

UBURYO BW'IMINSI IDAHINDUKA[®]

Urunigi rw'ukwezi k'umugore[®]

Urutonde rw'ibigenzurwa rwifashishwa n'utanga uburyo

1. Baza umugore ibibazo bikurikira kugirango umenye niba ashobora gukoresha ubu buryo:

- Ese ubona imihango buri kwezi? Uyibona igihe wari uyitegererejeho?
- Ese wowe n'uwo mwashakanye mushobora kwifata mu gihe cy'iminsi cumi n'ibiri ikurikiranye?

Nasubiza **“YEGO”** kubibazo bimubajijwe haruguru araba ashobora gukoresha urunigi rw'ukwezi k'umugore.

Nasubiza **“OYA”** mufashe guhitamo ubundi buryo.

2. Kwemeza igihe umugore ashobora gutangira gukoresha Urunigi:

- IGIHE CYOSE umugore agomba gutangira gukoresha Urunigi umunsi wa mbere w'imihango ikurikira
- Niba umugore aherutse gukoresha uburyo bw'imisemburo, yabyaye cyangwa se yonsa, agomba gutegereza kugeza igihe imihango yongeye kuzira ku gihe.

Reba inyuma amabwiriza y'igihe yatangira gukoresha Urunigi.

3. Ha umugore urunigi rw'ukwezi k'umugore, ubigishe uko rukoreshwa, mwigishe uko indangaminsi ikoreshwa n'amabwirizwa akoreshwa. Reba amabwiriza inyuma.

4. Vuga ku myitwarire abashakanye bazagira igihe impeta izaba igeze ku isaro ryera kugirango birinde gusama.

- Muganire ku gukoresha agakingirizo no kwifata.
- Muganire ku bundi buryo bakwitwara nta mpungenge zo gusama.

5. Ibutsa umugore kureba niba imihango ye itangira impeta igeze hagati y'isaro ry'ikijuju cyijimye n'isaro rya nyuma ry'ikijuju.

6. Menyesha abashakanye ko uburyo bw'iminsi idahinduka butarinda kwandura agakoko gatera SIDA cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina.

Ibutsa ukoresha uburyo gukomeza kubukoresha.

Nibyiza k'ubuzima bw'umubyeyi n'umwana gutegereza nibura imyaka ibiri mbere yo kongera gusama.

URUNIGI RW'UKWEZI K'UMUGORE NI IKI?

Urunigi rw'ukwezi k'umugore rushushanya ukwezi k'umugore. Buri saro ringana n'umunsi umwe w'ukwezi k'umugore.

Urunigi rw'ukwezi k'umugore rushingiye ku buryo bwa kamere bwo kuboneza urubyaro bwitwara: uburyo bw'iminsi idahinduka. Ubu buryo iyo bukoreshajwe neza butanga ikizere kirenga 95%.

Umugore yimura buri munsi impeta ayivana ku isaro ashishyira ku yindi kugirango amenye igihe ashobora gusamira.

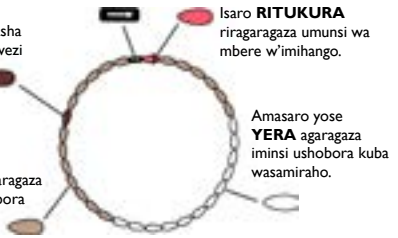
AKAMBI
kerekana icyerecyezo wimiramo impeta.

Isaro ry'**IKIJUJU CYIJIMYE** rigufasha kumenya niba ukwezi kwawe kuri munsi y'iminsi 26.

Amasaro yose y'**IKIJUJU** agaragaza iminsi udashobora gusamiraho.

Isaro **RITUKURA** riragaragaza umunsi wa mbere w'imihango.

Amasaro yose **YERA** agaragaza iminsi ushobora kuba wasamiraho.



UKO URUNIGI RW'UKWEZI K'UMUGORE RUKORESHWA



Umunsi wa mbere w'imihango, shyira impeta ku isaro **RITUKURA**. Iyo tariki uyishyireho akamenyetso ku ndangaminsi yawe.



Imurira impeta yawe buri gitondo ku isaro rikurikiyeho. Igihe cyose imurira impeta mu cyerekezo akambi karebamo. Imura kandi impeta n'igihe uri mu mihango.



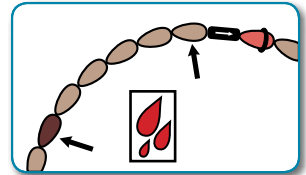
Igihe impeta igeze ku masaro **YERA**, mwirinde gukora imibonano mpuzabitsina cyangwa mukoreshe agakingirizo kugira ngo mwirinde gusama.



Igihe impeta igeze ku isaro ry'**IKIJUJU**, abashakanye bashobora gukora imibonano mpuzabitsina. Amahirwe yo gusama aba ari make muri icyo minsi.



Igihe wongeye kubona imihango imurira impeta ku isaro **RITUKURA**. Simbuka amasaro yari asigaye. Imihango ivuga ko utangiye ukundi kwezi.



Genzura ko ukwezi kwawe kudahinduka:

- Kugirango ukoreshe Urunigi rw'ukwezi k'umugore imihango yawe igomba kuza hagati y'isaro ry'**IKIJUJU CYIJIMYE** n' isaro ryanyuma ry'**IKIJUJU** rihera.
- Igihe imihango yawe ije utarashyira impeta yawe ku isaro ry'**IKIJUJU CYIJIMYE**, imihango yawe iba ije kare kugirango ube wakoresha uburyo bw'urunigi
- Igihe imihango yawe ije nyuma yo gushyira impeta ku isaro rya nyuma ry'ikijuju imihango yawe iba ije itanze kugirango ukoreshe uburyo bw'urunigi
- Reba utanga uburyo igihe Ugize ukwezi guhindagurika incuro irenze imwe mu mwaka

NI RYARI USHOBORA GUTANGIRA GUKORESHA UBURYO BW'URUNIGI RW'UKWEZI K'UMUGORE

Impamvu	Yatangira ryari?
Niba ushaka uburyo yujuje ibisabwa	Gutangira gukoresha ubu buryo ku munsi wa mbere w'imihango itaha.
Niba abyaye vuba cyangwa yonsa	Agomba gutegereza imihango inshuro enye kuva abyaye; amezi abiri aheruka akaba yaragize hagati y'iminsi 26 na 32
Niba umugore yaratewe urushinge rw'amezi atatu rubuza gusama	Agomba gutegereza ko amezi atatu ashira ahawe urwo rushinge kandi amezi atatu ye ya nyuma akaba yaragize hagati y'iminsi 26 na 32
Niba umugore yarakoresheje ibinini birinda gusama, urushinge rumara ukwezi, udupira two mu kaboko, agapira bashyira mu mura gafite imisemburo cyangwa impeta ishyirwa mu mura.	Yatangira kubukoresha igihe amezi ye atatu ya nyuma yagize iminsi iri hagati ya 26 na 32. * Nyuma yaho uhagarikiye uburyo bw'imisemburo.
Niba aherutse gukubita igihwerye, gukuramo inda, cyangwa se yarakoresheje uburyo burinda gusama byihutirwa.	Ashobora gutangira gukoresha ubu buryo ku munsi wa mbere w'imihango itaha (niba mbere yo gusama cyangwa nyuma yo gufata ibi binini hagati y'imihango n'indi hanyuragamo igihe kingana n'ukwezi.)