



AMABWIRIZA Y'IMIKORESHEREZE

Ugomba gukurikiza neza amabwiriza yo kwisuzuma virusi itera SIDA kugirango ubone igisubizo nyacyo. Ntabwo ugomba kugira icyo urya cyangwa umywa nibura mu minota 15 ibanziriza kwpima. Kandi ntabwo ugomba kwoza mu kanwa ukoresheje umiti y' amenyo mu minota 30 ibanziriza kwpima.

IKITONDERWA: Niba ufata imiti igabanya ubukana bwa VIRUSI itera SIDA ushobora kubona igisubizo kitari cyo.

MU KINYARWANDA

ORAQUICK®

UBURYO BWIHUSE BWO
KWISUMA VIRUSI ITERA SIDA BWA



REBA AMABWIRIZA

www.oraquickhivselftest.com

UKO BAKORESHA UBURYO BWIHUSE BWO KWISUMA VIRUSI ITERA SIDA UKORESHEJE ORAQUICK®



URAKENERA UBURYO BWO KUBARA IGIHE IKI KIZAMINI KIMARA



Muri aka gashashi harimo: igikoresho cyo kwisumisha, icyo bagiterekaho bapima hamwe n'amabwiriza ku mikoreshereze yacyo.



Aka gashashi karimo utwumba tubiri.



Ca agashashi mu kumba karimo agacupa.



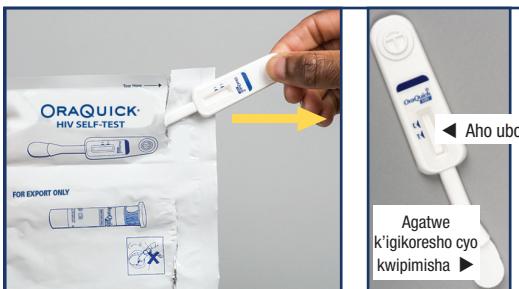
Gafungure.



BIRABUJJWE kumena amazi arimo. NTANYWEBWA.



Teraka agacupa mu mwanya gaterekwamo.



Ca agashashi uvanemo igikoresho cyo kwipimisha kirimo. NTUFATE agatwe k'igikoresho cyo kwipimisha n' intoki zawe. Nturye cyangwa ngo umire umuti.



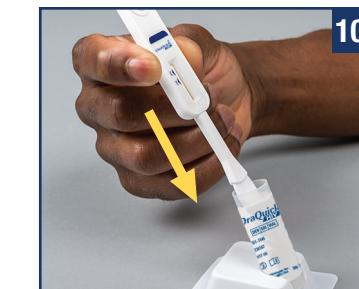
Agatwe k'igikoresho cyo kwipimisha n'tibikerwa.



Umuti Juguna. Ntibikerwa.



Agatwe k'igikoresho cyo kwipimisha gakoze ukomeje kw'ishinya yo hejuru usa nk'uyihanagura (reba ifoto ya mbere) kandi ubikore no kw'ishinya yo hasi (reba ifoto ya kabiri).



Shyira agatwe k'igikoresho cyo kwipimisha mu gacupa karimo wa muti ugeze neza ku ndiba.



REKA KAMAREMO IMINOTA MAKUMYABIRI (20) mbere yo kukavanamo ngo usome ibisubizo. NTUGOMBA gusoma ibisubizo nyuma y'iminota 40.

Iminota 20



Ibizamini ntbyafashwe neza.

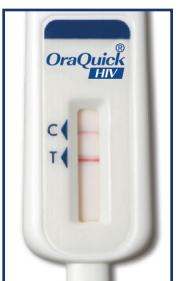
Nnya ku kigonderabuzima kikwegere GISUZUMA VIRUSI itera SIDA wongere wipimishe.

UKO BASOMA IBISUBIZO



Somera ibisubizo ahantu hacanye neza

IGISUBIZO KEREKANA KO USHOBORA KUBA YARANDUYE VIRUSI ITERA SIDA



Nk'ikimenyetso cy'uko umuntu yanduye VIRUSI itera SIDA, hagaragara imirongo ibiri yuzuye, nubwo yaba itagaragara neza. Igiye ubonye iki kimenyetso, ihutire kujya kongera kwisumishiriza mu kigonderabuzima.



Uhutire ...

Nnya ku kigonderabuzima kikwegereye GISUZUMA VIRUSI itera SIDA

IGISUBIZO KITARI CYO



Iyo nta murongo uri kuri ca "C" (n'yo haba hari umurongo kuri ta "T") cyangwa ukabona akadirishya gasa nk'agatukura gatuma biragora kubona igisubizo, bigaragaza ko igisubizo kitari cyo.

Biragusaba kongera kwisumisha ukoresheje ikindi igikoresho cyo kwipima cya OraQuick.

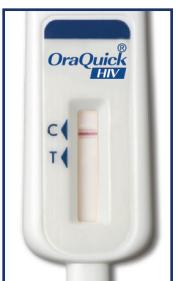


Ibizamini ntbyafashwe neza.

Nnya ku kigonderabuzima kikwegere GISUZUMA VIRUSI itera SIDA wongere wipimishe.

IGISUBIZO KEREKANA KO USHOBORA KUBA UTARANDUYE VIRUSI ITERA SIDA

NIBA USOMYE IBISUBIZO MBERE Y'IMINOTA 20, USHOBORA KUBONA IGISUBIZO KITARI CYO



Iyo hari UMURONGO UMWE KURI CA "C" ariko ntubone uri kuri TA "T", bivuga ko UTARANDUYE VIRUSI itera SIDA.

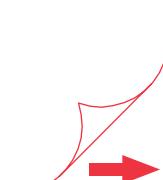
Isuzumishe ahantu abantu basanzwe bisuzumishiriza. Niba hari aho ushobora kuba ukeka kuba waranduriye Virus ya HIV itera SIDA, ongera wisuzumishe nyuma y'amezi 3.

IBISUBIZO NTIBYZIWE

Ntuzi cyangwa ntiwizeye igisubizo cyawe.

BIJUGUNYE

Vanamo akambi wakoreshje wiuzuma, upfundikire agacupa hanyuma ujugunye ibirimo byose ahabugenewe.



AMAKURU KURI IKI GIKORESHO

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

ICYO CYAGENEWE

Uburoy bwihuse bwo gusuzuma VIRUSI itera SIDA hakoresheje ORAQUICK® ni uburoy umuntu yifashisha mu kwisuzuma biyhuse VIRUSI itera SIDA (ubwoko bwa 1 cyangwa bwa 2 bw'yi virusi) mu macandwe y'abantu banduye.

INCAMAKE Y'IKIZAMINI

Igikoresho cyo KWISUZUMA VIRUSI ITERA SIDA cya ORAQUICK® gikoreshwa rimwe gusa kuri buri kizamini, iki gikoresho gifashwa kumenya niba umuntu afite mu matembabuzi ye yo mu kanwa abasirkare barwanya VIRUSI itera SIDA yo mu bwoko 2 wa 1 n'ubwa 2 mu macandwe ye. Uburoy bwihuse bwo KWISUZUMA VIRUSI itera SIDA bwa ORAQUICK® bugenew gukoreshwa n'abantu basanzwe hagamijwe kubafasha kumenya niba baranduye VIRUSI itera SIDA. Iki gikoresho gikoreshwa mu kanwa, hagati y'ishinya n'umunwa, oha agatwe k'iki gikoresho cyo kwipimisha gisa nighanagura ishinya. Ukimara kubikora, uhita ushyira iki gikoresho cyo kwipimisha mu gacupa karimo umuti uru mu rugero rwagenre. Amatemabuzi aba yavuwe kw'ishinya aba yagiye ku gatwe k'iki gikoresho cyo kwipimisha temba k'uruti agana ahari akadirishya. Uko atemba k'uruti, akarongo kishushanya mu kadirishya ahanditse ta "T" iyo abasirkare barwanya VIRUSI itera SIDA babonetse. Iyo batabonetse, nta karongo kishushanya aha. Iyo ikizamini gifashwe neza, akarongo kishushanya mu kadirishya ahanditse ca "C". Uyu ni umurongo werekana no igikoresho cyo kwipimisha ari kizima.

IBYAVUYE MU UBUSHAKASHATSI KU MIKORERE W'UBU BURYO BWO KWISUZUMA VIRUSI ITERA SIDA

Mu bushakashatsi bwakozwe, abantu 900 bahawe igikoresho cya Oraquick ngo bakisuzumishe . Ibisubizo byavuye muri ubu bushakashatsi n'ibavuye mu bundi bwakeshejwe ibizamini bya laboratari biri ku rwego rwa kane

- (4). Imitare yavuyemo yerekanyo ko abantu 153 banduye VIRUSI itera SIDA igihe 724 nta bwandu bari bafite. Abantu barindwi (7) muri bo ntibashiywe muri ubu bushakashatsi. Igeranywaya ry'ibisubizo ryatanze ibi bikurikira:
 - Abantu 152 kuri 153 (abagera kuri 99.4%) batangaje by'ukuri ko banduye virusi itera SIDA. Ibi bivuga ko umuntu umwe (1) ko mu bantu 153 yatangaje ko nta bwandu bwa virusi itera SIDA afite. Uku ni ukwibeshya ko nta bwandu afite.
 - Abantu 717 kuri 724 (abagera kuri 99.0%) batangaje by'ukuri ko nta bwandu bwa virusi itera SIDA bafite. Ibi bivuga ko mu bantu 724, abantu 7 batanduye virusi itera SIDA batangaje ko bafite ubwandu virusi itera SIDA.
 - Byongeye kandi, mu bantu bageze kuri 16 muri 900 (bagera 1.8%) bitabiriye ubushakashatsi ntibigeze babona igisubizo nyuma yo kwipima.

IBIRI MURI IKI GIPIMISHO

- Agashashi karimo:
 - Akumba (5X4-0004) igikoresho cyo kwisuzumisha gikoreshwa inshiro imwe gusa, umuti uri mu gashashi n'umuti uri mu gacupa
 - Aho batereka agacupa
 - Amabwiriza y'imikoreshereze y'ubu buryo

Mu bintu bikenewe ko wifashisha mu kwisuzuma ugomba kwishakira harimo: Isaha cyangwa ikindi kintu cyagufasha kubahiriza igihe cyagenwe kandi gisabwa mw'isuzuma.

ICYITONDERWA

- Abantu benshi bakunda kugira ubwoba ige bari kwisuzuma virusi itera SIDA. Igihe ufite ubwoba bwinshi, wategereza ukabanza ugatuza mbere yuko wisuzuma, cyangwa ukajya gusuzumwa na muganga ku kigo nderabuzima kikwegereye.
- **NTUKORESHE** ubu buryo bwo kwisuzuma niba uzi ko ufite VIRUSI itera SIDA.
- Ukoreshes amatemabuzi yo mu kanwa gusa. Ubu buryo ntibugenew gukoreshwa hifashishijwe amaraso, amashereka, amasohoro, inkari, amavagitsina, icyuya cyangwa andi mavangoing.
- **NURYE** cyangwa ngo unyuw ikitu nibura iminota 15 mbere yuko utangira kwisuzuma.
- **NTUKORESHE** imiti yoza mu kanwa (nka Colgate) iminota 30 mbere yuko utangira kwisuzuma.
- Vana mu kanwa ibintu nk'utwuma tw'amenyo cyangwa ibindi byose bihisha ishinya mbere yuko utangira gufata amatemabuzi yo kwishinya
- Igihe cyose ubonye ko agashashi gasa n'akafungue, kacitse, cyangwa hari ikibura mu biokresho bigomba kuba birimo imbere, ntukoreshe iki gikoresho mu kwisuzuma.
- Igihe usanzie itariki ntarenwga yagenew gukoresha iki gikoresho yararenze, ntukoreshe iki gikoresho mu kwisuzuma.
- Ugomba kukorera iki kizamini ahantu hari urumuri ruhagije kugirango ubashe gusoma neza ibisubizo. Igihe cyose uturongo tubiri twishushanyije ahanditse "T" n'ahanditse "C" ku kadirishya k'igikoresho cyo kwisuzumisha, nubwko utwo turongo twaba tutagaragara neza, bivuga yuko uwo mutu yanduye VIRUSI itera SIDA.
- **NTUGIRE** agafuka na kamwe ufungura ige cyose uitetegye gutangira kwisuzuma.
- **NTUKORESHE** iki kizamini igihe cyose iki gikoresho cyandujwe n'ibikoreshe mu gusukura mu rugo nk'isabuni.
- Niba warigeze ukorero bwo ubushakashatsi bujyanre n'urukingo rwa VIRUSI itera SIDA, ushobora kubona ibisubizo kikwerekwa ko wanduye virusi itera SIDA ige koresheje ubu buryo bwo kwisuzuma. Ibi ntibivuze ko wanduye iyi virusi. Gusa wakihutira kureba muganga ku kigo derabuzima.
- **NTA** gukoresha iki gipimo niba ufite imyaka 11 cyangwa utarayigezaho.

UKO UKWIYE KUBIKA IKI GIKORESHO

-  30 °C
 2 °C
- Bika kandi ufatire ibi bizamini ahantu hadashyuse.
 - **NKUKORESHE** iki gikoresho niba cyarabitswe ahantu hafite ubushyuhe buri hagati ya dogere 2°-30° C.
 - Ugomba kwisuzumira ahantu hari ubushyuhe buri hagati ya dogere 15°-37° C.

IMBIBI Z'IMFATIRE Y'IKI KIZAMINI

- Amabwiriza y'imikoreshereze y'ubu buryo bwa OraQuick® bwo kwisuzuma VIRUSI itera SIDA agomba gukurikiza nk'uko yanditswe kugirango ubone igisubizo kitagira amakewa.
- Niba uru ku miti igabanya ubukana bwa VIRUSI itera SIDA ushobora kubona igisubizo kitari cyo.
- Niba uruwe umwijiwo mu bwoko bwa- Hepatite B, Hepatite C, cyangwa virusi ya HTLV (I/II), ushobora kubona igisubizo kitari cyo.
- Niba uruwe ifumbi cyangwa uva amaroso mu kanwa, ushobora kubona igisubizo kirari cyo. Byaba byiza ugiye kwisuzumisha ku kigonderabuzima gisuzuma VIRUSI itera SIDA kikwegereye.
- Nta makuru ahari aturuku ku bushakashatsi bwakozwe yerekana imikoreke cyangwa ibisubizo w'ubu buryo bwo kwisuzuma VIRUSI itera SIDA bwa OraQuick® ku bantu bari kwifashisha uburyo bwo kwirinda VIRUSI itera SIDA hakoresheje imiti bwitwa "PrEP".
- Uburoy bwo kwisuzuma VIRUSI itera SIDA bwa OraQuick® bushobora kutabona ubwando bwa VIRUSI itera SIDA bwabaye mu mezi 3 ashize.
- Kugira ngo ubone igisubizo kiri cyo, kugaragara neza kw'akarong si ngombwa ko biba bingana n'umubare w'abasirkare bari mu gipimo cyafasweho urugero.
- Ibisubizo bira bwo bushobora kugenzurwa hifashishijwe ikindi kizamini gikorwa n'umukozi w'umunyamwuga wabihuwegemo kugira ngo yemeze ubwando bwa VIRUSI ITERA SIDA basanganye uwasuzumwe.

IBIBAZO N'IBISUBIZO

1. Iki kizamini gikorwa iki ?

Uburoy bwihuse bwo KWISUZUMA VIRUSI itera SIDA bwa ORAQUICK® abantu basanzwe baresha bashaka kumenya niba baranduye VIRUSI itera SIDA (ubwoko bwa 1 cyangwa bwa 2 bw'yi virusi) bifashishijwe amacandwe. Iki kizamini kibona abasirkare barwanya ubwando bwa virusi itera SIDA. Igisubizo cyuko umuntu yanduye virusi itera SIDA ni intambwe yambere isaba ko ajaya kwisuzumisha ku kigonderabuzima kugira hemewe icyo gisubizo hanemeze ko umuntu yanduye virusi itera SIDA koko.

2. Ni ibile bintu bitera VIRUSI itera SIDA ?

Kimwe mu bintu bikurikira byatera kwandura Virusi itera SIDA:

- Imibonano mpuzabitsina (m'gitsina, umunwa cyangwa ikibuno) n'abantu benshi batandukanye
- Imibonano mpuzabitsina n'umuntu ubana na virusi itera SIDA cyangwa uwo utazi uko ahagaze
- Imibonano mpuzabitsina hagati y'abagabo
- Gukoresha ibiyobawenje hakoreshewje uburyo bwo kwitera inshinge
- Gusangira inshinge
- Uburaya
- Abarwayi b'umwijiwo, igituntu cyangwa indwara zandurira mu mibonanopuzabitsina nka Sifilisi.

3. Nakagombye kwisuzuma nyuma y'igihe kingana gite nyuma ya kimwe muri ibi bintu bishobora gutera SIDA bibaye ?

Ushobora kwisuzuma igihe icyo aricyo cyose. Iyo wisuzumye mbere yamezi 3 ushobora kubona ibisubizo bitizewe. Ugomba kwongera kwisuzuma nyuma y'amezi 3 yuko kimwe mu bitera VIRUSI itera SIDA kibaye. Ushobora nanone gusuzumwa n'ikigo mbonerabuzima.

4. Kuki ntashobora guhita nisuzuma nkoreshje ubu buryo nyuma yuko kimwe mu bintu bishobora gutera VIRUSI itera SIDA bibaye ?

Iyo wandye VIRUSI itera SIDA, umubiri wifashisha abasirkare bayo kuyirwanya. Aba basirkare bishobora kuboneka mu amacandwe. Bifata umubiri wawe amezi agera kuri 3 ngo ukora aba basirkare k'urugero ubu buryo bwo kwisuzuma bwabasha kubabona.

5. Ese ubu buryo bwo kwisuzuma bwakwizerwa ku ruhe rugero ?

Mu bushakashatsi bwakozwe, abantu 900 bahawe igikoresho cya Oraquick ngo bakisuzumishe . Ibisubizo byavuye muri ubu bushakashatsi n'ibavuye mu bundi bwakeshejwe ibizamini bya laboratari biri ku rwego rwa kane (4). Imitare yavuyemo yerekanyo ko abantu 153 banduye VIRUSI itera SIDA igihe 724 nta bwandu bari bafite. Abantu barindwi (7) muri bo ntibashiywe muri ubu bushakashatsi. Igeranywaya ry'ibisubizo ryatanze ibi bikurikira:

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- Abantu 717 kuri 724 (abagera kuri 99.0%) batangaje by'ukuri ko nta bwandu bwa virusi itera SIDA bafite. Ibi bivuga ko mu bantu 724, abantu 7 batanduye virusi itera SIDA batangaje ko bafite ubwandu virusi itera SIDA.
- Byongeye kandi, mu bantu bageze kuri 16 muri 900 (bagera 1.8%) bitabiriye ubushakashatsi ntibigeze babona igisubizo nyuma yo kwipima.

6. Ese nakandura VIRUSI itera SIDA nkoreshje ubu buryo bwo kwisuzuma ?

Ubu buryo ntibugira ibantu byatera VIRUSI itera SIDA cyangwa ngo bwo bube bwatera VIRUSI itera SIDA.

7. Nakisuzumisha VIRUSI itera SIDA inshiro zingahe ?

Niba utarigeze w'isuzumisha VIRUSI itera SIDA, wakagombye gupimisha byibura inshuri imwe. Niba ukora ibantu byagutera VIRUSI itera SIDA, wakagombye kwipimisha byibuze rimwe mu mwaka nkuko lkigo Mpuzamahanga cyita k'ubuzima kibisaba. **Niba wumva ufite ibantu byagutera ibago byinshi byo kwandura virusi itera SIDA, wakagombye kwipimisha kenshi.**

8. Bivuga iki kuba igisubizo mbona cyekerekana ko nta VIRUSI itera SIDA m'fite ?

Bivuga ko mu kizamini nta basirkare babonetse. Bishobora gufata amezi atatu mbere yuko ikizamini cyerekana ko umuntu afite Virusi igihe umuntu yagize yakoze icayuma yandura virusi itera SIDA. Niba warakurikije amabwiriza nkuko ubisabwa, ushobora kuba nta VIRUSI itera SIDA wanduye. Niba **amezi 3 atari yashira** nyuma yuko kimwe mu bintu bitera SIDA kiba, **tegerezza amezi 3 yuzure kuva** kimwe mu bishobora kuyitera kibayi.

9. Nakora iki mbonye ko ntanduye ?

Niba nta kintu mu bishobora gutera VIRUSI itera SIDA mu **mezi 3**, ukuba warakurikije amabwiriza nkuko ubisabwa, nta VIRUSI itera SIDA wanduye. Niba utarakurikije amabwiriza k'ukuntu bakoresha ubu buryo, ongera wisuzumye kugira ngo wemeye utanduye koko. Niba **amezi 3 atari yashira** nyuma yuko kimwe mu bintu bitera VIRUSI itera SIDA kiba, igihe ntikiba cyakageze iyo umuntu yanduye ariko umubiri we ukuba ntu bishobora kugutera VIRUSI itera SIDA, jya wisuzumisha kenshi.

10. Kuba ibisubizo bimbwira ko nanduye bivuga iki ?

Bivuga ko waba waranduye VIRUSI itera SIDA. **Gana ikigo nderabuzima wongere wisuzumishe umenye udakeka iki gisubizo.**

11. Nakora iki mbaye naranduye ?

Gana ikigo nderabuzima wongere wisuzumishe umenye bidashidikanyaho ko wanduye koko. Icyo gihe, muganga wawe azakugira inama ku bikurikira.

12. Ese nabona gisubizo kitari cyo ko nanduye virusi itera SIDA nisuzumishihe nkoreshje ubu buryo bwo kwisuzuma ?

Igisubizo kitari cyo cyaturuka ku mpamu zikurikira:

- Niba warisuzumishihe amezi 3 atarashira nyuma yuko kimwe mu bishobora kugutera VIRUSI itera SIDA kibayi
- Ubaye warasomye igisubizo nabi ugasona ko wanduye utaranduye
- Ubaye utarakurikije amabwiriza y'imikoreshereze
- Niba wambara utwuma cyangwa ibindi bintu bihisha ishinya igihe uhanaguza ishinya agatwe k'igipimisha
- Niba uru gufata imiti irwanja ubukana bwa VIRUSI itera SIDA cyangwa ufata uburyo bwo kwirinda VIRUSI itera SIDA bwitwa "PrEP".

13. Ese nshobora kubona igisubizo kitari cyo kivuga ko nanduye virusi itera SIDA nkoreshje ubu buryo bwo kwisuzuma ?

Igisubizo kitari cyo gishobora kuboneka kubera impamu zikurikira:

- Bitewe nuko wasomye igisubizo nabi ugasona ko wanduye utaranduye
- Ubaye utarakurikije amabwiriza y'imikoreshereze yo kwisuzurra neza
- Ubaye utaregerezze iminota 15 nyuma yuko kurya cyangwa iminota 30 nyuma yo gusukura mu kanwa ukoresheje imiti y'amenyo mbere yuko utangira kwisuzuma
- Kuba warakingiwe VIRUSI itera SIDA
- Ubaye wahakubye agatwe k'igikoresho cyo kwisuzuma k'ishinya inshiro nyinshi uri gufata ikizamini cy'ubu buryo

14. Navana hehe ubundi bufasha mu rwego rwo kuvura VIRUSI itera SIDA ?

Ushobora kubona ubufasha buturuse k'umuganga cyangwa ikigo mbonerabuzima.

15. Nakisuzuma nkoreshje ubu buryo bintu ndi gufata imiti indinda kwandura VIRUSI itera SIDA (uburyo bwo kwirinda VIRUSI itera SIDA bwitwa "PrEP" bunyuzwa mu kanwa) ?

Iyo uru gufata imiti inyobwa k'urunda kwandura agakoko gatera Sida (PrEP), ushobora kubona ibisubizo bitari byo.

16. Namanya nte ko igikoresho cyo kwisuzumishihe gikora neza ?

Umenye ko w'isuzumye neza iyo ubonye akarong kishushanyije hafi y'i yinuguti ya "C" ku kadirishya ureberaho igisubizo. Ntabwo igikoresho cyo kwisuzumishihe kiba gikora iyo nta karongo wabonye hafi ya "C".

17. Mbese nakoresha iki gikoresho cyo kwisuzumishihe ntwise ?

Yego. Ushobora gukoresha iki gikoresho, mu gihe icyo ari cyo cyose, niyo waba utwite.