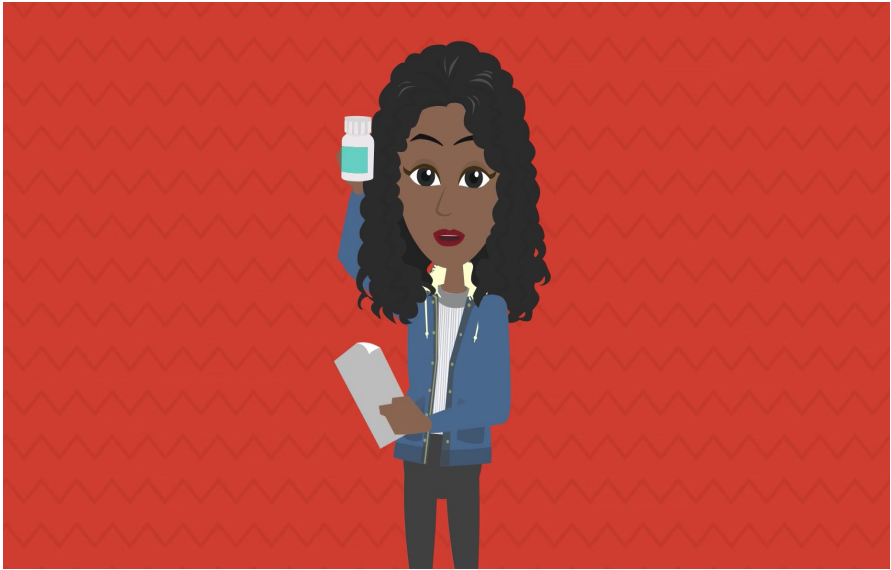


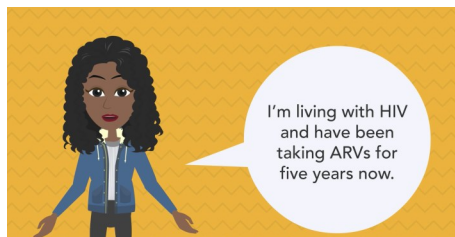


Ubutumwa kuri Covid 19, ubwan-
du bwa sida n'imiti igabanya
ubukana bwa sida

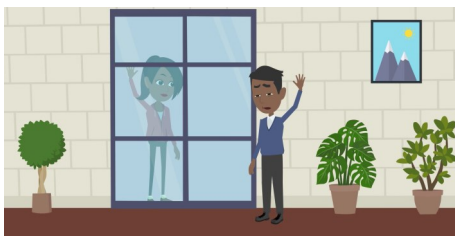


Written and produced by Zvandiri Youth

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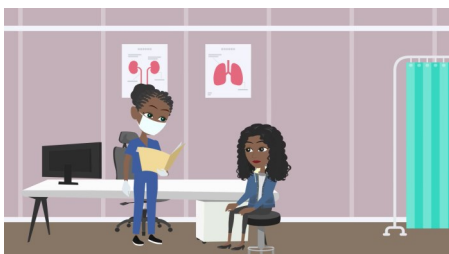
Muraho, nitwa Fatima. Mbana n'ubwandu bw'agakoko gatera sida, maze imyaka itanu. Ndabizi ko ngomba gufata imiti igabanya ubwandu bwa sida buri muni, kugirango mbashe kubaho neza kandi mfite ingufu.



Rero nkitangira kumva ubwoko bwa virusi nshya ya korona virusi cg covid- 19, natangiye kugira ubwoba. Numvise ko gushyira intera hagati y'abandi no kuguma murugo biri gushyirwa mubikorwa mugukumira ikwirakwira rya virusi

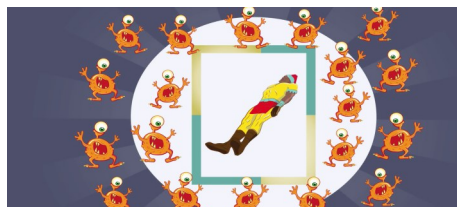


Ariko birumvikana, bishatse kuvuga iki kuri ngewe urwaye ubwandu bwa Sida nkanafata imiti igabanya ubukana? Nzakomeza kugira ubuzima bwiza, nje no kukigo mfatiraho imiti bisanzwe?

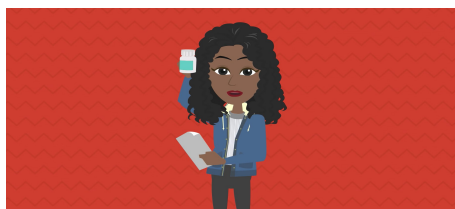


Ndatekereza ko nabandi bafite imyumvire nki-yanjye.

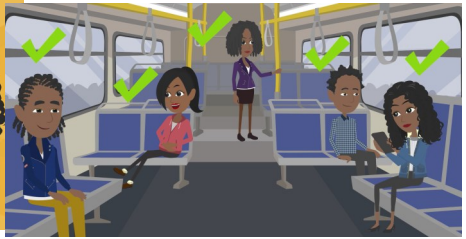
Reka mbabwire kubyo nigiye kumuganga wo ku kigo mfatiraho imiti.



Kubera ko Covid-19 ari virusi nshya. Ntaho tura- menya uruhare izagira kubantu barwaye agako- ko gatera sida. Ariko icyo tuzi nuko nudafata imiti igabanya ubukana, agakoko gatera sida kazangiza ubudahangarwa bwawe bw'umubiri, bisobanuye ko uzaba ufite amahirwe menshi yo kwandura ibyuririzi.



Ningombwa cyane gufata imiti igabanya ubu- kana buri muni nkuko wayifataga mbere yuko Covid 19 iza. Bivuze ko utagomba kubura imiti narimwe.



Muganga wanjye yambwiye ko ibigo bitanga imiti y'ubwandu, biracyakora. Kandi tugomba gukomeza gukurikiza rendez vous zacu. Yanongeyeho ko ngomba kuja nzinduka mugitondo kuko hamwe muho batangira imiti bafunga mbere ya saa Sita.

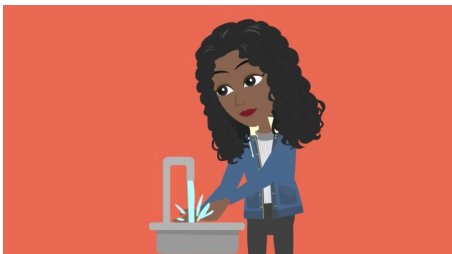
Niba nicaye muri bisi, nita gusiga metero hagati y'imwe n'ebiyiri nabandi bagenzi kandi nki-koraho gake gashoboka. Buriwese yakoraga nkibyo kugirango byorohe. Twumvise ko ari ingenzi kugirango buri wese arinde undi.



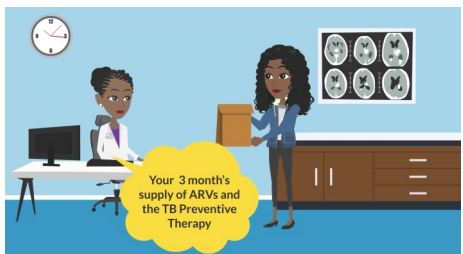
Igihe nabaga nsohotse muri busi nakoreshaka amavuta asukura intoki yabugenewe. Iyo nabaga ngiye kwa muganga aho dufatira imiti igabanya ubukana bw'agakoko gatera sida, batubwira gutegerereza hanze kubera baba bakene abantu bake bake. Bakadusaba gushyiramo metero hagati yimwe n'ebiyiri.



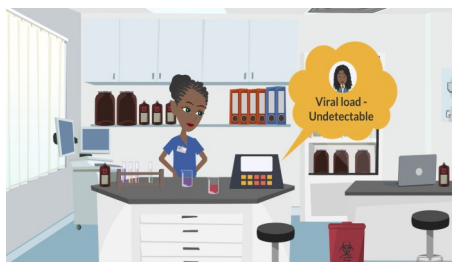
Nabonyeyo zimwe munshuti zanjye, nabasuhuje mba pepera aho kubahobera kugirango tudakoraranaho. Twarasetse twese kuko byari bidasanzwe.



Ninjiye aho mfatira imiti, nakarabye intoki mbere yuko ngira ahandi nya Igihe naringezweho kubonana na muganga



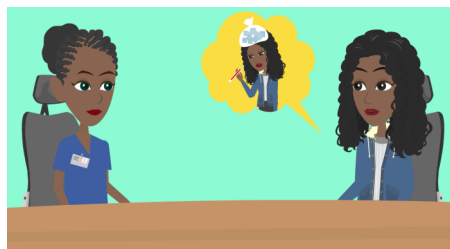
Bampaye imiti y'ubwandu bwa sida yamezi atatu, nibindi binini kuburyo ndagiza imiti irinda igituntu narindi gufata. Umuganga yavuze ko ari byiza kuba narindi gufata imiti indinda igituntu kubera ko ntifuza kugira igituntu na covid 19 icyarimwe.



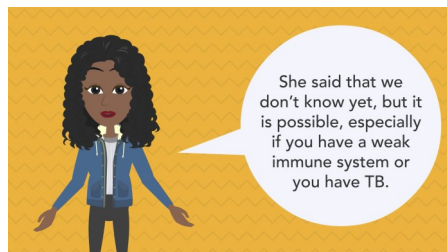
Uhle wangazisa ukuthi inani legcikwane alikhanyi kimi!



Ngithabile kakhulu inani legcikwane beliphansi okukuthi belingakhanyi egazini lami.



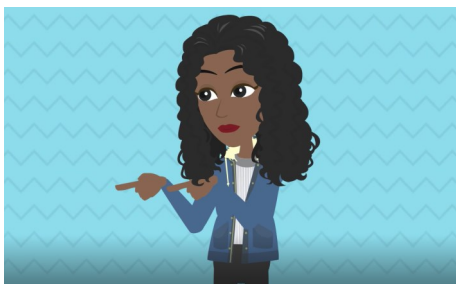
Yanyeretse ibisubizo byingano za virus mfite mumaraso za sida, bigaragazako ari nke cyane bitagaragara kugipimo. Narishimye kubwibipimo byanjye byari hasi cyane kandi bitagaragara mumubiri.



Nabajije muganga byagenda gute nanduye covid 19 , niba naremba kubera ndwaye ubwandu bwa sida? Yavuzeko ntamakuru ahari kuri byo ariko birasho-



Numvishe nezerewe mvuye kwa muganga kubera namenye ko mfite byose kugirango ngire ubuzima mwiza n' umutekano.



Rero, nawe haranira ubuzima bwiza.