

UBURYO BW'IMINSI IDAHINDUKA[®]

Urunigi rw'ukwezi k'umugore[®]

Urutonde rw'ibigenza rwifashishwa n'utanga uburyo

1. Baza umugore ibibazo bikurikira kugirango umenye niba ashobora gukoresha ubu buryo:
 - Ese ubona imihango buri kwezi? Uyibona igihe wari uyitegererejeho?
 - Ese wowe n'uwo mwashakanye mushobora kwirinda gukora imbonano mpuzabitsina iminsi cumi n'ibiri ikurikiranyel?
 - Nasubiza **“YEGO”** ku bibazo bimubajijwe haruguru araba ashobora gukoresha urunigi rw'ukwezi k'umugore.
 - Nasubiza **“OYA”** mufashe guhitamo ubundi buryo.
2. Gusuzuma no Kwemeza ko ashobora gukoresha uburyo bw'iminsi idahinduka:
 - Niba umugore yibuka itariki aherukiraho imihango iheruka, ashobora gutangira uburyo bw'urunigi uyu munsu.
 - Niba atibuka itariki aherukiraho imihango y'ubushize, asabwa gutegereza imihango ye y'ubutaha kugirango abe yatangira ubu buryo.
 - Niba aheruka gukoresha uburyo bw'imiseburo, aherutse kubyara cg yonsa, agomba gutegereza ko imihango ye yongera kujya iza buri kwezi.
 - Niba aheruka kubyara kandi imihango ye ikaba itarasubira kuri gahunda, mubaze niba yifuza gukurikirana ukwezi kwe yifashishije ikarita y'ababyeyi baheruka kubyara.

Reba amabwiriza ku rupapuro rw'inyuma ahavuye ngo: “Ni ryari ushobora gutangira gukoresha uburyo bw'urunigi?”
3. Ha umugore urunigi rw'ukwezi k'umugore, umwigishe uko rukoreshwa Mwigishe uko indangaminsi ikoreshwa n'amabwirizwa akoreshwa.
(Reba amabwiriza inyuma)
4. Yuga ku myitwarire abashakanye bazagira igihe impeta izaba igeze ku isaro ryera kugirango birinde gusama.
5. Ibutsa umugore kureba niba imihango ye itangira impeta igeze hagati y'isaro ry'ikijuru cyijimye n'isaro rya nyuma ry'ikijuru.
6. Menyesha abashakanye ko uburyo bw'iminsi idahinduka butarinda kwandura agakoko gatera SIDA cyangwa izindi ndwara zandurira mu mushyikirano mpuzabitsina.

Ibutsa ukoresha uburyo gukomeza kubukoresha.

Ni byiza k'ubuzima bw'umubyeyi n'umwana gutegereza nibura imyaka ibiri mbere yo kongera gusama.

URUNIGI RW'UKWEZI 'UMUGORE NI IKI?

- Urunigi rw'ukwezi k'umugore rushushanya ukwezi k'umugore. Buri saro ringana n'umunsi umwe w'ukwezi k'umugore.
- Urunigi rw'ukwezi k'umugore rushyingiye ku buryo bwa kamere bwo kuboneza uruburyo bwitwa: uburyo bw'iminsi idahinduka. Ubu buryo iyo bukoreshyewe neza butanga ikizere kirenga 95%.
- Umugore yimura buri muni impeta ayivana ku isaro ayishyira ku yindi kugirango amenye iminsi ashobora gusamiraho. Muri icyo minsi abashakanye bagomba kwirinda gukora umushyikirano mpuzabitsina kugirango birinde gusama.

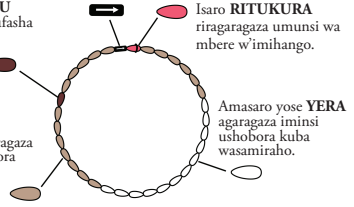
AKAMBI kerekana icyerekezo wumuriraho impeta.

Isaro ry'**IKIJUJU** **CYIJIMYE** rigufasha kumenya niba ukwezi kwawe kuri muni y'iminsi 26.

Amasaro yose y'**IKIJUJU** agaragaza iminsi udashobora gusamiraho.

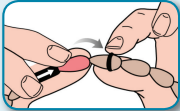
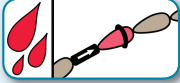
Isaro **RITUKURA** riragaraza umunsi wa mbere w'imihango.

Amasaro yose **YERA** agaragaza iminsi ushobora kuba wasamiraho.



UKO URUNIGI RW'UKWEZI K'UMUGORE RUKORESHWA

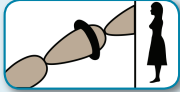
Umunsi wa mbere w'imihango, shyira impeta ku isaro **RITUKURA**; icyo tariki wabonye ho imihango yishyireho akamenyetso ku ndangaminsi.



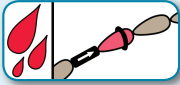
Imura impeta yawe buri gitondo ndetse n'igihe uri mu mihango. Buri muni, imura impeta mu cyerekezo akambi karebamo. Imura kandi impeta n'igihe uri mu mihango.



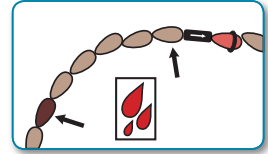
Igihe impeta igeze ku masaro y'**UMWERU** mwirinde gukora umushyikirano mpuzabitsina kuko ari iminsi mushobora gusamiraho.



Impeta iyo itangiye amasaro y'**IKIJUJU**, abashakanye bashobora gukora umushyikirano mpuzabitsina kuko amahirwe yo gusama aba ari make.



Igihe wongeye kubona imihango usimbuka amasaro yari asigaye ugashyira impeta ku isaro **RITUKURA**, ibyo bikavuye ko utangiye ukundi kwezi.



Genzura ko ukwezi kwawe kudahinduka:

- Kugirango ukoreshe Urunigi rw'ukwezi k'umugore imihango yawe igomba kuza hagati y'isaro ry'**IKIJUJU** **CYIJIMYE** n' isaro ryanuma ry'**IKIJUJU** rihera.
- Igihe imihango yawe ije utarashyira impeta yawe ku isaro ry'**IKIJUJU** **CYIJIMYE**, imihango yawe iba ije kare kugirango ube wakoresha uburyo bw'urunigi.
- Igihe imihango yawe ije nyuma yo gushyira impeta ku isaro rya nyuma ry'ikijuru imihango yawe iba ije itanze kugirango ube wakoresha uburyo bw'urunigi.
- Reba utanga uburyo igihe ugize ukwezi guhindagurika incuro irenze imwe mu mwaka.

NI RYARI USHOBORA GUTANGIRA GUKORESHYA UBURYO BW'URUNIGI RW'UKWEZI K'UMUGORE

Impamvu	Yatangira ryari?
Ukoresha uburyo yibuka itariki aherukiraho imihango iheruka.	Ashobora gutangira uyu muni. Shyira impeta ku isaro nyaryo.
Ukoresha uburyo ntiyibuka umunsi aherukiraho imihango y'ubushize.	Gutangira gukoresha ubu buryo ku muni wa mbere w'imihango itaha.
Abyaye vuba cyangwa aronsa.	Agomba gutegereza imihango inshuro enye kuva abyaye. Amezi abiri aheruka akaba yaragize hagati y'iminsi 26 na 32 . Kuba yarabonye nibura imihango incuro imwe (amasaro aje mbere y'iminsi 60 umugore amaze kubwira ntabwo aba ari imihango) ashobora gukurikirana ukwezi kwe yirinda gusama. Musobanurire uko yakwifashisha ikarita y'abaheruka kubwira mu gihe ategereje gukoresha urunigi.
Niba umugore yaratewe urushinge rw'amezi atatu rubuza gusama.	Agomba gutegereza ko amezi atatu ashira ahawe urwo rusinge kandi nyuma yayo mezi agomba kugira andi mezi atatu akurikiranye afite iminsi iri hagati ya 26-32 kandi ntabundi buryo bw'imiseburu yifashisha hagati aho.
Niba umugore yarakoresheje uburyo bw'imiseburu: ibinini birinda gusama, urushinge rumara ukwezi, udupira two mu kaboko, agapira bashyira mu mura gate imiseburu cyangwa impeta ishyirwa mu mura.	Yatangira kubukoresha igihe amezi ye atatu ya nyuma yagize iminsi iri hagati ya 26 na 32. * Nyuma yaho ubagarikiye uburyo bw'imiseburu.
Niba aherutse gukubita igihwerye, gukuramo inda, cyangwa se yarakoresheje ibinini byo mugihe cy'amage.	Ashobora gutangira gukoresha ubu buryo ku muni wa mbere w'imihango itaha (niba mbere yo gusama cyangwa nyuma yo gufata ibinini byo mugihe cy'amage yarabonaga imihango buri kwezi .