

Enkola ezenjawulo zoyinza okulondako okuziyiza okukwatibwa akawuka kamukenenya

Ebintu bingi by'osobola okukola okukendeeza emikisa gy'okufuna akawuka kamukenenya eri gwe oba muganziwo. Ababudabuda bagaala okukuyamba okutegeera enkola ezenjawulo zino zonna zoyinza okulondako okuziyiza okukwatibwa akawuka kamukenenya osobole okulondako enkola en'esinga okukukolera:

- **Kozesa akaweta k'omubukyala aka Dapivirine buli kiseera.**
 - ✓ Okunonyereza kwalaga nti akaweta k'omubukyala aka Dapivirine kasobola okukendeeza emikisa gy'okufuna akawuka kamukenenya mu bakyala. Okuziyiza okufuna akawuka kamukenya kuli waggulu nnyo nga akaweta kazozebwa ekiseera kyonna.
- **Kozesa obupiira bu Kalimpitawa buli kiseera**
 - ✓ Kozesa obupiira bu kalimpitawa mungeri entuufu buli kiseera bwewegattira mubukyala, emabega ewafulumirwa, oba mu kamwa. Laba emabega wakatabo kano ku mawulire amalala agakwata ku bupiira bukalimpiitawa.
- **Kozesa amakerenda g'okumira agaziyiza okukwatibwa akawuka kamukenenya (nga truvada)**
 - ✓ Amakerenda agamiribwa ag'okuziyiza nkola y'okuziyiza akawuka ka mukenya eri abantu abatalina kawuka kamukenenya naye nga bali mu katyabaga kamaanyi okukwatibwa akawuka kamukenenya. Amakerenda ag'okumira agaziyiza mulimu okumiira ekika ky'eddagala lya kawuka ka mukenenya buli lunaku. Amakerenda ag'okumira agaziyiza gayinza okubeerawo oba obutabeerawo mu kitundu gy'obeera. Bw'owulira nti y'enkola gyewandyagadde okukozesa, yogera n'omusawo mu kilinika kubikwata kukubeerawo kweddagala lino oba mu kitundu kyo mw'obeera.
- **Kendeeza kumuwendu gw'abantu bewegatta nabo**
 - ✓ Abantu bewegatta nabo gyebakoma okubeera abangi, omukisa gwo okubeera n'omuntu gwewegatta naye alina akawuka ka mukenenya gweyongera. Muganziwo bw'aba alina abantu bangi beyegatta nabo; mukubiirize okukendeeza kumuwendu guno. Kijja kukendeeza ku mikisa egy'okufuna akawuka kamukenya eri mwenna.
- **Wetabe mu ngeri ez'okwegattamu ez'obuzibu obwa wansi**
 - ✓ Okwegatta ng'okozesa akamwa kikuteeka mu katyabaga katono okusinga okwegattira mu bukyala oba emabega ewafulumirwa. Abantu bangi balowooza nti okwegattira emabega ewafulumirwa y'engeri ey'okwegatta etarina bulabe, naye mu maziima ye ngeri ey'okwegatta ekyasinga okuba ey'obulabe mu kusiiga akawuka kamukenenya.

- **Bw'oba n'obulwadde obuyita mu kwegatta (STI), funa obujjanjabi.**
 - ✓ Bw'oba oline obulwadde obuyita mukwegatta ky'ongera obuzibu bw'okukwatibwa akawuka ka mukenenya oba okukasiiga abalala. Kakasa nti muganzi wo naye afuna okukeberegwa era n'obujjanjabi
- **Kubiririza muganzi wo afune okukeberegwa akawuka kamukenenya.**
 - ✓ Yogera ne muganzi wo ku by'okukebeza akawuka kamukenenya era mwekebeze nga temunnaba kwegatta. Okumanya oba muganzi wo alina akawuka kamukenenya kisobola okuyamba okusalawo ku ngeri ey'okuziyiza eyinza okusiinga okukukolera.
- **Kubiriza muganzi wo okukomolebwa obussajja**
 - ✓ Abaami abakomole balina omukisa ogukendeezeddwa ebitundu 50 ku buli kikumi (1/2) ogw'okwattibwa akawuka ka mukenenya nga obagerageranyiza n'abaami abatali bakomole. Okukomolebwa kwa basajja tekuziyiza bakyala kufuna kawuka kamukenenya.
- **Muganzi wo bwaba alina akawuka kamukenenya, mukubirize okumira eddagala lye ery'akawuka kamukenenya nga bwatekeddwa okulimira**
 - ✓ Okujjanjabwa n' eddagala ly'akawuka kamukenenya (eriyitibwa antiretroviral therapy oba ART mubufunze) kiyamba abantu abalina akawuka kamukenenya okuwangaala ebbanga egwanvu n'obulamu obulungi. Eddagala lya kawuka ka mukenya terisobola kukawonya, naye lisobola okukendeeza kubungi bw'akawuka mu mubiri. Okubeera n'obuwuka bwa mukenenya obutono mu mubiri kikendeeza kubuzibu bwa muganzi wo okukusiiga akawuka nga mwegatta.



Newankudadde engeri zonna ziyinza obutasoboka eri abakyala bonna, bw'okola kubingi kubintu bino oyongera okukendeeza emikisa gy'okufuna akawuka ka mukenenya.

Information Adapted From: "The Basics of HIV Prevention." AIDSinfo. AIDSinfo, 15 Sept. 2015. Web. Accessed 18 Dec. 2015.

Obubaka obulala obukwata ku bupiira bu kalimpiitawa:
Obupiira bukalimpiitawa bukukuuma okukwatibwa akawuka ka mukenenya nga wegattira mu bukyala oba emabega ewafulumirwa.

Akaweta aka Dapivrine kakendeeza omukisa gw'okwattibwa akawuka ka mukenenya nga kayita mukwegattira mu bukyala. Akaweta tekaakolebwa kuziyiza kusiiga kawuka ka mukenenya nga kuyita mukwegattira emabega ewafulumirwa era tekalina kukozezewa mukyenda ekifulumya bbi(rectum).

Obupiira bu kalimpiitawa buziyiza okufuna olubuto ne ndwadde endala eziyitira mukwegatta.

Okwongereza ku kukuuma okwattibwa akawuka kamukenenya, obupiira bukalimpiitawa bulina emiganyulo emirala eri embeera y'obulamu bwo.

Abagalana abamu balondako obupiira bukalimpiitawa nga enkola yabwe ey'ekizaala gumba ey'okwegema okufuna embuto zebatetegekede.

Bwezikozezewa buli kiseera era mubutuufu obupiira bukalimpiitawa ye ngeri esinga okuziyiza endwadde eziyitira mu kwegatta nga enziku, chlamydia, oba trichomonas. Ate era obupiira bukalimpiitawa bukendeeza ku mikisa gy'okwattibwa endwadde ezireeta amabwa mu bitundu eby'ekyaama, nga ekisipi mu bitundu eby'ekyaama, Kabotongo and chancroid, nga ekitundu ekikwattiddwa obulwadde oba ekitundu obulwadde mwebuyinza okuyita kibikiddwa. Zisobola okukendeeza ku mikisa gy'okwattibwa obulwadde obuletebwa akawuka akaleeta kookolo (HPV) n'endwadde endala ezekuusa ku HPV(nga ensundo ezikwata mu bitundu byekyaama era ne kokolo ow'okumumwa gwa'nabaana)

Okukozesa abupiira bu kalimpiitawa mu butuufu era buli kiseera:

- Kozesa akapiira ka kalimpiitawa akapya mu buli kikulwa eky'okwegatta (mukamwa, mu bukyala era n'emabega ewafulumirwa)
- Akapiira kakalimpiitawa kakwate n'obwegendereza okwewala okukafumita n'enjala z'okungalo, amannyo oba ebintu ebirala ebisala.
- Teekako akapiira kakalimpiitawa ng'obusajja buyimiridde era nga tonnaba kwegattira mubukyala, mukamwa, oba emabega ewafulumirwa ne muganzi wo.
- Kakasa nti waliyo obuseerezi obumala nga wegattira mu bukyala oba emabega ewafulumirwa naye kozesa ebyo ebirimu amazzi (nga K-Y Jelly) ng'okozesa obupiira bu kalimpiitawa. Ebisereza ebirimu oilo nga (ebizigo oba lotion ey'okumubiri) bigya kwonoona akapiira ka kalimpiitawa.
- Okuziyiza akapiira obutaseerera, kwata akapiira kakalimpiitawa okanywereze obusajja gyebutandikira(base) ng'obusajja buvaamu, era obusajja buveemu nga bukyayimiridde.

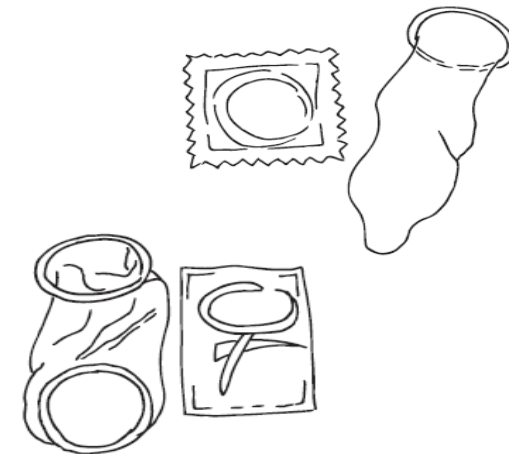
Information Adapted From: "Condom Fact Sheet." Centers for Disease Control and Prevention (CDC). CDC, 25 Mar. 2013. Web. Accessed 18 Dec 2015.

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HOPE

Out of ASPIRE, there is HOPE

Amawulire agakwata ku nkola enzejawulo zoyinza okulondako okuziyiza okukwatibwa akawuka ka mukenenya



Bw'oba olina ebibuuzo oba wetaaga okumanya ebisingawo, Nkusaba okyalire kilinika yo kunoonyereza:

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