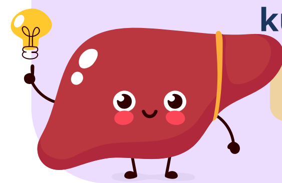
VYOSE UKENEYE KUMENYA KURI HEPATITE C

Hepatite C n'iki?

Hepatite C (HCV) n'umugera utera igitigu. igitigu gikora nk'akayunguruzo k'umubiri mu gukuraho ubumara(ibintu vyonona) buva ku kintu cose urya, unwa, uhema, witera, canke ushira mu mubiri wawe.

Wari ubizi?

Igitigu ni ntahara ku magara yawe. Igitigu gifasha gusya ibifungurwa hamwe no kuvura kwa maraso.



Ntushobora kubaho udafise igitigu cawe!

Ibimenyetso Vya Hepatite C

Uruhu canke amaso ahinduka umuhondo (umuhondo)	amaja mu mushishito	iseseme canke kudahwa	kuruha	umucanwa	kubura akayabagu	Amasobe yirabura, amavyi yerurutse, canke guhitwa

Hepatite C Ikaze

- imara amezi 6 canke munsi yayo
- 15-25% gusa vy'abantu ni bo bagira ibimenyetso
- Umubiri wawe ushobora kwikurako uwo mugera ubwawo ata buvuzi
- Naho woba warikijije uwo mugera wewe nyene canke biciye ku buvuzi urashobora kwongera kwandura HCV.

VS

Hepatite C Idakira

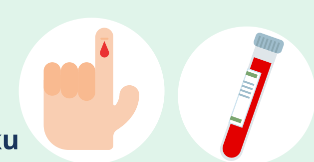
- Ni indwara y'ubuzima bwose igihe itavuwe
- Abarenga 50% y'abantu bakuze bafise HCV ikaze cane bakunze kugira HCV idakira
- Igihe itavuwe, ingorane zikomeye nk'urusina(inkovu z'igitigu), kanseri y'igitigu, no gupfa birashobora kubaho.
- Ubuvuzi burakiza kandi burashobora kuturinda ingorane zikomeye

Gutahura ivyavuye mw'isuzuma

Abasirikare(Kwipimisha)

- Iri suzuma ryerekana ko wigeze gushikigwa n'umugera wa hepatite C.
- Iyo basanze waranduye hepatite C, isuzuma ry'abasirikare riguma ryerekana ko ugwaye (positive) ubuzima bwawe bwose, naho wovugwa kandi ugakira.

Ubwoko bw'Ibipimo



Igipimo co gufata amaraso ku rutoke canke gufata amaraso

RNA (Vyemeza)

- Iri suzuma ryerekana ko warusanzwe ufise umugera wa hepatite C mu mubiri wawe.
- Iyo bimenyekanye ko ugwaye (positive), bivuze ko ufise umugera wa Hepatite C mu mubiri wawe kandi ko ushobora kuwanduza abandi.
- Iyo bitamenyekanye ko ugwaye (negative), bivuze ko udafise umugera wa Hepatite C kandi ko udashobora kuwanduza abandi.

Ubwoko bw'Ibipimo

Gufata amaraso

IVYO UKENEYE KUMENYA KURI

Kwirinda Hepatite C

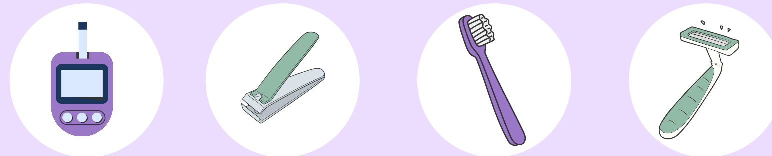
Ni gute Hepatite C yandukira?

1. Hepatite C yandukira mu gihe amaraso y'umuntu ufise hepatite C yivanze nayandi maroso makeya, ataboneka y'uwundi muntu adafise hepatite C.
2. Hepatite C irashobora kwandukira mu gihe co kwibungenga no mu gihe co kwibaruka umwana iyo uwibungenze yarafise Hepatite C itaravuwe.

Hepatite C irashobora kandi kwandukira biciye mu gutoboza umubiri no gucapa ku mubiri hakoreshejwe ibikoresho bidafise isuku. Igihe cose genda aho babifitiye uruhusha.

Ntusangire....

Ibintu vy'umuntu ku giti ciwe bishobora kugira aho bihurira n'amaraso



Ibikoresho vya diabete | Agaca nzara | Uburoso bwa'amenyo | Inzembe

Urushinge canke ibikoresho vyo guhema

Imiti banywa canke imiti iterwa | Imiti yo mu mazuru canke imikenke yo gukwega

UBUVUZI

- Kwononekara kw'igitigu bishobora kubaho mu mezi canke mu myaka rero kwitabwaho hakiri kare ni vyiza.
- Kuvura Hepatite C vyoroshe nko gufata ikinini 1- 3 ku munsi mu mezi 2- 3.
- Abantu benshi bagegwako n'ingaruka nke ncake atazo ziva ku miti ibavura.
- Abantu barenga 95% bavuwe barakira.

Gukira bisigura iki?

- Umugera wa Hepatite C ntukiri mu maraso yawe.
- Ntuzoshobora kwandukira umugera wa Hepatite C abandi.
- Urashobora kongera kwandura umugera wa Hepatite C mugihe utirinze, rero wirinde guhura n'amaroso y'uwundi muntu.

IBUKA

- Utegerezwa kubahiriza gahunda zawe zose , harimwo n'izo uhejeje kuvurwa.
- Fata imiti uko vyagenwe kandi ukurikize amabwirizwa y'umuganga wawe.

Nigute wokingira abo ukunda

Gupfuka ibikomere | gukoresha agakiringirozo mugihe c'imibonano mpuzabitsina | Gusukura ahantu ukoresheje umuti wa bigenewe(Eau de Javel)

Isuzumishe, Ubuvuzi burakiza!

Ibigo vyo kugenzura no gukinga indwara (CDC) iragabisha ko abantu bose bakuze bipimisha Hepatite C byibuze rimwe mu buzima bwabo.

Hamagara igisata kijejwe amagara y'abantu kikwegereye kugirango ufate gahunda yo kwisuzumisha uno munsi!

Scan canke ufyonde kugira uronke igisata c'ubuzima kiri hafi yawe!

VUGA, SUZUMWA VURWA.

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