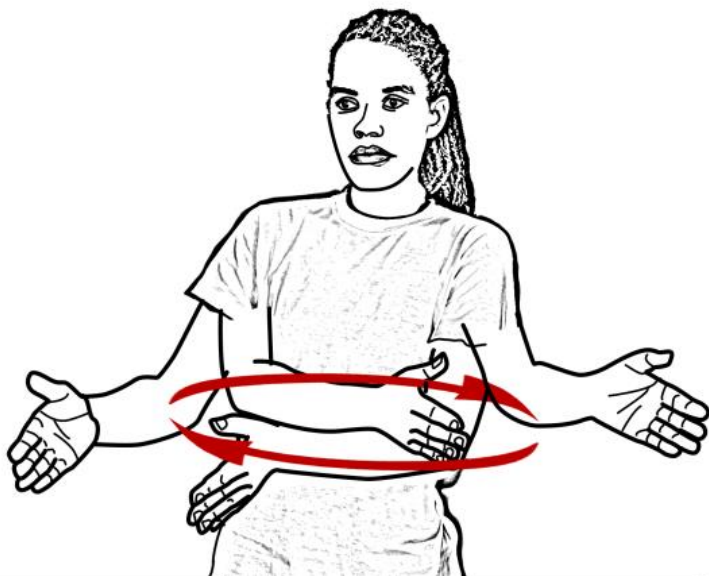


Sections

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Section 2: POSTNATAL CARE.....	39

Section 1: BIRTH/KWITEGURA KUBYARA



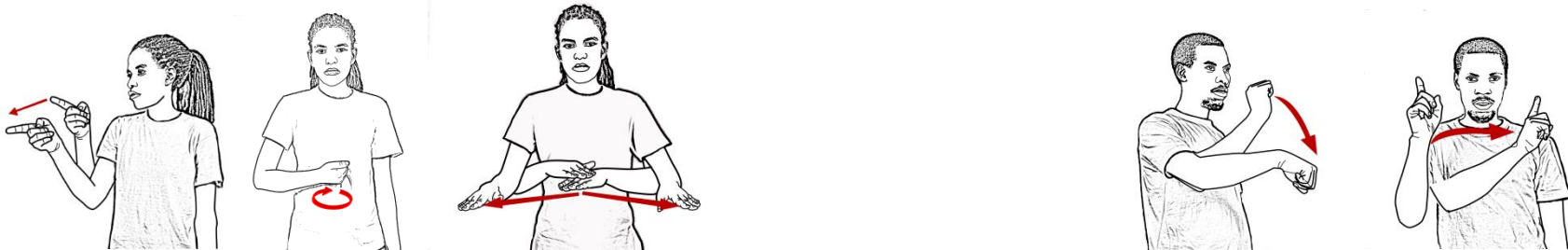
How many weeks/months are you pregnant/*you pregnancy month/weeks how many?* Ese inda yawe ifite amezi angahe?



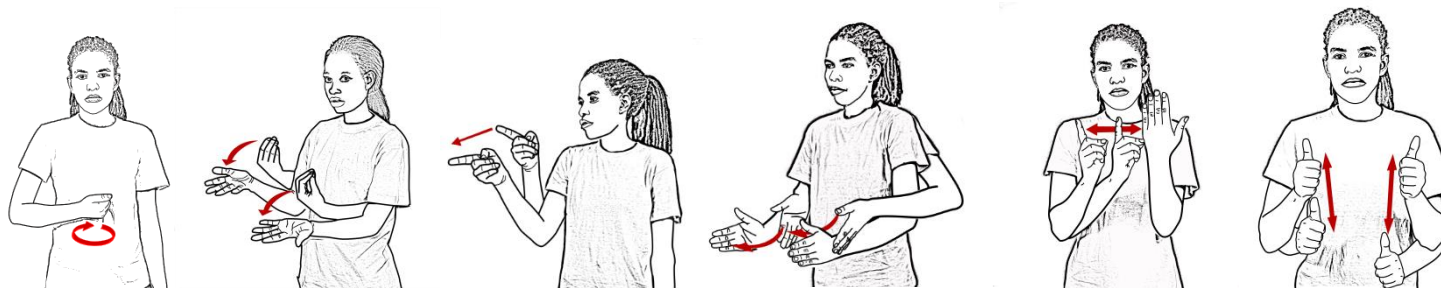
Did you have an ultrasound /*you ultrasound finish?* /Ese waba waraciye muri Ekogarafu

Yes /Yego

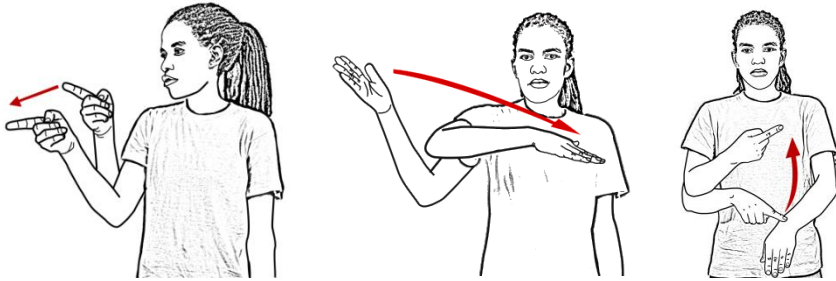
No/ Oya



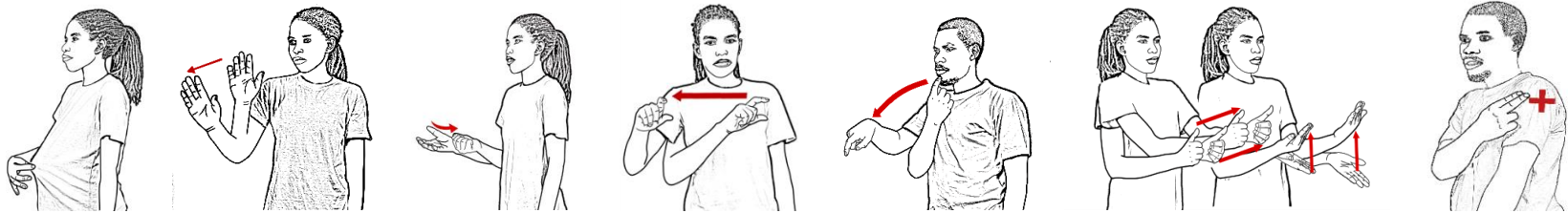
What is estimated birth date with ultrasound? / *Ultrasound give you birth date which?* /Ese ni iyihe tariki y'agateganyo uzabyariraho yatanzwe na ekogarafu?



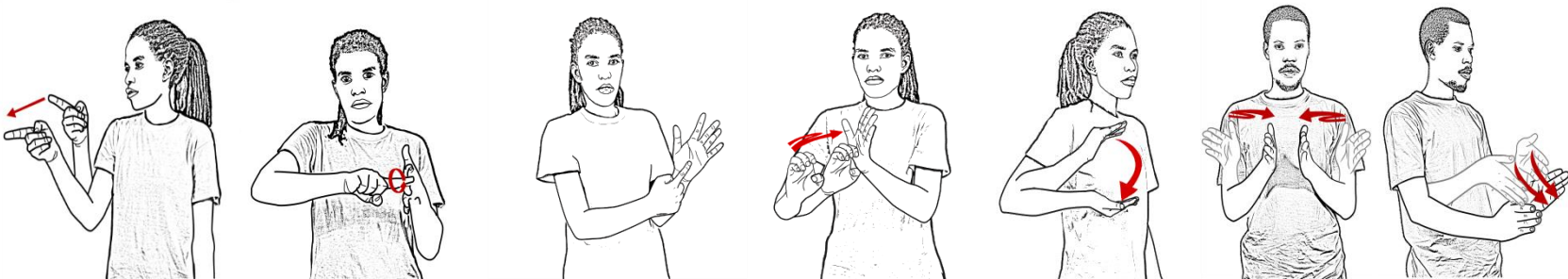
Come back when/*you back when ?*/Uzagaruka ryari



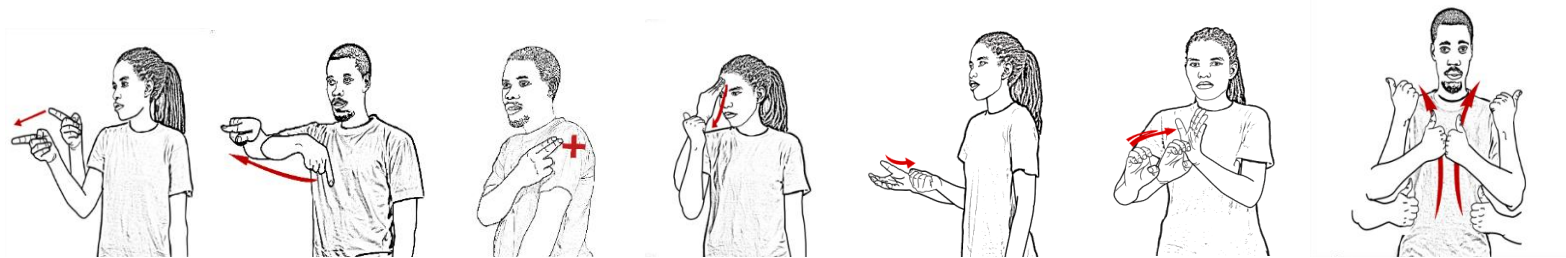
You are X weeks pregnant. You can stay in health centre / *pregnant yours have month/ week must follow up hospital*/inda yawe igejeje amezi/ibyumeru runaka. urakomeza gukurikiranwa ku kigo nderabuzima



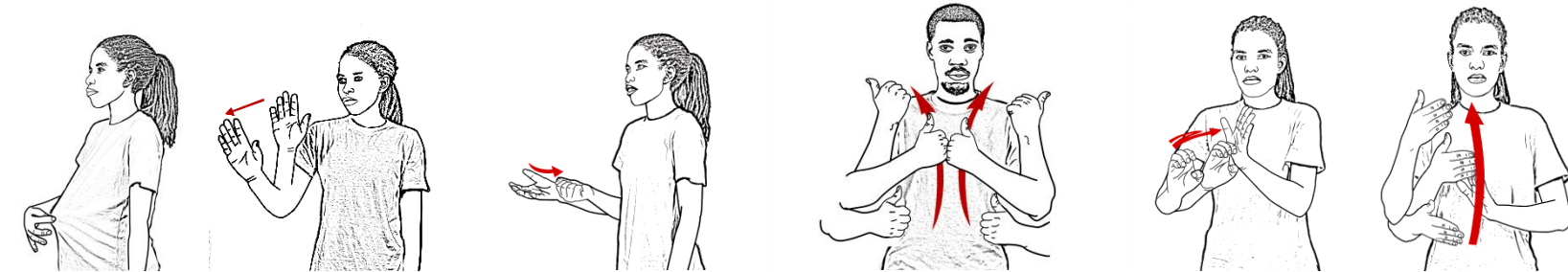
You feel first signs of labour/*you start show signs woman labour* / Waba watangiye kugaragaza ibimenyetso by'umugore ugiye kunda?



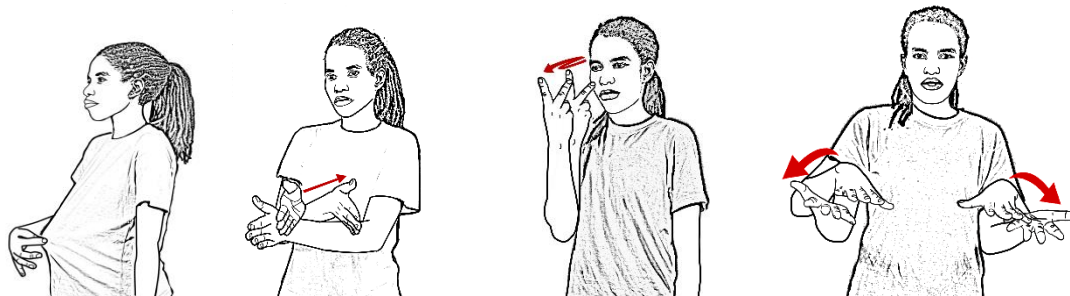
Stay near health centre if you have high risk pregnancy / *you go hospital why pregnancy have sign risk* / urajya ku bitaro bikuru kubera ko ufite ibimenyetso mpuruza



You are high risk pregnancy / *pregnancy you have risk signs fast* / Ufite ibimenyetso mpuruza byihutirwa by'umubyeyi utwite



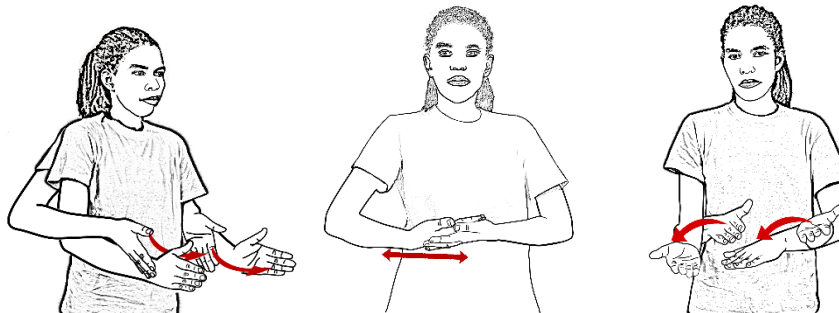
Previous birth / *pregnancy before like how?* / inda za mbere



Caesarian/Warabazwe



Stillbirth/*Birth baby die*/ Waba warabyaye umwana upfuye



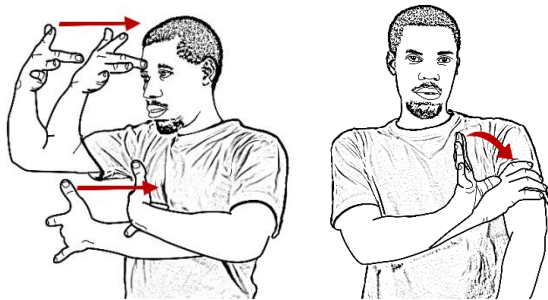
Early labour / *Birth baby time full no*/Waba warabyaye umwana udashyitse



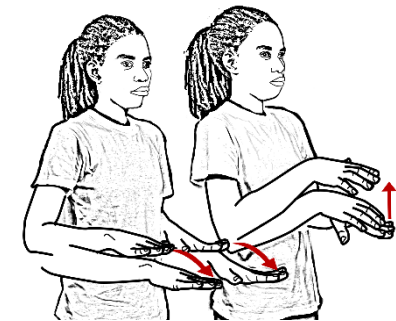
Hemorrhage/*You bleeding much* / Kuva cyane



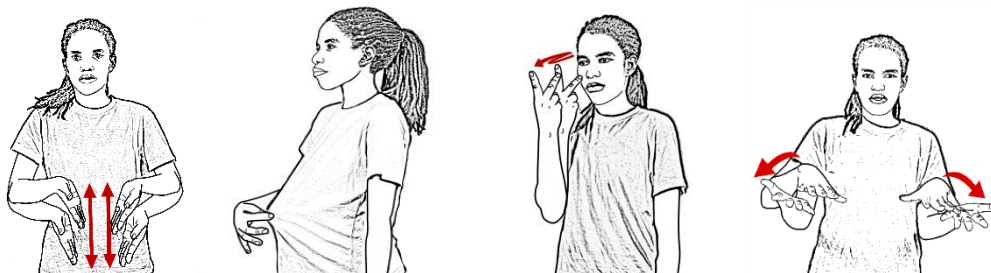
High blood pressure?/*sick pressure* / Waba urwara umuvuduko w'amaraso



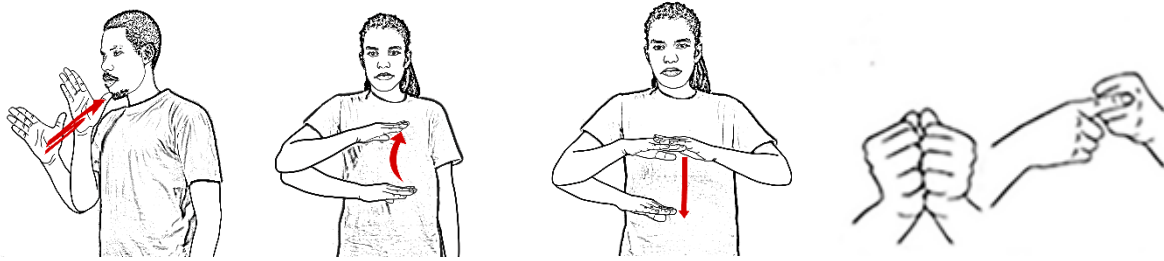
pre-eclampsia /wabyimbye ibirenge



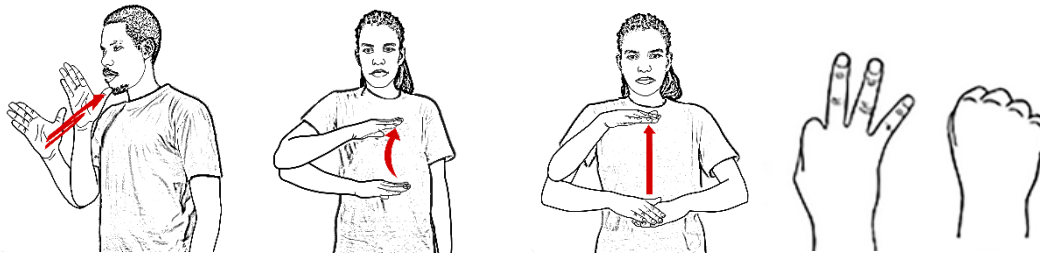
Iyi nda/ *now pregnancy like how*/how is the pregnancy



Mother younger than sixteen/*Mother age decease 16*/ umubyeyi uri munki y'imyaka 16



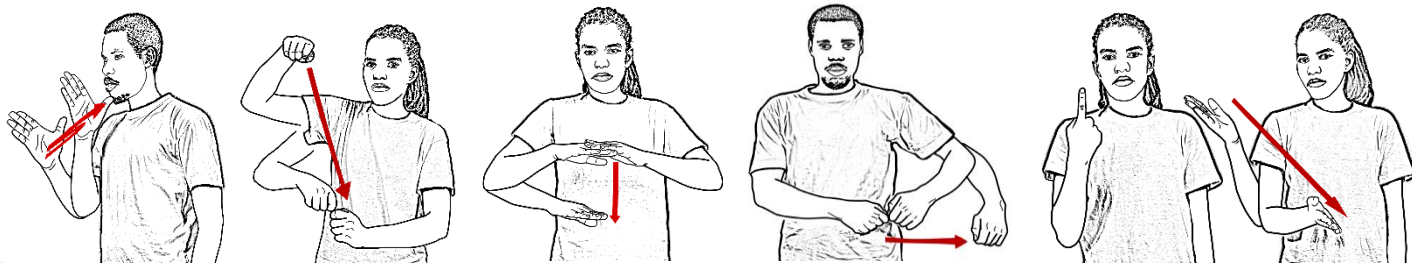
Mother older than 35/*Mother age over 35*/ umubyeyi urengeje imyaka 35



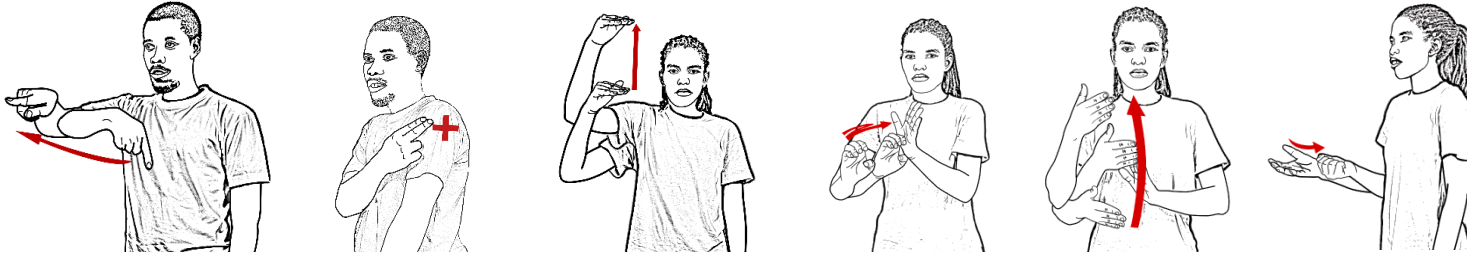
Multiple babies/*Mother pregnancy twins*/Abana b' impanga



Mother is short under 1,5m) /Mother tall under 1,5m/ umubyeyi ufite uburebure buri hasi ya metero imwe n'igice



You have to go to the main hospital because you have urgent symptoms/go hospital high sign urgent have /Urajya ku bitaro bikuru kubera ko ufite ibimenyetso mpuruza



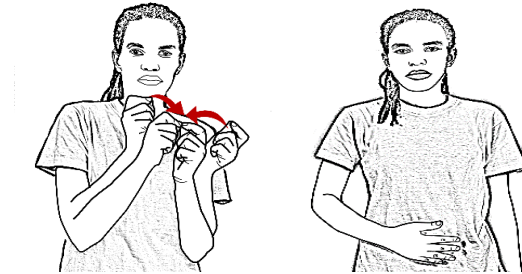
Come back immediately at health center or hospital if/fast come center hospital if/ Ihutire kugaruka ku kigo nderabuzima/ibitaro niba



Blood loss / *bleeding much* / kuva amaraso



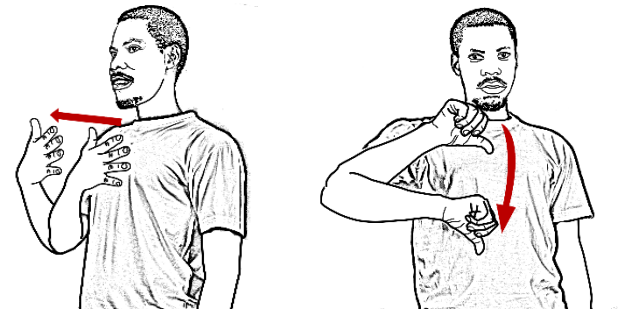
Abdominal Pain / *Pain abdomen* / Kubabara mu kiziba cy'inda



Blurred vision / *unclear* / kubona ibicyezicyezi



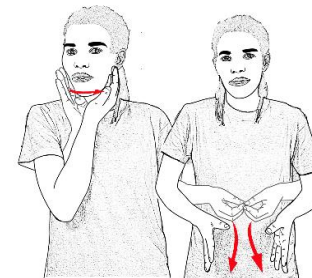
Fast breathing / *Breath bad* / Niba uhumeka nabi



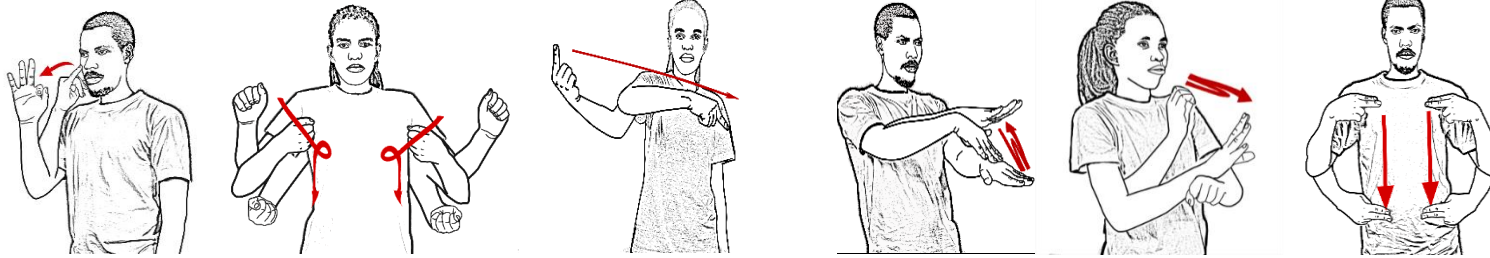
You have fever / *fever* / Niba ufite umuriro



Amniotic fluid loss / *water loss* / Niba isuha imenetse



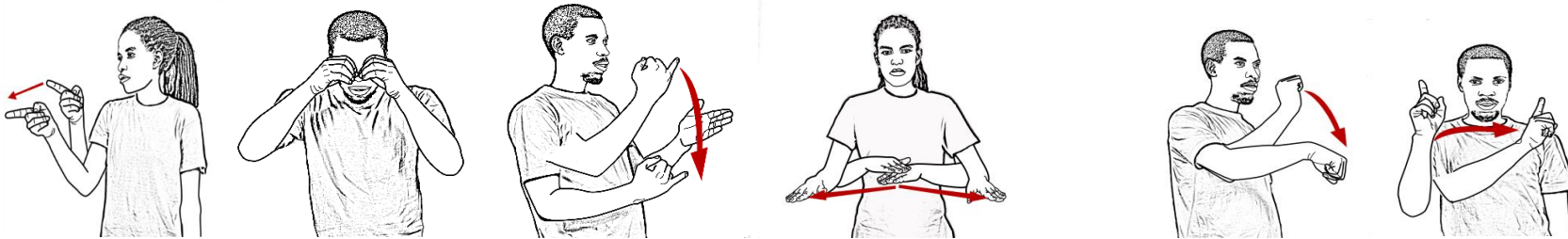
If you cannot come, contact your health extension worker/*if impossible come call health councilor*/ Niba udashobora kuhagera iyambaze umujyanama w'ubuzima



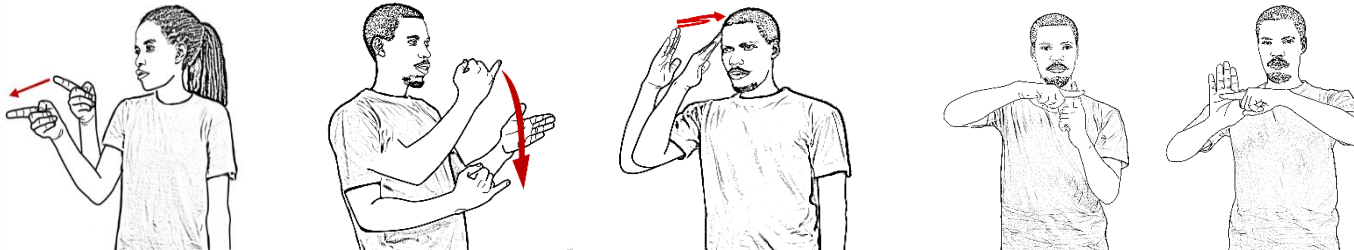
Have you been tested for HIV?/*You tested HIV finish?*/Waba warasuzumwe Virusi itera SIDA?

Yes / Yego

No / Oya



What is your HIV status?/*You HIV know positive or negative?*/Waba uzi uko uhagaze ku birebana na Virusi itera Sida?

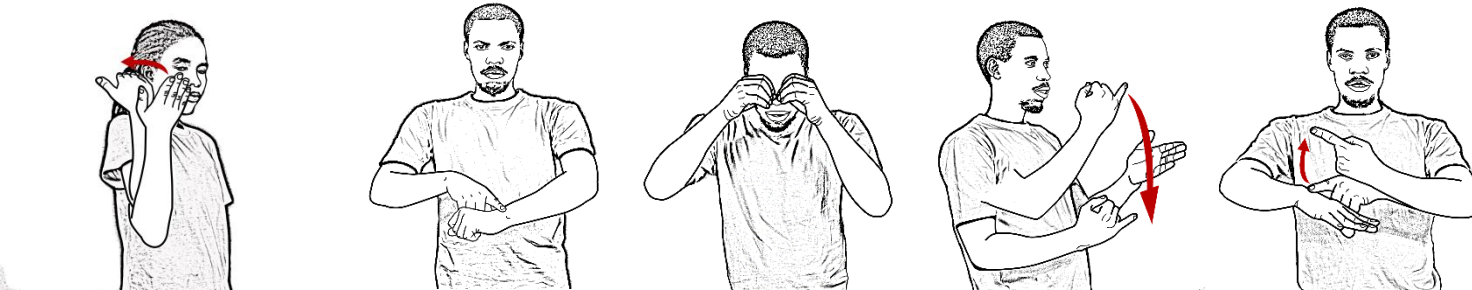


Are you using medication? /*You take medicine ?*/Hari imiti ufata?

Since when? /*start when?*/ Wayitangiye ryari?



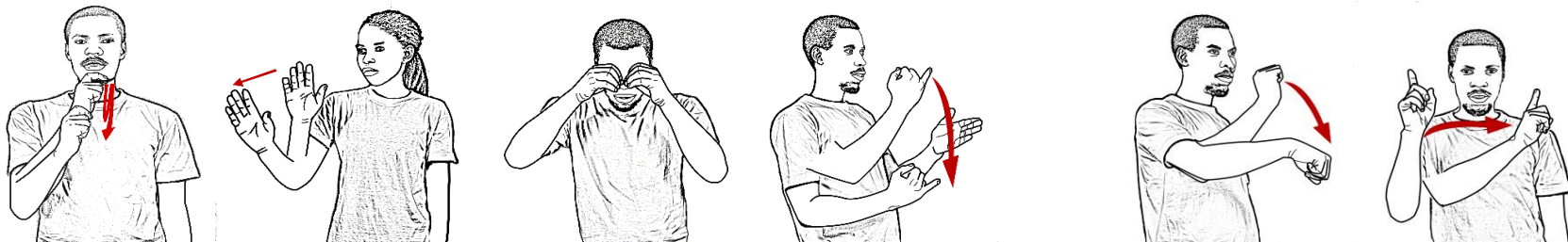
When did you test for HIV? /*past time tested HIV when?* /Ni ryari uheruka kwipimisha Virusi itera Sida?



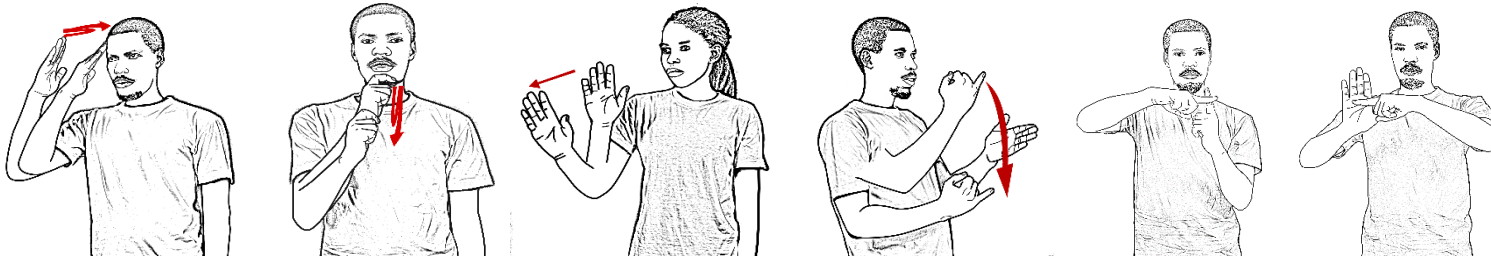
Has your partner been tested for HIV? /*husband yours tested HIV?*/ Ese uwo mubana/umugabo wawe yaba yaripimishije Virusi itera Sida

Yes / Yego

No/ Oya



What is his HIV status?/*you know husband yours HIV positive or negative?*/ waba uzi uko ahagaze kuri Virusi itera Sida?

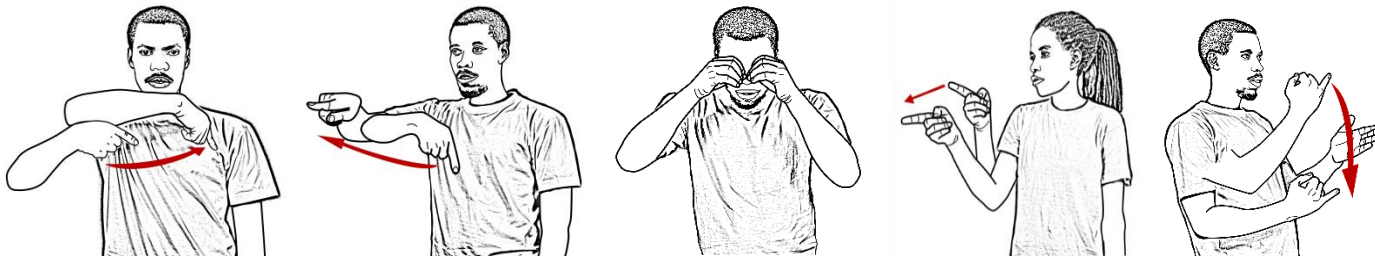


Is he using medication? /*Husband yours take medicine?*/Umugabo wawe afata imiti igabanya ubukana bwa Virusi itera SIDA? imiti?

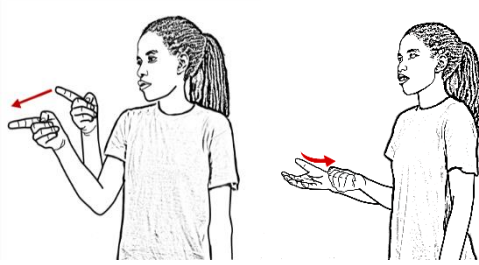
Since when? /*Start when?* /Igihe yatangiriye



We will test you for HIV now/*U go test you HIV*/Tugiye kugupima ubwandu bwa Virusi itera Sida



Have you had.../Waba ufite



Yes / Yego



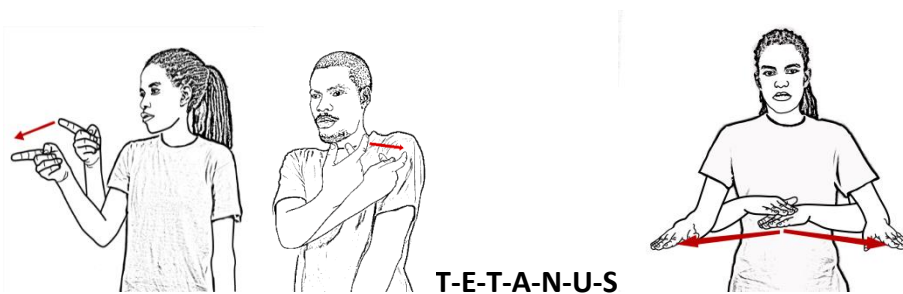
No / Oya



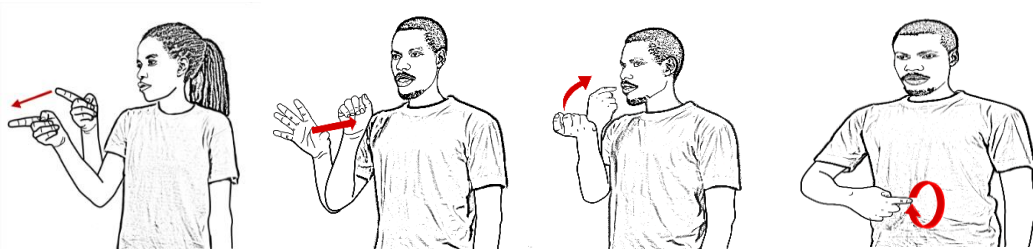
I will take some blood to test now/ *Go test blood*/tugiyе kugufata ibizami by' amaraso



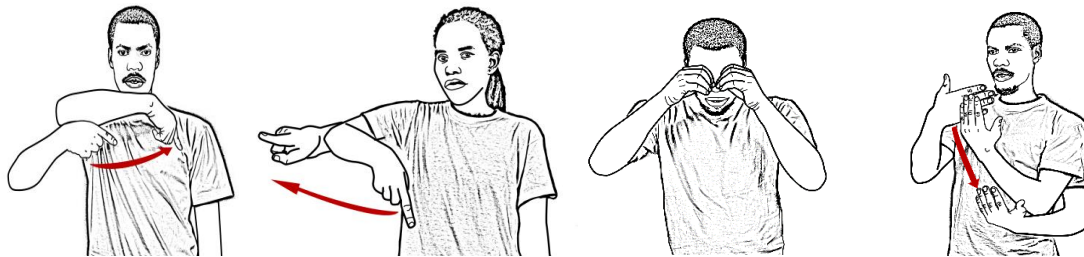
Tetanus vaccine/*you vaccine tetanus finish* /Waba warakingiwe agakwega



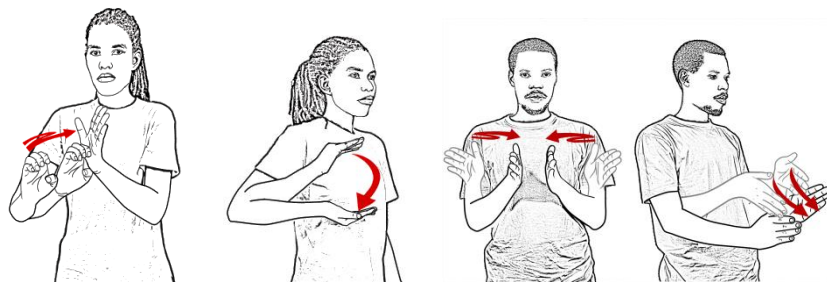
Preventive worm treatment/ *you take medicine worms?*/waba warahawe imiti ivura inzoka



I will take some blood to test now/ *we going test blood*/Tugiye kugufatira ibizamini by'amaraso



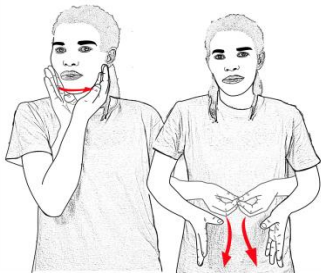
First signs of labour/ *signs woman in labour*/Ibimenyetso by'umugore uri kunda



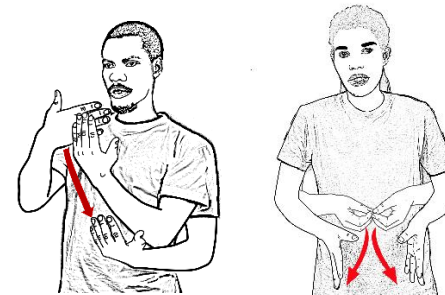
Contractions every hour or half hour/ *hour or minutes 30 contractions how many*/Ibise bingana iki mu isaha / iminota



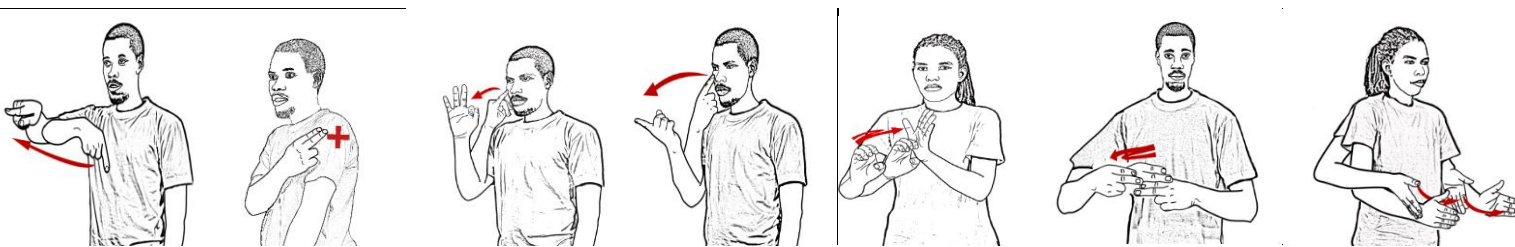
Loss of amniotic fluids/*water loss*/Isuha yamenetse



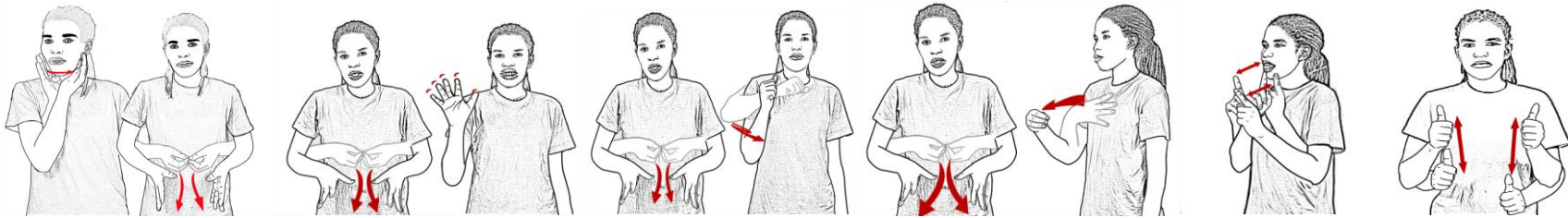
Bloody, sticky discharge/*blood loss*/Kwivubirira



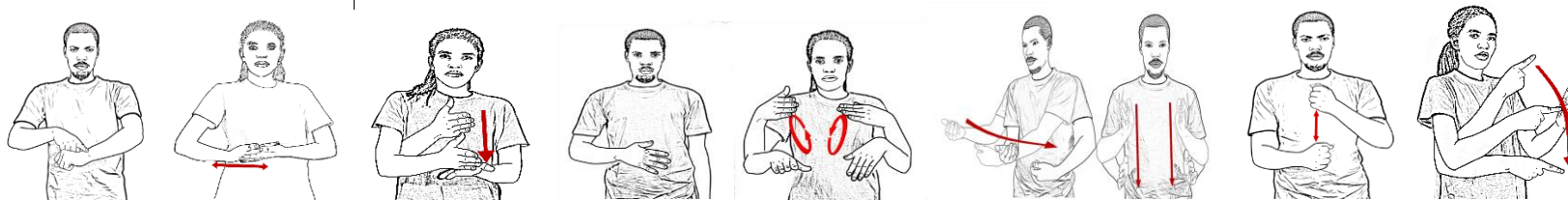
Go to hospital for labour if/*go hospital if see signs labour*/ Jya kwa muganga niba ubonye ibimenyetso by'umugore uri ku nda



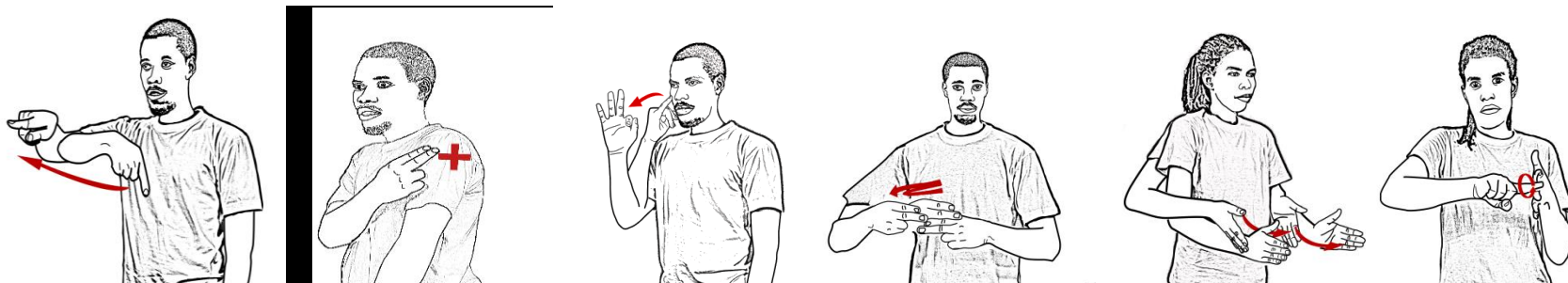
Amniotic fluid is green / brown / dark /yellow/ Amniotic fluid *water loss green,grey,yellow color which* /Ese isuha ifite ibara ry'icyatsi/ikigina/umuhondo wijimye



Instructed to do so by midwife Baby stops moving/*time baby stop womb moving midwife do what*/ Ibigomba gukorwa n'umubyaza Mu gihe umwana adakina mu nda



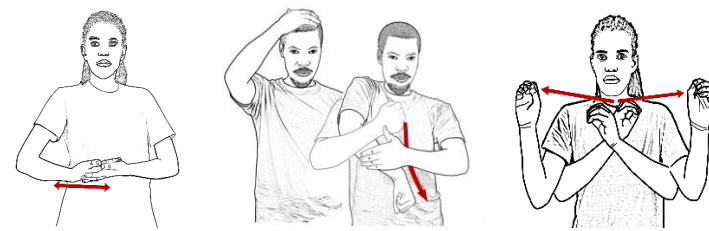
Go to the hospital/health center if /*go hospital if labour start*/Jya kwa muganga/ibitaro niba ibise byatangiye



You are having twins/*you pregnant twins*/Utwite impanga.



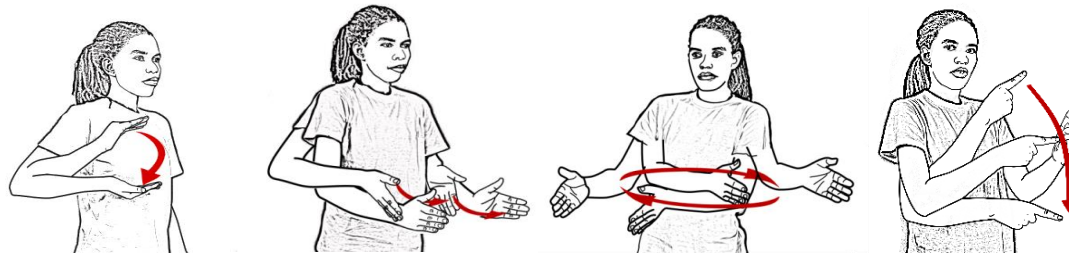
Baby is not head down /*baby head down not*/Umwana ntaracurama



You have health problems like high blood pressure or diabetes/*you sick blood pressure or diabete*/Ufite uburwayi bw'umuvuduko w'amaraso cg diyabete

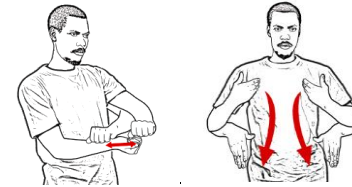


What to bring for delivery/*women birth prepare what*/Imyiteguro y'umubyeyi ugiye kubyara



Clean clothes for washing, drying and wrapping the baby
*/clean materials use/*Ibyo kwisukuriramo no gufatiramo umwana

Washed clothes/*Imyenda imeshe*



What to bring for delivery/*mother go birth prepare what/*Imyiteguro y'umubyeyi ugiye kubyara ready

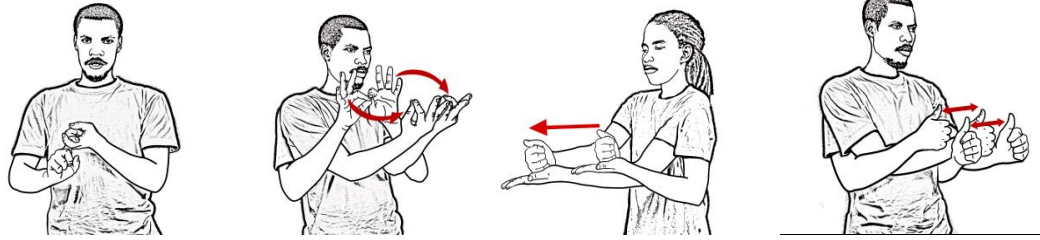


Washed clothes/*clothes wash clean /*Imyenda imeshe

sanitary pads /*kotegisi*



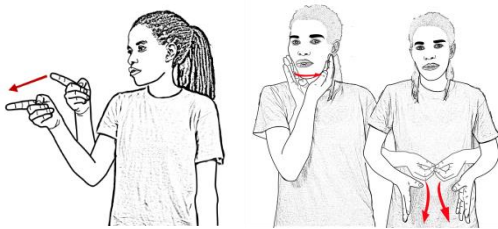
Family member for support /*friend, family help accompany*/Abaherekeza bo mu muryango/inshuti bagufasha



Loss of amniotic fluids?/*You water lose?*/ isuha yamenetse

Yes/ Yego

No / Oya



What is the color of the fluids?/*water lose color which?*/Byasaga bite?

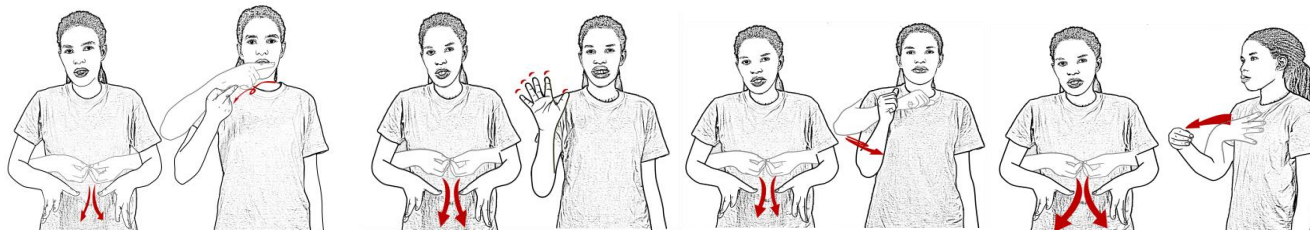


Pink/ iroza ,

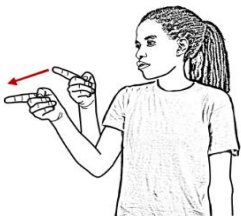
green/ icyatsi

Grey / ivu

yellow / umuhondo



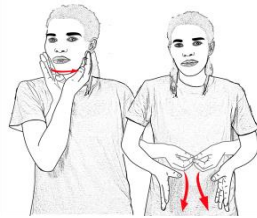
What day and time did you lose fluids? /You start water lose when?/Ni ryari watangiye kuzana uruzi



Hour / isaha



Date/ Itariki



day/ umunsi



morning / igitondo



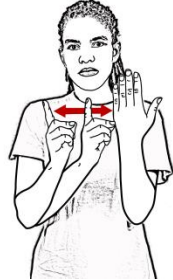
noon / saa sita



afternoon / umugoroba



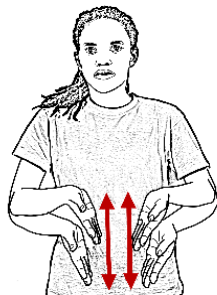
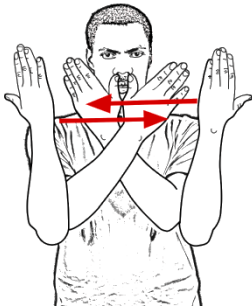
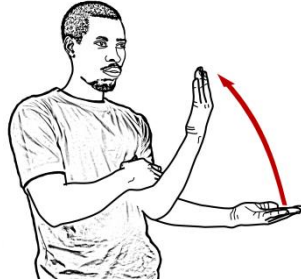
Night/ ijoro



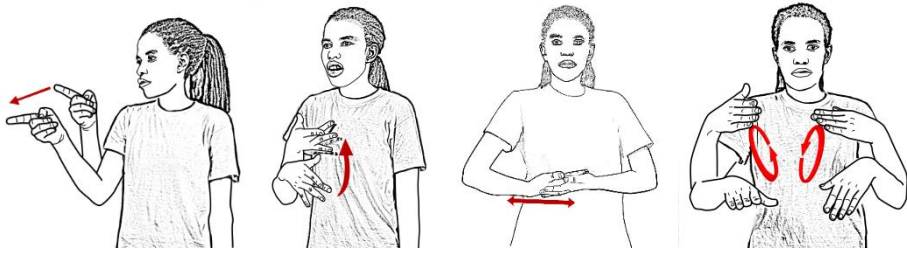
Today/uyu munsi



yesterday / ejo hashize



Have you felt baby move? /*You feel baby play?*/ Wumva umwana akina?



Yes/ yego

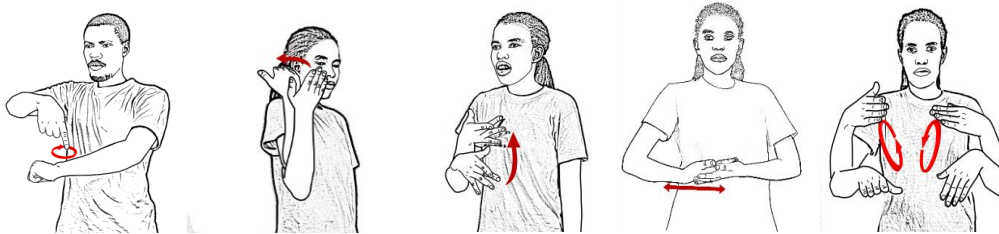


No/ oya

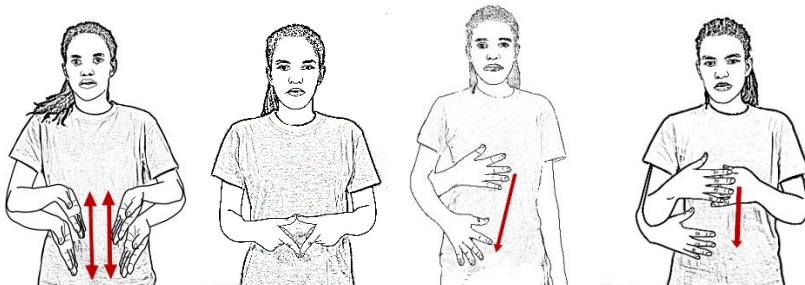


Did you feel baby move in past hour? /*hour past feel baby play*/Wumvise umwana akina mu masaha ashize? Yes/ yego

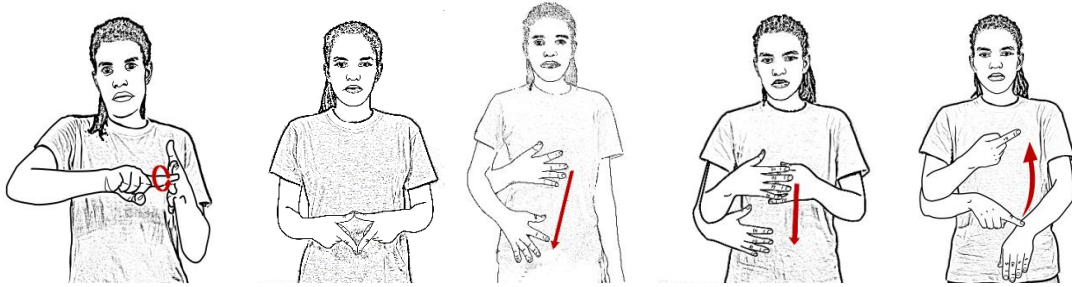
No/ oya



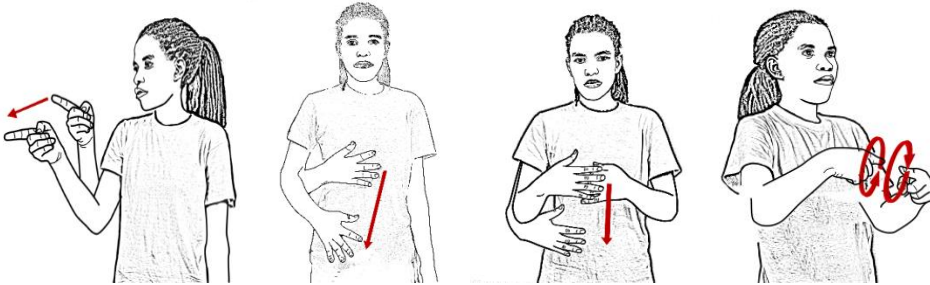
Do you have any vaginal bleeding?*now vagina bleeding*/Waba uri kwivubirira?



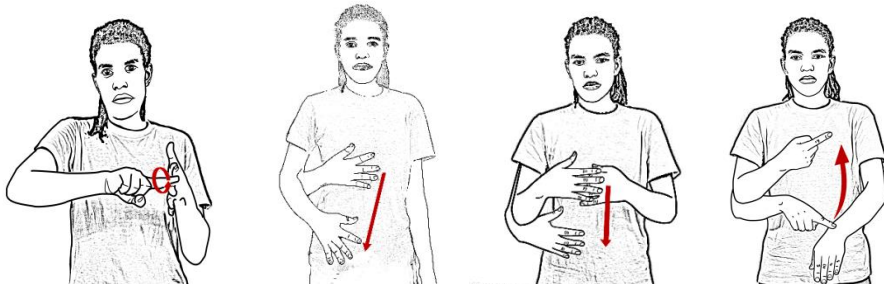
When did you lose blood?/*start vagina bleeding when*/Ni ryari watangiye kuva amaraso?(Kwivubirira)



Are you still bleeding?/*You blood continue*/Ese uracyava amaraso?



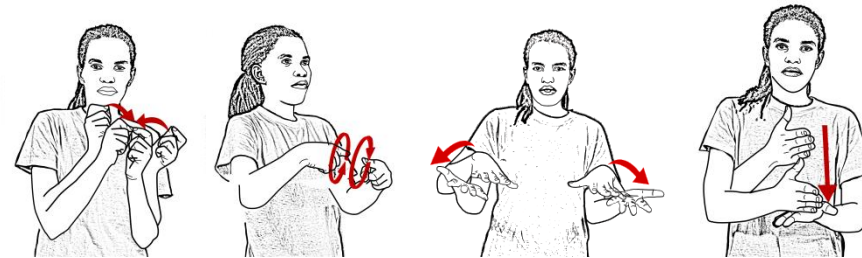
For how long are you having bleeding?/*start bleeding when*/Umaze igihe kingana iki uva?



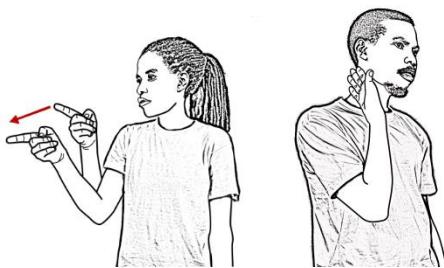
Does it come with pain?/*you time bleeding pain?*/Bizana n'ububabare



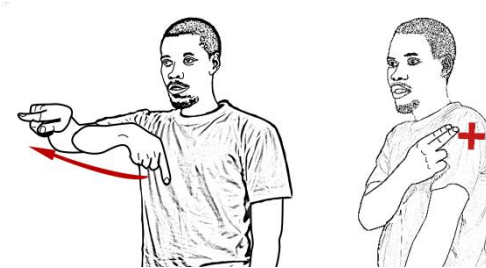
Does the pain come and go or is pain constant?/*pain continue or stop?*/Ni ububabare buza bugashira cg ni ubukomeza



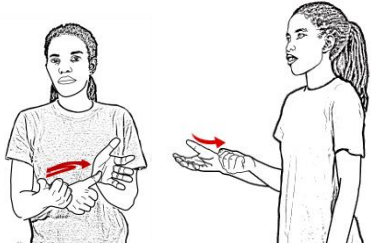
Do you have fever?/*You fever have?* /Waba ufite umuriro?



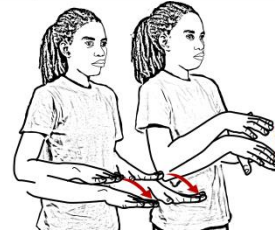
Go to hospital/*go hospital?*/jya kwa muganga



Do you have questions?/*problem have?* Nta bibazo waba ufite?



Do you have swelling?/*ubyimba /* waba ubyimba



Do you have blurred vision?*ujya ubona utabona neza?*



Baby's positions/*Baby like how?*/Pozisiyo z'umwana



Head/aracuramye,



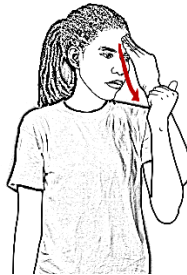
Breech/aricaye



Transverse/aritambitse



You can ease discomfort by/*feel bad because*/Wumva utameze neza kubera ko



Pain in the abdominal /ububabare mu kiziba cy' inda



Walking/ Kugendagenda



Moving/imyitozo yo gusimbuka



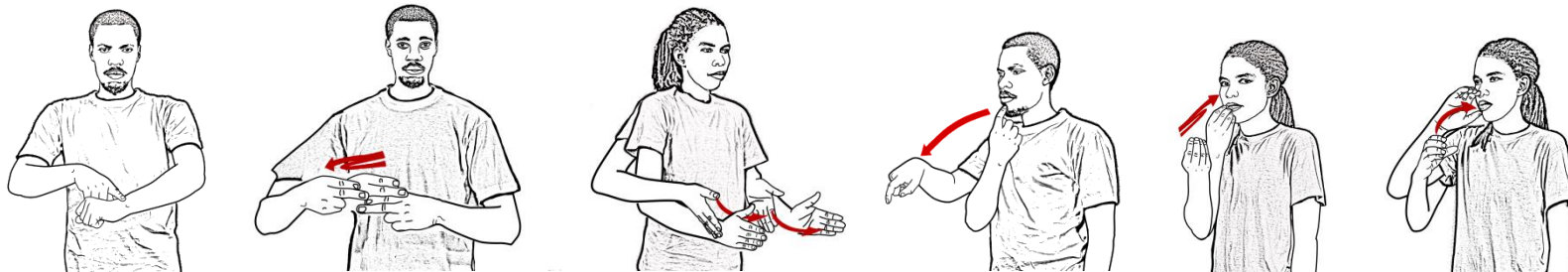
shower/Koga/Gukaraba



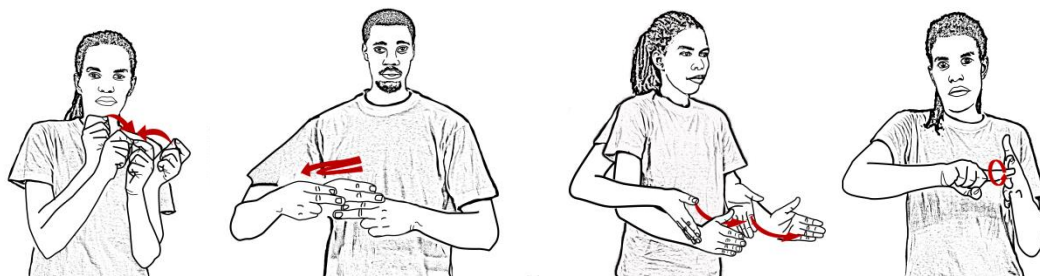
Breathe slowly /*breathe in and out small*/uhumeka gake gake uzamura umwuka uwumanura



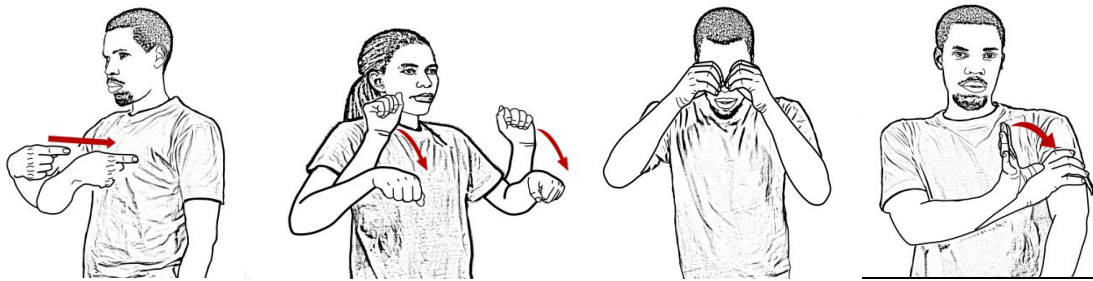
It is okay to drink and eat during labour /*time in labour must eat and drink*/Ni byiza kurya no kunywa mugihe uri kunda



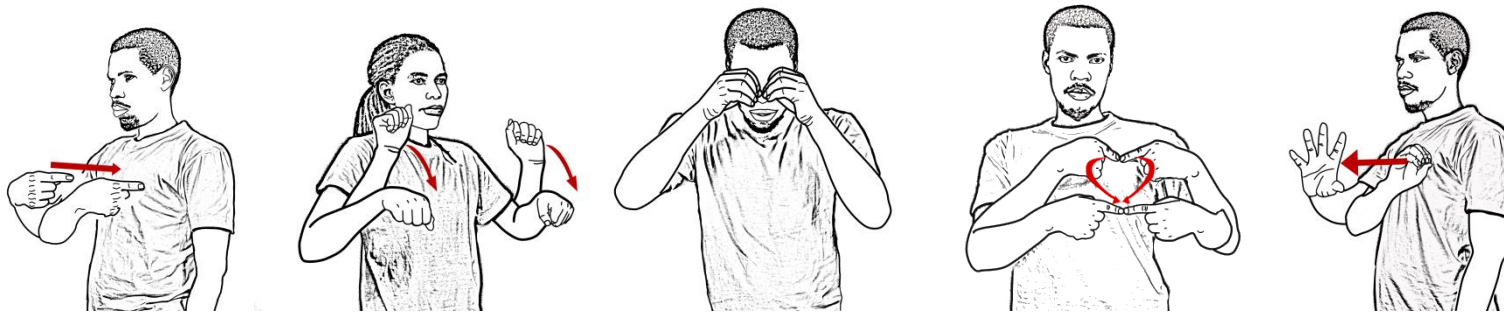
Labour has started /*pain labour start* / Utangiye ibise/kujya kunda



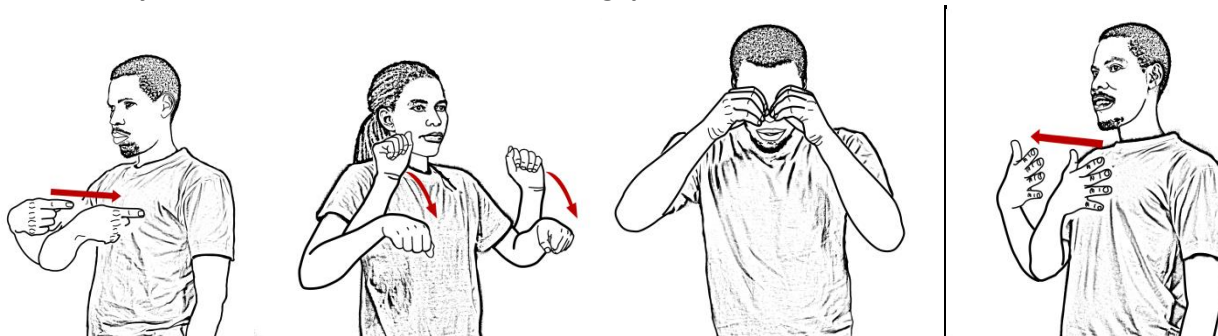
Can I check your blood pressure? / *I can test pressure* / Nagufatira umuvuduko w'amaraso?



Can I check your pulse rate? / *I can test heart beats* / Nagupimira uko umutima utera?



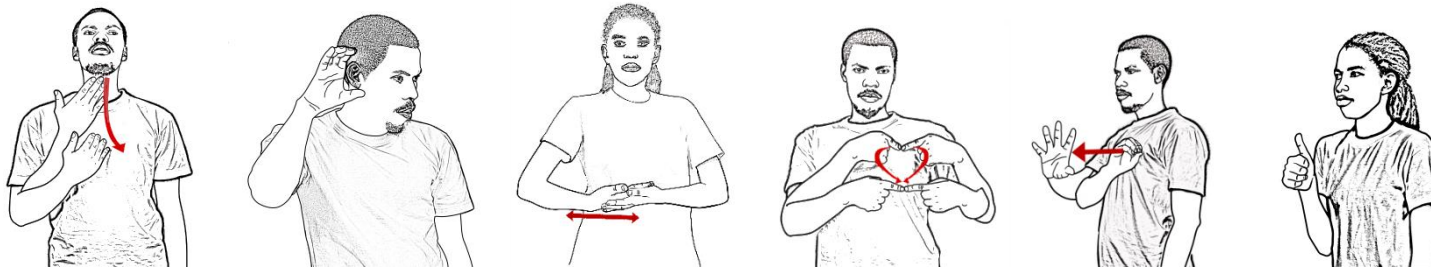
Can I count your breaths? / *I can test breath* / Twagupimira uko uhumeka?



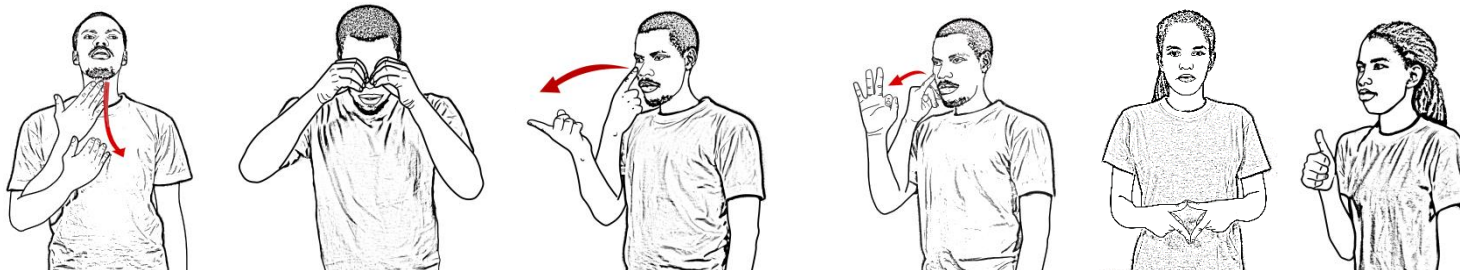
I want to feel you abdomen is that okay */I want check abdomen yours, ok?* /ndashaka kugusuzumira ku nda kugirango turebe ko bimeze neza



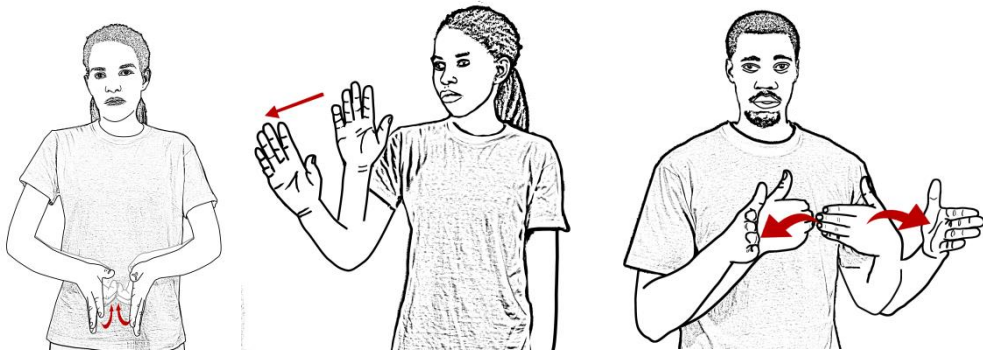
I want to listen to the fetal heartbeat, is that okay? */want hear baby heartbeat, ok?* /ndashaka kumva niba umutima w'umwana utera neza?



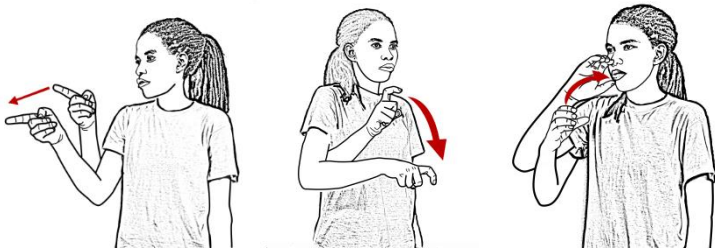
I would like to do a vaginal exam. Is that okay? */want check see if vagina ok?* /ndashaka kugusuzuma kugirango turebe niba mu nda ibyara hameze neza



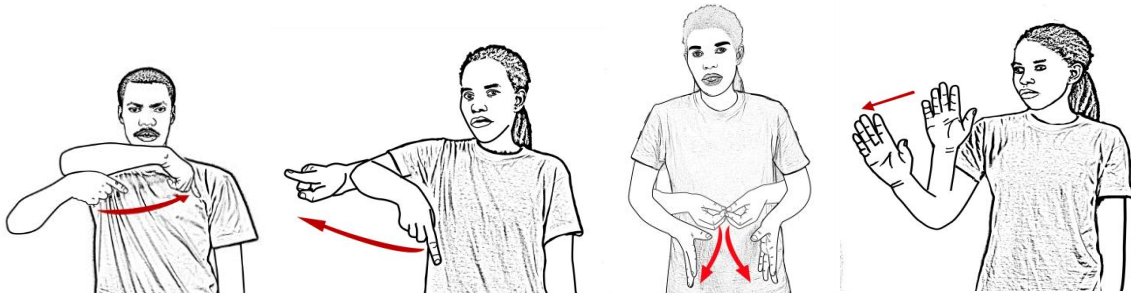
You are dilated/*cervix yours open*/inkondo y'umura yawe yafungutse



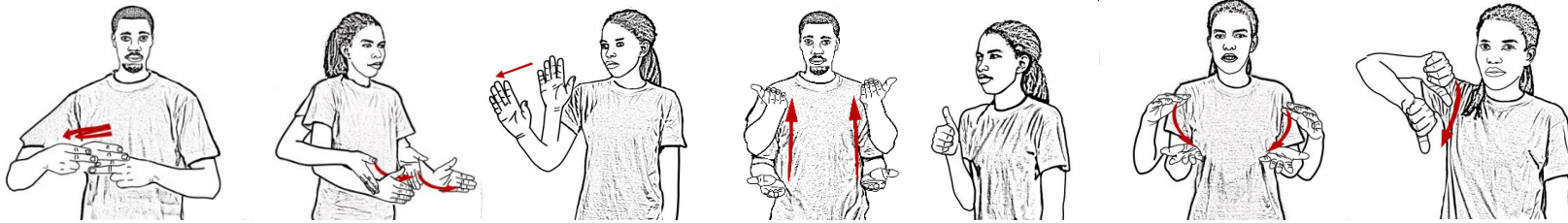
Do you need anything to drink?/*you need drinks*/waba wifuza icyo kunywa



I will break your water now./*we going break water yours*/tugiye kumena isuha



Progression of labour is good/not good/*contractions yours improve good or bad*/ibise bimeze neza/ cyangwa ntibimeze neza



Baby is doing well/concerns about the wellbeing of the baby/*baby is good, heart beats good*/Umwana ameze neza/N'umutima we uratera neza

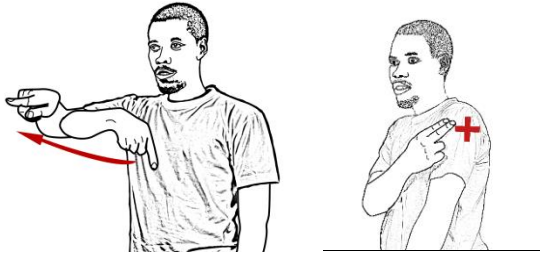


Do you have questions? *you have problem*/Waba ufite ikibazo?

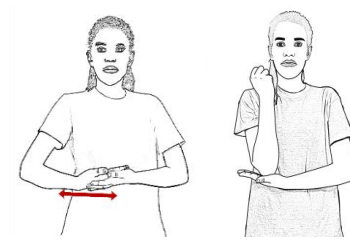
How can I help you? *I help you what?*/Ni iki nagufasha?



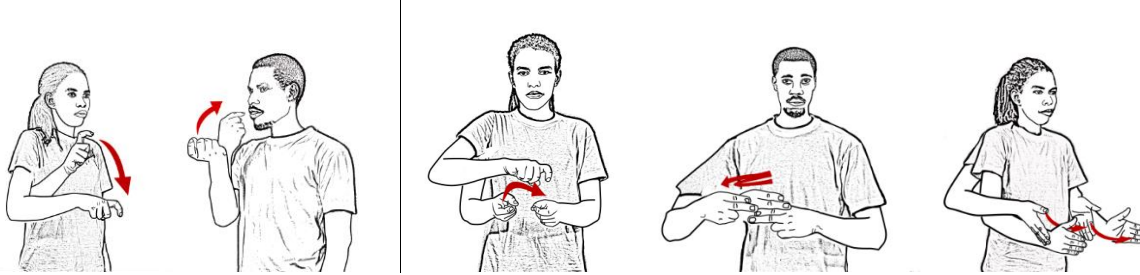
Go to hospital / jya kwa muganga



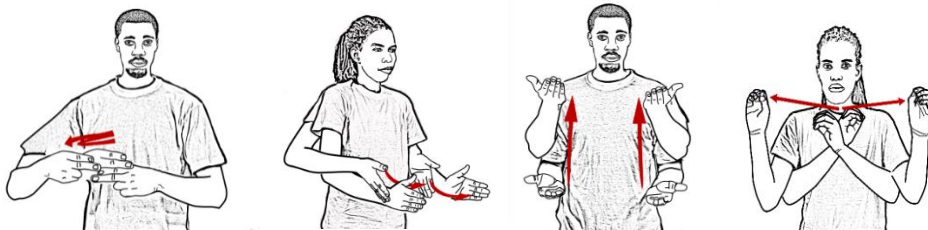
Baby is breeched/Umwana aricaye



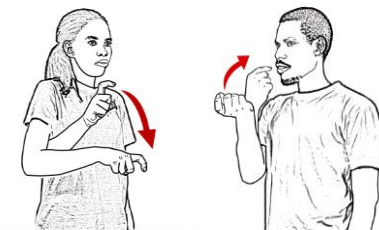
You need medication to help labour/*need medicine increase labour*/Tugiye kukongerera ibise



Birth is not progressing/*contraction improves no* /Ibise ntibiyongera/byahagaze imiti



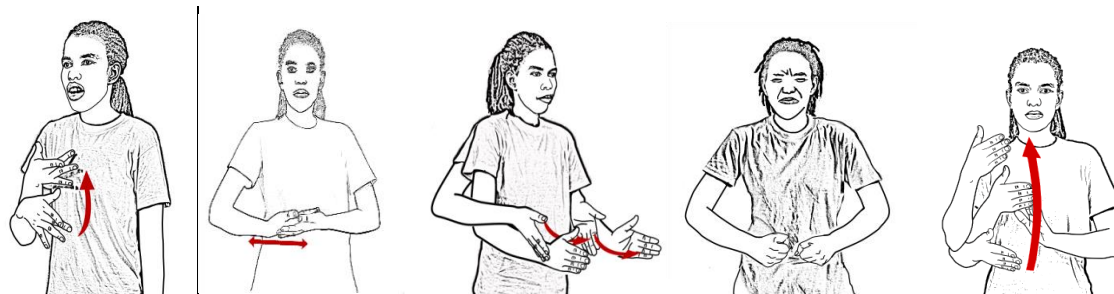
You need antibiotics/*need medicine*/Ukeneye



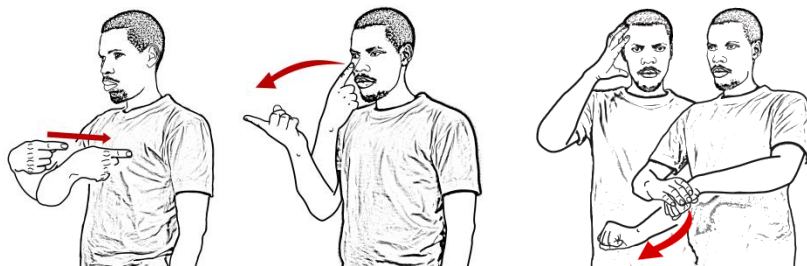
Don't push yet /*push no*/Ba uretse guhera/gusunika



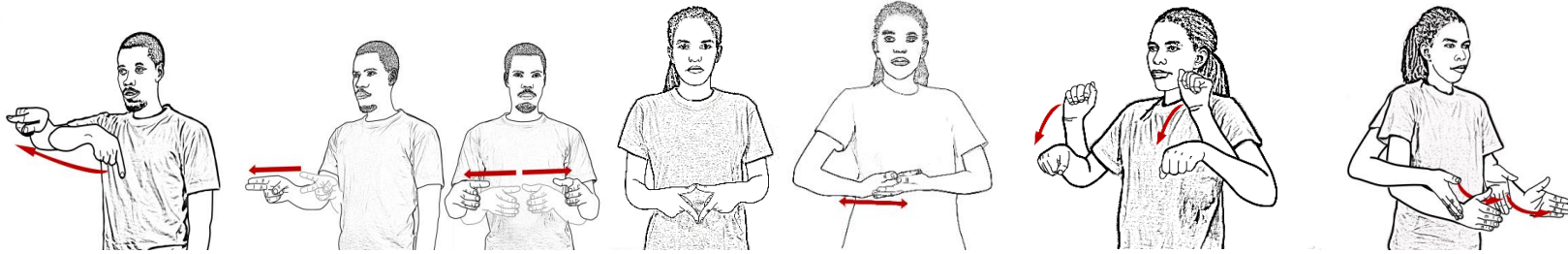
when you feel contraction, push /*feel baby birth push faster*/Niwumva igise kije usunike/uhere



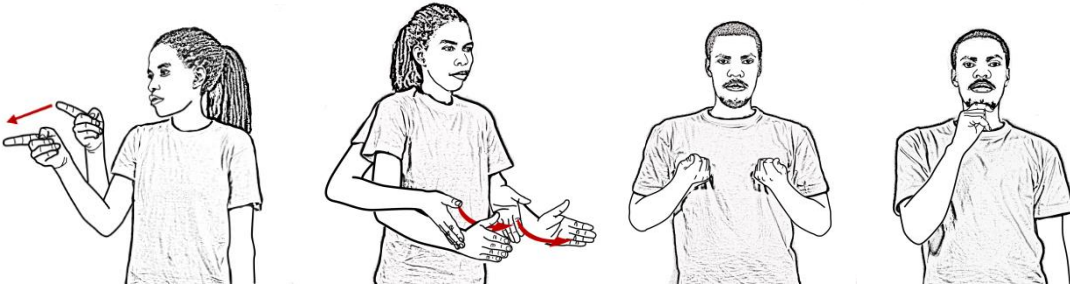
I can see the baby's head /*I see baby head*/Ndi kubona umutwe w'umwana



I need to make some space for the baby and will do an episiotomy / *go cut vagina baby can birth* / Tugiye kukongerera kugirango dufashe umwana gusohoka



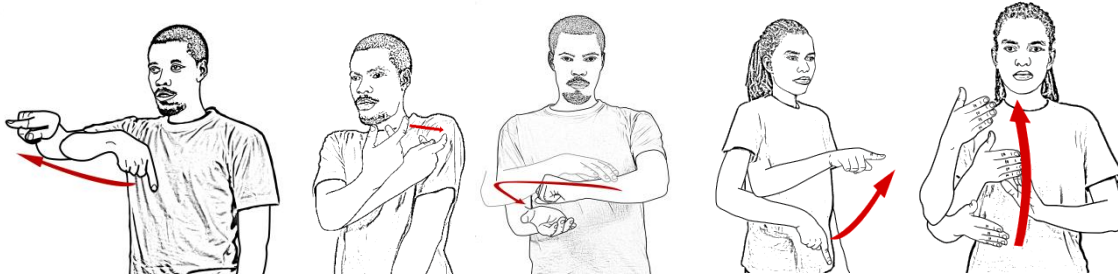
It's a boy / girl! / *you birth girl boy* / Ubyaye/wibarutse umuhungu/umukobwa



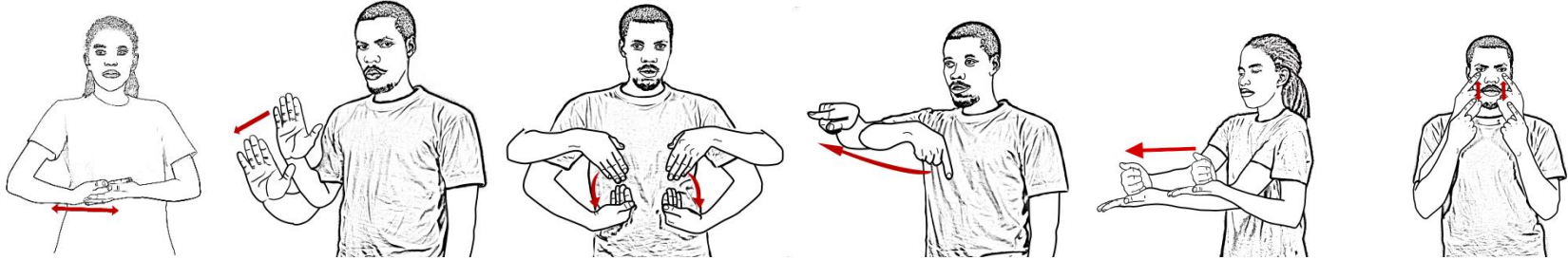
We will wait for afterbirth / *wait afterbirth* / Dutegereje iyanyuma/ingobyi



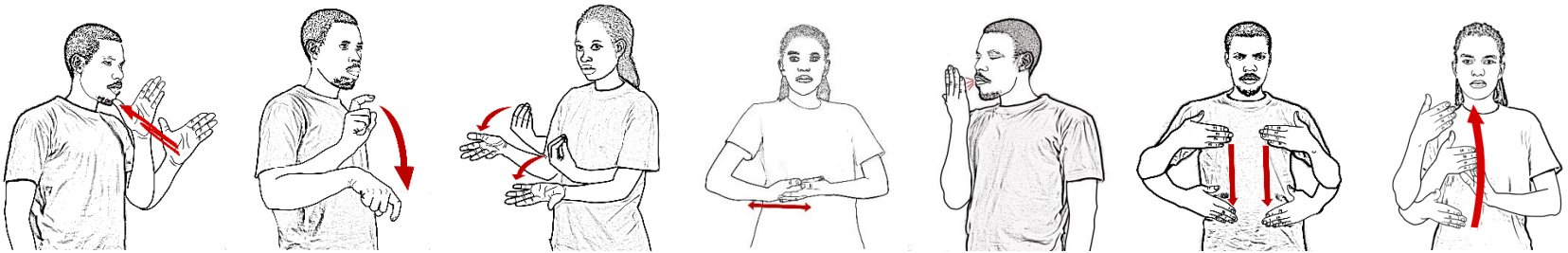
I will give you some medication to fasten the afterbirth /*go vaccine afterbirth out fast* /tugiye kugutera agashinge gafasha iyanyuma gusohoka na nyababyeyi gusubirana



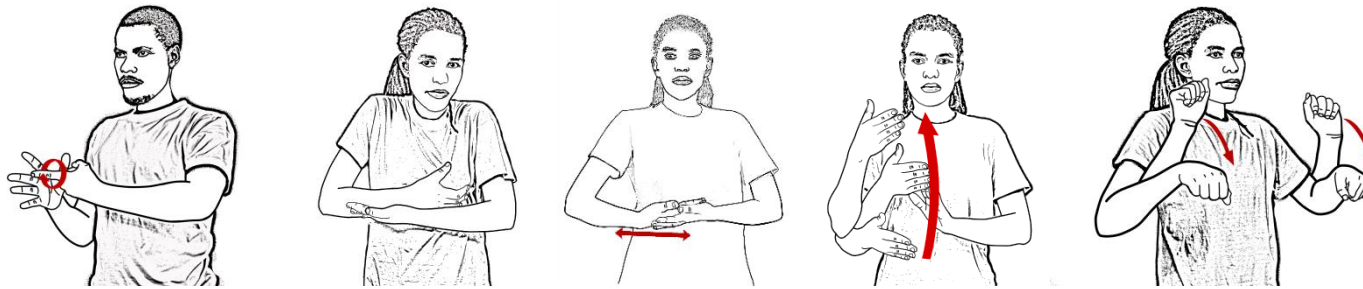
The baby need some help and I will give some inflations (resuscitation)/*baby your tired go help cry*/Umwana wawe yananiwe tugiye kumufasha kurira



The Baby needs skin to skin contact as much as possible and as soon as possible after birth./ *mother must give baby hit body fast* / Umwana agomba gufata ubushyuhe bwa nyina umubiri ku mubiri



Start breastfeeding your baby/*Tangira konga umwana wawe vuba bishoboka*



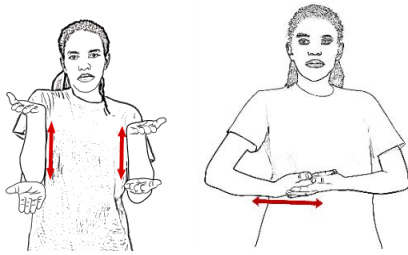
I will now check baby/*I test baby*/ *Ngiye gusuzuma umwana*



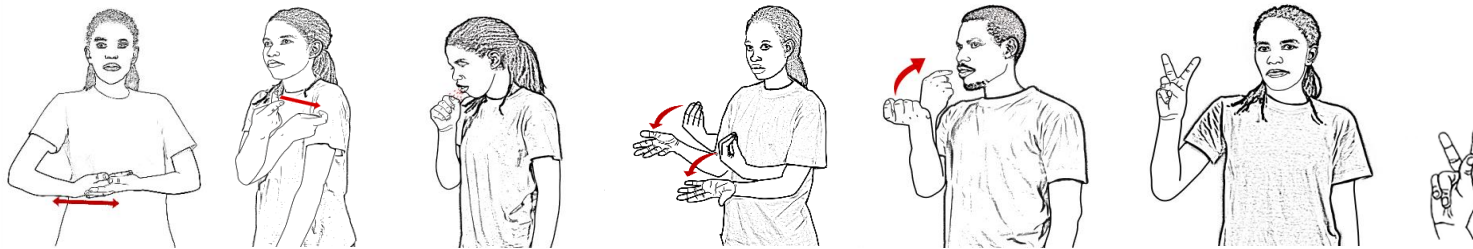
Baby is healthy/*baby is good*/ *Umwana ameze neza*



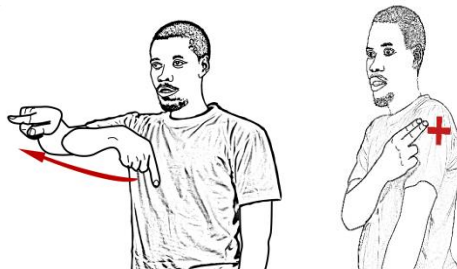
Baby weighs ... kilo/ *weighs baby*/Ibiro by'umwana



Baby will receive BCG vaccine and vitamin K/*baby vaccine tuberculosis give pill vitamin K*/Umwana agiye guhabwa urukingo rw'igituntu n'umuti wa vitamine k



Go to hospital /jya kwa muganga



You are bleeding too much / uri kuva cyane



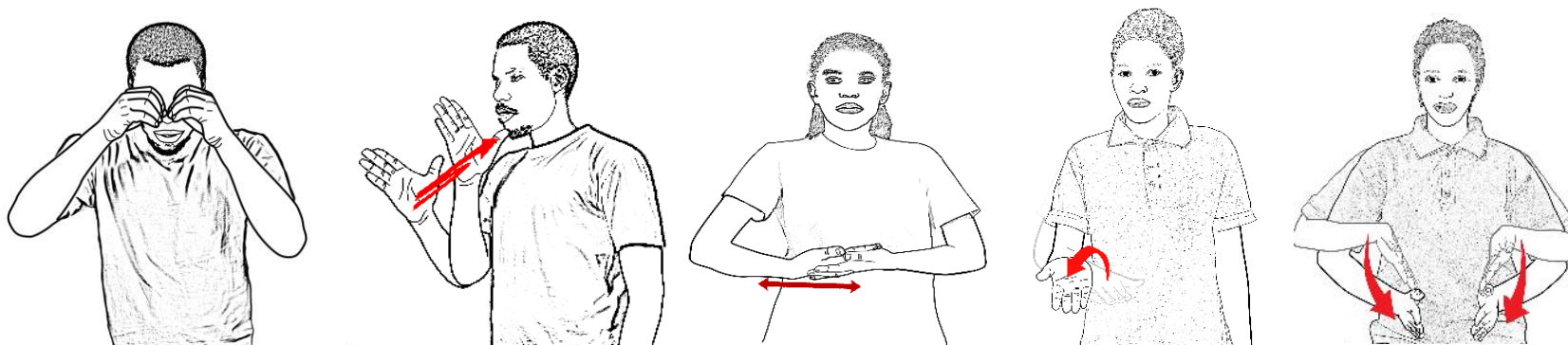
Afterbirth not coming inda ya nyuma ntiyaje



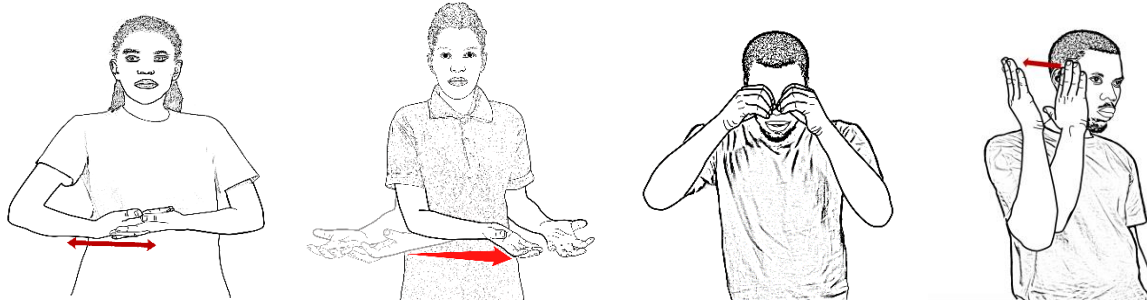
Section 2: POSTNATAL CARE

Isuzuma ry'umubyeyi n'umwana nyuma yo kubyara

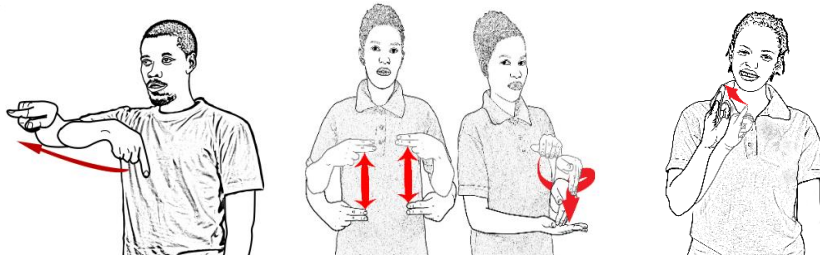
Isuzuma umubyeyi umwana nyuma kubyara



Bring the baby for check up on day /Zana umwana tumusuzume/ Umwana kuzana gusuzuma umunsi



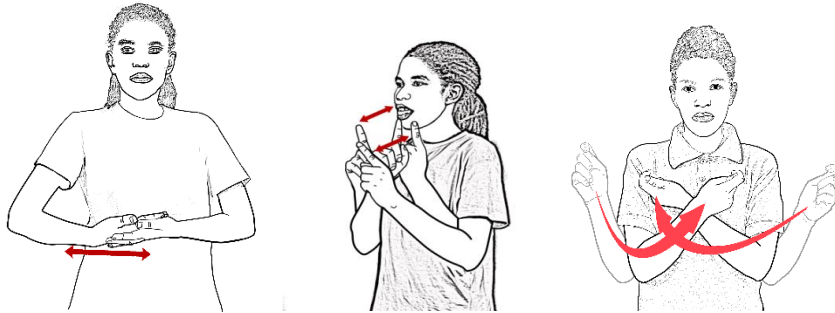
Come to health center if: /Jya ku kigo nderabuzima niba:/ Genda nderabuzima ikigo niba



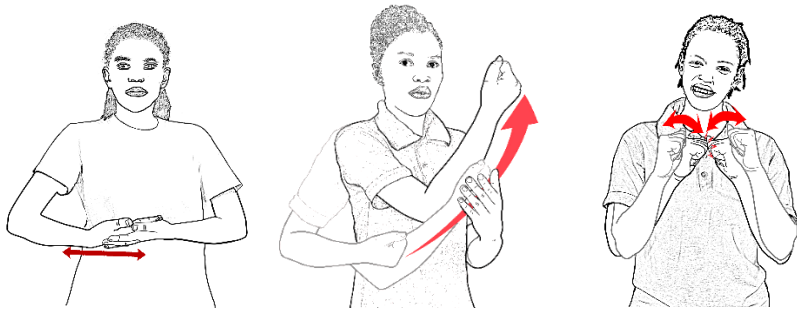
Baby is not sucking/Umwana ntiyonka/Umwana konka oya



Baby changes color/**Umwana yahinduye ibara/Umwana ibara guhinduka**



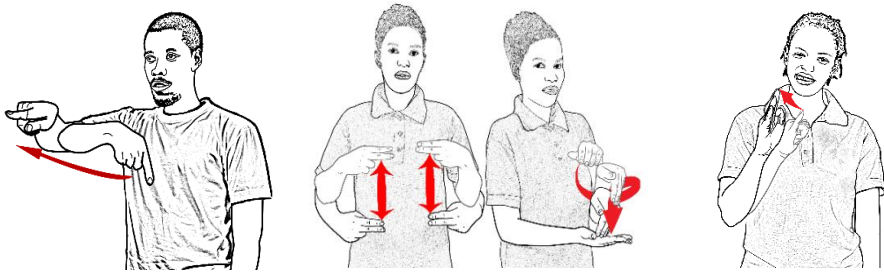
Baby difficult to wake up/**Umwana yacitse imbaraga/intege/ Umwana kubyuka birakomeye**



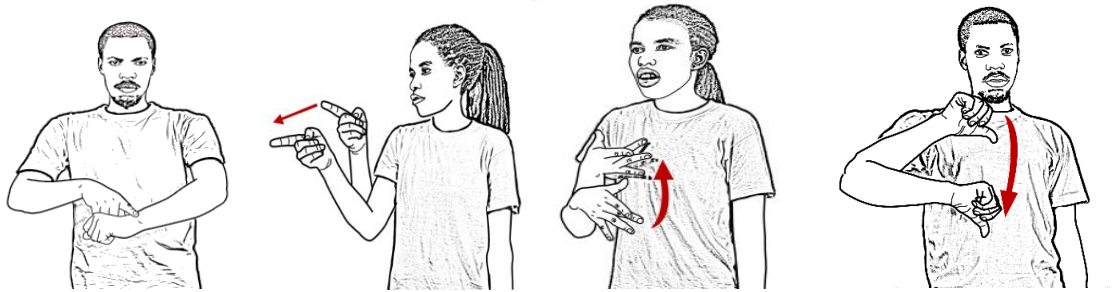
Color in eyes becomes yellow/**Ibara ryo mu jisho/umubiri ryabaye umuhondo/ Ijisho ibara guhinduka umuhondo**



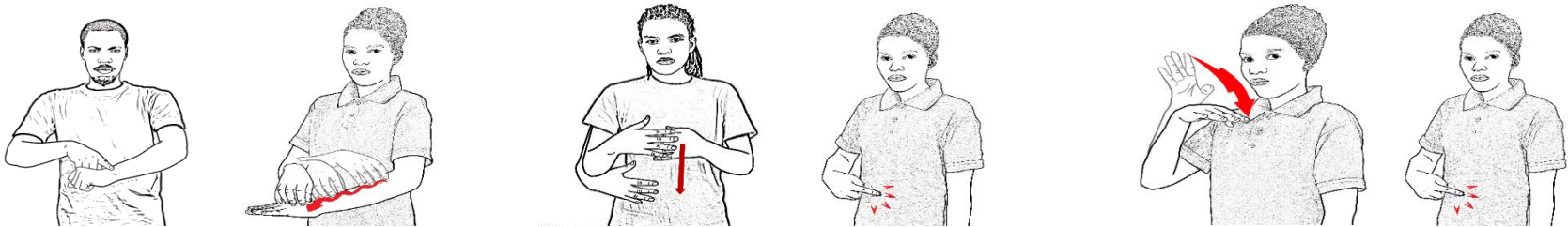
Come to health center if: / **Jya ku kigo nderabuzima niba:/ Genda nderabuzima ikigo niba**



When you are worried / **Mu gihe utameze neza/Igihe wowe utameze neza**



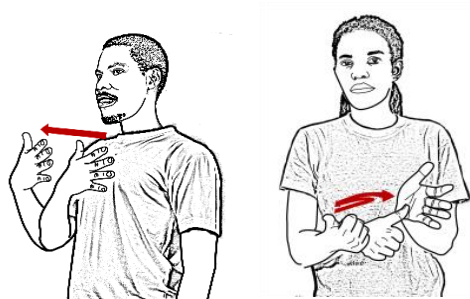
Pimples or bleeding or smelling of umbilical cord / **Mu gihe asheshe ibiheri,ava mu mukondo/ Igihe ibiheri, amaraso umukondo, kunuka umukondo**



Fever/**Afite umuriro/Umuriro**



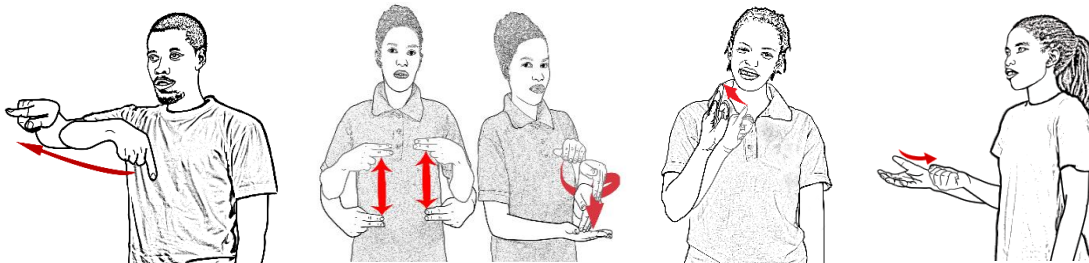
Respiratory problems/**Ibibazo by'ubuhumekero/Guhumeka ibibazo**



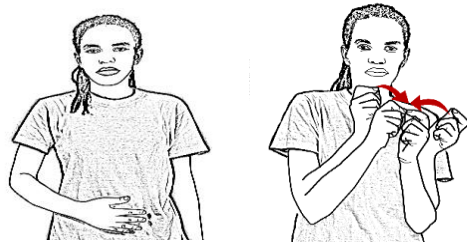
Convulsions/**Kugagara/ Kugagara**

No specific sign in RSL

Come to health center if you have: / **Jya ku kigo nderabuzima niba ufite:/ Kuja nderabuzima ikigo niba ufite**



Abdominal pain/ Kubabara mu kiziba cy'inda/Inda kubabara



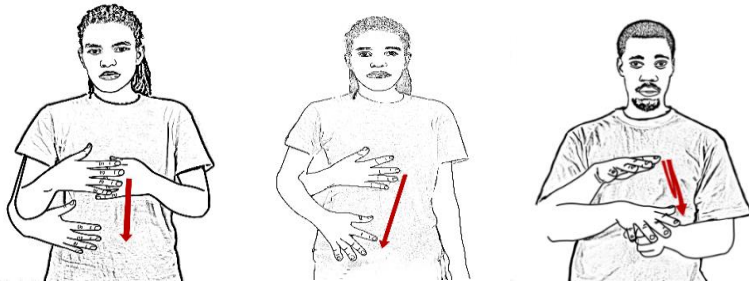
Sadness/ Umubabaro/Umubabaro



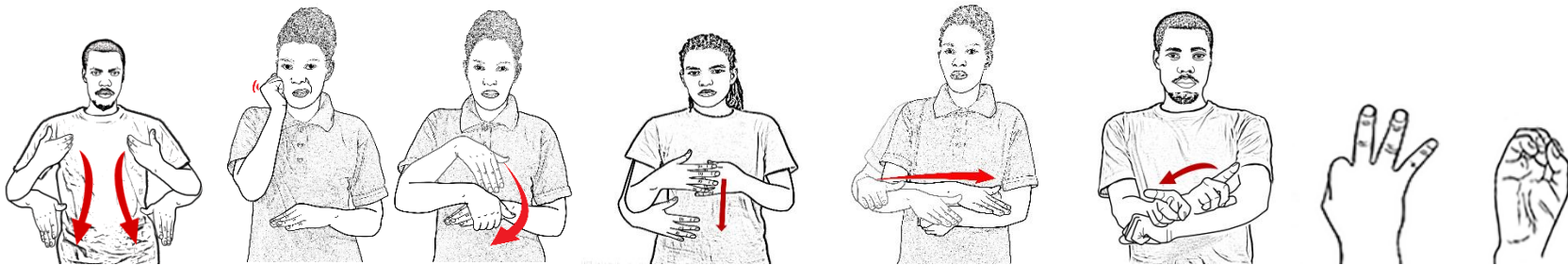
Pain in legs or higher back area/ Niba wumva ubabara amaguru cyangwa se mu mugongo/ Amaguru kubabara, umugongo kubabara



Too much blood loss: /Gutakaza amaraso menshi: /Amaraso kuva menshi



Cloth/pad soaked within 30 minutes/ Niba uri kuva cyane bitewe nicyo wibinze Imyenda/kotegisi gihita cyuzura mu minota mirongo itatu/Imyenda kotegisi amaraso kuzura iminota 30



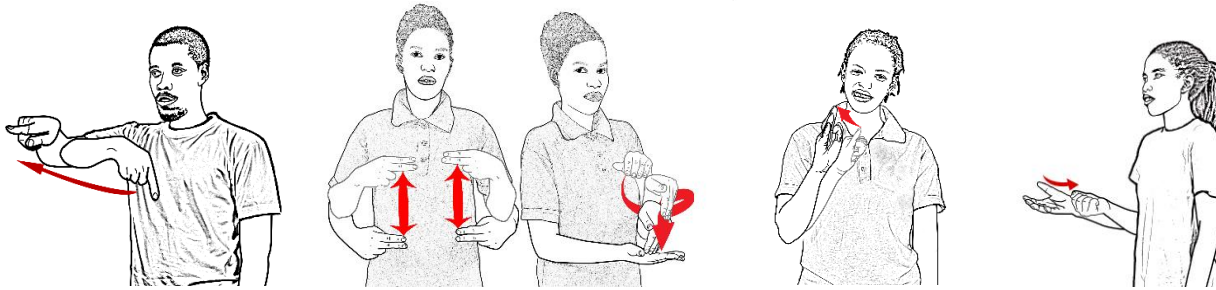
Convulsions/ Kugagara/ Kugagara

No specific sign in RSL

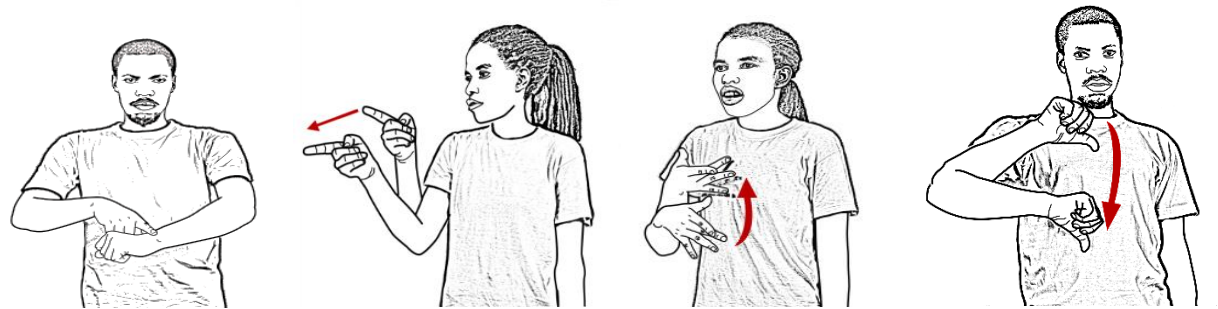
Fever/ Kugira Umuriro/Umuriro



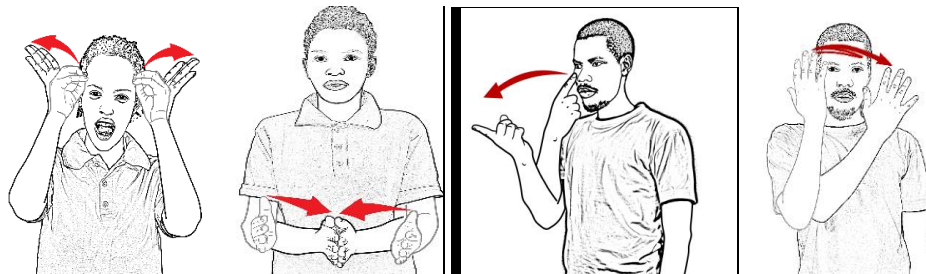
Come to health center if you have:/ *Jya ku kigo nderabuzima niba ufite:/* *Kujya nderabuzima ikigo niba ufite*



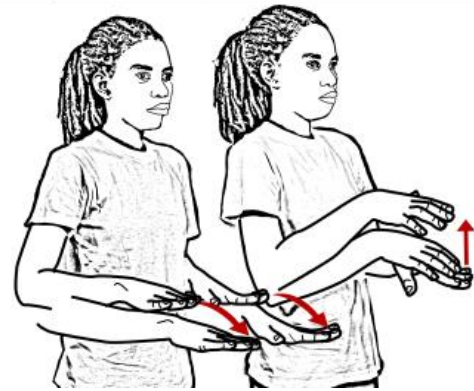
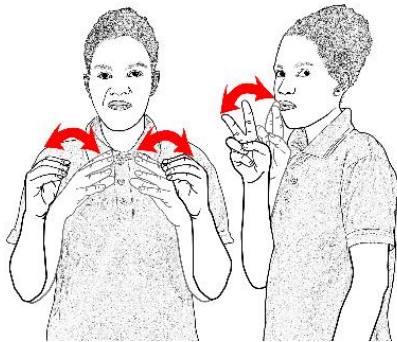
When you are worried/ *Mu gihe utameze neza/Igihe wowe utameze neza*



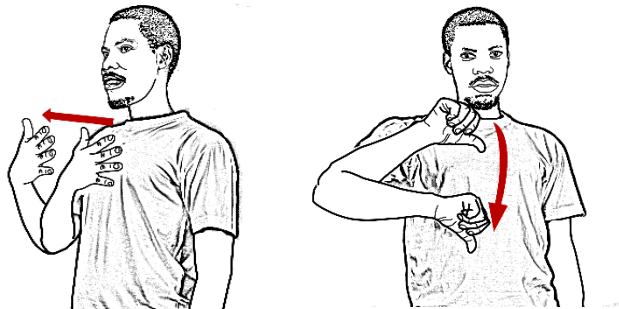
Headache with blurred vision/ *Kubabara umutwe no kubona ibicyezicyezi/Umutwe hamwe no kureba ibicyezicyezi*



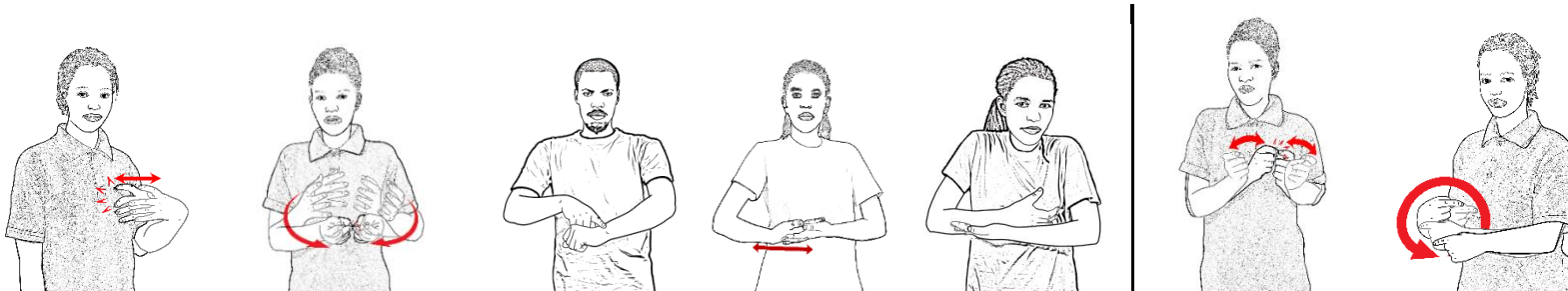
Redness or swelling/ **Guhisha no kubyimba/ Guhisha no kubyimba**



Difficulty breathing/ **Guhumeka nabi/ Guhumeka nabi**



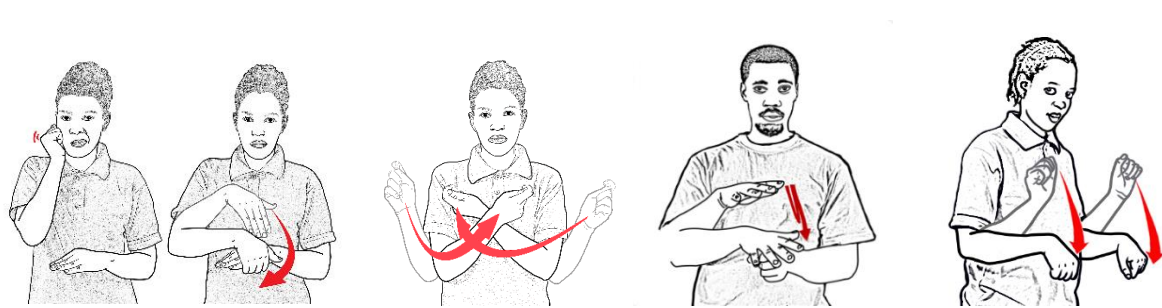
Swelling in the breast with pain not resolving when the baby sucks / **Ujya wumva ubyimba amabere ndetse n'ububabare butagabanuka iyo wonsa/ Amabere kubyimba igihe umwana konka kubabara gukomeza**



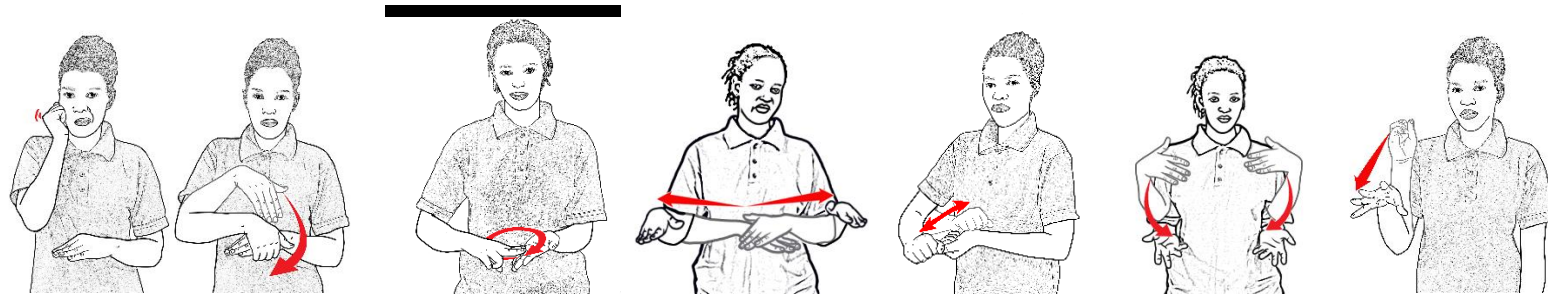
It is normal to lose blood in first six weeks/ Ni ibisanzwe kugira ibisanza mu gihe cy'ibyumweru bitandatu bya mbere/ Ibyumweru bitandatu byambere amaraso kuva bisanzwe



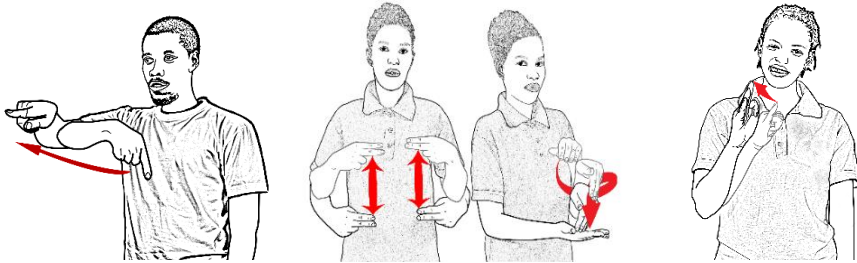
Change hygienic pads frequently/ Hindura udutambaro tw'isuku kenshi gashoboka/Kotegisi hindura kenshi gashoboka



Wash or dispose used pads/ Mesa cyangwa ujugunye udutambaro twakoreshejwe/kotegisi/ Kotegisi kuyikoresha kurangiza kumesa cyangwa kujugunya



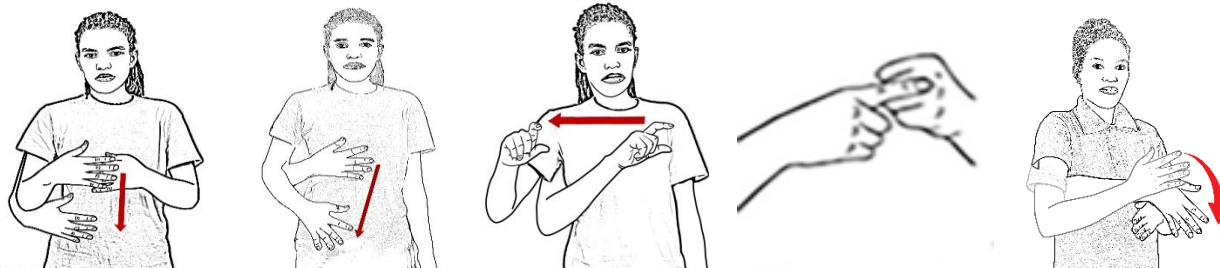
Come to health center if/ *Jya ku kigo nderabuzima niba:/Kujya nderabuzima ikigo niba*



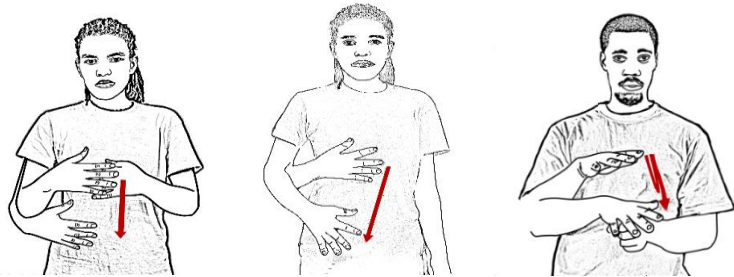
Blood clots are larger than fist/ *Ibibumbe by'amaraso ni binini kuruta igipfutsi/Amaraso ikibumbe kinini kuruta igipfutsi*



Bleeding lasts longer than six weeks/ *Kuva amaraso birenze ibyumweru bitandatu/Amaraso kuva ibyumweru bitandatu kurenga*



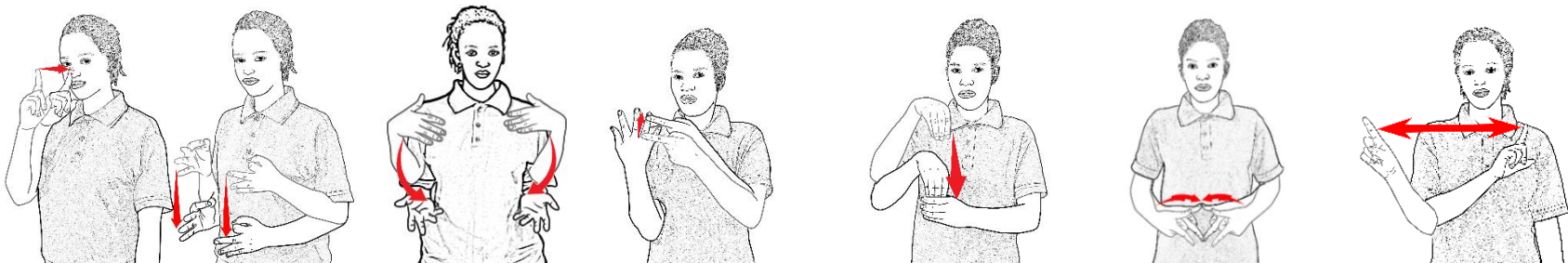
Blood loss becomes worse/ **kuva amaraso birenze/Amaraso kuva menshi**



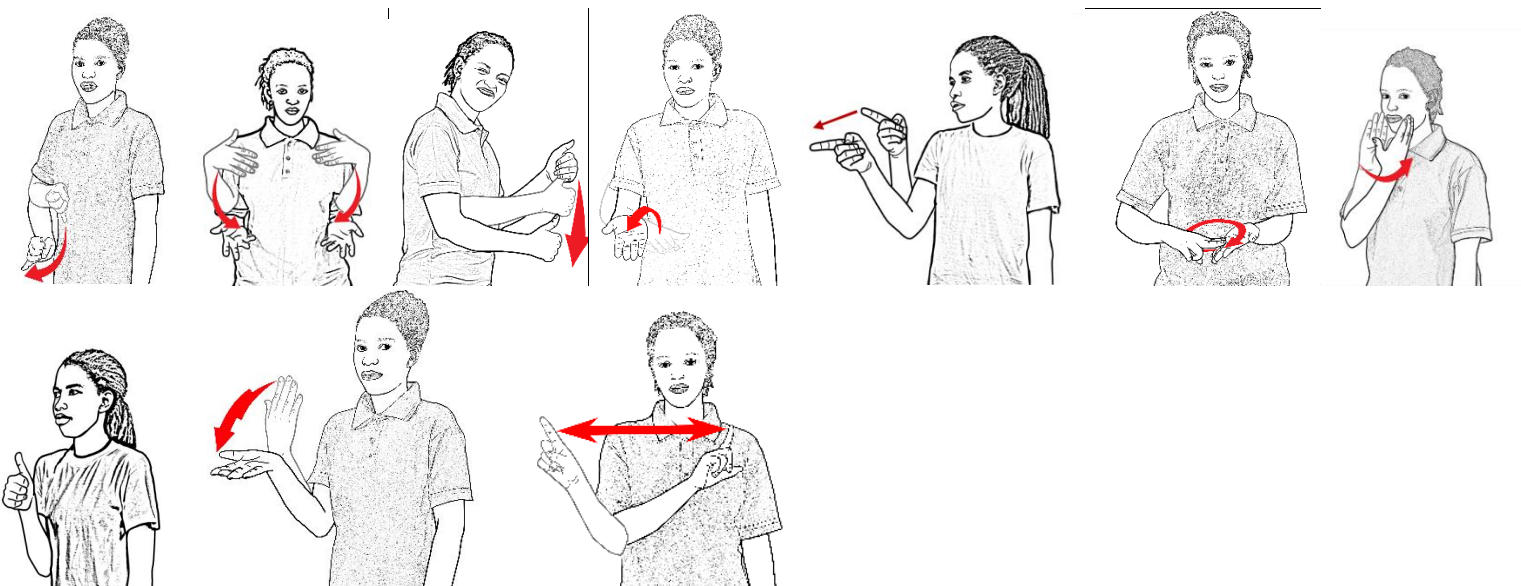
Blood smells bad or pain in the abdomen/ **Kubabara mu kiziba cy'inda cyangwa gutakaza amaraso afite impumuro mbi/ Amaraso kuva impumuro mbi, cyangwa inda kubababa**



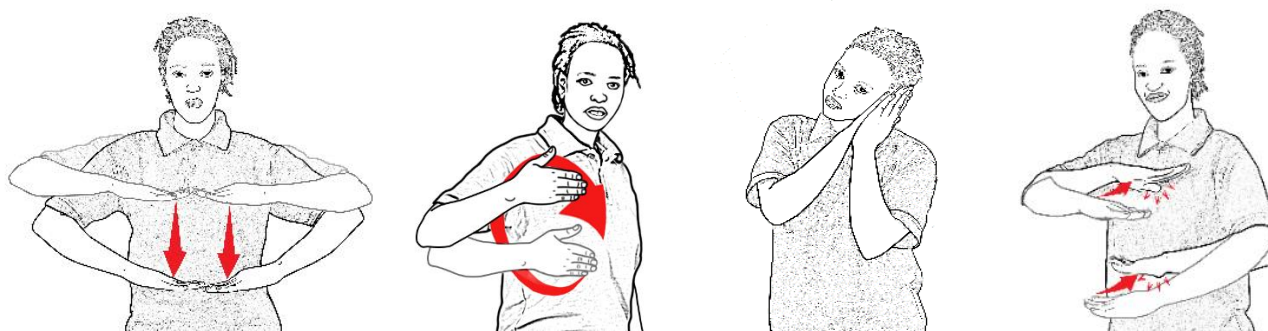
Do not insert anything into vagina. Also not finger./ **Nta kintu na kimwe kijya mu nda ibyara yemwe n'urutoki/Ibintu cyangwa urutoki gushyiramo inda ibyara oya**



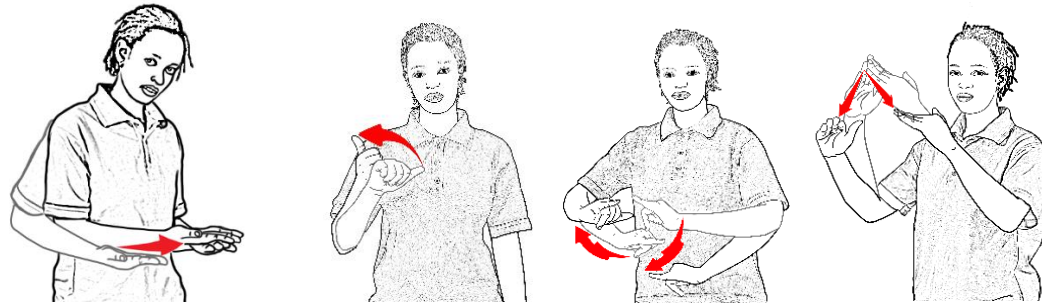
Wash yourself with clean water after urinating / defecating, Do not use paper/ **Karaba intoki n'amazi meza n'isabune mu gihe uvuye kwihagarika cyangwa kwituma wikoresha impapuro/ kwihagarika cyangwa kwituma nyuma wowe koresha amazi meza, urupapuro oya**



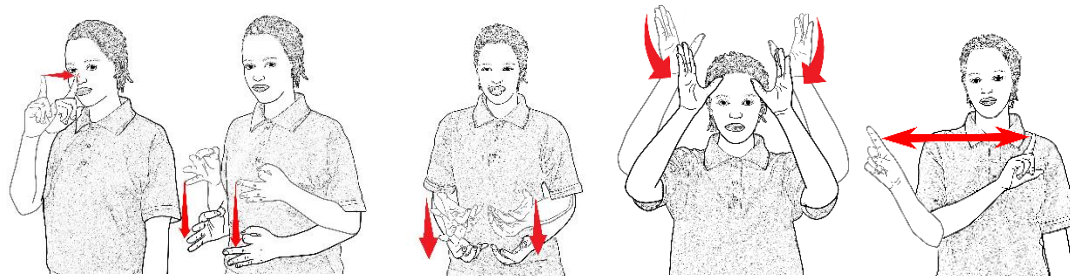
Take rest regularly and sleep enough/ **Fata ikiruhuko gihoraho kandi usinzire bihagije/Ikiruhuko gihoraho kuryama bihagije**



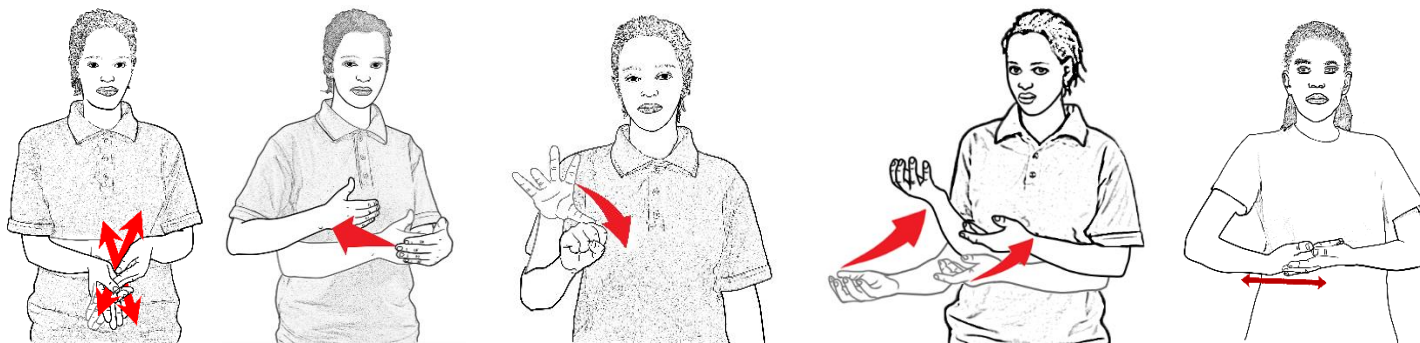
Ask others to clean the house/ **Saba abandi kugukorera isuku yo mu nzu/ Saba abandi gusukura inzu**



Do not carry heavy things/ **Ntiwikore ibintu biremereye/Ibintu biremereye kwikorera oya**



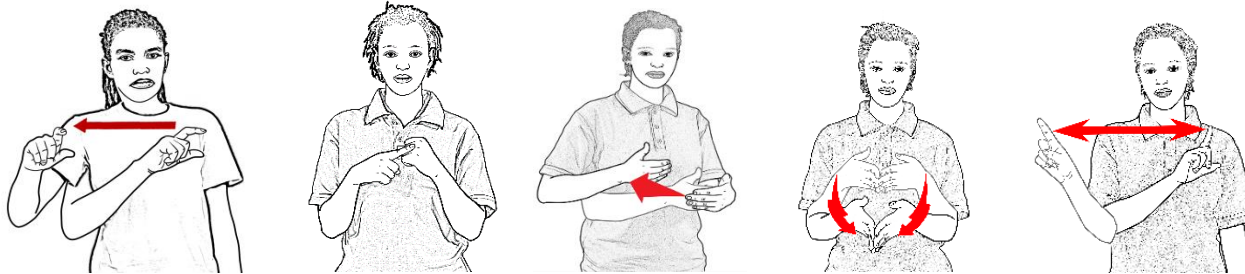
Wash hands before handling baby/ **Karaba intoki mbere yo gufata/guterura umwana/ Intoki karaba mbere gufata guterura umwana**



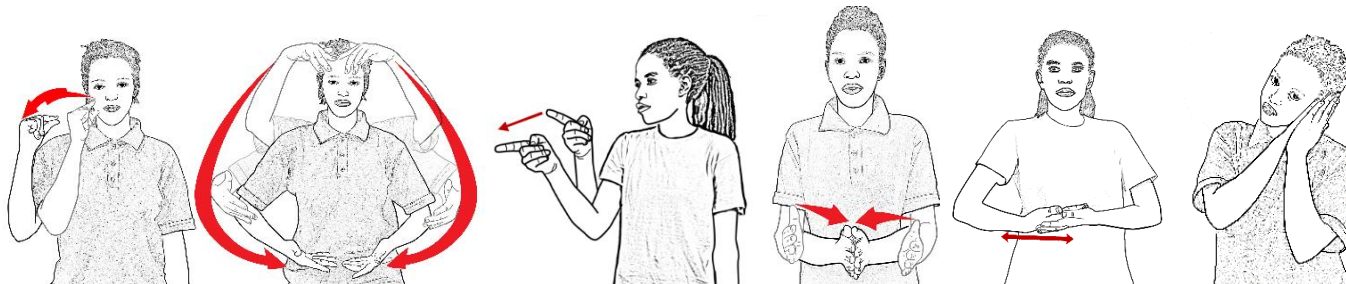
Clean body daily/ **Iyuhagire ku mubiri buri munsu/ koga isuku umunsu**



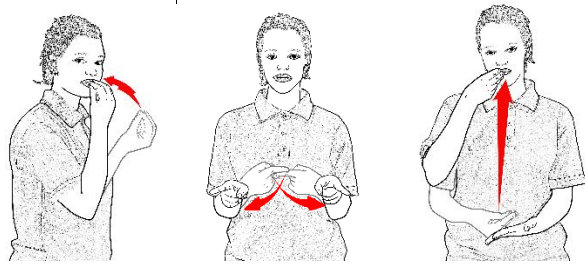
Avoid sexual intercourse for six weeks/ **Irinde imibonano mpuzabitsina mbere y'ibyumweru bitandatu/Ibyumweru bitandatu mbere imibonano mpuzabitsina oya**



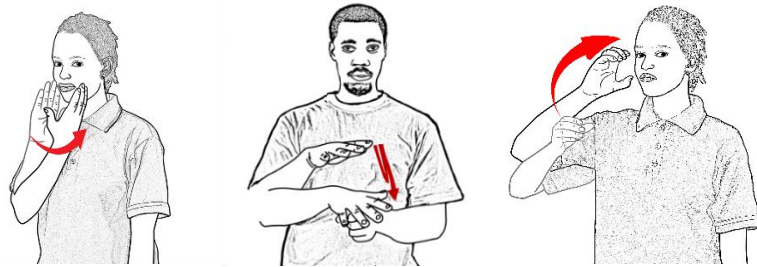
Sleep with baby under malaria net/ **Ryama mu nzitiramubu n'umwana wawe/Inzitiramibu wowe hamwe umwana kuryama**



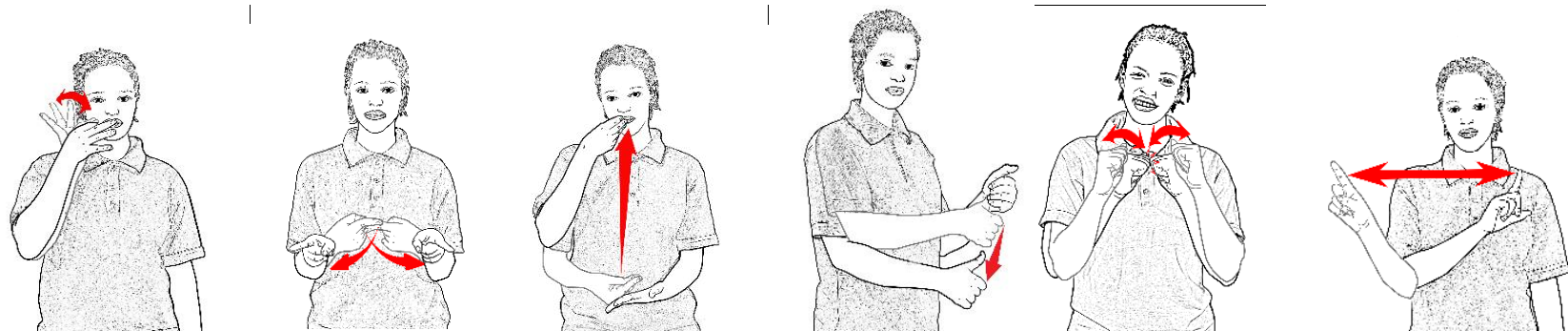
Eat diverse foods/ **Fata amafunguro atandukanye/Ibiryo bitandukanye kurya**



Drink a lot of water/ **Nywa amazi menshi/Amazi menshi kunywa**



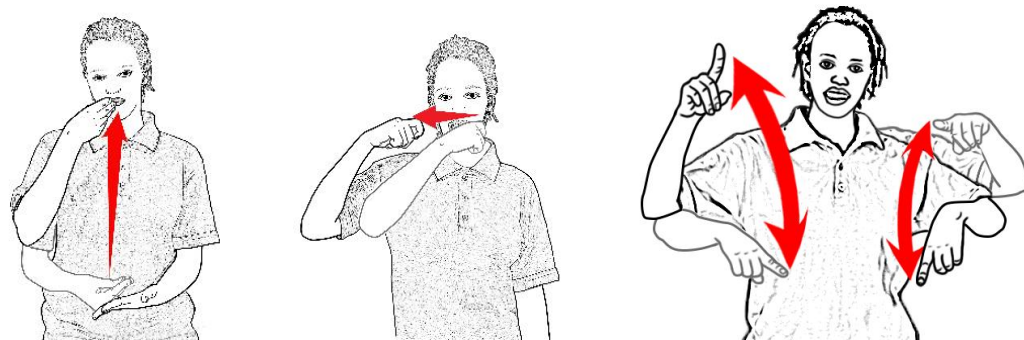
Eat plums, figs, mangoes to make stool smoother/ **Fata imbuto zitandukanye kugirango wirinde impatwe/ Imbuto zitandukanya kurya kwituma bikomeye oya**



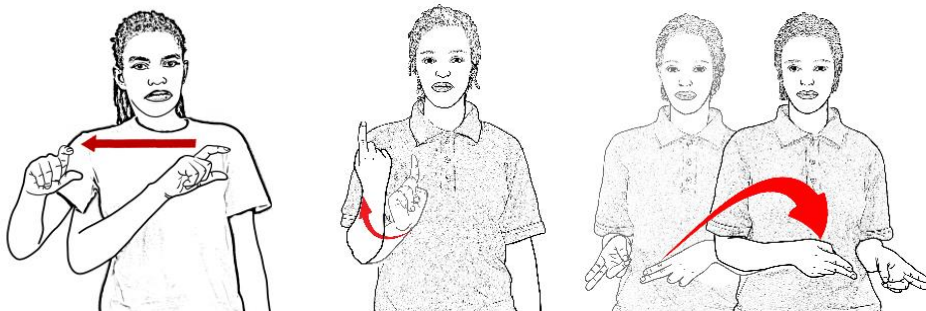
Do not drink alcohol if breastfeeding. / **Birabujijwe kunywa inzoga igihe wonsa/Niba konsa kunywa inzoga oya**



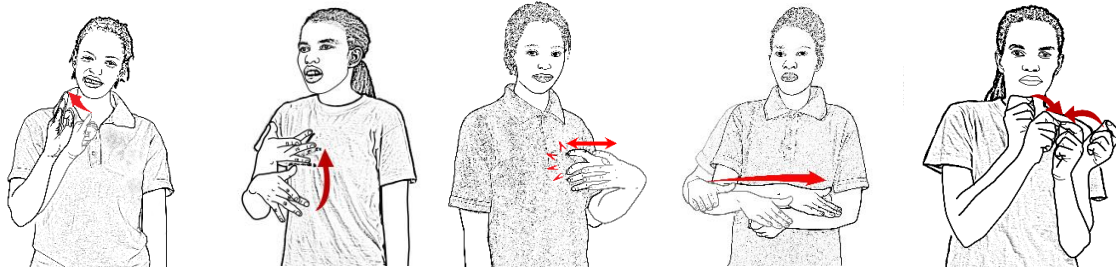
Eat meat regularly/ **Fata inyama mu gihe gikwiriye/ Kurya inyama rimwe na rimwe**



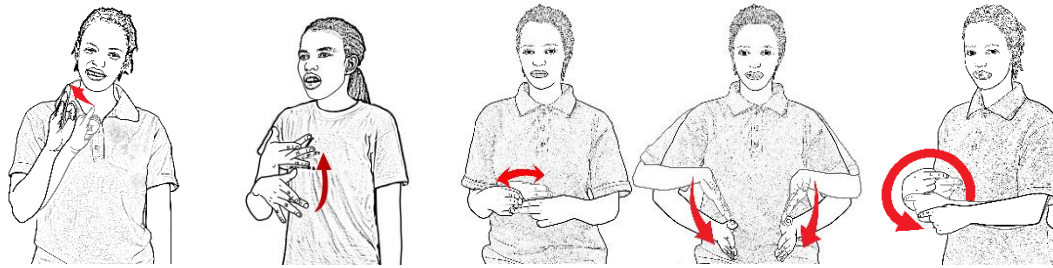
In first week, it is normal:/ **Mu cyumweru cya mbere ni ibisanzwe:/ Icyumweru cyambere bisanzwe**



If breasts feel full and painful/ **Mu gihe wumva uremerewe mu gituzo kandi ubabara/ Niba kumva ibere kuzura kubabara**



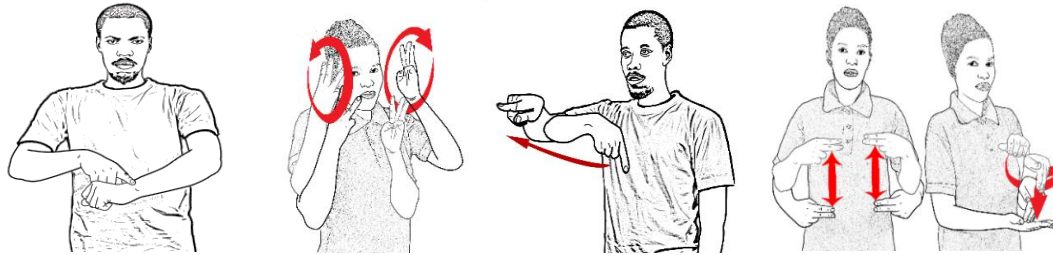
If you still feel some contractions/ **Niba ucyumva ibise/Niba kumva ibise gukomeza**



If you feel very emotional/ **Niba wumva amarangamutima/niba kumva amarangamutima**



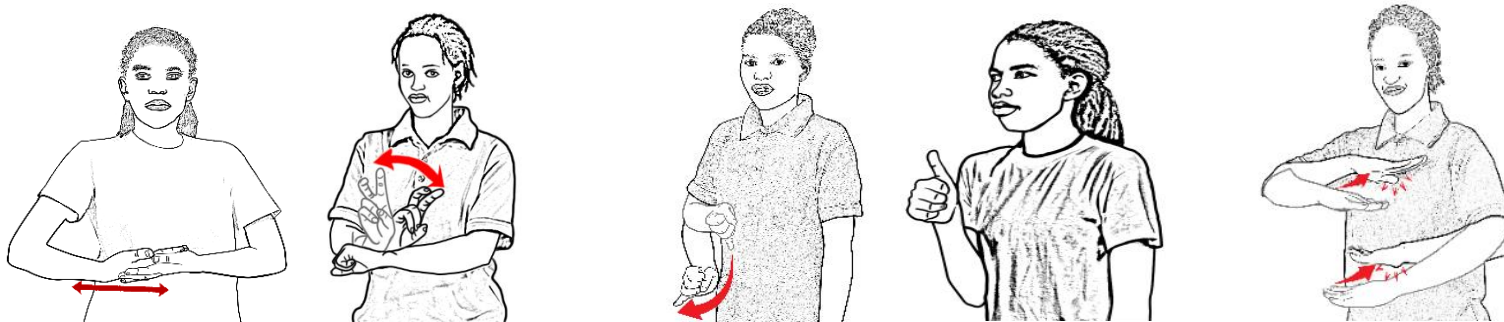
Come to the clinic when you are concerned/ **Jya ku kigo nderabuzima mu gihe ugize ibi:/ Igihe utameze neza kujya nderabuzima ikigo**



Change the baby at least 5 times a day/ **Hindurira umwana nibura inshuro eshanu ku muni/Umwana pamperise guhindura byibuze gatanu inshuro umunsi**



Check whether the baby has regular urine / **Genzura ko umwana yihagarika uko bikwiye/ umwana genzura yihagarika bikwiye**



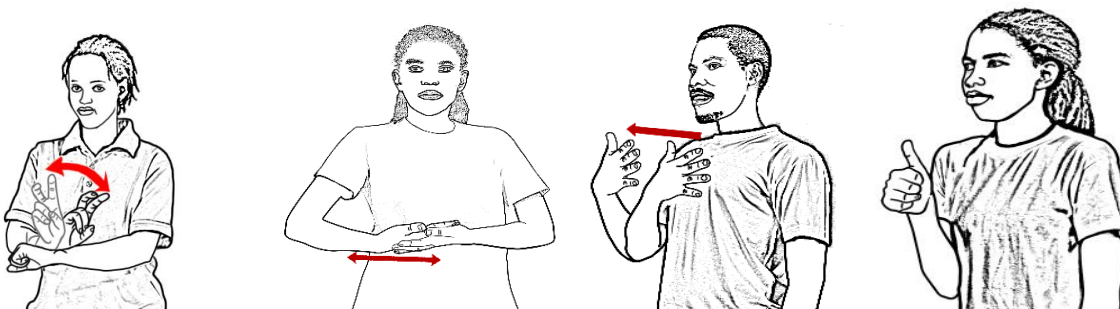
Check whether the baby has regular stool/ **Genzura ko umwana yituma uko bikwiye/Umwana genzura yituma bikwiye**



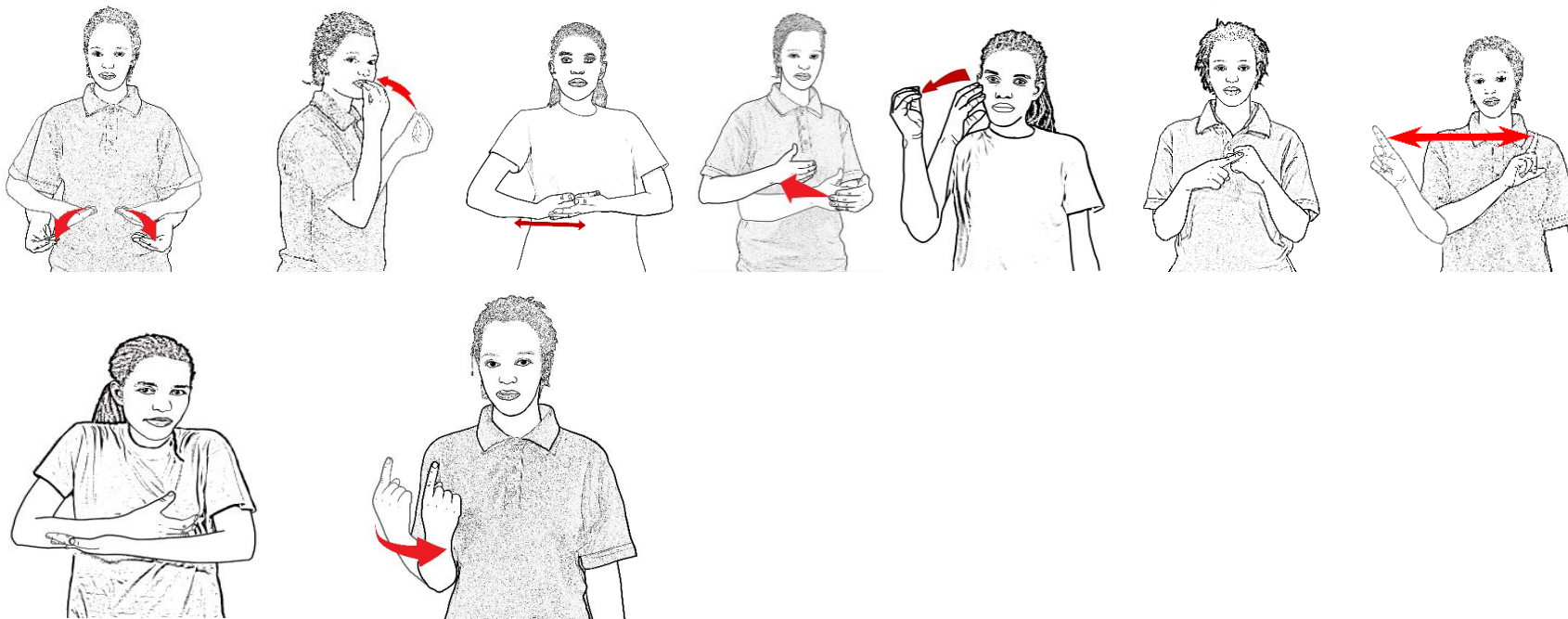
Check whether the baby is breastfed at least every three hours/ **Genzura niba umwana yonkejwe neza buri masaha atatu/Genzura umwana konka neza buri amasaha atatu**



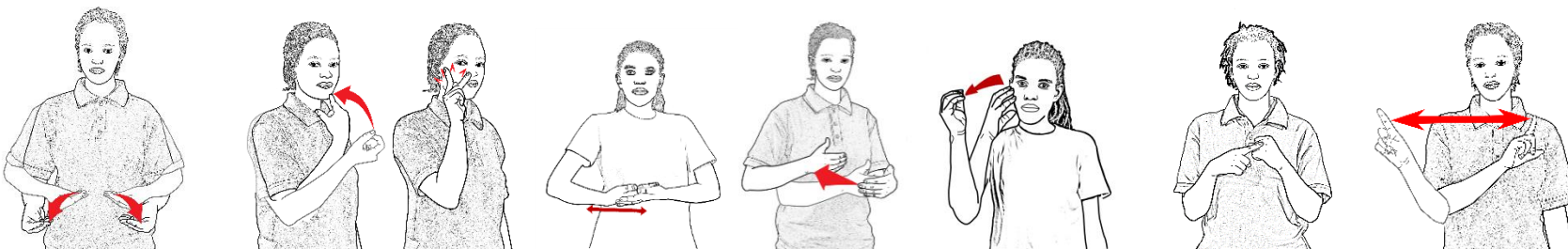
Check whether the baby breathes well/ **Genzura ko umwana ahumeka neza/Genzura umwana ahumeka neza**



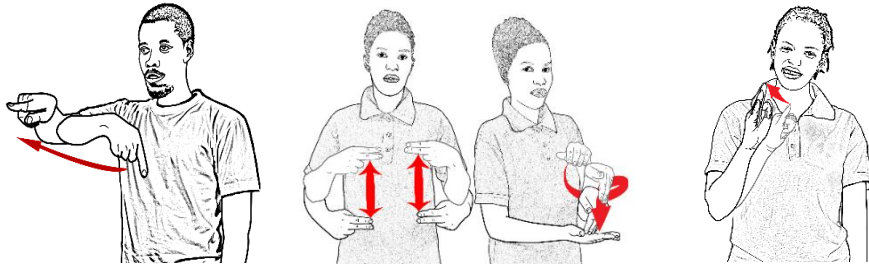
Do not give any food except breastmilk before six months/ Onsa umwana wawe amashereka yonyine mugihe cy'amezi atandatu utamuvangiye/ Guha ibiryo umwana mbere amezi atandatu oya konsa gusa



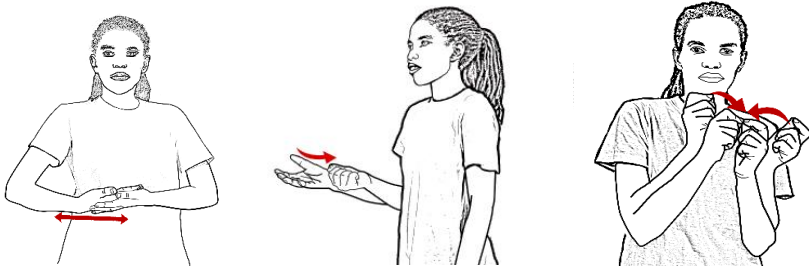
Do not give baby traditional medicines before six months/ Irinde guha umwana wawe imiti gakondo mbere y'amezi atandatu/Guha umuti kinyarwanda umwana mbere amezi atandatu oya



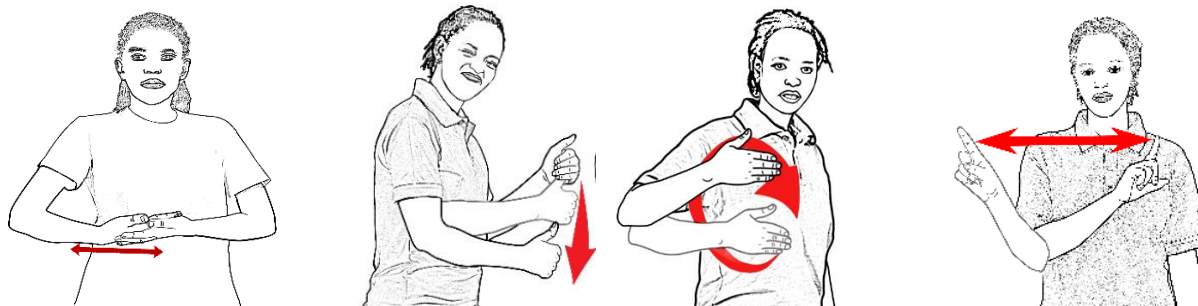
Come to health center if:/ **Jya ku kigo nderabuzima niba:/** **Kujya nderabuzima Ikigo niba**



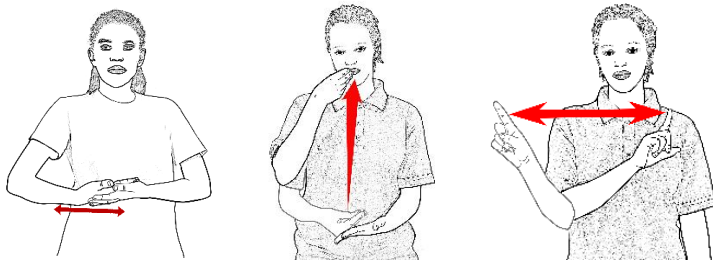
Baby has pain/ **Niba umwana aribwa/Umwana afite kubabara**



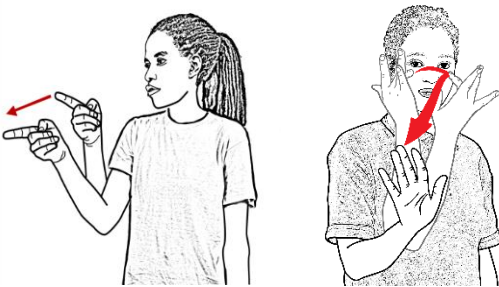
Baby does not defecate daily/ **Umwana ntiyituma buri muni/ Umwana kwituma buri muni oya**



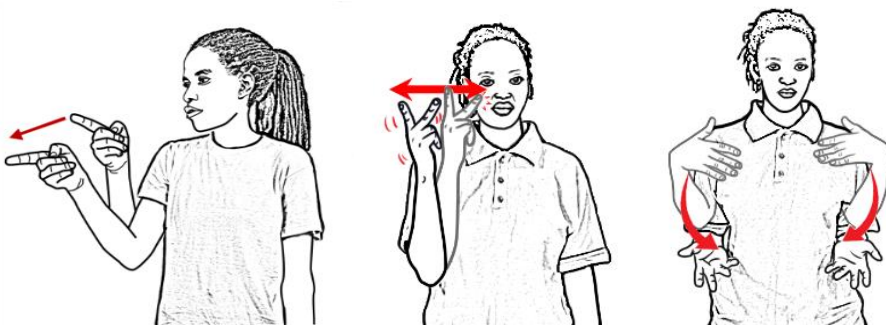
Baby does not eat/ **Umwana ntarya/Umwana kurya oya**



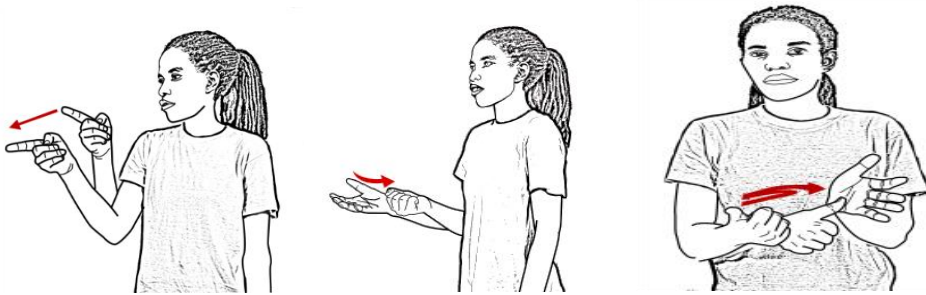
You are concerned/ **Birakureba/ Wowe birakureba**



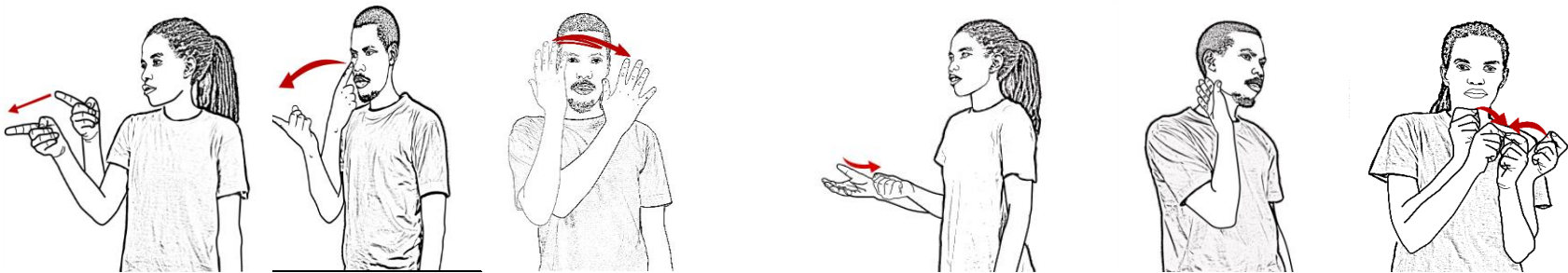
How are you?/ **Umeze ute?/Wowe umeze ute**



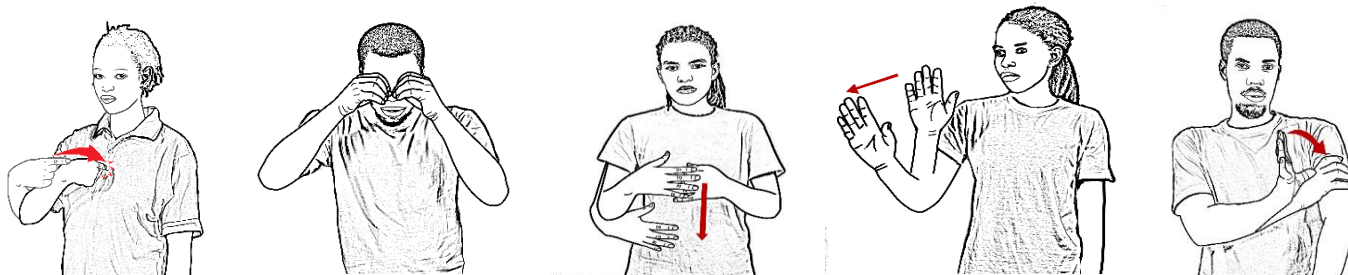
Do you have any problems? /Hari ikibazo ufite?/Wowe ufite ikibazo?



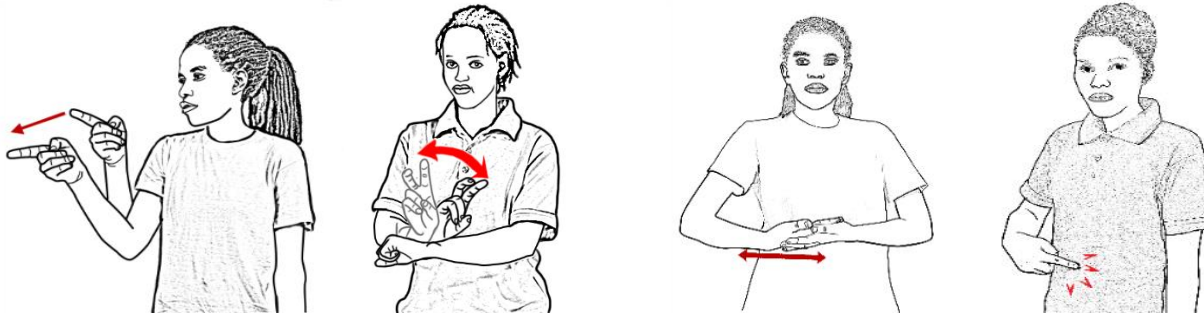
Do you have blurred vision, fever, pain?/ Waba ubona ibicyezicyezi/ufite umuriro/ ububabare?/ Wowe ufite ibicyezicyezi, umuriro, ububabare



I will check your blood pressure/ Ngiye kugupimira umuvuduko wawe w'amaraso/Njewe gupimira amaraso yawe umuvuduko



Have you seen the child's umbilical cord? / **waba wagenzuye umukondo w'umwana?** / **Wowe kugenzura umwana umukondo**



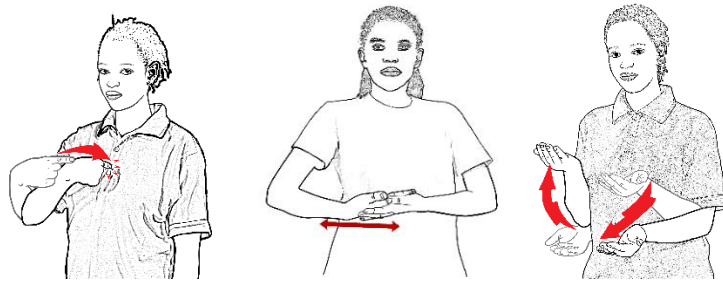
Is it bleeding? / **Waba uri kuva?** / **Umwana umukondo amaraso kuva**



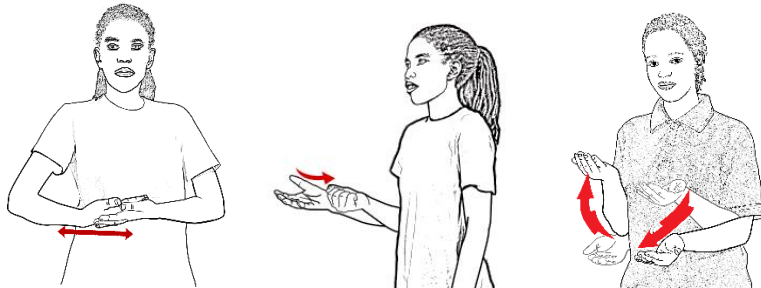
Is the baby fine? / **umwana ameze neza?** / **Umwana ameze neza**



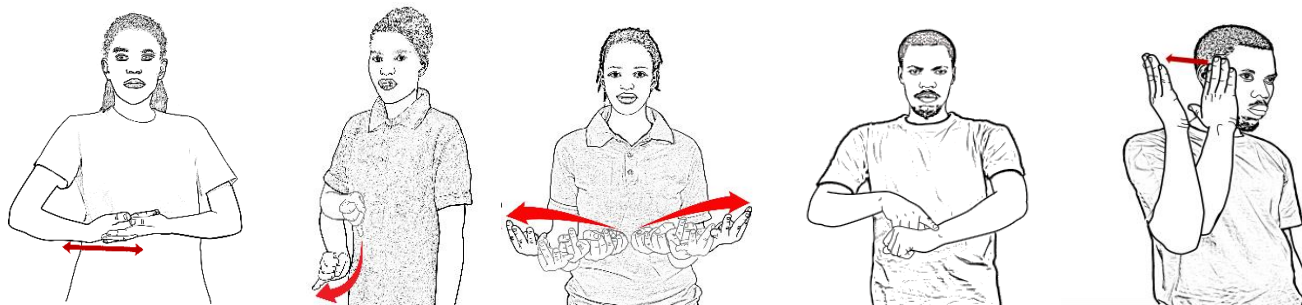
I will now weigh the baby/ Ngiye gupima ibiro by'umwana/Njyewe umwana gupima



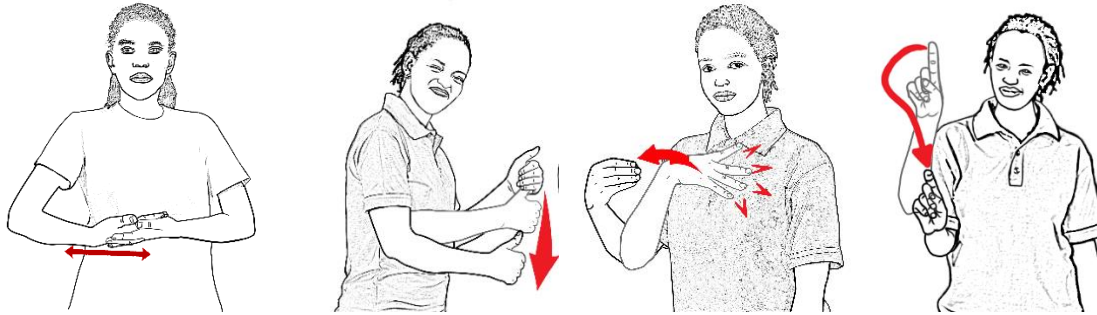
The baby is ... kilos/ Umwana afite ibiro/Umwana afite ibiro



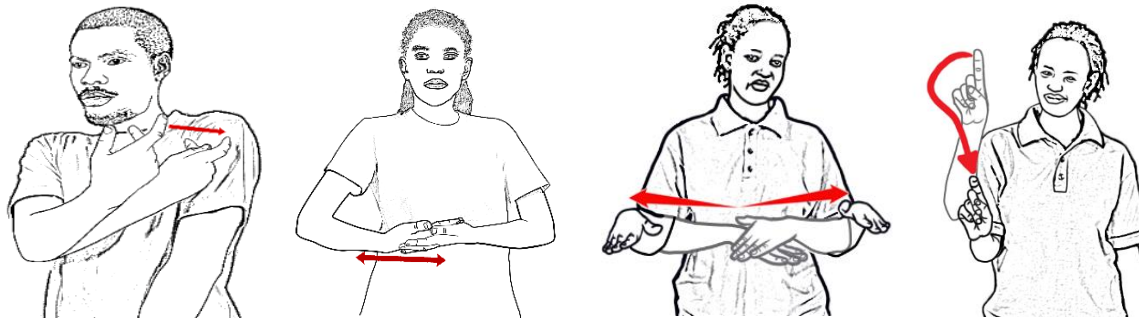
How many times a day does baby urinate?/ Umwana yihagarika kangaha ku munsu?/Umwana yihagarika kangaha inshuro ku munsu



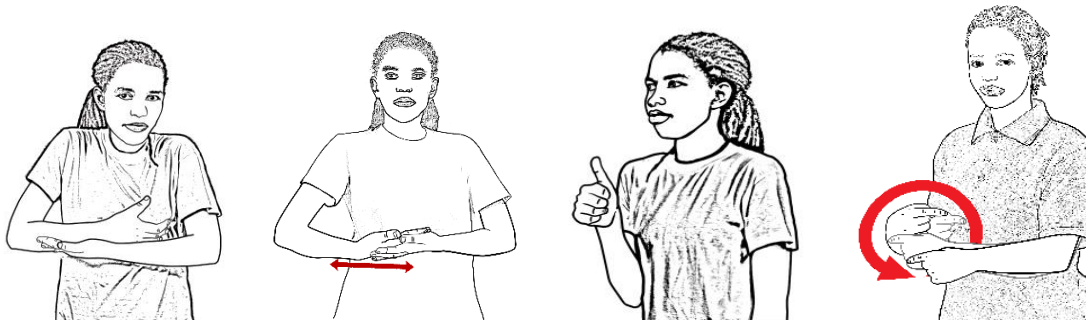
Does baby have stool? Is it yellow?/ umwana yaba yituma? byaba ari umuhondo?/Umwana kwituma umuhondo?



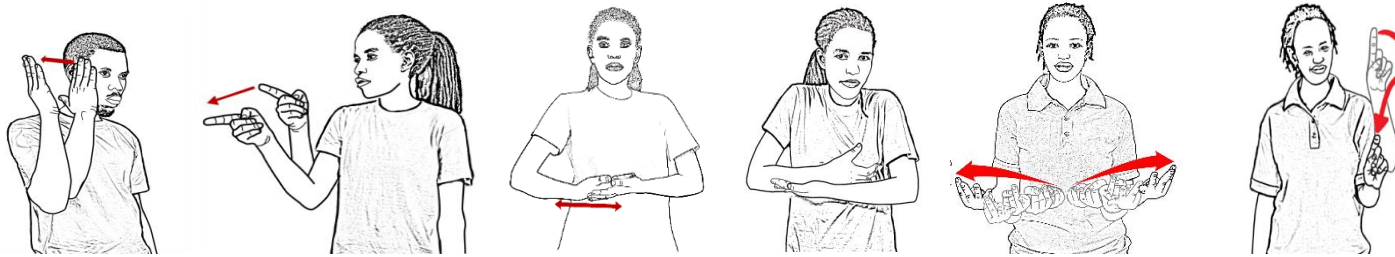
Is baby vaccinated?/ Umwana yaba yarakingiwe?/Urukingo umwana kurangiza?



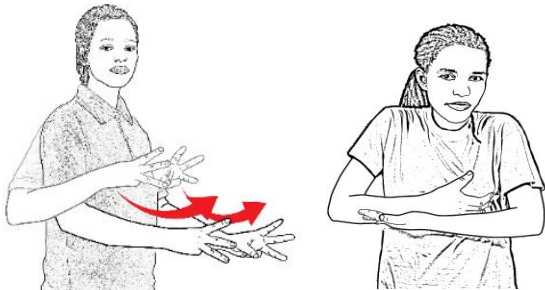
Is the breastfeeding going well?/ Umwana yaba yonka neza?/Konsa umwana neza gukomeza



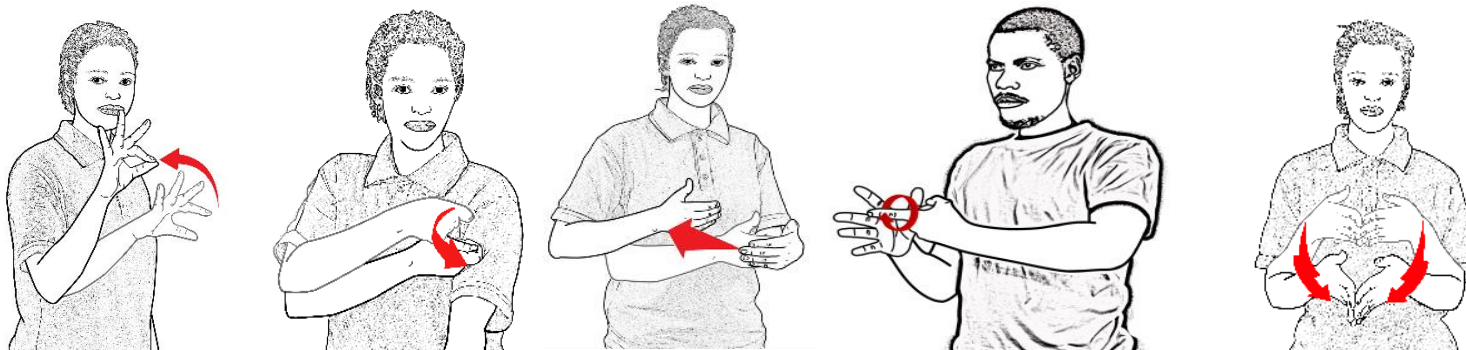
How often does baby feed per day?/ **Wonsa umwana wawe kangahe ku muni?/ Umunsi wowe umwana konsa kangahe?**



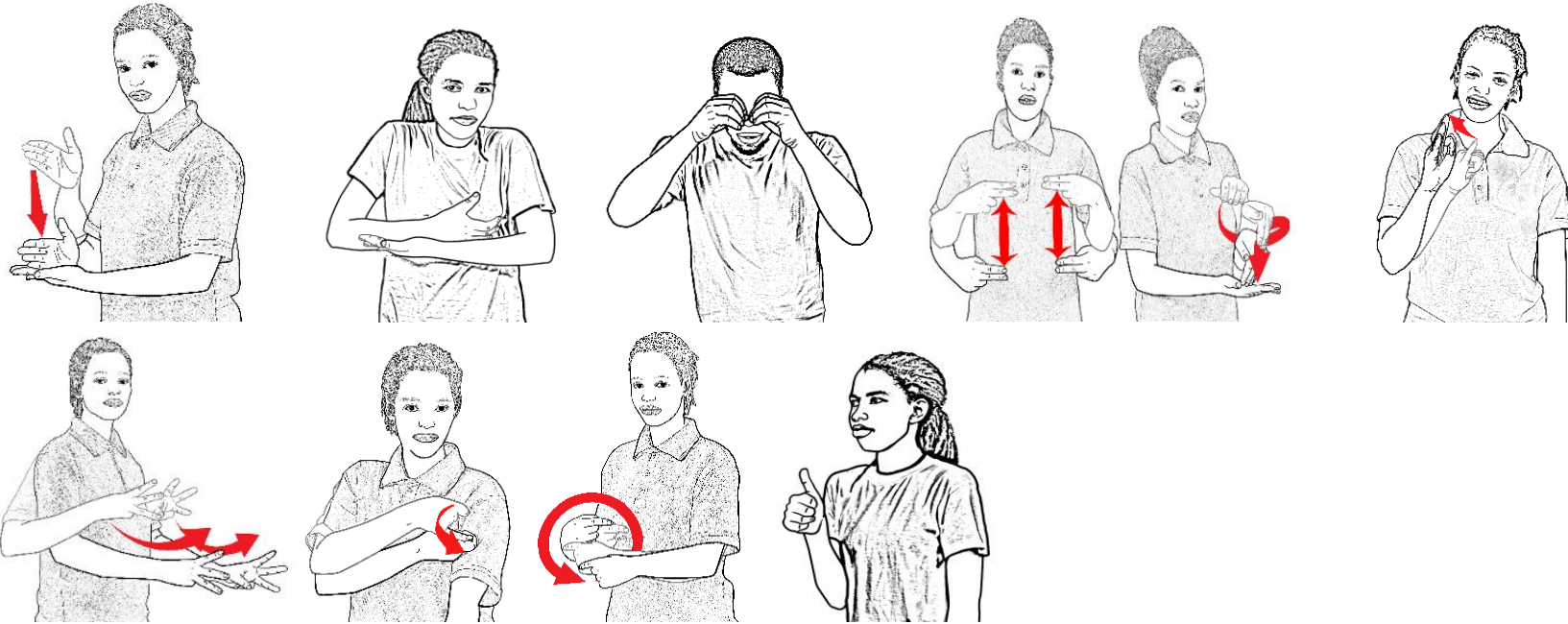
Breastfeeding positions/ **Uburyo bwo konsa/ Uburyo konsa**



Before you start intercourse, you need to choose a contraceptive/ **Hitamo uburyo bwo kuboneza urubyaro mbere yo gutangira imibonano mpuzabitsina/Hitamo kuboneza urubyaro mbere gutangira imibonano mpuzabitsina**



If you stop breastfeeding, check with health centre if your contraceptive still works/ **mu gihe uhagaritse kosa genzura n'ikigo nderabuzima niba uburyo bwawe bwo kuboneza urubyaro bugikora/Guhagarara kosa genzura nderabuzima ikigo niba uburyo kuboneza urubyaro bukomeza neza**



You can become pregnant when you are breastfeeding and do not use contraceptive. / **Mu gihe wonsa ushobora gutwita igihe udakoresheje uburyo bwo kuboneza urubyaro/Igihe kosa ushobora gutwita niba kuboneza urubyaro oya**



Wait at least one year before becoming pregnant again so body can recover./ Tegereza nibura umwaka mugihe wifuza kongera gutwita kugirango umubiri wawe wongere usubirane/Tegereza umwaka byibuze mbere umubiri gukira neza kongere gutwita.

