



Great Lakes Peace Center

Building Peace to bridge Nations

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EBIRIKUKWATA AHA NDWARA Y'EKINE

(HEPATITIS B)



Hepatitis B n'enki?

Endwara ya Hepatitis B n'endwara erikukwata ekine kandi erikurwazibwa akakooko aka Hepatitis B virus. Endwara egi nebaasa kuba ngufu-erikukirira omu bwire bukye(acute), nari ebe neckirira omu bwire buraingwa (chronic).

Hepatitis B nejanjareta?

Hepatitis B neeraba:



- Omu kuhikaanaisa eshagama.
- Omukazi okugitura omwana we omu kuzaara
- Okuhaanisa ebikwato by'okweyonja (obugirita, empitirizo, obw'okwesa amaino, obwoma bw'omu matu, n'ebindi).
- Okuraba omu barikuteera za tatoo, okutega amashokye, okushara obushushu bwa'abashainja, n'ebindi
- Okushambana n'omuntu ogirwaire.

Obumanyiso bw'endwara ya Hepatitis B ni buuha?

Omu bwire obwingi, omuntu tarikukira kureebwaho obumanyiso bw'endwara egi, okuhitsya obu endwara egi erikukira munonga ekahika ahu etakibaasa kutambwa. Baitu omuntu nabaasa kworeka obumanyiso nka

- Okuhiduka omubiri nari amaisho, bikaba kyenju (Jaudice)
- Omushwija mwingi gurimu omuriro mwingi
- Enkari erikwiragururwa hamwe n'obubi burikwiragururwa.
- Esheshemi n'kutanaka
- Okushasha omunda, orubaju rwa buryo
- Okushasha omu ngingo
- Okuriibwa omubiri gukashesha obuhere (Hives)
- Okuteerwa omutwe.

Weeza Hepatitis B nebaasa kutambwa?

Hepatitis B teine mubazi gw'okugitamba, baitu, obujanjabi nibuhaabwa omuntu okureeba ngu yaaguma akiine amagara marungi, ekirikutuubya aha maani gaayo, nokutuubya emigisha y'okurwara y'ekine.

Nitwerinda tuta Hepatitis B?

- Government ekatandikaho enkora y'okutsirika (Okugyema) endwara ya Hepatitis B okuzibira omukazi okugiturira omwana we. Egi neekuratirwa ezindi doozi z'emibazi ezirikuhaabwa abaana abaine emyaka 6,10 hamwe na 14.
- Hepatitis B nebaasa kwerindwa nomubazi gw'okugyema, ogurikuheerza oburinzi 100% obutakwatwa kakooka aka hepatitis B.
- Abantu abakuru boona bashemereire kubyeba hepatitis B. Ku barashangye batagiine, bashemereire kugyemwa na za doozi ishata emwe ehaabwe aha izooba eri waakyeberazaho, endiijo bwanyima y'ameezi mukaago (kandi zoonza zihaabwe ahabwokwenda oburinzi obuhirikire).
- Oyerinde okubagana ebintu ebiine obwogi, ebirikubaasa kucumita, nka empitirizo, obwoma bw'okutega amashokye, obugirita, hamwe n'obw'okweza amaino.