



IVYIHUTIRWA WOMENYA KU NGWARA YA HEPATITE



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HEPATITE A

A

Amezi

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Ishobora kumara...

iterwa n'umugera wa Hepatite A (HAV)

Hepatite A yandukira mu:

- Kurya/kunwa ibintu vyandujwe n'umwanda mukuru (amazirantoke)
- Guhuza imibiri cane hagati y'abantu babiri, harimwo guhuza ibitsina, n'umuntu arwaye hepatite A
- Gukora ku maraso y'uwurwaye hepatite A

Hepatite A ni **GAKE** ishira ubuzima mu kangaratete!

HEPATITE B

B

Ubuzima
Bwose

mu gihe usizinkaye ukava ku **kuremba** ingwara **igashinga imizi**

Ishobora kumara...

iterwa n'umugera wa Hepatite B (HBV)

Hepatite B yandukira mu:

- Gukora ku maraso canke ibitemba vyo mu mubiri vy'umuntu arwaye hepatite B
- Imibonano idakingiye n'umurwayi wa hepatite B
- Irandukira umwana mu gihe umuvyeyi yibungenze canke yibaruka

Hepatite B **IRASHOBORA** gushira ubuzima mu kangaratete!

HEPATITE C

C

Ubuzima
Bwose

mu gihe usizinkaye ukava ku **kuremba** ingwara **igashinga imizi**

Ishobora kumara...

iterwa n'umugera wa hepatite C (HCV)

Hepatite C yandukira mu:

- Gukora ku maraso y'umuntu arwaye hepatite C
- Imibonano idakingiye n'umurwayi wa hepatite C
- Irandukira umwana mu gihe umuvyeyi yibungenze canke yibaruka

Hepatite C **IRASHOBORA** gushira ubuzima mu kangaratete!

MBEGA IRAFISE UMUTI?

OYA

umuti urahari muri kino gihe

EGO!

umuti ugabanya ugusinzikara ariko nta muti uyivura burundu uhari

EGO!

ibice 95% vy'abantu barakira neza bafashe ibinini 1-3 ku musi mu mezi 2-3

Hari igihe iba ata bimenyetso ifise canke ifise kimwe canke vyinshi muri ibi bikwirikira...



amaso canke uruhu birasa n'umuhondo (kubanja)



kubabara mu nda



iseseme canke kudahwa



uburuhe



umuriro



gutakaza akayabagu



umukoyo wirabura, umwanda mukuru wijimye, canke gucibamwo

NI GUTE WOYIRINDA?

ICANDAGISHE!

- Karaba intoke n'amazi & isabune umaze kuva ku kazu ka surwumwe n'imbere yo gutegura ibifungurwa
- Koresha agafuko neza kandi igihe cose ukoze imibonano mpuzabitsina

ICANDAGISHE

- Ntimusangire ibikoresho bitobora uruhu bigakora ku maraso, harimwo inshinge canke ibindi bikoreshwa mu gutegura, kwitera canke gusoma ku biyayuramutwe
- Koresha agafuko neza kandi igihe cose ukoze imibonano mpuzabitsina
- Irinde tatuwage canke gutobora umubiri mu buryo butagenzuwe neza

NTA RUCANCO IFISE!

- Ntimusangire ibikoresho bitobora uruhu bigakora ku maraso, harimwo inshinge canke ibindi bikoreshwa mu gutegura, kwitera canke gusoma ku biyayuramutwe
- Koresha agafuko neza kandi igihe cose ukoze imibonano mpuzabitsina
- Irinde tatuwage canke gutobora umubiri mu buryo butagenzuwe neza



Menya ubu ni waba ufise hepatite A, B, canke C mu gupimisha amaraso!