba mu maraso.

Amaraso yacu agizwe na selile. Selile ni ibyubaka umubiri. Selile zigize umuntu ntago zibonwa n'amaso ni duto cyane. Dufite selile zitukura zitwara umwuka wa ogisijene mu bice bigize umubiri maze zigaha amaraso ibara ritukura. Dufite na none selile z'umweru zirwanya indwara, ububabare,

n'indwara zishaka kwinjira mu mubiri. Selile z'umweru zishinzwe ku rwanya indwara. Izi selile zishobora kugaragara iyo ufite igisebe cyangwa mu kwaha.

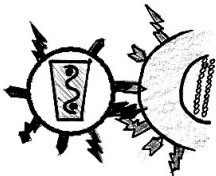
Agakoko gasenya ubudahagarwa bw'umubiri kataka selile z'umweru. Ibuka ko selile z'umweru zirwanya indwara mu mubiri.

Hari amoko menshi ya Selile z'umweru zirwanya indwara mu mubiri. Hri idasanze ifasha ubudahagarwa bw'umubiri kurwanya indwara yitwa **CD4 T-selile**. Izi CD4 T-Selile zimenyesha zigenzi zazo ko zigiye guhangana ni indwara mu mubiri. Ariko izi CD4 T-selile nizo zandura kwikubitiro na virusi itera Sida, zituma zicika gurika tege biganisha ku gupfa kwazo.

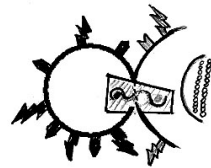
Iyo umuganga afashe CD4 mu maraso yawe, aba ari kureba umubare wazo CD4 selile (T-selile) mu mu biri wawe. Umuntu muzima aba afite hagati 500-1500. Umuntu basanganye agakoko gatera SIDA aba afite selile zo mu bwoko bwa CD4 200.

Uko agakoko gakora.

Selile yo mu bwoko bwa T-selile ishobora gusenya virusi ishakisha virusi inyuma irwaye. Agakoko ko gasenya T-selile ikwirakwiza virusi aho guzisenya.

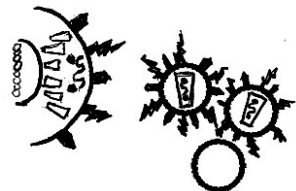


Agakoko dore ibyo gakora icengera muri T-selile. Irahaguma ntacyo gakora kandi kahamara igihe kinini.



Rimwe na rimwe, kazahindura T-selile muri ubu buryo maze T-selile igatangira gukwirakwiza virusi aho kuzisenya.

Iyo virusi nyinshi zamaze gukwirakwizwa, selile zicika tege, zikarekura virusi mu bindi bice. Virusi iba yisanzuye ishobora gubona indi selile, igacengera, igatangira kubyara izindi virusi nyinshi.



Ubudahagarwa bw'umubiri bubyara abasilikare barwanya agakoko gatera SIDA, arizo proteyine zigenewe kurwanya virusi, ariko aba basilikare ntambaraga baba bagifite. Ikindi kandi, indwara iragora kuyivura kuberako iri hagati muri T-selile. Imiti yose umurwayi yahabwa ntago ibasha kugira icyo

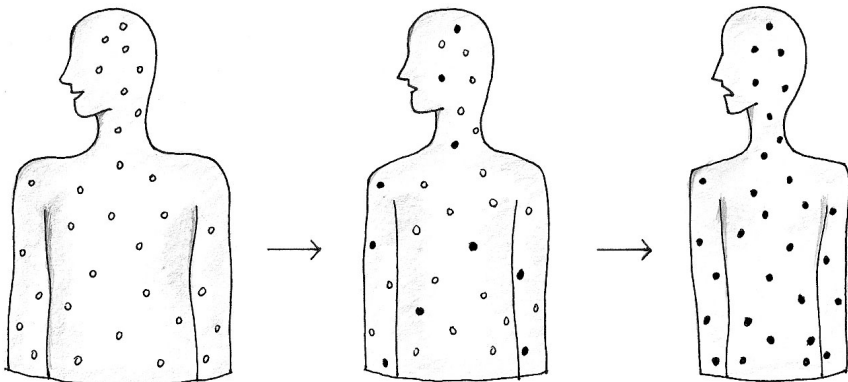
izikoraho. Nubwo ubudahangarwa bw'umubiri bushinzwe kurwanya indwara, agakoko kamunga T-selile, umuntu akomeza kubaho. Izi nizimwe mu mpamvu zituma bigorana kuvura umuntu ubana n'aka gakoko.

Mu byukuri, iyo T-selile zikomeje kwandura zituma agakoko kazihishamo, ibi bituma ikwirakwizwa rya virusi ryiyongera.

Umubare w'agakoko kaba mu maraso witwa **Viral Load**. Umuntu ufite umubare munini wizi virusi aba afite abasilikare badakomeye aba afite amahirwe menshi yo kurwaragurika(ibyururizi). Izi ndwara zibyuririzi ntago zibasira umuntu ufite umubiri muzima, ahubwo zibasira abantu babana n'ubwandu bw'aka gakoko, kubera abasilikare babo baba baracitse intege. Ibi byiyongeraho indwara zidashira ziganisha ku rupfu. Imiti igabanya ubukana ibereyeho kongera imbaraga abasilikare kugira ngo babashe guhangana n'agakoko.

3: Igihe ufite AGAKOKO

agakoko kinjira mu buryo butandukanye iyo gacengera mu mubiri. Ubu ni uburyo butandukanye ariko buranyuranye ugereranyije n'umuntu ku giti cye. Zirikana ko kuri buri kigero, aka gakoko ari kabi cyane kandi gashobora gukwirakwira mu matemba buzi ane aba mu mubiri: amaraso, amashoro, amatembabuzi aba mu nda ibyara ry'umugore no mu mashereka.



Intambwe ya mbere 1: kumva uburwayi:

- Itangira hashize ibyumweru bibiri wanduye kandi bimara igihe cy' ibyumweru bibiri gusa
- Agakoko gakwirakwizwa mu mubiri cyane, abasilikare bakagerageza kwirwanaho. Abasilikare bagerageza ku karwanya, ariko ntago bashobora kwica aga gakoko gatera SIDA.
- Abantu benshi babana n'ubwandu bahorana ibicurane bidashira: umuriro, umutwe, umunaniro, ibisebe mu ngingo, amabara ku ruhu, ibibyimba.
- Akenshi ntibakunze kumenya indwara barwaye(barayitiranya) akenshi no kudasobanukirwa.
- Hari abantu banduye batagaragaza ikimenyesho na kimwe.
- Umuntu ashobora kwanduza abandi agakoko gatera SIDA.

Intambwe ya kabiri 2:igihe cyidirishya :

- Bishobora gufata amezi kugira ngo umuntu amenye ko yanduye iyo umuntu arya neza(ibyubaka umubiri).
- Umuntu ashobora kwanduza abandi aka gakoko.
- Ibizamini bishobora kutagaragaza ko wanduye muri iki gihe, kubera ko bitwara amezi atatu kuvumbura aka gakoko.
- Iyo ufata imiti igabanya ubukana igufasha kurwanya indwara, ariko ntago yabasha kwica aka gakoko.

Intambwe ya gatatu 3: igihe cy'ibimenyetso:

- Iki gihe giterwa n'umurwayi uko abayeho iyo arya neza biratinda kugera kuri iyi ntambwe.
- Muri iki gihe umuntu arangwa n'ibimenyetso byinshi, ariko imiti igabanya ubukana ibigufashamo.
- Iyi ntambwe ikunda kwitwa intambwe yo "guceceka" kubera ko umuntu aba yumva akomeye kandi ari muzima.

Intambwe ya kane 4: igihe cy'ibimenyetso byihariye:

- Umuntu ashobora kugira ibisebe, umunaniro, umuriro, gutakaza ibiro, diyare, amabara ku mubiri, ububabare mu gitsinagore ni bindi byinshi...
- Ibi bimenyetso biragaragara kubera ko ubudahangarwa bw'umubiri bwangiritse.
- Ushobora kwandura indwara nki igituntu, maraliya, nizindi nyinshi.

Intambwe ya gatanu 5: Sida nyayo:

- Virusi ica intege ikanasenyabasilikare bu mubiri.
- Umubiri watakaje imbaraga zawo zirwanya indwara, virusi, biganisha ku kurwaragurika.
- Ikizamini cyo gusuzuma SIDA kirakorwa iyo CD4 T-selile iyo ziri hasi ya 200 kandi ukaba wibasiwe n'indwara.

Intambwe ya gatandatu 6: Urupfu :

- Iyo agakoko katitaweho urapfa.
- Kubera isi yateye imbere umuntu ubana n'ubwandu ashobora kumara imyaka irenga 20.
- Umuntu wese ubana na virusi ashobora kwanduza abandi kabone nubwo yaba agaragara nkaho ari muzima.
- Umuntu ubana n'ubwandu ashobora kurangwa n'ibimenyetso byinshi bihuye nibyundi muntu uyifite.
- Keretse umuntu apimwe nibwo ashobora kumenya ko yanduye cyangwa atarandura.
- Muganga wenyine niwe ushobora gupima niba ufite agakoko gatera SIDA.
- **Muganga wenyine niwe ushobora gupima SIDA.**

4: Uburyo agakoko gakwirakwizwamo

Uburyo iyi virusi ikunda kwanduramo ni ugukora imibonanao mpuzabitsina. Ishobora gukwirakwizwa n'umugabo cyangwa umugore.

Ikindi, iyo amatembabuzi yo mu mubiri atembeye aho wakomeretse biroroshye kwandura iyi virusi. Hari amatembabuzi ane yonyine ushobora kwanduriramo aka gakoko:

| | | | | | | |
|---------|---|-----------|---|--|---|------------|
| amaraso | • | amasohoro | • | amatembabuzi ava mu gitsina cy'umugore | • | amashereka |
|---------|---|-----------|---|--|---|------------|

Agakoko gatera Sida ntaho gashobora kubaho hanze y'umubiri (mu kirere). Virusi nke nizo zishobora kubaho hanze y'umubiri, kubera ihindagurika ry'ikirere. Ariko ntudukwiriye kwizera ko amatembabuzi yavuye mu muntu ko atatwanduzwa kubera ko virusi yiyoberanya kandi ihinduranya amayere.

Amasohoro/Amatembabuzi yo mu nda ibyara



Inzira imwe ikunzwe kwanduriramo iyi virusi ni ugukora imibonano mpuza bitsina idakingiye. Imana yagambiriye ko imibonano mpuza bitsina ikorwa hagati y’umugabo n’umugore bashakanye.

“Urwo rubavu Uwiteka Imana yakuye muri uwo muntu, aravuga ngo: Uyu ni igufwa ryo mu mara yanjye, azitwa umugore kuko yakuwe mu mugabo. Nicyo kizatuma umugabo azasiga se na nyina akabana n’umugore we akaramata, bombi bakaba umubiri umwe.” Itangiro 2.22-24

Guca inyuma yuwo mwashakanye—gukora imibonano mpuza bitsina mu buryo butandukanye nubwo Imana yashatse—byangiza ubuzima, imibanire, ubwenge, ubuzima bwo mu mwuka no ubusanzwe.

Imibonano mpuza bitsina hakubiyemo, kuryamana, mu ikibuno, no mu kanwa. Gukoresha neza agakingirizo bigabanya amahirwe yo kwandura SIDA; ariko agakingirizo ntago kizerwa 100% . Gukoresha agakingirizo neza bishatse kuvuga ibi bikurikira:

1. Koresha agakingirizo gashyashya buri gihe ukora imibonano mpuza bitsina.
2. Koresha agakingirizo rimwe gusa. Gukoresha agakingirizo kabiri bituma kagira ibitobore bityo kakaba kacika.
3. Ambara agakingirizo ukimara gushyukwa mbere yuko utangira gukora imibonano. (mu gitsina gore, mu kibuno, no mu kanwa).
4. Fata agatwe ka gakingirizo ni ntoki ebyiri, ntihaire umwuka winjira mo.
5. Mu gihe ugifashe agatwe ka gakingirizo, ramburira agakingirizo ku gitsina gabo cyafashe umurego, siga umwanya ku mutwe w’agakingirizo aho amasohoro aza kujya.
6. Gukoresha amavuta ni ibyingenzi aba mu gakingirizo. Ariko koresha amazi, giliseline cyangwa igikotoro.(agurwa muri farumasi). Amavuta yo kwisiga ku mubiri ashobora gutuma agakingirizo gacika.
7. Ukimara gusohora hita ukuramo igitsina, ufashe agakingirizo neza ukarinda kunyerera.
8. Sosoramo agakingirizo witonze.

Kwifata byonyine(kwirinda gusambana) nibwo buryo bwiza bwo kwirinda SIDA 100% . Niba umukiristo yarashatse umugabo w'umupagani umuca inyuma, agomba kuhora akoresha agakingirizo kugira ngo yirinde virusi itera SIDA. Uba wakerewe kurinda umugore SIDA iyo umugabo we apimwe bagasanga abana n'ubwandu, kubera ko aho amaze kwandurira amezi atatu yarenze.

Buri muntu wese ufite indwara zandurira mu myanya yimyororokere afite amahirwe menshi yo kwandura SIDA. Niba izi ndwara zaguteye ibisebe virusi niho ihita yinjirira. Nubwo utaba ufite ibisebe, abasilikare b'umubiri bacika intege maze virusi ikabona inzira inyuramo, maze ukandura SIDA.

Guhura kw'amaraso

Guhura kw'amaraso bishobora gukwirakwiza agakoko gatera SIDA.

- Kwemerera amatembabuzi kwinjira mu gisebe cyangwa aho wakomeretse bishobora kwinjiza agakoko gatera SIDA mu mubiri.
- Agakoko gatera SIDA gashobora kwinjira iyo umuntu bamutera amaraso yanduye. Nibyiza ko abaganga babanza gusuma amaraso yatanzwe mbere yo kuyatera abarwayi.
- Niba ubana n'agakoko gatera SIDA, ntutange amaraso, cyangwa orugane.
- Imirimo nko
 - Kwitobora
 - kwiyaandika ku mubiri ukoresheje igiti
 - gusangira urwembe
 - gukoresha inshinge zakoreshejwebyongera amahirwe yo kwandura agakoko niba uwa bikoresheje abana n'agakoko gatera SIDA. Kwitema n'urwembe cyangwa urushinge bituma uva maraso rero biroroshye kwandura aka gakoko.
- Gukomeretswa ni kintu agakoko kariho uhita wandura agakoko gatera SIDA .



Hano urahasanga uburyo wakwirinda kwandura agakoko kaba mu maraso.

1. Abaganga bagomba kwiyitaho cyane. Bambara udupfuka ntoki(gant). Niba bishoboka hora wambaye udupfuka ntoki igihe cyose uhuye n'amaraso.
2. Gusangira inshinge nibwo buryo abantu bakunze kwandururiramo . Abaganga bagomba gukoresha inshinge shya mu gihe batera umurwayi.
3. Inshinge zatetswe ntago zizerwa ijana kwijana nki nshya.

4. Abantu benshi bagana bamagendu bahurirayo naka gakoko kubera ko bakoresha inshinge zitari nshya. Bamagendu benshi baba bafite indwara y'uruho ishobora kugutera umwijima.
5. Igikoresho cyose gityaye gishobora kugutera agakoko. icyuma cyakoreshejwe mu gutegura amafunguro. (reba isomo rya 10 ryo gutegura amafunguro)
6. Udupfuka ntoki twambarwa iyo hasukurwa amaraso, ibirutsi, inkari, amabyi.

Umubyeyi/Umwana



Umubyeyi ubana n'ubwandu ashobora kwanduza uwo atwite, mugihe amubyara, cyangwa amwotsa. Akenshi ashobora kumwanduza amubyara kubera amaraso menshi. Umwana azira mu maraso ya nyina amubyara.

Nubwo umwana aba ari mu nda ya nyina, ntaho bivuze ko amaraso y'umubyeyi ahura nay'umwana. Nubwo amaraso y'umwana na nyina byegeranira muri nyababyeyi ntaho ashobora guhura. Virusi itera SIDA ntaho ishobora kurenga uyu mupaka. Hari ubwo umwenge uboneka umugore atwite cyangwa ari ku bise. Ariko ntaho bibaho kuri buri nda cyangwa mu gihe umubyeyi atwite. Kubagwa ubyara bigabanya ikwirakwizwa ry'agakoko.

Iyo umubyeyi abana n'ubwandu ntanywe imiti yanduza umwana atwite amahirwe angana na 25% . Ariko iyo yanyweye imiti amahirwe yo kwanduza umwana aba angana na 2%. Umubyeyi ubana n'ubwandu afata imiti yitwa zidovudine (**AZT** cyangwa **ZDV**) cyangwa nevirapine atwite kandi ana byara bigabanya amahirwe yo kwanduza umwana.

Nyuma yaho umwana asuzumwa inshuro nyinshi agakoko gatera SIDA. Abana benshi iyo bapimwe basanga baranduye kubera ko baba bagifite amaraso ya ba nyina. Nyuma y'amezi 6 bashobora kuba badafite agakoko kubera ko ubudahagarwa bw'umubiri yabo buba bwarakuze kandi budafite virusi.

Umugore wese wanduye agomba kwitondera konsa umwana.

Konsa bishobora kwanduza umwana SIDA. Iki gereranyo cyo kwandura kingana na 16%. Iyo bibaye ngombwa ayamabwiriza arakurikizwa umubyeyi wanduye ashobora konsa.

- Iyo adakunze kubona umwana uko yishakiye.
- Iyo adashobora gukurikiza amabwiriza.

- Iyo atabasha kubona amazi meza. Kuvanga amabwiriza n’amazi akonje bitera diyare, guhitwa, bwaki ku mwana.

Andi matembabuzi y’umubiri

Agakoko kavumbuwe kugipimo kiri hasi mu **marira** no mu **macandwe** kuba rwayi ba SIDA. Ibi ntaho bishatse kuvuga ko gakwirakwizwa n’ayamatembabuzi. Igipimo cya virusi itera SIDA basanga muri aya matembabuzi kiri hasi cyane. Akenshi bakunze gupima abasilikare b’umubiri bakoresheje amacandwe kubera ko ubu buryo budakwirakwizaagakoko.

Nubwo amacandwe adashobora kwanduriramoagakoko gatera SIDA. Ntaho ukwiriye gusangira uburoso bw’amenyo, kubera ko rimwe na rimwe umuntu ava maraso yoza amenyo. Rero menya ko hari amaraso kuri bwa buroso yakoresheje, kandi virusi ishobora gukwirakwizwa nayo maraso.

Agakoko ntaho kari kigera gapimwa muri bombo yarigaswe n’umurwayi wa SIDA.

5: Imyizerere itariyo kuri SIDA

Hari iibihuha byagiye bikwirakwizwa hirya no hino kuri SIDA. Nibyiza ko tugira ubumenyi kuri SIDA kugira ngo tubashe kuyirinda no kuyirinda abo tubana nabo mu muryango. Aya magambo akurikira ni ayavuzwe na bantu kuri SIDA Atari **AYU KURI**:

“SIDA iravurwa igakira.”

SIBYO. SIDA nta muti igira. Hari ingamba zifatwa mu kwirinda SIDA, nko gufata imiti no kurya neza, ariko nta muti igira kugeza uyu munsu. Kwirinda nibwo buryo bwo kurwanya SIDA bwonyine.

“Amacandwe, bombo, amarira, n’ inkari bikwirakwiza SIDA.”

OYA. Amaraso yonyine, amasohoro, amatembabuzi yo mu nda ibyara, cyangwa amashereka bishobora kukwirakwiza SIDA.

“SIDA yandurira mu kuribwa n’umubu cyangwa kurumwa n’inyamaswa.”

OYA. Imibu ntaho icengeza amaraso yaturutse ku muntu yarumye mbere — amaraso atembera imbere si hanzu. Nubwo mwaba mutuye ahantu hari imibu myinshi gute nta kimenyetso kifatika kigaragaza ko imibu yanduza SIDA. Amacandwe y’inyamaswa nta SIDA agira.

“SIDA yandurira mu gukora ku kintu kimwe kiri munzu.”

OYA. Ikwirakwizwa mu matembabuzi ane yo mu mubiri: amaraso. Amasohoro, amatembabuzi aba mu nda ibyara, n’amashereka.

“Ushobora kwandura SIDA igihe wicaye iruhande rw’umuntu uyirwaye.”

SIBYO. Ntaho virusi iba mu kirere, agakoko gatera SIDA ntaho kaba mu mwuka kaba mu matembabuzi ane twavuze haruguru.

“Ushobora kwandura SIDA igihe uririye muri resitora imwe nu muntu uyirwaye.”

OYA. Agakoko gatera SIDA ntaho kaba mu kirere cyangwa mu masahane. Ntaho kanaboneka mu macandwe cyangwa muri bombo.

“SIDA ikwirakwirizwa mu guhoberana cyangwa gusuhuza umuntu uyirwaye.”

OYA. Agakoko gatera SIDA ntaho kaba muri bombo, keretse mu matembabuzi ane twavuze haruguru.

“Ushobora kwandurira SIDA mu gusomana.”

OYA. Ntaho SIDA yandurira mu macandwe.

“Ushobora kwandura SIDA wicaye ku musarane.”

OYA. SIDA ntaho ishobora kubaho ahantu harangaye(hanze), ntaho iba mu nkari.

“Ushobora kwandurira SIDA muri pisine woga.”

OYA. SIDA ntaho ishobora kubaho mu kirere, cyangwa mu mazi.

“Ushobora kuyipimisha ijisho.”

OYA. Umuntu ubana n’agakoko ni umuntu kimwe nabandi bose ashobora kugaragara abyibushye. Muganga wenyine niwe ubasha kukubwira niba uri muzima udafite SIDA.

“Ababa bahuje ibitsina niba bashobora kwandura bonyine SIDA.”

SIBYO Agakoko gashobora kwirakwizwa n’umugabo n’umugore.

“Gusambanya umwana/ uruhinja/ cyangwa isugi bikiza SIDA.”

SIBYO. Iki ni ikinyoma cya Satani, umwanzi w’ibyiza n’ibyera byose. Yesu agaragaza abanzi bu kuri muri iyi minsi:

“Mukomoka kuri so Satani, kandi ibyo so ararikira ni byo namwe mushaka gukora. Uwo yahereye kera kose ari umwicanyi, kandi ntiyahagaze mu byukuri kuko ari umunyabinyoma, kandi ni se w’ibinyoma.” Yohana 8:44

“Ushobora kwandura SIDA uyi kuye mu bupfumu.”

OYA. Satani yishimiye ko SIDA ikwirakwizwa, inyuze mu mubiri.

Ibuka ko aya magambo yavuzwe haruguru yose ari ibinyoma byambaye ubusa!

6: Kwirinda

“Ni gute umusore yarinda inzira ye yera? Mu kubaho agendera akurikiza ijambo ryawe.” Zaburi 119:11

Mugihe SIDA nta muti nta rukingo igira, birashoboka kwirinda SIDA. Kwirinda Guca inyuma yuwo mwashakanye, uburaya, kwiyandarika, kunywa ibiyobya bwenge(gusangira inshinge), no gufatwa kungufu ibi nibimwe mu bintu bituma SIDA yiyongera. Iyi myifatire ishobora gutuma wandura SIDA nizindi ndwara zandurira mu mibonano mpuza bitsina. Umwanzi afite intego imwe: gukoresha uburyo bushoboka bwose— uburyo bwose bwo kutumvira— kugira ngo asenye ikintu cyose cyiza. Ariko Yesu afite umugambi mwiza kuri twe:

“Umujura ntazanwa n’ikindi keretse kwiba, kwica no kurimbura. Ariko nijewe nazanywe no kugirango zibone ubugingo ndetse zibone bwinshi.”
Yohana 10:10

Hano urahasanga uburyo dushobora kwirindamo SIDA:

1. Uburyo bwiza bwo kwirinda SIDA ni ukwifata ukirinda gusambana kugeza ushatse . Uko ukomeza gusambana niko wongera amahirwe yo kwandura SIDA uburyo ubwo aribwo bwose wakoresha wirinda. Ibi nibyingenzi kubakiri bato kuzirikana.

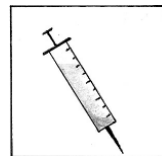
“Nuko bene data, ndabingira kubw’imbabazi z’Imana ngo mutambe imibiri yanyu, ibe ibitambo bizima byera bishimwa n’Imana, ariko kuyikorera kwanyu gukwiriye. Kandi ntimwishushanye n’abiki gihe, ahubwo muhinduke rwose mugize imitima mishya, kugira ngo mumenye neza ibyo Imana ishaka, ari

byo byiza bishimwa kandi bitunganye rwose.”
Abaroma 12:1-2

2. Imana yashatse ko imibonano ikorwa nabashakanye gusa. Ibuka ko kudaca inyuma yuwo mwashakanye aribwo buryo bwo kwirinda SIDA kubashakanye. Buri wese agomba kwipimisha mbere yo kurushinga. Nubwo umwe yaba yaranduye bashobora gukora imibonano igihe bakoresha agakingirizo. Uko Imana ishaka ko ibitsina bikoreshwa bitandukanye nuko isi ibishaka, ariko Imana iduhamagarira kubaho tuyinezeza kandi natwe ni inyungu zacu.

“Ariko ikiruta byose mukundane urukundo rwinshi. Mucumbikirane mutitotomba.” 1 Petero 5:8-9

3. Kwirinda ibiyobya bwenge n’ibisindisha. Ikoreshwa ry’ibiyobya bwenge n’inzoga bishobora kukuganisha ku myifatire itari myiza. Abandi bakunda kwishora mu myifatire itari myiza – nko gusangira inshinge cyangwa gukora imibonano idakingiye- bakoreshwa ni ibiyobya bwenge n’inzoga. Niba umugabo afite ubwandu atashye mu rugo yasinze agakora imibonano mpuzabitsina n’umugore we ahita amwanduza; ntaho akunda no kurinda umuryango we nkuko Umuntu ubana n’ubwandu ntakwiriye gusangira nabandi urwembe, uburoso bw’amenyo, amaherena, tondezi. Cyangwa ikindi gikoresho icyo aricyo cyose gifite amaraso kuri cyo.
4. Imyenda cyangwa amashuka yu muntu ubana nubwandu afurwa kimwe nindi myenda yose igihe cyose ukoresha amazi ashushye. Ugomba kwitonda mugihe umesa ibintu bifite amaraso, ibirutsi, amashoro, inkari, amabyi. Gukoresha imiti yica udukoko yica agakoko ka SIDA. Niba bishoboka koresha udupfuka ntoko igihe uterura iyi myenda.
5. Inshinge cyangwa ikindi gikoresho cyose kiba kigomba gukoreshwa ariko ufite uburenganzira bwa muganga kandi ukagikoresha ukurikije amabwiriza wahawe na muganga. Ntugashyire inshinge aho abana bareba.



Inyigisho zikurikira zigizwe nuburyo bwo kwirinda ikwirakwizwa rya virusi itera SIDA.

7: Ibibazo by'abagabo

Kwisiramuzi

Ubushakashatsi bwagaragaje ko kwisiramuzi bishobora kugabanya amahirwe yo kwandura virusi itera SIDA, ariko ntago birinda uwandura kwandura. Igice cy'igitsina gabo cyakuweho gifite selile zimwe virusi ishobora kwanduriramo mugihe umugabo akora imibonano, ikindi ni uko igihu cyimbere kiba kugitsina gabo gishobora gukomereka igihe umugabo arimo gukora imibonano ibi biha umugabo amahirwe menshi yo kwandura SIDA. Ariko kwisiramuzi ntago byabuza umuntu kwandura SIDA.

Ubusambanyi

Imana ishaka ko imibonano mpuza bitsina ikorwa hagati y'umugabo n'umugore bashakanye.

“Niyo mpamvu umugabo azasiga se na nyina akajya kubana n'umugore we akaramata bombi bakaba umubiri umwe.” Itangiriro 2:24

Nibyingenzi cyane ku mugabo kudaca inyuma yuwo bashakanye.

“Ntugasambane.” Kuva 20:14

Abagabo bashobora kugira ibyitwazo byinshi iyo basambanye. Abagabo bamwe bizera ko abagore baremewe kubashimisha; abandi bakavuga ko niba bashaka gukora imibonano mpuza bitsina bagomba kuyikora igihe cyose babishakiye; abandi babikorera kwishyira hejuru, cyangwa kumva ko bari hejuru y'abagore iteka ryose, bamwe bashimishwa no kuba bazwiko bazi gusambanya abagore(ipfizi ya segiteri); bamwe babikorera kugira ngo bagaragare ko ari abagabo; abandi babikorera kubabaza abagore, abandi babikoresha nk'intwari y'intambara. Buri rwitwazo rwose twavuze haruguru rw'ubusambanyi ni ibinyoma gusa kandi byangiza umubiri wu muntu ubikora, umuryango, na sosiyete . Buri rwitwazo rwose runyuranya n'amahame y'Imana 'kuba umubiri umwe no kororoka.

“Ni cyo cyatumye Imana ibareka ngo bakurikire ibyo imitima yabo irarikiye, bakora ibiteye isoni bonona imibiri yabo, kuko baguranyeye ukuri kw'Imana gukurikiza ibinyoma, bakaramya ibyaremwe bakabikorera kubirutisha Imana Rurema, ari yo ishimwa iteka ryose, Amen.” Abaroma 1:24-25

Aho kugaragaza ububasha ubusambanyi burangiza. Umugabo yagobye kugaragaza imbaraga afite mu kwirinda. Yagombye kunezezwa nuko akiranuka imbere y’Imana nibere yuwo bashakanye. Agomba guha agaciro kandi akana kunda umugore we. —Ibi byiyongeraho no kubarinda kwandura SIDA.



“Bagabo, mukunde abagore banyu nk’uko Kristo yakunze Itorero akaryitangira ngo aryeze, amaze kuryogesha amazi n’ijambo rye aryishyire rifite ubwiza, ridafite ikizinga cyangwa umunkanyari cyangwa ikintu cyose gisa gityo, ahubwo ngo ribe iryera ridafite inenge. Uko ni ko abagabo bakwiriye kukunda abagore babo nk’imibiri yabo. Ukunda umugore we aba yikunda, kuko ari nta muntu wakwanga umubiri we, ahubwo yawugaburira akawukuyakuya nk’uko Kristo abigirira Itorero.” Abefeso 5:25-30

Biteye isoni kubona umugabo “yigira bimbwiye iki” afite imico mibi aseheshya umuryango we akaba yakwanduzaga umuryango we virusi itera SIDA, binahungabanyaga ubusabane yari afitanye na Kristo.

Ntimuzi yuko uwifatanyaga na maraya aba abaye umubiri umwe nawe. Kuko Imana yavuze ngo bombi bazabaga umubiri umwe. Ariko uwifatanyaga n’umwami Yesu aba abaye umwuka umwe nawe. 1 Abakorinto 6:16-17

Muri make, Imana ishaka ko duhunga ubusambanyi.

“Muzibukire gusambana, ibindi byaha byose umuntu akora bikorerwaga inyuma y’umubiri, ariko usambana aba akoze icyaha cyo mu mubiri we, uwo mufite wavuye ku Mana? Kandi ntimuri abanyu ngo mwigenge kuko mwaguzwe amaraso y’igiciro. Nuko rero mutume imibiri yanyu ihimbaza Imana.” 1 Akorinto 6:18-20

Abagore benshi

Itondere iyi mihango ikurikira yo kugira abagore benshi kuzungura abagore b’umuryango yabantu bapfuye. Iyo umugore yanduye SIDA, bishobora kwanduzaga umugabo we. Kubera ko binyuranyije n’itegeko ry’Imana gushaka umugore urenze umwe, gufasha no kwita kubapfakazi nibyiza ariko utarwamanye nabo

“Kandi yere kuzishakira abagore benshi, kugira ngo umutima we udahinduka ukava ku Uwiteka.” Gutegeka kwa kabiri 17:17a

“Abadiyakoni babe abagabo b’umugore umwe, bategeka neza abana babo n’abo mu mungo zabo.” 1 Timoteyo 3:12

Icyatumye abami bashaka abagore benshi byaterwaga no kwintangira imitima kwabo. Ninko kwahukana, aribyo Yesu yavuzeho ati:

“Ntimwari mwasoma yuko lyabaremye mbere yaremye umugabo n’umugore, ikababwira iti:

Nicyo gituma umuntu azasiga se na nyina bombi bakaba umubiri umwe?

Bituma batakiri babiri, ahubwo babaye umubiri umwe, nuko icyo Imana yahuje umuntu ntakagitandukanye.” Matayo 19:4-6 (Yesu yasubiyemo amagambo ari mu Itangiriro 1:27 na 2:24)

Korororoka

Imico myinshi ishimangira ko abana bagomba kwitwa amazina yaba se. Mubyukuri abana ni impano ituruka ku Mana (Zaburi 127:3), ariko iyo umwe mubashanye yanduye SIDA, ni ukutamukunda iyo mukoranye imibonano idakingiye no kudakunda umwana uzavuka. Kuri aba bantu kubyara sibyo byingenzi, ahubwo bagombye kuzana abana mu muryango (adoption) kuko kuzana aba bana mu muryango ari ugukunda no kumvira Imana no gukora icyo Imana ishaka kwita no kurinda abana buzuzwa imitima y’abyeyi ibyishimo. Tekereza ku bantu bibitangaza bazanywe mu miryango(adoption): Mose yarezwe n’umukobwa wa Farawo (Ibyakozwe n’Intumwa 7:21), Umwamikazi Esiteri yarezwe na nyirarume Moredokayi (Esiteri 2:7,15). Abakijijwe twese twita Imana Data kubera ko yatwemeye mu muryango wayo:

“Abayoborwa n’umwuka nibo bana b’Imana. Kuko mutahawe umwuka w’ububata ubasubiza mu bwoba, ahubwo mwahawe Umwuka ubahindura abana b’Imana, udutakisha uti “aba Data” Umwuka w’Imana ubwe ahamanya n’umwuka wacu yuko turi abana b’Imana.” Abaroma 8:14-17

8: Ibibazo by'abagore

Abagore bafite uburenganzira bwo kuvuga oya ku mibonano mpuza bitsina. Umugore nttagomba gukoreshwa imibonano mpuza bitsina kugahato.

Uruhare rw'abagore muri sosiyete

Abagore ni amagufwa y'umugongo muri sosiyeti, bafitiye akamaro kanini sosiyete, no gukorerwa imiryango yabo. Nibo bantu bagira uruhare runini mu muryango. Bagomba gukundwa no kubahwa badahondagurwa, ni ababyeyi. Ni abaragwa b'amasezerano y'Imana mu Bwami bwayo.

Namwe bagabo ni uko, mubane n'abagore banyu, mwerekane ubwenge mu byo mubagirira kuko bamaze nk'inzabya zidahwanyije namwe gukomera, kandi mububahe nk'abaranwa namwe ubuntu bw'ubugingo, kugira ngo amasengesho yanyu atagira inkomyi.
1 Petero 3:7

Gufatwa kungufu(kugahato)

Iyo abagore bahaswe gukora imibonano mpuza bitsina, byitwa **gufatwa kungufu**. Iyo iki gikorwa gikozwe n'abasilikare, abagizi ba nabi, abagabo babana n'agakoko gatera SIDA byitwa **Gusambanywa ku gahato**. Gufatwa ku ngufu nttago ari amakosa y'umugore. Uwafashwe kungufu nyine aba yafashwe ku ngufu.

Umugore nk'igikoresho

Imico imwe nimwe isaba ikiguzi (inkwano), ariko ibi nttago bisobanura ko umugore ari igikoresho. Ahubwo ibi ni icyerekana ko umugabo amukunze, ni igikorwa cyerekana ko bazabana babishatse mu muryango. Ni ikimenyetso cyerekana ko umugore yubashywe, afashwe neza, yitaweho. Bigomba gukurikirwa ni imibanire myiza hagati y'umugore n'umugabo.

Kristo yaguze Itorerero atanga ubuzima bwe (1 Abakorinto 6:19b-20). Buri wese muri twe ni uwa Yesu, nttago uri igikoresho, ahubwo uri urugingo ry'umubiri we (Abefeso 5:25-28). Abagabo bakwiriye guha agaciro abagore nki ngingo zabo:

"Uko niko abagabo bakwiriye gukunda abagore babo nk'imibiri yabo. Ukunda umugore we aba yikunda, kuko ari nta muntu wakwanga umubiri we." (Abefeso 5:28-30)

Abagore ntago bagomba guhabwa akato mu muryango iyo bafashwe ku ngufu. Ntaho ari ibikoresho, nta nubwo bakwiriye kurebwa nki “ ibikoresho bitagira akamaro” igihe yafashwe ku ngufu.

Igihe bafashwe ku ngufu. Umugabo ntakwiriye kumva ko umugore yamusuzuguje igihe umugore we yafashwe ku ngufu. Intego yabafata kungufu ni ugusenya imiryango no kuzana ibibazo mu muryango. Kubwo gukomeza urugo twanze intego yabafata abagore ku ngufu.

Imana yagambiriye ko gushakana bigaragaza ishusho yayo.

Imana yaremye umugabo mu ishusho yayo;

Yaremwe mu ishusho y’Imana;

Yaremye umugore n’umugabo. (Itangiriro 1:27)

Umugabo n’umugore baremwe mu ishusho y’Imana, gushakana ni ukwiyemeza kubana mu buzima. Ibyo abantu badukorera ntaho byangiza ishusho y’Imana tuba dukwiriye kugaragaza, ntabwo byangiza ubumwe bwo gushakana. Ishusho y’Imana mu gushakana yangizwa natwe iyo twitandukanyije tugakora icyaha.

Umuntu wafashwe kungufu akeneye guhumurizwa nuwo bashakanye n’abana be, n’Itorero. abenshi muri bo bahora bababaye, bava amaraso, no guhora bababaye, bakeneye ubufasha bwa muganga. Ibuka inkuru y’umusamariya mwiza (Luka 10:25-37). Yitaye ku bikomere by’umuntu Atari azi wari umushyitsi wari waguye mu gico cy’abambuzi, natwe dukwiriye kwita ku banyamuryango bi miryango yacu bafashwe ku ngufu. Dukwiriye kupfuka ibikomere byabo, byo kumubiri, amaranga mutima yabo, no kubitaho. Ubu nibwo buryo dukwiye gukora umurimo Yesu yadushinze:

“Umwuka w’Umwami Imana ari kuri jye, kuko Uwitaka yansize amavuta ngo mbwirize abagwaneza ubutumwa bwiza, yantumye kuvura abafite imvune mu mutima no kumenyesha imbohe ko zibohowe, no gukingurira bari mu nzu y’imbohe.” Yesaya 61:1

Guhungabana/ kwikanga n’umunaniro/ kwangirika mu mutwe

Abagore bafashwe ku ngufu bahura ni ibibazo bikomeye nyuma yo gufatwa ku ngufu. Dore ibyo bibazo ibyo ari byo: Kwibuka uburyo bafashwe ku ngufu mu nzozi; guhora babitekerezaho ijoro ryose; kwanga abagabo nikintu cyose cyatuma bibuka ibyo bahuye nabyo; guta icyizere, kutavugana icyizere, kubura ibitotsi; ubwoba, isoni, umujinya; kwanga gukora; kugira ikibazo cyo gukorana n’abantu. Yesu ashobora kuduha ibyiringiro no kudufasha mu gihe tugendana ihungabana. Niba bishoboka, shaka ubufasha ku mujyanama.

Kwihugiraho

Abagore bafashwe ku ngufu batekereza ko imiryango yabakundaga no kubafasha, noneho ko bagiye kubafata nkibishingwe kubera ibyababayeho. Akenshi abagabo babo barabata. Ubundi bakirukanwa ku kazi. Abantu batekerezako imitwe yabo iba itagikora neza.

Iyi myumvire mibi n'ibikorwa bikorerwa abafashwe ku ngufu birushaho kubangiza . Aba bagore iyo bahawe akato mu muryango, bagakena, bakabura ibyiringiro, barangiza bakihugiraho.

Nka bakristo, ntaho dukwiyiye guheranwa n'agahinda ngo tugwe mu mutego wa Satani kubera ibyo imiryango yacu yatugiriye. Ahubwo, dukwiriye gufasha bariya bagore kugira ngo bongere basubirane agaciro bahoranye mbere no kubigisha inzira za Yesu. Abayobozi b'amatorero n'abagabo ba ba kristo bagomba kuzabona impinduka mu muryango bakazana imyumvire mizima kandi bagakiza aba bantu n'imiryango baturukamo.

9: Ibibazo by'abana

Ipfubyi

Iyo ababyeyi babana n'ubwandu bapfuye, bakunda gusiga ipfubyi zonyine. Abaturanyi, Itorero bakwiriye kwita kuri izi pfubyi. Aba kiristo bose bahamagarirwa kwita k'upfubyi, umuntu ku giti cye cyangwa nk'Itorero:

Idini ritunganye kandi ritanduye imbere y'Imana Data wa Twese ni iri: gusura ipfubyi n'abapfakazi mu mibabaro yabo, no kwirinda kutanduzwa n'iby' isi. Yakobo 1:27

Ikindi kandi, imiryango ya gikristo igomba kuzana ziriya mfubyi mu miryango.

Ubupfumu no kuraguza

Hari abantu bavuga ko SIDA yazanywe n'abana. Hari abantu bizera ko Sida yakomotse ku bana. Hari abandi bizera ko SIDA ikwirakwizwa n'abana mu kuraguza no kuroga. Ariko SIDA nyinshi ikwirakwizwa mu gufata ku ngufu no gusambana. Satani ashimishwa nuko SIDA yarushaho kwiyongera. SIDA yandurira mu matembabuzi twavuze haruguru niho abantu bayandurira. Satani akwirakwiza ikinyoma ko SIDA yazanywe n'abana kandi barengana.

Hari n’abahanuzi bateye birirwa basengera abantu ngo barabakiza SIDA.

birirwa bacira abana imanza ibi ntago binezeza Imana. Yesu aravuga at:

“Mwirinde mudasuzugura umwe muri aba bana bato. Ndababwira yukoabamalayika babo bo mu ijuru bahora bareba mu maso ha Data wo mu ijuru.” Matayo 18:10

Nubwo aba bantu bagendera ku mihango, ibyo bakora Bibiliya ntibyemera, Kubera ko imihango iturukana abadayimoni—Keretse guhamagara Yesu kubwi imbaraga ze nizo zituma bantu babohoka abadayimoni bakabavamo. Kwirukana abadayimoni kw’imihango byaturutse ku kuraguzwa no imihango ya gipagani.

Kubaho mu buzima bwera

Abana bakeneye kwigishwa kubaho ubuzima bwera mbere y’igihe. Hari ijambo rivuga ngo “urukundo rw’ukuri rurategereza” bivuga ko umuntu agomba kwifata kugeza ashatse. Umuhungu n’umukobwa bagomba gusobanukirwa ko imibonano ikorwa nabamaze kurushinga gusa, imibonano ikorwa n’abashakanye mu bumwe maze bakabyara abana. Bagomba kumenya ko ubudahemuka hagati y’umugabo n’umugore byerekana ubudahemuka bwacu mu Mana.

Bagomba no kwigishwa ko imibiri yabo ari insengero z’Umwuka Wera, ntibakwiriye kwangiza imibiri yabo bishora mu busambanyi no mu biyobya bwenge (1 Abakorinto 3:16-17, 6:18-20). Ibi bishuko ni icyobo gicukuwe Satani ashaka gutega abakiri bato abashora mu byaha. Imirongo myinshi ya Bibiliya nk’Imigani na Zaburi, Bibiliya yigisha uburyo abakiri bato bagomba kubaho dutinya Imana.

Bibiliya ivuga uburyo tugomba kubaho dutinya Imana. Ubu ni uburyo bwo kubaho wumva ko Imana ikureba aho uri hose. Imana ihorana natwe iteka. Ishobora kureba ibyo dukora byose no kumva ibyo tuvuga byose. Mu byukuri, kubera ko Ariyo yaturemye, isobanukiwe neza ibitekerezo byacu twibwira mu mitima, n’amagambo yacu—mbere yuko ijambo riba mu kanwa kacu iba yarangije kuri menya. Umwami Dawidi atwigisha uko dukwiriye kubaho dutinya Imana:

“Ninde ushaka ubugingo, agakunda kurama kugira ngo azabone ibyiza? Ujye ubuza ururimi rwawe rutavuga ikibi, n’iminwa yawe itavuga iby’uburiganya. Va mu byaha ujye ukora ibyiza, ujye ushaka amahoro uyakurikire, kugirango uyashyikire. Amaso y’Uwiteka ari kubakiranutsi” Zaburi 43:13-16

Uburyo twiga kubaho tugendera mu nzira z’Imana ni iyo dusoma ijambo ryayo. Kwibikira ijambo ryayo mu mitima yacu ibi bizafasha abana guhunga inzira mbi mu buzima. Umwami Salomo atwigisha:

“Nuko ubwenge buzinjira mu mutima wawe, kandi kumenya kuzanezeza ubugingo bwawe Amakenga azakubera umurinzi Kujijuka kuzagukiza, Kugira ngo bigukure mu nzira Y’ibibi, No mu bantu bavuga iby’ubugoryi. Ni bo bakeka inzira z’umuwijima. Banezezwa no gukora ibibi, Kandi bakishimira ubugoryi Bw’abanyabyaha. Bagendera mu nzira zigoramyeye, Bakaba ibigande mu migenzereza Yabo. Nuko uzakizwa mugore W’inzaduka Ndetse uw’inzaduka Ushyeshyengesha amagambo Ye, Wari wahukanye n’uwamurongoye Mu bukumi bwe, Akirengagiza isezerano ry’Imana Ye, Kuko inzu ye yerekeye urupfu, Kandi inzira ze zigana ikuzimu. Mu bamugenderera nta n’umwe Ugaruka, Kandi ntabwo basubira mu nzira Z’ubugingo.” Imigani 2:10-18

Salomo yongera kushyiraho ihame rifasha ababyeyi:

*“Menyesha umwana inzira akwiriye kunyuramo
Azarinda asaza atarayivamo.” Imigani 22:6*

Abwira urubyiruko aya magambo:

*“Ujye wibuka Umuremyi wawe mu minsi y’ubusore bwawe, iminsi mibi
itaraza n’imyaka itaragera.” Umubwiriza 12:1*

10: Ibibazo by’umuryango

Itera bwoba no kwirema ibice

Ibihugu byinshi byo ku isi bihora birwana nikibazo cy’ubukungu kubera ko abantu babyo banduye SIDA iri mu miryango.

- Abakozi benshi bahunga agace karimo abantu benshi banduye Sida. Ibi bituma amashuri abura abarimu bazi kwigisha neza, ibi bigatera kutagira ubumenyi kucyorezo cya SIDA. Hakabura n’abaganga binzobere, ni kibazo cy’ubukene kigatuma imiti ibura.
- SIDA ihitana abantu benshi, ibi bitera ikibazo cyo kudatera imbere mu bukungu.
- Ubukene bukabije buter’akarengane no kwiheba bituma abantu bishora mu bujura n’ubusambanyi.
- Abana b’ipfubyi bayoboka igisirikari kugira ngo babashe kubaho. Ibi bituma SIDA yiyongera kubera gufatwa ku ngufu kw’abagore.
- Kugundira ubutegetsu, abasilikare benshi banduye SIDA bakomeza gufata ku ngufu abagore kugira ngo babatere ubwoba bashyira ku bagore maze bakabafata ku ngufu ibi bisenya umuryango bikagira n’ingaruka mu gace mutuyemo.

Biroroshye kubona ibi bibazo twavuze haruguru bisa nibidashira, bihora bizenguruka ntabyiringiro by’ejo hazaza.

Ibibazo byurudaca

Mu duce twinshi two mu isi, kuvuga ibijyanye n’ibitsina, kuvuga ibice bigize umubiri, kuvuga ko wafashwe ku ngufu, cyangwa kuvuga ibyerekeye SIDA ni ikibazo cyingutu mu miryango. Nkingaruka, amakuru atariyo akwirakwizwa mu ibanga, mu igihe amakuru yukuri atavugirwa mu ruhame. Aya makuru atariyo ashobora gutuma abantu bakomeza kwandura SIDA batabizi. Igihe kirageze ngo aba kristo batangire gutesha agaciro ayo makuru atariyo bagatangira kubwizanya ukuri umutu kuri umwe no mu miryango yacu no mu matorero yacu.

“Nuko mwiymbure ibinyoma, umuntu wese avugane ukuri na mugenzi we, kuko turi ingingo za bagenzi bacu.” Abefeso 4:25

Abantu bazarushaho gusobanukirwa SIDA, uko bazarushaho kumenya ijamba ry’Imana no kuribamo, ikwirakwizwa ry’agakoko ka SIDA rizagabanyuka.

Uburenganzira bw’umugore

Abagore bakorerwa akarengane kajyanye na SIDA. Benshi bakunda kwanduzwa no gufatwa ku ngufu n’abagabo. Itorero rigomba gukomeza gufasha abagore kumenya uburenganzira bwabo:

- Bagomba kwiga kugira ngo babone akazi keza.
- Abakristo bagomba kwitabira amatora no kuzirikana uburenganzira bw’abagore no gutora amategeko arengera abagore.
- Abakristo bagomba gushishikarira gukora ibikorwa birengera abagore bafashwe ku ngufu nababana n’ubwandu.
- Amatorero agomba guteza imbere guhesha abagore agaciro kubwo kubigisha ibi bikurikira:
 - Abagore n’abagabo bose baremwe mu ishusho y’Imana (Itangiriro 1:26-27)
 - Muri Yesu nta muyuda nta mugiriki twese turi umwe (Abagalatiya 3:28)
- Tugomba kurwanya abantu barenganya abagore bafashwe ku ngufu nababana n’ubwandu bwa SIDA.

Ubutabera

Abagabo n’abagore, abakozi ba leta, abasilikare, n’abapolisi bagomba kushimangira no gushyiraho amategeko arengera abagore bafashwe ku ngufu. Abafata abagore ku ngufu badahanywe, SIDA izakomeza gukwirakwizwa.

Mu isezerano rishya, amategeko yashyiriweho gutanga ubutabera. icyaha gikwiriye guhanwa. Ikindi cyiyongera ku gihano ni uko uwahohotewe akwiriye impozamarira. Iyo abantu babonye umuntu wakoze icyaha ahanwe, iyo uwahohotewe ahawe impoza marira bituma abantu batinya icyaha.

Ibyaha iyo bidahanwe ni impozamarira iyo idatanzwe, abantu baba ibyingingenge, abanyabyaha, batagira gahunda, abafata ku ngufu bazakomeza gukwirakwiza indwara.

11: Kwita kubabana n'agakoko ka SIDA

Umuntu ubana n'agakoko gatera SIDA ashobora kubaho nkabandi bose. Umuntu ubana n'ubwandu ashobora kumva ari muzima nkabandi bose kandi akabaho igihe kinini. Ariko bakwiriye gukurikiza amabwiriza a bahawe na muganga kugira ngo babeho igihe kirekire no kwirinda kwanduza abandi. Imiti igabanya ubukana yarabonetse, ariko kugira ngo ubeho neza, umuntu ubana n'agakoko gatera SIDA ashobora kubaho igihe kirekire adafata imiti. Ubushakashatsi bwarabigaragaje, iyo aya neza akaniyitaho.

Ubumenyi bw'ibanze mu kwirinda indwara

Kubera ko SIDA ifite ubushobozi bwo kwirwanaho no kurwanya indwara, hari ibintu bishobora ku kwica no kukwangiza igihe ubana n'ubwandu. Umurwayi wa SIDA ashobora kurwara indwara atigeze arwara mu bwana bwe. Urugero:

- Indwara zataka uruhu, diyare, umuriro, kuruka, nizindi nyinshi.
- Indwara zisanzwe zishobora kwica umuntu urwaye SIDA. Indwara nk'ibihara, kugira amabara mu maso, kugira ibihari mu maso ni ingero nke zishobora kwica umurwayi wa SID. Hari nizindi ndwara zikomeye nk'igituntu na maraliya. Rero abantu barwaye SIDA bagomba kuba kure yabantu barwaye izi ndwara. Niba urwaye ukaba urwaje umurwayi wa SIDA ugomba guhora ukaraba intoki no gupfuka amazuru no gupfuka umunwa wawe kugirango utanduza umurwayi wa SIDA indwara binyuze mu gukorora, kwipfuna, no kwikoraho no kwitsamura.
- Inyamaswa zishobora kwanduza indwara umurwayi wa SIDA koga intoki ni ibyingenzi cyane nyuma yo gukora ku nyamaswa.
- Ubutaka nabwo bushobora kwanduza abantu babana n'ubwandu binyuze mu inzoka zo hasi(microbe).

Isuku yo mu nzu

umuntu ubana n'ubwandu ni byiza gukora isuku mu nzu abamo mu buryo bwo kumurinda kwandura indwara. Uru rutonde ruraguha ibyo ushobora gukora.

1. Koresha isabune mugihe ukora isuku mu nzu. Ibi bizakurinda kwandura mikorobe.
2. Umuntu ubana n'ubwandu ntaho akwiriye guhabwa iye nkono, icyuma, ikanya, cyangwa icye cyiyiko. Ogereza amasahane hamwe n'isabune ukoresheje amazi ashushye.
3. Umuntu ubana n'agakoko gatera SIDA ashobora kuba yategurira abandi amafunguro. Nkuko buri wese abigenza, abantu babana n'ubwandu bagomba gukaraba intoki mbere y'uko boza cyangwa bakora ku

masahane igihe barimo guteka. Ariko, nta muntu ukwiriye gutegurira abandi amafunguro igihe arwaye diyare.

4. Kwica, ibisebe, n'invune bigomba gutwikirwa n'igipfuko. Yaba ari umurwayi cyangwa umurwaza agomba gupfuka igisebe cye.
5. Intoki n'izindi ngingo z'umubiri bigomba kuhagirwa ako kanya zikimara gukora ku maraso cyangwa amatembabuzi ava mu mubiri kubera ko ushobora kwanduzwa na virusi iturutse mu mubiri wabo.
6. Ahantu hamenetse aya matembabuzi hagomba gutwikirwa.

Hasukwa imiti yabugenewe. Kuvanga imiti n'amazi:

ingano y'imiti yavanzwe n'amazi

| | | |
|------------------|------|-----------------------|
| 15 ml imiti | muri | 1 litiro y'amazi |
| agapake 1 ifu | muri | ¼ cy'amazi |
| 60 ml imiti | muri | 4 litiro y'amazi |
| ¼ icupa ry'imiti | muri | 1 akajerekani k'amazi |

Ni byiza gusukura aha hantu. Kubera ko mikorobe zipfa mu gihe kingana na masaha 24.

Ubumenyi bw'ibanze ku mirire n'iminywere

Indwara ziturutse mu kurya nabi no kunywa amazi mabi bitera diyare, inzoka, igifu, kuruka, umuriro, umutwe, kurwara iminsi. Buri wese ashobora kwandura izi ndwara, ariko birushaho kuba bibi kubarwayi babana n'ubwandu bw'agakoko gatera SIDA bikaba byabakomerera kuzivura. Za T-selile zirwanya irwara mu mubiri, Agakoko ka SIDA kaba arikazima kagatangira gukwirakwira mu mubiri. Ibi bituma abasilikare b'umubiri bacika intege vuba.

Amazi meza

Amazi agomba gukorerwa isuku no kuyungururwa mu imyanda yose. Cyane rwose, amazi ava mu migezi, ibiyaga, no mu nzuzi bishobora kuba intandaro y' indwara ku muntu ubana n'ubwandu bw'agakoko gatera SIDA. Ibi nibyo igihe amazi y'isoko yakoreshejwe neza.

- Guteka amazi byica udukoko. Amazi agomba gutekwa akabira byibuze mu gihe kingana n'umunota.
- Ugomba kubika amazi atetse mu kintu cyogeje.
- Ugomba kuyungurura amazi. Ibi byica mikorobe.
- Imiti isukura amazi yica mikorobe ziri mu mazi.



Imirire myiza

Amazi atetse ni meza kubarwayi babana n'ubwandu bw'agakoko gatera SIDA. Ibiryo biteguranye isuku bitera ubuzima buzira umuze.

- Imbuto n'imboga nibyiza kubirya ubanje kubirongwa. Guhata imbuto n'icyuma gifite isuku kwirinda mikorobe n'umwanda. Guteka imbuto n'imboga kugeza bihiye neza byica mikorobe.
- Inyama, inkoko, n'amafi bishobora kugutera indwara iyo byatetswe nabi, bidahiye, cyangwa byangiritse.
- Guteka intama n'amafi ntibishye neza bishobora kugutera indwara.
- Nyuma yo gufata inyama mu ntoki, ifi mbisi, karaba intoki mbere yo gukora ku kiribwa icyo ari cyo cyose. (isabune no kuyungurura amazi ni byingenzi.)
- Ntuvange inyama mbisi, ifi mbisi ni bindi biryo, cyane cyane iyo ari ibyo kurya biribwa bitabanjwe kurongwa.
- Ntushyire hanze inyama mbisi ngo zitinde kuzuba mbere yo kuziteka.
- Wirya ifi mbisi. Isambaza mbisi zigira udukoko dutera indwara
- Amagi agomba gutekwa neza. yateke kugeza ibara ry'umweru n'umuhondo w'imbere mu igi bifatana. Imbere mu igi hagomba kuba umuhondo. Iyo inkoko irwaye n'igi riba rirwaye.

Amata meza

Rya kandi unywe amata meza.

- Hari indwara wakwanduzwa n'inka mugihe unywa amata nk'igituntu, umuriro, mikorobe ziva mu mara y'inka.
- Gutunganya amata ntaho ari ukuyateka gusa ahubwo ni ukwica udukoko.
- Amata atekwa kugeza k'urugero ry'ubushyuhwe bungana 145°F mu gihe kingana n'iminota 30 cyangwa 161°F mu gihe kingana n'amasegonda 15 ; Uramutse urengeze cyangwa ukagabanya amata yakwangirika.
- Guteka amata nabyo birakora, ariko bihindura igipimo cy'amata.

Kunywa ibisindisha bishobora guhungabanya ubuzima bwawe.

- Nkuko twabivuzeho haruguru, inzoga, zishobora kugushora mu myifatire mibi ishobora kugutera kugwa mu bishuko by'ubusambanyi.
- Abanywi b'inzoga bafite amahirwe menshi yo kwandura indwara zandurira mu busambanyi. Ibi bica intege ubudahangarwa bw'umubiri.
- Inzoga zangiza intungamubiri zikurikira: vitamini A, B1, B2, biyotini, koline, niyasini, B15, acide yo mu mubiri, n'imyunyungugu.
- Indwara zifitanye isano ya SIDA n'inzoga ni: igituntu, umwijima.....

- Inzoga zishobora kwangiza umwijima, kandi ariwo ufasha abasilikare b'umubiri kurwanya indwara.
- Inzoga zituma umurwayi ubana n'agakoko gatera SIDA, ubwonko bwe budakora neza.

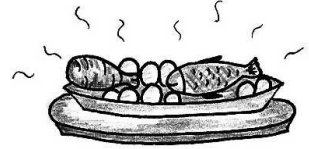
imirire

Imirire myiza n'ingenzi kuri buri wese, cyane cyane kubabana n'ubwandu bw'agakoko gatera SIDA. Ibyo kurya bifasha umubiri kurwanya indwara.

Intunga mubiri

Intunga mubiri nizo zifasha imitsi, orugane, zikanakomeza n'abasilikare barwanya indwara. Ni inkingi ikomeye ifasha ibice bigize umubiri. Intunga mubiri zigomba kuba nibura 15-20% wibiryo urya ku munsu, amagarama ari hagati ya 64-80. Abarwayi babana n'ubwandu bw'agakoko gatera SIDA bagomba kurya ibiryo birimo intungamubiri nyinshi kugira ngo bakomere. Mbese isoko y'intunga mubiri ni iyihe. isoko y'intunga mubiri ni iyihe?

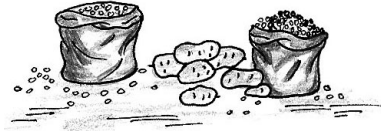
- ziboneka mu nyama, amafi, amagi n'amata nibiyakomokaho.
- Ziboneka mu mboga (ibishyimbo byumye n'amashaza), ubunyobwa, n'imbutu.
- Imboga mbisi, ibinyampeke, umuceri ugira intunga mubiri nke.
- Ibihingwa bimwe na bimwe nta ntungamubiri zihagije biba bifite niyo mpamvu mu gihe utegura amafunguro ukeneye gutegura amoko atandukanye y'amafunguro kugira ngo ibiryo urya biba bifite intunga mubiri. Urugero, imboga n'ibinyampeke bishobora kugira intunga mubiri: ibishyimbo n'umuceri, ubunyobwa, n'umugati.



Ibyongera ubushyuhe mu mubiri (ibitera imbaraga)

Ubwoko bw'ibiryo butuma umubiri wawe ugira imbaraga no kongera ibiro. Abarwayi babana n'ubwandu bw'agakoko gatera SIDA batakaza ibiro. Batakaza apeti bityo bagatakaza ibiro kubera diyare n'izindi rwara zitandukanye. Ibitera imbaraga bigomba kuba hagati ya 50-60% y'ibiryo urya ku munsu.

- Tubisanga mu byo kurya nk' ibishyimbo, umuceri, ibirayi n'ibijumba.
- Abarwayi ba diyabeti bafite ikibazo cyo kurya ibitera imbaraga kubera ko igipimo cy'isukari cyabo cyiyongera. Gukoresha ibitera imbaraga



n'imbuto n'ibikomoka ku mafu y'umweru bifite isukari yunganira umubiri.

Ibinure

Amavuta atera umubiri imbaraga. Hari ubwoko bw'inshi bw'ibinure. Ibinure bingomba kuba hagati ya 25% yibyo kurya urya kumunsi. Amavuta atera ubushyuhe mu mubiri. Amavuta meza kubarwayi babana n'agakoko gatera SIDA yitwa omega 3 fatty acids. Ubu bwoko bw'amavuta afasha umutima kutarwara indwara z'umutima.

- Amavuta tuyasanga mu nyama, amafi, ubuto, amata, ubunyobwa, n'imboga.
- Amafi agira omega-3 fatty acids(amavuta meza kubarwayi babana n'ubwandu). Nibura kurya ifi kabiri mu cyumweru.
- Amafi aboneka mu biyaga agira omega-3 fatty acids(amavuta meza kubarwayi babana n'ubwandu).
- Ibindi byo kurya dusangamo omega-3 fatty acids ni ibicukurwa mu butaka nk'ubunyobwa.....
- Amavuta afite omega-3 fatty acids ni: amavuta ya soya, amavuta akomoka k'ubunyobwa, n'ubuto.
- Ibinure bishobora gukomeza ingingo(aho ingingo zihurira).
- Ibinure bituma udatakaza ibiro.
- Kurya amavuta bigora umuntu ugira iseseme.

Gutakaza ibiro

Abarwayi babana n'agakoko gatera SIDA hari ubwo batakaza ibiro kabone niyo baba bafite ibyo kurya. Akenshi ibyuririzi bituma umurwayi abura apeti yo kurya. Ariko iyo bariye bituma abasilikare babo babasha kurwanya indwara. Umurwayi ubana n'ubwandu agomba kurya incuro nyinshi kugira ngo atagira umuriro n'indwara. Iyo atakaje ibiro bingana na 10% bigaragaza ko umurwayi arimo gutakaza ibiro.

Imyitozo ngorora mubiri

Imyitozo ngorora mubiri ni ingenzi cyane kuri buri wese muri rusange. Zirikana ko imyitozo ngorora mubiri n'ibiryo ari kimwe mu miti ya SIDA.

- Byubaka imitsi.
- Birwanya umunaniro.
- Bifasha kugabanya ibibazo bya diyabete.



Kuryanya ubute

Kubera ko umunaniro ushobora kugira ingaruka ku basilikare barwanya indwara mu mubiri wacu, ningombwa kurwanya ubute (ubunebwe).

- Umunaniro utuma umuntu arushaho gucika intege.
- Utuma umuntu adasohozza neza ibyo yagombaga gukora.
- Byongera ubukana bw'indwara ku murwayi ubana n'ubwandu bw'agakoko gatera SIDA. Ubushakashatsi bwagaragaje ko ubukana bw'agakoko gatera SIDA kongera ubukana ku bantu badakora imyitozo.

Kurwanya iseseme

Dore ibyagufasha kurwanya iseseme:

1. Gira icyo ushyira mu nda.
2. Kanja jojo, gabanya kurya imineke, umuceri, ibisuguti, umugati, ibyo kurya bikozwe mu magi, inyama zidafite ibinure, ibirayi.
3. Nywa ibinyobwa bitaremereye, iminota 30 hagati yo kurya no kunywa ibinyobwa.
4. Rya ibiryo bikonje kugira ngo ugabanye umpumuro. Ibiryo bishyushye birahumura cyane maze bigatera iseseme.
5. Gerageza kurya indumu, n'umuntu mu biryo.
6. Gerageza kuryama wubitse inda nyuma yo kurya.
7. Gira icyo urya mbere yo kuva mu buriri.
8. Irinde ibi byo kurya bikurikira:
 - Ibinure, ibiryo bikaranzwe mu mavuta
 - Ibiryo biryohereye
 - Ibiryo bihumura
 - Ibiryo bifite impumuro ikabije
 - Ibiryo bishyushye cyane

Kurwanya diyare

Niba ufite diyare idashira ikaba itemera imiti, ugomba guhagarika kurya amasaka n'ingano. Niba bishoboka, gerageza kurya umutsima n'umuceri. Niba diyare no kuruka bikomeje, uyu muntu agomba ku rya ibyo kurya byongera amazi mu mubiri we. Ibi bivuze ko amazi yakagombye gufasha gukora neza yabaye make mu mubiri kubera kuruka no kudiyara.

Kongera amazi mu mubiri (guhagarika kunnya)

Vanga ibi binyobwa bikurikira:

1. Vanga litiro 1 y'amazi meza, ½ cy'ikiyiko cy'umunyu, na ibiyiko 8 by'isukari. *Icyitonderwa: mbere yo kongeramo isukari, banza usongere umenye neza niba umunyu uri mu mazi uri munsu y'umunyu uba mu marira.*
2. Vanga litiro 1 y'amazi meza, ½ cy'ikiyiko cy'umunyu, ibiyiko 8 (cyangwa ibipfunsi 2) bya sereyari (umuceri useye niwo mwiza, cyangwa ifu iyunguruye neza y'ibigori, ifu y'uburo, ifu y'amasaka, cyangwa ibirayi bitetse biponze). Uka bitogosa mu gihe kingana ni minota 5-7 kugira ngo bifatane . hita ubihoza maze utangira guha umurwayi.

Ongera mo ½ cy'icupa kugira ngo wongere umunyungugu: ji y'imbutu, amazi ya kokomanga, cyangwa imineka iponze niba wayibona. Muhereze buri minota itanu ku manywa na nijoro kugeza igihe atangirira kwihagarika nkibisanzwe. Komeza uha umurwayi nigihe yaba arimo kuruka. *Icyitonderwa: umuti ushobora kwangirika niba ikirere gishyushye rero wushyushye cyangwa wumve niba wapfuye koko.*

Undi muti wo guhagarika kunnya:

- Vanga ¼ cy'ikiyiko (1 ml) ya fanta, hamwe akayiko k'umunyu, na ¼ cy'ikiyiko cy'ubuki muri oz 8. Ikirahure cy'amazi cyangwa ji.

12: Guhanga amaso ku bwami bw'Imana

Nkuko wasomye iki gitabo, hari uburyo bwinshi abantu bashobora kwanduriramo agakoko gatera SIDA. Inzira abantu benshi bakunda kwanduriramo ni ugukorana imibonano mpuza bitsina n'umuntu ubana n'ubwandu bw'agakoko gatera SIDA. Abantu bamwe bandura iyi virusi kubera ko batumviye Imana, Imana yashatse ko imibonano mpuza bitsina ikorwa hagati y'abashakanye. Ariko ntibakwiriye kubonana mbere yuko bashakana. Ariko hari na bandi bandura kubera ko bafashwe ku ngufu, cyangwa abana bavukanye ubwandu, cyangwa bandujwe bavuka cyangwa bonswa naba nyina.

Twe nkabakijijwe dukwiriye kwegera no gufasha aba bantu babana n'ubwandu bw'agakoko gatera SIDA, kandi dukwiriye gukora uko dushoboye kose ngo twigishe abantu kugira ngo nabo batazandura aka gakoko gatera SIDA, turwanya ikwirakwizwa ryaka gakoko.

Hari uburyo bwinshi bwo gukora ibi bintu.

1. Ba indahemuka imbere yuwo mwashakanye, nimbere y’Imana. Iyo dukoze icyaha tugaca inyuma yabo twashakanye tuba ducumuye imbere y’Imana.

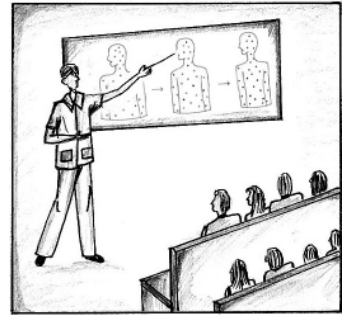
“Noneho ntikumimike ibyaha mu mibiri yanyu izapfa, ngo mwumvire ibyo murarikira. Kandi ntumuhe ibyaha ingingo zanyu kuba intwaro zo gukiranirwa, ahubwo mwitange mwihe Imana nk’abasuhuke, n’ingingo zanyu muzihe Imana kuba intwaro zo gukiranuka. Ibyaha ntibikabategeke kuko mudatwarwa n’amategeko. Ahubwo mutwarwa n’ubuntu.” Abaroma 6:12-14

*“Muzibukire gusambana ibindi byaha byoseumuntu akora bikorerwa inyuma y’umubiri ariko usambana aba akoze icyaha cyo mu mubiri we mbese ntimuzi yuko imibiri yanyu ar insengero z’Umwuka Wera uri umuri mwe, uwo mufite wavuye ku Mana? Kandi ntimuri abanyu ngo mwigenge kuko mwaguzwe igiciro. Nuko rero mutume imibiri yanyu ihimbaza Imana.”
1 Abakorinto 6:18-20*

2. Bwiriza ubutumwa bw’agakiza. Mbese twakwizera gute ko isi izahinduka ikava mu mwijima kandi ikiri munsu yububasha nubutware bwa Satani. Tugomba kubwiriza abantu ubutumwa bwiza bw’imbabazi za Yesu n’ubuzima bushya atanga kubamwizera nk’Umwami n’Umukiza. Shishikarira kubaho mu buzima bwera ubeho nkuko Yesu agutegeka. Reka kumera nka bantu birukana abantu mu Itorero, mu muryango, kubera ko babana n’ubwandu bw’agakoko gatera SIDA. Ahubwo ba muri bamwe bahamagarira abantu kwihana no kwizera Yesu.
3. Sangiza abandi ubutumwa bwiza bw’Ubwami bw’Imana (“Ubwami” cyangwa “Ubushobozi”) bw’Imana. kubwiriza no kwigisha. Imana ishaka ko abantu babaho mu buzima bwera, bose ingaragu n’abashatse. Nk’abizera, tugomba kubaho twubaha Umwami Yesu Kristo. Niba dukunda Umwami, tuzitondera amategeko Ye. Kwigisha bihera mu miryango yacu, bigakomereza mu Itorero, no mu isi.

*“Nuko mugende muhindure abantu bo mu mahanga yose abigishwa, mubabatiza mu izina rya Data wa Twese n’Umwana n’Umwuka Wera, mubigisha kwitondera ibyo nababwiye byose. Kandi ndi kumwe nawe iminsi yose kugeza kumpera y’isi.”
Matayo 28:19-20*

4. Kwigisha abandi uko SIDA yandura no gufasha ababana n'agakoko gatera SIDA. Iyo twihuguye, tuba dushobora kuba twakwirida agakoko gatera SIDA. Nibyingenzi kumva uburemere bw'ikibazo. Abantu benshi bandura agakoko gatera SIDA biterwa n'imyifatire mibi bishoramwo niyo mpamvu bandura agakoko gatera SIDA.



5. Kwitoza ku muntu ku giti cye n'inshingano z'umuryango.
- mugabo, wikwihakana umugore wawe kubera ko yafashwe ku ngufu. Ibi ntaho bisenya umuryango gusa ahubwo bisenya na sosiyete. Komeza kwita no gushugurikira umuryango wawe. Wirenganya umugore wawe kubera ko yafashwe ku ngufu. Gusenyuka k'umuryango nibyo abafata ku ngufu baharanira gukora. Ntiwemere ko gufatwa ku ngufu bisenya umuryango. Ahubwo, shishikazwa no guhora wita ku muryango wawe ubifashishwemo n'Imana binyuze mu rukundo no kwizerana.

“Bituma batakiri babiri, ahubwo babaye umubiri umwe, nuko icyo Imana yifatanyirije hamwe ntawe ushobora kugitandukanya.” Matayo 19:6

- Niba ufite umuntu ubana n'agakoko gatera SIDA, fata ingamba zikwiriye; mufashe kurya neza. Igisha bagenzi bawe n'incuti uko bafasha ababana n'agakoko gatera SIDA baba mu miryango yabo.
- Fasha abafite isoni, n'ivangura rikorerwa ababana n'ubwandu bw'agakoko gatera SIDA .
- Niba uyoborwa n'Imana, fata icyemezo cyo gutangira kwigisha abantu ibijyanye na SIDA mu Itorero ryawe no mu miryango ubamo.

13: Ingo, itorero, n’umuryango

Ingo

Kwirinda SIDA bihera mu ngo. Nkuko ababyeyi bashinzwe kwigisha abana babo inzira z’Imana, ababyeyi bakwiriye guhaguruka bakigisha abana babo gutinya Imana. Nibyiza ko ababyeyi baganiriza abana babo, kubera ko bakeneye kumenya impamvu baremanywe ibitsina nicyo bimara, n’ingaruka zo kutumvira Imana. Ababyeyi bakwiye kwigisha abana babo ibi bikurikira.

- Kubigisha ko Imana ishaka ko haba ubumwe mu muryango (umugabo umwe n’umugore umwe).
- Kubigisha impamvu bafite ibitsina.
 - kororoka.

“Imana ibaha umugisha, Imana irababwira iti: ‘mwororoke mugwire, mwuzure isi, mwimenyereze ibiyirimo, mutware amafi, yo mu Nyanja, n’inyoni n’ibisiga byo mu kirere, n’ibintu byise bifite ubugibgo byigenza mu isi.” (Itangiriro 1:28)
 - kubera ubumwe no kwishima mu muryango.

“Nicyo kizatuma umugabo asiga se na nyina akabana n’umugore we akaramata bombi bakaba umubiri umwe.” (Itangiriro 2:23)
 - ntago ari ukurarikira ku mubiri- ubusambanyi.
- Bigishe ingaruka zo kwishora mu busambanyi.
 - Kwangiza imibanire yawe n’Imana. Gusambana bifatanye isano no gusenga ibishushanyo n’amadini y’ibinyoma dusanga muri Bibiliya.
 - Kwangiza imibanire yawe nuwo mwashakanye (cyangwa uwo muzashakana niba utarashaka).
 - Birangiza, utera abandi umujinya, utera ibibazo umuryango nawe ubwawe utisize.
 - Bikwirakwiza agakoko gatera SIDA; ni zindi rwara zandurira mu busambanyi nk’imitezi, mburugu na tilikomunase.
 - Byangiza amarangamutima y’abantu bagufiteho.
 - Bitera umwiryane mu muryango aho abana baba badahuje ababyeyi.

Itorero

Itorero rikeneye abantu bafite ubuhamya bwiza, kugira ngo ryigishe abantu inzira z’Imana n’ingaruka zo kwishora mu ngeso mbi z’ubusambanyi. Nibitagenda gutya Itorero rizaba rishyigikiye ko SIDA ikomeza gukwirakwizwa. Hano hari uburyo Itorero ryafashamo abantu.

- Gukora gahunda yo kwigisha Bibiliya hakurikijwe buri cyiciro kiri mu Itorero.
- Kubaho intangarugero nk’Itorero, cyane cyane abayobozi bagendera mu nzira z’Imana.
- Gushishikariza abanyetorero kwita kubarwayi babana n’ubwandu bari mu miryango yabo.
- Gushishikariza abanyetorero guhindura imyitwarire basanzwe bafitiye ababana n’ubwandu bw’agakoko gatera SIDA baba mu miryango yabo.
- Gushishikariza abanyetorero guhaguruka bagakoresha amahirwe ari imbere yabo yo kwagura Ubwami bw’Imana.
- Ntaho tugomba guhakana icyaha, no kuvuga ko Imana itareba ibyo twibwira mu mitima yacu. Imana irabireba. Abayobozi bakwiriye gusenya ubusambanyi bafata iya mbere kubaho ari intangarugero, bigisha ukuri.

Umuryango

Imana ishobora kukuyobora gutangira umurimo wo gufasha ababana n’ubwandu bw’agakoko gatera SIDA. binyuze mu mirimo itandukanye yaza minisiteri zitandukanye, Itorero rishobora kwigisha abantu benshi batandukanye.

“Icyakora hariho impano z’uburyo bwinshi, ariko Umwuka ni umwe. Kandi hariho uburyo bwinshi bwo gukora, ariko Imana ikorera byose muri bose ni imwe.” 1 Abakorinto 12:4-6

Ushobora gutangira:

- Uhura nabo musangiye ibitekerezo biteguye gufashanya nawe.
- Ushakisha abakeneye ubufasha mu gace utuyemo. Ushobora kumenya abababaye mu gace utuyemo ubanje gukora ugenzura kuri buri rugo ruri mu gace utuyemo (ababana n’ubwandu). Baza ibibazo bikurikira, “Mbese hari umuryango uzi ufite umuntu ubana n’ubwandu bw’agakoko gatera SIDA?” “Mbese twakora iki ngo dufashe ipfumbi?” “Mbese twakora iki ngo dufashe abapfakazi?” “Mbese niki cyakorwa ngo twigishe umuryango dutuyemo?”
- Ureba ni ubuhe bwoko bw’umushinga ukwiriye kuba watangira gukora:
 - **Abantu:** Mbese ushaka kwita ku bantu bafite ihungabana, abapfakazi, ipfumbi, cyangwa kwigisha abaturage?
 - **Imishinga ikeneye guterwa inkunga cyangwa kwita kuba abapfakazi:** Igitekerezo gikubiyemo: kudoda imashini, korora ingurube cyangwa inkwavu zo kugurisha, cyangwa kugurisha imyenda y’ibisekeni.

- **Amaboko yo gufasha:** Igitekerezo gikubiyemo: guteka, gusukura, cyangwa kwigisha abakuze n’urubiruko, kwirinda SIDA, no kwita kubabana n’ubwandu bw’agakoko gatera SIDA.
- Ukorana amakenga imigambi yawe no kuyitehura neza (kuyinoza), ninde uzayitera inkunga, ninde izagirira akamaro, ninde uzayitera inkunga, ninde uzemera kuyifasha (hiyongeraho abafite ubunararibonye n’abazitangira kugutera inkunga); ni ubuhe buryo uzakoresha; n’ibihe bintu uzakenera (kuba, ibiryo, koza ibikoresho, abajyanama, inzobere mu buvuzi, nibindi).

Hano hari ibindi bintu ushobora kugenderaho kugira ngo umushinga wawe ubashe gushyigikirwa:

1. Oroshya imigambi yawe, ifatika, ishobora kugerwaho, isobanutse, kandi iri ku gihe. Gerageza kumva ibitekerezo by’abantu mukorana.
2. Toranya abayobozi beza. Mbese uyu muntu afitanye mubano ki na Kristo? Mbese bumva barahamagariwe gukora uyu murimo? Ni iyihe ntumbero mufitiye imishinga yanyu? Ushishikajwe niki? Imyitwarire myiza? Ubunyanga mugayo? Inshingano? Umutwari w’abababaye n’abadakijijwe?
3. Rema ubufatanye na bandi bantu bo mu muryango, nk’imiryango idahanira inyungu, amashuri, imiryango idaharanira inyungu, abantu ku giti cyabo, abajyanama bubuzima, n’Itorero.
4. Ita kungorane zishobora kuvuka cyangwa ibibazo bizavuka. Itegereye guhura n’impinduka mu iteganya imigambi wakoze.
5. Ugomba kwerekana uko inkunga yakoreshejwe. Tanga inyemezabuguzi (factures) bika impauro zibyo wakoze, ba inyangamugayo, wifata amafaranga Atari ayawe, koresha amafaranga icyo yateganyirijwe.
6. Hora uganira n’abaterankunga bawe. Abantu bakeneye kumenya uko inkunga yabo yakoreshejwe.
7. Gira ingamba zo gukora igenzura y’umushinga. Hitamo umubare w’abantu ukeneye kwigisha no gufasha.

14: Incamake

Kwigisha abandi ibijyanye na SIDA nuburyo ikwirakwizwamo no gufata iya mbere nk'umukristo. Tugomba kwiyemeza kugendera mu nzira z'Imana nu buryo Imana ishaka ko abantu babana mu muryango. Kwiyemeza kubaha Imana turwanya ikwirakwizwa rya virusi itera SIDA.

Icyababariye, ubujiji ni intwari ituma agakoko gatera SIDA gakwirakwizwa rero dukwiriye gushishikazwa no kuvuga ukuri mu rukundo tutitaye ku muco dutuyemo. Tugomba kwigisha mu buryo bwose bushoboka uburyo SIDA yanduramo.

Icyababariye, tugomba kurwanya abantu baha akato ababana n'ubwandu bw'agakoko ka virusi itera SIDA. Iyangura ribangamira umuhamagarari Imana yahamagariye abantu umurimo wo kuvuga ubutuma bwiza bw'ubwiyunge, kubera ko ivangura rizana ibice mu muryango aho kubakira rirasenya. Imana niyo mucamanza w'ukuri yonyine, ntaho dukwiriye gufata umwanya wayo. Abacumuye bese, tugomba kugaragariza urukundo, imbabazi, kubera ko natwe twababariye n'Imana. Twahawe imbabazi n'Umwami wacu Yesu.

“Nuko Ibasha kubarinda ngo mudasitara, no kubagarika imbere y'ubwiza bwayo mudafite inenge ahubwo mwishimye bihebuje. Ari yo Mana imwe yonyine n'Umukiza wacu wadukirishije Yesu Kristo Umwami Wacu, icubahiro n'ubushobozi no kuganza n'ubutware bibe ibyayo, uhereye kera kose ukageza na none n'iteka ryose. Amen.”
Yuda 1:24-25

Inkomoko:

Izi nkomoko ziratondaguwe kubera ko zifite amakuru yingira kamaro. Ibi ntango bivuze ko, Equip Disciples ariyo nyiri buri kintu cyose kiri muri iki gitabo. Abasoma bagomba kwitonda, bagashishoza mu gihe barimo gusoma ni gihe barimo gukoresha iki gitabo.

1. Amakuru arebana na SIDA yakomotse aha hakurikira: <http://niaid.nih.gov/factsheets/howhiv.htm>
2. Inkomoko n'ikwirakwizwa ry'agakoko gatera SIDA : <http://www.avert.org/origins.htm>
3. Igereanwa rya SIDA muri Afurika: <http://www.avert.org/subadults.htm>
4. Inkomoko ya SIDA-1: <http://www3.niaid.nih.gov/news/newsreleases/1999/hivorigin.htm>
5. Amateka ya SIDA muri Afurika:
6. <http://www.avert.org/history-aids-africa.htm>
7. Uko SIDA yandura: <http://cdc.gov/hiv/resources/factsheets/print/transmission.htm>
8. Konsa n'ikwirakwizwa: <http://www.synergyaids.com/documents/AdvancesSeriesBreastfeedingHIV.pdf>
9. Gukebwa bifasha kwirinda SIDA: <http://www.dallasnews.com/sharedcontent/dws/news/healthscience/stories/022307dnmedAIDS.8b5365.html>
10. Kwita ku murwayi wa SIDA: <http://cdc.gov/hiv/resources/brochures/careathome/care6.htm>
11. Iryo inoze n'amazi meza: <http://cdc.gov/hiv/resources/brochures/food.htm>
12. Imirire: http://www.tufts.edu/med/nutrition-infection/hiv/health_high_quality_diet.html
Imirire: <http://www.projectinform.org/info/nutrition/nutrition.pdf>
13. Uburyo bubiri bwo kwirinda kunyuma: Where There Is No Doctor, na David Werner.
14. Uburyo bwo gutegura imishinga: Making It Happen, na Lucy Y. Steinitz strategies for hope trust, uburyo bwo gukora imishinga – download copy at <http://www.stratshope.org/b-cc-02-happen.htm>