Kuva mu bwana ukaba ingimbi

Mu gihe cy'ubugimbi abahungu barashyukwa. Iki ni igihe igitsina cy'umuhungu kiba cyafashe umurego, kikaba kinini, kigakomera, kikeguka. Gushyukwa biza kenshi iyo watekereje ibintu birebana n'igitsina cyangwa se nta mpamvu. Gushyukwa ntibivuga ko ari ngombwa gukora imibonano mpuzabitsina.

Abahungu kandi bakiroteraho . Kurota ni igihe amasohoro (amatembabuzi ajya kuba umweru kandi afashe arimo intangangabo) asohoka mu gitsina cy'umuhungu.

Ntabwo ari ngombwa ko uko umugabo cyangwa umuhungu ashyutswe asohora.Iyo hashize akanya gato gushyukwa birashira bitagize icyo bitwara . Igihe amasohoro agiye mu gitsina cy'umukobwa cg umugore ashobora gusama.

"Kwiroteraho" ni igihe igitsina gifashe umurego kikarekura amasohoro usinziriye .

Gufata umurego kw'igitsina no kwiroteraho ni ibintu bisanzwe biba mu mikurire y'abahungu bose kandi badashobora kugenzura.

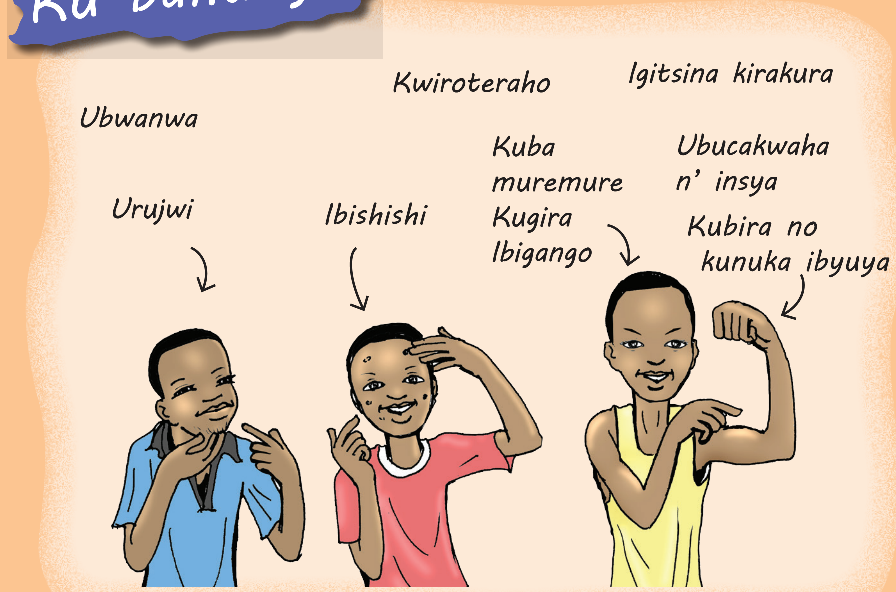
Ariko, kugira imibonano mpuzabitsina byo wabitegeka kandi ikiruta byose ku bahungu n'abakobwa ni ugutegereza kugeza igihe bazashyingirirwa. Kwirinda imibonano mpuzabitsina bibarinda gutwara inda no kwandura indwara zandurira mu mibonano mpuzabitsina nka virusi itera SIDA.

Niba wowe cyangwa undi muntu uzi, akeneye kuboneza urubyaro cyangwa kwirinda indwara zandurira mu mibonano mpuzabitsina, wareba umukozi wo mu by' ubuzima cyangwa undi muntu mukuru wizeye.

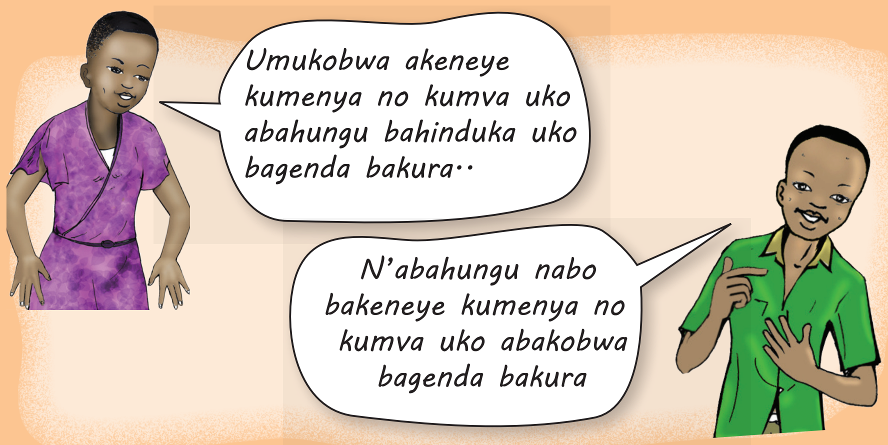
Umubiri wawe ugenda uhinduka

Igice kirebana n'ugukura gikubiyemo imihindagurikire iba mu mubiri wawe. Buri wese bimubaho mu buryo bwe no ku muvuduko wihariye.

Ku bahungu



Iyi mihindagurikire iba mu gihe k'imyaka myinshi bikaba nta murongo uhamye bikurikiza. Ibyo byose birasanzwe.



Umukobwa n'umuhungu iyo barimo gukura bashobora gukora cyangwa gufatwa bitandukanye nk'ibyari bisanzwe. Ese wowe wumva bagufata gute?

Ukeneye ibindi bisobanuro wabaza :
- **Ku kigo nderabuzima kikwegereye**
- **Ku ishuri rikwegereye**
- **Ku kigo cy'urubyiruko kikwegereye**

MINISITERI Y'UBUZIMA

Institute for Reproductive Health
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"Kura usobanutse"

Kuganira ku Bahungu n' Ubugimbi

Rwanda

Abahungu bashobora gukora ibintu tutabamenyereyeho