

## Endwara ezitarikukirira niziha?



Endwara ezitarikukiira nobaasa kuzetantara okuhinduura omumitwaririize nano mumire. Omukukoora ebisayizi, okuruga ahasigara na marwa. Nano kukoozesagye emibazi omushah ejjarikuuba akuhiire.

Endwara ezitarikukiira ezikusinga nobaasa kuzerinda okuhindura ahamiriire okukoora ebisayizi, okuruuga ahasigara kandi okutwaara obujjanjaba noku abashaho barakuragurir.

Endwara ezitarikukiira hariimu:

- Shukari
- Sirimu
- Pureesha

Nizibaasa kukukwaata waba:

- Orimuhango ekirengire
- Waaba otarikukora ebisayizi
- Waba otarikurya ebijuma
- Waba nojetsa
- Waba nonywa amarwa ekirengire
- Okwegita no'muntu otajwiire kondomu

## INTE-AFRICA

Abokucondoza kuruga omu Tanzania, Uganda na buraya bariyo niba condooza okubakubaasa kwihitsya obujjanjaba aha bantu baine endwara ezitarikukiira nano kwongyera kumanya okubakubaasa kuntugura ahankora eriho eyaburijio.

Amarwariro mingi omuli Tanzania na Uganda getabiire omukucondooza oku obwe bari kubuuzza abarwiire ba Siriimu, Pureesha na Shukari Kubasa kubatatsya omukucondozibwa oku.

Amarwariro agetabiiremu nigazakugarukamu eibuuzo byoona ebyoyiine

Waba noyenda kumanya ebirikukwata aheihanga ryawe n'endwara ya shukari, Pureesha na Siriimu zaa ahamutimbagano [www.inteafrica.org/resources/](http://www.inteafrica.org/resources/)



# OKUJJANJABA ENDWARA EZITARIKUKIIRA



## Shukari n'enki?

Endwaraya shukari neyijja bwanyima y'omubiiri gwaremwa kukozeza shukari. Ekinikibaasa kuretera okurwa ra ningashi nnokufaa. Abaantu bingyi baine shukari kwonka tibarikukimanya ahakuba obuboneero bwayo nibuba butakarebukire ningashi tibakatandikire hurira oburwire. Obuboneero bwa shukari nibwo'buu:

- Nobaasa kugira irihoo
- Oburuhe nano'ruzengerera
- Okushesha bu rukiire

## Endwire ezi Shukari erikureeta

**Shukari yaaba etazaanzabirwe**, Omuntu nabaasa kugonda kandi nano kureeta endwarazindi nkaa endwara z'omutima, okwigaara emiisi gy'eshagama, endwa ra z'amisho, ensiigo nanebindi:

- Omutiima okuremererwa
- Okushanyara
- Oburwire bw'ensigo
- Amisho obutareebagye ningashi okuhuma
- Ebironda ahabigyerere bikubasa kutuma bakusharaha
- Okufaa ebigyere

**Waaba otiine shukari**, nobaasa kukoora ebi okwerinda okuhindura omumiriire naane mitwarize:

- Okukora ebisasaizi
- Okucendeeza ahahungu
- Naano'kurya gye

**Wabaa oyiine shukari** Nobaasa kutandika kuragururwa. Oyiine kukoora ebisasaizi kumara ekikyede edaakika 30 burizooba obaase kukyendeeza ahahungu.

Kandi oyiine kwegyendesereza ebyorikurya. Oyinne kurya ebijumanana ebizaamba kandi okyendeza ahakurya ebintu byine amashaazu ningashi shukari nyingi nkaa za keki na soda.

Ebyo wabiteeka omunkora nobasa kwentangira endwara ya shukari ne ndwara ekizirikureta shukari.

## Pureesha n'enki?

Pureesha neyijja bwanyima yemisi y'eshagaama gyaheza kuzibikira ninga gyaheza kukakanyara ekikuletera eshagama obutatamburagye ekilikuletera kukozeza Amani mingi omukutambuza eshagama ekilikurugaho endwire nano kuffa.

Puleesha ne ndwiire elikwita kwonka abantu abokuchila nababatalikimanya mbu bagiine. Neyeyoleeka omuntu y'atandika kulwara.

## EBIZZIBU BYA PURESSHA

Baaba batagizwire bukwalikare kandi bakagijjanjaba nebaasa kurugaho ebizibu bitalibimye okugyeza:

- Omutiima obutakoragye ninga omutiima okulemererwa
- Okushanyara
- Oburwire bwensigoo

## Okwetangiira Pureesha n'okugijjanjaba

Puresha nobaasa kugyerinda ori kucendeeza obuhanga ningashi okukoora ebisasiyiiza (Edakiika 30 buri izooba). Ekindi oyiine kukyendeeza ahamwonyo ogwoku rya. obutaretsa nano kucendeeza ahamaarwa

Kandi waaba wagitungire oyiine kukoola ebisasaizi obaase kukyendeeza pureesha. Ekindi oyiine kushaara ahamwonyo ogwokurya. Kandi wawatandikkire emibazzi oyiine kureeba ngu wagimira omubwiire ahakuba neyamba munoonga.

## Endwara ya siriimu

Akakooko ka siriimu nikakwaata obutafaali bwo'mubiiri kandi nikaturirwa okuraaba omushagama okugyeza omuntu atakiine eshagama ye yayegiita ne y'omuntu akiine. Okukiira nikaraba omukwegiita naana okugabaana ebikushaara okugyeza nkaa obugiriita.

**Watunga akakooko ka siriimu** Nobaasa obutahurira busaasi ningashi ku rwara kumara emyakaminingi ahakuuba omubiri niguba gwiine amaani g'okukarwaniisa. Kwonka nekyobuvunanizibwa kukyeebeza wagiira ekitekateko ngu nobaasa kuuba okatungire. Ekinokikora rikuzaa omwirwa riro.

**Baheeza kukukwatamu akakooko ka sirimu** Oyiine kutandika emibaazi ya sirimu eri kwetwa ARVs. Wagimira nkwo'mushaho erikuba akuhabwiire ezibira akakooko kasirimu abuteyongyera omumubiiri gwawe. Ekinikikutangira obutarwara nano'butaakasiiga abandi abantu.

Kandi waba otantungire bujjanjabi nobaasa kukwatwa endwara ezindi ezikubaasa kwiita omubwire bukye. Kandi nonobasa kusiga abandi akakooko ka sirimu wayegiita nabo otajwire Kondomu.

Obwahati tihariho omubaazi gwa'sirimu.

Waaba oyiine akakooko kasirimu oyiine kwerinda endwara ezindi nkaa pureesha na shukari

