

REPUBURIKA Y'U RWANDA



IKIGO CY'IGIHUGU GISHINZWE
IMIKURIRE NO KURENGERA UMWANA

GAHUNDA MBONEZAMIRIRE MU MUDUGUDU (CBNP)

Amabwiriza y'ishyirwa mu bikorwa

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Intangiriro

Imibereho y'abana n'abagore, imikurire yabo no kubarengera bikubiye mu burenganzira bwa muntu. Ubwo burenganzira bugaragara mu masezerano mpuzamahanga ibihugu byinshi byasinye harimo n'u Rwanda. Kugira imirire myiza biri mubigize uburenganzira bwa muntu ; imirire myiza kandi igira uruhare mu guteza imbere imibereho myiza y'abaturage n'ubukungu bw'igihugu. Kugira ngo abanyarwanda bagire imirire myiza kandi ihagije nkuko bikubiye mu cyerekezo 2050, Leta y'u Rwanda yashyize imbaraga mu kurwanya imirire mibi no guhangana n'ingaruka zituma umuturage adateza imbere igihugu ariko hibandwa cyane cyane ku bijyanye no kurengera umwana ndetse hashyirwa imbaraga ahari amahirwe yose yo kurengera umwana, ni ukuvuga iminsi 1000 ya mbere y'ubuzima bw'umwana kuva agisamwa kugeza ageze ku myaka ibiri, hatirengangijwe no guteza imbere imirire myiza ku bagore bageze mu gihe cyo kwibaruka, dore ko bari mu matsinda ashobora kwibasirwa n'imirire mibi kurusha abandi.

Mu Rwanda, imirire mibi n'ikibazo cy'ubuzima rusange n'imwe mu mbogamizi zikomeye zibangamiye iterambere ry'igihugu ndetse ikaba intandaro y'ukwiyongera kw'indwara n'impfu mu baturage. Leta y'u Rwanda yemera ko imirire mibi ari ikibazo gihuriweho n'inzego zitandukanye cyane cyane urwego rw'ubuzima, ubuhinzi, uburezi, uburinganire n'imibereho myiza y'abaturage, kurengera umwana n'izindi.

Kurwanya imirire mibi ni kimwe mu bikorwa by'ibanze Leta y'u Rwanda ishyize imbere. Kugira ngo iyo ntego igerweho neza, igihugu cyacu cyateguye ingamba zitandukanye kinakora ibikorwa biri muri gahunda nyinshi harimo na gahunda mbonezamirire mu ngo. Imirongo migari y'imirire myiza mu ngo ikoresha uburyo butagira uwo buheza kandi butanga umusaruro mu kurwanya imirire mibi bigizwemo uruhare na buri wese. Ubwo buryo kandi bufasha abaturage kubona serivisi no gukorerwa ibikorwa bijyanye no guteza imbere imirire myiza ; ibyo bikaba intango izafasha abana gukorerwa ibikorwa bituma bagira ubuzima bwiza n'imikurire iwabo mu ngo.

Iki gitabo nicyo kurwego rw'igihugu kikaba kigamije gutanga imirongo migari yifashishwa mu gushyira mu bikorwa gahunda y'imirire mu mudugudu. Amabwiriza yishyira mu bikorwa gahunda y'imirire mu mudugudu ashingiyeye ku bushake bwa politiki Leta ifite, bufasha gushyira mu bikorwa gahunda ikubiyemo ingamba zikomatanijye kandi z'inzeho zitandukanye mu rwego rwo kurwanya imirire mibi mu Rwanda.

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Gushimira

Ikigo cy'Igihugu Gishinzwe Imikurire no Kurengera Umwana kirashimira umusanzu ukomeye watanze n'abafatanyabikorwa batandukanye mu itegurwa ry'iki gitabo. Itegurwa ry'iki gitabo ryaranzwe n'inama ngishwanama zakozwe ku bufatanye n'abafatanyabikorwa b'ingenzi bashinzwe guteza imbere imirire.

Gutegura iki gitabo kirimo gahunda y'imirire mu mudugudu byakozwe n'inzego zitandukanye, hashyizwe hamwe imbaraga kugirango iki gikorwa gishoboke, tuboneyeho kubashimira mwese umusanzu mwatanze.

Ikigo cy'Igihugu Gishinzwe Imikurire no Kurengera Umwana kirashimira Ishami ry'Umuryango w'Abibumbye ryita ku buzima (OMS), Ikigo mpuzamahanga cy'Ubuyapani gishinzwe iterambere (JICA) ku nkunga batanze.

Turashimira cyane akazi kakoze n'itsinda rya tekini ryaturutse mu miryango mpuzamahanga nterankunga nka UNICEF, World Vision Rwanda, CRS, USAID, PIH, na Plan International.

Turashimira kandi abakozi b' Ikigo cy'Igihugu Gishinzwe Imikurire no Kurengera Umwana ku ruhare rwabo mu gukurikirana igikorwa.

Na none turashimiye abagize uruhare bose mu itegurwa ry'iki gitabo ku bwitange, umuco wo gukorera hamwe n'ubuhanga byabaranze kugira ngo iki gitabo gisohoke. Tuboneyeho kandi kubasaba ko iki gitabo cyajya cyifashijwa mu kazi ka buri muni.

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UMUTWE WA 1

Intangiriro

1.1. Uko ikibazo giteye

Uko ikibazo cy'imirire gihagaze mu Rwanda

Mu Rwanda imirire mibi ikubiyemo indyo idahagije, indyo ikennye ku ntungamubiri n'indyo irimo intungamubiri zirengeje urugero, ikomeje kuba ikibazo cy'ubuzima rusange n'impamvu ikomeye idindiza iterambere ry'igihugu. Indyo idahagije n'indyo ikennye ku ntungamubiri ni zimwe mu mpamvu zitera kurwaragurika, impfu no kudindira mu mikurire tutibagiwe no kugira ubushobozi buke bwo kwiga. Kuba abana batabona intungamubiri bakeneye bifitanye isano n'imirire mibi n'indwara zitandura mu gihe babaye bakuru. Kwita ku mirire mu minsi ya mbere y'ubuzima bw'umwana, ni ukuvuga kuva ku bangavu bigira ingaruka nziza mw' iterambere ry'a muntu.

Ubushakashatsi ku buzima n'imibereho myiza y'abaturage mu Rwanda (RDHS) bugaragaza ko mu myaka 15 ishize, mu Rwanda, umubare w'abana bari muni y'imyaka itanu bafite ikibazo cy'igwingira wagabanutse ku buryo bugaragara; uva kuri 52% muri 2005 ugera kuri 33% muri 2020(RDHS). Nubwo bimeze bityo ariko, imibare y'abana bagwingiye iracyari ikibazo cy'ubuzima rusange kuko iri hejuru ya 20% kuko Ishami ry'Umuryango w'Abibumbye ryita ku buzima rivuga ko igwingira rireka kuba ikibazo cy'ubuzima rusange iyo ritarengeje 20%. Uko abantu bagenda bakura ikibazo cy'igwingira kirushaho kuba ingorabahizi kuko cyibasira abana hafi ya 36% mu cyaro naho mu miji kikaba cyibasira abana bagera kuri 20%. (RDHS 2020).

Kunanuka cyane ku bana bari muni y'imyaka itanu, muri iyi myaka itanu ishize, byagiye bigabanuka biva kuri 2% muri 2015 bigera kuri 1,1% muri 2020 (RDHS) byose biri ku rwego rushimishije mu buzima rusange. Ibitaro byagaragaje ko hari abana batabona intungamubiri zihariye bigatuma amagufa yabo adakomera. Abana bafite hagati y'amezi 6 na 59 bafite ikibazo cyo kugira amaraso make(anemia) bari kuri 36,6% (DHS 2020). Uyu mubare ugiye kwegera 40% umubare fatizo Ishami ry'Umuryango w'Abibumbye ryita ku buzima rivuga ko iyo wawugezeho icyo gihe aba ari ikibazo gikomeye cy'ubuzima rusange. Kubera umuvuduko w'iterambere n'ukwiyongera kw'imijyi, u Rwanda ruriguhangana n'ikibazo cy'imirire mibi y'ubwoko 2 harimo indyo nkene n'indyo irimo intungamubiri zirengeje urugero bigaragarira mu kubyibuha bikabije. Abana bari muni y'imyaka itanu bafite umubyibuho ukabije bari bageze kuri 6% muri 2020(RDHS).

Umubare w'abana bafite kuva ku mezi 6 kugera kuri 23 bagaburirwa ifashabere ikwiye wariyongereye uva kuri 18% muri 2015 ugera kuri 22% muri 2020. Naho umubare w'abana bari muni y'amezi atandatu bonka gusa nta kindi bavangiwe waragabanutse uva kuri 87% muri 2015 ugera kuri 81% muri 2020. Abana batangijwe ifashabere ku gihe, bariyongereye kuva 56% muri 2015 kugera kuri 79% muri 2020. (RDHS)

Amakuru ku bipimo by'imirire kubana barengeje imyaka 5, ingimbi n'abangavu ntahagije. Ibura ry'amaraso (anemia) mu bakobwa n'abagore bageze mu myaka y'uburumbuke (hagati ya 15-49) riri 13%(RDHS 2020), naho ikibazo cyo kunanuka bikabije kiri ku kigero cya 7%, Muri abo bangavu bari mukigero cy'imyaka 15-19 bari kuri 11%(RDHS 2014-2015). Abangavu bafite ikibazo cy'imirire mibi bakunze gukurana nayo akaba imwe mu mpamvu ituma babyara abana bafite ibiro bidashyitse n'ibindi bibazo by'imirire mibi harimo no kugwingira.

Ku rundi ruhande, abagore bageze mu myaka y'uburumbuke bafite umubyibuho ukabije bagera kuri 21% (RDHS 2014-2015). Leta y'u Rwanda yiyemeje kurwanya imirire mibi no kwita ku buzima bw'abana mu myaka ya mbere. Gahunda ya kane y'ingamba ngenderwaho mu buzima (2018-2024), Leta y'u Rwanda yihaye intego yo kugabanya igwingira mu bana bari muni y'imyaka itanu rikava kuri 38% muri 2015 rikagera kuri 19% muri 2024. Mu rwego rwo gushakira umuti ikibazo cy'imirire mibi Leta y'u Rwanda yashyizeho Ikigo cy'Igihugu gishinzwe imukurire no kurengera umwana (NCD) kikaba gishinzwe guhuza no gushyira mu bikorwa gahunda zose zijyanye n'imukurire y'umwana, gifatanyije n'izindi Minisiteri zibifite mu nshingano.

Amateka ya gahunda mbonezamirire mu mudugudu

Nyuma ya genocide yakorewe abatutsi 1994, ibikorwa bijyanye n'imirire byibandaga mu kuvura abazahajwe n'imirire mibi kandi izo serivisi zikabonerwa mu bigo nderabuzima. Ubu buryo bukora neza gusa igihe ikigamijwe kiba ari ukuvura abafite ibibazo by'imirire mibi mu bihe bikomeye/ bidasanze.

Kuva mu 1996, Minisiteri y'ubuzima ifatanyije n'abafatanyabikorwa bashyigikiye serivisi zo guteza imbere imirire mu murungu bibanda cyane cyane ku ruhare rw'imiryango ikorana n'abaturage iwabo n'iy'abagore kugira ngo bashobore kubonera igisubizo kirambye ikibazo cy'imirire mibi.

Igitabo cya gahunda mbonezamirire cya mbere cyanditswe muri 2010, hagamijwe kwerekana ibikorwa bigamije gukurikirana no kwirinda imirire mibi.

Mu rwego rwo kurwanya imirire mibi, ingamba nshya zo kurwanya imirire mibi zahurijwe

hamwe muri politiki n'andi mabwiriza harimo politiki y'igihugu y'imirire, amabwiriza yo kuvura imirire mibi ihutiyeho, amabwiriza y'ubuvuzi bukomatanyije bw'indwara z'abana, amabwiriza yo kwita/ gukurikirana umugore utwite na nyuma yo kubyara, amabwiriza yo kwirinda imirire mibi mu burezi no mubuhinzi bugamije imirire.

Muri 2020, igitabo cy'amabwiriza y'imbonezamirire mumudugu cyaravuguruwe hashingiwe ku imiterere y'imirire igaragara uyu muni mu banyarwanda, ndetse na bimwe mu bikorwa bishya na serivisi byavutse byo kurwanya imirire mibi, harimo na serivisi mbonezamikurire y'abana bato nk'umuyoboro w'itangwa rya serivisi z'imirire kuva ku rwego rw'igihugu kugera ku rwego rw'umudugudu.

1.2. Intego y'amabwiriza

Intego rusange

Aya mabwiriza agamije gutanga umurongo ngenderwaho ku bafatanyabikorwa mugushyira mu bikorwa, gukurikirana no gutanga raporo kuri gahunda zo kwirinda no kurwanya imirire mibi harimo gahunda z' ubuzima, isuku, isukura, ubuhinzi n'uburezi ku rwego rw'umudugudu.

Intego zihariye

Intego zihariye ni izi zikurikira:

- i. Guteza imbere ibikorwa ntangarugero muri gahunda z' buzima, imirire, amazi, isuku n'isukura mu buzima bwa buri muni cyane cyane hibandwa ku bagore bari mu kigero cy'uburumbuke, abagore batwite, ababyeyi bonsa, impinja, abana bato, abana barengeje imyaka 5, abangavu n'ingimbi.
- ii. Gupima no gutahura hakiri kare abana bafite imirire mibi no kubavura batararemba.
- iii. Kunoza imirire (indyo itandukanye, incuro umuntu ayifata n'uko igomba kuba ingana) binyujijwe mu gufasha ingo kwihaza mu biribwa.
- iv. Kwihutisha gahunda yo kugeza mu midugudu amashuri mbonezamikurire.
- v. Gushyigikira no guteza imbere gahunda z'imirire iboneye mu miryango ifite ibibazo byihariye, abagore batwite, ababyeyi bonsa ndetse n'abana bari muni y'imyaka ibiri mu mudugudu.

1.3. Abagenewe aya mabwiriza yo gushyira mu bikorwa gahunda mbonezamirire mu mudugudu

Mbere na mbere aya mabwiriza agenewe abafatanyabikorwa bakorana n'abaturage. Guhuriza hamwe imikoranire y'inzego zitandukanye nibwo buryo butanga umusaruro muri gahunda yo kugabanya imirire mibi.

Abafatanyabikorwa bakurikira bakorana n'abaturage ni bo bazifashisha aya mabwiriza. Na none muri iri huriro baganira ku bibazo by'ingenzi bijyanye n'imirire mibi mu bana bari muni y'imyaka itanu, ihohoterwa rishingiye ku gitsina n'uburinganire mu ngo.

- **Umuganda**

Umuganda (umuganda rusange) ni uburyo abaturage bo mu Rwanda bafite hagati y'imyaka 18 na 65 bateranira buri kwezi kugira ngo bakore umuganda hagamijwe kugira uruhare mu iterambere rusange ry'igihugu. Nyuma y'umuganda, abaturage bicarana n'abayobozi bakaganira ku bibazo by'umutekano w'abaturage, imikurire y'abana n'iterambere bakanabishakira ibisubizo.

- **Inteko z'abaturage**

Ni inama rusange iterana buri cyumweru mu mudugudu, ikaba imwe mu miyoboro ubuyobozi bwifashisha mu gushishikariza abaturage kugira uruhare mu gufata ibyemezo aho abayobozi n'abaturage baganira ku bibazo bikomeye bibangamira ubuzima bwabo bwa buri muni. Iyi nama ikorwa buri cyumweru kandi ni umwanya mwiza wo guhuza abaturage bakarebera hamwe uko bakumira imirire mibi y'abana no gukora ibikorwa birinda ubuzima bw'abana mu myaka ya mbere y'ubuzima bwabo.

- **Inama za komite y'igenamigambi ryo kurandura imirire mibi mu karere**

Komite ishinzwe Gahunda y'akarere yo kurandura imirire mibi ihuza ibikorwa byose bijyanye n'imirire bikorerwa mu baturage uhereye ku rwego rw'akarere ukagera ku rwego rw'umudugudu. Iyo komite ishinzwe kugenzura abafatanyabikorwa bashinzwe guteza imbere ibikorwa bijyana n'imirire, ikanakora inama zihoraho zigamije guhuza ibikorwa mu gihe cyagenwe (buri kwezi cyangwa buri gihembwe) hamwe n'abafatanyabikorwa bibanda ku bikorwa biteza imbere imirire myiza, Kutihaza mu biribwa, amazi, isuku n'isukura. Iyo nama ishyiraho urubuga rw'abaturage kugira ngo bagire uruhare rugaragara mu biganiriro bigaragaza intambwe imaze guterwa, ibibazo by'ingenzi n'ibyaho bigaragara, bakanashakira hamwe ibisubizo.

- **Imirima shuri y'abahinzi n'aborozi**

Imirima shuri y'abahinzi-borozi ni gahunda yo kwigira mu matsinda ikaba igamije guteza imbere ubuhinzi, n'imirire myiza hitabwa mu kubungabunga ibidukikije mu baturage.

Abahinzi bigishirizwa mu murima uko bahinga neza kinyamwuga nabo ku ruhande rwabo bakigisha abaturanyi babo. Izo nyigisho zibanda cyane mu kuzamura umusaruro w'ibiribwa bifite intungamubiri (bihingwa mu mirima mito) no kurya imboga n'ibikomoka ku matungo.

- **Ishirahamwe ry'ubuzima mu mashuri hamwe n'inama z'ababyeyi**

Ishirahamwe ry'ubuzima mu mashuri rigizwe n'abakorerabushake bishyira hamwe ku ishuri rigahuriramo n'abanyeshuri, bafashwa n'abarimu babo kwiga, kuganira no gufata ingamba ku bibazo bijyanye n'ubuzima bwabo n'imibereho myiza mu gihe cy'ishuri. Iryo tsinda ryibanda cyane cyane ku buzima bw'abanyeshuri bashimangira gahunda y'amazi meza, Isuku n'isukura. Ikindi kandi iryo tsinda ry'ubuzima ni umuyoboro uha imbaraga abanyeshuri kugira ngo bagire uruhare rugaragara mu guhitamo no gushyira mu bikorwa ibibazo bijyanye n'ubuzima bwabo n'imirire yabo mu gihe bari ku ishuri. Iryo tsinda kandi riha abanyeshuri amahirwe yo kuba 'Abambari b'impinduka' bagera mu rugo bagafata ibikorwa mu ngo bakabihinduramo ibikorwa bituma bimakaza umuco mwiza wo kwita ku buzima noneho ibyo bize ku ishuri bakabisangiza abavandimwe babo, ababyeyi n'incuti batiga kugira ngo bibafashe mu buzima bwa buri muni.

- **Inama z'amadini n'amatorero**

Amateraniri y'amadini ni uburyo abaturage bitabira guteza imbere imyifatire iboneye iganisha ku mirire myiza kugira ngo imibereho y'abaturage irusheho kuba myiza. Abayobozi b'amadini ni abarinzi b'abaturage kuko babana na bo kandi babagezaho ubutumwa bukumvikana. Abayobozi b'amadini bafite ubushobozi bwo gushyiraho no gukora ibikorwa bigamije guteza imbere ubuzima n'imirire myiza.

1.4. Amahame agenderwaho mu gushyira mu bikorwa amabwiriza ya gahunda mbonezamirire mu mudugudu

Gahunda mbonezamirire mu mudugudu igendera kumahame akurikira:

- **Gushingira ku muryango**

Ababyeyi cyangwa abarezi bagomba kuzaza inshingano zabo kandi bakagira uruhare rugaragara mu guteza imbere ibisubizo byihariye, gusaba serivisi z'imirire, kuzikoresha uko bikwiye, no gufata ibyemezo byo kuzamura imirire y'abagore n'abana. Ababyeyi n'abarezi bifitemo ubushobozi bwo gukemura ibibazo bijyanye n'imirire y'ababyeyi n'abana ndetse n'imikurire y'umwana, bityo, imiryango igomba kugira uruhare mu nzego zose z'ibikorwa bya gahunda y'imirire mu mudugudu.

- **Uruhare rw'abaturage**

Uruhare rw'abaturage mu guteza imbere imirire ruzwi nk'uburyo bukomeye mu gukemura ibibazo by'imirire mibi mu bana bava mu miryango itishoboye. Abaturage barasabwa

kungurana ibitekerezo mu nama z'ubuyobozi zifata ibyemezo n'abandi bafatanyabikorwa bose babigizemo uruhare kuko kurwanya imirire mibi bisaba imbaraga z'abantu benshi mu gushyiraho igenamigambi, kurishyira mu bikorwa, gukurikirana no gusuzuma ibikorwa bya gahunda y'imirire mu mudugudu hakanewe gushyirwa mu bikorwa.

- **Gushingira ku makuru afatika kandi yizewe**

Amabwiriza agenga ishyirwa mu bikorwa rya gahunda mbonezamirire mu mudugudu agomba kugendera ku makuru yagenzuwe mu kumenya ibikenewe bidahari, kuvugurura intego, guhitamo ingamba zifatika, gushyira mu bikorwa no gusesengura gahunda y'imirire mu mudugudu. Imbaraga zizashyirwa muri ibi bikurikira:

- Gufata ibyemezo ugendera ku makuru afatika yemejwe na siyansi
- Gukoresha buri gihe amakuru n'uburyo anyuzwamo (sisitemu) kugira ngo barusheho guteza imbere imitangire ya serivisi nziza.
- Gukoresha urubuga rwo gutegura ibikorwa byatoranyijwe muri iyo gahunda
- Gushaka uruhare rw'abaturage mu isesengura no gufata ibyemezo
- Gukora isuzuma kuri buri cyiciro cy'ibikorwa
- Kumenyekanisha ibyavuye mu bafatanyabikorwa no gufata ibyemezo

Gahunda mbonezamirire mu mudugudu igamije guteza imbere udushya mu kwimakaza imirire myiza, hifashishwa ibyakozwe mbere bigatanga umusaruro ndetse hagaragazwa ibisubizo bishingiye ku dushya, bikifashishwa mu gukemura ibibazo bihari bikaninjizwa mu mikorere isanzwe ku buryo bizajya byifashishwa mu gukemura ibibazo ababyeyi n'abana bahura na byo mu mirire.

- **Kwita ku ihame ry'uburinganire**

Ibikorwa biri muri gahunda mbonezamirire mu mudugudu bigomba kugendera kuri ibi bikurikira:

- Gukoresha imvugo yita ku ihame ry'uburinganire aho abagore n'abagabo bose bagomba kugira uruhare rungana no kugaragara ku rugero rumwe.
- Gushyigikira ko abagabo n'abagore, abahungu n'abakobwa bahabwa serivisi zingana kandi bakazikoresha ku buryo bungana.
- Kwimakaza umuco utuma abagore n'abagabo bagira uruhare rungana mu gufata ibyemezo.

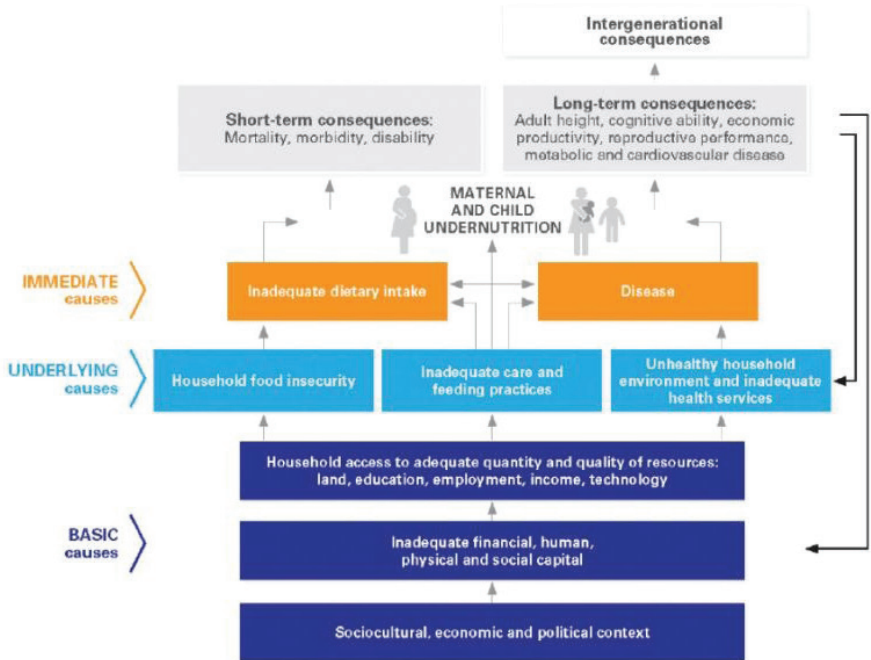
- **Imikoranire y'inzezo ku kibazo cy'imirire**

Gukemura ikibazo cy'imirire mibi bisaba imikoranire ihamye y'inzezo zitandukanye kuberako imirire mibi iterwa n'impamvu zitandukanye: ibura ry'ibibwira, ababyeyi bafite ubumenyi budahagije ku mirire, kutagira amazi meza, ibikorwa remezo by'isukura n'ibindi.

UMUTWE WA 2.

Ubumenyi bw'ibanze ku mirire

2.1. Impamvu zitera imirire mibi



The black arrows show that the consequences of undernutrition can feed back to the underlying and basic causes of undernutrition, perpetuating the cycle of undernutrition, poverty and inequities.

Source: Adapted from UNICEF, 1990.



Imbonerahamwe y'imiterere remezo isobanura impamvu zitera imirire mibi cyane cyane kugwingira mu gihagararo no mu bwenge.

Ingaruka z'uruhererekane

Ingaruka z'igihe gito (Impfu kurwaragurika, ubumuga)

Ingaruka z'igihe kirekire (ubugufi ku bantu bakuru, ubushobozi buke mu mitekerereze, ubushobozi mu myororokere, indwara zitandura,

Imirire mibi k' umubyeyi n'umwana

Impamvu zihuse

Indyo nkene

Indwara (impiswi)

Impamvu zishamikiweho

Kutihaza mu ibiribwa ku muryango

Ubumenyi buke mu kwita no kugaburira abana

Imiterere itaboneye ku bijyanye n'isuku mumuryango na services zidakwiye z'ubuzima

Impamvu z'ibanze

Uburyo umuryango ugera ku mutungo uhagije, uburyo umutungo usaranganwa(ressources): ubutaka, abakozi, inyubako, ibikoresho,

Umuco, imibanire, ubukungu na politiki y'igihugu

2.2. Kuki tugomba kurya neza?

Kurya indyo yuzuye, cyane cyane usangira n'incuti n'abavandimwe ni kimwe mu bitera ibyishimo mu buzima. kurya indyo yuzuye bigira akamaro mu buryo bukurikira:

- Bitera imbaraga zo gukora no kumva wishimiye ubuzima;
- Bituma umubiri ugira ubudahangarwa bityo bikarinda kurwaragurika
- Igihugu gifite abatwaga bafite imirire myiza batanga umusaruro uhagije, bityo bikagira uruhare mu iterambere ry'igihugu

By'umwihariko, abana bariye indyo yuzuye bakura neza kandi bagatsinda amasomo neza. Abagore bariye indyo yuzuye, babyara abana bafite ubuzima bwiza.

2.3. Umuryango udafungura neza ugira izihe ngaruka?

Abantu batarya indyo yuzuye bagira imbaraga nke zo gukora, bakunda kurwaragurika kandi bakazahazwa n'indwara kuberako umubiri uba udafite ubwirinzi buhagije kandi bakagaragaraho imirire mibi.

Imirire mibi yibasira cyane cyane: Abana bato, abagore batwite n'abonsa, abangavu n'ingimbi cyane cyane abangavu batwite n'abonsa.

Abana batarya indyo yuzuye ntibakura neza kandi batakaza ibiro, bagwa mu mirire mibi ikabije (ni ukuvuga ko bashobora kurwara bwaki); iyo batavuye neza bishobora kubaviramo urupfu. Abo bana bashobora kumwira mu mikurire y'ubwonko, bakanagwingira Iyo umuntu ariye ibiryo byinshi ntakore cyangwa agakora imyitozo ngororamubiri mike cyane agira ikibazo cy'umubyibuho ukabije. Abo bantu baba bafite ibyago byinshi byo kurwara indwarazitandura, nk'indwara z'umutima, umuvuduko ukabije w'amaraso na diyabete.

2.4. Kwihaza mu biribwa

Kwihaza mu biribwa ni igihe Umuryango ufite ibiribwa bihagije igihe cyose kandi bitandukanye bifite intungamubiri zihagije kugira ngo abawugize bagire ubuzima bwiza kandi bahorane imbaraga.

Ibyerekana ko umuryango utihagije mubiribwa bihagije ni ibi bikurikira:

- Abantu bavugaga ko bashonje
- Mu rugo haba hari ibiribwa bike;
- Barya ibiryo bike buri munsu buri munsu;



- Rimwe na rimwe hari ubwo basimbuka ifunguro ry'igihe runaka;
- Birirwa umunsi wose batariye;
- Abana ntibakura uko bikwiye.

Ibigaragaza ko umuryango udafata amafunguro agizwe n'ibiryo binyuranye:

- Barya ibiryo by'ubwoko bumwe buri munsi;
- Barya ibiryobidakungahaye ku ntungamubiri (vitamini n'imyunyungugu)
- Barya imboga cyangwa imbuto nke n'ibikomoka ku matungo bidahagije;

Imiryango ishobora kwihaza mu biribwa iyo ifashijwe muri ibi bikurikira:

- Kwihingira ibiribwa no kubihunika;
- Kubika ibiribwa igihe kirekire;
- Kugira ingengo y'imari yagenewe ibiribwa no Kwinjiza amafaranga

2.5. Gutegura no kugabura indyo yuzuye mumuryango

Indyo yuzuye ifasha umuryango igomba kuba iteye itya:

- Indyo ihagije irimo intungamubiri zikwiye kandi abagize umuryango bakayibonera ku gihe
- indyo yuzuye igizwe n'ibiribwa bitandukanye biboneka mu gace abagize umuryango batuyemo
- Ibiribwa biteguranywe isuku kandi bibitswe ahantu heza

2.5.1. Kugabura indyo yuzuye kandi ihagije

Indyo yuzuye igomba kuba igizwe n'ibiribwa bitandukanye bikubiye mu moko atandukanye y'ibiribwa bikungahaye ku ntungamubiri umuntu akenera kugira ngo agire ubuzima buzira umuze.

Isahani mubona hasi yerekana amoko y'ibiribwa bigize indyo yuzuye biboneka aho abaturage batuye. Dufashe urugero mu bice bigize isahani hagaragara ubwoko butandukanye bw'ibiribwa mubyo burimunitu mubagize umuryango agomba kubona.

Indyo yuzuye igizwe n'a amoko atanu y'ibiribwa akukurikira:

- Ibinyampeke, ibinyabijumba n'ibitoki;
- Ibikomoka ku matungo bikungaye kuri poroteyine: inyama, amafi, amagi, amata;
- Ibiribwa bikungahaye kuri poroteyine bikomoka ku bimera: ibinyamisogwe byumye (ibishyimbo, amashaza, lantiye), ibihwagari n'ibinyampeke;
- Imboga n'imbutu biboneka aho abaturage batuye

- Ibiryo bikungahaye ku binure: amavuta, avoka, ubunyobwa n'ibindi.



Aho byavuye: amabwiriza agenga indyo yuzuye, Minisiteri y'Ubuhinzi, Rwanda, 2020

Ifunguro rigizwe n'ibiribwa bitandukanye, buri funguro rigomba kuba ririmo nibura kimwe muri buri bwoko bwavuzwe haruguru

Buri muryango ugomba gufata amafunguro inshuro eshatu ku muni.

Abana bagejeje ku mezi atandatu, abana, abagore batwite n'abonsa bagomba kurya amafunguro mato hagati y'amafunguro Manini (nkuko bigaragara ku mafunguro mato ku mutwe wa 2.6.1 na 2.6.3).

2.5.2. Gutegura no kubikana isuku amafunguro

Abagize umuryango bagomba gufata amafunguro yateguranywe isuku no kunywa amazi meza. Bityo bikabarinda indwara ziterwa n'udukoko tw'indiririzi dushobora kwangiza ubuzima bw'umuntu

Abantu bakunze kwibasirwa n'indwara ziterwa no kurya ibiryo bidasukuye n' abana bato n'abantu basanzwe barwaye. Abantu bashobora kwirinda ko ibiribwa bihumana bubahiriza

amabwiriza y'ibanze kandi yoroshye y'isuku agamije kubuza mikorobi kugera ku biribwa n'ibinyobwa. Mikorobi nyinshi zituruka ku myanda y'abantu bituma cyangwa iy'inyamaswa.

Mikorobi zishobora kugera ku biribwa muri ubu buryo:

- Binyuze mu ntoki zanduye, iyo zizanywe n'isazi n'utundi dukoko, imbeba n'utundi tunyamaswa ndetse n'ibyombo byanduye;
- Iyo amazi atarinzwe kugerwaho n'umwanda wo mu musarani.

Mikorobi zororokera vuba mu biryo bidashyushye cyane kandi byoroshye (urugero: Igikoma) cyane cyane iyo birimo isukari cyangwa poroteyine zikomoka ku matungo nk'amata.

Kugira ngo wirinde ko mikorobe zororokera mu biribwa kugera ku rwego rwo hejuru, ni ngombwa gufata amafunguro agishyushye bakimara kuyategura kandi abantu bakirinda kugira ibyo basigaza bimara igihe kirekire ku bushyuhe busanzwe bwo munzu.

2.6. Amafunguro kuri buri cyiciro cy'ubuzima

2.6.1. Abangavu, abagore batwite n'abonsa

Kuki abangavu, abagore batwite n'abonsa bagomba kurya indyo yuzuye by'umwihariko?

Abangavu, abagore batwite n'abonsa bagomba kurya indyo yuzuye kuberako bakeneye intungamubiri n'imyunyungugu, bityo bakagira ubuzima bwiza ubwabo ndetse n'abana bazabyara. Ibi bizagabanya ibyago byo kubyara abana bafite ibiro bidashyitse, imwe mu mpamvu zitera imirire mibi n'imikurire mibi y'abana.

Abangavu, Abagore batwite n'abonsa bagomba kurya indyo yuzuye igizwe n'ibiribwa by'amoko atandukanye, inshuro eshatu ku munsu ariko hagati y'amafunguro Manini bagafata amafunguro mato, kunywa amazi menshi kandi meza no kuruhuka bihagije.

Bagomba kugaburirwa amafunguro y'ibiribwa bikungahaye ku butare (feri) nk'inyama, amafi, umwijima, n'ibindi biribwa bitandukanye (reba isahani y'ibiribwa mu gice cya 2.5 hamwe n'amafishi y'ubujyanama yo kugaburira abana bato n'ababyeyi, Rwanda, 2019, amafishi nimeroye ya 1 n'iya 2).

Bimwe mu bigize amafunguro mato:

- Imbutu nk'imineke, avoka, inyanya, imyembe, amacunga...
- amata n'ibiyakomokaho nka yawurute, foromaje;
- ubunyobwa bukaranze, imbutu za makadamiya, soya, ibihwagari n'izindi mbuto zivamo amavuta;
- Amagi

2.6.2. Konsa umwana kuva akivuka kugera ku mezi atandatu

Umwana agomba konswa ku isaha ya mbere akivuka kandi agahabwa amashereka gusa kandi agakomeza konswa gusa nta kindi bamuvangiye kugeza ku mezi atandatu.

Abagore bagize ikibazo cyo konsa bagomba gufashwa n'abajyanama b'ubuzima cyangwa n'abandi babyeyi b'urungano batigeze bagira ikibazo cyo konsa abana babo (reba amafishi y'ubujyanama ku mirire y'ababyeyi, impinja n'abana bato, Rwanda, 2019, ifishi kuva kuri numero ya 3 kugera ku ya 11).

2.6.3. Gutangira guha umwana ifashabere

Umwana ugejeje amezi 6, atangira guhabwa ifashabere akanakomeza konswa neza kugeza byibuze ku myaka 2. umwana agomba kugaburirwa kuri ya moko atanu y'ibiribwa hibandwa cyane cyane ku bikomoka ku matungo bishyirwa mu byiciro bikurikira: i) ibikomoka ku mata ii) inyama iii) amagi, ibyo bibarizwa mu itsinda rimwe ry'ibiribwa.

Inshuro umwana agaburirwa ku muni ziterwa n'amezi afite (n'amafishi y'imirire iboneye y'ababyeyi, impinja n'abana bato, Rwanda, 2019 numero z'amafishi 12, 13, 14, 15 na 16).

Abana bato bahabwa ingano nto y'ifunguro kuko baba bafite ibifu bito ariko ifunguro rikajya ryongerwa uko umwana agenda akura (igitabo cy'imirire cyasohowe na Minisitari y'Ubuzima n'ikigo cy'igihugu cy'ubuzima (2014) n'amafishi y'imirire iboneye ku babyeyi, impinja n'abana bato, Rwanda, 2019 (numero y'ifishi 13, 14 na 15).

Imbonerahamwe 1. Amoko 5 y'ibiribwa

Amashereka
Ibiribwa by'ibanze (ibigori, ingano, umuceri, uburo, amasaka, imyumbati, ibijumba)
Ibinyamisogwe (ibishyimbo, ibishyimbo bya lantiye, amashaza), imbuto zo mu butaka (ubunyobwa) n'ibinyampeke (sezame)
Ibikomoka ku matungo <ul style="list-style-type: none"> • Ibikomoka ku mata (amata, yawurute, foromaje) • Inyama (inyama z'umubiri, inkoko, ifi, umwijima) • Amagi
Imbuto n'imboga <ul style="list-style-type: none"> • Imboga n'imbuto bikungahaye kuri Vitamine A (imyembe, ipapayi, ibinyomoro, imboga gakondo zifite ibara ry'icyatsi cyijimye, karoti, ibijumba bifite ibara ry'umuhondo, ibihaza) • Izindi mbuto n'imboga (imineke, inanasi, wotameloni, ibiringanya, amashu)
Amavuta n'ibindi birimo ibinure

Gushishikariza umwana muto kurya

Impinja n'abana bato bagomba gushishikarizwa kurya bitonze ntibabihatire (reba n'amafishi y'imirire iboneye y'ababyeyi, impinja n'abana bato, Rwanda, 2019 nimeru z'amafishi 12, 13, 14, 15 na 16)



Aho byaturutse: n'amafishi y'imirire iboneye y'ababyeyi, impinja n'abana bato, Rwanda, 2019

2.6.4. Kugaburira uruhinja ruri mu bihe bidasanze

Umwana ufite umubyeyi ubana na virusi itera SIDA cyangwa urwaye igituntu:

Umubyeyi ubana na virusi itera SIDA cyangwa urwaye igituntu akaba atwite agomba guhabwa ubujyanama: Ababyeyi babana na virusi itera SIDA bagomba koherezwa muri serivisi itanga imiti igabanya ubukana bwa Virusi itera Sida ku kigo nderabuzima, naho ababyeyi barwaye igituntu bagomba koherezwa muri serivisi ivura igituntu ku kigo nderabuzima.

Umubyeyi ubana na virusi itera SIDA cyangwa urwaye igituntu agomba gukurikiranwa kugira ngo afashwe gufata imiti neza (imiti igabanya ubukana bwa SIDA cyangwa imiti y'igituntu) kandi bakamushishikariza ndetse bakamufasha kugaburira uruhinja rwe nkuko bikorerwa abandi bana:

- Konsa umwana we nta kindi amuhaye kugera ku mezi atandatu nkuko bikorerwa abandi bana

- Gukomeza konsa umwana no kumuha ifashabere kuva kumezi 6 kugeza ku mezi 24 (reba n’amafishi y’imirire iboneye y’ababyeyi, impinja n’abana bato, Rwanda, 2019 nimeru z’amafishi 33 na 35)

Umwana ufite nyina urwaye COVID-19:

Gushishikariza umubyeyi bakekaho COVID-19 cyangwa uyirwaye gutangira cyangwa kukomeza konsa umwana. Kugira uwo mubyeyi inama bamugaragariza ko konsa umwana biruta kure ibyago byo kumwanduza COVID-19 igihe amwonsa.

Gufasha Umwana n’umubyeyi kuba bari kumwe umunsi n’ijoro ndetse imibiri yabo igakoranaho ku buryo umubyeyi ashobora kuryamisha umwana we mu gituzo (gukoresha uburyo bwa kanguru) cyane cyane akimara kuvuka cyangwa igihe bamutangiza ibere, ibyo bigakorwa kabone n’iyo umubyeyi yaba akekweho COVID-19 cyangwa ayirwaye.

Gushishikariza umubyeyi gukaraba intoki mbere yo konsa umwana.

Niba umubyeyi yaranduye Ebola:

Ababyeyi bakekwaho cyangwa banduye Ebola bagomba guhita bahagarika konsa. Bagomba guhita babapima ako kanya.

Abo babyeyi bagomba kugirwa inama ku buryo bategura neza insimburabere, uko bayikoresha neza n’uko bayiha umwana.

Guhumuriza ababyeyi no kubashishikariza kongera konsa umwana nyuma y’uko ibizamini bibiri bya Ebola bikurikiranye bikozwe ku mashereka, kimwe nyuma y’amasaha 24, bigaragaje ko amashereka atayanduye.

Ibyo bishobora kutubahirizwa ku bana bari munsi y’amezi 6 banduye Ebola, iyo basanze kubaha insimburabere bidashoboka, bihenze, bitari igisubizo kirambye cyangwa bitizewe kandi igihe basanze gutandukanya umwana na nyina nta ngorane byateza.

Abana bafite ababyeyi bitabye Imana cyangwa barembye cyane :

Reba n’amafishi y’imirire iboneye y’ababyeyi, impinja n’abana bato, Rwanda, 2019 nimeru z’amafishi 34 irebana no kugaburira umwana utonka kuva ku mezi 6 kugera kuri 24.

2.6.5. Kugaburira umwana urengeje imyaka 2

Umwana ugejeje ku myaka 2 aba ashobora kwigaburira no gufata amafunguro nkay’abandi bagize umuryango. Ariko umuryango ukomeza kumuba hafi mu gihe cyo gufungura kugira ngo bamushishikarize kurya cyane cyane iyo arwaye. Umuryango ugomba kubona indyo



igizwe n'ibiribwa bitandukanye (reba uruziga rw'imirire kuri 2.5.1.) kandi bitarimo ibirungo, isukari cyangwa umunyu mwinshi. Kumugaburira gatatu ku munsu noneho hagati yo gufata amafunguro manini rikurikira agahabwa amafunguro mato.

Igihe abagize umuryango basangirira hamwe, ni byiza guha umwana isahani ye kugira ngo abone ifunguro rimuhagije.

2.6.6. Kugaburira abana biga, abangavu n'ingimbi

Uko umwana agenda akura ni ko ibyo akenera mu mirire bigenda biyongera kurushaho ndetse bikazamuka cyane iyo abaye ingimbi/umwangavu. Nkuko bimeze ku bagize umuryango bose, abana batangiyeye kwiga b'ingimbi/abangavu bagomba kurya ifunguro ryuzuye kandi ririmo intungamubiri zikenewe. Ibyo bikaba akarusho ku bakobwa kuko iyo bariye neza barakura bakaba abagore bazabyara abana bafite ubuzima bwiza.

Ni ngombwa kumenya ko ibikenerwa mu ntungamubiri byinshi biyongera iyo abahungu cyangwa abakobwa bageze mu bugimbi/bwangavu kuko icyo gihe baba bakura vuba vuba kandi akenshi bakiyongeraho kimwe cya kabiri cy'ibiro byabo muri icyo gihe (ku myaka 10-19). Ingimbi byumwihariko zikenera ibitera imbaraga ni yo mpamvu bakunda gusonza no kurya byinshi. Abakobwa bakenera feri yikubye inshuro ebyiri iyo batangiyeye kujya mu mihango. Nyuma y'icyo gihe kugeza bacuze, abakobwa n'abagore bakenera feri nyinshi kurusha abahungu n'abagabo (bakenera amafunguro akungahaye kuri feri: amagi, inyama y'inka n'ihene, inkoko n'amafi).

Ibyo bigomba kubahirizwa iyo babaha ibyo kurya byinshi cyangwa bakabagaburira kenshi ndetse bakanabaha amafunguro mato hagati y'ifunguro n'irindi, bagatoranya ibiribwa bikungahaye ku ntungamubiri kandi bakabagaburira indyo igizwe n'ibiribwa bitandukanye. Umugore utwite kandi ugikura akenera feri nyinshi ku buryo biba ngombwa kumuha inyunganiramirire ya feri kugira ngo bamurinde kugira amaraso make.

Birabujijwe gufata ibinyobwa biryohereye n'ibiryo bitameze neza (amafunguro arimo isukari, umunyu n'ibinure byinshi). Ifunguro ritameze neza no kuba adakoresha umubiri cyane bishobora kumutera umubyibuho ukabije n'zindi ndwara zitandura nk'indwara z'umutima, diyabete, kanseri n'izindi.

UMUTWE WA GATATU

Ibikorwa by'ingenzi bikorwa muri gahunda y'imirire mu mudugudu

3.1. Kwigisha imirire mu mudugudu

Kwigisha abaturage mu mudugudu ibijyanye no kwita ku mirire ni urugendo rufasha umuntu ku giti cye n'amatsinda kwimakaza umuco wo kurya neza kugira ngo bite ku buzima bwabo kandi bibarinde kurwaragurika. Kwigisha ibijyanye n'imirire bigamije gushimangira imigirire n'imikorere igamije guhindura imyumvire mibi ituma abantu batagira ubuzima bwiza.

3.1.1. Ubujyanama ku mirire

Ubujyanama ku mirire ni ngombwa cyane kuko butuma abantu bakumira imirire mibi itandukanye. Izo nama zifasha imiryango ifite abana bafite ibyago byo kwisanga mu mirire mibi cyangwa bayifite ndetse n'abagore bari mu kigero cy'uburumbuke gukora ibishoboka byose ngobakumire 'ikibazo cy'imirire mibi.

Abashinzwe imirire mu mudugudu bicarana n'abantu ku giti cyabo n'amatsinda bakarebera hamwe imbogamizi zituma batimakaza umuco w'imirire myiza kandi bakagaragaza ibyabafasha ngo bahangane n'icyo kibazo ndetse bashobore gutanga inama z'uko bagarura umuco wo kwimakaza imirire myiza kandi bakawukomeraho. Bagomba guhora bakurirakana ko ibikorwa byateganyijwe bikorwa hagamijwe kunoza iyo mikorere.

Ni ngomba kumenya ko ku rwego rw'umuryango mu rugo, abagabo nabo bagomba kwitabira ubujyanama ku mirire no kurushaho kugira uruhare mu gukemura ikibazo cy'imirire mibi no kwita ku ihame ry'uburinganire n'ubwuzuzanye ari nako baha imiryango yabo ubushobozi bwo kwitabira ibikorwa bibafasha kwirinda imirire mibi.

3.1.1.1. Ubujyanama ku mirire myiza

a) **Ubujyanama mu matsinda: kwigisha ababyeyi n'abandi bita ku bana uko bagaburira umwana mu rugo**

Ubujyanama buhabwa amatsinda bugamije kwigisha ababyeyi n'abandi barera abana uko bagaburira abana bato mu rugo.

b) Gusura abaturage mu ngo no guha ubujyanama umuntu ku giti cye

Imiryango ifite ibibazo bikurikira igomba gusurwa kugira ngo ihabwe ubujyanama mu rwego rwo gukumira icyahungabanya ubuzima n'imirire by'umwana:

- Imiryango ifite abana bose bari muni y'imyaka itanu ariko ikaba ititabira gahunda yo gukurikirana imikurire yabo mu mudugudu
- Imiryango ifite bana bavukanye ibiro bike
- Imiryango ifite abana bafite ubumuga butuma badashobora kurya uko bikwiye
- Imiryango ifite impinja cyangwa umwana igipimo kigaragaza ko atiyongera ibiro cyangwa bigabanuka (ibiro bijyana n'imyaka umwana afite)
- Imiryango ifite abana bafite kuva ku mezi 6 kugera kuri 59, bapima bakoresheje igipimo cy'umuzenguruko w'ikizigira cy'ukuboko (MUAC) bagasanga ari mu muhondo (afite ububyimbe bw'impande zombi)
- Imiryango ifite abana bangwingiye mu burebure (ari mu muhondo cyangwa mu mutuku iyo bamuryamishije ku musambi)
- Imiryango ifite uruhinja cyangwa umwana wavurwaga imirire mibi ikabije akaba yasezerewe mu kigo nderabuzima

Umujyanama w'ubuzima iyo asuye imiryango agomba guha umuryango serivisi zikurikira:

- **ku muryango ufite umwana wavukanye ibiro bikeya:**
 - Kumupima ibiro no kwitegereza uburyo umurongo w'imikurire uzamuka cyangwa umanuka
 - Kubaha ubujyanama n'ubufasha mu bijyanye no kumwonsa no gukoresha uburyo bwa kanguru bukorwa umubyeyi yiyambuye imyenda yo hejuru agafatira umwana mu gituzo umubiri we ugatera umwana ubushyuhe
 - Gukurikirana uburyo umwana wavukanye ibiro bike ahabwa buri muni vitamin D na Fer y'inyunganiramirire bafata kuva bavuka kugeza bujije amezi 12. (amabwiriza y'igihugu yo kwita ku mwana ukivuka MoH/RBC, 2020).

Abana bavukanye ibiro bike kubera ko bavutse badashyitse cyangwa bavukanye ibiro bike bagomba gukurikiranwa kenshi ku ivuriro (ku kigo nderabuzima cyangwa ku bitaro) aho kubakurikiranira mu mudugudu iwabo. Ni ngombwa gukurikirana imikurire yabo (kubapima ibiro n'uburebure). Abo bana bagomba kujya bahabwa buri muni vitamine D y'inyunganiramirire ku byo bagaburirwa kugeza igihe bagiriye amazi 12. Abana bavutse badashyitse bagomba guhabwa inyongerantungamubiri ya feri kugeza bageze ku mezi 12

- **Umuryango ufite umwana uri muni y'imyaka ibiri kandi wagwingiye:**
 - Kumupima ibiro, uburebure no kumupima ikizigira cy'ukuboko (MUAC) ndetse no kumusuzuma ko afite ububyimbe bw'impande zombi;
 - Kubaha ubujyanama ku buryo bagomba kugaburira umwana muto no kugira isuku
 - Kubaha ubujyanama ku buryo bashobora gukina no gusabana n'umwana.
- **Umuryango ufite umwana ufite ubumuga:**
 - Kumupima ibiro, uburebure, umuzenguruko w'ikizigira cy'ukuboko (MUAC) no kumusuzuma niba adafite ububyimbe bw'impande zombi
 - Guha umubyeyi n'undi urera umwana ubujyanama ku buryo bwo kugaburira uruhinja n'umwana muto no kubungabunga isuku ariko uzirikana ko bikorerwa umwana ufite ubumuga (urugero: Ufite ingorane zo kumira n'ibindi.)
 - Kugira inama umuryango ku buryo bakinisha ndetse n'uko basabana n'umwana
- **Umuryango ufite umwana uri muri gahunda yo gukurikiranirwa mu rugo kubera ikibazo cy'imirire mibi ikabije cyangwa yarasezerewe kwa muganga:**
 - Uruhinja cyangwa umwana muto urengeje amezi 6 uri muri gahunda yo kuvurwa imirire mibi ikabije y'igikatu:
 - Gukurikirana umwana uko ahabwa inyunganiramirire (ibiribwa biteguye bifasha nk'umuti) n'ibindi biribwa
 - Kugira inama nyina w'umwana/umurera ku buryo bwo kwita ku isuku
 - Kugira inama abagize umuryango ku buryo bwo gukina no gusabana n'umwana
- **Umwana wavuriwe imirire mibi y'igikatu ku kigo nderabuzima cyangwa ku bitaro ariko akaba yarasezerewe**
 - Kumupima ibiro, uburebure, umuzenguruko w'ikizigira cy'ukuboko (MUAC) no kumusuzuma niba adafite ububyimbe bw'impande zombi
 - Guha ubujyanama umubyeyi cyangwa urera uruhinja n'umwana muto ku buryo bwo kumugaburira no kwita ku isuku ye;
 - Guha ubujyanama umuryango ku buryo bwo gukina no gusabana n'umwana

Isura mu ngo no gutanga ubujyanama bikorwa mu buryo bukurikira :

- Kuganira n'abagize umuryango ku mikurire y'umwana hashingiwe uko uhagaze
- Gukangurira ababyeyi kwitabira gahunda y'inkingo gushyira mu bikorwa ingengabihe y'ikingira ry'abana bari muni y'imyaka itanu.
- Kwereka ababyeyi uko basoma ifishi y'imikurire y'abana babo kugira ngo barusheho kumenya uko ubuzima bw'abana babo buhagaze.
- Gusaba ababyeyi n'abandi barera abana kugira uruhare mu gukemura ikibazo cyo kugwingira mu mikurire y'umwana
- Gutanga ubujyanama ku buryo bwo kugaburira ababyeyi, impinja n'abana bato
- Kuganira ku buryo bwo kurengera umwana
- Kuganira ku isuku n'isukura
- Kuboneza urubyaro

3.1.1.2. Uburyo bwo gutanga ubujyanama bukwiye**Umujyanama**

- Ntaca urubanza
- Atega amatwi cyane kurusha kuvuga
- Afasha umuntu gufata ibyemezo bishingiye ku makuru y'ukuri kugira ngo akemure ikibazo;
- Afata umubyeyi nka mugenzi we bareshya kugira ngo bagere ku mpinduka yifuzwa;
- Atanga ibyifuzonama bishingiye ku mibereho y'umubyeyi, ibyo akeneye, ibyifuzo bye n'ingorane afite;
- Kubaha ibitekerezo, ibyifuzo n'impungenge z'ababyeyi.

Gukorana ubuhanga mu gutanga ubujyanama

- Gusuhuza umubyeyi/ uwita kumwana;
- kumutega amatwi igihe arikuvuga;
- Kugerageza kumva ikibazo cye uhereye ku buryo we acyumva, udahereye ku buryo wowe ubyumva;
- Kubaza ibibazo bisaba "yego" cyangwa "oya" gusubiza mu rwego rwo gushaka amakuru y'inyongera;
- Kugaruka ku byo umubyeyi/ uwita kumwana yavuze;
- Kwirinda kumucira urubanza;
- Kugerageza gutanga inama yo gukora ibikorwa byoroheje kandi bishoboka;
- Guha agaciro no gushima ibyo ababyeyi/ abita ku bana bakora neza.

3.1.1.3. Intambwe eshatu zo gukora ubujyanama

Izo ntambwe eshatu ni izi zikurikira

Intambwe ya mbere: kugenzura: gutega amatwi no kwitegereza

- Gusuhuza umubyeyi cyangwa undi urera umwana ukoresheje imvugo imenyerewe n'ibimenyetso bisanzwe;
- Gutangira umubaza ibibazo bimushishikariza kuvuga.
- Gutega amatwi ibyo avuga no kwitegereza ibiri kuba ukoresheje *ubuhanga bwo kumva, kwiga, kubaka icyizere no gutanga ubufasha*;
- Gusesengura ibikorwa bikwiye byo kugaburira umwana bashingiye ku myaka ye, bashingiye ku mibereho n'uko ubuzima bw'umwana na nyina (cyangwa urera umwana) buhagaze.

Intambwe ya 2: Gusesengura: kugaragaza ingorane niba zirenze imwe- no guhera ku ngorane zihutirwa gukemurwa kurusha izindi

- Kwemeza niba indyo ubona baha umwana na nyina (cg undi urera umwana) ijyanye n'imyaka ye, no kureba niba imibereho ye n'uko ubuzima bwe bimeze neza.
- Niba nta ngorane zikomeye zihari, ni byiza gushimira umubyeyi (undi urera umwana) no kumuha amakuru akenewe yakwifashishwa kugira ngo umwana aje mu cyiciro gikurikira cy'imikurire.
- Niba hari ingorane zirenze imwe zijyanye no kugaburira umwana cyangwa imibereho n'ubuzima bw'umwana cyangwa ubw'umubyeyi (cyangwa undi urera umwana) bimeze nabi, agomba guhera kuzikomeye kurusha izindi.
- Gusubiza ikibazo umubyeyi cyangwa undi urera umwana abajije niba gihari.

Intambwe ya 3. Ibikorwa: kuganira, gutanga ibitekerezo bifatika, kwemeranya ku bikorwa bishoboka

- Uhereye ku mpamvu zagaragajwe haruguru mu isesengura, kuramo amakuru make wageza ku mubyeyi cyangwa undi urera umwana ajyanye n'uko imibereho yabo ihagaze;
- Gushimira umubyeyi n'undi urera umwana ku kazi akora neza
- Kugaragaza udukorwa duto dushoboka twafasha mu gukemura ikibazo kibangamiye imirire y'umwana cyangwa ikibazo kibangamiye ubuzima bwe cyangwa ubw'umurera. Ibyo bigomba gukorwa mu gihe runaka (mu minsi mike iri imbere cyangwa mu byumweru bike biri imbere)



- Guha umubyeyi cyangwa undi wita ku mwana amakuru y'ingenzi ukoresheje amafishi y'ubujyanama bwiza cyangwa udutabo duto batahana noneho ukanamusubiza ibibazo yabajije niba bihari.
- Gufasha umubyeyi cyangwa undi urera umwana uburyo yemeye kugerageza kugira ngo akemure ikibazo cyagaragaye. Ibyo ni byo twita kumvikana.
- Kwereka umubyeyi cyangwa undi urera umwana aho ashobora kubona ubufasha bwisumbuye. Mwohereze ku ivuriro rimwegereye niba ari ngomba kandi umushishikarize gukurikira no kugira uruhare mu biganiro by'inyigisho ahabwa mu matsinda y'ubufasha ku mirire iboneye y'impinja n'abana bato mu mudugudu.
- Kwemeza ko umubyeyi cyangwa undi urera umwana azi aho yasanga umukorerabushake cyangwa umujyanama w'ubuzima.
- Gushimira umubyeyi cyangwa undi urera umwana ku gihe cye yigomwe mukaganira.
- Kumvikana igihe muzongera guhurira niba ari ngombwa

Guteza imbere ibikorwa ntangarugero by'imirire binyujijwe mu kwereka abaturage uko bateka ni uburyo bukomeye bwo gufasha imiryango gushyiraho gahunda no gutegura indyo irimo intungamubiri bakoresheje ibyo bahinga aho batuye kandi imiryango myinshi ikaba ishobora kubona ubushobozi bwo kubigira cyangwa kubihinga mu mirima yabo cyangwa mu turima tw'igikoni.

Kwereka abaturage uko bateka bikorerwa ahantu hatandukanye mu minsi ikomeye itandukanye. Urugero, mu gihe cy'ubukangurambaga bwo gukangurira abantu kwita ku mirire, mu bigo nderabuzima, mu bigo mbonezamukurire y'abana bato no mu mashuri.

Kwigisha abantu guteka bikorwa buri kwezi mu gikoni cy'umudugudu no mu bindi bihe iyo hari ibikorwa abaturage bahuriramo mu wego rwo gukemura ibibazo bafite no guhindura imyifatire mu miryango ifite abana bafite ikibazo cy'imirire mibi.

Ni ngombwa kumenyesha abaturage uko bategura ibyo kurya bakabamenyesha ibyo baziga, insanganyamatsiko nyamukuru n'igihe amasomo yo kwimenyereza guteka azamara. Ababyeyi n'abandi barera abana bagomba kumenya guteka ibintu bitandukanye. Igitabo cy'imirire (MoH/RBC, Igitabo Cy'imirire, Gutegura no Guteka Indyo Yuzuye, 2014) kirahari kandi gikubiyemo ibitekerezo by'uko bagaburira impinja n'abana bakoresheje ibiribwa biboneka aho batuye.

Kwigisha umubyeyi uko bateka

Umujyanama w'ubuzima agomba gusobanurira umubyeyi ibyo agomba guteka n'uko

yabiteka;

- Gukaraba intoki;
- Kuvanga ibiribwa bikungahaye ku ntungamubiri kandi biboneka aho batuye
- Kwirinda guteka imboga zigashya cyane
- Gukaraba intoki mbere yo gutegura amafunguro no kumugaburirana isuku

Gahunda y'igikoni cy'umudugudu

muri iyi gahunda y'igikoni cy'umudugudu ni gahunda ihoraho igomba gukorwa byibura inshuro 2 mu kwezi, aho abaturage bagomba gukoresha ibiribwa biboneka mu gace batuyemo kandi bikungahaye ku ntungamubiri ndetse abaturage bakaba bafite ubushobozi bwo kubibona. Kwigisha uko bateka n'uburyo bufatika bwo gufasha imiryango gushyiraho gahunda no gutegura indyo yuzuye kandi imeze neza.

- Abajyanama b'ubuzima bafatanyije n'abayobozi bo mu nzego z'ibanze bahuriza hamwe ababyeyi b'abana bari muni y'imyaka itanu kugira ngo bigire hamwe guteka
- Abajyanama b'ubuzima bategura inama ntegurabikorwa bagirana n'ababyeyi kugira ngo barebere hamwe ibiribwa biboneka aho batuye kandi bakusanye n'ibikoresho byo mu gikoni bazakoresha muri rya shuri ryo guteka ndetse bashyireho ingengabihe n'ahantu bizajya bikorerwa.
- Abajyanama b'ubuzima n'ababyeyi bagirana ibiganiro kandi bakumvikana ku byo bari buteke

Kwerekana uko bateka

Abaturage bagomba gusobanurirwa muri make uko bateka harimo n'ibyozazateka, insanganyamatsiko nyamukuru y'imirire ndetse n'igihe icyo gikorwa cyo guteka kizamara.

- ✓ Itsinda rihurira hamwe buri wese akerekana uko ateka nyuma yo kubisobanurirwa
- ✓ Kugira ngo abana bakomeze kugira ubuzima bwiza, bagomba guhabwa ibi bikurikira:
 - Indyo ihagije
 - ubwoko bw'ibiribwa bukwiye/ butandukanye
 - Ibiribwa bisukuye kandi bizira inenge
- ✓ Mu masomo atangwa bagomba gusobanura ibi bikurikira:
 - Ibyo umwana agomba kugaburirwa/amoko atandukanye y'ibiribwa
 - Uko bigomba kuba bingana
 - Incuro bagomba kubitanga

- ✓ Imyigishirize igomba kuba iteye itya:
 - Buri wese afite icyo akora
 - Kureka ababyeyi bakabyikorera
 - Kubashishikariza kubaza ibibazo
 - Kubashishikariza gusangira ibitekerezo
- ✓ Abigisha guteka bagomba kuba bazi gusobanura ibyo bigisha kandi bakunda gukorana n'ababyeyi, bagomba gukoresha amagambo ababyeyi bumva neza.

Inama bahabwa zigomba kuba zishoboka zitabasaba amikoro badafite kugira ngo zishyirwe mu bikorwa kandi zikwiranye n'umuco.

- ✓ Imfashanyigisho igomba gukoreshwa:
 - Amashusho y'ibiribwa
 - Agatabo gakubiyemo ibiribwa biboneka aho batuye byagaburirwa impinja n'abana bato.

3.1.2. Guteza imbere ibikorwa byamamaza imirire myiza

Uretse bya bikorwa byo kwiga guteka, kurushaho gutanga ubujyanama ku mirire y'ababyeyi, impinja n'abana bato kandi bukagera ku bantu benshi (hari ubujyanama buhabwa umuntu ku giti cye n'ubuhabwa itsinda) bizatuma ubumenyi n'imyitwarire ikwiye ku mirire birushaho kumenyekana cyane bigatangwa igihe umubyeyi aje kwisuzumisha kwa muganga atwite na nyuma yo kubyara, n'igihe aje gukingiza umwana (reba ingengabihe y'ikingira ku mugereka wa 2), mu biganiro n'abaturatione, mu migoroba y'ababyeyi, mu miganda, mu bukangurambaga no mu gihe cya siporo, aho ubutumwa bugezwa ku bita ku bana (ababyeyi b'abagore n'ab'abagabo n'abandi bita ku mwana) ndetse n'abangavu n'ingimbi. Abitabiriye ibyo bikorwa bagomba kuganira ku mbongamizi z'abinangira kureka imyifatire n'imigirire mibi bituma imirire mibi itagabanuka, bazisesengura bagaragaza ingaruka mbi n'ibyo abaturage bagomba gukora bayobowe n'abayobozi bo mu nzego z'ibanze.

Ibikorwa birimo udushya bigomba kwiyongera ku bikorerwa ku mbuga zitandukanye:

- Gushyiraho amatsinda mu bashakanye yo gufashanya mu guteza imbere imirire y'ababyeyi, impinja n'abana bato
- Gushimangira amahugurwa y'urungano bibanda cyane ku ruhare rw'abantu ntangarugero no gushyigikira abambari b'impinduka buri mwaka.
- Gukora ibitaramo by'ubuhanzi bigenewe cyane cyane urubyiruko aho bashobora gukoresha impano zabo mu guteza imbere ibihangano by'ingenzi biyanye n'imirire (urugero: imivugo, indirimbo, gushushanya) kandi bagataramira mu mudugudu.

- Abaturage ubwabo bashobora kwitegurira ikinamico bashingiye ku bikorwa by'abaturage hamwe n'imyifatire bashaka kugeraho. Izo kinamico zigomba kuba zikubiyemo ubutumwa bw'ingenzi ku mirire butangwa binyuze mu bihangano.
- Kwerekana sinema ahantu hatandukanye bikoreshwa cyane cyane iyo bashaka gutanga ubutumwa babunyujiye mu majwi no mu mashusho.

Izo mbuga zitandukanye n'ibindi bikorwa bishya bigamije kwigisha abaturage ibijyanye n'imirire bigaruka ku bujyanama ku mirire y'impinja n'abana bato ariko bakibanda cyane cyane kuri ibi bikurikira:

- Kubahiriza ihame ry'uburinganire n'ubwuzuzanye mu ngo bibanda cyane ku ruhare rw'umugabo mu bikorwa by'imirire, uko ubushobozi bw'abagize umuryango bukoreshwa n'uruhare rw'abana n'abagore mu gufata ibyemezo (kubasobanurira neza uruhare n'inshingano za buri muntu ugize umuryango harimo umugabo, umugore, ingimbi, umwangavu mu guteza imbere imirire myiza);
- Kwita ku bangavu babyaye (bakangurira abaturage uko bakwita ku bangavu batwite imburagihe, gukorana n'abayobozi b'amashuri kugira ngo bafashe abangavu babyaye ntibareke amashuri yabo kandi abaganga babitaho mw'ibanga, babikore kinyamwuga);
- Kumenya no gukemura ikibazo cya kirazira ijyana n'ibyo kurya no kwigisha abantu kumenya imirire ikwiye;
- Guha abana inyunganiramirire ifite intungamubiri no kuvura inzoka abana bari muni y'imyaka itanu buri mezi atandatu;
- Gufasha ababyeyi konsa abana bagahaga no kubereka amoko atandukanye y'ibiribwa (reba ku isahani 2.5) bigomba guhabwa abagore batwite n'abonsa;
- Gutangiza abana bato bafite hagati y'amezi 6 na 23, amafunguro akwiye, agizwe n'ibiribwa bitandukanye, bakayahabwa kenshi ku gihe kimwe;
- Gukina no gusabana n'abana bato mu rwego rwo gukangura ubwonko bwabo;
- Abana babyibushye cyane bagomba kwirinda amafunguro arimo ibinure byinshi, isukari nyinshi no gukora imyitozo ngororamubiri;
- Abagore batwite bagomba kwisuzumisha kwa muganga inshuro umunani, kwita ku mwana ukivuka no kwita ku mugore nyuma yo kubyara nkuko amabwiriza abiteganyaga;
- Kwigisha uko babungabunga isuku no kwimakaza umuco wo kugira isukura ihagije harimo no gukaraba intoki n'isabuni (reba igitabo cya 22 ku bujyanama, ugaragaze igihe n'ibyiciro bisabwa);

Kumenya no gukorana n'inzego zisanzwe zihari kugira ngo zifashe mu gukwirakwiza ubutumwa ku mirire myiza kandi bushingira ku kibazo gihari harimo uko batunganya ibikomoka ku matungo binyujijwe mu buryo bwo guteza imbere imibereho myiza, kubigeza ku baturage benshi no kubyamamaza

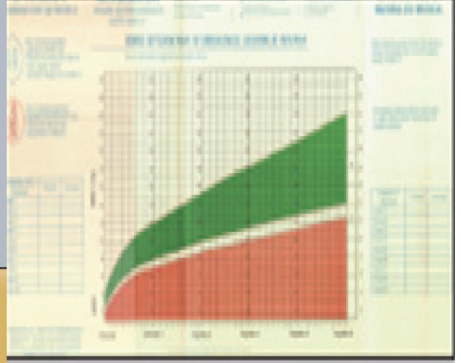
3.2. Gufata ibipimo by'imikurire y'umwana n'uruhare rw'abaturage mu kurwanya imirire mibi

3.2.1. Gufata ibipimo by'imikurire y'umwana mu mudugudu

Gufata ibipimo by'imikurire y'umwana mu mudugudu ni igikorwa gihoraho gikorwa rimwe mu kwezi, kigamije gutahura hakiri kare ibibazo by'imirire mibi y'abana. Bimwe mu bipimo by'imikurire y'umwana bifatwa harimo:

- Umuzenguruko w'ikizigira cy'ukuboko kw'ibumoso k'umwana (MUAC), bifatwa kuva ku mezi 6 kugeza ku mezi 59.
- Ibiro ku bana bari hagati y'amezi 6 kugeza ku mezi 59 hakoreshajwe umunzani.
- uburebure ukoreshaje umusambi wabugenewe ku bana bagejeje amezi 3,6,9,12,15,18
- Ububyimbe bw'impande zombi kubana bakivuka kugeza ku mezi 59
- Ikigero cy'abana mu mezi



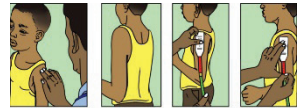


Ifishi y'ubuzima bw'umwana

Uko bafata ibipimo ndangamukurire by'abana

3.2.1.1. Intambwe zubahirizwa mu gufata ibipimo by'umuzenguruko w'ikizigira cy'ukuboko (6-59amezi)

- Hina ukuboko kw'ibumoso gukore imfuruka igorotse (dogere 90) Shakisha agasongerero k'urutugu
- Shakisha agasongerero k'inkokora
- Shyira ahari utwambi (kuri zeru) igipimisho cya MUAC kugasongerero k'urutugu
- Rambura MUAC uyigeze ku gasongerero k'inkokora hanyuma usome uburebure bw'ikizigira cy'ukuboko.
- Zinga igipimisho cya MUAC mo kabiri uhereye kuri zero ugere kuburebure wazinze bw'ukuboko
- cyangwa ugabanye kabiri umubare uhwanyeye n'uburebure wapimye Garagaraza hagati na hagati ukoresheje ikaramu cyangwa urutoki
- Rambura ukuboko hanyuma ushyire igipimo cya MUAC hagati na hagati
- Cisha agatwe k'igipimisho cya MUAC mu kadirishya, hanyuma ugenzure neza uburyo igipimisho cya MUAC kimeze (ntikirekuye cyangwa ntigikanyaze cyane umubiri w'umwana)
- Somera santimetero z'umuzenguruko w'ukuboko hagati y'utwambi, umuzenguruko ubonye n'ibara uwo mubare urimo





3.2.1.2. Intambwe zubahirizwa mu gupima ibiro by'umwana

Gupima ibiro by'umwana hakoreshejwe umunzani wabugenewe (umubyeyi ahagararaho ateruye umwana) hakurikizwa n'intambwe zikurikira

- Shyira umunzani ahantu hareshya (ahitegeye izuba niba ukoreshwa n'imirasire y'izuba) watse kuburyo mu kadirishya ku munzani hajyamo 00



- Saba umubyeyi / uwita ku mwana guhagarara neza ku munzani ari wenyine kuburyo imyenda idatwikira aho ibiro byiyandika, bityo ibiro bihita bigaragara mu gihe kitarenze amasegonda abiri.

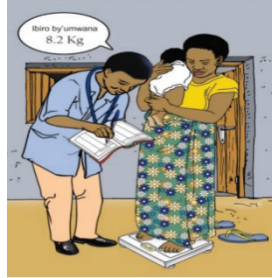
Icyitonderwa: uwo mubyeyi cyangwa uwita kumwana agomba guhagarara neza atinyeganyeza kandi ntawe kumunzani atabibwiwe n'upima



- Mu gihe ibiro by'umubyeyi bimaze kwiwandika, subiza umunzani kuri zero, upfuka akadirishya cyangwa ukanda ahabugenewe bityo umunzani usubire kuri zero byerekana ko umunzani uringaniye.



- Hereza umubyeyi/ uwita ku mwana, uwo mwana ugomba gupimwa ibiro, icyo gihe umunzani uzagaragaza ibiro by'umwana gusa.



3.2.1.3. Gupima uburebure bw'umwana ukoreshe umusambi wabugenewe

Kurikiza intambwe zikurikira ugereranya uburebure bw'umwana n'amabara agaragara ku musambi wabugenewe:

- Sobanurira umubyeyi ko kugirango igipimo gishobore gufatwa hakenewe abantu 2 Rumbura umusambi neza mbere yo kuwuryamishaho umwana
- Ambura umwana inkweto n'indi mitako y'umusatsi kandi ukure ku mutwe we ipfundo ry'umusatsi ryaba rishobora kuba ririho
- Ryamisha umwana agaramye, Umuhungu kuruhande rwe n'umukobwa kuruhande rwe
- Bwira umubyeyi cyangwa uwita kumwana gufatira umutwe w'umwana ku rubaho rwo haruguru aho umutwe ugarukira
- Huza igitwariri n'urubaho kuburyo bikora inguni igororotse
- Fata amaguru y'umwana uyarambuye ku musambi, rumbura amavi y'umwana kugirango agororoke, amano areba hejuru wifashishije ikiganza cyawe hanyuma urebe aho agatsitsino kagera



3.2.1.4. Gusuzuma kubyimba gufata impande zombi z'ibice by'umubiri

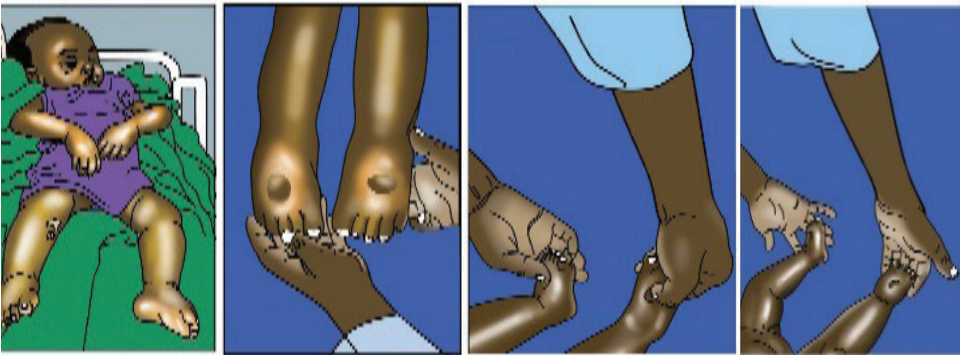
3.2.1.4.1. Gupima imirire mibi bareba ububyimbe w'impande zombi

Gupima ububyimbe bw'umwana hagamijwe kureba ko afite imirire mibi bikorwa muri ubu buryo :

- Bafata urutoki rw'igikumwe bakarutsindagira ku birenge byombi mu gihe cy'amasegonda nibura atatu
- Niba cya gikumwe batsindagiye ku birenge byombi kahasize umwobo kuri buri kirenge, ni ukuvuga ko umwana afite ububyimbe bw'impande zombi
- Umwana ufite ububyimbe bw'impande zombi aba ari mu mirire mibi agomba guhita yoherezwa ku ivuriro rimwegereye.

Inzego 3 z'ububyimbe bw'ibirenge byombi

- Urwego rwa 1 (+): igihe ahatsindagiye ibikumwe hahobeye kandi hagatinda gusubirana ku birenge byombi, ibi bisobanura ko umurwayi abyimbye impande zombi
- Urwego rwa 2(++): igihe ibirenge bibyimbye kandi wanatsindagira ibikumwe ku mirundi naho warekura ugasanga hasigayemo ibinogo.
- Urwego rwa 3(+++) Igihe umwana abyimbye umubiri wose (amaguru, imirundi, ibikonjo by'intoki no mumaso aho ukanze hose, ikinogo gisagaramo kigatinda gusubirana.



Icyitonderwa: ibipimo mbonezamikurire (gupima MUAC, gupima ububyimbe bw'impane zombi, gupima ibiro, uburebure) bigomba kwandikwa mu gitabo cy'ibipimo mbonezamikurire. Imbonerahamwe z'ibipimo mbonezamikurire ziri ku mugereka wa 5. Ibiro by'umwana byandikwa ku ikarita y'ikingira (ikarita y'umuhondo).

Ibikorwa byo gukurikirana imikurire y'umwana bikorwa buri kwezi kandi bigakorerwa mu mudugudu aho abaturage bateganyije ko ababyeyi cyangwa abandi barera abana bazajya babikorera.

3.2.1.6. Isesengurwa ry'ibipimo n'ibigomba gukorwa

Gufata ibipimo mbonezamikurire	Ibivuye mu bipimo	Icyo ugomba gukora
Gupima umuzenguruko w'ikizigira cy'ukuboko (MUAC)	Umutuku: muni cgingana na 11.5cm: imirire mibi ihutiyeho ikabije	Kohereza umwana ku ivuriro rimwegereye kugira ngo bamuvure
	Umuhondo: 11.5-12.5cm kuri MUAC (imirire mibi ihutiyeho yoroheje	Kugira umubyeyi inama z'uko agomba kugaburira umwana we no kumwohereza ku kigo nderabuzima kimwegereye kugira ngo kimukurikirane
	Icyatsi : 12.5 cm kuzamura. imirire myiza	Kugira inama umubyeyi cyangwa undi muntu umurera ku mirire y'umubyeyi, uruhinja n'umwana muto kugira ngo bakomeze barere neza uwo mwana
Gusuzuma ububyimbe bw'impane zombi	Yego: imirire mibi ihutiyeho ikabije	Kohereza umwana ku kigo nderabuzima kimwegereye kugira ngo bamuvure
	Oya: imirire myiza	Kugira inama umubyeyi cyangwa undi muntu umurera ku mirire y'umubyeyi, uruhinja n'umwana muto kugira ngo bakomeze barere neza uwo mwana



<p>Gupima ibiro ugereranyije n'imyaka Iyo wanditse ibiro ukabigere-ranya n'imyaka y'umwana ku ifishi y'ubuzima , ashobora kugaragara mu mabara 3: icyatsi , umuhondo , umutuku</p>	<p>Umutuku: umwana aba afite ibiro bike bikabije. Igihe umurongo ugenda umanuka cyangwa urambuye n'ikimenyetso kibi cy'uko umwana atiyongera, ubuzima bwe buba buri mukaga. Ni kimwe niyo umwana ari mumuhondo, umurongo ugenda utambika</p>	<p>Gutanga inama ku mirire y' umwana muto no kumwohereza mu bikorwa by'umudugudu (kwigishanya uko bateka, igikoni cy'umudugudu, gukoresha uburyo bwo guhindura imyifatire ababyeyi bakura umwana mu mirire mibi, ibikorwa byo kwita ku bana batishoboye) ubujyanama butangwa n'umubyeyi wahinduye imyifatire, gusura abana mu ngo kugira ngo barebe uko uruhinja n'abana bato bitabwaho mu mirire no kubaha ubufasha bujyanye n'ikibazo bafite Kureba ibipimo bya MUAC no kugira icyo ukora ushingiyeye ku ibara wabonye umwana arimo</p>
	<p>Icyatsi n'ikimenyetso cyuko umwana afite ibiro bikwiye. Umurongo ugomba kuzamuka , iyo utambitse cyangwa umanuka nikimenyetso kibi</p>	<p>Gutanga inama z'uko bagaburira , abana bato no gushishikariza ababyeyi/abandi barera umwana gukomeza kurera umwana neza</p>
<p>Gupima ubure-bure ugereranyije n'imyaka ukore-sheje umusambi wabugenewe</p>	<p>Umutuku: umwana aba afite imikurire mibi ikabije iganisha mu kugwingira Umuhondo: imikurire mibi idakabije iganisha ku kugwingira</p>	<p>Gutangira inama ku buryo kugaburira impinja, abana bato no kubashyira muri gahunda y'ibikorwa byo ku mudugudu (kwerekana uko bateka, ibikorwa byo kwita ku banyanteye nke) Gutanga inama ku buryo bwo gusabana no gukina n'umwana kugira ngo bakangure ubwonko bwe; ubwo bukangurambaga butangwa n'umubyeyi warwaje umwana imirire mibi ariko agakira, akabikora mu isura ryo mu ngo rigamije gusuzuma uko bita ku mirire umwana muto no guha abarera umwana ubufasha iyo ari ngombwa</p>
	<p>Icyatsi: imikurire myiza</p>	<p>Gushimira ababyeyi n'abandi barera umwana no kubashishikariza gukomeza ku mwitaho ndetse no</p>

Zimwe muri serivisi z'ingenzi zikorerwa umwana ni izi zikurikira:

- ✓ Kwitegereza umwana no kureba ibimenyetso by'indwara ya bwaki yumisha cyangwa bwaki ibyimbisha
 - ✓ Gufata ibipimo by'imirire mibi ikabije bakoresheje igipimo cya MUAC ku bana bafite kuva mezi 6 kugera kuri 59 rimwe mu kwezi
 - ✓ Kubara imyaka y'umwana: gukura itariki y'amavuko y'umwana mu itariki y'uyu muni ukurikije mubazi y'imyaka
 - ✓ Kugaragaza ibiro by'umwana n'imyaka ye ku gaheto k'imikurire ku gishushanyo
 - ✓ Kugaragaza uko imikurire ihagaze bakoresheje uko uduheto twa mbere twabigaragazaga ku mbonerahamwe
 - ✓ Gutanga ubujyanama ku muntu ku giti cye ku bujyanama ku mirire ikwiye ku bana bato hashingiwe ku mikurire igaragazwa n'agaheto k'imikurire ku mbonerahamwe
 - ✓ Gusuzuma ingengabihe y'ikingira
 - ✓ Gushishikariza ababyeyi kwitabira icyumweru cy'ubuzima bw'umwana buri mezi 6.
 - ✓ Kubaha inyunganiramirire ya vitamin A na Ongera intungamubiri nkuko bigaragara mu mabwiriza y'igihugu.
 - ✓ Niba afite ibimenyetso bigaragarira amaso cyangwa arwaye iseru ni ngombwa kumwohereza ku kigo nderabuzima
- **Niba umwana agaragaza nibura kimwe muri ibi bimenyetso mpuruza:**
 - Kudashobora kunywa cyangwa konka;
 - Gucibwamo cyangwa kuruka;
 - Gutengurwa
 - Gucika intege, guta ubwenge
 - Kugira umuriro mwinshi (kugira umuriro ≥ 38.5 °C)
 - Guhumeka vuba vuba
 - Gutakaza ibiro vuba vuba
 - Ubukonje mu mubiri $< 35^{\circ}\text{C}$

Ababana baba bararembye bagomba kwoherezwa kwa muganga ako kanya. Bagomba kubarinda ubukonje kandi bagashishikariza ababyeyi babo kubonsa igihe babajyana kubavuzza ku kigo nderabuzima cyangwa kwa muganga.

Ibibazo bijyana n'imibereho y'ababyeyi cg urera umwana bisaba ko bahabwa ubufasha, aha twavugaga nko kuba uwita ku mwana afite ubumuga cyangwa agahinda gakabije. Abagore bose batwite n'ababyeyi bafite abana bato bagomba guhabwa ubujyanama, kuva bagisama kugeza igihe umwana agiriye imyaka itanu, ku buryo bukwiye bwo kugaburira abana babo, bashingiye ku nama zitangwa ku mirire ikwiye ku mubyeyi, n'umwana muto. Amafishi y'ubujyanama. Inama zitangwa mu matsinda cyangwa ku bantu ku giti cyabo bifashishije ifishi iriho ubujyanama ku mirire ikwiye y'umubyeyi, n'umwana muto.

Hari abagomba guhabwa ubujyanama ku giti cyabo kugira ngo abana babo badakomeza kumererwa nabi cyangwa ubuzima bwabo ndetse n'imirire bikagira ikibazo:

- ✓ Abana bagaragara mu murongo utambitse cyangwa umanuka (ibiro afite ugereranyije n'imyaka ye)
- ✓ Aho MUAC yakozwe ku bana bafite ku mezi 6 kugera kuri 59 igasanga bari mu muhondo (batabyimbye impande zombi)
- ✓ Abana badindiye mu mikurire (bapimwe ku musambi, bagasanga bari mu muhondo cyangwa umutuku)

Abana bavutse bafite ibibazo byihariye nko kuvukana ibiro bike cyangwa bakabura umwuka bakivuka. Ababyeyi bafite abana bagaragara ku murongo uzamuka bagomba kubashimira no kubagira inama zo kudashyirira inyuma mu kwita ku bana babo cyane cyane babagaburira neza kandi banasabana na bo.

3.2.1.7. Abagore batwite n'abonsa

Abagore bageze mu myaka y'uburumbuke, iyo babonye imihango itinze kuza, bagomba kwipimisha ku bajyanama b'ubuzima kugira ngo barebe ko batwite, niba ikizamini kigaragaje ko batwite, bagomba kubashishikariza kwitabira gahunda yo kwipimisha / kwisuzumisha inda ku kigo nderabuzima mu gihembwe cya mbere bakimenya ko batwite.

Abajyanama b'ubuzima bagira inama abagore batwite n'abagore bonsa uko bagomba gutegura no kurya indyo yuzuye ndetse n'uburyo buboneye bwo konsa abana neza. Mu gihe abagore bonsa bagize ikibazo cyo konsa, bagomba guhabwa ubufasha n'abajyanama b'ubuzima cg abakozi bo kwa muganga nkuko bivugwa mu mfashanyigisho ku mirire y'umugore utwite, konsa no kugaburira umwana muto.

Abajyanama b'ubuzima bapima abagore batwite n'abonsa kugira ngo barebe niba bafite imirire myiza bakoresheje MUAC ikorerwa abantu bakuru.

- Iyo igipimo cy'umuzenguruko w'ikizigira cy'ukuboko(MUAC) biri hejuru ya cm 23: bivuga ko umugore afite imirire myiza.

- Iyo igipimo cy'umuzenguruko w'ikizigira cy'ukuboko(MUAC) kiri hagati ya cm 21 na Cm 23: bivuga ko umugore afite imirire mibi idakabije.
- Iyo igipimo cy'umuzenguruko w'ikizigira cy'ukuboko(MUAC) kiri muni Cm 21: bivuga ko umugore afite imirire mibi ikabije.

Ibindi bipimo by'imirire y'abagore batwite n'abonsa ni ibi bikurikira:

- Gupima abagore ibiro n'uburebure
- Kubapima niba ibiro bafite bijyanye n'uburebure (BMI): Ibiro byawe (muri kg) ukabigabanya n'uburebure bwawe (muri metero)²

3.2.1.8. Inshingano z'umujyanama w'ubuzima

- Gusura no gukurikirana mu ngo abana bafite imirire mibi, abavuwe imirire mibi ikabije ntibakire cyangwa basezerewe mu bitaro badakize;
- Gutanga ubujyanama mu muryango ku buryo bukwiye bwo konsa no kugaburira umwana muto, isuku no gukangura ubwonko bw'umwana;
- Gukangurira ababyeyi kwitabira gahunda y'igikoni cy'umudugudu
- Kwitabira kenshi inama zihuza ibikorwa ku kigo nderabuzima no kumenya abakozi babishinzwe ndetse no kwiga uko azakurikirana abana bashyizwe mu bitaro bafite imirire mibi ihutiyeho idakabije cyangwa imiririre mibi ihutiyeho ikabije.

Urutonde rw'ibikoresho byo gukurikirana imikurire y'umwana mu mudugudu biri ku mugereka wa 3.

3.2.2. Gukurikirana abana bagaragaweho imirire mibi mu mudugudu

Abana bagaragaye ko bafite imirire mibi ikabije bagomba koherezwa ku kigo nderabuzima kibegereye kugira ngo bitabwaho. Muri bo harimo abana bavurwa bataha cg bakavurirwa kwa muganga bitewe n'uburemere bw'ikibazo bafite (Kutabasha kurya, imyaka, no kuba afite ibindi bimenyetso by'ubundi burwayi).

Abana bafite imirire mibi ikabije barengeje amezi 6 ariko nta bindi bimenyetso by'ubundi burwayi bafite kandi bafite apeti, bavurwa bataha naho abana bafite ikibazo cy'imirire mibi ikabije bari muni y'amezi 6 kandi bafite n'ibindi bimenyetso by'ubundi burwayi bashyirwa mu bitaro bakitabwaho mu buryo bw'umwihariko.

Abashyira mu bikorwa iyi gahunda yo gukurikirana imikurire y'umwana mu mudugudu bagomba kwibanda ku bikorwa bikurikira:

- Kongerera ubumenyi n'ubushobozi abakurikirana iyi gahunda mu mudugudu (Abajyanama b'ubuzima)
- Gutanga ibikoresho bikenewe mu gushira mu bikorwa iyi gahunda (Iminzani, MUAC, Imfashanyigisho, ibikoresho byo gupima uburebure, ibitabo, amafishi yo gukurikirana imikurire y'umwana muto n'ibindi),

3.3. Inyunganira mirire no kuvura inzoka zo mu nda

Inyunganira mirire igizwe n'urusobe rw'intungamubiri zitangwa mu rwego rwo kunganira igaburo umwana aba yafashe mu rugo hagamijwe ku murinda imirire mibi. Inyunganira mirire zitangwa mu Rwanda harimo Vitamini A, Ongerera intungamubiri, Feri, Aside folike na Zinc.

Hateganijwe na gahunda yo gutanga Vitamini D ku mpinja zikivuka.

3.3.1. Inyunganira mirire ya vitamini A no gutanga ikininini cy'inzoka

Vitamini A igira akamaro kanini cyane ku mikurire myiza y'umwana, kongerera ubudahangarwa umubiri mu kurwanya indwara zinyuranye harimo n'ubuhumyi k'umwana. Ku bana bafite ikibazo kidakabije cyo kubura vitamin A uwirinzira bw'umubiri buragabanuka bikanatera indwara zo mu buhumeke, impiswi, kurwaragurika malariya n'iseru bishobora kuganisha ku rupfu.

Kuvura inzoka abana, abangavu n'ingimbi bigabanya indwara ziterwa n'inzoka. Bitumabarushaho kugira imbaraga zo gukora no gutanga umusaruro, kandi bigatuma batsinda neza ku ishuri. Byongerera apeti kandi bikarwanya indwara. Bifasha umubiri gukoresha neza ibiva mu biribwa kugira ngo umubiri urusheho gukora neza kandi abana bagakura neza.

Mu Rwanda, gahunda yo gutanga Inyunganira mirire ya vitamini A n'ikinini cy'inzoka ikorwa buri mezi atandatu mu gihe cyo kwizihiza icyumweru cyahariwe ubuzima bw'umubyeyi n'umwana.

Abajyanama b'ubuzima bagomba kumenya abana bageze mu gihe cyo kwiga, ingimbi n'abangavu bacikanywe n'itangwa ry'ibinini by'inzoka hanyuma bakabimenyesha ibigo

nderabuzima kugira ngo babahabwe inyunganira mirire. Abana barwaye nabo bahabwa inyunganira mirire n'ibinini by'inzoka muri gahunda ikomatanyije yo kurwanya indwara mu mudugudu.

Inyunganira mirire ya vitamini A n'ikinini cy'inzoka bitangwa mu buryo bukurikira:

Gutanga Inyunganira mirire ya vitamini A :

Abahabwa vitamini A	Ingano	Inshuro
Abana bafite hagati y'amezi 6 kugera ku mezi 11	Vitamini A 100 000 IU (akanani k'ubururu)	Kabiri mu mwaka(buri mezi atandatu)
Abana bafite hagati y'amezi 12 kugera ku mezi 59	vitamini A 200 000 IU (akanani k'umutuku)	Kabiri mu mwaka(buri mezi atandatu)

Gutanga ikinini cy'inzoka :

Ikinini cy'inzoka gihabwa abana bari hagati y'umwaka n'imyaka itanu (amezi 12 kugeza ku mezi 59) no ku bana bakuru, ingimbi n'abangavu hagati y'imyaka itanu kugeza ku myaka cumi n'itanu ndetse n'abantu bakuru.

Icyitonderwa :

Abana bafite ibimenyetso byo kurwara cyangwa se baherutse kurwara iseru bagomba koherezwa ku kigo nderabuzima kugirango babahe vitamin A. Bagomba guhabwa inyunganira mirire ya Ongera Intugamubiri.

Umunyungugu wa zinc

Umunyungugu wa Zinc hamwe na SOR bihabwa abana bose barwaye impiswi. Zinc ibujijwe gusa ku bana bafite impiswi bakaba baranavuye indwara z'imirire mibi ikabije. Abajyanama b'ubuzima bagomba guha umunyungugu wa zinc abana bose bafite impiswi kandi bakabaha n'amazi arimo umunyu.

Ingamba zo kurwanya impiswi :

- Kunywa amazi arimo umunyu n'isukari bigakora serumu. Serumu ikorwa n'amazi meza avanze n'isukari n'umunyu kandi ni umuti udahenze. Iyo serumu inyura mu mara mato hanyuma igasimbura amazi n'imyunyu ngugu biba byatakaye mu mwanda wo mu musarane.
- Inyunganira mirire ya zinc : zinc ni inyunganira mirire igabanya ubukana n'igihe impiswi imara ku kigero cya 25%



- Iyo umuntu yatakaje amazi menshi mu mubiri cyangwa akagira ikibazo cy'uburwayi bitewe n'umwuma agomba guhita ayanwa ku ivuriro rimwegereye kugira ngo yitabweho.
- Iyo umuntu agize impiswi idahagarara, mu mwanda wo mu musarene hakazamo amaraso cyangwa afite ibimenyetso mpuruza by'umwuma bagomba koherezwa byihuse ku ivuriro rimwegereye.

Icyitonderwa: Umwana ufite impiswi cyangwa uruka akaba avurwa imirire mibi ikabije akomeza konswa ndetse akajyanwa byihuse ku kigonderabuzima kimwegereye bakamwohera ku bitaro kugira ngo bamukurikirane byihutirwa ariko birinda kumuha serumu irimo yamazi arimo umunyu n'isukari. Ntibagomba kumuha zinc iyo batangiye kumuha ibiribwa biteguye bifasha nk'umuti kuko bisanzwe bifite zinc.

Gutanga ongera intungamubiri

Ongera Intungamubiri ni ifu ivanze ifite vitamini n'imyungugu 15 by'ingenzi mu kubungabunga ubuzima bwiza n'imikurire kubana, bikanagira uruhare mu kongera ubudahangarwa umubiri bwo kwirinda indwara no ku rwanya ikibazo cyo kugira amaraso make. Mu Rwanda ifu ya ongera itangwa ku bana bari mu kigero cy'amezi 6 kugeza ku mezi 23.

Nta cyanga igira kandibayivanga n'ifashabere ihabwa abana mu rugo kugira ngo barushaho gukungahaza ifashabere. Uko bakoresha ongera intungamubiri

- Ongera ihabwa abana bafite hagati y'amezi 6 na 23
- Buri mwana abona agapaki kamwe karimo udusashye 30 akoresha mu mezi atatu, umwana ahabwa udusashye 2 kugeza ku dusashye 3 mu cyumweru bityo agahabwa udusashye 10 mu kwezi.

Inshingano z'umujoyanama w'ubuzima:

- Guhugura ababyeyi n'abandi baturage ku butumwa bw'ingenzi kuri Ongera (reba ifashanyigisho y'imirire y'umugore utwite, konsa no kugaburira umwana, Rwanda, 2019, nimeru y'ifishi 19).
- Gukorana cyane n'abitabiriyi igikoni cy'umudugudu, akayobora ibikorwa byo kwerekana uko bateka hanyuma bakanaberekera uko bavanga Ongera n'ibindi biribwa;
- Ubukangurambaga ku babyeyi n'abandi barera ku ikoreshwa rya Ongera
- Gusaba Ongera ku kigo nderabuzima agendeye ku mubare w'abana bafite hagati y'amezi 6 na 23 mu gace batuyemo
- Gukurikirana no gukangurira ababyeyi kubika neza Ongera
- Gukora no kohereza raporo ya buri kwezi ku kigo nderabuzima no kubika kopi za raporo za Ongera za buri kwezi.
- Kuvuga mu nama y'abaturage ya buri kwezi, ikibazo cyose cyavuka kuri Ongera, no gushaka ingamba zo kugikemura kugira ngo abantu barusheho kumenya Ongera

3.3.2. Inyunganiramirire ya feri na aside folike

- Abagore batwite bagomba gufata buri muni inyunganiramirire ya feri na aside folike kugira ngo birinde ikibazo cyo kubura amaraso, kugira mikorobe mu maraso, kubyara umwana ufite ibiro bike cyangwa kumubyara adashyitse,
- Inyunganiramirire ya feri na aside folike ihabwa umubyeyi utwite wagiye kwisuzumisha inda ku kigo nderabuzima. Abajyanama b'ubuzima bagomba gukurikirana abagore batwite babonye doze ya mbere ya feri na aside folike.
- Zimwe mu nyunganiramirire ziteganwa gutangwa mu Rwanda
 - a. Ikinini cya fere mu bakobwa b'abangavu
 - b. Muri gahunda yo gukumira ikibazo cy'ibura ry'amaraso (anemia) mu bangavu bafite imyaka 10 kugeza 19, harateganwa itangwa ry'ikinini cya feri na aside folike mu bavutse badashyitse n'abavukanye ibiro bike
- Abana bavutse badashyitse (bavutse muni y'ibyumweru 35) cyangwa bavuka bafite ibiro bike (bavutse bafite ibiro biri muni ya 2kg) bagomba guhabwa buri muni doze ya feri na aside folike kugeza bageze ku mezi 12, nkuko biteganyijwe mu mabwiriza y'igihugu ku buryo bwo kwita ku bana bakivuka, (MoH/RBC, 2020)

c. Inyunganiramirire ya kalisiyumu

Kubera ko usanga mu Rwanda abagore bakunze kuba bafite umunyungugu wa kalisiyumu nke mu mubiri, bagomba gufata inyunganiramirire ya kalisiyumu (gufata g 1,5-2 ya kalisiyumu) kugira ngo bagabanye ibyago byo kwandura indwara y'umuvuduko w'amaraso wo hejuru ikunze gufata abagore batwite bita "pre-eclampsia". Igipimo cy'inyunganiramirire ya kalisiyumu kigomba guhabwa umubyeyi ku munsu ni hagati ya g 1,5-2, akayifata incuro eshatu cyane cyane igihe arigufungura. Hari igihe umubiri utakira neza gufatira icyarimwe inyunganiramirire ya feri na kalisiyumu, ni yo mpamvu izo nyunganiramirire zombi zidafatirwa icyarimwe ahubwo hagomba gucamo amasaha menshi hagati yo gufata kalisiyumu na feri.

d. Inyunganiramirire ya vitamine D

Inyunganiramirire ya vitamine D zihabwa impinja zikivuka n'abana zisobanurwa mu buryo burambuye mu mabwiriza (Amabwiriza yo kwita ku bana bakivuka mu gihugu, 2020). Abana bavuka batagejeje igihe n'abana bavuka bagomba konka nta kindi bahawe kandi bagahabwa vitamini D ingana na 400IU ku munsu mu gihe cy'amezi 6 kugeza ku mezi 12.

Abashyira mu bikorwa iyi gahunda y'itangwa ry'inyunganiramirire igizwe n'imyungugu na vitamini bagomba kwibanda ku bikorwa bikurikira:

- Kongerera ubumenyi n'ubushobozi ku bajyanama b'ubuzima mu gukurikirana ikoresha ryayo
- Kugura inyunganiramirire igizwe n'imyungugu na vitamini A
- Gushyigikira ishyirwaho ry'amabwiriza.

3.4. Kwihaza mu biribwa mu ngo

Kugira ngo urugo rwihaze mu biribwa no mu mirire, hagomba gukorwa ibi bikurikira:

- Gukangurira ingo guhinga no kurya ibiribwa bikungahaye ku ntungamubiri, bitandukanye, ibyo bigakorwa bashyiraho akarima k'igikoni, bahinga ibiti by'imbuto byibuze buri rugo rukagira ibiti bitatu harimo avoka, ibihumyo, no guhinga ibijumba by'umuhondo.
- Kongera umusaruro w'amatungo magufi n'ibiyakomokaho nk'amagi n'amata, kuyorora akaba menshi, akaboneka byoroshye mu baturage kandi bagakangurirwa kurya ibikomoka ku matungo, muri ayo matungo magufi harimo (sumbirigi, ihene, intama, ingurube, inkwavu, inkoko, amafi, inzuki...).
- Gukangurira abaturage kurya ibikomoka ku mata
- Guteza imbere ubuhinzi bukoresha ifumbire y'imborera bagamiye umusaruro mwinshi bikorwa bafata ifumbire y'imborera bagakoresha n'imiti yica udukoko, bagahuzza ubutaka, bagatera imbuto z'indobanure kandi bagakoresha inyongeramusaruro zifite ubuziranenge.
- Gufasha imiryango gutoranya ibyo bagurisha ariko bakazirikana gusigarana ibihingwa bitandukanye bizakoreshwa mu gutunga umuryango noneho ibisagutse akaba ari byo bagurisha.

3.4.1. Kongera umusaruro w'ibiribwa no kumenya kuwubika

3.4.1.1. Kongera umusaruro w'ibiribwa

Umusaruro w'ibiribwa ugomba kongerwa bakora ibi bikurikira:

- Kunoza uburyo bwo guhinga (urugero: gusasira ibihingwa, gukoresha ifumbire y'imborera, kunyuranya ibihingwa, gukoresha ifumbire y'amatungo y'icyatsi;
- Kujya mu makoperative kugira ngo abahinzi bashobore kwigurira ibyo bakenera mu buhinzi, gukusanya amazi yo mu migende kugira ngo bazayasukire mu mirima;
- Guhinga imbuto zitanga umusaruro mwinshi cyangwa ibihingwa byera vuba cyangwa byihanganira ibihe by'izuba;
- Kongera ibihingwa bitandukanye cyane cyane imboga, imbuto n'impeke cyangwa korora amatungo magufi.
- Abantu bafite ubutaka buto bashobora gukora uturima tw'igikoni twiza cyangwa bagahinga imboga bakoresheje uburyo bugezweho bujyanye n'aho batuye (hari uburyo butandukanye bahingamo akarima k'igikoni).



- Abakangurambaga b'ubuhinzi bashobora gufasha imiryango kongera umusaruro w'ibiribwa.
- Gukangurira abaturage gukoresha imyanda iva mu rugo mu bikorwa by'ubuhinzi aho kuyijugunya.
- Kukumira udukoko dutuma ibihingwa bibora ntibikure, ibyo bikorwa bumisha umusaruro hanyuma bakawuhunika ahantu humutse (uburozi bwita "aflatoxine" bugizwen'urubobi ruza ku binyampeke n'ibinyamisogwe. Ubwo burozi bwa aflatoxine bugira ingaruka mbi k'ubuzima harimo n'ibyago byo kugira kanseri y'umwijima);

3.4.1.2. Gutunganya neza ububiko bw'ibiribwa n'ubuhunikiro

Hari umusaruro mwinshi utakara mu gihe cy'ihunika. Gutunganya neza ubuhunikiro bigabanya umusaruro watakaraga nyuma y'isarura. Ubuhunikiro bugezweho butuma umusaruro mu gihugu uboneka ku bwinshi.

Abakangurambaga b'ubuhinzi bagomba kugira abahinzi n'abakuriye ingo inama zikurikira kugira ngo bagire ubuhunikiro bumeze neza:

- Kugira ubuhunikiro mu mudugudu bishobora kuba uburyo bwiza abahinzi bakoresha kugira ngo bahunike umusaruro wabo.
- Ubuhunikiro bugomba kugira umwuka uhagije, kugira isuku kandi bukaba butekanye, ku buryo nta byonyi cyangwa udukoko biri aho hafi.
- Ibiribwa bihunitse ntibishyirwa hasi ahubwo biterekwa ku tubaho turi hasi, ubuhunikiro bw'ibiribwa ntibwegerana n'amatungo, n'umusaruri kugira ngo budaterwa na za bagiteri;
- Ibiribwa bimwe na bimwe bigomba kubikwa igihe kirekire (urugero: kubyumisha). Guhugura imiryango ku buryo bwiza bwo guhunika ibiribwa nko kumisha imboga, imbuto cyangwa amafi;
- Kubika ibiribwa bibora ahantu hakonja kandi bigomba kubikwa igihe kigufi mbere yo kubirya.
- Ni ngombwa kuvuza amata kugira ngo amare igihe kirekire. Ibyo bituma igogorwa ry'ibiribwa rigenda neza kandi bigatuma feri yavuye mu biribwa ikoresha neza mu mubiri. Umwotsi n'umunyu bishobora gukoreshwa ku nyama n'amafi mu rwego wo kubibika igihe kirekire.

3.4.2. Kongera ingengo y'imari igenewe ibiribwa (ingengo y'imari igenewe imirire)

- Kuba umuryango ufite ibyo kurya mu rugo bigomba kuba mu byibanze byitabwaho. Umuryango ugomba kugira ingengo y'imari yahariwe ibyo kurya, ukagira ingengo y'imari yagenewe ibindi byangombwa nko kugura isabuni n'ibikoresho by'ishuri. Kugira ngo umuryango ubungabunge ubuzima bw'abawugize, ugomba kugira ingengo y'imari yagenewe ibiribwa bitandukanye.
- Umuryango ugomba kuba ufite ibiribwa ku ruhande bizawutunga hanyuma ukagurisha ibyasagutse kugira ngo ushobore kugura ibindi ukeneye: Abakuriye imiryango bagomba gukangurirwa akamaro ko kugira ibiribwa bihagije byo gutunga abawugize kandi bakamenya n'akamaro ko kugira ibiribwa bitandukanye kugira ngo bashobore kubungabunga ubuzima bw'abawugize (reba isahani y'ibiribwa ku mutwe wa 2.5). Guha abakuru b'imiryango ingero z'ibiribwa bituma umuryango ugira ubuzima bwiza kandi bigatuma uzigama amafaranga, ibyo biribwa ni nka avoka, imineke, ubunyobwa, imyungu, amagi n'ibindi.
- Hari imiryango ikenera ko bayigira inama ku gushyiraho ingengo y'imari yagenewe ibiribwa n'uko bayikoresha neza. Bagomba kumenya ibiribwa bifite akamaro ariko bidahenda. Ibyo bikagendera ku biciro biri ku isoko kandi ibyo biciro bigenda bitandukana bitewe n'ibihe, iduka bigurirwamo n'ibindi.
- Kwibutsa imiryango ko buri muntu uwugize akenera ibikomoka ku mata, ibyo bikabaha icyerekezo cy'ibyo bashobora guhaha.

3.5. Ibikorwa byo kwita ku baturage batishoboye mu rwego rwo guteza imbere imirire myiza mu mudugudu

Abashyira mu bikorwa iyi gahunda yo Kwihaza mu biribwa mu ngo bagomba kwibanda ku bikorwa bikurikira:

- Kongerera ubumenyi n'ubushobozi abakurikirana iyi gahunda mu mudugudu
- Gutanga ubushobozi bwo kunganira abahinzi harimo gutanga ingemwe, ifumbire, no kugena ububiko
- Gushyigikira ishyirwaho ry'amabwiriza arebana na gahunda zo kwihaza mu biribwa.

Leta y'u Rwanda yashyizeho uburyo bwo kwita ku batishoboye nka bumwe mu buryo bwo gukemura ibibazo by'imibereho myiza n'imirire y'abana bava mu miryango ikennye. Kwita ku miryango itishoboye bishobora kugira icyo bihindura ku mirire ibereye ababyeyi n'abana no kuzamura ubushobozi mu bukungu bw'umuryango.

Leta y'u Rwanda yashyizehagahunda zitandukanye zo gufasha imiryango itishoboye zikurikira:

3.5.1. Gahunda ya shisha Kibondo

Shisha Kibondo ni ifu ikungahaye ku ntungamubiri igamije kunganira ifashabere ihabwa abana bafite kuva ku mezi 6 kugera kuri 23, gufasha abagore batwite n'abonsa baturuka mu miryango itishoboye mu rwego rwo kurwanya imirire mibi.

3.5.2. Gutanga inkunga y'ingoboka

Imiryango itishoboye bagenerwa inkunga y'ingoboka ituma bagira ubushobozi bwo kuzamura imibereho myiza yabo n'ubukungu, ubuzima n'imirire.

3.5.3. Gahunda y'icyerekezo 2020 Umurenge

Gahunda y'icyerekezo 2020 Umurenge ni gahunda ikomatanyije y'iterambere ry'abaturage igamije kwihutisha gahunda yo kurwanya ubukene, kuzamura ubukungu mu cyaro no kurengera abatishoboye. Iki gikorwa kigamije kuzamura imibereho y'ingo ikihaza mu biribwa kandi igashobora kwivuzza ndetse ikarushaho kwifatira ibyemezo biyireba.

3.5.4. Gahunda ya Girinka

Iyi gahunda igamije guha inka imiryango itishoboye hagamijwe kubafasha kuzamura umusaruro w'amata, ibiribwa bakoresha ifumbire iva ku mase y'inka, kongera ubukungu bw'umuryango no kubona ibiribwa by'amoko atandukanye mu muryango no mu gihugu cyose.

3.5.5. Ubwisungane mu kwivuzza

Ubwisugane mu kwivuzza ("mitiwari") ni uburyo bwashyizweho ngo imiryango itishoboye n'amatsinda afite ibibazo ajye yivuzza ku buntu, bahabwe serivisi z'ubuvuzi n'imirire nta nkomyi.

3.5.6. Gahunda yo kugaburira abana ku mashuri

Ni gahunda igamije kugaburira abana bageze igihe cyo kwiga. Iyo gahunda ifasha kurwanya imirire mibi mu bana biga n'abangavu/ingimbi kugira ngo barusheho kugira ubushobozi bwo kwiga neza.

3.5.7. Gahunda yo guha abana amata

Gahunda yo guha abana barengeje umwaka umwe amata ni igikorwa cy'ingirakamaro kuko bifasha mu kugabanya imirire mibi n'igwingira mu bana bari muni y'imyaka 5.

Gushyira mu bikorwa neza gahunda zavuzwe haruguru bisaba ko inzego zitandukanye zishyira hamwe imbaraga, zikabikurikirana, zigahuza ibikorwa byazo kandi zigakorana n'abashinzwe abatwaga mu mudugudu.

Igikorwa/Gahunda	Abagira uruhare mu ishyirwa mu bikorwa	Inshingano
Gahunda ya shisha kibondo	<ul style="list-style-type: none"> Abayobozi b'inzego z'ibanze (umudugudu, isibo...) Abajyanama b'ubuzima Abarezi b' abana bato mu ngo mbonezamikurire y'abana bato, Incuti z'Umuryango Abajyanama b'ubuhinzi Abafatanyabikorwa mu iterambere ry'abatwaga Abakuru b'amadini N'abandi bakore-rabushake bo mu mudugudu 	<ul style="list-style-type: none"> kugaragaza urutonde rw'abagenerwabikorwa mu mudugudu Gukurikirana itangwa no gukoresha neza mu ngo inkunga baba bahawe Gukangurira imiryango gusobanukirwa neza akamaro ko gufata neza inkunga no kwifatira ibyemezo mu muryango
Gutanga inkunga y'ingoboka ku batishoboye		
Gahunda y'icyerekezo 2020 Umurenge		
Gahunda ya Girinka (inka imwe ku muryango ukennye)		
Ubwisungane mu kwivuzza ("Mitiweri")		
Gahunda yo kugaburira abana ku ishuri		
Gahunda yo guha abana amata		Bagira uruhare mu kugaragaza abagenerwabikorwa mu mudugudu iyo abajyanama b'ubuzima bafata ibipimo by'imikurire.

Abashyira mu bikorwa iyi gahunda bazibanda ku:

- Guhugura abashyira mu bikorwa izi gahunda
- Gutanga ubushobozi
- Gukurikirana ko izi gahunda zishyirwa mu bikorwa kandi zikoreshwa neza.

3.6. Kongera serivisi zo kuzamura ubushobozi bw'umuryango mu kwihaza mu biribwa

3.6.1. Gushyiraho amatsinda yo kuzigama no kugurizanya

Itsinda ryo kuzigama ntirisaba amafaranga menshi ariko inyungu irimo ku ishoramari iri hejuru kuko risaba ko hajyamo umubare muto w'abanyamuryango bazigama amafaranga yabo mu buryo bworoheje, butunganyijwe kandi bunogeye buri wese. Umuco wo kuzigama mu rugo ugira uruhare mu kuzamura ubushobozi bw'umuryango mu kwigurira ibiribwa bitandukanye n'ibindi byose bakenera mu buzima bwa buri muni (isabuni, amakara, ibikoresho by'ishuri. Ibyo bituma umuryango wihaza mu biribwa kandi ukirinda kugwa mu kibazo cy'imirire mibi. Ayo matsinda ajyaho hakurikijwe amategeko agenga amatsinda yo kuzigama mu Rwanda. Abakorana n'abaturage bya hafi bagomba gufasha abaturage gushyiraho amatsinda yo kuzigama no kugurizanya mu mudugudu kandi bakagenzura ko ya matsinda yashyizweho akora nkuko bisanzwe.

Ikindi ni uko abajyanama b'ubuzima bagomba gukoresha uru rubuga mu guteza imbere ibikorwa bigamije kurwanya imirire mibi mu miryango.

Ibintu by'ingenzi biranga amatsinda yo kuzigama no kugurizanya n'amahame agenderaho:

- Uko itsinda rigomba kuba ringana buri tsinda ryo kuzigama no kugurizanya rigizwe n'abantu hagati ya 15-20;
- Kuba ryubatswe ku buryo burambye rigomba kuba ari igisubizo kibereye abatuye umudugudu kandi gifasha ba rwiyemezamirimo baho gituye;
- Rigomba kuba rifite ingengabihe (ibikorwa by'itsinda ryo kuzigama no kugurizanya bipanze mu gihe cy'amezi 12) kandi abarigize bagomba kugabana inyugu;
- Abaturage baryitabira bagomba kuba ari abakorerabushake, bizerana kandi buri wese afite icyo ashinzwe (bituma abaturage barushaho kubana neza no kugirirana icyizere);

- Iryo tsinda ryicungira umutungo (abanyamuryango ni bo ba nyiraryo kandi ni bo bicungira umutungo);
- Gucunga neza inyangiko zaryo;
- Abanyamuryango bazigama amafaranga yabo bakaniguriza muri iryo tsinda kugira ngo bakore ibikorwa bibyara inyungu.

3.6.2. Uko bashyiraho itsinda ryo kuzigama no kugurizanya

Icyiciro cyo kwitegura:

- Gushaka uruhushya rutangwa n'ubuyobozi bw'inzego z'ibanze kugira ngo bemerewe gukorera muri uwo mudugudu kandi bahabwe ubufasha bwo gutegura inama rusange kugira ngo basobanure uko iyo gahunda izakora
- Gukangurira abaturage kwitabira amatsinda yo kuzigama masha.

Icyiciro cya I - Gutangira

- Gushaka abashobora kuba abamuryango b'itsinda ryo kuzigama
- Gukorana inama ya mbere n'abanyamuryango bashya kugira ngo bungurane ibitekerezo ku mategeko azagenga kuzigama no kugurizanya muri iryo tsinda.
- Gutora komite nyobozi (kwitoranyiriza abakandida) abo bagize komite bagomba kuba bizewe n'abaturage.

Icyiro cya II

Gushyigikira igikorwa cyo kuzigama no kugurizanya buri cyumweru :

- Abanyamuryango bashobora kwizigamira buri cyumweru (agaciro k'umugabane gashyirwaho na buri tsinda) : abanyamuryango bazigama amafaranga bagura umugabane kuva kuri umwe kugera kuri itanu
- Kureba abanyamuryango bose bitabira inama
- Kwereka abanyamuryango bose uko kuzigama no kugurizanya bihagaze
- Abanyamuryango bazigama amafaranga yabo bakaguza hanyuma abandi bakishyura
- Kwishyura amande (niba ahari)
- Kureba amafaranga asigaye no gutegura inama izakurikira

Icyiciro cya III

- Kugaragaza ibikorwa bishobora kubyara inyungu ku banyamuryango
- Guhuza amatsinda yo kuzigama no kugurizanya amaze gukomera ku buryo yakorana n'ibigo by'imari iciriritse kugira ngo bashobore gukora ibikorwa bibyara inyungu.

3.7. Gahunda mbonezamikurire y'abana bato harimo n'ibikorwa by'imirire

Gahunda mbonezamikurire y'Abana bato ni urusobe rwa serivisi zinyuranye zihabwa umwana kuva agisamwa kugeza afite imyaka itandatu, zitangwa n'ababyeyi babo ndetse n'abandi barezi hagamijwe ko umwana akura mu gihagararo, mu bwenge, mu mibanire n'abandi, mu buzima mbamutima, arindwa

Ibyamuhungabanya kandi uburenganzira bwe bukabungabungwa bityo akazashobora kwigirira akamaro, kukagirira umuryango ndetse n'Igihugu. Ibikorwa by'imirire muri gahunda mbonezamikurire y'abana bato bigira uruhare mu kugabanya ikibazo cy'imirire mibi, igwingira mu bana bato n'izindi ndwara zituruka ku mirire mibi n'isuku nke.

Servisi mbonezamikurire y'abana bato zikurikiranwa n'abajyanama b'ubuzima bafatanyije n'abarezi b'abana bato bo mu ngo mbonezamikurire n'abandi bakorerabushake hagamijwe guteza imbere ibikorwa bikurikira :

- Gukangurira ababyeyi bombi gutangira kwita ku mikurire y'abana babo kuva bagisamwa bita cyane ku mirire myiza, ubuzima, isuku n'isukura, uburere buboneye, no kubarinda ihohoterwa etc
- Gukangurira ababyeyi kohereza abana bato mungo mbonezamikurire mu mudugudu
- Gukangurira ababyeyi bombi kwitabira ibiganiro bigamije kubaka ubumenyi bwabo ku mbonezamikurire y'abana bato
- Gukangurira ababyeyi kwitabira Gahunda mbonezamikurire mu matsinda mato y'ingo zituranye hagamijwe kubaka ubumenyi bw'ababyeyi bwo kurera neza abana babo hagashyirwaho urugo mbonezamikurire ku rwego rw'umudugudu.
- Gutanga ubutumwa bw'imbonezamikurire y'abana bato binyujijwe muri gahunda y'igikoni cy'umudugudu, mu mugoroba w'ababyeyi, umuganda, inteko z'abaturage, Itorero/Isibo n'ahandi abantu benshi bahurira
- Gufata ibipimo by'imikurire y'abana

- Guteza imbere uturima tw'igikoni mu ngo mbonezamikirire y'abana bato
- Gutanga inyunganiramirire ya vitamini A n'ibinini by'inzoka (reba umutwe wa 3.3.1); Gukora ubukangurambaga ku bikorwa by'amazi isuku n'isukura. ingo mbonezamikirire y'abana bato zigomba kugira imisarani ikoze neza hazirikanwa abana bafite ubumuga kugira aho bakarabira intoki hameze neza (kandagira ukarabe, amazi n'isabuni);
- Gutahura hakiri kare ko hari umwana ufite ubumuga, kumukorera ubuvugizi no kumwohereza ahisumbuye mu bushobozi kugira ngo yitabweho;
- Gushishikariza ababyeyi kwitabira kwandikisha abana babo bakivuka;

Ababyeyi bagomba kubahiriza izi nshingano no kugira uruhare mu gushaka ibisubizo bijyanye n'ibibazo bafite no gufata iya mbere mu kwita ku mirire y'abana babo

Inshingano z'abashyira mu bikorwa iyi gahunda

- Gukangurira abaturage gushyiraho ingo mbonezamikirire y'abana bato
- Gutera inkunga mu gusana no kubaka ingo mbonezamikirire aho zikenewe
- Kongera ubushobozi mu bashyira mu bikorwa iyi gahunda (guhugura, ibikoresho, ...)
- Kongera ubushobozi n'ubumenyi mu bandi barera abana n'abandi bakorerabushake mu mudugudu ku micungire y'ibigo mbonezamikirire y'abana bato
- Gushyigikira ishyirwaho ry'uturima tw'igikoni hatangwa ingemwe zitandukanye, banatanga n'amahugurwa y'uko bubaka uturima tw'igikoni n'uko badutunganya.
- Gushyigikira igikorwa cyo kubaka ibikoni by'umudugudu, n'imisarani yubatswe neza (ku bantu bafite ubumuga n'abatabufite), gushyiraho amavomero (amatiyo y'amazi, gushyiraho ibigega by'amazi y'imvura) no gutanga ibikoresho byo mu gikoni.
- Kongerera ubushobozi abajyanama b'ubuzima kugira ngo bashobore gukora ibi bikorwa nta nkomyi.

3.8. Ibikorwa by'amazi, isuku n'isukura mu mudugudu

Ibikorwa by'amazi meza, isuku n'isukura ni ingenzi mu kubungabunga ubuzima bwiza bw'abagize umuryango. Isuku n'isukura ni uburyo bwose bukoreshe bwo kuvanaho umwanda ahariho hose hagamijwe kwirinda no kurwanya indwara zaturuka ku mwanda; haba ku mubiri, ku bikoresho, ku biribwa n'ibinyobwa n'aho dutuye.



Ubuziranenge bw'ibibwa n'amazi meza

Isuku, ubuziranenge bw'ibibwa no kunywa amazi meza bigira uruhare mu kurinda indwara ziterwa n'umwanda harimo impiswi, inzoka n'izindi ndwara.

Ibibwa bifite ubuziranenge: bigira uruhare mu kurinda umuntu indwara zitandukanye Hasi murahasanga ibyifuzonama by'uko warinda ibibwa byawe kwangirika.

Amazi yo kunywa agomba gutunganywa akagira isuku kugira ngo atanduzabantu indwara.

Kugira ngo amazi yo kunywa akomeze agire isuku ni ngombwa gukora ibi bikurikira:

- Kuyateka akabira ugategereza nibura umunota amaze guserura hanyuma ukayafundikira ukayateruka ahantu heza
- Gukoresha imiti isukura amazi bita Sur'eau kugira ngo uyanywe atunganyijwe kandi ukubahiriza amabwiriza yo kuyatunganya aba yanditse ku gikoresho kibikora hanyuma ugategereza iminota 30 mbere yo kuyanywa.
- Uretse kuyateka no kuyatunganya ukoresheje umuti wa sur'eau, ushobora no gukoresha uburyo bwo kuyayungurura ukuramo imyanda yose mito mito. Ariko wibuke ko kuyayungurura bitica udukoko tuba turimo.
- Kubika amazi mu gikoresho gisukuye kandi gitwikiriye

Ni ngombwa kurinda no gufata neza isoko y'amazi kugira ngo wirinde indwara n'utundi dukoko tw'indiririzi dutera indwara.

Kwita ku isukura

Kwita ku isukura bisaba ko ugira ahantu hatuma umuntu adahura n'imyanda yo mu musarani. Isukura ridufasha gukumira indwara zibasira abantu benshi ku isi harimo impiswi, inzoka zo mu nda, indwara ya bilariziyoze, indwara itera ubuhumyi bita trachoma n'izindi.

Umusarani ukoze neza wo mu rugo ugomba gukoreshwa n'abatuye muri urwo rugo kandi ugomba kuba uteye ku buryo bukurikira:

- Umwobo ufite isuku
- Usakaye ku gisenge
- Ufite umuryango ufungwa
- Ufite igifuniko gitwikira umwobo
- Ufite aho umwuka usohokera
- Aho gukarabira intoki hari amazi n'isabuni.

Imisarani igomba guhora isukuye kandi itwikiriye kugira ngo hatinjiramo udukoko dukwirakwiza indwara. Umwanda w'abana bituma ugomba buri gihe kujugunywa mu musarani.

Isuku:

Kugira isuku ni ukwimakaza umuco wo guhora wirinda umwanda kugira ngo ugire ubuzima bwiza. Isuku ku mubiri w'umuntu n'ahamukikije bifasha mu gukumira indwara nk'impiswi n'izindi ndwara, ndetse bigafasha kurwanya indwara ziterwa n'imirire mibi.

Isuku ku mubiri:

Isuku ku mubiri irangwa no kugira akamenyerero ko guhora woga umubiri wose, gukaraba intoki, guca inzara no kumesa imyenda wambara. Ni ngombwa kandi kwita ku isuku yo mu rugo aho utuye ndetse n'aho ukorera, harimo kugira isuku yo mu bwogero, ku buryo hatagira udukoko dutera indwara tuharangwa.

Ibihe by'ingenzi byo gukaraba intoki n'isabuni n'amazi atemba:

- Mbere yo gutegura amafunguro no kurya
- Mbere yo konsa no kugaburira umwana
- Nyuma yo kuva ku musarani
- Nyuma yo guhanagura umwana
- Nyuma yo gukora ku matungo yo mu rugo n'inyamaswa

Isuku yo mu rugo

Kugira isuku y'ahadukikije bisaba kwita ku isuku yo mu rugo n'aho dukorera harimo aha hakurikira:

- Isuku yo mu nzu
- Isuku yo mu gikoni
- Isuku yo mu bwogero ku buryo hatagera udukoko dutera indwara.

Icyitonderwa:

- Abantu ntibagomba kubana n'amatungo mu nzu.
- Amatungo ntagomba kwegera aho abana bakinira
- Ubwiherero ntibugomba kuba bwegeranye n'inzu babamo n'igikoni



Ubuziranenge bw'ibiribwa

- Ibiribwa n'imboga bigomba kozwa neza n'amazi meza mbere yo kubiteka no kubikwa ahantu hasukuye. Ni byiza buri gihe koza imbuto n'amazi meza mbere yo kuzirya.
- Ibiribwa bidatetse cyane cyane ibikomoka ku matungo nk'inyama n'amafi ntibigomba kubikwa hamwe n'ubundi bwoko bw'ibiribwa kuko bishobora kwanduzanya.
- Amagi ntagomba kubikwa hamwe n'ibindi biribwa
- Ni byiza kurya ibiribwa bikimara gushya ako kanya, kuko ibiryo bishyushye ntibigomba kurenza isaha nyuma yo gushya bitararibwa.
- Ni ngombwa gutegura ibiryo abantu bashobora kurya bakarangiza kugira ngo hadasigara byinshi bigapfa ubusa. Iyo hagize ibiryo bisigara bigomba kuribwa bitaramara amasaha menshi
- Ibiryo by'abana bigomba kubikwa ahantu hizewe kandi hari isuku, bigapfundikirwa neza
- Koza amasahani n'amazi meza n'isabuni hanyuma bakabishyira ku gatanda kari kuzuba kugira ngo byumuke ndetse bagatwikira n'igitambaro gisukuye.
- Agatanda banikaho amasahani kagomba kuba kitaruye kari kure y umusarani cyangwa umwobo bajugunyamo imyanda`
- Ibiryo byasigaye cyangwa indi myanda babijugunya mu ngarani cyangwa ikindi cyobo bajugunyamo imyanda; aho bajugunya imyanda hagomba kuba hitaruye aho batekera ibyo kurya kandi iyo myanda igahora itwikiriye.

Ibigomba kubahirizwa kugira ngo bagenzure ko ibikorwa by'amazi, isuku n'isukura bigenda neza

Abajyanama b'ubuzima bazakoresha urutonde rw'ibigomba kubahirizwa biri ku mugereka wa 4 mu rwego rwo kugenzura ko ibikorwa by'amazi, isuku n'isukura bigenda neza mu ngo.

Inshingano z'abashyira mu bikorwa iyi gahunda

- Gukangurira abaturage gushyiraho ingo mbonezamikurire y'abana bato
- Gutera inkunga mu gusana no kubaka ingo mbonezamikurire aho zikenewe
- Kongera ubushobozi mu bashyira mu bikorwa iyi gahunda (guhugura, ibikoresho, ...)
- Kongera ubushobozi n'ubumenyi mu bandi barera abana n'abandi bakorerabushake mu mudugudu ku micungire y'ibigo mbonezamikurire y'abana bato

- Gushyigikira ishyirwaho ry'uturima tw'igikoni hatangwa imbuto ingemwe zitandukanye, banatanga n'amahugurwa y'uko bubaka uturima tw'igikoni n'uko badutunganya.
- Gushyigikira igikorwa cyo kubaka ibikoni by'umudugudu, n'imisarani yubatse neza (ku bantu bafite ubumuga n'abatabufite), gushyiraho amavomero (amatiyo y'amazi, gushyiraho ibigega by'amazi y'imvura) no gutanga ibikoresho byo mu gikoni.
- Kongerera ubushobozi abajyanama b'ubuzima kugira ngo bashobore gukora ibi bikorwa nta nkomyi

UMUTWE WA KANE

Imicungire ya gahunda mbonezamirire mu mudugudu

Imicungire y'ibikorwa bya gahunda mbonezamirire mu mudugudu igizwe no guhuza ibikorwa, kubukurirana, kubisesengura no gutanga raporo yabyo kugira ngo serivisi z'imirire zitangwe zujuje ubuziranenge kandi zifite ireme

4.1. Ihuzabikorwa rya gahunda mbonezamirire mu mudugudu

Mu rwego rw'igihugu, ihuzabikorwa rya gahunda mbonezamirire mu mudugudu rigenzurwa na komite nkomatanyanzego ifite mu nshingano kurwanya imirire mibi iyobowe n'ikigo cy'igihugu gishinzwe imikurire no kurengera umwana.

Kuva ku rwego rw'Akarere kugera ku rwego rw'umudugudu ihuzabikorwa ry'iyi gahunda rikorwa na komite nkomatanyanzego riyobowe n'ubuyobozi bwa buri rwego (akarere, umurenge, akagari n'umudugudu).

Komite ya buri rwego:

Urwego	Komite ya buri rwego
Isibo	Itsinda ryo mu Isibo rishinzwe gushyira mu bikorwa gahunda yo kurwanya imirire mibi
Umudugudu	Komite ihuza ibikorwa byo kurwanya imirire mibi mu mudugudu
Akagari	Komite ihuza ibikorwa byo kurwanya imirire mibi mu kagari
Umurenge	Komite ihuza ibikorwa byo kurwanya imirire mibi mu murenge
Akarere	Komite ihuza ibikorwa byo kurwanya imirire mibi ku karere
Ku rwego rw'igihugu	Komite ihuza ibikorwa ku rwego rw'igihugu yo kurwanya imirire mibi

4.1.1. Abanyamuryango, inshingano z'inzego mpuzabikorwa zitandukanye za gahunda y'imirire mu mudugudu

Urwego	komite ya buri rwego	Ibigo n'imiryango y'abafatanyabikorwa	Inshingano zo gushyira mu bikorwa gahunda y'imirire mu mudugudu
Urwego rw'igihugu	Komite nkomatanyanze-go yo kurwanya imirire mibi	<ul style="list-style-type: none"> - Ikigo cy'Igihugu gishinzwe Imikurire no Kurengera Umwana (umuyobozi): - Abagize Itsinda tekini rishinzwe imirire, amazi, isuku n'isukura (Ubunyamabanga) - Minisiteri zishinzwe imibereho myiza y'abaturage (MINEDUC, MINAGRI, MINALOC, MIGEPROF, MINISANTE/MCCH/RBC; MINEMA, MININFRA); - Abafatanyabikorwa mu iterambere n'imiryango ya sosiyete sivile; - Ishyirahamwe ry'inzobere mu mirire (RNS); - Ishyirahamwe rya sosiyete sivile rishinzwe gukurikirana ibikorwa byo kurwanya imirire mibi (SUN) 	<ul style="list-style-type: none"> - Gushyiraho amabwiriza yo ku nzego zose agamiye gushyira mu bikorwa gahunda mbonezamirire mu mudugudu; - Gutegura no gukwirakwiza inyandiko zo gushyira mu bikorwa no gukurikirana ibikorwa bya gahunda mbonezamirire mu mudugudu no kuyigeza ku nzego zitandukanye (imfashanyigisho ku mirire y'umugore utwite, konga no kugaburira umwana muto, urutonde rwo gukurikirana no gusuzuma ibikorwa, ibikoresho by'ikwirakwizwa ry'amazi meza, isuku n'isukura, ibikoresho by'ikoranabuhanga, ibikoresho byo guhindura imyifatire n'iterambere n'ibindi; - Gushaka ubufasha bwa tekini, ubw'ibikoresho n'imari mu gutuma iyi gahunda ikorwa; guhuza ibikorwa by'iyi gahunda, kubukurikirana no kubigenzura; - Gukora ubuvugizi kugira ngo gahunda y'imirire ku mudugudu ku nzego zose. - Gushyigikira no gutanga raporo y'ibikorwa bya komite z'uturere. - Kuvugurura raporo no kuyinoza, kuyitangaza no kuyifashisha mu rwego rwo kunoza igenamigambi ry'ibikorwa



Urwego rw'akarere	Komite nkomatanyanze-go yo kurwanya imirire mibi mu karere	<ul style="list-style-type: none"> - Umuyobozi w'Akarere wungirije ushinzwe imibereho myiza y'abaturage: Umuyobozi; - Umuyobozi ushinzwe ubuzima rusange: Umunyamabanga - Umukozi ushinzwe imbonizamikurire y'abana bato mu karere - Umuyobozi mukuru w'ibitaro by'akarere; - Umukozi ushinzwe imirire ku bitaro; - Umukozi ushinzwe gukurikirana ibikorwa by'abajyanama b'ubuzima ku bitaro; - Ushinzwe uburinganire; - Uhagarariye inama y'igihugu y'abagore; - Uhagarariye inama y'igihugu y'urubyiruko; - Umukozi ushinzwe ubuhinzi; - Veterineri w'akarere; - Uhagarariye ihuriro ry'abafatanyabikorwa (JADF); - Uhagarariye abanyamabanga nshingwabikorwa b'imirengere - Uhagarariye ingabo na polisi y'igihugu; - Uhagarariye sosiyete sivile - Uhagarariye abikorera ku giti cyabo 	<ul style="list-style-type: none"> - Guhuza ibikorwa bya gahunda y'imirire mu mudugudu ku rwego rw'akarere - Kwinjiza ibikorwa byo kurwanya imirire mibi mu kare mu igenamigambi ry'itembere ry'akarere - Gusesengura raporo ziturutse mu mirengere no kugaragaza ibikorwa byihutirwa kurusha ibindi mu kurwanya imirire mibi mu karere - Gukora ubuvugizi no gushaka ubushobozi - Gutumiza no kuyobora inama za buri gihembwe zihuza abahagarariye komite nkomatanyanzego ishinze kurwanya imirire mibi mu mirengere. - Gufasha gushyiraho uburyo bworohera ishyirwamubikorwa rya gahunda y'imirire mu mudugudu ku rwego rw'umurengere - Guhuza ibikorwa mbonezamirire mu mudugudu - Gufasha no gutanga raporo y'imikorere ya komite ishinze gahunda y'imirire mu mudugudu ku rwego rw'umurengere
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Umurenge	Komite nkomatanyanzego ishinzwe kurwanya imirire	<ul style="list-style-type: none"> - Umunyamabanga nshingwabikorwa w'umurenge: Umuyobozi wayo - Ushinzwe imibereho myiza: Umunyamabanga - Umuyobozi w'ikigo nderabuzima; - Ushinzwe ubuzima n'ibidukikije; - Ushinzwe abajyanama b'ubuzima n'ubuzima bushingiye ku bidukikije ku kigo nderabuzima; - Ushinzwe imirire ku kigo nderabuzima; - Ushinzwe ubuhinzi; - Veterineri; - Uhagarariye inama y'igihugu y'abagore; - Uhagarariye inama y'igihugu y'urubyiruko; - Uhagarariye ihuriro ry'abafatanyabikorwa (JADF); - Uhagarariye ingabo na polisi y'igihugu ; 	<ul style="list-style-type: none"> - Guhuza ibikorwa bya gahunda y'imirire mu mudugudu ku rwego rw'umurenge - Gusesengura raporo ziturutse mu tugari no kugaragaza ibikorwa byihutirwa kurusha ibindi mu rwego rwo kurwanya imirire mibi mu murenge, - Gutumiza no kuyobora inama za buri gihembwe zihuza abahagarariye komite nkomatanyanzego ishinzwe kurwanya imirire mibi mu kagari, - Gukora ubuvugizi no gushaka ubushobozi - Kuba umuhuza w'utugari n'akarere - Gufasha gushyiraho uburyo bwo-rohereza ishyirwamubikorwa rya gahunda y'imirire mu mudugudu - Gufasha no gutanga raporo y'imikorere ya komite ishinzwe gahunda mbonezimirire mu mudugudu ku rwego rw'utugari
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Akagari	Komite nkomatanyanze-go ishinzwe kurwanya imirire	<ul style="list-style-type: none"> - Umunyamabanga nshingwabikorwa: Umuyobozi - Ushinzwe iterambere ry'ubukungu: Umunyamabanga - Uhagarariye inama y'igihugu y'abagore, - Uhagarariye inama y'igihugu y'urubyiruko, - Umuhuzabikorwa w'abanyama b'ubuzima - Uhagarariye Intore 	<ul style="list-style-type: none"> - Guhuza ibikorwa bya gahunda mbonezamirire mu mudugudu ku rwego rw'akagari - Kugaragaza ibibazo abaturage bafite mu rwego rw'imirire ku kagari - Gukusanya no gusesengura raporo ziturutse mu midugudu no kuzohereza ku murenge; - Gutumiza no kuyobora inama za buri kwezi zihuza abahagarariye komite nkomatanyanze-go yo kurwanya imirire mibi ku mudugudu; - Kuba ikiraro gihuza umudugudu n'umurenge - Gufasha gushyiraho uburyo bworohera ishyirwamubikorwa rya gahunda mbonezamirire mu mudugudu - Gufasha no gutanga raporo y'imikorere ya komite ishinzwe gahunda y'imirire mu mudugudu
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Umudugudu	Komite nkomatanyanze-go ishinzwe kurwanya imirire	<ul style="list-style-type: none"> - Umukuru w'umudugudu: Umuyobozi - Ushinzwe imibereho myiza: Umunyamabanga - Abajyanama b'ubuzima - Inshuti Z'Umuryango - Abashinzwe amatsinda y'ubuzima ✓ Abatwarasibo bagize umudugudu ✓ Abakorerabushake bari mu mudugudu ✓ Uhagarariye abavuga rikumvikana ✓ Uhagarariye abarezi b'abana muri ECDs 	<ul style="list-style-type: none"> - Kwitabira inama isesengura ikibazo cy'umudugudu cyerekana ishusho y'imikurire y'abana - Gutegura no gukurikirana ishyirwa mu bikorwa: gusesengura amakuru ku bikorwa byo kurwanya imirire mibi n'ibipimo bigaragaza imikurire y'abana ya buri kwezi no koheraza raporo ku kagari - Gutegura no kuyobora inama za buri kwezi hagamijwe gusangira amakuru y'ingenzi agaragaza uko ishusho y'imikurire y'abana hamwe n'ibikorwa birimo icyuho byifashe - Gusesengura gahunda - Gukora ku buryo gahunda y'imirire mu mudugudu ikora ku buryo burambye - Gufasha gushyiraho uburyo bworohereza ishyirwa mu bikorwa rya gahunda y'imirire mu mudugudu (reba urutonde rw'ibikorwa n'ibikoresho by'ikurikirana n'isesengurabikorwa ku mugereka wa 3) - Gufasha no gutanga raporo ku mikorore ya komite ishinzwe gahunda y'imirire mu mudugudu
Isibo	Komite nkomatanyanze-go ishinzwe kurwanya imirire	<ul style="list-style-type: none"> - Mutwarasibo: Umuyobozi - Ushinzwe ubirezi: Umunyamabanga - Inshuti y'umuryango - Umukorerabushake w'urubyiruko. 	<ul style="list-style-type: none"> - Kugaragaza abana bafite ibyago byo kugwa mu mirire mibi ; - Gusesengura impamvu umwana afite ibyago byo kugwa mu mirire mibi ; - Gushaka icyakorwa kugira ngo bahangane n'ikibazo cy'imirire mibi cyangwa bagikumire - Gukora ubuvugizi ku rwego rw'umudugudu kugira ngo abahuye n'ikibazo bavurwe, bakumire imirire mibi kandi banakurikirane uko bikorwa.



4.1.2. Inshingano z'ababyeyi n'abandi barera abana

- Kwita ku mikurire myiza y'umwana kuva agisamwa hagamijwe kubungabunga ubuzima bwe bwiza.
- Kubungabunga imikurire myiza y'umwana, gukora ibikorwa byo kumukangura ubwonko hakiri kare,
- Kumwandikisha mu irangamimerere akivuka;
- n'imirire by'umugore utwite n'uwonsa

4.2. Ikurikiranabikorwa rya gahunda mbonezamirire mu mudugudu

- Komite zishinzwe kurwanya imirire mibi mu nzego zose nizo zishinzwe gukurikirana ishyirwa mu bikorwa rya gahunda mbonezamirire mu mudugudu bakoresheje ibikoresho byifashishwa mu ikurikirana n'igenzurabikorwa ku rwego rw'igihugu (reba imbonerahamwe iri ku mugereka wa 3).

Igenzura n'ikurikiranabikorwa ry'imirire ku mudugududu rigira umusaruro iyo:

- Serivisi zikomatanijye z'imirire zigera ku mpinja no ku bana bato;
- Igenzura n'amahugurwa bihoroaho bigamije kunoza serivisi
- Rifasha rikanashyigikira abashinzwe gahunda mbonezamirire mu mudugudu
- Riteza imbere ibiganiro hagati y'abashyira mu bikorwa iyo gahunda no kubongerera ubushobozi.

Ikurikiranabikorwa rya gahunda y'imirire mu mudugudu rigomba kwibanda kuri ibi bikurikira:

- Kureba niba ibikorwa byakozwe byujuje ibisabwa ku rwego rw'igihugu;
- Kugaragaza ibibazo no kubishakira umuti urambye mu gihe cy'ishyirwa mu bikorwa;
- Kugenzura niba ibikoresho byujuje ibisabwa kandi hari icyo bizamara;
- Gukurikirana ibikorwa harimo gukusanya amakuru, gukora isesengura, gushaka amakuru no kuyatangaza;
- Gushyiraho ingengabihe yo kuganira ku makuru yatangajwe no kungurana ibitekerezo ku migendekere y'ibikorwa bitandukanye kuri buri rwego;
- Gutanga ifishi z'ikusanyamakuru zujuje ibisabwa igenda ihuzwa na buri rwego kandi igakoreshwa buri kwezi mu koherereza raporo ku bo igenewe. Umudugudu, akagari n'umurenge bakora raporo ya buri kwezi naho akarere kagakora raporo ya buri kwezi, buri gihembwe na buri mwaka.

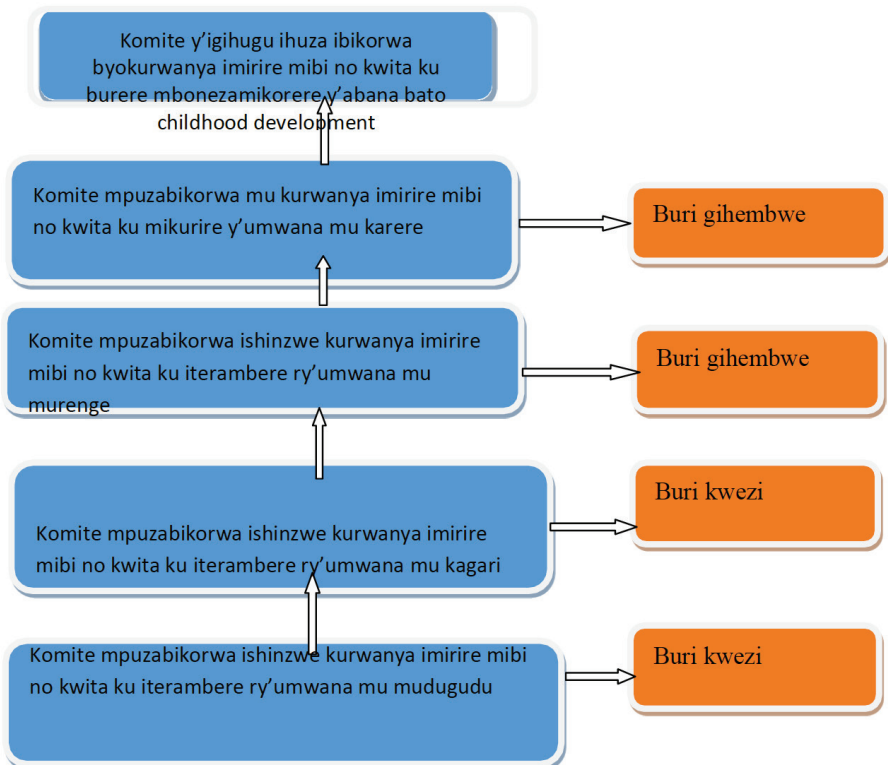
Ibipimo ngenderwaho:

Gukurikirana ibikorwa ku rwego rw'umudugudu ndetse buri gihembwe bagakurikirana imigendekere y'ibikorwa bakoreshye ya mafishi bahawe (reba ku mugereka wa 3). Ikurikiranabikorwa rigomba gukorwa ku bipimo bikurikira:

1. Umubare w'abana bafite kuva ku mezi 6 kugera kuri 59 mu mudugudu;
2. Ijanisha ry'abana bafite hagati y'amezi 6 kugera kuri 59 batuye mu mudugudu ariko bakaba barafashe ibipimo by'imikurire (ibiro, Uburebure, umuzenguruko w'ikizigira cy'ukuboko, ibimenyetso by'ububyimbe) buri kwezi hanyuma bakabapima uburebure buri gihembwe;
3. Umubare w'abana boherejwe ku kigo nderabuzima bafite imirire mibi ihutiyeho (buri kwezi);
4. Ijanisha ry'abana bari muni y'imyaka itanu bafite ikibazo cy'igwingira, bananutse cyane cyangwa babyimbye impande zombi;
5. Ijanisha ry'abana bafite imirire mibi ihutiyeho (idakabije cyangwa ikabije) boherejwe ku ivuriro kandi bavuwe;
6. Ijanisha ry'abana bari muni y'imyaka itanu bavuye mu bitaro muri gahunda yo kuvura imirire mibi ihutiyeho idakabije cyangwa ikabije: abakize, abacitse badakize (bamaze ibyumweru 3 batagaragara), Abatarakize nyuma y'ibyumweru 4 bavurwa, abapfuye.
7. Ijanisha ry'imiryango ikeneye gusurwa mu ngo ikanahabwa ubujyanama (reba 3.1) bikaba byarakozwe;
8. Ijanisha ry'imiryango y'ababyeyi/abarera abana n'abana bari muni y'imyaka itanu bitabiriye igikoni cy'umudugudu kugira ngo bige guteka;
9. Ijanisha ry'abana bari muni y'imyaka itanu bahawe imiti y'inzoka;
10. Ijanisha ry'abana bari hagati y'amezi 6-23 bahawe ongera
11. Ijanisha ry'imiryango ifite abagore batwite bahawe serivisi zunganira abatishoboye;
12. Ijanisha ry'imiryango ifite abagore bonsa bahawe serivisi zunganira abatishoboye;
13. Ijanisha ry'abana bari muni y'imyaka ibiri bahawe serivisi zunganira abatishoboye;
14. Umubare w'abagore bageze igihe cyo kwibaruka bahawe ibiribwa bitandukanye byabafasha;



15. Umubare w’abana bari muni y’amezi 6-23 bahawe ibiribwa bitandukanye byabagirira akamaro;
16. Ijanisha ry’imiryango ifite abagore batwite n’abonsa cyangwa abana bari muni y’imyaka ibiri biyandikishije mu matsinda yo kuzigama no kugurizanya;
17. Umubare w’ingo mbonezamikurire y’abana bato ziri mu mudugudu zitanga serivisi zikomatanijije;
18. Ijanisha ry’abana bari muni y’imyaka ibiri bakurikiranwe hakoresheje ifishi y’imikurire y’umwana
19. Ijanisha ry’abagore batwite bakurikiranwe hakoresheje ifishi y’imikurire y’umwana
20. Ijanisha ry’imiryango ifite abana bafite akarima k’igikoni.



4.3. Gutanga raporo y'ibikorwa bya gahunda mbonezamirire mu mudugudu

Urwego rw'igihugu n'uturere bakora raporo buri gihembwe kugira ngo bagaragaze aho ishyirwa mu bikorwa rya gahunda mbonezamirire mu mudugudu igeze. Komite ishinze igenamigambi ry'akarere rigamije kurandura imirire mibi igomba gukurikirana ishyirwa mu bikorwa ry'iyi gahunda, igasesengura raporo zatanze, hanyuma ikagira icyo ivuga ku byagezweho n'ingorane bahura na zo. Raporo ya gahunda mbonezamirire mu mudugudu yuzura ibyakusanyijwe n'ukuriye abajyanama b'ubuzima igihe asura ingo ndetse n'izindi raporo zavuye aho ibikorwa biri. Raporo zikoze neza kandi zirimo amakuru ya ngombwa zizafasha abashyira mu bikorwa iyi gahunda kunoza imikorere kuko bazaba batanze amakuru nyayo akomeye yashingirwaho.

Uburyo bwo gutanga raporo n'inzira inyuzwamo bisobanuwe hasi:

(Reba ikarita iri mu mabwiriza y'igenamigambi ry'Akarere rigamije kurandura imirire mibi).

Aho raporo itangwa

Igihe itangirwa

Imigereka:

Umugereka wa 1: Inshingano z'abakorera abaturage muri gahunda y'imirire mu mudugudu

1. Inshingano z'abajyanama b'ubuzima muri gahunda y'imirire mu mudugudu

- a) Guteza imbere ibikorwa by'amazi meza, isuku n'isukura muri buri mudugudu na buri rugo hakorwa ibi bikurikira:
 - Gushyiraho itsinda rishinzwe isuku ku mudugudu;
 - Kongerera ubushobozi amatsinda ashinzwe isuku mu mudugudu bigakorwa babatoza banaberekera;
 - Kongera ubukangurambaga bugamije kubigisha uko bajugunya imyanda yo mu musarani no gukoresha imisarani yujuje ibyangombwa;
 - Kwimakaza umuco wo gukaraba intoki n'isabuni (ibihe bitanu by'ingenzi byo gukaraba intoki);
 - Kongera ubukangurambaga ku isuku y'ibiribwa no kwirinda indwara zituruka ku biribwa byanduye;
 - Gukangurira abantu kugira umuco wo gukoresha amazi meza;
- b) Guteza imbere ibikorwa bituma ingo zihaza mu biribwa no gukangurira imiryango kurya ibiribwa bikungahaye ku ntungamubiri ntoya n'ibikomoka ku matungo;
- c) Guteza imbere ibikorwa by'imirire iboneye y'impinja n'abana bato nkuko biri ku mafishi y'ubujyanama ku mirire iboneye y'ababyeyi, impinja n'abana bato;
- d) Guteza imbere ibikorwa byo kwita ku buzima bw'umubyeyi n'umwana no gukangurira abagabo kugira uruhare mu mirire y'ababyeyi n'abana ndetse no kubitaho;
- e) Gukurikirana mu ngo impinja n'abana bato bari muri gahunda yo kurwanya imirire mibi ihutiyeho (idakabije cyangwa ikabije) no kwirinda ko bakongera bakagwa mu mirire mibi nyuma yo gusezererwa;
- f) Gukurikirana mu ngo abana bafite ibiro bike n'abana bameze neza cyangwa bagenda basubira inyuma mu mikurire;
- g) Gukurikirana mu ngo impinja zavutse zifite ibiro bike (gupima ibiro, gufasha ababyeyi kugira ubushobozi bwo konsa no gushaka inyunganiramirire ifite intungamubiri)
- h) Gupima imukurire buri kwezi, kohereza ku kigo nderabuzima abana abafite imirire mibi ihutiyeho idakabije no ku matsinda y'ababyeyi barwaje imirire mibi, no kohereza abafite imirire mibi ihutiyeho ikabije ku kigo nderabuzima kugira ngo babavure;

- i) Gutegura igikorwa cyo kwigisha abantu guteka mu gikoni cy'umudugudu;
- j) Gukoresha ubukangurambaga bugamije guhindura imyifatire mu bijyanye n'imirire (guha ubujyanama umuntu ku giti cye, ubukangurambaga bukozwe ku bantu benshi, umuganda, umugoroba w'ababyeyi n'ibindi)
- k) Gukangurira abagore batwite kwipimisha bakimara kumenya ko batwite
- l) Guteza imbere ibikorwa mbonezamikurire by'umwana muto bikomatanyije mu mudugudu, ku kigo mbonezamikurire nkuko biri ku rutonde rw'igika cya 3.7.
- m) Gukangurira abaturage kuboneza urubyaro mu mudugudu no kubagezaho uburyo bwo kuboneza urubyaro ndetse no kubakangurira gutanga ubwisungane mu kwivuza.
- n) Gutanga raporo ya gahunda y'imirire mu mudugudu

2. Uruhare rw'abita ku barwaye mu mavuriro

- Gukora neza isuzuma n'ikurikiranabikorwa rya gahunda mbonezamirire ku mudugudu ;
- Gushyira ibikorwa bya gahunda mbonezamikurire y'abana bato n'iby'amazi, isuku n'isukura muri serivisi z'imirire ;
- Gukurikirana no gutoza abajyanama b'ubuzima kugira ngo bashyire neza mu bikorwa ibyateganyijwe muri gahunda y'imirire mu mudugudu ;
- Gutanga raporo imeze neza y'ibyakozwe muri gahunda mbonezamirire mu mudugudu no kuyitangira igihe.

3. Inshingano z'abafatanyabikorwa mu iterambere

- Gufasha no kugira uruhare mu buvugizi burambye kugira ngo bashobore gukora ibikorwa bya gahunda mbonezamirire mu mudugudu;
- Gutanga ubufasha bwa tekini n'ubw'imari kugira ngo hashyirweho ingamba zo gushyira mu bikorwa gahunda mbonezamirire mu mudugudu;
- Gukora udushya tukanandikwa, kwandika inkuru z'ibyagezweho ndetse n'ibikorwa by'indashyikirwa byagezweho mu gushyira mu bikorwa gahunda mbonezamirire mu mudugudu;
- Gufasha komite mbonezamikurire y'abana bato (ku murenge no ku karere) mu rwego rwo gushimangira ko abana biga hakiri kare kandi ababyeyi babigizemo uruhare;
- Gufasha gushyiraho uburyo bworohereza kwinjiza mu bikorwa bya gahunda y'imirire mu mudugudu, ibikorwa byo kwigisha abana bato n'uruhare rw'ababyeyi mu burere bwabo;

- Kwagura ubumenyi n'amakuru afite gihamyaga agamije guteza imbere ibikorwa mbonezamirire y'abana bato bikomatanyije;
- Gutanga ubushobozi mu bijyanye n'imfashanyigisho n'inyoboranyigisho, ibigo mbonezamirire y'abana bato.
- Gukangurira abaturage kwandikisha abana mu bigo mbonezamirire y'abana bato/ ibigo mbonezamirire byo mu ngo;
- Gufasha ababyeyi n'abarera abana kumva ko ibigo mbonezamirire y'abana bato ari ibyabo kandi ari bo bagomba gusobanura ibihakorerwa;
- Kunoza serivisi zose zitangirwa mu bigo mbonezamirire y'abana bato;
- Gukora ubuvugizi bw'abatagerwaho na serivisi zikomatanijwe z'ibigo mbonezamirire y'abana bato

4. Inshingano z'abakangurambaga b'ubuhinzi

- Kongera umusaruro w'ibihingwa bikungahaye ku ntungamubiri no gukangurira imiryango kurya ibyo bahinze;
- Kugeza ku bahinzi inyongeramusaruro n'ubutumwa bw'ibanze bubafasha kuyikoresha binyujijwe mu bukangurambaga n'imirima shuri;
- Kugeza buhoro buhoro ku bahinzi ubumenyi bwimbitse bubigisha ibikorwa ngiro mu mirima shuri;
- Guteza imbere ubworozi bw'amatungo magufi ku rwego rw'umuryago

5. Inshingano z'urwego rw'abikorera ku giti cyabo

- Kongera ishoramari mu buhinzi, kugeza ku bahinzi ibiribwa bikungahaye ku ntungamubiri no kubakangurira kubikoresha (kongera intungamubiri mu biribwa) mu mudugudu;
- Gutanga ubufasha butuma bashyira mu bikorwa gahunda mbonezamirire mu mudugudu.
- Gushyigikira ibikorwa biteza imbere imirire iboneye y'ababyeyi, impinja n'abana binyujijwe mu bukangurambaga bw'iminsi 1000 no guteza imbere gahunda mbonezamirire y'abana bato

6. Inshingano z'abarera abana mu bigo mbonezamirire

- Kwigisha ababyeyi uburyo buboneye bwo guteka indyo nziza bakoresheje ibiribwa biboneka ku bwinshi aho batuye kandi bakarya ibafatiye akamaro;

- Gutegura amahuriro, bafatanyije n'abajyanama b'ubuzima, agamije kwerekera abayitabiriye uko bateka, gupima imikurire y'abana n'ibindi bikorwa bijyana n'imire nkuko byavuzwe mu gika cya 5.8 ;
- Guha ababyeyi amakuru abafasha gukora ibikorwa bikangura ubwonko bw'abana hakiri kare no kubitaho ;
- Kugira isuku y'ahabakikije no kumenya gukaraba neza intoki.

Umugereka wa 2 : Gahunda isanzwe y'ikingira ku bana bari muni y'imyaka itanu

Umwana akivuka	BCG Imbasa 0
Amaze ukwezi kumwe n'igice (ibyumweru 6)	Imbasa 1, Gapfura, Umusonga, Epatite B, Virusi itera ibicurane yo mu bwoko bwa B, Rotavirusi
Amaze amezi 2n'igice (ibyumweru 10)	Imbasa 1, DTP, Umusonga, Hepatite B, Virusi itera ibicurane yo mu bwoko bwa B, Rotavirusi
Amaze amezi 3 n'igice (ibyumweru 14)	Imbasa 1, Gapfura, Umusonga, Epatite B, Virusi itera ibicurane yo mu bwoko bwa B, Rotavirusi
Ku mezi 9	Iseru na Rubewole
Ku mezi 15	Iseru na Rubewole

Umugereka wa 3: Ibikoresho by'ikurikirana n'isuzumabikorwa

Urutonde rw'ibikoresho gupima imikurire mu mudugudu:

Ibikoresho	Uko bingana
Umunzani upima ibiro by'abana	1/ku mudugudu
Igipimo cya MUAC	4/ku mudugudu
Amakaye yo kwandikamo ibijyanye n'imirire ku mudugudu	1/ku mudugudu
Umusambi upima uburebure	4/ ku mudugudu
Imbonerahamwe yo gupima imikurire y'abakobwa n'abahungu	2/ ku mudugudu (1 ku bahungu (ubururu) na 1 ku bakobwa (isine))
Amafishi y'ubujyanama ku mirire iboneye y'abagore, impinja n'abana bato	4/ ku mudugudu
Amabwiriza ya gahunda y'imirire mu mudugudu	2/ ku mudugudu
Ikaye bandikamo ibyo kurya	1 ku mudugudu
Ibikoresho by'amakuru, inyigisho n'itangabutumwa (mu turere dutandukanye – Igipapuro kiriho ubutumwa, itangabutumwa n'ibindi)	1/ ku mudugudu
Imbonerahamwe y'umudugudu igaragaza uko umwana ahagaze ku ikarita	1/ ku mudugudu
Amafishi y'ikingira/igitabo cy'ubuzima bw'umubyeyi n'umwana	1/ku mwana
Ikarita iriho uko umwana ahagaze	1/ ku mwana
Imbonerahamwe y'akagari igaragaza uko umwana ahagaze ku ikarita	1/ku kagari

Ikarita igaragaza uko umwana ahagaze ni igikoresho gishya kizakoreshwa mu gukurikirana ibikorwa y'imikurire y'umwana, amakarita yerekana uko abana bahagaze ari ku mugereka wa 6

Umugereka wa 4. Urutonde rw'ibikorwa byo gukurikirana ibijyanye n'amazi, isuku n'isukura

N°	Ibyo bagenzura	Igisubizo		Ibigomba kunozwa
		Yego	Oya	
1.	Iruhande rw'inzu hasize sima?			
2.	Iruhande rw'inzu hateye ubwatsi/umucaca mu rugo?			
3.	Hari uburyo bwo gutega amazi y'imvura?			
4.	Hari uburyo bwo gusohora amazi yanduye?			
5.	Hari umusarani uri hanze?			
6.	Ese amatungo bayaraza he nijoro?			
7.	Imyanda bayijugunya he?			
8.	Imyanda yo mu musarani ishyirwahe?			
9.	Ese umusarani irasukuye?			
10.	Umusarani urakoreshwa?			
11.	Niba hari umusarani hari ibikoresho by'isuku byo kwihanagura bihari?			
12.	Hari isazi zituma iruhande rw'urugo ?			
13.	Hari aho gukarabira intoki ?			
14.	Hari isabuni ubona aho hantu ho gukarabira intoki ?			
15.	Hari igikoni kiri hafi aho?			
16.	Igikoni gifite isuku?			
17.	Ibikoresho byo mu gikoni bibikwa he, gute?			



18.	Amasahani bamaze koza abikwa he , gute?			
19.	Ibiribwa bibikwa he?			
20.	Amazi yo kunywa abikwa he?			
21.	Amazi yo kunywa uyasukisha iki?			
22.	Mutunganya amazi yo kunywa?			
23.	Abana barwaye indwara zo mu maso/ z'uruhu?			

Umugereka wa 5. Imbonerahamwe y'imikurire

- Ibiro ugereranyije n'imyaka ku bahungu
- Uburebure ugereranyije n'imyaka ku bahungu
- Ibiro ugereranyije n'uburebure ku bahungu
- Ibiro ugereranyije n'imyaka ku bakobwa
- Uburebure ugereranyije n'imyaka ku bakobwa
- Ibiro ugereranyije n'uburebure ku bakobwa

Umugereka wa 6. Ibikoresho bya gahunda y'ifishi yo gukurikirana imikurire y'umwana muto.

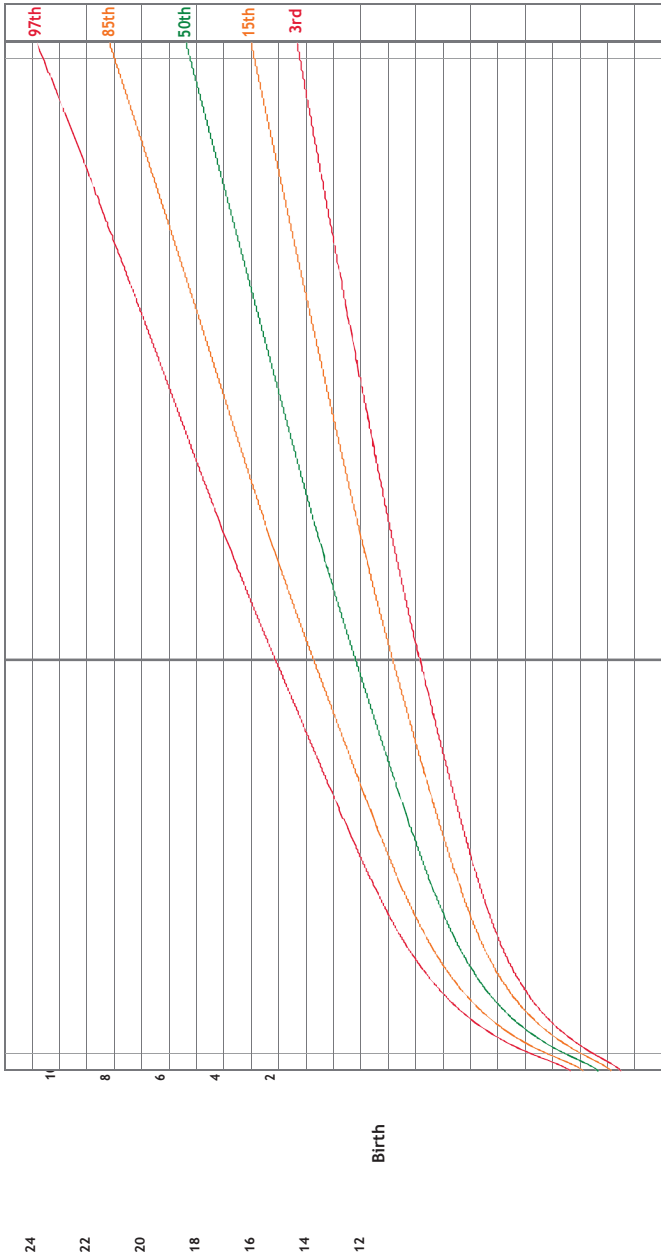
- Ifishi y'imikurire y'umwana
- Igitabo cy'umudugudu cyo gukurikirana imikurire y'abana bato
- Kibaho cy'umudugudu, Akagari, Umurenga n'Akarere



Ibiro ugereranyije n'imyaka ku bahungu

Kuva akivuka kugera ku myaka 5 (mu ijanisha)



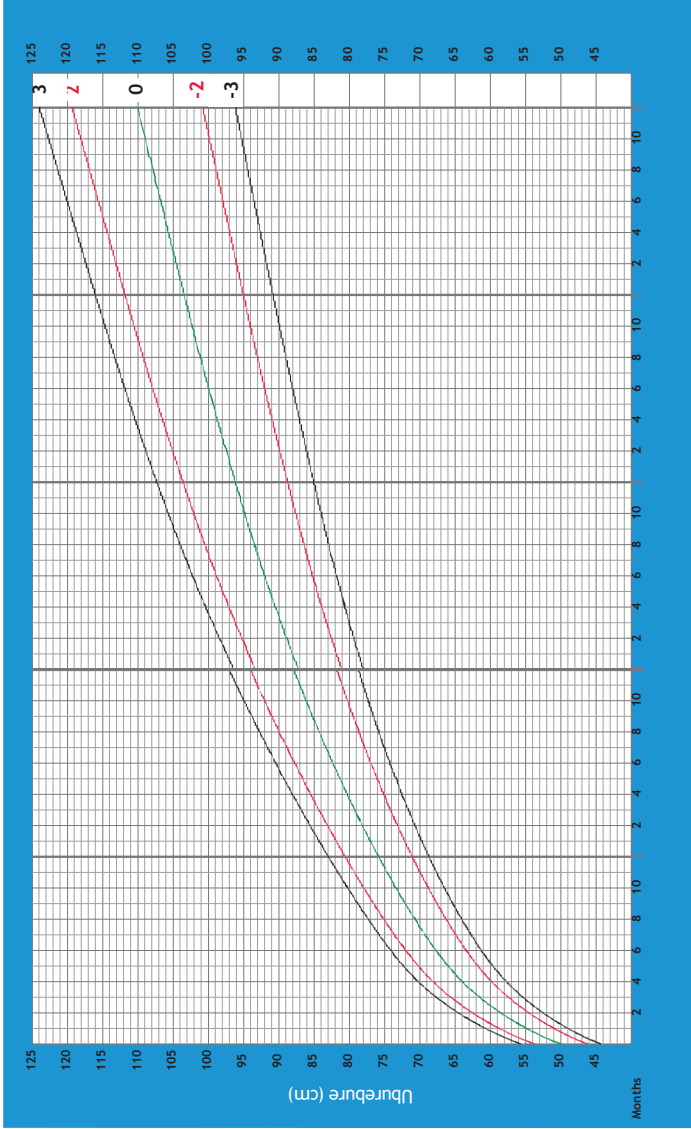




1 year 2 years 3 years 4 years 5 years

Age Uburebure -imyaka ku bahungu

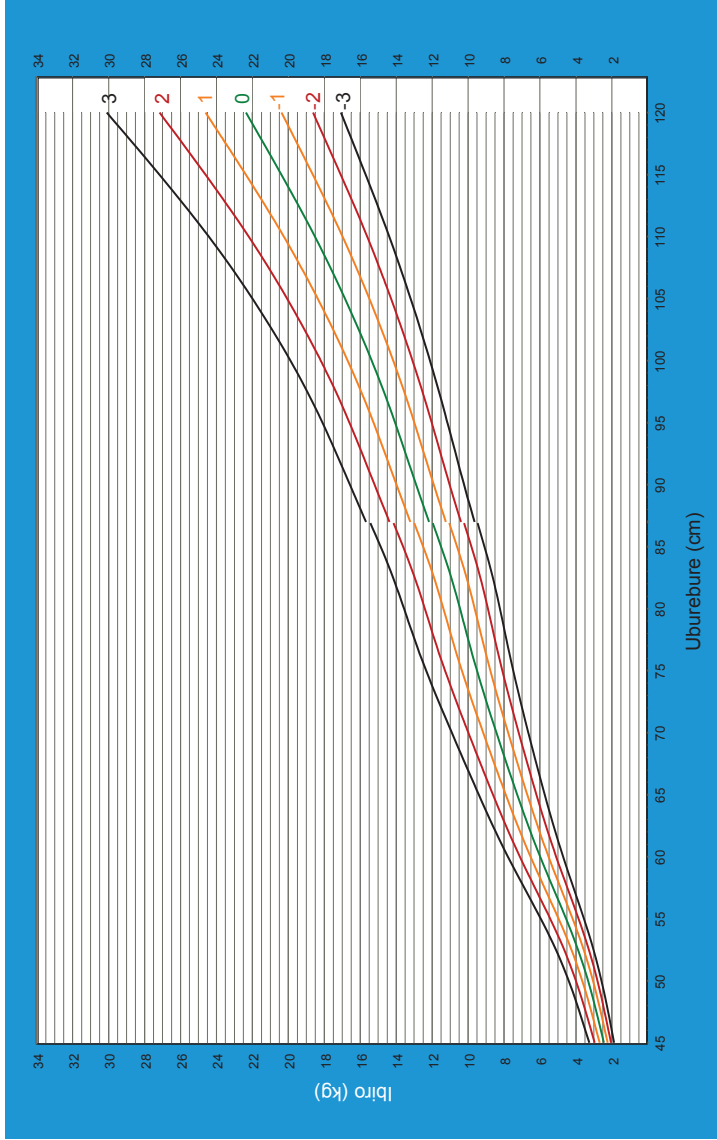
Kuva akivuka kugera ku myaka 5 (ikarita-z)



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(co) Ibiro-uburebure ku bahungu

Kuwa avuise kugera ku myaka 5 (ikarita-z)

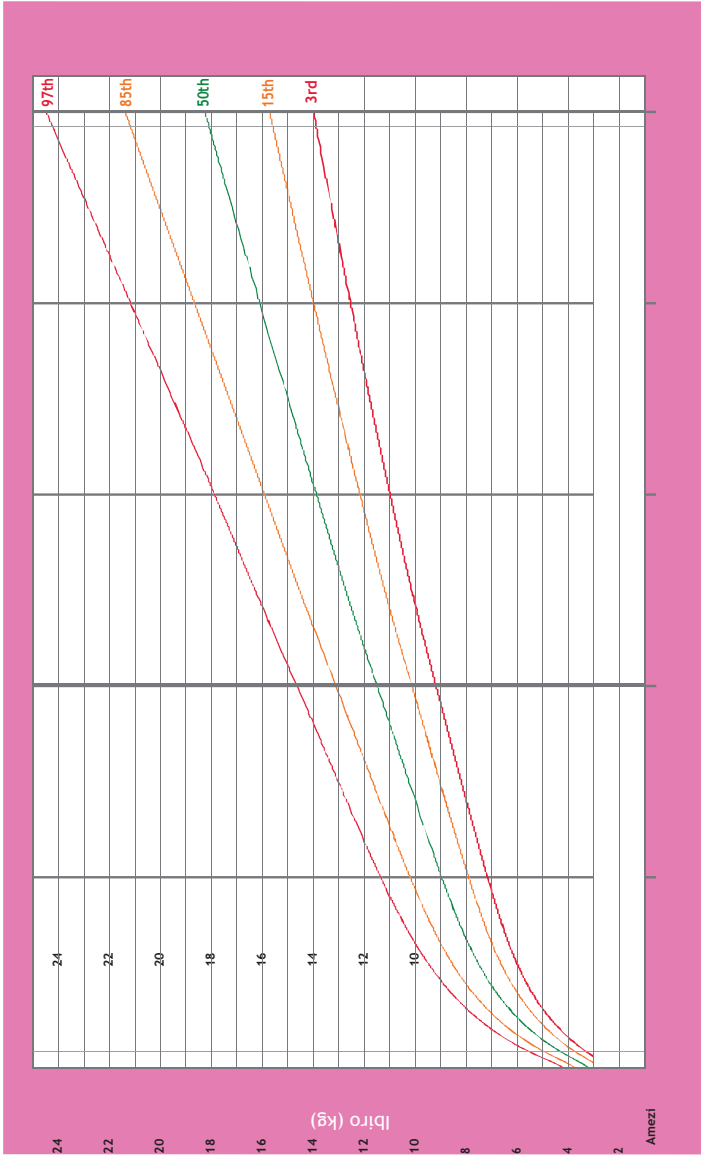


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Ibiri-imyaka ku bakobwa

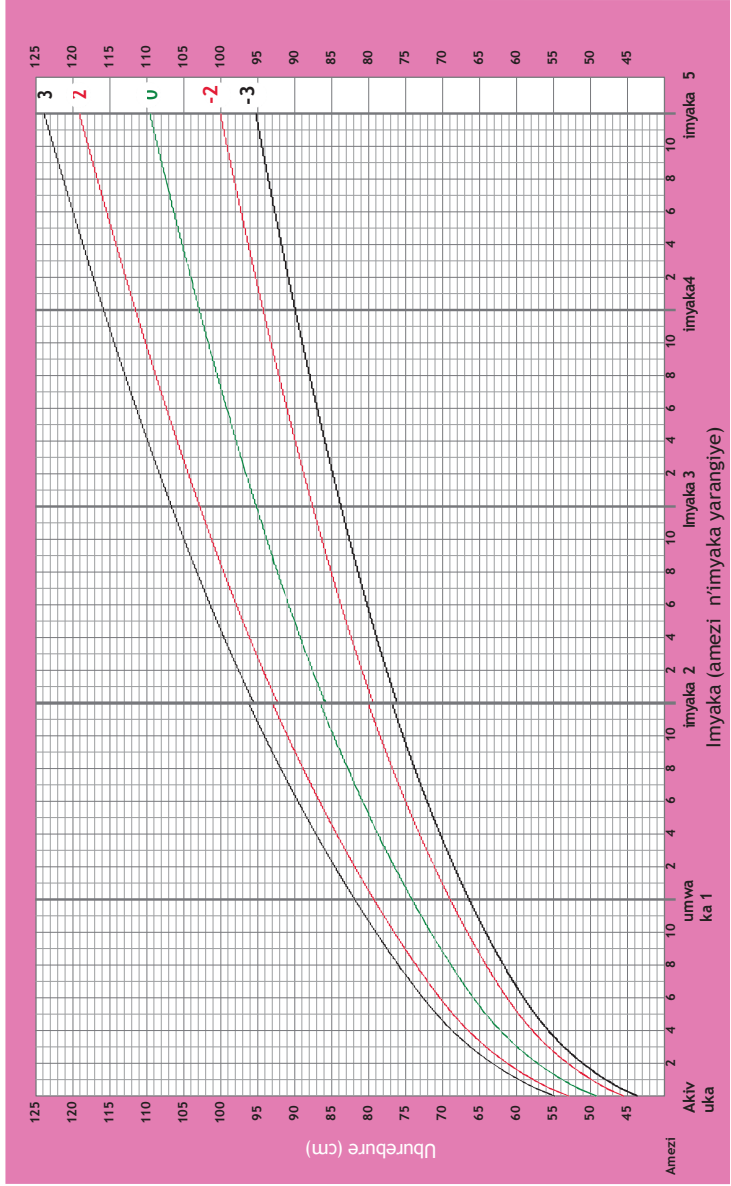
Kuva akivuka kugera ku myaka 5 (mu ijanisha)



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Uburebure-imyaka ku bakobwa

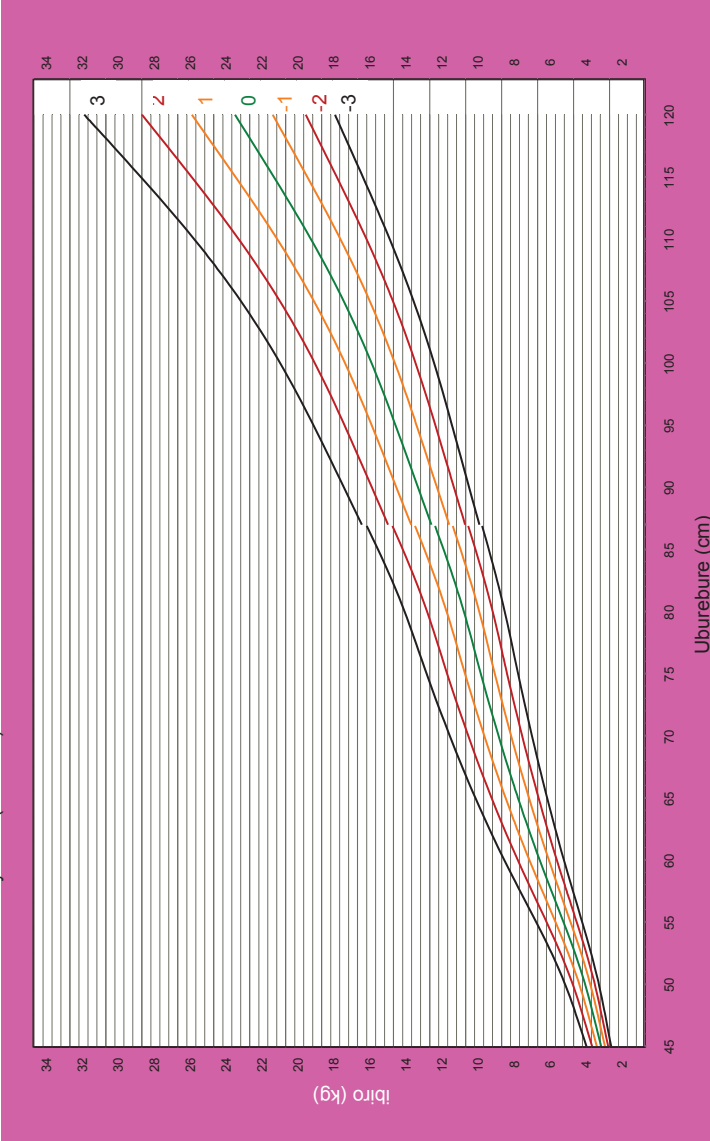
Kuva avutse kugeza ku myaka 5 (Ikarita- z)





Ubiro-uburebure ku bakobwa

Kuva akivuka ku myaka 5 (ikarita z)



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Umwaka wa: _____

Ikiباهo cy'umudugudu wa

Yahawe serivisi: ✓ Ntuyemerewe serivisi —
 Ntayo yahawe : ✗

Inshamba y'uko imibare ihagaze mu mudugudu

Amaze / Ihaha	Ibikorwa by'ubwoko mu burungu										Ibikorwa by'ubwoko mu burungu									
	Kibona na kubwira zaza	Shyamba kibanda	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira	Kubwira imbere n'ubwira
1. Mutarama/01/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
2. Gashyamba/02/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
3. Werurwe/03/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
4. Mata/04/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
5. Gicurasi/05/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
6. Kamena/06/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
7. Nyakanga/07/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
8. Kanama/08/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
9. Nteri/09/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
10. Uwakira/10/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
11. Ugushyamba/11/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
12. Uhubaza/12/.....	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗



Ikibaho cy'umurenge wa

Umwaka wa:

Ibusho y'umurenge	Umubare w'abana muri buri cyiciro	Umubare w'abana mu rwango	Ibikorwa bitabwa umwana muri rusange	Imyumvire ku biyunge n'umute	Ibikorwa bitabwa umwana mu byacye boallige	Ibikorwarwemwo n'ibidukikije	Umubare w'abana mu abagore batwite barabonye	Umubare w'abana bakomatanze	Umubare w'abana bakomatanze mu kwirinda imirire mbi	1	2	3	4	5	6	7	8	9	10	11	12	
										1	2	3	4	5	6	7	8	9	10	11	12	
Muramba	Muramba	Muramba	Muramba	Muramba	Muramba	Muramba	Muramba	Muramba	Muramba													
Gashyamba	Gashyamba	Gashyamba	Gashyamba	Gashyamba	Gashyamba	Gashyamba	Gashyamba	Gashyamba	Gashyamba													
Wurwue	Wurwue	Wurwue	Wurwue	Wurwue	Wurwue	Wurwue	Wurwue	Wurwue	Wurwue													
Maia	Maia	Maia	Maia	Maia	Maia	Maia	Maia	Maia	Maia													
Gicurusi	Gicurusi	Gicurusi	Gicurusi	Gicurusi	Gicurusi	Gicurusi	Gicurusi	Gicurusi	Gicurusi													
Kameya	Kameya	Kameya	Kameya	Kameya	Kameya	Kameya	Kameya	Kameya	Kameya													
Nyakanga	Nyakanga	Nyakanga	Nyakanga	Nyakanga	Nyakanga	Nyakanga	Nyakanga	Nyakanga	Nyakanga													
Kanama	Kanama	Kanama	Kanama	Kanama	Kanama	Kanama	Kanama	Kanama	Kanama													
Nterzi	Nterzi	Nterzi	Nterzi	Nterzi	Nterzi	Nterzi	Nterzi	Nterzi	Nterzi													
Ukwakira	Ukwakira	Ukwakira	Ukwakira	Ukwakira	Ukwakira	Ukwakira	Ukwakira	Ukwakira	Ukwakira													
Ugushyamba	Ugushyamba	Ugushyamba	Ugushyamba	Ugushyamba	Ugushyamba	Ugushyamba	Ugushyamba	Ugushyamba	Ugushyamba													
Ukubooza	Ukubooza	Ukubooza	Ukubooza	Ukubooza	Ukubooza	Ukubooza	Ukubooza	Ukubooza	Ukubooza													

	Muramba	Gashyamba	Wurwue	Maia	Gicurusi	Kameya	Nyakanga	Ukwakira	Ugushyamba	Ukubooza
Ibintsi byubutare / fer										
Ongeza										
Shaha Kibondo (Abana)										
Shaha Kibondo (Abagore)										
CRS CR Zinc										

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