

Okhukalukhana khwa amabanga kao ko khumwei ni eshindu shia **KAWAIDA** nikali wikhonyera etsinzira tsiokhupanga olwibulo.

Ni kawaida khunyola obukalukhani bwokhutsia khumwesi niwikhonyera tsinzira tsindi etsikhupanga olwibulo.**

Wikhonyere amechesio kano nga injira yokhupanga lwibulo



*Lingala inyuma wolupapulo khuburume obunji khulondokhana nende injira yokhumwesi

** Obukalukhani bwa kawaida khu injira yokhumwesi bunyalakhuba; amabanga amaangu/matiti, amabanga amasiro/amanji nomba khu muda mrambi, okhutatsa nolasubire ta, amalasire khutatsa akari we injira yo khumwesi, Amabanga khutatsa baada ya inyanga iyo yo khumwesi. Okhwakama khutatsa bibetsanga amabanga nikakama khubise nomba bwiyo bwozi nikali orumishiranga injira yokhupanga olwibulo.

Bolera bateja bachendere eshituo shiobulamu nibetsukhana banyola omuyeka nomba okhutatsa khurera. eshibera munibo.



This guide was developed with funding provided by the United States Agency for International Development (USAID) to FHI 360 through the Envision FP project and to PSI through the Support for International Family Planning and Health Organizations 2 (SIFPO2) project.



REPUBLIC OF KENYA



MINISTRY OF HEALTH



Community Health Services
"Aya Yetu, Jukumu Letu"

N

Niinjira ya **KAWAIDA** nende yobulamu okhunyo obwaukhani khu injira yo khumwesi norumishira tsinjira Fulani tsiokhupanga olwibulo.**



O

Okhutatsa amabanga amangu nomba khwakama okhutatsa khwananga **OBWIYANGU** obwibule bwo khutsiririra nende emirimo chiobulinyanga.**



R

Amabanga kao ko khumwesi nende okhunyo **OKHUBEREKHA** okhuberekha niwakhamala khwakama khurumishira tsinjira tsiokhupanga lwibulo binyala.



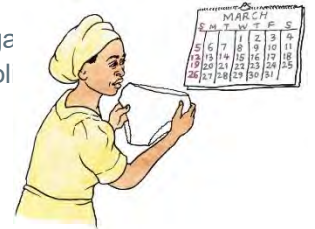
M

ETSINJIRA TSIUKHANE TSIOKHUPANGA olwibulo tsinyala khuchira bwaukhani bwokhutatsa. Chendera eshituo shiobulamuili ofuchirisanie khuinjira ya waule.



A

OKHUBULAO khwa amabanga kokhumwesi shibiekesia mbu olinda/asiro tawe. Chendera eshituo shiobulamu noli nende obukanakani.



L


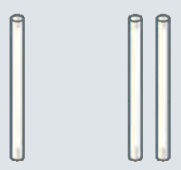
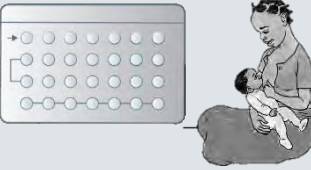

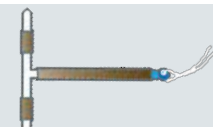
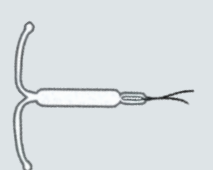
CHENDERA eshituo shiobulamu ni kabanga amabanga kao kokhumwesi nende obwaukhani nekhandi kakaira mipango chichio nomba kakhweresia obuyendi. Khunyala khuba nende obusirishi obunyala bwakhukhonya.



Okhukalukhana khuinjira yao yokhumwesi akari we miesi sita niwakhachaka injira imbiakha neshindu shia kawaida shilondikhana nende injira yokhupanga olwibuloyorumishire. Alali mteja yenyekhana achendere eshituo shiobulamu nakabanga anyola obulumirifu ubusiro bwokhutatsa ebikha niyekhonyera injira yo lubwulo.

Etsinjiru Tofaut Tsiokhupanga Olwibulo Tsinyala Tsiarera Obwaukhani Khu Amabanga Kokhumwesi

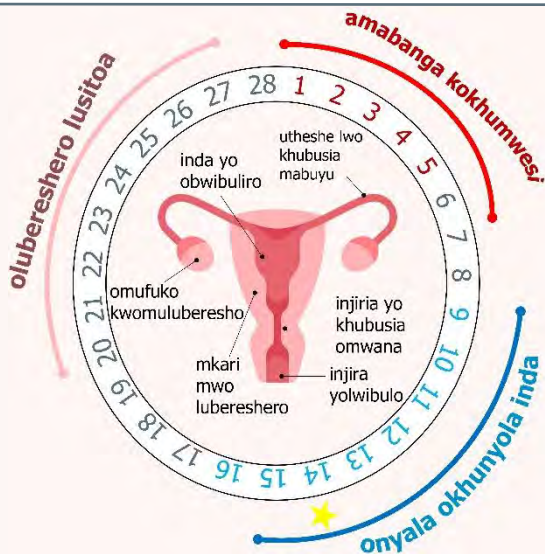
Asia ano ni etsinjira tsiukhane tsia mabanga kokhumwesi,alali shetsinyolekhanga mubulu mundu tawe. Onyala wakhasibwa okhunyo la injira yosiyosi,etsindi, nomba tsiosi.

	<p>ESINDANI</p>	<ul style="list-style-type: none"> • Okhutatsa nolasubire tawe • Ebironyeresi • Amabanga matiti/amabanga amangu • Amabanga okhurula amanji/amabanga amasiro • Amabanga akokhumwesi kakama okhurula khubise (Amabanga kalakhaya khurula khubise nikabanga orumishira injira ino)
	<p>EBIRAKWA</p>	<ul style="list-style-type: none"> • Okhutatsa nolasubire tawe • Ebironyeresi • Amabanga matiti/amabanga amangu • Amabanga okhurula amanji/amabanga amasiro • Amabanga akokhumwesi kakama okhurula khubise (Amabanga kalakhaya khurula khubise nikabanga orumishira injira ino)
	<p>TSINYUMA (Tsie tsihomoni tsia progestin)</p>	<ul style="list-style-type: none"> • Amabanga amembikiti kokhumwesi • Amabanga amatiti/amabanga amangu • Ebironyeresi • Okhwakama okhutatsa nonuninja • Okhutatsa nolasubire tawe • Okhutatsa ebise ebirambi
	<p>TSINYUMA (Tsie tsikhomoni tsitsokanire/tsichangan yikane)</p>	<ul style="list-style-type: none"> • Amabanga amembikiti • Amabanga karula amangu • Ebironyeresi
	<p>IKOLI ye ishaba (Coil)</p>	<ul style="list-style-type: none"> • Mabadiliko kabulao mukhutatsa • Amabanga amanji/amabanga amasiro • Okhutatsa ebise ebirambi
	<p>IKOLI yetsikhomoni</p>	<ul style="list-style-type: none"> • Okhutatsa nolasubire • Ebironyeresi • Amabanga amatiti/amabanga amangu • Okhututuya okhutatsa • Amabanga kokhumwesi kakama okhurula khubise (Amabanga kalakhaya okhurula khubise)

AMABANGA KAO KOKHUMWESI NI SHINA?

- Amabanga kokhumwesi ni okhwibulula khwe liseru lia oluberehero munjira ya amabanga aketikhanga okhurula mulubereshero (inda) khula munjira ya khubwila buli khumwesi.
- Ibukulanga tsinyanga 3-7.
- Omalanga okosia ambi we vijiko ebite vye ichai visasaba (30ml) ebia amabanga mubikha biokhutatsa mumwesi (*American College of obstetrician and gynaecologist*).
- Omuyeka kwonyala khunyola khwekesia amabanga kokhumwesi ni; Inda khutsuna, omurwe khukhomaka nende tsimbere okhulula.
- Khwikhonyera tsinjira tsiokhupanga olwibulo tsiokhulutsi anyuma ao tsinyala tsiakalukhasia okhutsia khumwesi (Tsiekesibwe ano). Bino ni kawaida nekhandi shibireranga eminyakhano chia afya yobulamu tawe. Shinga na etsinjira tsindi tsichiranga oluberehero lukhaya okhusitoa.

Chendera eshituo shibulamu nolikho nende lirebo nomba inganakani yosiyosi.



Endi nilwa thinyanga 28 tsia mubotokhano kwa mabanga ko khumwesi kaf wananga. Eyao inyala khuna irambi nomba inyimbikiti; endi ni kawaida.