

REPUBLIKA Y'U RWANDA



MINISITERI Y'UBUZIMA



A Healthy People. A Wealthy Nation

Umwana witaweho muri icyo gihe akura neza, mu biro, mu gihagararo no mu bwenge. Akurana imbaraga bityo akabasha kwiga neza, akiteza imbere ndetse agateza n'igihugu imbere. Iyo ibi byavuzwe haruguru bitubahirijwe, umwana akura nabi mu biro, mu gihagararo no mu bwenge; muri make aragwingira.

Ni muri urwo rwego Leta y'u Rwanda, hamwe n'abafatanyabikorwa bayo, yateguye ubukangurambaga bugaragariza kandi bwigisha umuryango nyarwanda ibyiza byo kwita ku buzima bw'umwana muri iyo minsi igihumbi ya mbere. Ubwo bukangurambaga bufite insanganyamatsiko igira iti: **"Iminsi igihumbi mu gihugu cy'imisozi igihumbi"**.

Minisiteri y'Ubuzima, irashishikariza Abanyarwanda bose kumva no gushyira mu bikorwa iby'ubu butumwa no kwitabira iyi gahunda.

## IMINSI 1000 YA MBERE SHINGIRO RY'UBUZIMA BWIZA MU RWANDA



**IMINSI 1000  
YA MBERE SHINGIRO  
RY'UBUZIMA  
BWIZA MU RWANDA**







Igihe kimwe, Mariya, umujyanama w'ubuzima yerekeje mu mudugudu kureba uko abaturage barimo gushyira mu bikorwa gahunda y'iminsi 1000 ya mbere y'ubuzima bw'umwana. Yari anagiye kandi kubashishikariza kwitabira umugoroba w'ababyeyi, aho bakunze guhurira bakaganira ku mibereho yabo...



Urugo rwa mbere yagiyemo hari kwa Nkaka na Suzana...

Mwaramutse Nkaka! Suzana se we arahari ko haricyo ngirango mbabwire?

Mwaramutse Mariya! Arimo guhinga inyuma aho.

Bahise bajyana ku mureba...

Nkaka! ibi mbona sibyo twavuze rwose. Umugore utwite agomba kurindwa imirimo ivunanye, akarya indyo yuzuye kandi akaruhuka bihagije. Ubuzima bwiza bw'umwana butangira nyina akimusama.



Mumaze gukuramo inda ebyiri zikurikiranye mutabishaka, ni mwisubireho. Nta karima k'igikoni nabonye n'umwana wanyu dore yaragwingiye kubera indyo ituzuye.



1000 ya mbere y'ubuzima bw'umwana twababwiye ko ari kuva umwana agisamwa kugeza agize imyaka ibiri. Iyi minsi 1000 ni yo rero shingiro ry'ubuzima. Murumva ko murimo gutinda gutangira iyo gahunda.



Mbese Suzana we, ko usa nkuribwa munda aho uya wibuka kujya kwa muganga nkuko bisabwa umugore wese utwite?

Nabuze akanya rwose.

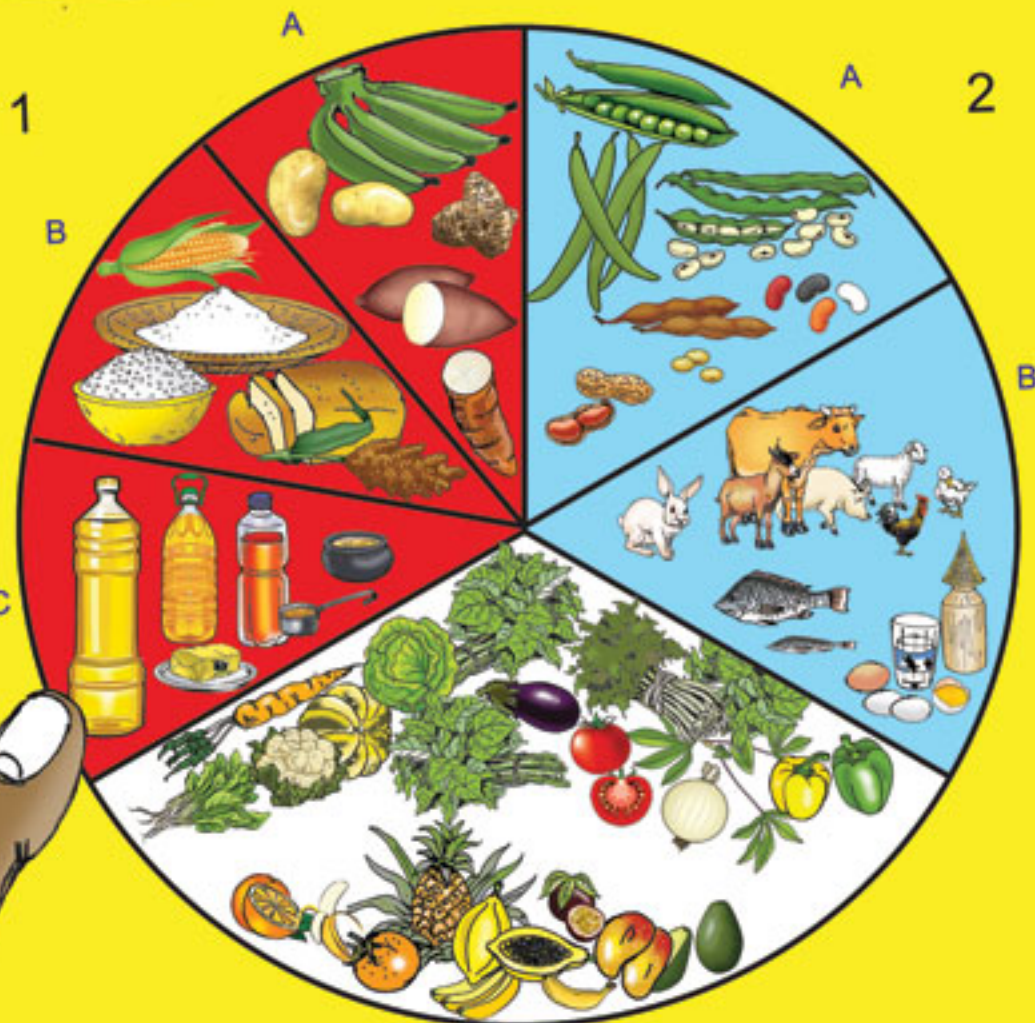


Ako kanya ni mugashake birihutirwa kandi birakenewe. Ko mufite mitiwari umwanya ubura ute? Dore mbasigire aka gatabo ku minsi 1000 ya mbere y'ubuzima bw'umwana



Cyane cyane murebe muri aka gatabo ibijyanye n'uko umubyeyi agomba kwitwara mugihe atwite n'ibijyanye n'indyo yuzuye. Indyo yuzuye si ubukire, ahubwo ni ubushake no kumenya ibiyigize. Ahanini igizwe n'imboga ni yo mpamvu tubasaba kugira akarima k'igikoni.

**INDYO YUZUYE.** Indyo yuzuye igizwe n'ibice bitatu by'ingenzi.  
 1. Ibitera imbaraga aribyo A: Ibinyabijumba/ Ibinyamafufu B: Ibinyampeke C: Amavuta. 2. Ibyubaka umubiri aribyo A: Ibinyamisogwe B: Ibikomoka ku matungo. 3. Ibirinda indwara aribyo Imboga n'Imbutu. Ni ngombwa ko buri gihe kimwe muri buritsinda kiza mu ndyo yanyu yaburi gihe...



- : Ibitera imbaraga
- : Ibyubaka umubiri
- : Ibirinda indwara

Ikindi ntabonye hano ni isuku! Isuku muri byose cyane cyane gukaraba intoki n'amazi meza n'isabune no kutandarika ibintu muriraho gutya.



Urumva?

Isuku y'urugo ntigomba kureba umugore gusa, ahubwo ireba ababa mu rugo mwese. Mwagombye gushaka na kandagira ukarabe.



Ubwo naho kuwa gatanu mu mugoroba w'ababyeyi. Tuzigira hamwe guteka indyo yuzuye muzazane icyo mwabona mubiyigize. Murakoze mugire ubuzima bwiza.



Umujyanama w'ubuzima Mariya yakurikijeho kwa Sesonga...

Mbega byiza mbona hano. Akarima k'igikoni, isuku, imbuto n'ubworozi. Ntako bisa.



Mwaramutse abo kwa Sesonga!







Bidatinze cyane, Mukamusoni umugore wa Sesonga yaje kubyuka aca mu bwihereho arangije akaraba intoki mbere yo kujya gutegura ibyo kurya...



Sesonga n'umugore we Mukamusoni babanje kurunga imboga n'ibyo bagiye guteka bakoresheje amazi meza...

Umujyanama w'ubuzima Uwera ngo kuwa gatanu hari umugoroba w'ababyeyi.



Ariko uribaza amafaranga twari kuba dutanga ku masoko iyo tutaza kugira akarima k'igikoni n'ubworozi!



Yari kuba menshi byo rwose. Dusigaje kugira biyogaze.

Kuri rondereza hariho amazi yo kunywa kuko abagomba gutekwa, akabira, akanabikanwa isuku. Amazi meza nayo atera ubuzima bwiza kubayanywa kenshi...



Sesonga yasize Mukamusoni atetse ajya guhinga...



Munzira yahuye no kwa Nkaka...

Seso! umugore n'umwana bandembanye ntihabuze uwabaroze!



Ubu mbajyanye ku kigo nderabuzima.

Nyamara wasanga bazira indyo mbi n'isuku idahagije! Rwose mwakisubiyeho bavandimwe dukunda!



Bamaze gusuzumwa ku kigo nderabuzima...

Sesonga, nkurikije ibisubizo by'ibizamini, bigaragara ko indwara z'abarwayi bawe ziterwa ni isuku nke no gufata indyo ituzuye.





Nagira ngo mbabwire ko gahunda y'iminsi 1000 ku buzima bw'umwana ari ingenzi mu mikurire ye ndetse n'ejo he hazaza. Umwana witaweho neza muri iki gihe cy'iminsi 1000 akura neza, mu biro mu gihagararo no mu bwenge. Bityo umubyeyi utwite cyangwa wonsa, agomba gufata indyo yuzuye kandi iteguranye isuku. Akonsa umwana amezi 6 nta kindi avan-giwe, nyuma y'amezi 6 umwana agomba guhabwa n'indyo yuzuye kandi yateguranywe isuku. Guhesha umwana inkingo zose nabyo ni ingenzi.



MINISITERI Y'UBUZIMA



1000 DAYS TO A HEALTHY RWANDA



RWANDA BIOMEDICAL CENTER  
A Healthy People. A Healthy Nation

**IMINSI 1000 YA MBERE,  
SHINGIRO RY'UBUZIMA BWIZA MU RWANDA**

MUBYEYI UTWITE  
FATA INDYO YUZUYE



MUBYEYI WONSA  
MU MEZI 6 YA MBERE, MWONGE  
NTA KINDI UMUHAYE

GIRA ISUKU IHAGLIE  
MURI BYOSE

UMWANA W'AMEZI 6  
MWONGE UNAMUHE INDYO  
YUZUYE BIVUZE 3 KU MUNSI

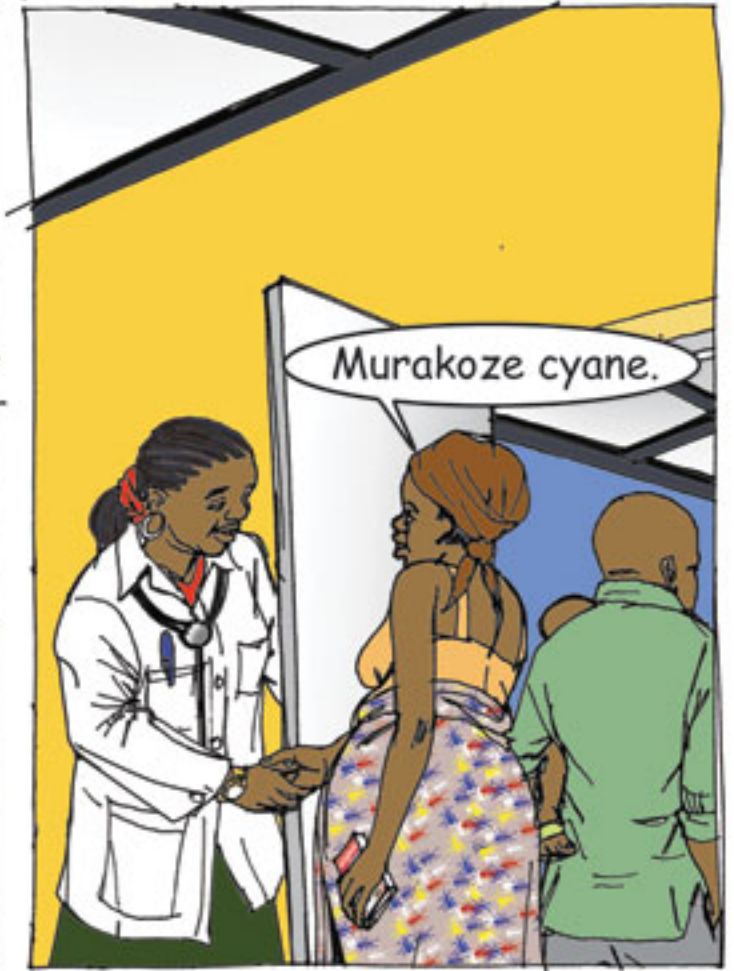
MUBYEYI  
UMWANA INKINGO ZOSE



Mubyeyi rero nubwo watinze kuza kwa muganga ugomba gutangira iyi miti twandikira abagore batwite kandi uzagaruke nyuma y'ukwezi!



Murakoze cyane.



Reka njye gusangiza umugore wanjye abashe kurya.



Sesonga akigera mu rugo yabanzaga gukaraba intoki kimwe n'umugore we...



Mukamusoni umugore wa Sesonga kubera gutwita yabonaga ibiryo akumva isesemi irazamutse...





Kuba Sesonga yarazaga akaganiriza Mukamusoni bagasangira bya tumaga abasha kurya...

Nahuye no kwa Nkaka bagiye kwa muganga mbabwiza noneho ukuri pe!

Ha, ha, ha! Ni byo bari bakeneye ubatinyuka akababwiza ukuri.

Ejo ntuzibagirwe ikarita yanjye ya mitiweri ni wowe uyibitse.

Bukeye bwaho, Sesonga na Mukamusoni bagiye kwa muganga...

Ndabona nta kibazo umwana afite munda kimwe na nyina.

Muzabyara mu mezi atatu ari imbere kandi mwibukeko umubyeyi aba agomba kubyarira kwa muganga gusa.

Murakoze cyane.

Mariya wa mujyanama w'ubuzima nawe yakomeje gusura ingo ashinzwe. Yaje kugera kwa Mugabo bari bafite umwana ufite amezi atandatu batangiyeye guha imfashabere...

Mwiriwe abo kwa Mugabo!

Wirirwe ho Mariya! Ni karibu.

Uyu muni namukoreye inombe ya karoti ivanze n'ikijumba. Ngo ni byiza kumutangiza ibiryohereye.

Ni ukumuha amafunguro 2 kugeza kuri 3 ku muni ukongeraho kumwonsa kenshi. Mwongerereho igaburo rito 1 cyangwa 2. Ibiyiko 2 kugeza kuri 3 kuri buri gaburo. Jyenda wongera buhoro buhoro kugeza kuri  $\frac{1}{2}$  cy'igikombe cya ml 250.

Ubwo naho kuwa gatanu.

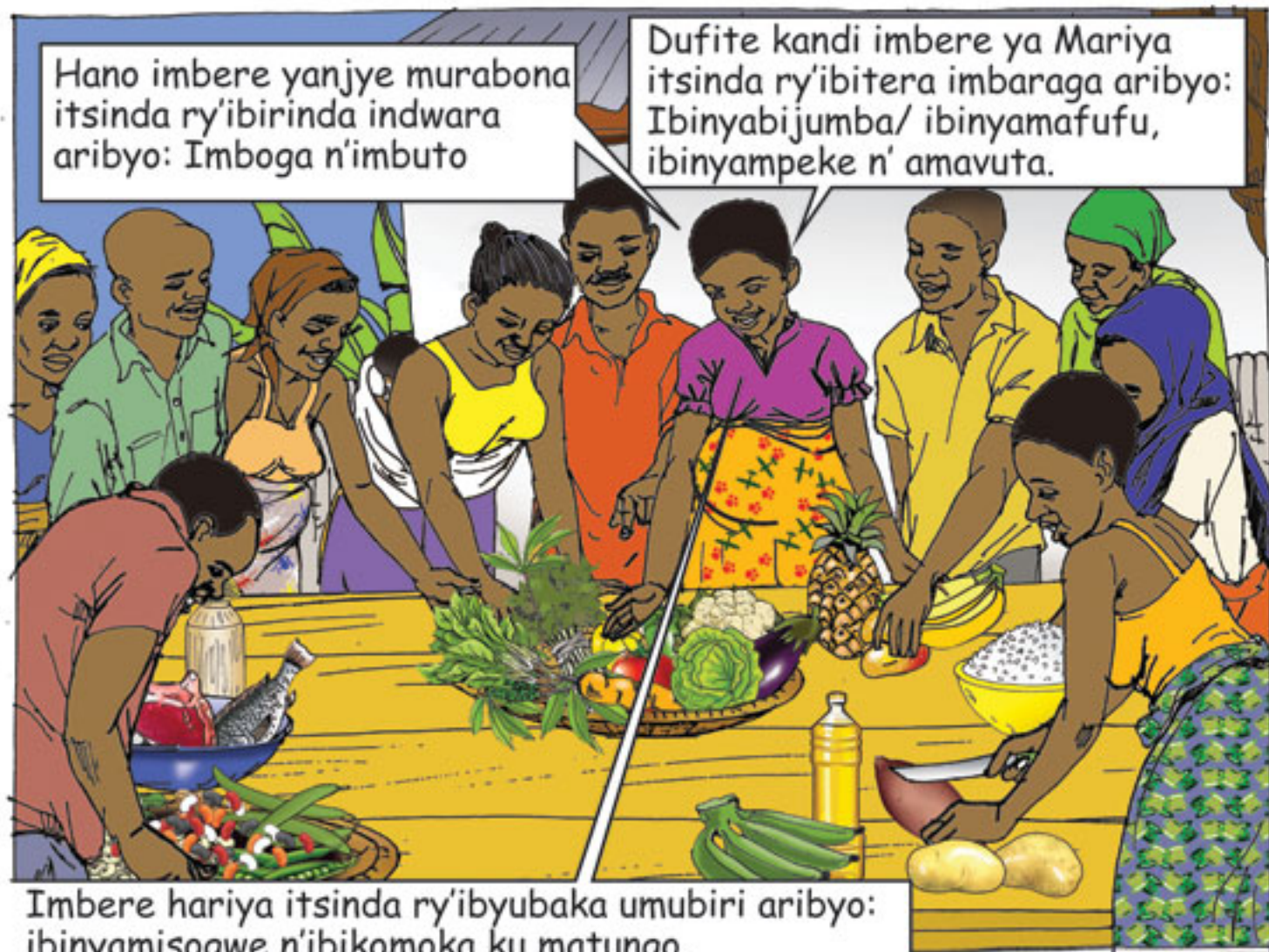
Murakoze.





Kuwa gatanu harageze bose bitabira umugoroba w'ababyeyi. Bahigiraga byinshi birimo indyo yuzuye no kuyitegura, konsa, iby'isuku n'ibindi...

Murakaza neza. Ibyo mwazanye ni mubishyire muri ya matsinda atatu agize indyo yuzuye.



Hano imbere yanjye murabona itsinda ry'ibirinda indwara aribyo: Imboga n'imbutu

Dufite kandi imbere ya Mariya itsinda ry'ibitera imbaraga aribyo: Ibinyabijumba/ ibinyamafufu, ibinyampeke n' amavuta.

Imbere hariya itsinda ry'ibyubaka umubiri aribyo: ibinyamisogwe n'ibikomoka ku matungo.

Dore uko bateka indyo yuzuye mu nkono 1 mw'isaha 1 wongeraho buri kiribwa ku gihe cyateganyijwe



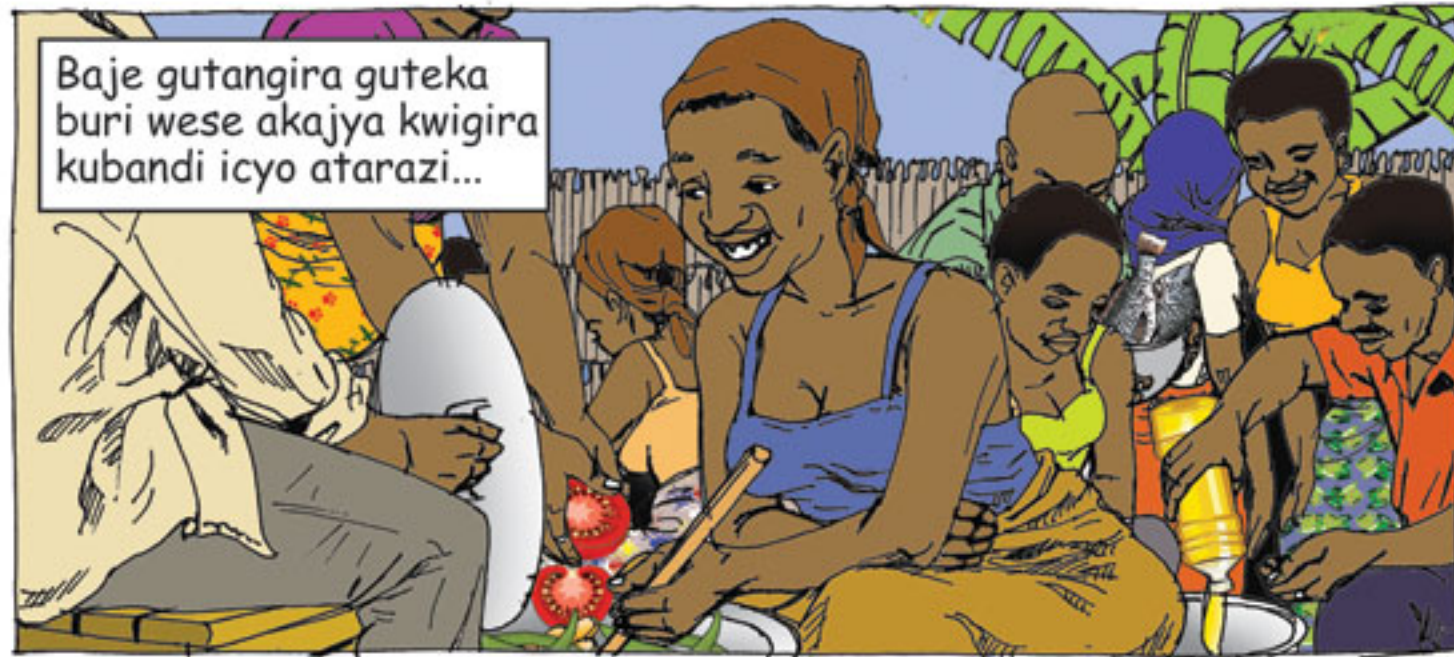
1	2	3	4
Banza mo	Nyuma y'iminota 30 shyiramo	Nyuma y'iminota 50 shyiramo	Nyuma y'iminota 55 shyiramo



Ibuka gutumbika ibishyimbo byibuze amasaha 8 mbere yuko ubiteka. (Gutumbika ibishyimbo mbere yo kubiteka bituma bishya mu gihe gito)

Ikigamijwe: Inkono 1 isaha 1 indyo yuzuye ni uburyo bwiza kandi bworoshye bufasha umuryango gutegura indyo yuzuye mu gihe gito





Baje gutangira guteka buri wese akajya kwigira kubandi icyo atarazi...

Dore zimwe mu ndyo zuzuye batetse...



Barasangiye, bamwe banigira kubandi uko bonsa cyangwa bagaburira abana...

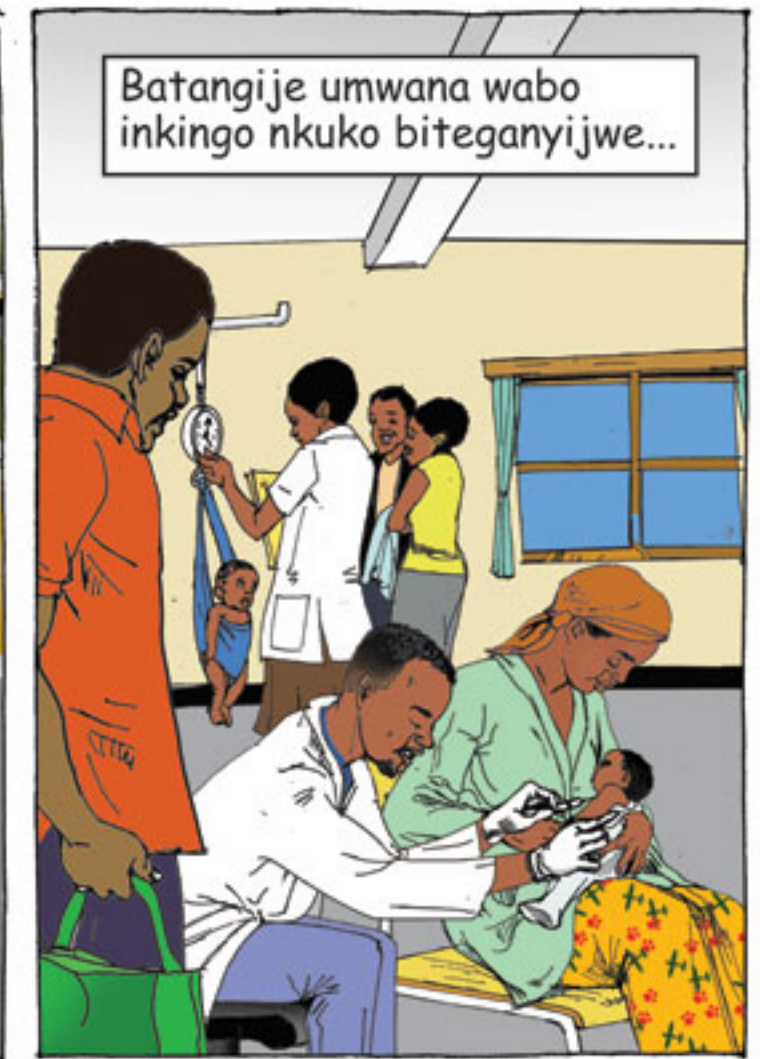


Mukamusoni muka Sesonga yaje kwibarukira kwa muganga...

Mukamusoni mugore mwiza! ngaho ngwino unywe iki gikoma kiragufasha kubona amashereka ahagije.



Kugeza kumezi atandatu bamuhaye ibere gusa kandi na nyina akabona indyo yuzuye...



Batangije umwana wabo inkingo nkuko biteganyijwe...

Nyuma y'amezi atandatu umwana yatangiye no gufata imfashabere. Yaje kuvamo umwana ufite ubuzima bwiza bigatanga icyizere ko azaniga neza. Gahunda y'iminsi 1000 yambere y'ubuzima ni ingenzi mu mikurire myiza y'umwana.

