

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
www.tist.org

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



TIST Farmers from Salama cluster during their monthly Cluster meeting. We are planning establish a resource center where the community can get current news/information.

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TIST Celebrates 5 years successful partnership with USAID in Serving TIST Farmers.

USAID Kenya has been an important partner with TIST in serving smallholder and subsistence farmers who plant trees on degraded land to improve their livelihoods and food security. USAID has supported TIST with funds to implement key sustainable programs. TIST acknowledges this support with great appreciation and gratitude. In 2009, USAID renewed her commitment to TIST to continue serving farmers in such areas as:

Indigenous Tree Program

USAID provided an additional shilling for indigenous trees incentives. During this period, farmers received a total of KES 2.50 for each indigenous tree they keep alive every year.

Riparian Program

Through the financial support from USAID, TIST farmers began to work on riparian areas targeting 11 rivers within Mt. Kenya Region.

TIST Expansion to Mara and Mau

USAID provide TIST with necessary support

to expand to Bomet, Narok and Nakuru Counties.

Conservation Farming

Many TIST farmers who have practiced CF report success and we thank USAID for having provided funds to enable trainings.

Clean Stoves

TIST Stoves, both manufactured and mud have been an important achievement for many TIST women participants.

Biodiversity Trainings, Leadership, Health & Nutrition, and other General trainings

TIST farmers have received significant trainings on biodiversity, which has helped them improve their farms. Further, TIST Leadership trainings have been instrumental in many successes farmers have gained. Farmers have received important lessons in HIV/AIDS, malaria, nutrition, hygiene and other key preventive health trainings.



HIV & AIDS: What is HIV & AIDS?

The basics of HIV

HIV stands for Human Immunodeficiency Virus and AIDS stands for Acquired Immune Deficiency Syndrome. HIV is a small virus that makes people sick when they become infected with the virus. They are said to be 'HIV-positive'. The HIV virus attacks our bodies' immune system, which is the very system that helps us fight diseases. HIV makes our bodies weaker and less able to fight other illnesses.

People may not look any different when they become HIV-positive, but if no medication is taken the HIV virus replicates in the body and becomes stronger and stronger. As this happens, the immune system gets weaker and weaker and the body reaches a point when it can no longer fight-off diseases in the usual way. This stage is called AIDS.

HIV can infect people of all ages. Being diagnosed with HIV does NOT mean you have AIDS. AIDS is the final stage of the disease and with proper care and treatment not everyone who has HIV will develop AIDS. There is no cure for HIV, or a vaccine to prevent it. However, HIV is no longer a death sentence as once thought. With proper management (including adequate nutrition, exercise and medication) people can live long and healthy lives after being diagnosed with HIV.

Where did HIV come from?

HIV is very closely related to a virus found in chimpanzees. Scientists believe the virus probably crossed over into humans when chimpanzees were hunted and the hunters came into contact with infected blood. The earliest known case of HIV infection in humans is 1959, but some studies suggest that HIV may have been around since the late 1800's. There are many different theories as to where HIV comes from and not everyone accepts it came from infected chimpanzees. Many theories try to blame different groups of people or different nations. However, even if we will never know the origin for certain, the main focus should be on how to better prevent and treat the illness in our communities.

Remember that just because the HIV epidemic is worse in some places it does not mean it started there. HIV is now a problem that needs addressing in every country of the world. Rather than looking to blame other people it is better to face-up to the problem and see how to move forwards.

Signs and symptoms of HIV

Symptoms of HIV are very difficult to define as different people respond in different ways to the virus. The details below are only a general guide and tell us what kinds of symptoms are common at different stages of the illness. Remind people that if they are worried for themselves or others they should see a doctor for advice.

Adults

The first stage of the disease is at the time of infection. HIV enters the body and attaches itself to certain white blood cells and at this time there is no trace of the virus and blood tests still appear HIV-negative. Most people do not develop any symptoms at the time and can feel fine.

Once the HIV virus has entered the white blood cells the virus reproduces quickly, damaging and destroying the white blood cells at the same time. These white blood cells are the ones that help the body to fight disease, so when HIV damages the cells the person's ability to fight disease decreases. At this stage the immune system is trying to work out what the HIV virus is, and is trying to respond by producing more white blood cells to attack the virus.

Two to four weeks after infection some people may start to feel flu-like symptoms such as fever, rash, aches, swollen glands (in the neck, armpit and groin), tiredness and a sore throat. Note that although the majority of people do feel some symptoms, not all do. This stage is called '**acute retroviral syndrome**' or '**primary HIV infection**'. The symptoms normally disappear after a couple of weeks. People are very infectious at this stage as they now have a high concentration of the HIV virus in their body.

Things then start to settle down and the person can feel well again. The virus continues to multiply in the body, but the immune system also continues to battle against it. This stage is called the '**latent phase**' and can last several months to several decades. The length of time in this period depends on factors such as medication taken, exercise, nutrition, stress and genetics.

After a period of time, which varies from person to person (a few months to over ten years or more if on medication), the virus numbers are so high that the body cannot keep control. The immune system starts to weaken, resulting in the



person getting other infections and diseases more easily. These diseases are called 'opportunistic infections'. Some of the signs of this stage may include:

- The mouth being infected with thrush (a thick white coating)
- Severe shingles (herpes zoster) which are painful blisters in a band of red skin
- High temperature and night sweats
- Losing body weight
- Diarrhea lasting more than a month
- Skin rashes or flaky skin
- Yeast infections
- Cold sores and genital herpes
- Swollen lymph nodes
- Kaposi's sarcoma (pigmented hard painless patches on the skin) and mouth blemishes.

The final stage is AIDS where the immune system is so weak the body cannot get rid of some infections (such as pneumonia and TB), eventually leading to death. Remember - not all HIV-positive people will develop AIDS. With proper care and medication, life can be prolonged with good health.

Children

Children born with HIV may show signs which include:

- Failure to gain weight or grow normally
- HIV-infected children may be slower to crawl, walk and speak
- As the disease progresses, many children develop other problems such as having difficulty walking, and performing badly at school.
- Children with HIV suffer the usual childhood bacterial infections, but more frequently and severely than uninfected children.
- HIV-infected children frequently have severe candidiasis, a yeast infection that can cause nappy rash and infections in the mouth and throat that make eating difficult.
- As with adults, the proper management of HIV can prolong the child's life.

Important Comments:

As you can see, the symptoms of HIV infection are complicated and varied but having these symptoms does not necessarily mean you are HIV-positive. Many other illnesses can produce similar symptoms and the best way to know is to get a blood test.

We have learned some people may not develop full AIDS for decades after they have been infected with HIV, and some not at all. During this time the person may look and feel completely healthy and strong. It is not possible to tell if someone has HIV just by looking at him or her.

Again, the only way to properly know is through a blood test.

How HIV is spread: How do people catch HIV?

The HIV virus is found at its highest concentrations in

- Blood
- Semen
- Vaginal fluids and rectal secretions
- Breast milk (smaller risk)

HIV is spread when fluids containing the virus are transferred from one infected person into the bloodstream of another person. The following outline the main ways people can get infected with HIV:

- Infected blood can spread the virus - Make sure used needles, knives and razors which have a risk of coming into contact with blood have been sterilized properly before a new person uses them (although it is better not to share these items in the first place). For example, care must be taken when instruments are traditionally shared such as for body.
- Unprotected sex - Sexual intercourse with someone infected with HIV can spread the virus if no condom has been used. It is better to abstain, be in a mutually faithful relationship where both partners are uninfected or correctly use a condom.
- HIV-positive mothers to their babies during pregnancy, at childbirth or during breastfeeding

Note: This does not happen in all cases.

Please understand HIV can only be passed on if it enters the bloodstream of another person. The virus does not survive for long outside the body. The most common ways of entering a person's bloodstream is through open wounds, the lining of the vagina or anus, and sometimes through pregnancy, childbirth and breastfeeding. It is important to understand you cannot get the virus by touching some infected fluid with your hands and your hands have no open wounds.



Pesticide Handling and Mixing Procedure.

Follow these guidelines for safe usage:

- ✓ Determine from the pesticide label the correct dosage rate and mixing instructions appropriate to the area to be treated and the application equipment to be used.
- ✓ Adhere to the recommended dose rates and dilutions. High doses will not produce better effects, and low doses will be less effective.
- ✓ Wear protective clothing and equipment when mixing pesticides. It is essential to avoid skin and eye contamination. Therefore, ensure protective clothing is worn correctly.
- ✓ Follow the instructions for mixing and tank filling on the product label. If none are given, fill the tank half way with water before adding the product for liquid pesticides or mix it first in a mixing drum for powdery pesticides. Always make sure the sprayer is on level ground before filling.
- ✓ Do not measure out or mix pesticides in or near living accommodations or where livestock are kept.
- ✓ If measuring is necessary, use a dedicated measuring device, which must be rinsed immediately after being added to the spray tank. If you are measuring powder do so in still air.
- ✓ If you are tank mixing, make sure the products are compatible and add them one by one to the water following the order recommended on the label.
- ✓ Keep children and animals away from the mixing area.
- ✓ Use as clean water as possible.
- ✓ Never take water direct from a stream or other watercourse. Use an intermediate water bowler or other suitable vessel.
- ✓ Do not contaminate water supplies, particularly those used for cooking and drinking. Equally, take care not to contaminate or create puddles from which animals may drink.
- ✓ If tap is used as the water source, the water should be carried at least a distance of 4 meters away before being mixed with any pesticide.
- ✓ Use suitable mixing equipment and mixing apparatus, which may include a mixing stick, a scoop, a graduated measuring jug, a pre-mix container, or a funnel. A mixing apparatus must be kept in a dedicated room when not in use.
- ✓ Never dip hands and arms into liquids when stirring or decanting out into the spray unit.
- ✓ Pour liquids carefully to avoid spillage. Handle dust and wet powders carefully to avoid fluffing up and inhaling. Stand up wind so the dust or splashes blow away from your face.
- ✓ Thoroughly rinse empty packs and add rinsing water to the tank.
- ✓ Ensure containers are closed properly after use and store empty packs securely ready for disposal.
- ✓ Return any unused pesticide to store.
- ✓ Wash all mixing apparatus and spray equipment after use, and use the minimum amount of water necessary, as this has to be disposed.
- ✓ Routinely wash waterproof clothing such as gloves, face shields, goggles and gumboots after pesticide mixing in case of accidental spillage to avoid contamination.

Follow these guidelines and TIST farmers will be healthy and safe from hazardous chemicals.



Deforestation and forest land degradation are serious problems. What can we do?

Deforestation is the removal of trees and other woody vegetation cover.

Forests and woodlands cover about a third of the world's land surface. They regulate climate, protect water resources, provide forest products (e.g. timber, medicine, fruit etc) worth billions of dollars and support millions of plant and animal species. Yet they are being destroyed at a rate of 20 million hectares per year. Half of the world's population depends on these forests for fuel, yet roughly 100 million people do not have enough fuel for minimal energy requirements.

Major causes of deforestation :

- Deforestation occurs when vegetation is cleared for activities like farming or grazing and uses such as: firewood, brick-making, fish-smoking, tobacco-curing, tea-drying, construction, and timber.
- Forest degradation is when a forest becomes less diverse and resilient due to poor use and management (for example, when old trees are all cut, leaving mainly brush, or when a useful plant species is all harvested, or when forest is heavily grazed, so that trees can't grow to replace those that die).
- Much of deforestation and forest land degradation results from a lack of awareness of the full value of trees.
- In some cases, the value of trees may be known but poverty and the idea that there are no good alternatives lead people to clear trees.

Consequences of Deforestation.

- **Soil erosion:** lack of tree cover and root binding exposes soil to erosion.
- **Lack of forest resources:** removing trees destroys habitats, reduces biodiversity, removes

food and medicinal resources, and increases competition for construction materials. People will have to walk further for firewood, and if forest products are being bought, prices will rise.

- **Lack of other environmental benefits of trees:**
Trees act as a windbreak, retain moisture, add oxygen to the air, and add nutrients to soil. Hence without trees the local climate will become drier with increased risk of flooding, wind erosion, decreasing soil fertility and diminished air quality.

What can we do to prevent deforestation and forest degradation?

- Establish tree nurseries and distribute or sell seedlings to the community.
- Use energy-saving cook stoves that use less firewood and charcoal.
- Use alternative sources of energy and fuel when possible (e.g. heating from the sun, sawdust, coffee and risk husks, grass, weeds, crop wastes, animal waste).
- Carry out tree planting activities. Become a successful, effective TIST group! Encourage your neighbors and friends to join TIST as well.
- Do not cultivate land bordering a river or swamp. Leave trees and vegetation to grow to protect these waters.
- Be careful to not over-graze land. Limit animals' access to tree seedlings that they may destroy to give the forest a chance to regrow.
- Encourage agro-forestry or the use of woodlots. Having trees on your land provides good access to forest products and helps protect nearby forest.

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TIST nikugwirirua Miaka itano ya uritaniri ngugi bwa kuumbana na USAID kiri gutumikira arimi ba TIST.

USAID ndene ya Kenya nithiritwe iri mucore wa bata mono kiri TIST kiri gutumikira arimi babanini baria baandaga miti ndene ya miunda iria ithukitue nikenda bathongomia miturire yao na kuneneyia kiumo kia irio biao. USAID nigwete mbaru TIST mono. TIST nigucokia nkatho mono niuntu bwa mantu jaja. Mwaka jwa 2009, USAID niyaejanira mucitio kairi kiri TIST jwa gwita na mbele gutumikira arimi kiri mantu jamwe ta :

Mubango jwa uandi bwa miti ya gintwire.

USAID niyaejanira shilingi imwe ya mpongeri kiri gwikira inya uandi bwa miti ya gintwire. Igitene riri arimi niboona shilingi ijiri na cumuni kiri o muti jwa gintwire juria bekaga moyo o mwaka.

Mubango jwa kumenyeera nduuji.

Guukira utethio bwa kimbeca kuuma kiri USAID, arimi ba TIST nibambiririe gwita ngugi ndene ya ntuura iria ciriganiritie na ruuji, mubango juria jwategerere nduuji ikumi na imwe akui na mulima Kenya.

Gutamba gwa TIST yakinya Mara na Mau.

USAID niyaere TIST utethio buria bwendekaga gutamba county cia Bomet, Narok na Nakuru

Urimi bubwega.

Arimi ba TIST babaingi baria barimite na njira ya kilimo hai nibacoketie ripoti cia uumbani na nitugucokeria USAID nkatho niuntu bwa gutua mbeba iria ciombithirie uritani.

Mariiko jatina ruuko.

Mariiko ja TIST, jaria jaguragwa na ja ntaka nijethiritue jari gintu kirina bata kiri ekuru babaingi baria bari kiri TIST

Uritani kwegie gukaranira kwa mithemba mwanya ya imera na nyomoo, utongeria, thiria na kuria bwega na moritani jangi kwegie mantu jamaingi.

Arimi ba TIST nibaei moritani jamaingi kwegie gukaranira kwa imera na nyomoo cia mithemba mwanya, buria bubatethetie kuthongomia miunda yao. Kwongera, moritani ja TIST ja utongeria nijethiritwe jari na bata mono kiri mantu jamaingi jaria arimi boombite gukinyira. Arimi nibathomete mathomo ja bata kwegie muingo, rwagi, kuria bwega, utheru na moritani jangi jarina bata kiri kurigiria thina cia kimwili.



HIV & AIDS: Mukingo nimbi?

Mantu jegie HIV

HIV irungamagira Human Immunodeficiency Virus na AIDS nayo irungamagira Acquired Immune Deficiency Syndrome. HIV ni kavirus gakanini karia gatumaga antu baajua riria batonywa niko. Nituugaga bari 'HIV-positive'. Virus ya HIV niruaga na gicunci kia miili yetu kiria kiruaga na mirimo. HIV nitumaga miili yetu ikaaga inya na ikaremwa kurua na mirimo ingi.

Antu ti mwanka bonanie bagaruki riria bagwatwa ni HIV, indi riria guti ndawa ikunyuwa, virus iji ya HIV niciaranaga mwiline na ikagia inya inyingi na nkuruki. O uria bubu bugukarika nou mwili jukuremwa kurua na kuthira inya nkuruki na nkuruki mwanka jugakinya antu amwe aria jutumba kurua na mirimo na njira iria jubati. Aja nio tuugaga ni AIDS.

HIV no igwate antu ba miaka mwanya. Kwirua urina HIV tiku kuuga urina AIDS. AIDS ni itagarira riria muthia riria murimo juju na kurina umenyeeri bubwega na ndawa ti muntu wonthe urina HIV ugwatagwa ni AIDS. Gutu ndawa ya kuthiria HIV, kana sindano ya kurigiria. Indiri, HIV nandi ti gikuu uria twathuganagia mbele. Na urungamiri bubwega (amwe na kuria , kurita ngugi na ndawa injega) antu nobakare igita riraja na bature barina thiria ya mwili barikia kwonwa barina virus iji ya HIV.

Inaa HIV yaumire?

HIV nikuianiritie na virus imwe ionekaga ndene ya nyomoo igwitwa chimpanzee. Athomi nibetikagia virus iji yatonyere kiri antu riria chimpanzee ciagwatagwa na agwatia batongwa ni ndamu iji irina virusi. Mbajua yambere iria ijikene kiri antu yari mwakene jwa 1959, indi mathomo jamwe nijaugaga HIV yomba kwithirwa niyario kuuma miaka ya muthia ya 1800. Kurina mathuganio jamaingi mwanya kwegie naria HIV yaumire na ti muntu wonthe witikagia yaumire kuuma kiri chimpanzee yajitue. Mathuganio jamaingi nijageragia kworoeria kiara ikundi mwanya bia antu na nthiguru mwanya. Indi, kinya twageria kumenya kiumo kiayo kiongwa, ubatu bwa bata bubati kwithirwa buri uria tuumba bwega kujwebera na kuthiria mbajua iji ndene ya ntuura cietu.

Rikana ati nuntu murimo juju juri jumwingi ndene ya ntuura imwe ti kuuga nijwambiririe antu au. HIV nandi ni thina iri kiri o nthiguru yonthe.

Antua gucua kworoeria kiara antu bangi, ni kaba gukabana na thina iji na gucua uria tuumba gwita na mbele.

Mantu jaria jonanagia HIV

Mantu jaria jonanagia muntu naajitue jari inya kuuga ni jariku niuntu antu mwanya nibonanagia mantu mwanya riria bagwatwa ni virus iji. Mantu jaja jari aja ni ja gututongerira na nijagutwira ni mantu jariku jonekanaga mono kiri matagarira mwanya ja murimo juju. Rikania antu ati kethira nibagwikirira kana bagukirira bangi nibabati kwona daktari nikenda baathwa.

Antu babanene

Murimo juju nijwambagiria igita riria kugwatwa ni juju. HIV nitonyaga mwili na ikarumata ndamu imwe iria itagwa white blood cells na igitene riri virus itionekaga na ithimi bia ndamu nibionanagia ati atina HIV. Antu babaingi bationanagia mirimo iria ijanagia naju igitene riri na nibaigagua barina thiria.

Virusi bia HIV biarikia gutonya kiri ndamu, virusi bibi nibicarianaga na rwiwo, na bikathukia ndamu. Ndamu iji ya 'white blood cells' niyo itethagia mwili kurua na mirimo, kwou riria HIV yathukia ndamu iji kuumbumbikia kwa muntu uju kurua na mirimo nikunyiaga. Aja mwili jwa muntu nijugeragia kumenya HIV virus iji nimbi na jukageria kurua na njira ya kuthithia gicunci giki kia ndamu kia white blood cells nikenda kirua na virus iji.

Biumia biiri gwita binna nyuma ya kugwatwa ni HIV antu bamwe nibambagiria kuigwa mantu jamwe ta mwanki, kuuma mathainya, kurumwa, kwimba (nkingo, nkuua na groin), kunoga na kung'arwa ng'arwa mumerone. Rikana ati kinyethira antu babaingi nibaigagua jamwe ja mantu jaja, ti bonthe baigagua u. aja tuugaga muntu ari na '**acute retroviral syndrome**' or '**primary HIV infection**'. Mantu jaja nijauraga nyuma ya biumia bibikai. Antu nibagwatithanagia murimo juju na uthu mono riria bakinya aja niuntu nandi barina virusi bibingi bia HIV ndene ya miiri yao.

Mantu riu nijambagiria kubua na muntu akaigua bwega kairi. Virus iji niitaga na mbele kwongereka ndene ya mwiri, na gicunci kia mwiri kiria kiruaga na mirimo nikiendeleaga kurua na virus iji. Antu aja nituugaga muntu agukinya '**latent phase**' na noakare aja mieri imikai gwita miaka mirongo imingi. Igita riria gukara aja nikulingana na ndawa iria



ikunyuwa, ngugi, irio bibiega, stress na iciara.

Nyuma ya igita, kulingana na muntu (mieri imikai gwita nkuruki ya miaka ikumi kana nkuruki kethira nakunyua ndawa), virusi nibingiaga mwanka mwiri jukaremwa kurua. Gicunci kia mwiri kiria kiruaga na mirimo nkiambagiria kuthira inya, na kwou muntu ou akagwatwa ni mirimo ingi na uuthu nkuruki. Mirimo iji itagwa mirimo ya kuthimira. Mantu jamwe jaria joonekaga mwajie akinya aja ni:

- Muromo nijwajagua jugakunikirwa ni gikonde gikieru
- Mathainya ja herpes zoster jaria jari murimo mono na jamatune
- Mwanki jumwingi na kuthithina mono utuku
- Kunyiyia kilo
- Kwarwa nkuruki ya mweri
- Mathainya mwiline na ngozi iunikangi
- Maronda muromo na herpes
- lymph nodes ikaimba
- Kaposi's sarcoma (icunci birina rangi na bibiumo bitina murimo kiri ngozi) na kuthuka kanyua

Stage iji ya muthia ni AIDS aria gicunci kia mwili kiria kirwaga na mbajua kithagirwa gitina inya mwanka mwiri jutumba kuthiria mirimo imwe ja ndimoni na TB, na muthiene mirimo iji igatuma muntu agakua. Gukurukira umenyeri bubwega na ndawa, uturo noburewue ni thiria injega ya mwiri

Aana

Aana baciari na HIV nobonanie mantu jamwe ja jaja:

- Kuremwa kwongera urito bwa mwili kana gukura uria babati
- Aana barina HIV no bajukie igita riraja gukua, gwita na kwaria
- O uria murimo jugwita na mbele, aana babaingi nibambagiria kugia thina ingi ta kwona gwita kurina inya na kuthithia bubuthuku cukuru.
- Aana barina HIV nibaajagua ni tumirimo twa kawaida twa twana indi nkuruki na tukajua jamaingi kiri aana batina yo.
- Aana barina HIV nibaajagua jamaingi ni candidiasis, murimo juria jutumaga bagia maronda muromone na mumerone jaria jatumaga baremwa kuria.
- Ta kiri antu babanene, urungamiri buria bubati bwa HIV nobureyie uturo bwa mwana ou.

Mantu ja bata:

Ja ukwona, mantu jaria jonanagia HIV tijamothu na nijamwanya kiri o muntu indi kwonania mantu jaja tiku kuuga no mwanka withire urina HIV. Mirimo ingi imingi noyonanie mantu jakaro o uju na njira iria njega buru ya kumenya ni kuthimwa ndamu.

Ukuthoma ati antu bamwe batigwatagwa ni AIDS yongwa mwanka nyuma ya miaka mirongo imingi bagwatwa ni HIV na bamwe batigwatagwa niyo buru. Igitene riri muntu ou no akare na aigue ari na thiria na arina inya buru. Utiumba kumenya kethira muntu arina HIV na njira ya kumutega aki.

Kairi, njira yonka ya kumenya bwega ni gukurukira kuthimwa ndamu

Niatia HIV itambaga: Niatia antu bagwatagwa ni HIV?

Virusi iji ya HIV nionekaga na wingi kiri

- Ndamu
- Iria ria nyonto (inini kiri iu ingi)

HIV nitambagua riria nduui iji cirina virusi ciumaga kiri muntu uria virusi na gutonya ndamune ya muntu ungi. Aja ni njira iria muntu omba kugwatithua HIV nacio:

- Ndamu irina virusi no itambie - Menyeera ati sindano, tuciu na ndwembe itumiri iria ciumba gutonga ndamu nithambitua na ruuji rukutheruka mbele ya muntu ungi atumira (kinyethira ikaba kurega gutumira into bibi jairi). Mung'uanano, umenyeeri bujukue riria into bigutumirwa ni nkuruki ya muntu umwe mono biria bigutonya mwiline.
- Kumama utina mubira - Kumama na muntu urina HIV nogutambie HIV kethira mubira jutiratumirwa. Ni kaba kurega kumama, kumama na muntu umwe wenka uria utiajitue kana gutumira mubira uria jubati.
- Ekuru barina HIV kiri aana bao igitene ria kubakamata, guciara kana igitene ria kubonkia - Menya: Bubu butikarikaga rionthe

Nubati kwelewa ati HIV iumba aki gutamba riria yatonya ndamune ya muntu ungi. Virusi iji itiumbaga gukara igita ririnene oome ya mwili. Njira iria virusi bibi biumba gutonya ndamune ya muntu ni gukurukira maronda jaruguki, na rimwe gukurukira gukamata, guciara na gwonkia mwana. Burina bata kumanya utiumba kugwatwa ni virusi iji gukurukira gutonga gintu kirina virusi bibi na njira ciaku riria njira ciaku itina ironda bikunuki.



Utumiri bwa ndawa ya tunyomoo bubwega na njira ya kuungania bwega.

Thingata mantu jaja nikenda utumira bwega:

- ✓ Menya kuumania na uria kuandiki kithimi kiria kibati na njira iria ibati ya kuungania kulingana na antu aria ukwenda kumitumira na kiria ugutumira.
- ✓ Tumira kithimi kiongwa kiria wiri na ruuji rungwa ruruia wiri. Ndawa inyingi itithithia bwega nkuruki na inkai itiumba kurita ngugi bwega.
- ✓ Ikira nguo na into bia kwirigiria riria ukuungania ndawa iji. Burina bata mono kuebera gutongwa mwili kana metho. Kwou, menyeera ati nguo cia kwimenyeera niciikiri bwega.
- ✓ Thingata jaria wiri kiri kuungania na kuujuria ruuji. Kethira jaja jatiandiki, ikira kiugiri ruuji nusu riu wikire ndawa riria ndawa iri ya ruuji kana uunganie mbele riria ugutumira ndawa cia mutu. Rionthe menyeera ati kiugira kiri antu gutitiritie mbele ya kuujuria.
- ✓ Ukaathima kana uungania ndawa ndene kana akui na aria gukumamwa kana aria ndithia ciikagwa.
- ✓ Kethira kuthima nigukwendeka, tumira gantu ga kuthima karia geki kari ka ndawa aki, na karia kabati kuthambua orio ndawa yarikia gwikirwa kiugirine. Kethira urithima ndawa ya mutu thima gutina ruugo.
- ✓ Kethira gukungania ndene ya kiugiri, menyeera ati ndawa iu nikubujanira na wongere ndawa imwe imwe kiri ruuji kulingana na uria ciandiki cithingatane.
- ✓ Ika aana na nyomoo kuraja na aria gukunganirua.
- ✓ Tumira ruuji ruria rutheri uria kuumbika.
- ✓ Ugataa ruuji orio kuuma muuro kana antu angi.

Tumira ruuji ruria rwambite gwikwa antu angi.

- ✓ Ugaaka ruuko into bia gutaa ruuji, mono biria bitumagirwa kuruga kana kunyua ruuji. Kwongera, menyeera utikeeje gwikira ndawa kana wituura aria nyomoo ciumba kunyua.
- ✓ Kethira ruuji rwa tapu niru rugutumirwa, ruuji nirubati gukamatwa nkuruki ya mita inya kuuma aria tapu iri mbele e kuungania na ndawa.
- ✓ Tumira into bia kuungania, biria biri amwe na muti jwa kuurugu, giciko, njagi ya kuthima irina ithimi, mukebe jwa kwamba kuunganiria kana jwa gwikira. Mukebe jwa kurugira nijubati gwikwa antu anna ndene ya nyomba imweriria jutigutumirwa.
- ✓ Ugatonyithia njara riria ukuuruga kana riria ugwikira ndawa kiugirine.
- ✓ Ikira bwega utigeture. Tumira ndawa cia mutu bwega nikenda itigetike kana ikucua. Ruungama utierekerete ruugo nikenda yakamatwa itikeje kiri uthiu bwaku
- ✓ Thambia mikebe iria irathiria ngugi bwega na wongere ruuji rwa kuthambia kiri kiugiri.
- ✓ Menyeenra ati ugukunika mikebe bwega warikia gutumira na wike iria ithiritie ngugi bwega nikenda yumba gutewa.
- ✓ Cokia ndawa iria ititumiri naria ikagwa.
- ✓ Thambia into bionthe bia kuunganiria na bia kuugira warikia gutumira na utumire ruuji rurwingi uria kuumbika niuntu ruuji ruru no mwanka raturwe.
- ✓ Thambia o nyuma ya igita nguo iria ititonyaga ruuji ja gloves, bia gukunika uthiu, miwanu na mandibuti warikia kuungania ndawa niuntu ciomba kwithirwa cigwitikirua ndawa.

Thingateni jajana arimi ba TIST bagakara barina thiria ya mwiri na bebanire na ndawa iji ciumba kugitaria



Ugiiti bwa miti ya miitu na kuthukua kwa muunda jwa mwitu ni thiina inene. Niatia tuumba kuthithia?

Miitu na ithaka nibikunikirite gicunci kimwe kiri bithatu kia muunda juria nthiguru yonthe irina ju. Niithithagia rera, ikamenyeera nduuji cietu, ikaejana into bibingi (Mung'uanano; mpao, ndawa, matunda nabingi bibingi) biria bigurwa na mbeca inyingi na biria bimenyagiira mithemba imingi ya imera na nyomoo. Obou burio, miitu na ithaka biri ndene ya milioni mirongo iiri cia hectare o mwaka nibikwinyangua. Nusu ya antu baria bari nthiguru batumagiira miitu iji ta nkuu, indi akui antu million igana bationaga nkuu cia gutumira kinya anini.

Mantu jaria manene jaria jatumaga miitu igitwa.

- Riria imera biagitwa kenda mantu jangi jeeta na mbele ta urimi, kurithia kana utumiri: nkuu, kuthithia maiga ja miako, kuumia makuyu, kuthithia mbaki, kuumia majani, gwaka na mpao.
- Kuthuukua kwa miitu ni riria mwitu jwanyiyia mithemba na wingi niuntu bwa utumiri bubuthuku na kuremwa kubangira (mung'uanano, riria miti imikuru igitagwa, kana riria muthemba jurina bata jwa kimera jugiitagwa, kana riria mwitu juriithagua nainya, mwanka miti ikaremwa gukura antu a iu igititwe).
- Ugitu miti na uthukia bwa muunda jwa miitu buria bunene buumanagia na kwithirwa guti na umenyo kwegie bata ya miti.
- Rimwe na rimwe, bata ya miti no ithirwe ijikene indi ukia na kwaga njira ingi nigutumaga antu bakagiita miiti.

Ugitu miti nibutumaga.

- **Muthetu jugakamatwa:** kwithira gutina miti na miri nigutumaga muthetu jugakamatwa.
- **Kwaga mantu jaria jaumanagia na miitu:**

Kugiita miti nikwinyangagia naria nyomoo ikaraga, gukanyia wingi bwa mithemba ya imera na nyomoo, gukanyiyia kiumo kia irio na ndawa na gukaingiyia gushindanira mpao cia gwaka. People will have to walk further for firewood, and if forest products are being bought, prices will rise.

- **Kwaga baita ingi cia miti kiri naria gututhiurukite:** Miti niritaga ngugi ya kunyiyia ruugo, kumenyeera ruuji ruria ruri ruugone, kwongera ruugo rurwega kiri rungi na kwongera irio bia imera muthetune. Kwou gutina miti rera yetu ikaaga ruuji o uria kuumbika kwa ngai inyingi, gukamatwa kwa muthetu ni ruugo, kunyiyia kwa unoru bwa muthetu na kunyiyia kwa ruugo rurwega gukwingia.

Niatia tuumba kuthithia nikenda tuthiria ugiti bwa miitu na kwinyangua kwa miunda ya miitu?

- Twambirie minanda na tutambie kana twendie miti ya kuanda kiri ntuura.
- Gutumira mariko ja nkuu na makara jamakai
- Gutumira njira ingi cia mwanki na taa aria gukumbika (Mung'uanano, kurutiria na riuu, sawdust, kauwa, nyaki, maria, matigari ja imera, ntaka ya ndithia)
- Kuanda miti. Ithirweni buru gikundi gia TIST gikuumbana na gigwita ngugi irina maciara! Atha atuuri na acore baku gutonya kiri TIST kinya bo
- Ukarima miunda iri nterene cia ruuji kana aria kwithagirwa kurina ruuji. Tiga miti na imera bikure bikunikire nduuji iji.
- Ukarithia munda nkuruki ya uria ubati. Menyeera ndithia itiukinyira miti kenda itaminyangie kenda mwitu juumba kuuma kairi.
- Athana kuungania imera na miti kana gutumira tumiunda tugaanitie na miti. Kwithirwa urina miti muundene jwaku nigukuejaga baita cia miiti na gugagutethia kumenyeera mwitu kuria juri akui.

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TIST gukunguira miaka 5 hari unyitaniwi na USAID hari gutungatira arimi a TIST.

USAID Kenya niikoretwo ir muruna wa bata kuri TIST hari gutungatira murimi uria uhandaga miti kundu kuria kuri na riuu hame na kwagorothia miturire na kunina ngaragu. TIST niirakurana uteithio uyu na igacokia ngatho makiria. Kuri mwaka wa 2009, USAID nyeruhirie unyitaniri wayo na TIST hari guteithia arimi.

Mutaratara wa miti ya ki-nduire.

USAID nyaheanire shilingi 1 iguru kuri muti wothe wa ki-nduire. Kahinda-ini gaka, arimi nimamukirite KES 2.50 kuri muti wothe wa ki-nduire uri muoyo hari o mwaka.

Mutaratara wa kuria kwaraga.

Kuhitukira uteithio wa ki-mbeCa kuma USAID, arimi a TIST nimambiriirie kurima kuria kwaraga magitanya kuiyuikia njuu ili thiini wa gicigo kia Mt. Kenya.

TIST gutherema Mau na Mara.

USAID niiheaga TIST uteithio wa gutherema Bomet, Narok na county ya Nakuru.

Kilimo Hai.

Arimi aingi a TIST nimakoretwo makihuhira Kilimo Hai kuhtukira uteithio wa USAID wa mbeCa na githomo.

Riiko ritarahuthira hinya wa ngu.

Riiko ria TIST nirikoretwo na uteithio munene kuri atumia a TIST.

Githomo kia Biodiversity, utongoria, ugima mwega wa mwiri, muriire na mangi maingi.

Arimi a TIST nimamukirite githomo kiria kimateithitie kwagirithia migunda yao, na ningi, githomo kia utongoria wa TIST nigikoretwo kiri kia bata muno hari uhotani wa arimi. Arimi nimamukirite githomo kia HIV/AIDS, Malaria, muriire, utheru na kwigitira kumana na mirimu.



HIV & AIDS: Giki nikii?

Uhoru wa HIV.

HIV yugite Human Immunodeficiency Virus nayo AIDS yugite Acquired Immune Deficiency Syndrome. HIV ni virus nini iria itumaga andu marware riria yamanyita. Na makerwo mari “HIV-Positive”. Virus ya HIV ininaga hinyawa kwigitira na mirimu. HIV itumaga miiri iitu yurwo ni hinya na iremwo nikuhurana na mirimu.

Andu aria marwarite murimu uyu matikoragwo na ngurani, no riria maga kunyua dawa virus ino niyongererekaga miiri-ini na ikagia na hinya. Riria undu uyu wahanika, ugitiri wa mwiri niuthiraga hinya na mwiri ugakinya handu utangihota kuhurana na murimu ona uriku, kahinda gaka witagwo AIDS.

HIV no inyite mundu wkia miaka o yothe. Riria woneka uri na HIV tikuga uri na AIDS. AIDS nikio gikiro kia muthia kia murimu uyu na riria watungatirwo wega na wathondekwo ti mundu wothe uri na HIV ukinyaga gukorwo na AIDS. Gutiri na kihonia kia HIV, kana njanjo ya kwigitira. No HIV niitigite gutuika kinyonga ta uria kwari hau kabere na riria watungatwo na njira ya muriire mwega, na urigitani mukinyaniru andu nomatuure matuku maingi mari na ugima mwega wa mwiri thutha wa kwonekana na murimu uyu.

HIVYaumire ku?

HIV niikoragwo ikuhaniriirie na murimu ukoragwo na chimpanzee. Athomi meciragia murimu uyu noukorwo waumanire na nugu ici riria ciahitagwo na ahiti makihutania na thakame yacio. HIV yambere kwoneka hri mundu kwari mwaka wa 1959, no uthuthuria ungi ukonania ati murimu uyu noukorwo wari kuo nginya 1800. Nigukoretwo na mawoni ngurani ma uria murimu uyu wonekanire na ti andu aingi metikagia ati waumanire na nugu. Uthuthuria muingi uigagirira murigo ucio kuri andu ngurani kuma icigo ngurani. No ningi, ona angikorwo tutikamenya kihumo kia murimu yu biu, maundu maria ma bata ni uria tungiigitira naguo.

Ririkana ati gitumi ati HIV niikoretwo iri na hinya miena imwe tikuga nikuo yambiriirie. HIV riu ni thina wagiriirwo nikurorwo bururi wothe. Handu

hakuga ni andu ngurani magiriirwo ni kuhurana na murimu uyu niwega kung’ethanira na thina uyu na guthii na-mbere.

Cionereria cia HIV.

Cionereria cia HIV ni nditu kuga tondu andu ereri makoragwo na cionereria ngurani. Maundu ni o manini ma gutu

Nia cionereria ngurani kuri ikiro ngurani cia murimu uy. Ririkania andu ati angikorwo nimaramakio ni o enyewe, nimagiriirwo nikwona dagitari.

Andu agima.

Gikiro kia mabere kia murimu uyu ni riria wanyitwo niguo, HIV iingiraga mwiri-ini na ikenyitithania na white blood cells na gwa kahinda gaka gutikoragwo na dalili cia viruna ona thakame-ini na ikoragwo iri HIV-negative. Andu a ingi matioragwo na dalili kahinda-ini gaka na makoragwo makiigu ota mutugo.

Riria HIV yaingira thiini wa white blood cells, niiciranaga naihenya muno, guthukia na kwanaga white blood cells ohamwe. White blood cells ici nicio iteithagia mwiri kuhurana na mirimu. Riria HIV yathukia cells cia mundu, uhoti wa kuhurana na mirimu niunyihaga. Gikiro ini giki, uhoti wa kuhurana na mmirimu ukoragwo ukimenya HIV nikii na ugakorwo ugithondeka white blood cells makiria nniguo cihurane naguo.

Ciumia 2-4 thutha wa kunyitwo ni murimu uyu andu nimambagiriria kuigua ta mari na homa, gwithua, ruuo, kuimba ngaai, kunogerera. Ririkana ati, ona angikorwo andu aingi nimaiguaga dalili, ti othe mangicigua. Gikiro giki gitagwo “Acute retroviral syndrome” kana “primary HIV infection” dalili niciuraga thutha wa wiki nini. Andu nomanyitwo ni murimu uyu makiria hingo ino tondu nirio makoragwo na HIV nyingi mwiri-ini. Kuma hau maundu makambiriria kuhorera na mundu akaigua wega. Virus niithiaga na-mbere guciarana mwiri-ini no uhoti wa kuhurana na mirimu ugathii nambere an kuhurana naguo. Gikiro giki gitagwo “latent phase” na nogiikare mieri na miaka. Uraihu wa



mahinda maya uringanaga na maundu ta; urigitani, exercise, muriire na kiruka.

Thutha wa kahinda, uria uringanaga na mundu(mieri minini mbere ya makiria ma miaka 10 ya urigitani) muigana wa virus niukoragwo uri iguru ati muiiri ndungiita kwigitira.

Mirimu ino itagwo “opportunistic infection”. Dalili imwe cia gikiro giki ni ta

- Kanua kuhana white
- Ruuo rwa ngothi.
- Kuhaicia urugari wa mwiri
- Kunyihia uritu wa mwiri
- Kuharwo kuraihu.
- Kumagara ngothi
- Yeast infection
- Kuimba ngaai
- Kugia na turonda ngothi-ini na kanua.

Gikiro kia muico kia AIDS ni riria uhoti wa kuhurana na mirimu ukoragwo ukoragwo unyihite na ndungihota kunina mirimu ta pneumonia na TB, muthia mundu agakua. Ririkana – ti andu othe mari na HIV magiaga na AIDS. Riria mundu egitira muturire wake nounenehe.

Ciana.

Ciana iria ciciaragwo na HIV nocikorwo na dalili ta ici.

- Kwaga kwongerera uritu.
- Kwaga guthii na maguru na-ihanya
- Riria murimu wathii na-mbere, ciana nyingi nicikoragwo na mathina nginya cukuru.
- Ciana ici nicikoragwo na bacterial infection nyingi gukira ciana ici ingi ciothe.
- Ciana ici nicinyitagwo muno ni candidiasis na yeast infection iria citumaga ngothi ithuke hamwe na turonda twa kanua na ngaai undu uria u tumaga kuria kurituhe.
- Kuri andu agima, kumenyerera ciano nogutume cikare mahinda manene.

Mawoni ma bata.

Ta uria wona, HIV ni nditu na niitiganaga kuringana na andu no tikuga ati riria uri na dalili ici uri na HIV. Mirimu ingi noikorwo na dalili o ici na njira njega

ya kumeny ni guthimwo.

Nituoneete ati andu angi to muhaka magie na AIDS gwa kahinda ka miaka miingi thutha wa kugia na HIV, na angi makaga kugia.kahinda gaka mundu onekaga ari na ugima mwega. Ndungihota kuuga mna mundu ari na muurimu uyu na kumurora tu. O ringi, njira njega ya kumenya ni guthimwo

Uria HIV itheremagio: andu manyitagwo ni HIV atia?

Virus ya HIV yonekaga muno thhini wa;

- Thakame
- Mathugumo.
- Maai kuma na njira ya uciari.
- Iria ria nyondo.

HIV itheremaga riria maai maria mari na virusmaingira mwiri-ini wa mundu uri na virus Maundu maya ni uriamundu anginyitwo ni murimu uyu.

- Thakame iri na virus – tigurira cindano huthire, tuhiu na tunyoi iria ciri na ugwati niciathondekwo wega na dawa mbere ya kuhuthirwo hari mundu ungi(ona akorwo niwega kwaga kuhuthirwo kuri andu aingi) kwa muhiano, umenyereri ni mwega riria indo cia linduire ciarahuthirwo.
- Kwonana ki-mwiri gutari na umenyereri – riria wonana ki-mwiri na mundu uri na HIV no ugwatio riria waga kuhuthira condoms. Niwega kwiima, gukorwo ngwataniro njega kuria andu aria mari na ngwataniro ya wendo mari na HIV kana mahuthire condoms.
- Atumia aria mari na ciana nan i HIV-positive iria makwongithia - Njira ino ndihuthkaga mahinda-ini mothe.

Menya ati HIV noigwatanirio riria yangira thakame-ini ya mundu ucio ungi. Virus ndiikaraga kahinda karaihu riria iri nja ya mwiri. Njira iria ya naihenya ya virus kuingira mwiri-ini ni kuhitukira thakame kana ironda citari njohe, kuhitukira njira ya uciari kana njira ya kioro, mahinda mangi riria mutumial araheo mwana kana akiongithia. Ni wega kumenya ati ndunginyitwo ni HIV na njira ya kuhutania mako matari na ironda.



Kuhuthira dawa cia tutambi, na njira ya gutukania.

Rumirira njira ici:

- ✓ Huthira muigana uria wiritwo kibandiko-ini na mawatho ma gutukania na indo iria ciiritwo hau.
 - ✓ Rumirira mawatho, gwikira dawa nyingi gutingituma tutambi tukue naihenya.
 - ✓ Ikira nguo cia kwigitira na uhuthire indo iri njitikriku. Ndukareke dawa ihutanie na ngothi yaku mikana maitho. Kwa uguo, tigrira nguo cia kwimenerera ninjire wega.
 - ✓ Rumirira mawatho ma gutukania kuringana na dawa. Angikorwo gutiri mawatho maheane, ihuria itangi nuthu na maai mbere ya gwikira dawa. Tigrira ati kihuhiri nkiri thi tiiri-ini mbere ya kuihuria.
 - ✓ Ndugathimire kana utukanirie handu andu kana nyamu ciraikara.
 - ✓ Angikorwo no muhaka uthime, huthira kindu gitarahuthika nnjira ingi kiria kiagiriirwo ni guthambio na kuumithio wega.
 - ✓ Angikorwo urahuthira itangi gutukania, tigrira indo niciraiguana na utukanie kimwe gwa kimwe maai-ini ukihuthira mawatho maria maheane.
 - ✓ Ndukareke ciana na mahiu cikuhiririe haria uratukaniria.
 - ✓ Huthira maai matheru o uria kwahoteka.
 - ✓ Ndukahuthire maai maria maumite ruui.
 - ✓ Ndugatukanie maai maria maria marahuthika na njira ingi na makiria maria marahuthika micii-ini kana maria maranyuo I mahiu.
 - ✓ Angikorwo tap niyo irahuthika gutahia maai, maai magiriirwo ni gukuuo gwa handu hatanyihire 4m kumana nah aria uratukaniria.
 - ✓ Huthira indo iria ciagiriire cia gutukania iria nita muti wa gutukania, giciko na jug ya guthima, handu ha kwamba gutukaniria na gakeero.
 - ✓ Ndukanaikie moko thiini wa dawa gutukania.
 - ✓ Itirira mutukanio wa dawa na maai wega utaguitiriria miena-ini. Menyerera rukungu na dawa ya mutu niguo mundu ndakamihuhie. Gitira ruhuho rutikombukie dawa.
 - ✓ Thambia na uniarie indo iria wahuthira.
 - ✓ Tigrira mikebe niyakunikwo wega thutha wa kuhuthirwo na yaigwo wega.
 - ✓ Cokia dawa yothe itanahuthirwo store.
 - ✓ Thambia indo ciothe cia gutukania thurha wa kuhuthira na uhuthire mai manini o uria kwahoteka.
 - ✓ Thambia nguo iria ugwikirite ta gloves, indo ci kugitira maitho, macicio na gumboots thutha wa gutukania.
- Rumirira mawatho maya na arimi a TIST
nimagukorwo na ugima mweka wa mwiri.



Utemi wa miti na uthukangia wa migunda ya mititu ni thina munene, tungika atia?

Mititu ikoragwo ihumbirite gicunji kia imwe hari ithatu gia thi. Niyo inyitagirira riera, kugitira ihumo cia maai, gutuhe mbau, dawa na matunda iria ni cia goro muno na gutuma nyamu na andu maturue. Na noirathii nambere na guthukangiona njira nene muno. Nuthu ya muingi wa thi ukoragwo wihokete mititu, na andu ta 100 milion matiri na ngu ciakuigana.

Itumi nene cia utemi wa miti:

- Utemi wa miti wonekaga riria kwoneka nokurimike kana kuriithio mahiu na njira ingi ta gutema ngu, ucini wa maturubari, utegi ucini wa thamaki, ucini wa mbaki, umithia wa macani waki na waturi wa mbau.
- Uthukangia wa mititu ni riria mititu yanyiha niundu wa kuhuthirwo uuru na kwaga kumenyererwo (muhiano ta riria miti minene yatemwo gwatigara miti itari miraihu kana miti ya bata riria yatemwo ona kana kuriithio mahiu)
- Uthukangingi na nutemi wa mititu muingi umanaga na kwaga umenyo wa bata munene wa miti.
- Njira-ini ingi, bata wa miti noumenyeke no ukia na andu gwiciria gutiri na njira ingi nigueumaga mititu ithire.

Maciaro ma uthukangia wa mititu.

- Gukuuo gwa tiiri ni maai: kwaga kindu kihumbirite tiiri

- Kwaga mawega maria maumanaga na miti ta nyamu, dawa irio, andu mathiaga kundu kuraihu gucietha.
- Kwaga mawega maria marehagwo ni miti: miti ni huthikaga kunyihanyihia ruhuho, kuiga ugunyu na gutheria riera o hamwe na kwongerera tiiri hinya. Tutari na miti riera riitu niriguthuka na tukorwo ugwati-ini wa wa ng'aragu.

Niatia tungika kugitira uthukangia wa mititu?

- Ambiriria tuta na uheane kana wendie mimera ya miti.
- Huthira riiko ritarahuthira ngu nyingi. huthinra njira ingi ya kuruga na kuhiuhia maai (ta kuhiuhia maai na riuu, mhanda mitiura, makoni ma kahua nyeki na mai ma ng'ombe).
- Handa miti kwa uingi, ingira TIST na uingiria angi.
- Ndukarime mugunda hakuhi na ruui. Reke miti na mimera ingi cikure na ugitire maai.
- Ndukariithie mahiu mugunda muno. Ndukareke ng'omb irie kuria kuri na mimera ya miti.
- Handa miti mugunda-ini uria uria urahanda irio. Riria wahanda miti mugunda niuhotaga kwigwatira mawega ma mutitu.

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Ukataji wa miti na uharibifu wa mashamba yenye misitu ni shida kubwa. Twaweza kufanyeje? *Page 6*



TIST yaadhimisha miaka mitano ya kushirikiana na USAID katika kuwatumikia wakulima katika TIST.

USAID katika Kenya imekuwa mshirika wa TIST muhimu sana katika kuwatumikia wakulima wadogo wanaopanda miti katika mashamba yalioharibika ili kuyaboresha maisha yao na kujikimu kichakula.

USAID imesaidia TIST kipesa ili kuweza kuendeleza miradi muhimu endelevu. TIST inatambua msaada huu kwa shukrani nyingi. Katika mwaka wa elfu mbili na tisa, USAID walipeana ahadi yao upya kwa TIST ili kuendelea kuwahudumia wakulima katika masuala kama:

Mradi wa upanzi wa miti ya kiasili.

USAID ilitupa shilingi ya nyongeza kama motisha ya kupanda miti ya kiasili. Katika kipindi hiki, wakulima walipata jumla ya shilingi mbili na cumin kwa kila mti wa kiasili ulio hai kila mwaka.

Mradi wa kutunza maeneo yaliopakana na mito.

Kupitia usaidizi wa kifedha kutoka USAID, wakulima katika TIST walianza kufanya kazi katika maeneo yaliyopakana na mito, mradi uliolenga mito kumi na moja iliyo katika eneo la mlima

Upanuzi wa TIST kuingia Mara na Mau.

USAID iliipa TIST usaidizi uliohitajika kupanuka na kuingia majimbo ya Bomet, Narok na Nakuru

Kilimo hai.

Wakulima wengi katika TIST waliotumianjia ya kilimo hai waliripoti mafanikio na twashukuru USAID kwa kutupa fedha zilizowezesha mafunzo.

Meko safi.

Meko ya TIST, aidha yalioengenezwa na ya matope yamekuwa fanikio muhimu kwa wanawake wengi katika TIST

Mafunzo kuhusu bionuwai, uongozi, afya na chakula bora, na mafunzo mengine.

Wakulima katika TIST wamepata mafunzo mengi kuhusu bionuwai, ambayo yamewasaidia kuboresha mashamba yao. Kuongeza, mafunzo ya TIST ya uongozi yamekuwa muhimu sana katika mafanikio mengi ambayo wakulima wamefikia. Wakulima wamepata mafunzo muhimu kuhusu HIV/AIDS, malaria, chakula bora, usafi na mafunzo mengine ya kuzuia kudhoofika kiafya.



HIV & AIDS: HIV & AIDS ni nini?

Mambo msingi kuhusu HIV

HIV husimamia Virusi vya UKIMWI (Human Immunodeficiency Virus) huku AIDS ikisimamia UKIMWI ambao ni Ukosefu wa Kinga (Acquired Immune Deficiency Syndrome). HIV ni virusi vidogo ambavyo hufanya watu kuwa wagonjwa wanapoambukizwa na virusi hivi. Wanasemekana kuwa wana HIV. Virusi hivi vya HIV hushambulia mfumo wa kinga katika miili yetu, ambao ni mfumo unatusaidia kupigana na magonjwa. HIV hufanya miili yetu kuwa dhaifu zaidi na isiyo na uwezo mwafaka wa kupigana na magonjwa mengine.

Watu wanaweza kukataa kubadilika wanapopata HIV, lakini iwapo dawa haitachukuliwa virusi hivi huzaana katika mwili na kuwa vyenye nguvu zaidi na zaidi. Haya yanapokuwa yakitendeka, mfumo wa kinga hudhoofika zaidi na zaidi hadi mwili unapofika pahali ambapo hauwezi tena kupigana na magonjwa kwa njia ya kawaida. Hatua hii huitwa UKIMWI.

HIV yaweza kuingia katika watu wa miaka yote. Kuonekana kuwa na HIV hakumaanishi una UKIMWI. UKIMWI ni hatua ya mwisho ya ugonjwa huu na kukiwa na huduma na matibabu mwafaka si kila mtu aliye na HIV hupata UKIMWI. Hakuna dawa ya kumaliza HIV ama chanjo ya kuzuia. Hata hivyo, HIV sio hukumu la kifo kama ilivyofikiriwa hapo jadi. Kwa usimamizi mwafaka (pamoja na lishe mwafaka, mazoezi na dawa) watu wanaweza kuishi maisha marefu na yenye afya hata baada ya kupatikana kuwa na HIV.

HIV ilitoka wapi?

HIV inahusiana kwa karibu sana na virusi vinavyopatikana katika sokwe. Wanasayansi huamini kuwa virusi hivi sana sana vilivuka na kuingia kwa binadamu wakati sokwe waliwindwa na wawindaji wakakaribiana na damu iliyoambukizwa. Kesi inayojulikana ya kwanza kabisa kuhusu maambukizi ya HIV kwa binadamu ni ya mwaka 1959, lakini baadhi ya tafiti huashiria kuwa HIV yaweza kuwa ilikuweco kutoka miaka ya mwisho ya 1800. Kuna natharia nyingi zinazotaribu kulawamu vikundi tofauti vya watu ama nchi tofauti. Hat hivyo, tusipojua asili yake kwa uhakika, lengo muhimu lafaa kuwa jinsi ya kuzuia vizuri zaidi na kutibu ugonjwa huu katika jamii zetu.

Kumbuka kuwa hata ingawa janha la HIV ni baya zaidi katika baadhi ya maeneo hakumaanishi lilianza katika maeneo hayo. HIV sasa ni shida inayohitaji kuangaliwa katika kila nchi katika dunia. Badala ya kutafuta kulaumu watu wengine ni vizuri

kulishambulia tatizo hili na kuona jinsi ya kusonga mbele.

Ishara na dalili za HIV

Dalili za HIV ni ngumu sana kafafanuliwa kwani watu mbalimbali honyesha dalili mbalimbali wanapoambukizwa na HIV. Maelezo yanayofuata ni mtazamo wa kijumla na yanatueleza dalili zinazoonekana mara nyingi katika hatua mbalimbali za ugonjwa huu. Kumbusha watu kuwa kama wana wasiwasi kujihusu au kuhusu wengine wanafaa kuona daktari ili kupewa mawaidha.

Watu wazima

Hatua ya kwanza ya ugonjwa huu ni wakati wa maambukizi. HIV huingia mwili na kujibandika kwa baadhi ya seli nyeupe za damu na wakati huu hakuna dalili ya virusi na vipimo vya damu huonyesha kuwa mtu hana HIV. Watu wengi hawapati dalili zozote wakati huu na wanajisikia wenye afya.

Virusi vya HIV vinapoingia katika seli hizi nyeupe za damu, virusi vinazaana kwa haraka, na kuharibu seli hizi nyeupe za damu wakati mmoja. Seli hizi nyeupe za damu ndizo husaidia mwili kupigana na magonjwa, kwa hivyo HIV inapoharibu seli hizi uwezo wa mtu wa kupigana na magonjwa hupungua. Katika hatua hii, mfumo wa kinga unajaribu kujua virusi hivi vya HIV ni nini, na unajaribu kutengeneza seli nyeupe za damu zaidi ili kushambulia virusi.

Wiki mbili kufika nne baada ya maambukizi baadhi ya watu huanza kusikia dalili kama za homa kama joto, upele, kuumwa, tezi (katika shingo, kwapa na kinena), uchovu na koo. Kumbuka kuwa ingawa watu wengi husikia baadhi ya dalili hizi, si wote huzisikia. Hatua hii huitwa '**acute retroviral syndrome**' ama '**primary HIV infection**'. Dalili hizi kwa kawaida hupotea baada ya wiki kadhaa. Watu wanaweza kuambukiza kwa haraka wanapokuwa katika hatua hii kwani sasa wana kiwango kikubwa cha virusi vya HIV katika miili yao.

Mambo sasa huanza kutulia na mtu anaweza kusikia vizuri tena. Virusi huendelea kuzaana katika mwili, lakini mfumo wa kinga huendelea kupigana dhidi yake. Hatua hii huitwa '**latent phase**' na yaweza kudumu miezi kadhaa hadi miaka makumi. Urefu wa kipindi hiki hulingana na mambo kama dawa anazokunywa, mazoezi, lishe, mawazo na hata familia.

Baada ya muda Fulani, kulingana na mtu (miezi kadhaa kufika zaidi ya miaka kumi kama anafuatilia dawa), nambari ya virusi hufika kiwango cha juu sana hadi mwili unashindwa kudhibiti. Mfumo wa kinga



huanza kudhoofika, na kufanya mtu kupata maambukizi na magonjwa mengine kwa urahisi zaidi. Magonjwa haya huitwa magonjwa yanayoambatana na maambukizi. Baadhi ya ishara za hatua hii ni pamoja na:

- Kinyua kuambukizwa na thrush (mipako minene mieupe)
- Severe shingles (herpes zoster) ambayo ni malengemalenge yenye uchungu katika kikosi cha ngozi nyekundu
- Joto jingi na jasho usiku
- Kupoteza uzito wa kimwili
- Kuhara kunakodumu zaidi ya mwezi mmoja
- Vipele kwa ngozi na ngozi hafifu
- Maambukizi chachu
- Vidonda vinavyotokana na baridi na malenge lenge katika sehemu za siri
- Matezi yaliyovimba
- Kaposi ya sarcoma (sehemu ngumu zenye rangi zisizo na uchungu kwa ngozi) na vidonda kwa kinyua. .

Hatua ya mwisho ni UKIMWI ambapo mfumo wa kinga huwa umedhoofika hadi mwili hauwezi kumaliza mashambulizi (kama pneumonia na TB), mwishowe kufuatiliwa na kifo. Kumbuka – si watu wote walio na HIV hupata UKIMWI. Kukiwa na huduma nzuri na dawa mwafaka, maisha yaweza kurefushwa kwa kuhakikisha afya nzuri.

Watoto

Watoto wwaliozaliwa na HIV wanaweza kuonyesha ishara kama:

- Kushindwa kuongeza uzito na kukua inavyofaa.
- Watoto walio na HIV wanatumia wakati mrefu zaidi kutambaa, kutembea na kuongea.
- Jinsi ugonjwa unapoendelea, ndivyo watoto wengi hupata shida nyingine kama kuwa na shida kama ya kutembea na kufanya vibaya kimasomo.
- Watoto walio na HIV huteseka mashambulizi ya bakteria ya kawaida katika watoto, lakini mara nyingi zaidi na kwa ukali kulika watoto wasiokuwa na HIV.
- Watoto wenye HIV hupata candidiasis kali, mashambulizi chachu ambayo yanaweza kufanya awe na upele na mashambulizi katika mdomo na katika koo ambayo hufanya kula kuwa tata.
- Kama katika watu wazima, usimamizi mzuri wa HIV waweza kurefusha maisha ya motto.

Mambo muhimu:

Kama unavyoona, dalili za maambukizi ya HIV ngumu na hulingana lakini kuwa na dalili

hakumaanishi kuwa huna HIV. Magonjwa mengine mengi yaweza kuleta dalili zinazofanana na njia bora ya kujua ni kupimwa damu.

Tumejifunza kuwa watu wengine hawapati Ukimwi kwa miongo baada ya kupata HIV, na wengine hawapati kabisa. Wakati huu mtu hukaa na kujisikia mwenye afya na nguvu. Haiwezekani kujua mtu akiwa na ukimwi kwa kumwalia tu

Tena, njia ya kipekee ya kujua ni kwa kupimwa damu.

Jinsi HIV huenezwa:Watu hupataje HIV?

Virusi vya HIV hupatikana kwa wingi katika

- Damu
- Shahawa
- Maji maji kutoka ukeninayanayotoka sehemu ya kupitisha haja kubwa
- Maziwa ya matiti (madhara kidogo zaidi)

HIV huenezwa wakati maji maji yalio na virusi huhamishwa kutoka kwa mtu aliyeambukizwa na kuingia katika mfumo wa damu wa mtu mwingine. Zifuatazo ni njia ambazo mtu anaweza kuambukizwa nazo :

- Damu iliyoambukizwa yaweza kueneza virusi-Hakikisha sindano, visu na nyembe zilizotumika ambazo zaweza kuwa ziligusa damu zimechemshwa vizuri kabla ya mtu mwingine kutumia (ingawa ni bora zaidi kukataza kutumiwa vitu hivi na zaidi ya mtu mmoja). Kwa mfano, chungu vifaa vinapotumika na watu wengi kijadi kama kwa mwili.
- Ngono bila mpira-Kujamiiana na mtu aliye na HIV kwaweza kueneza virusi ikiwa mpira haujatumiwa. Ni bora kungoja, au kuwa katika urafiki wenye kuaminiana ambapo wote wawili hawana HIV au kutumia mpira inavyofaa.
- Mama wenye HIV kupitisha kwa wanao wakati wa mimba, wa kuzaa ama kunyonyesha-Tambua: Ili halitendeki kila wakati.

Tafadhali elewa kuwa HIV yaweza kupitishwa tu ikiingia katika mfumo wa damu wa mtu mwingine. Virusi haviwezi kuishi kwa muda mrefu nje ya mwili. Njia za kuingia kwa mfumo wa damu wa mtu zinazoonekana zaidi ni kupitia vidonda vilivyofunguka, bitana na uke au sehemu ya kupitisha haja kubwa, na wakati mwingine kupitia mimba, kuzaa au kunyonyesha. Ni muhimu kuelewa kuwa hauwezi pata virusi hivi kwa kuguza maji maji yaliyoambukiza kwa mkono ikiwa hauna vidonda vilivyofunguka.



Kutumia dawa za wadudu na njia ya kuchanganya.

Fuatilia mwongozo huu kwa matumizi salama:

- ✓ Jua kutokana na maandishi katika dawa kiwango mwafaka na unavyofaa kuchanganya kamainavyotakikana katika eneo linalotibiwa na vifaa vitakavyotumika.
- ✓ Fuatilia kiwango kilichotengwa na maji unavyofaa kuongeza. Kiwango zaidi hakitakupa mapato bora na kiwango kidogo hakitafanya kazi mwafaka.
- ✓ Vaa nguo na vifaa vya kujikinga unapochanganya dawa. Ni muhimu kujiepusha na dawa kuguza ngozi au macho. Kwa hivyo, tumia nguo za kuzuia zilizovaliwa inavyofaa.
- ✓ Fuatilia maagizo ya kuchanganya na kujaza kinyunyizi dawa. Kama maagizo hujapewa weka maji hadi nusu kabla ya kuongeza dawa kama ni ya maji maji na ikiwa ni ya unga kwanza changanya katika mkebe wa kuchanganya. Hakikisha kila wakati kuwa kinyunyizi kimesimama pahali tambarare kabla ya kujaza.
- ✓ Usipime au kuchanganya dawa katika au karibu na pahali pa kuishi au panapowekwa wanyama.
- ✓ Ikiwa unahitaji kupima, tumia kipimo kilichotengwa, na ambacho chafaa kuoshwa mara moja baada ya kuongeza dawa kwa kinyunyizi. Ikiwa unapima dawa ya unga fanya ivo pasipo upepo.
- ✓ Ikiwa unachanganyanyia ndani ya kinyunyizi, hakikisha dawa unazotumia hufanya kazi pamoja halafu uziongeze moja moja kwa maji kulingana na ilivyopendekezwa kwa maandishi.
- ✓ Weka watoto na wanyama mbali na pahali pa kuchanganya.
- ✓ Tumia maji yaliyo safi iwezekanavyo.
- ✓ Usichukua maji moja kwa moja kutoka kwa mto au mkondo wa maji mwingine. Tumia maji yaliyowekwa pahali pengine baada ya kutolewa huko.
- ✓ Usichafue vyombo vya kuchota maji, sana sana vinavyotumiwa kupika na kunywa maji. Pia, chungu usichafue au kuacha madimbwi ya maji ambapo wanyama wanaweza kuyanyua.
- ✓ Ikiwa maji ya mfereji yatatumika, maji yafaa kubebwa zaidi ya mita nne kabla ya kuchanganya na dawa ya wadudu yoyote.
- ✓ Tumia vifaa vya kuchanganya mwafaka, ambavyo ni pamoja na fimbo ya kuchanganya, kijiko, jagi yenye vipimo, mkebe wa kuchanganya au faneli. Chombo cha kuchanganya lazima kiwekwe katika chumba kilichotengwa kisipokuwa kinatumika.
- ✓ Usiingize mikono katika maji yenye dawa unapochanganya ama unapomwaga maji kutoka kwa kinyunyizi.
- ✓ Mwaga kwa makini ili kuzuia kumwaga chini. Shughulikia dawa za unga kwa makini ili kuzuia kubebwa na kupumua. Simama dhidi ya upepo ili unga ubebwe mbali na uso wako.
- ✓ Osha mkebe mitupu na uongeze maji ya kuosha kunyinyizi.
- ✓ Hakikisha mkebe imefungwa vizuri baada ya matumizi na uweke mkebe mitupu vizuri tayari kutupwa.
- ✓ Rudisha dawa yoyote ambayo haijatumika kwa chumba cha kuhifadhi.
- ✓ Osha vyombo vyote vya kuchanganya na kinyunyizi dawa na utumie zaidi ya kiwango Fulani cha maji inavyowezekana, kwani maji haya yanafaa kumwagwa.
- ✓ Kila baada ya muda osha nguo zisizoingia maji kama glovu za kujikinga mikono, ngao ya uso, miwani ya kinga na buti za kazi baada ya kuchanganya dawa kwani kwaweza kuwa na mwigiko usiozuilika ili kuzuia machafuko.

Zingatia mwongozo huu na wakulima katika TIST watakuwa wenye afya na salama kutokana na kemikali hatari.



Ukataji wa miti na uharibifu wa mashamba yenye misitu ni shida kubwa. Twaweza kufanyeje?

Huu ni ukataji wa miti na mimea mingine yenye mbao. Misitu ya mvua na msitu ya miti mingine hufunika sehemu ya moja kwa tatu ya ardhi yote. Husaidia kudhibiti hali ya hewa, kulinda vyanzo vya maji na kutupa vingine (mbao, dawa, matunda na kadhalika) vinavyothamana na mabilioni ya dollar na kusaidia mamilioni ya aina za mimea na wanyama. Hata hivyo inaharibiwa kwa kasi ya hectare milioni ishirini kila mwaka. Nusu ya wanaoishi katika dunia nzima huhitaji misitu ili kupata ngataa, hata hivyo watu kama milioni mia moja hwana ngataa tosha kusimamia matumizi ya chini kabisa.

Yanayosababisha ukataji wa miti:

- **Ukataji wa mimea yote:** Hutendeka mimea yote inapokatwa ili kufungulia shughuli kama kulima, kufuga na kupata mbao. Vitu hivi hutumika kama kuni, kutengeneza mawe, kuweka samaki, kutibu tumbaku, kukausha majani chai, kujenga na mbao.
- **Usimamizi mbaya:** Kuharibika kwa misitu husababisha ardhi kushindwa kushikilia mimea ya aina mbalimbali kwa sababu ya matumizi na usimamizi mbaya. Kwa mfano, miti mizee ikikatwa, na kuacha san asana miti michanga, ama aina yam mea inayotumika sana ikivunwa ama msitu kulishwa mifugo sana, miti haiwezi kukua badala ya iliyokufa.
- **Ukosefu wa ujuzi:** Ukataji miti na uharibifu mwingi husababishwa na ukosefu wa ujuzi wa thamana kamili ya miti.
- **Umaskini :** Wakati mwingine, thamana ya miti yaweza kujulikana lakini umaskini na ukosefu wa njia badala husababisha watu kukata miti.

Yanayotokana na ukataji wa miti.

- **Mmomonyoko wa udongo:** Ukosefu wa miti ya kufunika udongo na mizizi inayoshikilia udongo ufungulia mmomonyoko wa udongo.

- **Ukosefu wa rasilimali ya misitu:** Kutoa miti huharibu makazi, hupunguza bionuwai, hutoa rasilimali ya chakula na dawa, na huongeza mashindano ya vifaa vya ujenzi. Watu watahitajika kutembea mbali zaidi ili kupata kuni na vitu vingine vinavyotokana na misitu na kama hivi vinanunuliwa, bei zitapanda.
- **Ukosefu wa faida za kimazingira za miti:** Miti hupunguza kasi ya upepo, huhifadhi unyevu, na oksijeni katika hewa na kuongeza naitrojeni katika udongo. Bila miti, hali ya anga itakuwa kavu zaidi na kuongeza uwezekano wa mafuriko, mmomonyoko unaotokana na upepo, kupunguza rutuba ya udongo na kuharibu hali ya hewa

Twaweza kufanyeje ili kuzuia ukataji wa miti na uharibifu wa misitu?

- Anzisha vitalu vya miti na kugawa au kuuza miche kwa jamii.
- Tumia meko yanayookoa nishati kwa kutumia kuni au makaa chache.
- Tumia vyanzo vya nishati au ngataa badala inapowezekana kama joto kutokana na jua, mavumbi ya miti, maganda ya kahawa na mchele, nyasi, magugu, mabaki ya mimea na taka za wanyama.
- Fanya vitendo vya upanzi wa miti na kuwa kikundi cha TIST kilichofanikiwa na kilicho fanisi! Tia moyo majirani na marafiki kujiunga na TIST.
- Usilime mashamba yaliyopakana na mito au mabwawa kwa kuacha miti na mimea kukua na kulinda maji haya.
- Kuwa mwangalifu ili usije ukalisha shamba kuliko inavyotakikana kwa kupunguza wanyama wanaofikia miche ya miti ambayo wanaweza kuharibu. Upe msitu nafasi ya kukua tena.
- Tia moyo kupanda miti pamoja na mimea ama kupanda miti kwa mistari katika shamba lako na kujipa uwezo wa kufikia vitu vinavyotokana na misitu na kusaidia kuulinda msitu ulio karibu nawe.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kikamba Version

An Environmental, Sustainable
Development and Community Forestry
Program.



TIST Farmers from Salama cluster during their monthly Cluster meeting. We are planning establish a resource center where the community can get current news/information.

Inside:

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TIST Kutania myaka itato ya kwithiwa na maendeeo me ngwatanio na USAID kuthukuma aimi ma TIST.

USAID Kenya yithiitwe yi ya vata muno kwa TIST thini wa kuthukuma na aimi ma nima nini ala mavandaa miti isioni ila itwikithitw'e mang'alata nikana mailye mathayu moo na kwithiwa na liu mwianu. USAID niyithiitwe ikwatite mbau mawalanyo ma Tist kwa mbesa kwikia misinbgi na mawalany'o maseo kwoondu wa kwailya mawithyululuko. Tist ni kwonany'a muvea na utatnu kwa utethyo uyu. Kwi 2009, USAID ni masyokie meeyumya kuendee na uthukuma na TIST kuendee na uthukuma aimi isioni na maunduni aya:-

Uvandi wa miti ya kikamba(Kiene) USAID ninenganae silingi umwe iulu wa ndivi ya kawaita ethiwa mundu niwavanda muti wa kikamba.

Ivindani yii muimi nikwataa silingi ili na sumuni kwa kila muti wa kikamba/kiene yila muti wivo kila mwaka.

Kuvanda miti utee wa mbusi Kwa utethyo kuma kwa USAID, aimi ma Tist nimethiitwe matonya uvanda miti nguumoni sya mbusi I I ila syina wumo Kisioni na kiimani kya Mt. Kenya.

Kuthathaa kwa TIST kuvika Mara na Mau USAID nimakwatite Tist mbau na kumathuthya undu wa kuendee na kuthathaa nginya county sya Bomet, Narok na Nakuru.

Nima ya kusuvia

Aimi aingi ma Tist yu tui nimekaa nima ya kusuvia na nimatangaasite useo na vaita wa CF kwoou nituutunga muvea kwa USAID kwa kutunenge mbesa sya kuendeesya umanyisyo wa nima ino. Maiko Matheu TIST niyithiitwe iiseuvya maiko kuma kuaa na angi ma ndaka ala methiitwe me maseo kwa iveti na asa aimi ma TIST.

Kumnanyiw'a iulu wa mbai kivathukany'o, utongoi, uima na liu kwoondu wa uima museo na momanyisyo angi.

Aimi ma Tist nimakwatite umanyisyo mwianu iulu wa uvathukanu wa kimbai na mituo ya kila imwe kila kitumite methiwa na kivathukany'o miundani. Ingi umanyisyo wa tist iulu wa utongoi niwithiitwe wa vaita munene kwa aimi aingi. Aimi nimakwatite umanyisyo iulu wa muthelo HIS/Aids, ndetema, maliu mavata mwiini, utheu na undu wa usiia mauwau angi.



MUTHELO (HIV/AIDS): Muthelo/ ukimwi ni mwau?

HIV imaniisya Mundu kwithiwa thankame yake itatonya kukitanan na mauwau kana vinya wa kusii mauwau kwithiwa wimuoleku. Hiv ni tulinyu tumaa andu mawaa makwatwa ni tulinyu tuu. Niw'oo wiw'aa mayiwa ni 'HIV-Positive'. HIV yukitanaa na mii yitu ukethia nditonya kwisiia mauwau mooka na kwa kitumi kiu uyuthia mwii niwavutha na nutonya ukwatwa nituuwau ona tula tutonavinya tukavinyiimundu.

Mundu ona ena uwau uu wa muthelo noalee kuvinduka sula onakau ethiwa ndeunywa ndawa tulinyu tuu twa uwau wa muthelo nitutonya kwongeleka na kutuma aemeewa na nundu tulinyu tuu tuendeeaa na kwongeleka uyithia mundu niwaemeewa ni mowau mithemba mingi savali umwe kwoou mwii uivutha muno na indi nivo mundu wiawa ena ukwimwi/muthelo.

Uwau uu nutonya ukwata mundu wa yiika yoothe. Kuthimwa na kwithiwa wina tulinyu tuu twa uwau uu ti kwasya wina Muthelo/ukimwi. Ukimwi kana muthelo ki vala tulinyu tuu twithiwa twi twingi na tuuwaitye ukethia mwii waku ndutonya kukitanan na uwau. Vai ndawa nya HIV kana singano wa usiia. Onakau yu HIV ti kikw'u tondu andu aingi mesilasya nundu mundu eenyikalaya na kuya maliu ala m, aile nakuatiia miao ya ndakitali no ekale muno.

Niva Uwau uu wa muthelo waumie?

HIV ni tulinyu kaingi twithiwa nguluni sya kyimbazee. Asomi ma saiasi maasyaa kana tulinyu tuu nokwithwa twakilile na kulika munduni yila nyamu ithi syasyimawa na asyimi meethiana na nthakame yina tulinyu tuu natwamakwata. Uwau uu yambee munduni wawetiwe mwakani wa 1959 onakau asomi amwe maasyaa nikwithiwa wiatene ona takuma myakani ya 1800. Kwi ngewa na mbano mbingi iulu wa uwau uu nundu ti kila umwe witikilaa kana waumie ngulini. Ingi andu aingi nimaumanasya uthate mundu kwa mundu, mbai kwa mbaina nthi kwa nthi. Onakau tuikwona kana kwaw'oo tukamanya wumo wa uwau uyu kwoou kieleelo na ula useo ni kusisya undu tutonya kuusiia kunyaiika na kuuiita kuma mbaini situ.

Lilikana kana uwau uyu kwithiwa ukwatite andu aingi ma kisio kimwe tikwasya nivo wambiie. HIV nithina ukwenda kumathiwa wikwa nikila mundu na kila nthi na Nthi yonthe. Vandu va kusianisya na kukitana kana kumany'a uthate indi ni useo kusisya mbee na kwona nata tutonya kwika.

Mawonany'oo ma uwau wa muthelo Mawonany'oo ma uwau uu mevinya kumamanya nundu andu kivathukanyo nimethiawa na mawonany'oo kivathukany'oo yila makwatwa ni tulinyu tuu. Vaa itheo ve nzia kivathikany'oo sya umanya kana mundu ena uwau uyu wi iwangoni kana ngasi syi kivathukany'oo. Lilikany'a andu vandu va kwimakia nimaile kwona ndakitali.

Andu aima Ngasi yambee ya uwau uyu nikukwatwa ni tulinyu tuu. Twalika mwiini nitwikwatanyasya na tulungu twa thakame tweu kwa kusungi "White blood cells" na ivindani yii mundu ndethiawa atonya kwoneka ena tw'oo ona mundu akathimwa tuyoneka. Kaingi andu aingi mayithiawa na wonany'oo ona umwe wa kwithiwa na tulinyu tuu na methiawa na uima wa mwii.

Tulinyu tuu twamina kwikwatanya na tulungu tweu twa thakame nitusyaanaa na kwongeleka kwa mituki na kuaa na kwananga tulungu tuu twa nthakame nundu nitw'oo tukitanaa na mauwau. tulinyu tuu twamina kwananga tulungu tuu tweu twa nthakame na vinya wa nthakame kukitana na uwau kuoleka nayo nthakame niendeeaa na kumya tulungu twingi tweu kukitana na tulinyu tuu. Na kwa ivinda ya ta sumwa ili kana inya mundu niwambiia kwiw'a ena ikua, uvee, kyalya, ngai kwimba (ngai sakwava, mimeo na ndaatao), kunoa na kwimba miluku. Lilikana kana onakau andu nimethiawa na mawonany'oo aya ti oothe methiawa namo. kiwango/ngasi ino niyo yitawa mwambiio wa ukwatwa ni uwau wa muthelo kwa kusungu "Acute retroviral Syndrome" kana "Primary HIV Infection". Itina wa ivinda inini mawonany'oo aya nimathelaa. Andu ivindani yii niw'oo matonya ukwatany'a muno uwau uyu nundu tulinyu tuu twithiwa twingi muno mwiini.

Itina wa kavinda kaa mundu nuekaa kwiw'a nai muno na noeyelele ingi. Indi tulinyu tuu nituendeeaa na kwongeleka mwiini na tulungu tweu tula ni asikali ma mwii nituendeeaa na kukita o tuyongeleka. Kiwango kana ngasi ino niyo yitawa "latent phase" yaani vala withiawa uwau uyu ute na vinya muno na nutonya kwikala kwa ivinda ya myai kana ona myaka. Uasa wa ivinda yii uendanasya na ethiwa mundu nukunywa ndawa, kwika masoesi kwithiwa atena kindu kiumusumbua kiliko naka uko wa mundu.

Itina wa ivinda, vala yithiawa kivathukany'oo



kuma mundu kuthi ula ungi (kuma myai nginya ona myaka ikumi ethiwa mundu nukutumia ndawa), tulinyu tuu twa uwau nitwithiawa tunaingiva ukenya thakame nditonya utukita na kwoou nthaka yonza uyithia mundu nukuwaanga. Kiwango kii nikyo kitawa 'Opportunistic infections' kana 'ivuso ya uwaa' mawonany'o ma ngasi ino ni ta:-

- Kanyw'a / Munuka kusua muu kana kivuti
- Miimu na mau matune mena woo muno
- Mundu kwithiwa na uvyuvu mwingi na kunyala muno utuku
- Kumosa kana kuola uito
- Kwituuu kukwikana vandu va ivinda iasa ta mwai
- Uvee
- Ilea (Masilingi)
- Tatalu ona mamuthani ma kimbithi
- Ngai kwikala syi mbimbu
- Malanga mena mauuma momu ta ikongo matenawoo kikondeni na kanywa kwithiwa na kiko/ muu/ kivuti Kiwang'o kana ngasi ya mwisu nivala muthelo withiaa tulinyu tuu tutumite nthakame itethiwa na vinya wa kukita uwau ta kyambo na ikua ya kithui (Pneumonia na TB), naindi ituma kikw'u kithiwa. Lilikan ti andu oothe.

Mundu wina uwau uyu wa muthelo no ekale muno aisuviwa, kuya nesa, na kunywa ndawa no ekale ivinda iasa ena uima wa mwii.

Syana

Syana syina tulinyu tuu nitonya kwithiwa na mawonany'o ta:-

- Kulea kwongela uito na kulea kwiana
- Syana nina tulinyu tuu nosyikale ivinda iasa ite kukunga, kuneena ona kuthi
- Oundu uwau uu uendee thini wa kana nikatonya kwambiia kwithiwa na mathina angi ta kutembea kana kwika nai masomoni
- Syana ithi syina tulinyu tuu nikwatawa ni mowau ta syana ila ingi noyithia kwasyo nimuno na kaingi nundu wa tulinyu tuu.
- Syana syina uwau uyu nikwatangawa ni uvee na kuvya muno ni maumao na kwithiwa na muu/ kivuti/itau kanywa na kwoou kutuma itaya nesa
- Ingi ota mundu muima syana ithi nitonya kwikala ethiwa ikanengwa ndawa na kusuviwa kwa kunengwa maliu ala maile.

Motao ma vata:

Kwiana na undu ukwona mawonany'o ma

uwau uyu nimaingi na kivathukany'o na kwithiwa na amwe mamo tikwasya mundu ena uwau uyu. Mowau angi no methiwe na mawonany'o aya na kwoou undu ula useo utonya utuma umanya nthina vala wumite nikuthi sivitali na kuthimwa nthakame.

Nitwamanya kana mundu nikwikala muno ayisa kuemeewa ni uwau uyu itina wa ukwatwa ni tulinyu tuu, onakau ti andu onthe. Ivindani yii mundu ni kwikala ayiw'a nesa na ena uima mwianiu wa mwii. Na mundu ndatonya umanya kana mundu ena uwau uyu kwa kumosisya tu. Nzia yoka ya kumanya kana mundu ena tulinyu tuu nikwa kuthimwa nthakame tu.

Undu tulinyu tuu tunyaiikaw'a. Nata andu makwatawa ni tulinyu twa muthelo/HIV?

Tulinyu tuu twa muthelo twithiawa twingi vaa:-

- Nthakameni
- Mbeuni ya munduume
- Kiw'uni kila kyumaa mamunthani ma usyai ma mundu muka
- Iiani ya nondo. Uwau uu ukwatanaw'a yila syiw'u ithi kana kwimwe kati wasyo kyauma munduni umwe na kyalika munduni ungi na kuthi Mikivani ya Nthakame. Vaa ve nzia ila kaingi inyaiikasya tulinyu twa muthelo:
- Kwisila nthakameni yina tulinyu tuu:- Ikiithya singano, kavyu kana kawembe ila itonya kuthengeania na nthakame nisyatheukw'a mbee wa kutumiwa ni mundu ungi onakau ti useo kutumiania syindu ithi. Kwoou syindu sya mwiii munamuno iyaille utumianiwa.
- Kumanyana kimwii vate kwisii:- Yila mundu wina uwau uyu wamanyana kimwii na ungi matekutumia kisiii ta mivila ya usyai (condom) no akwatw'e ula me imwe. Ni useo kulea kumanyana kimwii kwithiwa na nduu yina uikianii vala inyweli mutena tulinyu tuu ethiwa tiu mukatumia mivila (condom).
- Kwa iveti ila syina tulinyu tuu yila ngito, ikusyaa na kwongya.

Lilikana: Undu uuu ndwithiawa kila indi.

Elewa kana uwau kana tulinyu tuu tulikaa mwii kwisila nthakameni. Tulinyu tuu tuyikalaa muno tute mwiini.

Ingi nitutonya ulika mwiini kwisila itauni, mamuthani ma usyai, kana ke ivu (iny'a e muto), kana kaisyawa kana yila keonga. Lilikana kana ndutonya ukwatw'a uwau uyu kwa kuthethya mundu winaw'o ateo wina kitau ukakwata kiw'u kyumite mwiini wake.



Undu wa kutumia na kuvulanya ndawa sya kuaa mitutu.

Atiia mawalany'o aya kwa utumii utena miisyo:

- ✓ Kwianana na kanthangu kala kimbiie soma uelewe ni kiasi kiana ata waile uvulanya na niva ukwenda kumitumia na nimuio wiva waile utumia.
- ✓ Atiia kiasi kila unengetwe kya kuvulany'a nundu weekia mbingi kana nini ndwikwata matokeo ala ukwenda
- ✓ Ikiia ngua sya kwisiia yila uuvilany'a ndawa. Ni useu kusiia metho na kikonde.
- ✓ Atiia kithimo kila unengetwe. Ethiwa vai walany'o unenganitwe undu wa kuvulany'a iki itangini kiw'u nyusu na uyongela ndawa ethiwa ni ya mutu koloka. Ethiwa witumia vombo ianthi vandu valalu nikana wikie kithimo kila kyaile.
- ✓ Ndukavulanilye ndawa vandu vakomawa kana vala indo iunya kana ukoma
- ✓ Ethiwa kuthima nilasima tumia kithimi kila waile uthambya wamina utumia na ethiwa ni ndawa ya mutu thimia vandu vate kiseve.
- ✓ Ethiwa vai kithimi kinengane na wivulanilya itangini ikiithya syindu ila uuvulanya nisyailenwe na ikiia kila kimwe kikyoka uatiie motao ala unengetwe kathangani kala kumbiwe indawani.
- ✓ Ikiithya syana na indo syi vaasa na vala uuvulanilya.
- ✓ Tumia kiw'u kitheu vatonyeka
- ✓ Ndukatumie kiw'u kuma usini uyiuta na muio ula uukoloka naw'o. Tava na kindu kingi
- ✓ Ndukatate uthukya wumo wa kiw'u nundu no kitumike ni mundu ungi utesi na kikethiwa sumu na muisyo kwa andu na nyamu ona indo.
- ✓ Ethiwa witumia kiw'u kuma muvelekini ikiithya wauta na wakikua matambya ta ana vaasa na muveleki ukavulanilye vo.
- ✓ Tumia syindu sya uvulanya ta muti, kisuku kya utava kiw'u na kisiko kya uthima ndawa. Wamina ikiithya niwaia syindu isu vaasa na vandu vate muisyo kwa syana, andu na indo.
- ✓ Ndukatate kulikya moko maku ndawani ino yila uukuna kana kukoloka.
- ✓ Ita ndawa ino nesa vomboni, vate kwitanga. Ethiwa ni ndawa ya mutu ndukende iuluke kana mututu wayo uuveve. Ungama ngaliko ila nzeve yumite nikana mututu ula wauluka ndukaulike many'uu.
- ✓ Wamina syindu ila watumia ta vombo na itangi ithambye ithee.
- ✓ Ikiithya wamina utumia ndawa vala syiikiitwe nikwekya kana kkwinzia nthi vala itatonya kuete thina kwa andu na indo.
- ✓ Tunga Ndawa ila itanatumika ikumbini kana sitoo
- ✓ Thambya syindu syoonthe ila watumia na kwia kula syaile
- ✓ Ingi vua ngua ila utumiaa yila uuvulanya ndawa nundu nokwithiwa syetikiwa ni ndawa kimakosa nikana iikethiwe muisyo kuikwata ivinda yingi.

Atiia mawalanyo aya we muimi wa TIST kwoondu wa uima waku na mawithyululuko vamwe na kusiia sumu kuete wasyo.



Kwanangwa kwa mititu na kwanangika kwa itheka sya mititu ni withiitwe wi thina munene. Nata tutonya kwika?

Mititu yanangawa yila miti yatemwa na ikuthu ila ivwikite kisio kiu kuvetwa.

Mititu nivwikite kisio kya ta imwe iulu wa itatu kya nthi yothe. Mititu niyietae uvinduku wa nzeve, ikasuvia w'umo wa kiw'u, ikatune mosyao mayo ta ngu, mbwau, matunda, ndawa na angi maingi maundu aya ni malato munene na nitetheeasya mithemba ya miti na nyamu kwithiwa/kwikala. Indi niendee na ngwanangwa kwa kilungu kinene kya milioni miongo ili kwa kila eka umwe kila mwaka. Nyusu ya ekali manthi metethasya kwisila mitituni ino ta kwa mwaki/ngu, navaili oou andu ta milioni iana yimwe mena uvungulu wa mwaki/ngu wa kutuma meka maundu maniini ala maile ika.

Ni itumi syiva ietae Thina wa Mititu munamuno:

- Mititu yanangawa yila andu meenga mayenda kuima, kuithya, na kutumia ngu, kuvivya mavali/matuvali, kutoeesya makuyu, kuthia mbaki, kumya maiani, kwaka na mbwau.
- Kwanangika kwa mititu kwithiawa yila mutitu wavutha na weethia ndutonya kwikala nundu wa kutumiwa nai na vate muvango. Ngelekany'o yila miti mikuu yatemwa na vaitiwa ikuthu syoka, kana yila muthemba muna wa muti niw'o ukutemwa na kuvetwa, kana yila mutitu usu waithw'a muno uteunewa nzeve ukeyaka, na yila mutitu uteuekwa miti ikeana kuvwika kilio kya ila mikw'u.
- Kwanangika kwa mititu na itheka syayo kuetawe ni unyivu wa umanyi iulu wa vata na vaita wa mititu/miti.
- Kundu kungi vata wa mititu nowithiwe wisikie indi nundu wa thina andu mayona titave nzia ingi ya kwikala andu maitema miti na kwananga mititu.

Mathina ala maumanaa na kwanangwa kwa mititu

Kukuwa kwa muthanga:- Yila vate kindu kivwikite muthanga muthanga niwithiawa ute mulumu na kwoou kukuwa ni mituki.

Kwaa kwa maueti ma mititu:- Yila miti/mititu

yeethiwa itevo vethiawa vate wikalo wa syindu ila syaile ithiwa vo nundu vayithiawa liu, ndawa, naindi kulimana kuyingiva na thoowa wa syindu ta ngu nakila kingi kikwatikanaa mitituni uyithiwa wi iulu muno.

Kwaa kwa vaita ingi sya miti thini wa mawithyululuko:- Miti nisuviaa kiseve kikanange, nitumaa kimeu kikala, niseuvasya seve ya andu kutumia, niyongelaa unou muthangani. Indi vate miti withiaa nzeve ya kisio niyavinduka na kweethiwa na munyao ingi kukethiwa na muthanga kukuwa ni nzeve kana kiw'u, unou wa muthanga kuoleka na nzeve ntheu ya kuveva.

Tutonya kwika ata indi kusiiia kwanangika kwa mititu na itheka syayo?

- Kuseuvya ivuio na kunengane ka kuteea atui na mbaitu miti ino ya kuvanda.
- Kutumia maiko ma usuvia mwaki/ngu ala mendaa makaa kana ngu nini.
- Kutumia nzia ingi sya mwaki (ta kutumia sua, makavo, nyeki, yiia, kyaa kya indo, makoloso)
- Kuvanda miti na kutwika umwe wa nduika sya TIST. kuthuthya atui na anyanya malike ngwatanioni na ikundini sya TIST.
- Ndukaime nguumoni sya mbusi kana vala ve ndia. Eka miti na ikuthu imee isuvie kiw'u kiu.
- Ithiwa wi metho ndukaithye kitheka kikauke vvu. Siia indo kuthi vala ve miti minini iendee kwiana (nundu indo niisaa mithya na kutuma ieka kwiana) nikana yithiwe itonya kuseuvya mutitu.
- Thuthya andu kuvanda miti ona miundani kana kuvanda miti mithei kisioni kinini kithekani kwoou/kwaku. Kwithiwa na miti kithekani kyaku kwiutetheesya we kwithiwa utonya ukwata syindu syothe utonya kwithiwa uyenda kuma mutituni na kwoou usuvia ula mutitu wivakuvi naku.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
www.tist.org

Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



TIST Farmers from Salama cluster during their monthly Cluster meeting. We are planning establish a resource center where the community can get current news/information.

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Kotar kenyiek mui USAID komiten ak TIST koboisienchin temikab TIST.

Usaid en kenya kogotoret temikab TIST chemengechen che mine ketik en mbarenikwak ak konyorunen omituwokik, kinyo anyun TIST toretet koyob usaid asi komuch kotestai tetetab TIST, wegin kongoi neo TIST USAID, en kenyitab 2009 ko kiyonchi TIST kororet temik en kou:

Minetab ketikab kipkaa

Kigon usaid kotest kshs,100 kotest temik en chi negemin ketikab kaa, en kasari ko kotinye kelchin temik amun konyoru kshs 12.00 en ketikab kipkaa, ne kosob en kenyitagetugul.

Ribetab ngekusiekab onosiek

Kingakobit rabisiek en usaid konam temik korib onosiek kobit anyun onosiek tamanu ak agenge ak chemiten tulongok.

Tesetab tist en mara ak mou

Kou maketab TIST ko kiiyochi USAID toretet

asi komuch konyor temikab country nebo bomet, narok ak nakuru.

Koletab imbaret ne mokiboti

Temik chechang en TIST kowekin kongoi usaid en toretet amun kinyor biik chechang konetisiet

Maisiek chekororon

Chechang en chebiosokab TIST koweche kongoi neo amun konetisiet konyor maisiek chegichoben ngungunyek anan menet.

Konetutik kou-kandoinatet, tilindo omituwokik chemiach ak chechang.

Kigonyo temikchechang konetutik chechang kou minetab ketik en imbarenikwak, knetisietab kandoinatet en TIST, kinyor kora konetisiet en agobo HIV/AIDS, eset, omituwogik chemiach ak chechang.



Hiv ak AIDS; HIV AIDS konee? Tonotab HIV.

HIV kotononchin kole (huma immunodeficiency virus) ak aids kotonochin kole (acquired immune deficiency syndrome) hiv ko kutik chemekechen cheikochin biik komionso yon konyor kutichuton, kemwo kele tinye kutik, ye kogonyor chito kutichuton konyor anyun miondo, yoe anyun boruwek komegotinye kimnotet ak konam miwonuwek alak kochut borto

Mogimuch kibesieyo en keret baten en netinye agot komonyor kechichek kotesose kutichuton en borto ak kogimegitun, ye tesose kogimegitun en borto kogirinda kutichuton kemwoe kele tinye borto aids

Hiv komuchi konyor chitugu nemingin ko neyos yon kogichigilin en hiv komogele itinye aids, aids komiondo nekimuchi keter ak kinya machi tugul netinye hiv anan rutet asi keter agot kenyorich chii hiv komo kogesunetab sobet, imuchi kosob chito kasarta negoi yenyor omituwogi ak kerichek

Yobu ano hiv?

Kutikab hiv koneki kogergei ak chebo moset, mwoe ngomotik kole kutichuton koiibu kiplogotini ye kinyor moset ne kitinye kutik, en chigiletab ngomotik komwoe kole 1959 kogimiten hiv kolelen kimiten en 1800 hiv, chechang kogonu mwoutik chechang ago terchin

Alage komwoe kurubisiekab biik alak komwoe emotinuek, ngandan mogingen ole kibunu so kagaigai kinya koroito en bigiok, hiv ko mogomutinye mising got kimuchi kegeren kong ne yaa biik atak, ogetestai en sobenyon

Mongune ak koborunetab hiv

Koborunetab hiv kouimising amun ui kiyoror amun mongunen biik en oriti nuek, cheterchin, cheisibu ko oritinuek che kimuchi kiguyen yon tiye chito HIV, alage komuche konyor taktari asi konyor koguiyet

Biik cheech

Koborunet netai nebo miyondo koyon konam chito, kutichuton bo hiv kobinti komenye korotikab chito ko ingechigile kenyor en borto, biik chechang en kasariton komotogu koborunet komuche chito komi komie

Yon anyun kagochuti kutika HIV koritikab chito koitos en choginet ak kongem kutik chemiten en korotik

En kasrtab wikisiek anguwan ye kagochut bortab chito kolam koborgei kou eset, metit, kobouso ngulielok (en katit kolgol) konam konam kochoriren bortab chito

Eniton ko mobik tugul cheimuchi konyor kouniton, en koguotioniton kegueren **acute retroviral syndrome or primary hiv infection:** konam anyun

Kobet koborunoni en kasartab nebo wegisio en kasarani kogogonam tagei biik kutikab HIV en boruwek

Konam anyun kosisige ak komekose chito kii en bortanyin, konam anyun kutikab HIV kochanga en borto en ko kuwoutioni ke muoe kele latent phase” ak imuchikotar olowek chechang akk kenysisiek, enkasriton kotienge tugul kou konyor chito kerichek, omituokik, kologutik ak ole kogisito chito

En kasarta ne koi komiten terchinet en biik che ome kerichek komuchi kochang mising kutik komego muche borto kotar, konyuru

Chito kochoriren kosigin anyun kutikab mionuek alak borto chito kegueren anyun minichuto “opportnistick infectionkoborunetab ko kuwotiet komuche koboto;

- Borurutek en kutik

- Olisenik chechang en borto



- Etu maat en borto ak koluchoni borto
- Konam kosagit chito
- Konam komanda moet
- Konam kowalak magatet
- Mook ak keheberuekab sigisiet
- Konam kobuoso keliek
- Konam kochurak makatet ak kutit

En let anyun koik aids komekomuche borto koter kou (pneumonia ak tb) en let ko meet, ibuwat ile mobiik tugul chetinye hiv ko moteche aids

En chetinye ribet ne kararan ak kerichek kotesetai sobenyuan en kasarta negoi

Logok

Logok che kisiche kotinye HIV koborunet kou:

Motiny kotesa en kiloosiek anan koet

Lagok chekisito HIV komoegitu mobentoti alak

Ye testai miondo ko nymnyum konyor koimutik kou mowentoti lakwet ak berberan sukul

Lagok chetinye hiv komonyoru kerichekap logok che tere mionwek ak konyoru kaimutik en abokora

Lagok chetinye HIV koseretos en candidiasis ak kogose ngwoninto neo mising en kutit ak en mogto komochomchin kuamis

Kou en biik che ech ngot konyor riibet ne kararan kosobe en karta ne goi

Ngale chebo komonut

Koborunetab HIV kouwen ako iimebiik amun tinye koborunoik chechang

Mogere netinye chuton kotinye aids chechang en mionwek kotinye koborunoik chegergei ak chuton oret nekaran ko kechigil chito

Koginetgei kele en biik chechang ko moimuchi kotegak aids en kenyisiek chechang kotinye hiv en alak ago motugul en kasarta neuni kotebie chito kmie ago kim bortonyin memuchi imwa ile tinye chito HIV yon keger .oret ne inegen ko chechigil korotik

Kinoito ono hiv nomto biik ano hiv

Kutikab HIV komiten en korotik

Keswek kab murenik

Bwotek en kwonyik

Chekab kina [mata misng]

HIV kinomtogei ye nyor chito netinye kutik ne motinnye. Cheisubu ko ortinwek cheginyorunen HIV.

Korotik chetinye kutik konomto age

Keribe kebosien sintanut ,rotuet,ak anbeit konyumnyum kotuyo ak korotik konyolu kiun komie kotomo keboisien[ago magararan ingebchei].

Chorantit nito ko oret neya mising ako ne igochin hiv kotesak mising .

Oret negimuchi keribengei ko kiyangei en kotunytat gei ak cheboisien iimbirak

Chebiosok chetinye HIV konyoru nen logokwa kotomo kesich ,kokogosich anan koreri lokok.

Chekab kina moe abogora kobitu kouni ongikuye kele hiv koitin chito en korotik chebo age .motebie kutik kosobtos en sangutab borto en kasarta negoi

Oret nenyumnyum ko ye nyoru moet, kituyo boruek ak yon nyigis chebiyoso

Sigetab lakwetak ak chekab kina monyorunen hiv kutik igat konami chito ak eut



Ole kimuchi keboisiyoto kerichekab gutik ak ole kibu chito.

- | | | | |
|---|---|---|--------------------------------------|
| ✓ | Kergomie somonutik che miten | ✓ | Rib koyometab cheriget ak bek |
| | baragutab kiit nemi kechito ak boisoto | ✓ | Rib mat korik lagok anan ko tuga |
| | kerichot | ✓ | Boisien bek che tililen |
| ✓ | Isib mogutik ak beek chegimo amun | ✓ | Mat iboisien bek che kesile en oinet |
| | agot komonyor ko moboisie komie | | sainoton , ngobeni asi ibosien |
| | amo gonu rurutik chemiach | ✓ | Rib terenik che kibuchenen kerichek |
| ✓ | Ilach ngoroik chebo boisionoton asi | ✓ | Mat keboisien en tuguk alak |
| | mochutin keriche eunek ak konyek | ✓ | Rib ak kiun teret ne iromchinenbek |
| ✓ | Isib kokwoutik chebo kerichek kou ole | ✓ | Rib iwekte kerichek chegonget ak |
| | komwoun amun keriche alak ko busiek | | igonor komie. |
| ✓ | Mat ichul keriche en yenekit korik alak | ✓ | Onge mwochin biik agobo niton en |
| | olemi tuga, | | TIST asi konyor biik mgomnotet. |
| ✓ | Ye imoche ibiman iboisien kipgeruet | | |
| | nebo kwriche .agot che busiek | | |
| | ingabalen kosisto | | |



Tiletab ketik ak wechetab imbarenikab osnet ko uinwek che echen. Nee ne kimuche ke yai?

Niton kotiletab ketik eng osnet ak bukonok si ketemis.

Osnosiek ak bukonok koityin agenge eng somok nebo ngwonydet.terei walutikab barakak,ribei ainosiek ak ko konu (pakoinik,kerichek,logoek ak alak) che konu bilionishek ak kotoreti milionishekab ketik ak tiong'ik. ako any weketab chutan komi barak nebo milionisyek tiptem eng kila kenyit.Nusu chebo bik eng ngwony kotiengei eng kwenik,ako bik che negit millionisiek 100 ko ma tinyei ot kwenik tuten che boisen.

Taunetab tiletab ketik:

- Tiletab ketik koname yon kagiisto ketik asi keyai boisionik che bo temisiet anan ko ribsetab kiyagik ak en boisionik che u kwenik, chopetab matubaruk, koyoetab nchirenik, kayamsetb tomotet, kayamsetab majanik, tekset ak bakoinik.
- We getab osnosiek ko yon kainaam osnet ko metinyei ketik ak boisiet ne mie koyob boisiet ne ya ak ribset (ko u yon kakitil ketik tugul che bo keny ak kebakach osnosiek che mengechen anan yon kagitil ketik che echen keboisien anan yon kaagiboisien osnet en kayagisiet, ago ma imuche kobwa ketik che lelach ne kata che kibek.
- Che chang en tiletab ketik wechetab osnet ko itu yon mamiten naet agobo miendaab osnet.
- En olda age, miendaab ketik ko naat ngandan bananda ak ngalek kele momiten bik che ribe koyaei bik kotil ketik.

Kareunetab tiletab ketik

- **Ibetab ng'ung'unyek:** yon mamitei ketik che terai ak korat ng'ung'yek kokonu ibetab ng'ung'unyek

- **Rarunetab borotetab osnet:** Istoetab ketik koweche oleu osnet ak korar karorindap osnet, Istoi amitwokik ak kerichek ak kotes magetab tuguk che kiteksen. Bik kobendi olelo ko cheng kwenik, ak ngot kialdoi tugukab osnet ,kobendi barak beit
- **Rarunetab baratetab ketik:** ketik koterei koristo ak koititietab osnet ak kotes koristo ak kotes toldolindap ng'ung'unyek ako yan mamitenketik koyame oleu emet ak komuche kotesak maranet, ibetab ng'ung'unyek koyop koristo, bosetab toltolindap ng'ung'unyek ak wechetab koristo.

Nee ne kimuche keyai kebos tiletab ketik ak wechetab ketik:

Kinam kabetishekab ketik ak kepcheite ketichoton anan kialdechi biikab kokwet.

Boisien jikosiekap ribetap kwenik anan ko makaa.

- Boisien oratinwek che imuche korib mat anan ko kwenik(kou iyoo bek ibaisien asista ,murek,kawek,ak suswek,katukanikap minutik)
- Kinam minsetab ketik, keik chito ne borot en kurupitabTIST, igimit choronok ak bikab kokwet ak choronokuk kochut TIST akichek.
- Matitem olerupegei ak ainet, pakach ketik si korip beek.
- Keer ile machanga kiyagik en olndo agenge. Rib kiyagik komawech kabetisiek che katarutu kogony sikomawech ketik che katarutu en osnet
- Kigimi minsetab ketik ak amitwogik en imbarenik: Yan itinyei ketik eng imbarenikngu . Imuche inyoru tuguk che katebeichengei en osnet ne negitchin ak kerib osnet.