



INTEGRATED HIV/HTN

AMAZIMA AGAKWATA KU PULESA



INTEGRATED HIV/HTN



AKATABO K'OMULWADDE

Okuwa abalwadde abali mu pulojekiti y'okunoonyereza akapapula k'obubaka obuyigiriza ku bukulu bw'okukakkanya pulesa

Akatabo k'omulwadde kano kaafulumizibwa aba INTEGRATED HIV/HTN Pulojekiti eya IDRC ne banywanyi baabwe. Pulojekiti kitundu ku nteekateeka eya EDCTP2 nga eyambibwa aba European Union (obugabirizi namba CSA2018HS-2518 INTEGRATED HIV/HTN). Ebirowoozo n'endowooza ez'abawandiisi eziragibwa ebiri muno tebyogera oba tebitegeeza ebyo ebya ba EDCTP.



OBUZIBU BWA PULESA ETAKKAKKANYIZIDDA

01.



Kwongera obuzibu bw'okufuna obulwadde bw'omutima

02.



Kwongera obuzibu bw'okusirika kw'omutima

03.



Kwongera obuzibu bw'okunafuwa kw'ensigo

04.



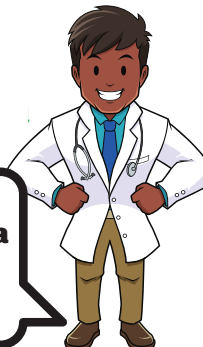
Kwongera obuzibu bw'okunafuwa mu kutegeera (obusobozi bw'okulowooza, okujjukira n'okuteesa)

05.



Kwongera obuzibu bw'okufuna okukakanyala (situlooko)

Wasembayo ddi okwekebeza pulesa yo?



EBIKOLWA BY'ENTAMBULA Y'OBULAMU BWO EBIYAMBA OKUKKAKKANYA PULESA

01.



Okulya emmere ereeta obulamu gamba nga ey'empeke ennamba, ebibala, ebivavava n'ebikendeezedda amasavu ebikolebwa okuva mu mata g'ebisolo.

02.



Obutayongera munnyo mu mmere efumbiddwa.

03.



Okukola duyiro buli bbanga

04.



Okuva ku kunywa ttaaba

05.



Okukendeeza okunywa ebitamiiza



Saba abakuwa endabirira y'obulamu okupima pulesa yo leero oba buli kiseera lw'ogenda awajjanjabirwa.

Enkola esingira ddala obulungi mu kulabirira HIV ne pulesa

Eddagala lya HIV (ARVs) lirongoosezza obulamu bw'abantu abalina HIV, nga libakkiriza obulamu

- okuwangaala naye nga balabika okufuna pulesa.
- Kubanga balabika okufuna pulesa, tuwa amagezi
- okukebera pulesa buli lwe balaba abasawo ku kiriniki.



Obukulu bw'okukebera pulesa

Okukebera pulesa kikulu kubanga bulijjo pulesa Terina bubonero era teyinza kumanyibwa awatali kupimibwa.

Obukulu bw'okujjanjaba pulesa

Okujjanjaba pulesa kuyamba okukuuma pulesa ku kigero eky'obulamu era kukendeeza nnyo obuzibu bw'obulwadde bw'omutima, okwesiba kw'oludda lw'omutima olumu, okukakanyala (situlooko), okunafuwa kw'ensigo n'okunafuwa kw'okutegeera.

