

AMAZIMA AGAKUKWATA HA PULESA



Kinu ekitabu kikakorwa aba INTEGRATED HIV/HTN pulojekiti eya IDRC n'abarukukoragana nabo. Pulojekiti eryemu ha EDCTP2 puloguramu eyesagikrwe aba European Union (grant number CSA2018HS-2518 INTEGRATED HIV/HTN). Ebitenso byabahandiki ebyolekerwe munu tibirikumanyisa rundi kwoleka ebya EDCTP

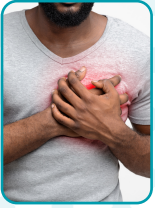


EKITABU KY'OMURWAIRE

Kugabira abarwaire ba puloject ekitabu ekikuragira emigasoyokutangira pulesa

OBUZIBU OBUKURUGA MU PULESA EYETATANGIIRWE

01.



Neyongeza obuzibu byokutunga omutima kwesiba

02.



Neyongeza obuzibu byomutima Keleka kukora

03.



Neyongeza obuzibu obwensigo kuleka kukora

04.



Neyongeza obuzibu mukukehya kwetegereza (Obusobozi bwokutekereza, kwijuka nokwetegereza)

05.



Neyongeza obuzibu bwokutunga kusanyarara

Okasemba ddi kwekebera pulesa



EBIKORWA BYABUTOOSA EBIRIKUYAMBA KWETANGIRA PULESA

01.



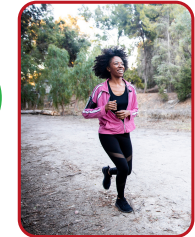
Kulya ebyokulya ebirungi nka ensigo nebisusu byaazo, ebijuma, emboga, ebinti ebirugire mumata kandi biine ebisajwa bitaito

02.



Otongera ekisura mubyokulya ebichumbirwe

03.



Ozanise Omubiri butoosa

Saba abajanjabi baawe kukupima pulesa kirikinu rundi buli oragendaga mwirwaaro

04.



Leka kunywa etaaba

05.

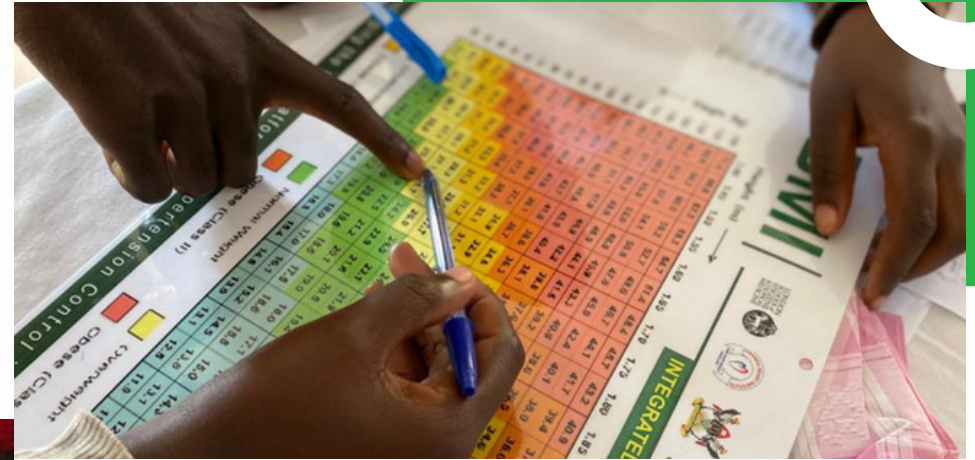


Kendeeza amara wa Orukunywa



Enkora enuungi mundoleera yaba HIV na Pulesa

Emibazi ya HIV (ARVs) ziyambire obwomeezi bwabantu abakuhangaara na HIV, nereeta kuhangaara obwiire bwingi kandi burugwaamu kusobora kurwaara pulesa. Habwokuba nibasobora kurwaara pulesa, nituhabura kukebera pulesa buli kwijja hairwaaro.



Omugaso gwo kukebera Pulesa

Kukebeza pulesa kyamugaso munu habwokuba pulesa tiine buroorwaaho kandi tesobora kumanyibwa etakebiirwe.

Omugaso gwo kujanjabisa Pulesa

Kujanjabisa pulesa nikiyamba kwikaza pulesa yaawe mukipimo ekiruungi kandi nikikendeza obuzibu bwokutunga oburwaire bwomutima, omutima kwesiba, kusanyarara, oburwaire bwensigo kandi nokukeha Kwokwetegereza.

