



## Kwitegura no gushaka igisubizo ku kibazo cy' indwara z'ibyorezo zandura muri Repubulika iharanira Demokarasi ya Congo : **Ni gute hashyirwaho uburyo bunogeye abana mu gihe cy'ikingira ?**

Ibikenerwa ku bana bitandukanye n'ibikenerwa ku bantu bakuru, ku bw'ibyo hakenerwa ingamba zihariye kugirango ibikorwa by'ikingira bigende neza. Ubwoba bwo guterwa inshinge, indwara cyangwa ingaruka z'imiti, guhabwa amakuru atari yo cyangwa kutagira amakuru bishobora kuba imbogamizi ikomeye.

Mu gihe cy'ibikorwa by'ikingira birimo abana, ingimbi cyangwa abangavu, ifashishe iyi fishi y' inama kugirango ibyo bikorwa bijyane n'ibyo bo bakeneye koko.





**Icyitonderwa : Inyinshi muri izi nama zishobora gukurikizwa mu gihe cyo kwisuzumisha no mu gihe cyo kuvurwa. Urugero mu gihe cyo gufata amaraso cyangwa gufata ibipimo mu mazuru hashakishwa indwara.**

### Gutanga amakuru abura :





- Guha ababyeyi/abavuzi amakuru yuzuye ku ndwara yandura no ku bijyanye n'ikingira, harimo ahantu, ndetse n' uko abana b'imyaka itandukanye bakwikingiza. Ganisha ikiganiro ku bijyanye n'ingorane n'ingaruka ziterwa n'indwara kugirango harwanywe ibihuha no gushidikanya ku bijyanye no kwikingiza. Ibyo bifasha ababyeyi n'abavuzi guhitamo bashingiye ku makuru no guha abana uburenganzira bwo kwikingiza.
- Guha abana/ingimbi/abangavu amakuru nabo bakeneye, bibafasha gutanga uburenganzira bashingiye ku makuru bafite.
- Gukoresha ururimi cg uburyo buri wese yibonamo kandi bworoheye buri wese hagendewe ku myaka, urugero bariho mu bijyanye no kujijuka, na/cyangwa ubumuga ku abana n'ababyeyi cyangwa ku b'abavuzi (abaganga). Gutangaza ubutumwa bw'ingezi ku bo bugenewe binyuze mu bitangazamakuru bitandukanye harimo ubutumwa bwanditse, ubw'amajwi n'ubw'amashusho.

### Guhangana n'ubwoba n'amagorwa ku bana :





- Gutegura abana. Basobanurire impamvu ugiyeyo na/cyangwa impamvu ugomba kubakingiza, kubafata amaraso cyangwa kubaha imiti. Babwire ikibategereje. Basobanurire intambwe zose z'icyo gikorwa, igihe bitwara, niba bibabaza, uko ububabare bungana. Banza ubaburire mbere yo kubakoraho. « Ni nk'aho waba udwinzwe n'uruyuki. Uraza kumva ari nk'aho nkuriye urwara vuba vuba »
- Banza ubimwereke. Saba undi mwana umuruta cyangwa umuntu mukuru gutanga amaraso, kwikingiza cyangwa kunywa umuti abibona kugira ngo ubwoba bwe bugabanuke.

-  Aho bishoboka, saba umwana guhitamo no/cyangwa gutanga igitekerezo. Mwumvikane ku gikwiriye gukorwa. « *Urifuza gukingirwa kuri uku kuboko cyangwa kuri uku kundi ?* », « *Wandikisha akahe kaboko ? Ngiye kugukingira kuri uku kuboko kundi kugirango utazababara igihe uzaba uri gukora umukoro wo ku ishuri* »
-  Gerageza guhindura uburyo bwo kunywa umuti binyuze mu mukino. Ushobora kuririmba umwana cyangwa kumusaba kukurimbira. Ushobora kwifashisha telefone umushyiramo indirimbo akunda kugirango umurangaze, ariko ugomba kumubwiza ukuri y' ibigiye kumubaho mu gihe araba yarangaye.
-  Emerera kandi ushishikarize abana bato kugumana ibintu bakunda (ibipupe, ibikinisho, ibyo bifubutse » kugirango bibahumurize. Korohereza abana konka mu gihe cyo gukingirwa mu rwego rwo kugabanya ububabare.
-  Ha abana udupapuro dufatata kunkuta, udufirimbi, udukarita, imipira, cyangwa impapuro zo gusigaho amabara. Abana bakuru cyangwa ingimbi/abangavu bashobora kwifuza kwifotoza bashobora gushyira ku mbuga nkoranyambaga, bikaba byatera imbaraga bagenzi babo zo kwikingiza na bo.

## Gutanga serivisi ijyanye n'ibyo abana ndetse n'imiryaga go yabo bakeneye :

-  Gushyiraho amasaha y'akazi abereye imiryango n'amasaha yo guhura atabagamiye abafite ubumuga, kandi aho bagomba guhurira hagomba horoye abafite bamuga kuhagera.
-  Abafite ubumuga ndetse n'ibigo/imiryango bakoreramo bagomba gutumirwa kugirango babone urukingo rwuzuye.
-  Gutanga serivisi yihuse mu rwego rwo kudatuma abana bategereza umwanya. Guhera ku gikorwa cyo gukingira abana bafite ibyago byinshi byo kwandura, harimo abafite ubumuga cyangwa bafite ubuzima bashobora gutuma bandura indwara kurusha abandi cyangwa baba mu buzima bubagabanyiriza ubushobozi bwo kubahiriza ingamba z'ubuzima rusange.
-  Guhitamo ahantu ho gukingirira hafite imbuga ihagije ku buryo abana bashobora gutembera nta nkomyi banubahiriza intera ya ngombwa hakurikijwe ingamba zo kwirinda ziriho.

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-  Gutaka imbuga yiherereye ku buryo abana bashobora guherekezwa n'ababyeyi/abavuzi.
-  Guteganya ahantu hagenewe abana bakeneye umwanya n'ubufasha byisumbuyeho.
-  Gushaka ibisubizo by'imbogamizi z'amafaranga n'ibindi nkenerwa mu ikingira. Niba ari ngombwa gushyiraho amavuriro agendanwa.
-  Gufata umwanya wo gusuzuma niba izindi nkingo abana basanzwe bahabwa mu gihe cyagenwe zitaraburijwemo n'icyorezo cyangwa se izindi mbogamizi.

## Ibyo ukwiriye kumenya

*Uru urupapuro rukubiyeho inama rwakozwe ku nkunga itangwa n'abagira neza ba banyamerika binyuze mu kigo cy'Amerika gishinzwe iterambere mpuzamahanga (USAID). Ibikubiye muri urwo rutonde ni inshingano za READY ntabwo ari ngombwa ko herekanwa ibitekerezo bya USAID cyangwa ibya leta zunzubumwe z'amerika. Umushinga wa READY uyobowe na Save the Children, ugashyirwa mubikorwa ku bufatanye na Humanitarian Leadership Academy, UK-Med n'ikigo cya Johns Hopkins ishami ry' ubuzima bw'ikiremwanuntu n'ishami rishinzwe gahunda z'itumanaho. READY yongera ubushobozi imiryango itegamiye kuri leta ku isi hose muguhangana ni indwara z'ibyorezo zandura vuba ku rwego rwo hejuru. Kubindi bisobanuro, sura urubuga kuri*

<http://www.ready-initiative.org>.



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