



EBIRAGIRO EBIRINA OGobererwa

Otekeddwa okugoberera endagiriro z'encola eno nobwengendereza okusobola okufuna alizaati entuufu. Tolya oba tonywa kintu kyona lwakiri okumala eddakika kumi natano nga tonatandika kwekebera oba kukozesa bintu ebyokulongoosa akamwa okumala eddakika amakumi asatu nga tonandika kwekebera.

OKULABULA: Bwoba oli ku ddagala (HIV) eriweweza akawuka ka mukenenya (ARVs) ebinavamukukeberebwa biyinza okuba ebikyamu.

LUGANDA



WETEGEREZE EBIRAGIRO

ORAQUICK®
HIV SELF-TEST

ENGERI YOKUZOZESA OLUKOMO OLUKOZESA AMALUSU OKWEKEBERA AKAWUUKA KAMUKENENYA WEKKA



WEETAAGA OKUFUNA ENGERI GYO PIMAMU OBUDDE



Ekisawo kino kirimu: Ebintu ebirina okukozebwa, akawanira akabokisi omuli ebintu ebirina okozozebwa wamu ne birina ogobererwa mukukeberebwa.



Ensawo omuli olukomo lwokwekebeza erina obusawa obutono bubiri.



Yuzo osanukule akasawo akalimu **akacupa**.



Sumulula ojeko akasanikira.



TOLINA kuyiwa ekoyekiringa amazzi. **TOLINA** kunuya.



Akacupa kasimbe okayimirize mu katandarokako.



Tuza ekisawo ekirimu **akuumu akalina okozesebwa mukukebera** okagyemu. **TOLINA** ku kuma kayitibwa akatundu akagolokofu nangalo zo. **TOLINA** kulya yadde okumira ekoyekiringa amazzi. **TOLINA** kunuya.



Nyiga akajiiko akaterevu ku kibuno kyo era okayise **kukibuno kyo** ekyawagulu omurundi gumu (nga bwolaba mukifananyi ekisooka) **nekukibuno kyo** ekyawansi omurundi gumu (nga bwolaba mukifananyi ekyokubiri).



Teeka akajiiko akatereevu ako kona mukacupa ppakanga nga katuuse kuntobo yakacupa.



Edakiika abiri
Liinda 20
Soma 40
Akajiiko kaleke mu kacupa okumala eddakiika amakumi abiri nga tonasoma aliizati. Tosoma aliizati okusuka eddakiika amakumi ana.

OKUVUNNULA ALIZAATI



Soma ebivudde mukukeberebwa mukifo awali ekitangala ekimala obulungi

ALIZAATI ELAGA OKUBA NAKAWUUKA KAMUKENENYA



Enyiriri ebbiri, nebweluba olunyiriri sirukwafu osobola kuba n'akawuka k'amukenenya era olina okudamu okukebera.



Mubwangu nyo ddala . . .

Genda kudwaliro erisinga okuba okumpi webakeberera akawuuka kamukenenya

ALIZAATI ENKYAMU



Ebbanga oba awatali kakoloboze kumpi ne nyukuta "C" (nebwewaberawo akakoloboze kumpi nenyukuta "T"), oba olupande olwemabega olumyuufu kikifuula kizibu nyo okusoma alizaisati evvude mukwekebera, era awo akakomo akakebera kaba tekakola era okukebera kulina okudibwamu.

Olina okufuna olukomo olulala okwekebera.

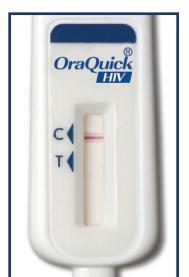


Olukomo bwe luba telukoze bulungi.

Kyalira akalwariro akasinga okuba okumpi awakebererwa akawuuka kamukenenya oddemu okeberebwa natte.

ALIZAATI ELAGA OBUTABA NAKAWUUKA KAMUKENENYA

BWOSOMA NGA TEWANAYITA DAKIIKA AMAKUMI ABIRI, ALIZATI EYINZA OBUTABA NTUUFU



Akakoloboze kamu kumpi ne nyukuta "C" era nga tewaili kakoloboze nebanga okumpi ne nyukuta "T", awo alizaati yo eraga nti tolina kawuuka kamukenenya.



Nonya okwekebera bulijjo. Singa oba osinsikanyiddwa n'akawuuka kamukenenya, ddamu wekebera oluvanyuma lwe myezi esatu.

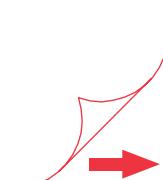
SSEEKAKASA ALIZATI

Tomanyi alizati yo oba tewekakasa alizati yo.



OKUSUULA

Jamu olukomo, sanikira akacupa mwekabaddde era osuule ebintu ebyo byonna mukasasiro.



EBIKWATA KU NKOLA ENO

REF 5X4-1000, 5X4-1001, 5X4-2001

Enkozesebwa yakyo mu mawanga agali wabweru wa USA Ekozesebwa mu kifo ekiri wabweru womuntu wabeera ekozesebwa mu kukebera • Toddamu kugikozesa

ERI ABO ABETESETESE OKUGIKOZESA

OraQuick® HIV Self-Test erimu okukozesa akuma akakolera wabweru womuntu wabeera (IVD) mukukebera ebika bya kawuka HIV-1 and HIV-2 mumalusu agavudde mu kamwa. Okukebera kuno kugenderera okuyambako okunoonya obutofaali obuziyiza HIV-1ne HIV-2 okuva mu bantu abalina akawuka ka mukeneny.

ENFUNZA YO KUKEBERWA

OraQuick® HIV Self-Test ekozesebwa omulundi gumi, mukunonya obutofaali obulwanyisa ebika bya sirimi byombi 1 (HIV-1) ne 2 (HIV-2) mumalusu. Enkola ya OraQuick® HIV Self-Test egenderera kuyamba muntu wabulijjo okwezuula oba alina akawuka olwo kimo kimuyambeko mu kukeberewa ebika byasirumu byombiriri HIV-1 ne HIV-2. Akuma katekebwa mukamwa, okulaba nti akatundu akagolokofu etekewa wakati wakamwa ne mukibuno. Akuma oluvanyuma ka tekebwa mu tube erimu amazzi eyapimiddwa edda. Amalusu okuva kungulu kwemba gayingira akuma nga gayita mu akatundu akagolokofu olwo negayingira mu kapima. Ngamalusu bwiegakirira okuyita mu ka akapima kalayini akalina kala kabikira mu kifo awali enyukuta eya 'T' okufunirwa ebivudde mukukeberewa singa omuntu aba alina obutofaali obulwanyisa akawuka ka mukeneny (HIV). Singa omuntu aba talina butofo bulwanyisa akawuka ka mukeneny (HIV) kalayini akalina kala tekalabika. Singa okebera kuba kukolebwa bulungi, kalayini kabikira mu kifo kya C awo awasubirwa okufunirwa ebivudde mukukebera. Eno eyitiba layin eriwo okugelgalanyizibako ebivudde mukukebera.

EKOLO YOKUEBERA

Mukunoonyereza okwetikigku, abantu 900 abalitebamanyi bwebayimiridde kawakawa kamukenenya baawebwa engeri gyebyaniza okwekeberamo. Ebyazuulwa mu kukubera byagerageranyizibwa. Ebyava mu kukebera biraga nti abantu 153 baalina akawuka kaamukenenya ate 724 tebalina. Abantu musanu (7) tebalabu mukunoonyereza. Okugeragerenyeb'azuuwa kwali bw'ekuti:

- Abantu ebitundu 99.4% (abantu 152 ku 153) balaga mubulambulukfu nti baalina akawuka. Kino kigegeza nti omuntu omu ku bantu 153 yeylewma okwewayo nti alina akawuka. Kino kiyitiba kigumaaza nti omuntu talina kawuka.
- Abantu ebitundu 99 ku kikumi (717 ku 724) baalaga mubwesimbu nti tebalina kawuka. Kino kigegeza nti abantu 7 ku abantu 724 abataalina kawuka ate baalaga nti bakalina. Kino kiyitiba kwewayiriza nti omuntu mulwadde ate nga talina kawuka
- Okwongera ku ebyo, ebitundu 1.8 ku kikumi (16 ku 900) kubyanonyerezebwako byalemma okuzuula ekintu kyona.

EBIRI MU KA BOKISI AKALIMU EBKOZESEBWA MUKUKEBERA

- Akasawo akamu kalimu:
 - Akasawo akagabyanyiziddwamu (5X4-0004) akalimu akuma akakozesebwa mukukebera nga kakozesebwa omulundi gumi, ekikuumu eddagala lileme kwononeka wamu ne Omukebe Omuli Amazzi Agakozesebwa Mukukebera
 - Awakebererwa
 - Ebiragiro ebirina okugobererwa

Ebyetigisa naye nga tebikuweredwa Essawa oba ekintu ekirala kyonna ekipima obudde

⚠ OKULABULA WAMU NEBYOLINA OKUGOBERERA

- Abantu abamu batera okwelalikira ngabakeberebwa akawuka ka sirimu (HIV). Naye bwoba otya nnyo okukeberewa akawuka kasirimu, osobola okulindako okutuusa okuya lweukendera oba omusawo wo nakukebera oba newekeberereza mu kalwalira ko mukyal.
- **TOLINA** kukeberewa kuno bwoba olina akawuka akaleeta sirimu (HIV).
- Kozesa amalusu okuva mukamwa gokka. Enkola enno eyokukebera akawuka kamukenenya tekozesebwa ngokozesa musaayi, oluzzizi olutaalimu musaayi, amata okuva mu mabeere, amazzi gekissaja, omusulo, amazzi agava mu bintu byabakyala ebyekyama oba entuuyo.
- **TOLINA** era tonnywa okumala eddakiika 15 nga tebanatandika kukebera.
- **TOLINA** kamwa ngokozesa ebyo byonnia ebiyinza okukozesebwa mukuyonja akamwa okumala eddakiika 30 ngatebanatandika kukebera.
- Gyamu ekintu kyona mukamwa ekibika embaao nga tonoba kutandika kukunganya malusu.
- Ka silu akalaga obupaya nobutakozesewangako bwe kamenebra oba ekintu kyonna ekrina okukozesebwa munkebera eno kyoneka, enkebera eno togikozesa.
- Bwekiba nti leero 'lwe lunaku' oluddiriria olwo olwakozesewangako mukukebera nra bakoza ekisawo, enkebera eno togikozesa.
- Abantu abagenda okusoma ebivuddemukukebera balina okuba nekitangala ekimara. Singa bulayini buribi bulabikira mutibundu ebilambiddwa T ne C ku kuuma akakozesebwa mukukebera ebivuddemmu biba bituufu.
- **TOLINA** kasawo kona okujjiko ngawetegese bulungi okutandika okukebera.
- **TOKOZESA** nkebera eno singa ebyuumma ebikozesebwa myo bibeera byayonjezebaako ebintu ebikozesebwa mu kuyonja ebintu ebyawaka (kewugambba ebiyinza okusiimula akamwa).
- Bwoba wetabye mu kugezes eddagala lya sirimu (HIV), osobola okukeberewa nebazuula mu akawuka naye kino tekegeza nti olina akawuka (HIV). Oyina okuddangayo awo webakeberedde.
- **TOGEZA** kukoza nkola eno nga oli wansi wa emyaka kumi na gumi (11).

30 °C OKUTEREGA

- Terekera era okukebera kuno kukolere mukifo ekinyogovu.
- **TOLINA** nkebera eno singa ebeera ekumiddwa wabweru wobunyogovu obukirizibwa obwokuva ku 2°-30°C (36°-86°F).
- Enkebera eno erina okukolebwa mukifo ekirrimu olubugumu okuva ku 15°-37°C (59°-99°F).

EBIYINZA OKULEMESA ENKEBERA ENO

- Ebiragiro ebirina okugobererwa kua kokoza kye OraQuick® HIV Self-Test birira okugobererwa obulungi okufuna ebivaamu ebantuufu.
- Bwobeera oli ku ddagala (HIV) eliweezeza akawuka ka mukenenyere (ARVs) ebivaamu mukukebera biyinza obutabu bituufu.
- Bwoba olina HBV, HCV oba HTLV (I/II), ebivamu kukebera biyinza obutabu bituufu.
- Bwoba oysa musaayi mukamwa, ebivaamu mukukebera biyinza obutabu bituufu. Bwoba byofunye mukwekebera tebitezerekeka genda kualkalirio akakuli okumpi oddemu okebelebwe.
- Ebikwata kubakozese enkola ya OraQuick® HIV Self-Test okukozesa enkola yaayao tebinakunganyizibwa Abekebera akawuka abali kuddagala lya PrEP.
- Enkola ya OraQuick® HIV Self-Test eyinza obutazzula kawuka kafunibwa oluvanyuma (HIV) Iwemyezi essatu emabega.
- Ebivuddemukukeberewa bwe kiba nra kitif, obukwafu bwakalayini tebutegese bungu bwa butofo obulwanyisa akawuka kamukenenya.
- Ebivuddemukukeberewa bwebibia ebantuufu, biba birina okugeragaryizibwa ne biva mu kukebera nga bakozesa enkebera endala era kino kirina kukolebwa omusawo omukugu okukakasa nti ddala akawuka kasirimu (HIV) omuntu akalina.

EBIBUUZO NE BIDDIBIWAMU

1. Enkebera eno ekola ki?

Enkola ya OraQuick® HIV Self-Test ekozesebwa kukebera ebika bya kawuka kamukenenya (HIV-1 ne HIV-2) naye nga bakozesa amalusu agavudde mukamwa. Enkola yesigama ku kukebera obutofaali obuliwo okulwanyisa akawuka kamukenenya mumubiri. Ebivamu bwebibia ebantuufu byiambakobuyambi omusawo omukugu omundende mukukasa oba ddala omuntu alina akawuka akaleeta mukeneny.

2. Biki omuntu byayinza okukolebwa okukozesewangako akawuka kasirimu HIV?

Akawuka kasirimu kasobola okukukwata ngokola bino wamanga:

- Okwegatta nabantu bangi abenjawulo
- Okwegatta nomutu alina sirimu (HIV) oba omuntu ngatomanyi bwebayimiridde ku kawuka kamukenenya (HIV)
- Omwami okwegata no nwarmi omulala
- Okukozesa ebragagalagala
- Okukozesa ebintu ebisongovu abantu abangi
- Okwtunda
- Okuzulibwa nti olina obulwade bwebibumba (hepatitis), akafuba oba endwadde ezyita mu kwegatta okugeza kabolongo

3. Singa mba maze okukola ekimu kwebyo waggulu kirina kuntwalira bangi okwekebeza akawuka akaleta sirimu?

Osobola okwebeza essawa yonna era bwoba wakozesa nkola ya ora quick olina okulinda newayitawo emyezi essatu kekirin ti enkola eno ekola nga omuntu amaze nakawuka kasirimu emyezi essatu. Oyina okuddamu newekebera obulwanyisa Iwemyezi essatu ngomazze okukola ekintu kyona kyosubira ekireeta sirimu. Oyinza nokwekeberera ku ddaliro eddene.

4. Lwaki mba sirina kukoza nkola ya ora quick nganakamala kola ekiyinza okundetera okwengera akawuka akaleeta mukeneny?

Bwobeera olumbidda akawuka akaleeta mukeneny (HIV) omubiri gugezaako nyo okukalwanyi HIV ng aukola obutofaali obukalwanyisa. Obutofaali buno busangibwa mu malusu. Kitwalira omubiri gwo emyezi 3 okusobola okukola obutofaali buno olwo neuba ngabusobola okuzulibwa enkola eya OraQuick®.

5. Enkola ya OraQuick ntutu kwenkanaki?

Mukunoonyereza okwetikigku, abantu 900 abalitebamanyi bwebayimiridde kawakawa kamukenenya baawebwa engeri gyebyaniza okwekeberamo. Ebyazuulwa mu kukubera byagerageranyizibwa. Ebyava mu kukebera biraga nti abantu 153 baalina akawuka kaamukenenya ate 724 tebalina. Abantu musanu (7) tebalabu mukunoonyereza. Okugeragerenyeb'azuuwa kwali bw'ekuti:

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- Okwongera ku ebyo, ebitundu 1.8 ku kikumi (16 ku 900) kubyanonyerezebwako byalemma okuzuula ekintu kyona.

6. Ngankozesa enkola nsobola ofuna akawuka kasirimu HIV?

Enkebera eno terimu (HIV) kintu kyona kyinza kuwasa akawuka kasirimu (HIV).

7. Omuntu alina kutwala bbanga lyenkana ki okusobola okwekebeza akawuka kasirimu (HIV)?

Bwobeera tokeberebwangako (HIV), oyina wakirikwaekebezaayoo omulundi gumi. Bwobeera okola ebintu ebivaako akawuka ka mukeneny (HIV) obeera olina okwekebeza buli mwaka (okuwabulwa okuva mukitongole kye byobulamu munsiyon, WHO). Bwobeera owulira oli kubwelalikiru bwokukwatiwba akawuka kyamegezi (HIV) nobeera ngwekebeza buli kiseera.

8. Ekivaamu bwekiba nga kikontana ne kyensubira kino kiba kigegeza ki?

Kino kigegeza nti enkola ya OraQuick tesobodde kuzula butofo bulwanyisa akawuka ka mukeneny (HIV) mumubiri gwo naye ate oluvanyuma lwe myezi essatu busobola okuzulwa. Naye bwobeera **omazze emyezi essatu** okuva lwewakola ekintu ekireeta akawuka naye ate era newekebera notazuula butofo ekyo kigegeza nti tolina sirimu (HIV). Bwiegiba teginawera **myezi essatu** okuva lwe wakola ekintu ekireeta **akawuka tokozesa** enkola, oba genda ku ddaliro wekebez.

9. Ki kye nkola bwemba nekebedde nenzula nti byenfunye bikontana nebyabo abalina akawuka?

Bwobeera mu myezi essatu amabega **tolina**, kintu kyona kyewakola kileeta akawuka kasirimu kino kigegeza nti tolina sirimu (HIV). Bwobeera ebirina okugobererwa ngwekebeza tewabigoberedde bulungi kisingako noddamu kine omubiri guba tegunakola butofo bulmala kulinwanya sirimu naye nga sirimu (HIV) oba omulina. Bwobeera osubila olina kyewakola ekireeta sirimu (HIV) mu myezi 3 mabega **kigegeza** nti wekebeza sirimu (HIV).

10. Bwenekebera ne nkola ya ora quick byenfunye nebifunibwa abalina sirimu kigegezaki?

Kigegeza nti waliba ne sirimu. Okukebera okulala kulina okukolebwa ku ddaliro eddene okwongera okukakasa nti ddala sirimu omulina oba nedda.

11. Kiki kyenkola bwe nekebera nenkuula nti nina akawuka kasirimu?

Olina okugenda ku ddaliro okwongera okeberewa okukakasa nti ddala sirimu omulina. Awo omukuggu yenna anaba akozeeku aba ajia kubulira ekyokuba.

12. Nsobola okufuna ebiraga nti sirina sirimu munkebera ya ora quick naye ngate mulina?

Kino kisoboka singa bino wamanga biberawo:

- Singa wekebera ngateginawera myezi essatu okuva wewakolera ekireeta sirimu
- Singa ebivuddemmu kukebera obisome bubi
- Singa togoberera ebyo ebirina okugobererwa mukwengedereza
- Singa okozesa ebintu byonnia ebiyinza akamwa nra tonoba kugyamalus gakozesa mu kukebera
- Singa oba oli ku ddagala (HIV) elyokumira PrEP oba eriweweza akawuka kamuknenya (ARV)

13. Nsobola okufuna ebiraga nti nina akawuka kamuknenya naye ngate sikalina?

Kino kisoboka ku lwensonga zino wammanga:

- Okusoma ebivuddemmu mubukyamu
- Singa togoberera ebyo ebirina okugobererwa mukwengedereza
- Singa togumikiriza eddakiika 15 okuva nra wakamala okulya, okunywa oba eddakiika 30 ngawakozesa ebintu ebiyambako mu kuyonja akamwa
- Singa oba nra wafune ku ddagala eliziyiza akawuka kasirimu (HIV)
- Okunyenyanya oluba nra bakunganya amalusu oba mukamwa

14. Nsobola okufuna okuyambibwa okulala bwemba nina akawuka ka sirimu (HIV)?

Okuyambibwa kuno kusoboka ngogeenze mu ddaliro, omusawo oba omukuggu mukujianja.

15. Nsobola okozesa enkola ya OraQuick® bwemba ndi kuddagala eriziyiza akawuka ka sirimu eriyitiba (PrEP eliyisibwa mukamwa)?

Bwoba oli kuddagala PrEP ely HIV byofuna byiyanza okuba ebikyamu.

16. Nsobola nty okumanya oba byenkola nra nekebera bituufu?

Bwoba byokola bituufu, kialyini kabikira okulinaana ekintu C ku kuuma akakebera. Bwewaba tewali kialyini kulinaana C kigegeza nti akuma tekakebedde bulungi.

17. Nsobola okukoza enkola eno ngandi lubuto?

Ye bw'oba lubuto osobola okwekebeza akaseera konna.

EBYEYINGIZA MU KUNONYEREZA WAMU NE MBEERA YO BULAMU ETAKWATAGANA

Ngekimu ku balina okukolebwa wakati mukunoonyereza nabyo byafibibwako okugeza endwadde ezibaluma, embeera yabwe eyobulamu, endwadde zomukamwa, oba balina akawuka kasirimu (HIV), nebiralra (okugeza nra, oba bannwy sigala oba baali bayonjeza akamwa obukwabu nra tebanakeberewa, eddagala lyebakozesa wakati mukukeberewa, ebintu byebasense mu manyo wamu ne mere oba okunywa ngate banatera okukeberewa). Mukunoonyereza okwenjajulo okwabantu 40, okunywa om