UFITE INGANO YA VIRUSI ITERA SIDA ITAGARAGARA MU BIPIMO = UTANDUZA (U=U)

Agatabo gakubiyemo inyigisho zishimangira ko gufata imiti igabanya ubukana bwa virusi itera SIDA ari uburyo bwo kwirinda kwanduza abandi.

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Urugaga Nyarwanda rw'abafite virusi itera SIDA (RRP+) rurashimira byimazeyo abafatanyabikorwa bose bagize uruhare mu kwegeranya ubutumwa bukubiye mu inyigisho ya U=U iri muri aka gatabo.

Turashimira by'umwihariko Ishami ry'Umuryango w'abibumbye rishinzwe kurwanya SIDA (UNAIDS) kuba baratanze inkunga yatumye aka gatabo kandikwa , kakajya ahagaragara. Umuhati wanyu mu kurwanya no gukumira SIDA bikomeza kudutera ishyaka.

Turashimira kandi Ikigo cy'igihugu gishinzwe Ubuzima (RBC) kubwo gutanga umurongo ngenderwaho no guhuza ibikorwa byo kurwanya SIDA mu gihugu cyacu.

RRP+ irashimira imbaraga abaganga, abajyanama b'urungano, abafite virusi itera SIDA, n'abafatanyabikorwa badufasha gushyira mu bikorwa gahunda zo gukumira no kuvura Virusi itera SIDA kubwo kudusangiza ubumenyi n'ubunararibonye bwabo kugira ngo inyigisho ikubiye muri aka gatabo izagere kandi igiririre akamaro abaturarwanda.

Twese dukomeze kurangwa n'ishyaka mu gutambutsa ubutumwa bwa U=U, ubutumwa bw'icyizere, imbaraga n'agaciro ku bantu bose bafite virusi itera SIDA mu Rwanda.

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1. INTANGIRIRO

1.1. Impamvu shingiro

Ufite ingano ya virusi itera SIDA itagaragara mu bipimo = Utanduza (U=U), ni ubutumwa bw'ingenzi kandi bushingiye ku bihamya mu rwego rw'isi rwo kurwanya virusi itera SIDA. Abantu bafite virusi itera SIDA bafata imiti igabanya ubukana neza kandi bakagera ku rwego rw'uko ingano ya virusi itagaragara mu bipimo ntibanduza abandi binyuze mu mibonano mpuzabitsina. Ubushakashatsi bumaze imyaka myinshi bwerekana ko gufata imiti igabanya ubukana bwa virusi itera SIDA neza, bituma ingano ya virusi igera ku kigero itaragaragara mu bipimo, bityo bigakuraho ibyago byo kwanduza abandi.

Ishami ry'Umuryango w'abibumbye rishinzwe kurwanya SIDA, rivuga ko abantu bafata imiti igabanya ubukana, bakagera ubwo ingano ya virusi itagaragara mu bipimo "badashobora kwanduza virusi itera SIDA binyuze mu mibonano mpuzabitsina," nk'uko byasobanuwe mu nyandiko yashyizwe ahagaragara n'iryo shami. Rinongeraho ko ubu butumwa bufite imbaraga zo guhindura ubuzima bw'abantu bafite virusi itera SIDA, bubasubiza icyizere, bugateza imbere imibanire, ndetse bugatanga amahirwe yo kubyara abana batanduye virusi itera SIDA.

Ishami ry'umuryango w'abibumbye ryita ku buzima ryatanze imirongo ngederwaho yerekeye virusi itera SIDA, rishingiye ku bihamya byavuye mu bushakashatsi. Rishimangira ko umuntu ufite virusi itera SIDA, ufata neza imiti, akagumana ingano ya virusi itagaragara mu bipimo, atanduza virusi binyuze mu mibonano mpuzabitsina idakingiye.

Nubwo ibihamya bya siyansi bihari kandi bikomeye, ubumenyi no gusobanukirwa ihame rya U=U biracyari ku rwego rutandukanye mu bakozi bo kwa muganga, ndetse no mu bantu bafite virusi itera SIDA. Imyumvire itari yo ku bijyanye n'ikwirakwizwa rya virusi iracyaboneka, igateza akato, gutinya, n'imbogamizi zidakenewe ku buzima bw'imyororokere, imibanire, no kubaka umuryango. Ubutumwa bwa U=U kandi ni intwaro ikomeye mu gushishikariza abantu kwipimisha virusi itera SIDA, gutangira imiti, hakiri kare, gukurikiza neza gahunda y'imiti, no gutuma abafite virusi bagira uburenganzira n'agaciro nk'abandi.

Ishami ry'umuryango w'abibumbye rirwanya SIDA ku bufatanye n'ishami ry'umuryango w'abibumbye ryita ku buzima, basohoye itangazo rihuriweho n'ibihugu bitandukanye harimo na Thailand rishyigikira U=U nk'ihame ry'ingenzi mu gukumira virusi itera SIDA, guteza imbere ubuzima rusange no kurwanya akato.

Soma Uteyigaragaza shwanye/angana n'Utanduza

U Rwanda narwo mu mwaka wa 2021, rwatangije gahunda yo gushyigikira ubutumwa bwa U=U mu bikorwa byarwo byo kurwanya virusi itera SIDA, binyuze mu bukangurambaga ku bufatanye n'abafatanyabikorwa. Ubu bukangurambaga bushingiye ku bafite virusi itera SIDA, abajyanama b'urungano kugira ngo bageze ubutumwa bwa U=U by'umwihariko ku babana badahuje ibisubizo. Hirya no hino ku isi, imiryango y'abantu bafite Virusi itera SIDA, imiryango itari iya Leta, n'ibihugu, yagiye yinjiza ihame rya U=U mu bikorwa byabo byo kurwanya SIDA:

- Kuva mu 2016, hari ihuriro ry'amashyirahamwe atandukanye aharanira gukumira SIDA ryayoboye igikorwa cya U=U ku rwego rw'isi. Kugeza ubu, amashyirahamwe arenga 1,100 yo mu bihugu birenga 100 yamaze kwiyemeza kwamamaza U=U. Bakoresha U=U mu bukangurambaga, mu bigo nderabuzima, ku mbuga nkoranyambaga no mu matsinda afashanya mu rwego rwo kurwanya akato no kongera ubwitabire mu buvuzi.

- Ibihugu nka Kanada byashyizeho ubukangurambaga bwo kwamamaza U=U ku maradiyo, kuri televiziyo no ku mbuga nkoranyambaga, bifashishije ubuhamya bw'abantu bafite virusi itera SIDA.

- Kambodiya yashyizeho gahunda y'igihugu yo kwamamaza U=U, yubakiye ku gutanga ubutumwa bwa U=U mu bigo nderabuzima, mu bikorwa byo kugera ku baturage no mu bikorwa byo kurwanya akato.

- Amavuriro menshi mu bihugu by'iburayi n'imiryango itari iya leta bakoresha U=U mu matsinda yo gukurikirana ifatwa ry'imiti igabanya ubukana bwa virusi itera SIDA, mu bikorwa by'abafite ibyago byinshi bwo kwandura, ubujyanama ku babana badahuje ibisubizo, no mu matsinda y'urubyiruko. Ibi bigaragaza ko U=U yubaka icyizere mu buvuzi kandi ikongera uko abantu bakomeza gukurikirana gahunda yo kwa muganga.

Ubutumwa bukubiye muri aka gatabo bugamije:

- ***Gutanga amakuru yizewe kandi ashingiye ku bihamya ku bijyanye n'ihame rya U=U;***

- ***Guhuza no kunganira uburyo ubutumwa bwa U=U butangwa mu mavuriro, mu muryango no mu rwego rw'ubuzima rusange;***

- ***Gufasha abakozi bo kwa muganga n'abafatanyabikorwa gutanga ubujyanama bunoze kandi budaheza;***

- ***Gushyira U=U mu nkingi z'ingenzi zo gukomeza kugumana icyerekezo cyo kurwanya SIDA, harimo no kugera ku ntego z'isi mu kurwanya SIDA (95-95-95)***

1.2. Igisobanuro cya U=U

U=U ni ubutumwa busobanuye ko iyo umuntu ufite virusi itera SIDA afashe imiti neza agera aho ingano ya virusi iri mu maraso ye isigara ari nkeya cyane ku buryo itaragara mu bipimo byabugenewe, uwo muntu ntashobora kwanduza mugenzi we binyuze mu mibonano mpuzabitsina. Ibipimo bikoreshwa mu Rwanda bivuga ko iyo ingano ya virusi itera SIDA iri munsi ya 20 cyangwa 40 kuri mililitiro y'amaraso ntiba igaragara bitewe n'ubwoko bw'imashini ipima. Ibi ntibisobanuye ko virusi ishize mu mubiri burundu cyangwa ko uwo muntu atagifite virusi itera SIDA.

1.3. Ibihamya kuri U=U

Ubushakashatsi butandukanye bwagaragaje ko abafite virusi itera SIDA bafata imiti bakagera aho ingano ya virusi itakigaragara mu bipimo bikoreshwa, batabasha kwanduza bagenzi babo binyuze mu mibonano mpuzabitsina. Ubu bushakashatsi bwakurikiranye abagera ku bihumbi by'abantu babana badahuje ibisubizo, yaba ababana bahuje ibitsina n'abatabihuje mu gihe cy'imyaka myinshi. Na nyuma y'incuro 160,000 imibonano mpuzabitsina yabaye nta gakingirizo cyangwa imiti irinda kwandura ku muntu ufite aho ahurira na Virusi itera SIDA, nta gihe na kimwe habayeho kwandura igihe uwari ufite virusi itera SIDA yari afite ingano ya virusi itagaragara mu bipimo. Ibi bihamya byo muri ubu bushakashatsi bigaragaza ko gufata neza imiti igabanya ubukana, ukageraho virusi ziba nkeya cyane ari uburyo bwiza bwo gukumira virusi itera SIDA.

1.4. Imbaraga za U=U

U=U izahindura ubuzima bwa benshi kuko igaragaza ko imiti igabanya ubukana bwa virusi itera SIDA itongera ireme ry'ubuzima gusa ahubwo ivanaho burundu kwandurira mu mibonano mpuzabitsina. Bityo, ubwoba, ubwigunge ndetse n'akato bikagabanuka, ndetse bigafasha abafite virusi itera SIDA kubaka umubano, kugira imiryango, bakabaho ubuzima bwuzuye badafite ubwoba bwo kwanduza. Ikindi kandi, U=U itera ishyaka ryo kwipimisha, gutangira imiti kare, kuyifata neza; bityo bikongera ireme ry'ubuzima bw'umuntu ku giti cye ndetse n'ubw'umuryango we.

1.5. U=U mu kurwanya akato

U=U irwanya ubwoba n'imyumvire yakomeje kuzamura ihezwa n'akato mu bantu bafite virusi itera SIDA. Kugaragaza ko abafite virusi itera SIDA bafata imiti neza batanduza, biha icyizere abantu ku giti cyabo ndetse n'imiryango kuko abantu bamenya ko uyifite atari icyago ku bandi. Aya makuru siyansi itanga, akuraho amakuru y'ibinyoma atuma habaho guhana akato, ndetse n'ubwoba haba mu mibanire isanzwe cyangwa mu kazi. Bitera imbaraga abafite virusi itera SIDA kwibona nk'abantu bazima, bashoboye kandi bagize sosiyete.

Igihe imiryango, abashakanye, abakoresha, n'umuryango mugari uzasobanukirwa ko umuntu wavuwe neza virusi itera SIDA atabasha kwanduza, bizagabanya akato n'ihezwa. Ibi bizamura kwakirwa, icyubahiro ndetse n'agaciro ku bafite virusi itera SIDA. Uko byamera kose, U=U ntabwo ari ubutumwa bw'ubuvuzi gusa ahubwo ni igikoresho cyo kwifashisha duharanira uburenganzira bwa muntu, ndetse bukarema ubwisanzure ku bantu bose bagerwaho n'ingaruka za virusi itera SIDA.

1.6. Abafite virusi itera SIDA, izingiro ry'ubutumwa bwa U=U

Ni ingenzi cyane ko abafite virusi itera SIDA, ari bo bayobora ubutumwa bwa U=U kubera ko ari bo bazi ukuri kose ku kugira virusi itera SIDA kurusha abandi bose. Igihe abafite virusi itera SIDA bazamamaza ubutumwa bwa U=U, buzazana n'ingero, icyizere n'ibyiringiro. Kumvana ubu butumwa abafite virusi itera SIDA, bizafasha umuryango mugari kwizera ubwo butumwa, kugabanya ubwoba, no gusobanukirwa ko kugira virusi itera SIDA bitabuza umuntu kubaho ubuzima buzima kandi busesuye.

Mu Rwanda, abafite virusi itera SIDA, abajyanama b'urungano begereye abaturage. Bashobora gusobanura U=U mu buryo bworoshye, bijyanye n'umuco, kandi bakoresha ingero zumvikana. Uruhare rwabo rutuma ubu butumwa bugira imbaraga, bwisanishwaho, bugatera imbaraga abandi kwipimisha no gutangira imiti ku basanganywe virusi itera SIDA, no kugabanya ihezwa n'akato. Iyi ni yo mpamvu RRP+ igomba gufata iya mbere mu bukangurambaga bwa U=U, kuko ubutumwa burushaho kugira imbaraga, bugakomera, kandi bukorohera bose kubwakira.

1.7. Gusangiza ubutumwa bwa U=U, uburyo bwo gukiza

Gusangiza ubutumwa bwa U=U bifasha abantu kumva ko igihe umuntu ufite virusi itera SIDA afashe imiti neza buri munsi agera aho ingano ya virusi itakigaragara mu bipimo, atabasha kwanduza bagenzi be. Iyi si siyansi gusa ahubwo ni ubutumwa bw'ibyiringiro, agaciro n'imbaraga. Mu bukangurambaga bwa U=U, twibutsa abantu ko gufata neza imiti igabanya ubukana, bikiza ubuzima, bikarinda kwanduza, kandi bigafasha abafite virusi itera SIDA kurama, bafite ubuzima buzira umuze, kandi bishimye.

2. IBYEREKEYE AKA GATABO

2.1. Icyo aka gatabo kagamije

Aka gatabo kahinduwe mu Kinyarwanda gakuwe mu mwimerere w'icyongereza ku buryo hari amagambo amwe namwe adashobora kubonerwa ubusobanuro buhwanye ijana ku ijana mu Kinyarwanda.

Kagamije gufasha abaganga, abajyanama b'urungano, abafite virusi itera SIDA, n'abashyira mu bikorwa porogaramu yo kurwanya virusi itera SIDA no gukangurira abanyarwanda ko umuntu ufite virusi itera sida, iyo afata imiti neza kugeza ubwo ingano ya virusi itera SIDA itagaragara mu bipimo by'amaraso ye, atanduza abandi binyuze mu mibonano mpuzabitsina. Ufite ingano ya virusi itera sida itagaragara mu bipimo = Uwo ntabwo yanduza (U=U).

Intego z'aka gatabo ni izi zikurikira:

- **Gusobanurira** abaganga, abajyanama b'urungano, n'abafatanyabikorwa batandukanye, umumaro wa U=U nk'ubutumwa bw'ingenzi mu gukumira no kuvura virusi itera SIDA.

- **Kongera ubukangurambaga,** kugira ngo abantu basobanukirwe ko iyo ingano ya virusi itagaragara mu bipimo by'amaraso y'ufite virusi itera SIDA bisobanuye ko itabasha kwandurira mu mibonano mpuzabitsina.

- **Gukangurira abantu ko gufata neza imiti igabanya ubukana** ku bafite virusi ya SIDA aribwo buryo bwiza buhagarika kororoka kwa virusi, zikagabanuka cyane kugeza ubwo ingano yazo itabasha kugaragara mu bipimo, bituma babaho neza kimwe n'abandi bose badafite virusi itera SIDA.

- **Gukangurira abantu akamaro ko gufata neza imiti igabanya ubukana bwa virusi itera SIDA** mu gukumira ihererekanywa rya virusi itera SIDA.

- **Gukangurira abafata** iimiti **igabanya ubukana guhora bapimisha ingano ya virusi nk'uko biteganywa**, kugira ngo bamenye ko imiti ikora neza kandi bahore baharanira ko ingano ya virusi yahora iri hasi cyane ku buryo itaragara mu bipimo.

2.2. Ni nde ugomba gukoresha aka gatabo?

Ibikubiye muri aka gatabo bigenewe abafatanyabikorwa bose bafite uruhare mu bikorwa byo kurwanya virusi itera SIDA.

- Mbere na mbere, abaganga bazayikoresha umunsi ku wundi kuko buri gihe bakira abafite virusi itera SIDA ku mavuriro ndetse n'abandi bantu muri rusange. Bityo, barasabwa gushyira inyigisho ya U=U mu biganiro bagirana n'ababagana.

- Abajyanama b'urugano nabo, inyigisho ikubiye muri aka gatabo izabafasha ko bakomeza kunganira amatsinda babamo, bafasha bagenzi babo kumeya ibyiza byo gufata imiti igabanya ubukana neza uko bikwiye.

- Byongeyeho, abashyira mu bikorwa gahunda zo kurwanya SIDA, bashobora gukoresha aka gatabo igihe bari gutanga amahugurwa ku bantu batandukanye, bakoresha imiyoboro itandukanye yo gutanga amakuru nk'ibitabo, imbuga nkoranyambaga, n'ubundi buryo bwo kugeza ubutumwa ku baturage. Abanyamakuru bo mu ngeri zose, abakora kuri radiyo/ televiziyo, n'abandika ndetse n'abatanga ubutumwa mu buryo butandukanye bashobora nabo gukoresha aka gatabo batambutsa ubutumwa bwa U=U mu buryo bwagutse binyujijwe mu bitangazamakuru.

- Abayobozi b'amadini bashobora gukoresha aka gatabo kuko bafite uruhare runini mu gushimangira U=U, mu rwego rwo kugabanya ihezwa n'akato bishobora gukorerwa abafite virusi itera SIDA.

2.3. Uko aka gatabo gakoreshwa

Koresha aka gatabo kugira ngo utange amakuru y'ukuri kandi ahamye ya U=U mu nzego zose z'ubuvuzi bwa virusi itera SIDA. By'umwihariko, abaganga, abajyanama b'urungano n'abafite virusi itera SIDA bagomba gukoresha inyigisho ikubiye muri aka gatabo mu byumba basuzumiramo, batanga inyigisho ku baje kwa muganga, mu matsinda y'abafite virusi itera SIDA. Abandi bafatanyabikorwa barimo abashyira mu bikorwa gahunda zo kurwanya SIDA, na bo bashobora gukoresha aka gatabo nk'imfashanyigisho mu mahugurwa cyangwa muri gahunda z'ubukangurambaga.

Abantu bose bafite aho bahuriye n'ibikorwa byo kurwanya Virusi itera SIDA barasabwa gutanga ubutumwa bwa U=U mu buryo bwumvikana kandi bworoshye kugira ngo burusheho kumvikana neza. Uhereye ku baganga bo mu bigo nderabuzima, kugeza ku bajyanama b'urungano, abafite virusi itera SIDA, abayobozi bafite uruhare muri gahunda zo kurwanya SIDA, ndetse n'itangazamakuru ku rwego rw'igihugu. Ibi bigomba gukorwa hakoreshjwe Ikinyarwanda, ingero zumvikana, kugira ngo ubutumwa bugere neza ku bo bwagenewe.

3. UBUTUMWA BW'INGENZI KURI U=U

3. UBUTUMWA BW'INGENZI KURI U=U

Iki gice kigaragaza ingingo z'ingenzi zigufasha gusobanura neza U=U. Izi ngingo ziremewe kuba zakorehswa mu ngeri zitandukanye, harimo kwa muganga, inteko z'abaturage, kuri murandasi, ibyapa, ndetse no ku mbuga nkoranyambaga.

Nubwo hari ingingo zijya gusa, buri imwe igaragaza intego yihariye. Nk'umuntu urimo kwigisha abandi cyangwa urimo gusoma aka gatabo, urashishikarizwa guhuza izi ngingo bitewe n'intego ufite, abo uri kubwira ndetse n'uburyo ukeneye gutangamo ubutumwa.

- **Imbuga nkoranyambaga:** Koresha interuro ngufi, zoroshye, zirimo ingingo z'ingenzi imwe cyangwa ebyiri kugira ngo ukurure abasomyi.
- **Kwa muganga:** Koresha interuro zisumbuyeho, zirimo ingero zumvikana, zihumuriza kandi zifasha abakugana gusobanukirwa.
- **Inteko z'abaturage:** Koresha imvugo idaheza, itera imbaraga, ituma abo ubwira bose bumva, kandi igabanya ihezwa n'akato.
- **Murandasi n'ibyapa byamamaza:** Koresha imvugo yumvikana, isanzwe, ihuza ubushakashatsi no kuboneka kwa serivisi.

Mu gukoresha izi ngingo z'ingenzi neza, wakwizera ko U=U isobanurwa neza, yumvikana, ndetse igatanga umusaruro.

Ingero z'ubutumwa kuri buri cyiciro

- Imbuga nkoranyambaga (interuro ngufi, ikurura abasomyi): "U=U: Igihe ingano ya virusi itabasha kugaragara mu bipimo byabugenewe, ntiwanduza. Gufata imiti neza imiti igabanya ubukana bwa virusi itera SIDA birinda kwanduzanya.

- Kwa muganga (koresha imvugo isobanuye byimbitse, kandi ikomeza): Nufata neza imiti igabanya ubukana buri munsi, ingano ya virusi itera SIDA ikageraho ntigaragare mu bipimo, ntubasha kwanduza bagenzi bawe. Ibi ni byo bizwi nka U=U. Kwivuza neza ni ingenzi, kandi ushobora kugira ubuzima buzima kandi ukarinda n'abawe."

- Inteko z'abaturage (koresha imvugo buri wese yibonamo, kandi itera imbaraga): U=U isobanuye ko iyo umuntu ufite virusi itera SIDA ariko akaba afata neza imiti igabanya ubukana kugeza ubwo ingano ya virusi itakigaragara mu bipimo byabugenewe, adashobora kwanduza abandi binyuze mu mibonano mpuzabitsina. Ubu ni ubutumwa bw'icyizere ku miryango ndetse n'abaturage muri rusange, bugaragaza ko imiti igabanya ubukana bwa virusi itera SIDA ikora. Kubw'ibyo, ihezwa n'akato bigomba gushira, twese hamwe tugahagarika virusi itera SIDA."

- Murandasi n'ibyapa byamamaza (koresha imvugo yita ku byiciro by'abantu bitandukanye kandi yigisha): U=U ni ingingo ya siyansi: Iyo abantu bafite virusi itera SIDA, bafashe imiti uko bayandikiwe bakagera aho ingano ya virusi itagaragara mu bipimo, ntibanduza bagenzi babo binyuze mu mibonano mpuzabitisina. Ubu bumenyi buzafasha kugabanya ubwoba n'akato, bigatera ishyaka abantu benshi kwipimisha no kwivuza, bihesha kugira ubuzima bwiza no kurama."

3.1 U=U ku bantu bose
Ubutumwa bwa 1. Gumana ingano ya virusi itagaragara mu bipimo. Ntuzagira uwo wanduza.

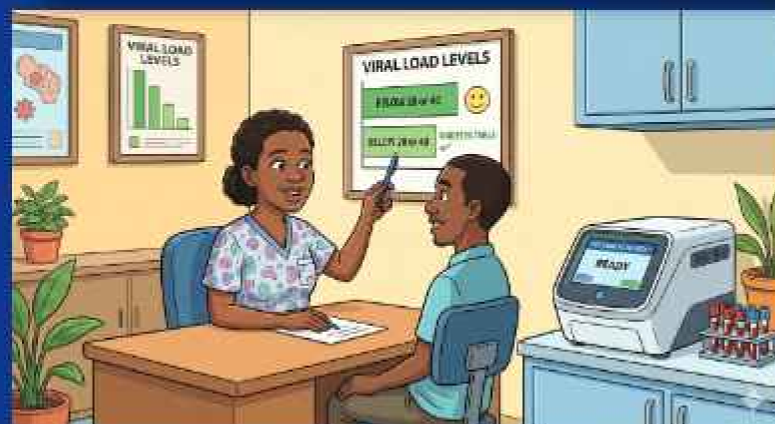
SOBANUKIRWA	• Singaragaza ingano ya virusi, Iyo muri mililitiro imwe y'amaraso harimo virusi **ziri munsi ya 20 cg 40 bitewe n'imashini yakoreshejwe.** • Kugira **ingano ya virusi itagaragara** mu bipimo biterwa no gufata imiti iganya ubukana neza. • **Sinanduza:** iyo ingano ya virusi itera SIDA itagaragara mu bipimo, bituma ntanduza binyuze mu mibonano mpuzabitsina.
KORESHA	• **Sinanduza** iyo nkoresha imiti nk'uburyo bwo kugabanya ubukana bwa virusi, bituma ndinda abandi kwandura.
KOMEZA	• **Komeza gupimisha ingano ya virusi kwa muganga** uko byagenwe kandi mu buryo buhoraho kugira ngo menye ingano ya virusi,mpamye neza ko ikomeje kutagaragara

Ubutumwa bwa 2: HARANIRA- Kugira ngo ugumane ingano ya virusi itagaragara mu bipimo, bityo ntugire uwo wanduza.

Komeza gufata imiti buri minsi uko wayandikiwe.

Pimisha ingano ya virusi mu buryo buhoraho (uko bisabwa) kwa muganga.

Izere abaganga bawe, urinde ubuzima bwawe kandi ukomeze kwitabira gahunda yo kwa muganga nk'uko bisabwa.



3.2. U=U Ireba n'abagore bafite virusi itera SIDA

- Kwirinda kwanduza binyuze mu mibonano mpuzabitsina bireba abagore nk'uko bireba abandi bose. Iyo umugore, cyangwa mugenzi we bakomeje kugira ingano ya virusi itagaragara mu bipimo, imibonano mpuzabitsina ibasha kwishimirwa nta bwoba bwo kwanduzanya buhari.

- Ni ingenzi kwibuka ko U=U, uko isobanurwa, ireba ibijyanye no kwandura binyuze mu mibonano mpuzabitsina gusa.

- **Gutwita no Kubyara:** Ubushakashatsi bugaragaza ko abagore batangiye imiti igabanya ubukana bwa virusi itera SIDA mbere yo gutwita, bagakomeza kugira ibipimo bitagaragaza ingano ya virusi mu gihe cyose batwite, bibarinda kwanduza abana babo virusi itera SIDA.

- **Konsa:** Ubushakashatsi bwerekana ko ibyago byo kwanduza virusi itera SIDA binyuze mu konsa, biri hasi cyane.

Ubutumwa bwa 3: Irinde, urinde mugenzi wawe, urinde n'umwana wawe Ipimishe. Ivuze. Rinda

Ipimishe: Menya uko uhagaze hakiri kare. Buri mugore agomba kwipimisha mbere cyangwa mu gihe atwite kugira ngo atangire imiti igihe asanze afite virusi itera SIDA. "U = U itangirana no kumenya uko uhagaze."

Ivuze: Fata imiti yawe buri munsi kugira ngo ugere aho virusi itagaragara mu bipimo mbere yo gusama, mu gihe utwite, ndetse n'igihe wonsa. "Gukomeza gufata imiti neza bigufasha kubungabunga ingano ya virusi itagaragara mu bipimo."

Rinda: Igihe ufite virusi itagaragara, uba wirinze (ufite ubuzima bwiza), urinze mugenzi wawe ndetse n'umwana wawe.

Kugira ngo dufashe neza, abaganga barashishikarizwa:

- Kumenya abagore n'abakobwa bafite virusi itera SIDA mbere y'uko basama.
- Kumenya neza ko batangiye imiti igabanya ubukana kare bishoboka.
- Gusobanukirwa intego zo gutwita no gufasha abagore bafite virusi itera SIDA na bagenzi babo kwa muganga.
- Gutanga uburyo bwo kuboneza urubyaro ku babishaka,
- Kumenya neza ko virusi iri kugabanuka mbere yo gusama.
- Kwigisha abagore kugira ngo babungabunge kugumana ingano ya virusi iri hasi mu gihe baba batwite.
- Kumenya neza ko izindi ngamba (nko gufata imiti irinda kwandura cyangwa kwanduza) mu gihe cy'ivuka ndetse no konsa bigomba gukomeza uko bisabwa.

Ubutumwa bwa 4. Iyo umugore ufite virusi itera SIDA harimo n'abakora uburaya; afata imiti ye neza buri munsi akagera aho ingano ya virusi itabasha kugaragara mu bipimo, ntiyanduza nubwo yakora imibonano mpuzabitsina idakingiye.

- Mugihe U=U irinda kwanduza virusi itera SIDA, ubundi buryo bwo kwirinda nabwo buracyari ingenzi.
- Agakingirizo karinda kwandura indwara zandurira mu mibonano mpuzabitsina

Ubutumwa bwa 5. U = U ntibuza gusama.

- U = U irinda kwandura virusi itera SIDA ariko ntibuza gusama.
- Abagore batifuza gusama bagomba gukoresha uburyo bwo kuboneza urubyayo, nk'udukingirizo, inshinge, agapira, ibinini, n'ibindi bitewe n'amahitamo y'umuntu ku giti cye n'inama za muganga.

Ubutumwa bwa 6. U = U ntikuraho uburyo bukoreshwa kugira ngo umubyeyi atanduza umwana.

- Nubwo umubyeyi yaba afite ingano ya virusi itagaragara mu bipimo, abana baba bagikeneye guhabwa imiti ibarinda kwandura nyuma yo kuvuka ngo byizerwe neza ko barinzwe virusi itera SIDA byuzuye.

- Ababyeyi bagomba gukomeza uburyo bwo kwirinda kwanduza abana babo, bakora ibisabwa byose harimo imiti irinda umwana kwandura, gupimisha abana virusi itera SIDA hakiri kare, no gukurikiza inama bahabwa zo konsa neza.

3.3. U=U ku bantu bitera ibiyobyabwenge n'inshinge

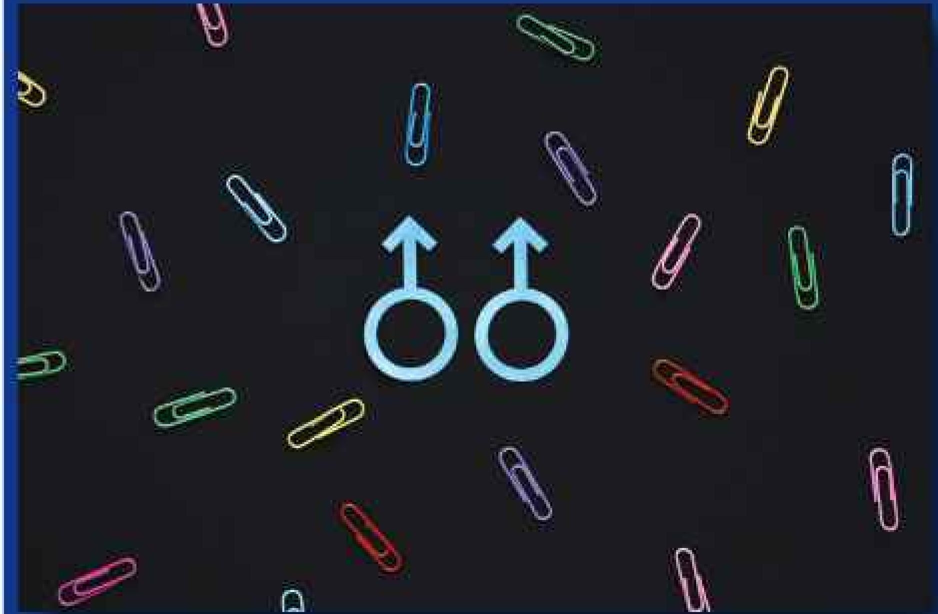
Ubutumwa bwa 7. Ingano ya virusi itagaragara mu bipimo ituma hatabaho kwandura binyuze mu mibonano mpuzabitsina, ariko ntibuza kwandurira mu nshinge.

- Nk'andi matsinda yose, abitera ibiyobyabwenge n'inshinge ntibanduza virusi itera SIDA binyuze mu mibonano mpuzabitsina igihe ingano ya virusi itagaragara mu bipimo.
- Ntihakabeho gusangira inshinge, cyangwa ibindi bikoresho byo kwitera, n'umuntu uwo ari wese kuko nubwo ubushakashatsi bugaragaza ko kugira virusi itagaragara bigabanya ibyago byo kwanduza binyuze mu gusangira inshinge, nta bihamya bihagije bigaragaza ko umuntu atakwanduza.
- Nubwo ingano ya virusi yaba itagaragara mu bipimo ukaba utanakwanduza mu mibonano mpuzabitsina, gusangira inshinge byo byakwanduza ndetse n'izindi ndwara zirimo umwijima.
- Koresha inshinge n'ibikoresho bishya, kandi ubijugunye ahabugenewe nyuma yo kubikoresha.

3.4 U=U ku Bagabo bakorana imibonano n'abandi bagabo

Ubutumwa bwa 8. U=U kimwe n'abandi bantu bose bafite virusi itera SIDA, irareba n'abagabo baryamana n'abandi bagabo

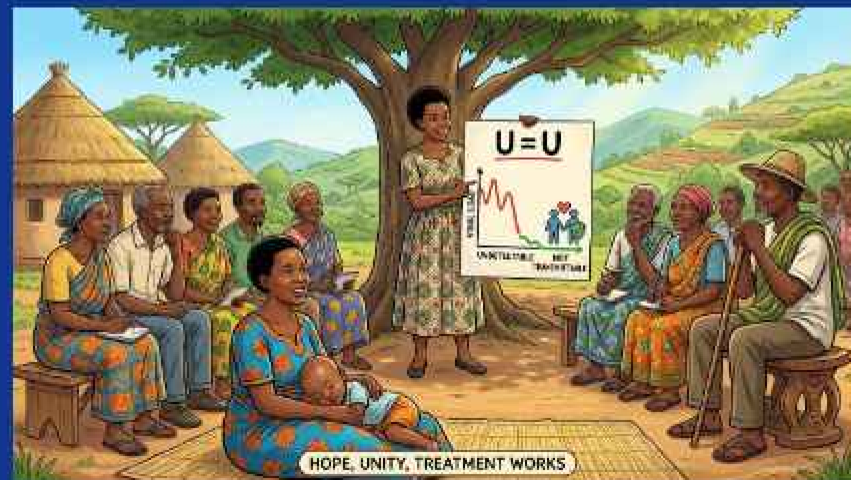
U=U irakora ku byiciro byose mu gukumira virusi itera SIDA, binyuze mu mibonano mpuzabitsina harimo n'abagabo baryamana n'abandi bagabo. Iyo aba bagabo bipimishije, bagatangira imiti igabanya ubukana bwa virusi itera SIDA, bakayifata neza kandi bagakurikirana gahunda zose zo kwa Muganga, kimwe n'abandi, ingano ya virus iragabanuka cyane, bikageza ubwo itabonwa n'ibipimo, bityo ntibashobora kwanduza.



3.5. U=U igabanya akato n'ihezwa

Ubutumwa bwa 9. U = U ikuraho ihezwa, ikongera uburinganire

- U = U izafasha kurandura ihezwa n'akato yereka abantu ko abantu bari ku miti neza bakaba bafite ingano ya virusi itagaragara mu bipimo bafite ubuzima bwiza kandi bakaba batakwanduza abandi.
- Ibihamya bya siyansi bisimbuza ubwoba gusobanukirwa, bikanazamura kubahana, kwisanzura n'uburinganire kuri bose.



3.6. Gusobanukirwa imbogamizi n'inyuganizi ya U=U

Ubutumwa bwa 10. U=U irakora, ariko n'izindi ngamba zo kwirinda zikomeza kugira agaciro.

- U=U ntabwo irinda kwandura izindi ndwara zandurira mu mibonano mpuzabitsina.
- U = U ntibuza gusama.
- U = U Ntikuraho Uburyo busanzwe bukoreshwa kugira ngo umubyeyi atanduza umwana.
- U = U Irunganira ariko ntikuraho ubundi buryo bwo kwirinda virusi itera SIDA.
- Ni ingenzi kwibuka ko U=U atari umuti. Nubwo kwanduza bitabaho, virusi iba ikiri mu mubiri.

3.7. Kugumana ingano ya virusi itagaragara bituma ugira ubuzima bwiza ukarinda n'abandi

	Kugira ingano ya virusi itagaragara mu bipimo, bigufasha kurama, kandi ufite ubuzima bwiza.
	Kugira ngo ugere aho virusi itagaragara mu bipimo, ugomba gufata imiti yawe neza buri munsi uko wayandikiwe.
	Mu busanzwe bifata amezi agera kuri atandatu umuntu afata imiti neza kugira ngo ingano ya virusi ntigaragare mu bipimo bifatwa.
	Iyo ingano ya virusi itakigaragara ugakomeza gufata imiti yawe uko wayandikiwe, ntiwanduza binyuze mu mibonano mpuzabitsina.
	Nurekeraho gufata imiti yawe, ingano ya virusi mu maraso ibasha kwiyongera mu gihe kingana n'icyumweru kugeza kuri bibiri, kandi ukaba wakwanduza binyuze mu mibonano mpuzabitsina idakingiye.
	Koresha agakingirizo neza kugira ngo wirinde izindi ndwara zandurira mu mibonano mpuzabitsina no gusama cg gutera inda itateganyijwe.

3.8. Inshingano z' abaganga

Abaganga bagira uruhare rukomeye mu gutuma ingano ya virusi igera aho itakigaragara mu bipimo:

- **Gutera umwete abo babana kugira ngo bamenye uko bahagaze** binyuze mu kwipimisha virusi itera SIDA ku bushake.

- **Gufasha abafite virusi itera SIDA** gukomeza gufata imiti neza kandi buri gihe.

- **Gupima ingano ya virusi iri mu maraso ku buryo buhoraho** kugira ngo abantu bari ku miti bamenye neza ko ingano ya virusi itakigaragara mu bipimo byabo, babikomeze.

- Kwigisha abantu bafata imiti igabanya ubukana bwa virusi itera SIDA, kumenya ibisubizo by'ibipimo by ingano ya virusi mu maraso yabo, ibisobanuro byabyo, mu rwego rwo kubashishikariza gukomeza gufata imiti neza

- **Gukangurira abantu ubuzima buzira umuze** cyane cyane ku bantu bafite virusi itera SIDA, harimo kurya neza, kwita ku ubuzima bwo mu mutwe, ndetse no kubaho neza muri rusange.

- **Kurema ubwisanzure** kwa muganga aho buri wese yumva yubashywe, ashyigikiwe, kandi arinzwe ipfunwe no guhabwa akato.

4. IBIBAZO BIKUNDA KUBAZWA BYEREKEYE U=U

Uko usangiza ubutumwa bwa U=U, ushobora guhura n'ibibazo byibazwa na benshi. Iki gice, cyerekana ibibazo bikunda kubazwa, n'ibisubizo byabyo bishoboka. Ibi bibazo byakorewe kugabanya gushidikanya, kongerera icyizere ku butumwa bwa U=U, ndetse no gukuraho amakuru y'ibihuha.

Q1. Gukangurira U=U ni ingenzi, ariko hari ibyago abantu bavuga ko nta virusi iri mu maraso kandi ihari. Ni izihe ngamba zafatwa kugira ngo tubyirinde kandi hashimangirwe ko U=U yemejwe by'ukuri ?

- Hahora hari ibyago ko hari abantu bashobora kutamenya uko ingano ya virusi mu maraso yabo iri. Urugero, umuntu wigeze gusanga ingano ya virusi afite itagaragara mu bipimo, akibwira ko ariko akimeze nubwo byaba byarahindutse. Ibi byerekana akamaro ko gutambutsa ubutumwa buboneye bujyanye no kwipimisha bihoraho, gufata imiti neza kandi buri gihe kugira ngo virusi ikomeze kutagaragara mu maraso.

- Ni ingenzi kwibuka ko kwita ku gukomeza ingano ya virusi itagaragara mu bipimo mu maraso ye, no gufata imiti neza nk'ubwirinzi biri mu nshingano z'abafite virusi itera SIDA. Ikindi kandi, abadafite virusi itera SIDA bagomba kumva ko bafite imbaraga zo gukoresha uburyo bwo kwirinda. Nko gukoresha imiti irinda kwandura virusi itera SIDA cyangwa agakingirizo.

- Mu buryo bwo gupima abantu virusi itera SIDA, abaganga bagomba guhugurwa no gukangurirwa gutanga ubutumwa bwa U=U mu gihe bari kuganiriza abadafite virusi itera SIDA bafite bagenzi babo bayifite. Gukoresha ubundi buryo bwo kwirinda ntibikuraho agaciro ka U=U, kandi ntibigabanya n'icyizere dufitiye gufata neza imiti nk'uburyo bwo kwirinda.

Q2. Ese abaganga bemerewe kugira inama ababana badahuje ibipimo kuba bakora imibonano mpuzabitsina idakingiye mu gihe ufite virusi itera SIDA muri bo afite ingano ya virusi itagaragara mu bipimo?

- Mugihe abantu babiri babana kandi badacana inyuma, bakaba badasangira inshinge, siyansi yemeza ko U=U mu mimibonano mpuzabitsina ari amahitamo atekanye. Iyo umuntu afite virusi itera SIDA ingano ya virusi itagaragara mu bipimo ntashobora kwanduza SIDA binyuze mu mibonano mpuzabitsina.

- Kino cyemezo kigomba guherekezwa no kuganirizwa ku kamaro ko gufata imiti neza kugira ngo ingano ya virusi ihore itagaragara mu bipimo. Ababana bagomba kwibutswa ko umutekano wa U=U ushobora kubura vuba mu gihe cy'iminsi mike igihe ufite virusi itera SIDA ahagaritse gufata imiti.

Q3. Ese U=U ireba ababyeyi bonsa?

Konsa byo birihariye. Ubushakashatsi bugaragaza ko ababyeyi bafite virusi itera SIDA bari ku miti ndetse bafite ibipimo bitagaragaramo virusi, bafite ubushobozi bwo kwanduza abana babo. Bifite ibyago bike, ariko birashoboka. Hari incuro nke byagiye bigaragara ko habayeho kwandura nubwo ababyeyi ingano ya virusi yaba itagaragara mu bipimo.

Kubw'izo mpamvu, inama zikurikira ni ingenzi:

- Gufata imiti buri munsi nta gusiba nibwo buryo bw'ibanze kandi bwizewe ababyeyi bakwirinda kandi bakarinda n'abana babo.
- Kwipimisha mu buryo buhoraho kugira ngo bishimangirwe ko ingano ya virusi virusi itagaragara mu bipimo by'umubyeyi.
- Gupimisha umwana mu buryo buhoraho kugira ngo indwara iyo ari yo yose ibashe kugaragara vuba kandi inavurwe ku gihe.
- Kugirwa inama.

Q4. Iyo umukiriya ari bwo agitangira imiti, ni ryari yakwememererwa gukora imibonano mpuzabitsina nta gakingirizo ntiyanduze?

Byemerwa ko umuntu "afite ingano ya virusi itagaragara mu bipimo mu buryo burambye" iyo buri suzuma akorewe ritagaragaza virusi byibura mu mezi atandatu (6) uhereye igihe yipimishirije bwa mbere, ingano ya virusi ntigaragare. Abantu benshi bagira ingano ya virusi itagaragara mu bipimo byabo ba mbere mu gihe cy'amezi 3-6 nyuma yo gutangira imiti. Ibi bisobanuye ko abantu benshi basabwa gufata imiti mu gihe cy'amezi 9-12 mbere y'uko byemerwa ko batakigaragaza virusi mu buryo burambye. Icyo gihe, nibwo bemerwa kuba bakora imibonano mpuzabitsina nta gakingirizo.

Q5. Ni gute umuntu yagera aho ingano ya virusi itakigaragara mu bipimo?

a. Kugira byibura ibipimo bibiri (2) bikurikirana bigaragaza ko virusi iri munsi ya kopi 20 kuri mililitiro mu gihe cy'amezi atandatu (6).

b. Gukomeza gufata imiti igabanya ubukana nubwo ibipimo byaba bitakigaragaza virusi.

c. Gukomeza kwipimisha uko bisabwa no mu gihe uwo muntu ari ku miti

d. Guhura n'umuganga mu buryo buhoraho no gufata imiti uko wayandikiwe, byatuma hafi y'abafite virusi itera SIDA bose bagira ingano ya virusi itagaragara mu bipimo, bityo bikabarinda kwanduza.

Q6. Ni ryari Umuntu atagirwa inama ya U=U?

a. Kugeza ubu, nta bihamya bihagije bigaragaza ko abantu batagaragaza virusi mu bipimo birinda kuba bakanduza binyuze mu gusangira inshinge ku bakoresha ibiyobyabwenge babyiteye.

b. Hagiye hagaragara aho kwanduza byabaye mu buryo bwo konsa n'igihe umubyeyi atagaragaza virusi mu maraso ndetse no mu mashereka.

Q7. Ese U=U ireba abagabo bakorana imibonano mpuzabitsina n'abandi bagabo?

Yego. U=U ireba abantu bose bafite virusi itera SIDA kimwe, ndetse n'abagabo bakorana imibonano mpuzabitsina n'abandi bagabo. Ubushakashatsi bugaragaza ko iyo umuntu ufite virusi itera SIDA afata imiti igabanya ubukana neza, agahorana ingano ya virusi itagaragara mu bipimo, atabasha kwanduza virusi itera SIDA mugenzi we binyuze mu mibonano mpuzabitsina hatitawe ku buryo bayikoramo (binyuze mu kanwa, mu gitsina, cyangwa mu kibuno).

5. UMUSOZO

Mu gusoza, ihame rya U = U ni ingenzi mu kurwanya virusi itera SIDA haba ku rwego rwa siyansi, ubuzima rusange, no mu kurwanya akato. Ryerekana ko umuntu ufata imiti igabanya ubukana neza, akagira ingano ya virusi itagaragara mu bipimo atanduza binyuze mu mibonano mpuzabitsina. Ubutumwa bwa U=U butera imbaraga abafite virus ya SIDA, bukabafasha kubaho ubuzima bufite icyizere, agaciro, n'ubwisanzure. Buteza imbere fufata imiti neza , gukurikirana neza gahunda yo kwa Muganga, ndetse bukarushaho kongerera imbaraga gahunda z'igihugu mu kugera ku ntego za 95-95-95 no kurandura icyorezo.

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