

Mazingira Bora



TIST

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

English Version

TIST is an innovative, time -
tested, afforestation program led
by the participants.



Mukameni Cluster meeting held on 19/05/21. The next meeting will be held on 23/06/21.

- Inside:**
- Reminder: Small Group Eligibility Requirements. Page 2
 - TIST Values: The strength and foundation of TIST. Page 2
 - TIST Values: The strength and foundation of TIST. Page 3
 - Strength in diversity: TIST protects biodiversity. Page 3
 - HIV & AIDS: Caring for PLWHA. Page 4



Reminder: Small Group Eligibility Requirements.

During your Cluster meeting, please review these requirements and help one another to understand them. They are important in our TIST activities and in achieving high results.

Your Small Group should meet the following requirements to qualify for the TIST Program:

1. There should be 6 to 12 members in your Small Group from at least three different households.
2. Each Small Group must be willing to follow the TIST Personal and Program Values.
3. Members of each Small Group should meet together weekly using TIST Small Group Best Practices to share ideas and organize their work. Small Group members should participate in TIST training to help develop and share best practices with other TIST groups.
4. All Small Group members are required to sign the Greenhouse Gas contract.
5. Small Group members should provide proof of land ownership or control of land where they will plant, or have planted, TIST trees.
6. Each Small Group should have a minimum of 1,000 live trees within 18 months after joining the TIST program and a minimum of 5,000 live trees within five years.
7. TIST Small Groups are supposed to organize to form Clusters. A Cluster is formed by Small Groups that are all within walking distance of each other. A Cluster should demonstrate sufficient land within two years of joining TIST to plant 250,000 trees (approximately 160 hectares).
8. TIST will pay farmers US \$0.02 per live tree per year throughout the contract. In addition, when GhG revenue exceeds TIST KE Program costs, Clean Air Action will pay the farmer 70% of net proceeds from greenhouse gas / carbon credit sales.
9. For the TIST Small Groups to qualify for a carbon business, they must meet the requirements governing operations of regulating bodies (Clean Development Mechanism (CDM) or Verified Carbon Standards (VCS). Some of the rules require Small Groups to keep the trees alive for 30 years or longer.
10. Your Small Group should replant trees that die, for any reason, each year for at least five years.
11. Tree species that are treated as bushes or hedges (less than two meters tall) cannot be counted as TIST trees.
12. Trees planted at a spacing of less than two meters will count skipped at a distance of two meters and in between trees can be thinned for firewood or fodder.
13. TIST will allow limited harvesting of live trees that are 10 years or older, according to a pre-approved plan. However, total trees harvested in any year cannot exceed 5% of the group's total live trees.
14. No trees that damage the environment will be counted as TIST trees.

TIST Values: The strength and foundation of TIST.

Most TIST Small Groups know TIST values. Still, it is important to reflect on these Values and to be sure that we all are truly living by them. The success of TIST is based on the integrity and effort of individual members within TIST. What we can achieve depends on each of us following these Values as we plant and care for our trees, take part in training and other activities, and report our results. Who is TIST? We are!

Who We Are

- 1) We are honest.
- 2) We are accurate.
- 3) We are transparent.
- 4) We are servants to each other.
- 5) We are mutually accountable to each other.
- 6) We are Role Models.
- 7) We are Volunteers.

How We Do Things that other people can see

- 1) We do the work ourselves in Small Groups.
- 2) We develop and use Best Practices.
- 3) We use our head and hands.

What do we do

- 1) We plant variety of trees for long-term.

- 2) We find ways to improve our health.
- 3) We practice Conservation Farming.
- 4) We do other projects and businesses (sustainable agriculture, nurseries, citrus growing, dairy goats and farming, chickens, bee keeping, fish ponds and fish keeping, silkworm farming, etc.).
- 5) We sell carbon credits.

What we create

When follow these Values as we live and do business, we create something good that was not there before.

- 1) We create Team Work—by doing things this way, we end up working like a team.
- 2) We create Capacity—we create organization, strength, and a system that is strong.
- 3) We create Enjoyment—we see results, we accomplish big things that we enjoy.
- 4) We create Big Results—Big results in planting trees. Big results in Conservation Farming and from other projects and business that we do.

We create Low Budget/ cost, yet we achieve big results.



TIST: Trees make the environment better for us all.

In TIST, we plant trees to take part in the carbon market and earn income from carbon-offset sales. However, the other benefits of trees are enormous!

Here are just a few benefits we (and the rest of the world) enjoy:

- ❑ Trees serve as natural habitat to support a wide variety of flora and fauna. They provide a sense of privacy and security to wildlife seeking shelter in the woods and provide them with food. Protecting biodiversity makes our farms and our planet more productive and resilient to climate change and other challenges.
- ❑ Trees improve the quality of air and reduce dangerous pollution. Trees remove excess carbon dioxide and air pollutants including sulfur dioxide, ozone, and nitrogen oxide. In return, they give us oxygen required for life.
- ❑ The visual quality of a landscape is improved by planting trees, which, in turn, improves the quality of life. The greenery of trees adds color to the landscape and enhances the picturesque beauty of the environment.
- ❑ Trees control the climate by moderating the effects of sun, wind, and rain. They can help prevent severe floods, landslides, and wind damage. Trees moderate flood hazards by allowing the rainwater to percolate into the soil instead of running over it.
- ❑ Trees reduce soil erosion. Their roots bind soil that would otherwise wash away in rainstorms and floods. Trees also help improve the fertility of soil. Rich soil transfers nutrients to food, which contributes to human health.
- ❑ Trees are great absorbers of noise. Noise pollution can be reduced to a great extent by planting more and more trees.
- ❑ The demand for clean drinking water can be met by planting indigenous trees. Forests and plant cover naturally slows the runoff of rainwater and filters it into the soil. Once slowed, rainwater seeps down to refill underground aquifers we depend on for our use. Trees also shade rivers, keeping water cool, and slowing its loss through evaporation.

Strength in diversity: TIST protects biodiversity.

Biodiversity—the richness and variety of nature—is essential to a healthy environment. Variety is especially important for responding to change and challenges, like drought, pests, or climate change. Since biodiversity is so important, you might think that people everywhere are working to make sure we protect and preserve this natural richness. However, each day, because of our human actions, we are losing species and genetic diversity as forests are cut, wetlands are drained, and resources are over-exploited. We see this loss every day. Think of how many kinds of plants, birds, and animals that you saw often when you or your parents were young but that are rare or gone today? There are nine million different species of organisms on our planet, and when we destroy them, it is a permanent loss for each of the seven billion people who share this planet, for our children, and for their children.

TIST farmers are making a difference, working to preserve this rich diversity. Each tree we plant is an

important renewable resource. Each tree we plant reduces pressure on natural, diverse forest since we can use it instead of cutting forests for fuel wood, timber, and other products. When we plant indigenous trees, as many groups have in riparian buffer groves and thousands of TIST farmers have on their farms, we directly protect biodiversity. These diverse indigenous trees also provide habitat and food for insects, birds, and animals, many of which are important for pollinating our crops, eating pests, or keeping our soil healthy.

TIST farmers are also sharing their knowledge about biodiversity. Farmers are being interviewed in clusters in a pilot project to share information about biodiversity in their areas. When we learn more about the plants and animals around us, the changes in these areas, and the threats to this diversity, we can take action to preserve this amazing resource. Let's all come together, and share our knowledge, and plant indigenous trees to make a better world for all.



HIV & AIDS: Caring for PLWHA.

PLWHA stands for 'People Living with HIV and AIDS'. In this article, we will be discussing the topic of looking after PLWHA at home by caregivers.

Remind people that the best way to prevent complications is to encourage people to be diagnosed early through HIV testing and to start ARV medication at the time the doctor advises. This information is for when caregivers are looking after PLWHA who have some medical complications. This article is not designed to scare people, and not all PLWHA will develop these complications. In fact, much of the advice given below is useful knowledge for looking after people both with and without HIV. They are based on good home nursing practices.

Giving proper care to PLWHA when medical complications arise may take a lot of love, patience and self-sacrifice. However, the right care can significantly increase both the quality and length of life of the patient.

Anyone who is committed to the patient is able to look after him or her at home. However, some guidelines must be followed to make sure care is given in the best way.

Best practices while providing care to protect both the caregiver and the patient.

Caregivers have a very low risk of being infected with the virus from the patient they look after if they follow some common sense principles. Here are some general guidelines written for caregivers:

- Wash your hands with water and soap before and after doing any tasks.
- Cover any scratches or wounds on your body (especially on your hands) with a plaster before providing care to the patient.
- If blood, vomit or feces spill on the bed or the floor, you should wipe them up carefully using gloves and diluted bleach if available. The gloves should be made of rubber, and should be washed carefully after each use. If gloves are not available you can use small plastic bags. Wash your hands afterwards as well.
- Clothes or any articles soiled with the patient's body fluids should be placed in boiling water and left there for 20 to 30 minutes before they are

then washed and hung for drying.

- Pieces of cloth and bandages from wounds or boils should be burned.
- Items used for cleaning, such as cotton wool and toilet paper should be put down the pit latrine or burned.
- Collect all needles and sharp objects in a box and take to the nearest health centre for proper disposal.
- Wear gloves when you are touching items that have been in contact with infected body fluids.
- If you accidentally come into direct contact with the patient's blood or body fluids wash the area with water and soap. If the area is bleeding, allow it to bleed for a little bit. Remember the risk of transmission is only if the infected body fluid enters your bloodstream. Intact skin is a good barrier. However, if you think the body fluids may have entered your bloodstream, for example through an open wound on your skin, get advice from your local health worker.

Home cleanliness.

Long-term patients and especially those with HIV & AIDS are susceptible to infectious diseases. It is therefore important for patients and caregivers to observe strict cleanliness in order to reduce the chances of contracting these diseases, especially diarrhea.

Patients and caregivers should make a habit of washing their hands before preparing food and before eating.

- Hands should be washed with water and soap after using the toilet.
- Utensils for food should be washed with water and soap.
- Cover the mouth when coughing or sneezing.
- Spitting should be done into a container set aside for that purpose. The container should have a lid and you can place some ash in it. Empty the contents into a pit latrine and clean the container with hot water and detergent.

If the patient is taking ARV's, help the patient to take the drugs at the right time and in the right dose. This is the best preventative measure. Always monitor the patient and refer to a health facility if things appear to be getting worse.

The following table is a guide on how to treat patients at home according to the illness they have.

Symptom	Home care
Fever	<ul style="list-style-type: none"> • Take off unnecessary clothes and coverings. • Put the patient where there is plenty of air. • Wipe the patient with a cloth moistened with warm water. Give the patient water, porridge or tea to drink. • Give Paracetamol 500 mg tablets: 2 tablets every 4 hours but not more than 8 tablets per day.
Cough	<ul style="list-style-type: none"> • There should be enough air in the room. • Encourage the patient to sit or walk around if possible rather than lying down. • Shield the mouth with hand when coughing. • Give plenty of fluids and citrus fruit. • Try lemon tea with honey. • Medicated cough mixture may help.



<p>Difficulty breathing</p>	<ul style="list-style-type: none"> • Treat any cough (see above). • If the nose is blocked try using steam and menthol or eucalyptus leaves to clear the airways. • Help the patient find a more comfortable position. Often sitting is best, with pillows for back support. • Drink plenty of water.
<p>Mouth ulcers</p>	<ul style="list-style-type: none"> • Keep the teeth brushed. • Avoid very hot, very cold or spicy foods. • Rinse with salt water after eating and before bed (a pinch of salt in a glass of water). • Mix two tablets of aspirin in water and rinse the mouth (spit the solution out) up to 4 times a day.
<p>Nausea and vomiting</p>	<ul style="list-style-type: none"> • Make sure the patient has plenty of clean air. • Try to eat small amounts of plain foods such as boiled potatoes, cassava etc. • Drink water, tea or juice slowly and frequently. • Some ARV drugs are better taken with food, but not all – check with your health centre.
<p>Diarrhea</p>	<ul style="list-style-type: none"> • Drink plenty of clean water or liquid foods such as soup, porridge, black unsweetened tea, and juice. • Take oral rehydration salts (this can be made by dissolving six teaspoons of sugar and half a teaspoon of salt in 1 liter of cooled boiled water). • Drink liquid foods with no sugar added. • Eat starchy foods like Ugali, cassava. • Potatoes, plain rice, plain bread, dry biscuits, bananas and tomatoes are good to eat as well. • Try 5-6 small meals rather than 3 larger meals.
	<p>Avoid:</p> <ul style="list-style-type: none"> • Fruit and vegetables, except bananas and tomatoes • Dairy products, including yoghurt • Spicy foods • Greasy foods • Coffee and alcohol • Raw foods
	<p>Normal breastfeeding of a child should continue. If passing stools is painful put some petroleum jelly on the rectal area. Help prevent diarrhea by:</p> <ul style="list-style-type: none"> • Always boil water for drinking. • Keep drinking water in clean and covered utensils. • Always wash hands with water and soap before eating and after using the toilet. • Patient should always be given properly cooked food. • Leftovers should always be properly heated before they are consumed. Leftovers should only be re-heated once.
<p>Dry and itchy skin</p>	<ul style="list-style-type: none"> • Wash with mild soap and water • Keep dry in between washings • Avoid strong soap and detergent. • Apply oils like Vaseline, coconut oil, vegetable oil, glycerin etc. • In the case of itchy skin, cooling the skin and fanning it may provide some relief. Avoid scratching and apply Calamine lotion. • Tea leaves soaked in hot water may be good for itchy skin. • If possible, ensure the diet contains eggs, green vegetables, pumpkins, and pawpaw.
<p>Scratches/small wounds</p>	<ul style="list-style-type: none"> • Wash with clean water. Apply an antiseptic if available.
<p>Sores and Boils</p>	<ul style="list-style-type: none"> • For small sores and boils wash with salty water and allow to dry. • If very painful give Paracetamol or aspirin. • Applying ripe pawpaw flesh may help soothe the area.
<p>Headache</p>	<ul style="list-style-type: none"> • Some headaches are caused by tension and massaging the scalp may help. • A general guide for managing minor pain is as follows: Give 2 tablets of Paracetamol (500 mg per tablet) every 4 hours, and aspirin (500mg per tablet) or ibuprofen (400 mg per tablet) at night.



Wounds or discharge from the penis / vagina	<ul style="list-style-type: none"> • Wash wounds with salt water and soap then dry them with a clean cloth. • These signs may also be due to sexually transmitted diseases. It is good to take tests at a clinic to check for these diseases and take the appropriate measures.
Mental confusion	<ul style="list-style-type: none"> • Sharp objects like knives and machetes should be put out of reach of the patients for fear of harming themselves or others. • The patient should be supported when walking. • The patient should not be left alone in the room. • Keep drugs out of reach of the patient.
Bed ridden	<ul style="list-style-type: none"> • Turn over patient in bed after every two hours to avoid bedsores. • Get help to lift the person to move. Do not drag the patient on the bed. • Remove folds on beddings. • Change wet or soiled beddings without delay. • Wash body with water and soap daily. • Observe oral cleanliness daily by brushing teeth or gargling with salt water. • Help the patient do body exercises such as moving the joints at the wrists, elbows, shoulders and knees. • Check for bedsores. See section on sores and boils for treatment.

The above guidelines are for managing minor illnesses. If symptoms get worse then help should be found from a health facility. The following are some of the signs which indicate the attention of a doctor or nurse is needed:

- Very painful sores
- Deep wounds or abscesses
- If skin problems such as rashes and itchiness spread over the body and especially if it reaches the eyes
- Infected wounds (red, swollen, containing pus) accompanied by fever
- White patches in the mouth that can be scraped off
- Pain and difficulty when swallowing
- Nausea for more than two weeks
- Vomiting for more than 1 day
- Abdominal pain
- Yellow eyes
- Diarrhea lasting more than 5 days
- Blood or mucus in the stool
- Chest pain and fast breathing
- Fever for more than 7 days (or immediate attention if you suspect malaria)
- Blood in sputum
- Any fever accompanied by a cough, diarrhea, stiff neck or yellow eyes
- Slurred speech
- Headache for more than 24 hours
- Sudden change in behavior
- Weakness in just one side of the body
- If pain is too severe to manage with basic painkillers
- Any symptom that lasts for more than two weeks should be checked out.

Caring for the terminally sick.

When it has become evident that the patient is in the last days of life, it is important that all concerned (patient, family and friends) should be prepared to accept the imminent death and know how to continue with life after the patient has died.

The patient should sit or sleep where he / she is not going to be disturbed. Reduce pain as much as possible. There may come a stage when the

healthcare worker suggests stopping some medication. Normally if the patient has TB, then that medication will continue. Keep the patient and surroundings clean all the time. The patient should be asked what he / she needs, and these should be fulfilled as much as possible. Continue to listen to the patient. Listen to their thoughts, feelings, worries and hopes. Speak words of comfort and wise counsel. Try to help the patient understand what he / she is feeling. Tell the patient they are loved and will be remembered. If the patient wants, he / she should be assisted in his / her funeral arrangements, preparing the will and thinking through any issues to do with who will look after children etc. Provide physical contact such as holding hands. Pray with and for the patient if the patient desires. After the patient has died, you as the caregiver and the close family and friends may need to have time and space to grieve. This process can take months or years and requires patience and seeking help when needed. Talk about your feelings with trusted friends. Try not to rush big decisions at this time. Help children know they will still be loved and cared for.

As a final thought for this article, remember that the caregiver also needs to look after himself or herself:

- Looking after someone at home is hard work and not always easy at all.
- Often the sick person may be frustrated and take out their anger on you.
- They may not mean everything they say during this time, so try not to react too much.
- Try to get people to come and help so that you can take breaks. No one can work all the time without a break, and to give yourself the strength to keep serving the patient you need to look after yourself.
- It is not selfish to take time away when you need it – it is an important part of ensuring you have the energy to keep strong yourself.
- Remember to look after your own health by eating well and taking exercise and making time to be with your friends and community support structure.

Mazingira Bora



TIST

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

Kimereu Version

TIST is an innovative, time -
tested, afforestation program led
by the participants.



Mkutano wa Nguzo ya Mukameni uliofanyika tarehe 19/05/21. Mkutano unaofuata utafanyika tarehe 23/06/21.

Inside: Kiririkania: Mantu jaria jendekaga ja gakundi. Page 2

Jaria TIST iikirite: Inya na musingi jwa TIST. Page 2

Miti nitumaga naria gututhiurukite gukethira kuthongi nkuruki kiri batwi twinthe. Page 3

Inya kiri mithemba imingi: TIST nikaragia wingi bwa mithemba. Page 3

HIV & AIDS: Kumenyera PLWHA. Page 4



Kiririkania: Mantu jaria jendekaga ja gakundi.

Kiri mucemanio jwenu, kurukirani mauntu jaja na butethanie kumamenya. Ni mauntu jari na gitumi kiri ngugi jia TIST na nkinya kugwata maumithio mama nene.

Gakundi gaku ka nini ni kabwiri gukinyithia mauntu jaja nikenda getikirika gwa TIST:

1. Kethirwe kari na amemba 6 - 12 na baumite kiri mijiji ithatu nkurani.
2. Gakundi no nkinya getikire kuthingatira mauntu jaria TIST ikagira muno ona nkinya muradi.
3. Amemba bonthe ba gakundi no nkinya betikirie gucemanagia o kiumia bagitumagira njira iria mbega jia TIST jia kumenyithania mauntu na nkinya kubangani ngugi jiao.
4. Amemba bonthe no nkinya ba caine kiriko gia Greenhouse Gas (GhG).
5. Amemba no nkinya boonanie ati miunda ni yao kana rutha rua kuria bakaanda miti kana baandite miti ya TIST.
6. Gakundi No nkinya kaande miti 1,000 ndeene ya mieri 18 kuuma bejangikithia na TIST na Bakinyithie miti ngiri 5,000 ndeene ya kagiita ka miaka itano.
7. Ikundi jia TIST no nkinya jii bangi kuthondeka clasta. Clasta ithondekagwa ni tukuundi turia turi amwe antu benkithii na maguru. Clasta no nkinya ndeene ya miaka iri bonanie migunda ya kwigana kuanda miti 250,000 (ja 160 Ha)

8. TIST ikaria arimi US £0.02 oo muti bakkanda wi muoyo oo mwaka nkinya kiriko kithire. Na nkuruki, riria baita igakurukiria matumiri ja TIST Kenya, Clean Air Action ikaria murimi gicunji gia 70% kia baita kuuma kiri wenda wa Carbon.
9. Nikenda gakundi kaumba gutonya kiri biashara ya riera no nkinya gakinyithie mauntu jaria jendekaga kiri biashara iji baria batongagiria ngugi iji ni (Clean Development Mechanism -CDM kana Verified Carbon Standards- VCS). Mawatho jamwe ni jendaga gakundi kamenyeere miti gwa kagita ka miaka 30 kan ona nkuruki.
10. Gakundi nonkinya gacokerie miti iria ikauma nontu bwa gitumi o kiriku o mwaka gwa kagita ka miaka itano.
11. Miti iria itegagirua ja ithaka kana ndwego iria itukuraga nkuruki ya mita ijiri itibaterie gutarwa ja miti ya TIST.
12. Miti iria iandi na utiganu bunini nkuruki ya mita ijiri nayo ga igatigagirwa nikenda ikinyithia mita ijiri. Miti iu no igitwe igatumirwa ja nku kan ndithiene.
13. TIST igetikiria ugiti bukai muno bwa miti iria iri na miaka ikumi kana nkuruki kuringana na buria barikenie. Kunari uu miti yonthe iria ikagitwa itigakurukie 5% ya miti yonthe ya gikundi.
14. Guti miti iria ithukagia riera iga tarua ja miti ya TIST.

Jaria TIST iikirite: Inya na musingi jwa TIST.

Ikundi bibinini biria bingi bia TIST nibiiji jaria TIST iikirite. Amwe na bou, kurina bata kuthuganiria mantu jaja na kumenyeera ati nitujathingatira na umma. Kuumbana gwa TIST gukaumania na kuthingatira kwa jaria jabati na ngugi ya o mumemba wonthe ndene ya TIST. Jaria tukomba gukinyira jakaringana na uria o umwe kiritwi akathingatira mantu jaja riria tukuanda na kumenyeera miti yetu, tugwita kiri uritani na kiri mantu jangi, na tugacokia ripoti kwegie jaria tuthithitie. TIST nibao? Ni batwi!

Turi bao

- 1) Turi ba umma
- 2) Turi ba jaria jongwa jario
- 3) Turi ba weru
- 4) Turi atungataniri
- 5) Turi ba kumenyanira twingwa.
- 6) Turi ming'uanano imiega
- 7) Turi ba kuiritira

Uria tuthithagia mantu jaria antu bangi bakoona

- 1) Turitaga ngugi twingwa ndene ya ikundi bibinini.
- 2) Nituthuganiria na gwitikaniria mitire iria miega buru ya kuthithia mantu.
- 3) Tutumagira mitwe na njara cietu.

Nimbi tuthithagia

- 1) Nitwandaga miti mithemba imingi ya igita riraja.
- 2) Nitucwaga njira cia kuthongomia thiria yetu ya mwiri.
- 3) Niturimaga na njira ya Urimi bubwega (Kilimo Hai)
- 4) Nituthithagia miradi na biashara ingi (urimi bwa gwika unoru bwa miunda yetu igita riraja, minanda, kurima ntunda, mburi cia iria na kurima, gwika njuki, gwika makuyu, kurithia imemeo na jangi jamaingi)
- 5) Nitwendagia ruugo

Jaria tuthithagia

Riria twathingatira mantu jaja o uria tugutuura na kuthithia biashara, nituthithagia gintu gikiega kiria gitirario mbele.

- 1) Nitumbaga kuritanagiria ngugi amwe—gukurukira kuthithia uju, turigayia kurita ngugi ja timu. .
- 2) Nitwakaga—Nituthithagia kambuni, inya na njira iria irina inya.
- 3) Nitugwiragua—twona maciara, nitumbaga kuthithia mantu jamanene jaria tukenagira.
- 4) Nituthithagia mantu jamanene—Mantu jamanene kiri kuanda miti. Mantu jamanene kiri urimi bubwega na mibango na biashara ingi iria tuthithagia.
- 5) Nitutumagira mbeba inkai, indi tukathithia mantu jamanene.



Miti nitumaga naria gututhiurukite gukethira kuthongi nkuruki kiri batwi twinthe.

Ndene ya TIST, nituandaga miti nikenda tuumba gutonya thokone ya ruugo na twona mbeba kuumania na kwendia ruugo. Indi-ri, baita ingi cia miti ni inene!

Aja ni baita imwe inkai iria batwi (na nthiguru yonthe) twonaga:

- ☐ Miti ni gikaro kia mithemba imingi ya imera na nyomoo. Niiejanaga antu a gucioga kuumania na bangi na gicitho kiri nyomoo cia kithaka iria cigucua gikaro mitine na kucia irio. Gukaria mithemba imingi ya nyomoo na imera nigutumaga miunda yetu na nthiguru yetu ikagia maciara jamaingi nkuruki na ikaregana na kugaruka kwa rera na magitaria jangi.
- ☐ Miti nithongomagia ruugo na ikanyiyia kuthukua gukuthuku kwa naria gututhiurukite. Miti niritaga ruugo ruruthuku rwaingia na bingi biria bithukagia ruugo ta sulfur dioxide, ozone na nitrogen oxide. Gucokia, nituejaga ruugo rurwega ruria rendekaga kiri utuuro.
- ☐ Uthongi kiri metho bwa miunda nibuthongomagua ni kuanda miti, naku gukathongomia miturire. Rangi ya miti niongagira miunda rangi na kuthongomia uthongi bwa kimbicha bwa naria gututhiurukite.
- ☐ Miti nigaruraga rera na njira ya kunyiyia jaria jaumanagia na riuu, ruugo na mbura. Miti noitethie kurigiria kuigara kwa ruuji, kwaruka kwa nthi na magitaria ja ruugo. Miti ninyiagia mathukia ja mbura inyingi na njira ya kureka ruuji rwa ngai rutonya muthetune antu a guitira iguru ruri muguo.
- ☐ Miti ninyiagia gukamatwa kwa muthetu. Miri yayo nigwataga muthetu juria antune angi juringi gukamatwa mburene. Miti kinya nitethagia kunoria muthetu. Muthetu jumunoru nijuikagira irio nutrient na kwou bikathongomia thiria ya miri.
- ☐ Miti nijukagia gituma na njira inene. Kuthukia kwa naria gututhiurukite ni gituma kwomba kunyiwua na njira inene na njira ya kuanda miti ingi na ingi.
- ☐ Kwendeka kwa ruuji rurutheru rwa kunyua kwomba gutetheka na njira ya kuanda miti ya gintwire. Miitu na imera nibinyiagia kumatuka kwa ruuji rwa ngai na kurukemba mbele ya rutonya muthetune. Kumatuka kwaru kwanyiwua, ruuji rwa ngai nirutonyaga nthi kuujuria marinya jaria jari ndene muthetune na jaria jari bata mono kiritwi. Miti kairi nikunikagira nduuji, ruuji rugakara rurina mpio na mpaari ikanyiyia kuura kwa ruuji gukurukira kujukua ni riuu.

Inya kiri mithemba imingi: TIST nikaragia wingi bwa mithemba.

Wingi bwa mithemba—unoru na wingi bwa nyomoo na imera—burina bata kiri guntu kurina thiria. Wingi buri na bata nkuruki niuntu bwa kuthiria kugaruka na magitaria ta uumo, tunyomoo tutui, kana kugaruka kwa rera. Niuntu wingi bwa mithemba burina bata mono, nouthugagnie ati antu kunthe nibakurita ngugi kumenyeera ati nitugwika wingi bubu buturaga o. Indi-ri, o ntuku, niuntu bwa mantu jaria antu bathithagia, nituguta wingi bwa mithemba na ruciara o uria miti ikugitwa, irimba bikanyarua, na into biria tuei bigatumirwa nkuruki ya uria bibati. Nitwonaga kuura guku ntuku cionthe. Thuganiria ni mithemba ing'ana ya imera, nyoni na nyomoo iria woonaga akui rionthe riria ugwe kana aciari baku bari babethi indi nandi ni inkai kana itio narua? Kurina mithemba milioni kenda mwanya ya nyomoo na imera ndene ya nthiguru iji, na riria tuminyangagia, ni kwaga kwa mwanka gutirio kiri antu bilioni mugwanja baria bagaanaga nthiguru iji, kiri aana betu na kiri aana bao.

Arimi ba TIST nibakuthithia mwanya, kurita ngugi gwika wingi bwa mithemba. O muti juria twuandaga ni gintu gia gutumika kirina bata. O muti

juria tuandaga nijunyiagia urito kiri miitu iria irina mithemba imingi iria ituuraga o niuntu notumitumire antua kugiita miitu nikenda twona nkuu, mpao na into bingi. Riria tuandaga miti ya gintwire, ta uria ikundi bibinini biria birina miunda iri nterene cia ruuji na ngiri cia arimi ba TIST barinayo miundene yao, nitukaragia wingi bwa mithemba. Mithemba iji imingi ya miti ya gintwire kinya ni gikaro na irio kiri tunyomoo, nyoni na nyomoo, nyingi cia iria cirina bata mono kiri guciara kwa imera bietu, kuria tunyomoo tutui kana gwika muthetu jwetu jurina thiria.

Arimi ba TIST kinya nibakugaana umenyo bwao kwegie wingi bwa mithemba. Arimi nibakuurua biuria ndene ya cluster kiri mubango jwa kwambia jwa kugaana umenyo kwegie wingi bwa mithemba ndene ya ntuura ciao. Riria tukathooma jangi kwegie imera na nyomoo iria cituthiurukite, kugaruka kuria kuri kiri ntuura iji, na magitaria kiri wingi bubu, tutoomba kujukia itagarua gwika gintu giki gia kurigaria. Twijeni twinthe amwe, tugaane umenyo na tuande miti ya gintwire nikenda tuthithia nthiguru injega kiritwi twinthe.



HIV & AIDS: Kumenyera PLWHA.

PLWHA irirungamira 'Antu baria bagutura na HIV na AIDS'. Ndene ya maandiko jaja, tukaaraniria kwegie kumenyeera antu baba bagwitwa PLWHA riria bari natwi nja

Rikania antu ati njira injega buru ya guciebaniria na uumo bwa mantu riria murimo juju jumba kwithirwa jurio ni gwikira antu inya ya gutegeka kurio gukurukira kuthimwa HIV na kwambiria kunyua ndawa cia ARV riria daktari akauga wambirie. Mantu jaja jari aja ni jab aria bamenyagira antu baba PLWHA baria bejagirwa ni thina ingi cia thiria ya mwiri. Jaja jari aja ti ja kumakia antu, ti PLWHA bonthe bagacemania na thina iji. Kwaria mma, kirira kiria kiri aja ni umenyo bwa bata riria ukumenyeera antu baria bari na HIV na kinya baria batina yo. Mantu jaja ni jegie njira cia kumenyeera ajii riri turina bo nja.

Kua PLWHA umenyeeri buria bubati riria thina ingi cia kithiria cikwija nikwendaga wendo, uumiria na kuciritira gukwingi. Indiri, umenyeeri buria bubati nobwongere nainya uthongo na uraja bwa uturo bwa mwajii ou.

Uria wonthe uciritirite kiri mwajii noombe kumumenyera ari nja. Indiri, mantu jamwe nomwanka jathingatirwe nikenda umenyeera ati umenyeeri bubu ni bukuejanwa na njira iria njega buru.

Mitire iria miega buru ya kumenyeera mwajii na njira iria ukamenyeera mumenyeeri na mwajii

Amenyerani barina kanya kanini ga kugwatwa ni virusi kuumania na mwajii uria bakunyeera kethira bakathingatire mantu jamwe jaria muntu wonthe abati kumenya. Jaja ni jamwe ja mantu jaria mumenyerani abati kuthingatira:

- Thambia njara ciaku na sabuni mbele na nyuma ya kuthithia mantu jonthe.
- Kunikira naria ung'ari kana urina kirona mwiline jwaku (mono njarene) na plaster mbele ya kuthithiria mwajii untu kinya buriku.
- Kethira ndamu, mataika kana kioro gigwitika gitandene kana nthiguru, nubati kwanguria na umenyeri mono ugitumaira gloves na Jik yongereri ruuji kethira irio. Gloves iji nicibati kwithirwa ciri cia mubiranna nibati kuthambua bwega rionthe warikia gwitumira. Thambia njara ciaku kinyacio warikia.
- Nguo na into bingi biakwa ruuko ni nduuji cionthe kuumania na mwiri jwa mwajii nibibati gwikirwa ndene ya ruuji rukutheruka na bitigwe ku ndaika mirongo iiri gwita ithatu

mbele ya biritwa na biurwa riu bianikwa binyara.

- Inuku bia nguo na itambaa biria biogi irondene kana kiri kiuti nibibati kuithua.
- Into bia kutheria ja bamba na kiratasi gia kwanguria kioro nibibati kugerwa kirone kia oome kana kuithue.
- Uthuraniria sindano na into bibiugi bionthe kiri boxi na wikie cibitari iria ikuiiritie nikenda bitewa uria kubati.
- Ikira gloves riria ugutonga into biria bitongete nduuji kuumania na mwiri.
- Ukeja gutongwa ni ndamu ya mwajii kana nduuji ingi cia mwiri thambia antu au na ruuji na sabuni. Kethira antu au nigukuuma ndamu, kureke kuume igita ririkai. Rikana kanya ga kugwatwa ni aki kethira nduuji iu ciumenie na mwiri jwina murimo jou igatonya kiri ndamu iria iri mwirine jwaku. Muguta jwa mwiri jukethirwa jutiuniki ni gintu gikiega mono kiri gutigithia untu bou. Indiri, ukeja kwona jaka nduuji iu cia mwiri ciumba kwithirwa cigutonya kiri ndamu ndene ya mwiri jwaku, ja mung'uanano gukurukira kirona mwirine jwaku, cwaa utethio kuumania na muriti ngugi ndene ya cibitari.

Utheru bwa nja

Ajii ba igita ririraja mono baria bari na HIV na Mukingo nibagwatagwa ni mirimo ya kwijira mono. Kwou burina bata kiri ajii na abamenyeeri kumenyeera utheru bwa iguru nikenda banyiyia kanya ga kugwatwa ni mirimo iji, mono murimo jwa kwarwa.

Ajii na abamenyeeri nibabati kumenyeria kuthambia njara ciao mbele ya kuthuranira irio na kuria.

- Njara nibati kuthambua na ruuji na sabuni warikia kuuma kioro.
- Into bia kuriira nibibati kuthambua na ruuji na sabuni.
- Kunikira muromo riria ugukoora kana ukumira.
- Mata jabati gutwirwa mukebene jwiki juri jwa ngugi iji. Mukebe juju jubati kwithirwa jurina nkuniki na nowikire muju ndene. Ituura mata jaja kiorone kia oome na uthambia mukebe jou na ruuji rwa mwanki na sabuni.

Kethira mwajii nakunyua ndawa cia ARV, tetheria mwajii kunyua ndawa iji magitene jaria abati na iria abati kunyua. Iji niyo njira iria njega buru ya kwebera mirimo iji ya kwijira. Tegeera mwajii rionthe na umwikie cibitari wona mantu kajagwita na mbele kuthuka nkuruki.



Aja kuthingatite ni mantu jaria ubati kuthingatira riria ukumenyeera ajii nja na kulingana na murimo juria bari naju.

Jaria jakwonania	Uria ubati kuthithia wona mantu jau
Mwanki mwiri	<ul style="list-style-type: none"> • Rita nguo na biria bimugwikite biria bitikwendeka. • Ika mwajii aria kwina ruugo rung'ani. • Anguria mwajii na gitambaa giaki ruuji ruri na murutira. Kuundia mwajii ruuji, ucuru kana chai kenda anyua. • Mukundie ndawa ya Paracetamol 500 mg; mpindi ijiri o mathaa janna jakuruka indi ti nkuruki ya mpindi inyanya ndene ya ntuku imwe.
Gukora	<ul style="list-style-type: none"> • Nikubati kwithirwa kurina ruugo rung'ani ndene ya nyomba iu ari. • Ikira inya mwajii gukara nthi kana gwitaita riria gukuumbika antu a kumama. • Kunikira muromo na njara riria agukora. • Mwee nduui inyingi na ntunda • Geria chai irina ndimu na naicu. • Ndawa ya kibara ya kugura no itethie.
Thina ya gukucia miruki	<ul style="list-style-type: none"> • Kethira nagukora muthithirie ou twauga. • Kethira nyiuru niingine geria gutumira ntoo kuumania na ruuji na menthol (ja kaluma) kana mathangu ja mubau maguta nikenda ukunura antu a ruugo gutonyera. • Tetheria mwaji gukara uria akwenda. Jaria maingi gukara nthi niku kwegu nkuruki, kurina pillow mugongone kumutetheria. • Nanyue ruuji rurwingi.
Marondo ja muromo	<ul style="list-style-type: none"> • Maigo nijakirwe rionthe • Ebera irio birina mwanki, mpio kana ururu bubwingi. • Kamura na ruuji rwa cumbi arikia kuria na mbele ya kumama (kunya gacumbi kanini ugere ruujine rwa gilasi). • Ungania mpindi ijiri cia aspirin ruujine na ukamure muromo (riu uture) mwanka maita janna o ntuku.
Nkoro njiru na gutaika	<ul style="list-style-type: none"> • Menyeera ati mwajii arina ruugo rurutheru rung'ani. • Geria kuria twirio tunini twa irio bitungenua ja ikwaci bitherukitue, mwanga na bingi • Nyua ruuji, chai kana ruuji rwa matunda mpari na maita jamaingi. • Ndawa imwe cia ARV ni bwega nkuruki cirijaniritue na irio, indi ti cionthe – uria daktari waku.
Kwarwa	<ul style="list-style-type: none"> • Nyua ruuji rurutheru na irio bia nduui bibingi ja subu, ucuru, turungi irina cukari na ruuji rwa matunda. • Nyua cumbi iria cia gucokia ruuji mwirine (iji no ithithue na njira ya gwikira iciko bibinini bitantatu bia cukari na giciko gikinini kimwe kia cumbi kiri ruuji lita imwe ruria ruchamukitue na rwora). • Nyua irio bia ruuji bitongereri cukari. • Ria irio bia kwongera inya mwirine ja nkima, mianga • Ikwaci, mucere jukari u, mugate, biskuiti injumu, marigu na nyanya niinjega kuria kinyacio. • Geria kuria twirio tunini maita jatano gwita jatantatu antu irio bibingi maita jathatu ntuku
	<p>Ebera:</p> <ul style="list-style-type: none"> • Matunda na nyani, ria marigu na nyanya aki • Iria na biria biumanagia nario, kinya yoghurt • Irio biikiri into bia kururia • Irio birina maguta jamaingi • Kauwa na ncobi • Irio bitirugi



	<p>Mwana nenderee gwonkua ja ringi. Kethira gwita kioro kurina ururu aka maguta jamoro aantu au kioro kiumagira.</p>
	<p>Tethia kwebera kugia guku gukurukira:</p> <ul style="list-style-type: none"> • Chamukia ruuji rionthe mbele ya kunyua. • Kara ukinyunyaga ruuji kuumania na into bitheri na bikunikiri. • Rionthe thambia njara na ruuji na sabuni mbele ya kuria na nyuma ya gwita kioro. • Ajii nibabati kuwa irio birugi bwega. • Irio biatigara nibabati kurutirua bwega mbele ya kuriwa. Birutirue rimwe aki.
Kuumagara na- kwigua gwikura	<ul style="list-style-type: none"> • Thambia na sabuni na ruuji • Gwike kuumi gatigati ka magita ja kuthambia antu au • Ebera sabuni irina inya mono. • Aka maguta ja Vaseline, maguta ja coconut, maguta jakuumania na into bia kuruga, glycerine na jangi • Riria ukwigua gwikura, kuumia na kubebeta antu au no gutume ukaigua bwega. Ebera kung'ara na wake maguta jagwitwa Calamine lotion. • Majani jarinditwe ruujine rwa mwanki no gutethie antu au ukwigua gwikura. • Kethira nigukumbika menyeera irio birina nkara, nyani, malenge na kibabai.
Kwing'ara na irondo bibinini	<ul style="list-style-type: none"> • Thambia na ruuji rurutheru. Aka antiseptic ja Dettol kethira irio.
Biaru na kiuti	<ul style="list-style-type: none"> • Kiri biaru na iuti bibinini thambia na ruuji rwa cumbi na urekerie binyare. • Kethira birina murimo mono mukundie paracetamol na aspirin. • Guaka kibabai gikigundu kigiti orio no gutetherie kunyia murimo antu au
Murimo jwa mutwe	<ul style="list-style-type: none"> • Mirimo imwe ya mutwe iumanaiya na kwithira urina mantu jamaingi mutwe na kuthathayia mutwe na njara nogutethie. • Mwongozo jwa kunyiyia mirimo iminini ni ja uju: mukundie mpindi ijiri cia Paracetamol (500mg o mpindi) o mathaa janna jakuruka na aspirin (500mg o mpindi) kana Ibuprofen (400mg o mpindi) utuku
Ironda na ruoko kuumania na guntu kwa witho	<ul style="list-style-type: none"> • Thambia ironda na ruuji rwa cumbi na sabuni riu unyarie na gitambaa gikitheru. • Mantu jaja kinya nojaumanie na mirimo ya gutambua gukurukira kumama na muntu. Ni bwega kuthimwa cibitari nikenda utegwa mirimo iji na ujukia matagaria jaria jabati.
Kuangaratana	<ul style="list-style-type: none"> • Into bibiugi ja tuciu na ibanga nibabati gwikwa kuraja kuuma kiri niuntu bwa gukira bacigitaria kana bagitaria bangi. • Mwajii nagwatirwe riria agwita • Mwajii atibati gutigwa wenka nyomba. • Ika ndawa kuraja kuuma kiri mwajii.
Kuremwa kwebaeba	<ul style="list-style-type: none"> • Garura mwajii gitandene o mathaa jairi nikenda atiriritwe biaru ni gitanda • Cwa utethio gukiria mwajii nikenda ebaeba. Ugakuria mwajii gitandene. • Rita mikunjano kiri shuka iria amamirite. • Rita nguo cia gitanda ciagia ruuji kana ruoko orio. • Thambia mwiri na ruuji na sabuni ntuku cionthe. • Menyeera utheru na njira ya kuthambia maigo kana kubucabucia ruuji rwa cumbi. • Tetheria mwajii kuritithia mwiri ngugi gukurukira kwebaebia jointi cia njara, mature na maru. • Tega wone kethira kwina biaru bia gitanda. Tega au iguru kiri Biaru na kiuti nikenda umenya njira ya kumenyeera.

Mantu jau twariria au iguru ni ja kumenyeera tumirimo tunini. Jaria jakwonwa kumania na murimo jongereka riu utethio nibubati gucuwa kuumania na cibitari.

Mazingira Bora



TIST

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

Kikuyu Version

*TIST is an innovative, time -
tested, afforestation program led
by the participants.*



Mkutano wa Nguzo ya Mukameni uliofanyika tarehe 19/05/21. Mkutano unaofuata utafanyika tarehe 23/06/21.

- Inside:**
- Kirikania: Maundu maria ikundi nini ciagiriirwo ni kuhingia. Page 2**
 - Ikundi nyingi cia TIST niciui values cia TIST. Page 2**
 - Miti niyagirithagia maria maturigiciirie. Page 3**
 - Hinya hari ukuuranu wiu:TIST niigitagira biodiversity. Page 3**
 - HIV & AIDS: Gutungata arwaru kana nio PLWHA. Page 4**



Kiririkania: Maundu maria ikundi nini ciagiriirwo ni kuhingia.

Niweka riria muri mucemano wanyu wa Cluster muthome munyitanire maundu maya nigetha muteithania gutauka. Maundu maya ni ma bata muno hari kuona maciaro mega na maiguru riria turaruta wira twi TIST.

Gikundi giaku kiagiriirwo ni kuhingia maundu maya nigetha mukorwo na ngwataniro njega na mradi wa TIST.

1. Gikundi kianyu kiagiriirwo ni gukorwo na amemba 6-12 na makorwo maumite makiria ya micii itatu ngurani.
2. O gikundi nikiagiriirwoi gukorwo gigithingata TIST Values.
3. Amemba a gikundi kinini magiriirwo magicemania ookiumia rita rimwe nigetha magokorwo magikuria na kubanga mawira mao. Gikundi nikiagiriirwo gigithii micemano ya ithomo cia TIST niguu magaciririe mawira mao.
4. Amemba oothe a gikundi kianyu nimagiriirwo ni gwikira kiore ngirimiti ya Greenhouse Gas contract.
5. Amemba a gikundi nimagiriirwo nikuonania ati migunda iria marahanda miti n I yao kana mena ruutha rwa kuhanda miti.
6. O gikundi kanini kagiriirwo nigukorwo na makiria ya miti 1,000 thutha wa kahinda ka mieri 18 kuuma maingira TIST na makiria ya miti 5,000 thutha wa miaka itano.
7. Ikundi cia TIST niciagiriirwo ni guthondeka Clusters. Cluster ithondekagwo ni ikundi iri itura-ini rimwe (ikundi 30-50). O cluster

8. yagiriirwo na gukorwo na miti 250,000 koguo makorwo na hectare ta 160 cia kuhanda miti. TIST irihaga murimi dola 0.02 cia Amerika hari muti uri muoyo oo mwaka kwa kahinda goothe ga kandarathi. Thutha wa kwonjoria riera ria carbon na gharama ikorwo iri thi, Clean Air Action niikariha murimi gichunji kia 70% ya faida ya wonjorithia wa kaboni.
9. Nigetha gikundi kihhote kwonjoria riera ria carbon thoko-ini, nikiagiriirwo nikurumirira mawatho maria mekiritwo thoko-ini ni honge iria iteithagia wonjoria wa carbon na nicio Clean Development Mechanism (CDM) kana Verified Carbon Standards (VCS). Mawatho ta macio ni kureka miti ithi na mbere na gukura gwa kahinda ka miaka 30 na makiria.
10. Gikundi giaku nikiagiriirwo ni gucokia miti iria yakua niundu wa gitumi oo giothe oo mwaka gwa kahinda ka miaka itano.
11. Miti iria ihana ihinga kana rugiri (iri na uraihu wa mita igiri gucoka na thi) nditaragwo ta miti ya TIST
12. Miti iria ihanditwo kwa utiganu utakinyitie mita igiri ni iritaragwo no ikarugwo kinya hari mita igiri irikinya. Miti iyo iri gatagati itanatarwo no icoke kugetho itumike ta ngu kana mahuti ma mahiu.
13. TIST itikiragia murimi gutema miti yake yakinya miaka ikumi guthii na mbere, no miti iria iragethwo nigikundi ndiagiriirwo ni gukira guchunji kia 5% hari miiti yoothe.
14. Miti iria ithukagia maria maturigiciririe nditaragwo ta miti ya TIST

Ikundi nyingi cia TIST niciui values cia TIST.

Na ningi, nniweka kurora values ici niguu gutigirira ati turatura hamwe nacio. Umithio wa TIST ukwoneka riria twagia na uigiririki na wirutiri wa amemba thiini wa TIST. Maundu maria tungihota mararingana na values ici riria turahanda miti na tugathomithania na tukaheana maumirira. TIST nima? Turi!

Ithui turi:

1. Turi ehokeku.
2. Turi akinyaniru.
3. Turi andu a utheri.
4. Nitutungatanaga.
5. Turi na uigiririki.
6. Turi cionereria njega
7. nitwirutagira.

Niatia twikaga maundu maria andu angi mangiona?

1. Niithui twirutagira mawira thiini wa ikundi.
2. Nituhuthagira mitaratara miega.
3. Tuhuthagira hakiri na moko.

Niatia twikaga.

1. Tuhandaga miti mithemba miingi ya gutuura.

2. Nitwagirithagia ugima mwega wa mwiri.
3. Nitukoragwo na mitaratara ingi na biashara ingi(urimi wa guteithia, tuta, ukuria wa machungwa, uriithi wa mburi, nguku na uigi wa njuki ohamwe na thamaki na kuiga igunyu cia silk.
4. Niturimaga Kilimo Hai
5. Nitwendagia carbon.

Kiria tuthondekaga.

Riria twarumirira mitaratara ino na twatura na kuruta wira, nituthondekaga maundu maingi gukira mbere.

1. Turutaga wira turi hamwe – ugikaga maundu an njira ino niturutaga wira turi timu.
2. Niturekira uhoti – nitwikiranaga hinya nakugia na mitaratara iri na hinya.
3. Nituthondekaga ikeno – nituonaga umithio na tukahota maundu maingi maria tukenagira.
4. Nitukoragwo na umithio mwega – maumirira mega riria twahanda maiti, maumirira mega riria twahurthira Kilimo Hai na mitaratara ingi miingi.
5. Nitugiaga na maumirira mega na mahuthiro manini..



Miti niyagirithagia maria maturigiciirie.

Thiini wa TIST, tuhandaga miti niguu tukorwo thoko-ini ya carbon na tugie na marihi kumana na wendia wa carbon. Na ningi, mawega mangi ma miti nimaingi!

Maya ni mamwe ma mawega.

- ❑ Miti niituteithagia kwagirithia maundu ma ki-nduire. Niituheaga kwiikaria na kuhe nyamu wihitho na micii ohamwe na irio ciacio. kugitira biodiversity migunda-ini iito na gutuma thi yothe yongerere umithio na kwagirithia riera.
- ❑ Miti niyagirithagia riera na kunyihia uthukangia wario. Miti niyehutagia carbon hawe na indo ingi ta Sulfur dioxide, ozonena nitrogen oxide. Naithui tukagia na oxygen njega niundu wa miturire miega.
- ❑ Uria migunda iitu iikarite niwagirthagio ni miti iitu na miturire igathakara. Uthaka wa iti

niukoragwo uri mwega na tukagia na mbica njega ya migunda iitu.

- ❑ Miti niiroraga riera na kunyihia riuu, ruhuhona mbura. Miti noigitire kumana na muiyuro wa maai, ituika, na ugwati wa ruhuho. Miti niitumaga gutikagie na ng'aragu nitondu niithotithagia maai gutonya tiiri-ini wega handu ha umaruta.
- ❑ Miti niitumaga tiiri ndugakuuo ni maai. Miri yayo niyumagiriria tiiri na kuuhe unoru. Tiiri munoru niutumaga irio cikure na njira njega.
- ❑ Miti niinyihagia inegene. Inegene norinyihe na njira nene unghanda miti.
- ❑ Kugia na maai matheru nogukinyirike riria twahanda miti ya ki-nduire. Mititu na miti ingi niitheragia maai na kumacunga. Riria uteng'eru wa maai wanyiha maai nimatheraga. Kiiruru kia miti nigiteithagia njuui kumana na kuhua.

Hinya hari ukuuranu wiu: TIST niigitagira biodiversity.

Biodiversity na kwagira kwa maundu ma nduire ni kwa bata hjari ugima wa miiri itu na mituurire iitu na muno niundu wa mogaruruku maria tuona ma riera, ngaragu, tutambi. Na tondu biodiversity ni ya bata, no wicirie andu angi nimararuta wira gutagirira nitwa inyitira, no ona kuri o uguo o muthenya niundu wa maundu maria twikaga niturate indo cia hinya na cia bata niutu wa gutema mititu. Maai makahua na indo ingi cikoora. Tageria gwiciria ni mithemba iriku ya nyoni wonaga tene ugikura na riu ndumionaga? Kuri na mithemba 9 million ya indo iria iri muoyo thiini wa thi na riria twacianaga ni tukurirwo ni indo nyingi ithui andu 7 billion aria tukoragwo thi.

Arimi a TIST mari na ugaruruku, kwirutaniria kugitira deversity. O muti twahanda niwabata. O uti twahanda niwagirthagia maundu na handu

hagutema miti niundu wa ngu na indo ingi handa na umimenyerere. Riria twahanda miti ya ki-nduire, ta uria ikundi nyingi ciikite kuria kwaraga hamwe na migunda-ini ya makiri ma arimi, nituragitira biodiversity. Miti ngurani ya ki-nduire niiheaga nyamu gwa guikara hamwe na kuhe tutambi irio hamwe na nyoni na nyamu ingi, nyingi ciacio niciteithagiriria kuhirithia irio, kunina tutambi na gwikira tiiri unoru.

Arimi a TIST nimarathomithania uhoro wigii biodiversity. Arimi nimaragerio thiini wa cluter hari mubago wa kugerio wa guthomithania megii biodiversity kwao. Riria twathoma makiria ciigii miti na nyamu iria turi nacio, mogaruruku na mogwati maria turi namo, no twoe makinya kugitira maundu maigi. Itunyitane, tuthomithanie na tuhande miti ya ki-nduire niguu twagirithie thi yothe.



HIV & AIDS: Gutungata arwaru kana nio PLWHA.

PLWHA irungamagirira ‘People Living with HIV and AIDS’. Uguo ni kuuga “ Andu aria maturaga na murimu wa muingo. Muthi tukwaririria ndereti ikonie nadu aria matungataga arwaru a muingo me mucii. Kana home caregivers.

Niwega kuririkania andu ati njira imwe ya kugiriria kuhatiririo muno ni kuhinyiriria andu mathimwo o ri otene, na moneka mena virusi mambiririe kunyua dawa cia ARV hindi iria dagitari atariria. Ndereti ino ni ya gukumakia no niyagukuhe uugi wa uria unghoota gutungatira muruaru uhinyirikite. No akorwo ari muruaru wa muingo kana muruaru o wothe.

Gutungata muruaru wa Muingo riria ahinyiriirio ni mwiri nigukukwenda wendo muingi, gukiriria na wirutiri . Utungati mweka na uria wagiririire niuhotithagia uturo wa muruaru wongerereke na akorwo na uturo mweka.

Mundu o wothe wina wendo na muruaru no ohote kumutungata wega ari mucii. Ona kuri uguo, mitarata miege niibataranike nigetha utangata uyu ugaciire.

Njira njega riria uratungata muruaru hamwe nawe kwigitira

Aria matungataga aruaru a muingo kana Caregivers matikoragwo na ugwati munene wa kunyitwo ni virusi cia muingo kuuma kuri muruaru angikorwo nimakurumiriria maundu maya;

- Gwithamba mooko na maai na thabuni mbere na thutha wa wira o wothe.
- Kuoha kirona kana handu hatihie muno mokoini na plaster mbere ya gutungata muruaru
- Angikorwo thakame kana matahiko kana kahinda kanene nigaitikiire uriri kana thi, wagiririrwo ni kuhura na utabaririri munene wikirite gloves na nutumire kindu ta jik. Gloves ciaku ciagirirwo gukorwo iri cia mubira na wagiriirwo ni gucithambia wega thutha wagucitumira. Thutha ucio uthambie moko maku wega.
- Nguo iria muruaru angikorwo athukitie na kahinda gaaka ciagirirwo ni kucamukio na mai

mahiu gwa kahinda ka dagika 20 nginya 30. Icooke ihurwo wega na cianikwo.

- Itambaya iria ingikorwo ciohete irona kana bandigi thutha wa kuruto ciagirirwo ni gucinwo.
- Cokaniriria cindano na kindu kingi ta tuhiu tutia tungikorwo tutumikite hari muruaru na utware thibitari iria I hakuhi ni getha tugate na njira iria yagiriire.
- Hingo ciothe ugekira groves riria ukunyita kindu o giothe kiratumagirwo ni mururua na gikahutania na maai make ma mwiri.
- Kwa mutino angikorwo ngothi ya mwiri waku niyanyita thakame kana mai ma mwiri kuuma hari muruaru, wagiriirwo ni gwithamba na main a thabuni. Ririkana ungigwato ni virusi angikorwo ni ikingira mikiha ya thakame yaku. No angikorwo niuruno ta maai kana thakame ya muruaru ingirite mwiri waku, niwega uthii kuri muritigitane nigetha agutare uria ugwika.

Utheru wa Mucii

Aruaru a kanda karaya muno ta aruaru a muingo nimakoragwo na ugwati wa kunyitwo ni mirimu ingi ngurani muno mirimu ya gutherema. Koguo nikwagiriire atungati makorwo na utheru munene wa mucii nigetha kunyihia mieka ya mirimu ya kugwatanio ta kuharwo gatema gutherema.

Aruaru na atungati ao nimagirirwo ni gwithamba moko mbere ya kuhariria irio na mbere ya kuria irio.

- Moko mathambio na thabuni na mai thutha wa guthie kahinda
- Indo cia riiko ithambio na maai na thabuni
- Humbira kanua ugikorora kana ukiathimuka
- Okorwo ni gutua mata, etha kamukebe kena nguniko na wikire muhu hau thiinie. Ukonoragia mata macio irima ria kioro na ugagathambia wega na maai mahiu na jik.

Angikorwo muruaru ni aranyua dawa cia ARV, niwega kumuteithiriria nigea akanyua ihinda riria riagiriire na githimi kiria kiagiriire. Niwega kumurora kaingi nigetha angihatiririo muno umutuare thibitari o na ihenya.

**Haha thi ni uria mundu angiritwo kuringana na murimu uria ari na guo.**

Ndariri	Njira ya gutungata
Kuhuha mwiri	<ul style="list-style-type: none"> • Murute nguo iria itabatarainie kana uthathaure miringiti • Muiige haria hena riera riega na riingi • Muhure na gitambaya kina ugunyu muraru. Muhe maai kana ucuro kana iria kana cai. • Muhe dawa ya Paracetamol 500 mg tablets: Dawa igiri thutha wa mathaa mana no ndugakirie dawa inyanya hari muthenya.
Gukorora	<ul style="list-style-type: none"> • Tigirira kwina riera ria kuigana nyumba yake • Muringiririe akorwo agithii kana guikara thi no ti gukoma • Humbira kanua ugikorora • Muhe maai maingi na mai ma matunda • Geria kumuhe maai ma ndimu na uuki • Dawa ya gukorora no ieithie
Kuremwo ni kuhuhia	<ul style="list-style-type: none"> • Honia gikorora ta uguo twatariria hau iguru • Angikorwo maniuru nimahingiku, giria gutumira miruki mihiu ya maai kana methol kana mahuti ma miti ya mibau/minyua maai nigetha ahinguke • Geria wone muruaru ni akarite wega. No umuhe pillow ya gutira mugongo • Reke anyue maai maingi.
Ironda cia kanua	<ul style="list-style-type: none"> • Thambia magego hingo ciothe • Tiga kumuhe indio hiu muno kana hehu kana cien ururu • Muhe maai ma cumbi abuchabuchie kanua thutha wa kuria na mbere ya gukoma. • Ikiria asprini igiri maaini na abuchabuchie kanua maita ta mana muthenya
Kuiria ngoro na gutahika	<ul style="list-style-type: none"> • Tigirira muruaru ena riera riakuigana. • Geria kuria irio cia gucamurwo ta ngwaci na mianga • Nyua maai, chai kana juice kahoro na kwa mahinda • Dawa imwe cia ARV inyuagwo na irio, no ti ciothe. Uria murigitani waku
Kuharwo	<ul style="list-style-type: none"> • Nyua mai maingi matheru kana thubu kana ucuru kana juice ya matunda • Nyua mai ma mcumbi na cukari. Ikira tuciiiko turia tunini tutandatu twa sukari na nuthu gachiko ga cumbi tukania wega maai mahoru macamukie. • Nyuma maai ma irio matari mekire cukari • Urie irio ta ngima kana mianga kana waru, muceere, mugate, marigu • East starchy foods like Ugali, cassava • Geria kuria maita matano kana matandatu hari muthenya handu ha kuria maita matatu
	<p>Tigana na :</p> <ul style="list-style-type: none"> • Iria igatatu ta yoghurt • Indo cia gukwira irio mucamo kana ururu • Irio cirri na maguta maingi • Kahua kana njohi • Irio itari nduge



	<p>Kuongitha mwana kwagiriirwo ni guthii na mbere Guthii kahinda kanene kungikorwo na ruo haka maguta njira ya kioro.</p>
	<p>Giriria kuharwo na njira ici:</p> <ul style="list-style-type: none"> • Hingo ciothe ugacamura maai ma kunyua • Ikira maai ma kunyua handu hatheru. • Hingo ciothe ugethamba moko na maai na thabuni mbere ya kuria na thutha wa kioro • Muruaru agiriirwo ni kuheo irio nudge wega • Irio cia hwai kana ciagutigara ciagiriirwo ni kuhiuhuo wega
<p>Ngothi niaru na ina mwithua</p>	<ul style="list-style-type: none"> • Withambe na thabuni uteri na munongo na maai • Ikara wi muniaru • Ndugatumire thabuni wina mutaririko • Tumira maguta ta Vaseline, coconut oil, vegetable oil, glycerin • Angikorwo ngothi yaku ina mwithua, ndugathue na nuutumire Calamine lotion. • Machani maikitio mai-ini mahiu no mateithie ngothi ina mwithua • Irio ciaki niciagiriirwo nigukorwo na nyeni, marengi, matumbi. Mapaipai ni meega
<p>Turonda</p>	<ul style="list-style-type: none"> • Thambia na main a deto
<p>Iroruha na mahuha</p>	<ul style="list-style-type: none"> • Thambia na mai ma cumbi • Angikowo na ruo, muhe panadol kana aspirin • Tumia ibaibai kuhaka turonda tuu
<p>Kurio ni mutwe</p>	<ul style="list-style-type: none"> • Kurio ni mutwe no kurehwo ni meciria. Guthugua kiongo no guteithie • Muhe panadol igiri
<p>Ironda ciroira kuma ciiga ciake cia thiri</p>	<ul style="list-style-type: none"> • Thambia ironda na mai ma cumbi na urihure na gitambaya githeru. • Ironda ta ici no ikorwo iri ndariri ya murimu ya kugwatanio kimwiri na niwega umutware thibitari.
<p>Guchanganyikirwo / gutukanirwo hakiri</p>	<ul style="list-style-type: none"> • Indo ta tuhiu kana banga ikwenda kuiguo haraya na mururu ndakegere ngero na cio • Muruaru agiriirwo ni kunyitirirwo agithii • Muruaru ndagiriirwo ni gutigwo ari woika rumu yake. • Iga dawa haraya na muruaru
<p>Riria e gitanda-ini atakwihota</p>	<ul style="list-style-type: none"> • Mugarurure thutha wa mathaa mere nigetha ndakagie ironda mwiri • Geria kumuteithiria riria arenda gukira. Ndukamugucanie. • Mwehererie kindu kingimuhihinya uriri wake • Mucenjerie macuka na miring angithukia na kahinda o hindi iyo • Muthambie na maai na thauni oo mthenya • Reke ethambe kanua o muthenya na kabuchabucia maai ma cumbi • Teithia muruaru kunogora ciiga cia mwiri • Rora kana ni aragira turonda na ututhonoke toguo tutariirie hau iguru

Njira ici tutariirie hauiguru ni cia gutungata tumathina tunini. Ndwari ingeneneha, niwega umutware thibitari.

Mazingira Bora



TIST

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

Kiswahili Version

*TIST is an innovative, time -
tested, afforestation program led
by the participants.*



Mkutano wa Nguzo ya Mukameni uliofanyika tarehe 19/05/21. Mkutano unaofuata utafanyika tarehe 23/06/21.

- Inside:**
- Kumbusho: Mahitaji ya ustahifu ya kikundi kidogo ya TIST. Uku. 2**
 - Maadili ya TIST: Nguvu na msingi wa TIST. Uku. 2**
 - Miti huboresha mazingira kwa ajili yetu sote. Uku. 3**
 - Nguvu katika Utofauti: TIST hulinda bionuwai. Uku. 3**
 - VVU na UKIMWI: Kuwatumza PLWHA. Uku. 4**



Kumbusho: Mahitaji ya ustahifu ya kikundi kidogo ya TIST.

Wakati wa mkutano wako wa Cluster, Tafadhali pitia mahitaji haya na kusaidiana mmoja kwa mwingine kuelewa kwao. Ni muhimu katika shughuli zetu TIST na katika kufikia matokeo ya juu.

Kikundi chako ndogo wakutane mahitaji yafuatayo kustahili kwa ajili ya mpango huu wa TIST:

1. Lazima kuwe na wajumbe 6 hadi 12 katika kikundi chako ndogo kutoka kaya wapatao watatu tofauti.
2. Kila kikundi kidogo lazima tuwe tayari kufuata TIST Values
3. Washiriki wa kila kikundi kidogo kinapaswa kukutana pamoja kila wiki kutumia TIST ndogo kikundi bora mazoea ya kubadilishana mawazo na kupanga kazi zao. Wanavikundi wanapaswa kushiriki katika TIST mafunzo ili kusaidia kukuza na mshirikishane njia bora na vikundi vingine vya TIST.
4. Wote wanavikundi wanatakiwa kuingia mkataba wa gesi chafu.
5. Wanakikundi wanapaswa kutoa uthibitisho wa umiliki wa ardhi au udhibiti wa shamba ambapo atapanda, au waliopanda, miti ya TIST.
6. Kila kundi ndogo wanapaswa kuwa na zaidi ya miti 1,000 ndani ya miezi 18 baada ya kujiunga na mpango huu wa TIST na zaidi ya miti 5,000 kuishi ndani ya miaka mitano.
7. Vikundi vya TIST wanatakiwa kujipanga kwa makundi ya Clusters. Cluster wanapaswa kuonyesha ardhi ya kutosha ndani ya miaka miwili ya kujiunga TIST kupanda miti 250,000 (takriban hekta 160).
8. TIST hulipa wakulima dola 0.02 ya marekani kwa mti kwa mwaka katika mkataba. Aidha, wakati mapato ya kikundi unazidi gharama, hatua safi ya hewa kulipa mkulima asilimia 70 ya mapato halisi kutoka gesi chafu / kaboni mikopo mauzo.
9. Kwa ajili ya vikundi vya TIST kustahili kwa ajili ya biashara ya kaboni, lazima kukidhi mahitaji zinazoongoza uendeshaji wa kudhibiti biashara (Clean Development mechanism (CDM) au Verified Carbon Standards (VCS). Baadhi ya sheria zinahitaji makundi madogo madogo kuweka miti hai kwa miaka 30 au zaidi.
10. Vikundi vidogo lazima wapande upywa wakati kuna miti inayokufa, kwa sababu yoyote, kila mwaka kwa angalau miaka mitano.
11. Mti aina ambayo ni kutibiwa kama vichaka au ua (chini ya mita mbili mrefu) haiwezi kuhesabiwa kama miti ya TIST.
12. Miti iliyopandwa katika nafasi ya chini ya mita mbili itahesabika imeruka katika umbali wa mita mbili na katika kati miti inaweza kung'oa kwa kuni au chakula ya mifugo.
13. TIST itaruhusu kuvuna miti kuishi ni miaka 10 au zaidi, kulingana na mpango kabla ya kupitishwa. Hata hivyo, miti jumla kuvunwa mwaka wowote haiwezi kuzidi 5% ya miti ya jumla ya kuishi ya wa kikundi.
14. Miti inayoharibu mazingira haitahesabiwa kama miti ya TIST.

Maadili ya TIST: Nguvu na msingi wa TIST.

Vikundi vidogo vya TIST vyajua maadili ya TIST. Bado, ni muhimu kuyafikiria haya maadili na kuhakikisha kuwa tunayafuayilia kiukweli. Kufanikiwa kwa TIST kunazingatia uadilifu na juhudi ya kila mwana TIST. Tunayoweza kufikia kutategemeana na kila mmoja wetu kufuatilia haya maadili tunapopanda na kuihudumia miti yetu, tunapojiunga na mafunzo na mambo mengine na kuripoti matokeo yetu. TIST ni nani? Ni sisi!

Sisi ni

- 1) Sisi ni Waaminifu
- 2) Sisi huwa sahihi
- 3) Sisi ni wenye Uwazi
- 4) Sisi ni watumishi kwa kila mmoja wetu
- 5) Sisi ni wenye kuwajibika kati yetu wenyewe
- 6) Sisi ni mfano wa kuigwa
- 7) Sisi ni wenye kujitolea

Tunavyofanya mambo ambayo wengine wanaona.

- 1) Tunafanya kazi wenyewe katika vikundi vidogo.
- 2) Tunaanzisha na kutumia njia bora zaidi za kufanya mambo.
- 3) Tunatumia vichwa na mikono yetu.

Tunayofanya

- 1) Tunapanda miti ya aina mbali mbali kwa muda mrefu.

- 2) Tunapata njia za kuboresha afya yetu.
- 3) Tunalima na njia ya Kilimo Hai.
- 4) Tunafanya miradi na biashara (kilimo endelevu, vitalu, kukuza matunda ya jamii ya machungwa, mbuzi wa maziwa na ukulima, kuku, nyuki, mabwawa ya samaki na kuweka samaki, kulima buu na kadhalika) zingine.
- 5) Tunauza hewa tunayosafisha.

Tunayojenga

Tukiyafuatilia haya maadili tunavyoishi na kufanya biashara, tunajenga kitu kizuri ambacho hakikuwa hapo mbeleni.

- 1) Tunapata Kujenga kazi ya pamoja —Kwa kufanya hivi, tunaishia kufanya kazi kama timu.
- 2) Tunapata kujenga uwezo—Tunajenga ushirika, nguvu na mfumo ulio na nguvu.
- 3) Tunapata kujifurahia—tunaona matokeo, tunafikia mambo makubwa tunayofurahia.
- 4) Tunapata matokeo makubwa—Matokeo makubwa katika kupanda miti. Matokeo makubwa katika Kilimo Hai na katika miradi na biashara zingine tunazofanya.
- 5) Tunapata kutumia gharama nafuu, hata kama tunapata matokeo makubwa.



Miti huboresha mazingira kwa ajili yetu sote.

Katika TIST, sisi hupanda miti ili kujiingiza katika soko la hewa na kupata mapato kutokana na kuuza hewa hii. Hata hivyo, faida zingine za miti ni kubwa!

Zifuatazo ni faida chache ambazo sisi (pamoja na dunia yote) hufurahia:

- ❑ Miti hutumika kama makazi asili ya kusaidia aina nyingi za mimea na wanyama. Hupeana faragha na usalama kwa wanyama wa pori wanaotafuta makazi mitini na huwapa chakula. Kulinda bionuwai au viumbe hai hufanya mashamba yetu na sayari yetu kuwa yenye uzalishaji zaidi na pingamizi dhidi ya mabadiliko ya tabianchi (hali ya anga ya muda mrefu) na changamoto nyinginezo.
- ❑ Miti huboresha hewa na hupunguza uchafuzi wa hatari. Miti hutoa hewa ya kaboni ya ziada na vichafuzi vya hewa kama dioksidi sulfuri, ozoni na naitrojini yenye oksidi. Kurudisha, hutupa oksijeni inayohitajika kuishi.
- ❑ Uboru unaoonekana wa ardhi pia unaboreka kwa kupanda miti ambayo, inaboresha maisha. Rangi ya kijani ya miti huongeza rangi kwa ardhi na kuongeza urembo wa kipicha wa mazingira.

- ❑ Miti hudhibiti tabianchi kwa njia ya kupunguza athari za jua, upepo na mvua. Yaweza kusaidia kuzuia mafuriko kali, miporomoka ya ardhi, uharibifu wa upepo. Miti hupunguza madhara ya mafuriko kwa kuruhusu maji ya mvua kuingia udongoni badala ya kupita juu yake.
- ❑ Miti hupunguza mmomonyoko wa udongo. Mizizi yake hushika udongo ambao badalayake hungebebwa wakati wa dhoruba za mvua na mafuriko. Miti pia husaidia kuboresha rotuba ya udongo. Udongo wenye rotuba huhamisha virutubisho hadi kwa chakula, jambo ambalo huchangia kwa afya ya binadamu.
- ❑ Miti ni mizuri katika kunyonya sauti. Uchafuzi wa kelele waweza kupunguzwa sana kwa kupanda miti mingine na mingine.
- ❑ Mahitaji ya maji safi ya kunywa yaweza kukamilishwa kwa njia ya kupanda miti ya kiasili. Misitu na mimea hupunguza kasi ya maji ya mvua na huyachuja yanapoingia udongoni. Yanapopunguzwa kasi, maji ya mvua huingia ardhini kujaza vyanzo vya maji vilivyochini ya maji na ambavyo tunategemea ili kuishi. Miti pia huipa mito kivuli, na kuyaacha maji kukaa baridi na kwa hivyo kupunguza kasi ya kupotea kwa maji kwa njia ya uvukizi.

Nguvu katika Utofauti: TIST hulinda bionuwai.

Bionuwai—utajiri na aina mbali mbali za maumbile—ni muhimu kwa mazingira yenye afya. Aina mbali mbali ni muhimu sana kwa kubaliana na mabadiliko na changamoto, kama ukame, wadudu na mabadiliko ya tabia nchi. Kwa sababu bionuwai ni muhimu sana, waweza kufikiria kuwa watu kila mahali wanafanya kazi kuhakikisha kuwa tunalinda na kuhifadhi utajiri huu wa kiasili. Hata hivyo, kila siku, kwa sababu ya matendo ya binadamu, tunapoteza spici na aina za maumbile misitu inapokatwa, ardhi pevu kukaushwa na rasilimali kutumiwa kupita kiasi. Tunaona upotevu huu kila siku. Fikiria ni aina ngapi za mimea, ndege na wanyama ambazo uliona mara nyingi wakati wewe au wazazi wako walipokuwa wachanga lakini leo ni chache au zimeisha? Kuna spici milioni tisa za viumbile tofauti katika sayari yetu, na tunapoziharibu, ni hasara ya kudumu kwa kila mmoja wa watu bilioni saba wanaogawana hii sayari, kwa watoto wetu na kwa watoto wao.

Wakulima katika TIST wanaleta mabadiliko, wakifanya kazi kuhifadhi utajiri huu wa kiaina. Kila mti tunaopanda ni asilimali inayoweza kutumika tena na tena. Kila mti tunaopanda hupunguza shinikizo

kwa misitu ya kiasili yenye aina mbalimbali kwa sababu twaweza kuitumia badala ya kukata misitu ili kupata kuni, mbao na bidhaa zingine. Tunapopanda miti ya kiasili, kama vikundi vingi vilivyofanya katika mashamba yaliyo kando ya mito na vijito na maelfu ya wakulima wa TIST waaliyonayo katika mashamba yao, tunalinda bionuwai moja kwa moja. Aina hizi nyingi za miti ya kiasili pia huwapa wadudu, ndege na wanyama makazi na chakula, wengi wa wale ni muhimu katika kuchavua mimea yetu, kuwala wadudu waharibifu au kuweka udongo ukiwa na afya.

Wakulima katika TIST pia wanagawana maarifa kuhusu bionuwai. Wakulima wanaulizwa maswali katika cluster katika mpango wa kuanzisha wa kugawana habari kuhusu bionuwai katika maeneo yao. Tunaposoma mengine kuhusu mimea na wanyama wanaotuzunguka, mabadiliko katika maeneo haya na hatari dhidi ya wingi wa aina, twaweza kuchukua hatua kuhifadhi rasilimali hii ya kuajabisha. Tujeni sote pamoja, na tugawane maarifa tuliyonayo, na tupande miti ya kiasili ili kuwe na dunia bora kwetu sote.



VVU na UKIMWI: Kuwatunza PLWHA.

PLWHA husimamia ‘Watu wanaoishi na VVU na UKIMWI’. Katika makala haya, tutajadiliana mada ya kuwatunza PLWHA nyumbani kazi inayofanywa na walezi.

Kumbusha watu kuwa njia bora ya kujiepusha na matatizo ni kuwahamasisha watu kutambulikana mapema ikiwa wanayo kupitia kupimwa VVU na kuanza dawa za ARV daktari anaposhauri. Maelezo haya ni ya walezi wanaotunza PLWHA walio na matatizo ya kimatibabu. Makala haya hayajatengenezwa ili kuwashtua watu, na si PLWHA wote hupata matatizo haya. Kwa kweli, ushauri mwingi uliopo ni ujuzi muhimu wa kutunza watu walio na wasio na VVU. Ushauri huu una msingi katika mazoea ya uuguzi mzuri nyumbani.

Kuwapa PLWHA huduma mzuri walipo na matatizo ya kimatibabu waweza kuhitaji kwa wingi, upendo, uvumilivu na kujitolea. Hata hivyo, huduma inayostahili yaweza kuongeza sana ubora na urefu wa maisha ya mgonjwa.

Mtu yeyote aliyejitolea kwa mgonjwa aweza kumtunza akiwa nyumbani. Hata hivyo, baadhi ya miongozo lazima ifuatwe ili kuhakikisha huduma inapeanwa kwa njia bora zaidi.

Mazoea bora zaidi wakati wa kuhudumia ili kuwalinda mlezi na mgonjwa

Walezi wana hatari ndogo sana ya kuambukizwa na virusi kutokana na mgonjwa anyehudumiwa ikiwa watafuatilia baadhi ya kanuni za akili ya kawaida. Iliyo hapa ni baadhi ya miongozo iliyoandikiwa walezi:

- Safisha mikono yako kwa maji na sabuni kabla na baada ya kufanya shughuli yoyote.
- Funika mikwaruzo au vidonda katika mwili wako (hasa mikononi) kwa plasta kabla ya kuhudumia mgonjwa.
- Ikiwa damu, matapishi au kinyesi kimemwagika kitandani au chini, wafaa kupanguza kwa uangalifu ukitumia kinga za mikono na Jik iliyoongezwa maji ikiwa ipo. Ikiwa kinga za mkono hazipo tumia makaratasi ya mipira. loshe mikono yaoko baadaye pia.
- Nguo na chochote kilichomwagikiwa na majimaji yoyote kutokana na mwili wa mgonjwa vyafaa kuwekwa katika maji yanayochemka na kuachwa ndani dakika ishirini kufika thlathini kasha kuoshwa na kuanikwa ili kukauka.

- Vipande vya nguo na bandeji kutoka kwa vidonda au majipu vyafaa kuchomwa.
- Vitu vinavyotumika kuosha kama pamba na karatasi ya choo vyafaa kuangushwa katika vyoo vilivyochimbwa au kuchomwa.
- Kusanya sindano zote na vifaa vikali katikasanduku na hupeleka hospitali iliyo karibu ili viweze kufanyiwa inavyofaa.
- Vaa kinga za mikono unaposhika vifaa vilivyoguzwa majimaji kutokana na mwili wa mgonjwa.
- Ikiwa umeguzwa na damu au majimaji ya mwili wa mgonjwa kwa ajali osha mahali hapo kwa maji na sabuni. Ikiwa mahali hapo mnatokwa na damu, ruhusu damu izidi kutoka kwa muda mdogo. Kumbuka kuwa hatari ya kuambukiza ipo tu ikiwa majimaji ya mwili hlio na virusi yataingia katika damu ndani ya mwili wako. Ngozi iliyoshikana ni kizuizi kizuri. Hata hivyo, ikiwa unafikiria kuwa majimaji ya mwili yameingia katika damu yako, kwa mfano kupitia kidonda kilichofunguliwa, tafuta ushauri kutokana na mfanyikazi katika kituo cha afya.

Usafi wa nyumbani

Wagonjwa wa muda mrefu hasa walio na VVU na UKIMWI wana hatari ya kupatwa na magonjwa ya kuambukizwa. Hivyo basin i muhimu kwa wagonjwa na walezi kuhakikisha usafi wa hali ya juu ili kupunguza nafasi za kupata magonjwa haya, hasa kuhara.

Wagonjwa na walezi wafaa kujizoesha kuosha mikono yao kabla ya kutengeneza chakula na kabla ya kula.

- Mikono yafaa kuoshwa kwa maji na sabuni baada ya kutumia choo.
- Vyombo vya kulia vyafaa kuoshwa kwa maji na sabuni.
- Funika mdomo unapokooa au kuchafya.
- Kutema mate kwafaa kufanywa katika mkebe uliowekwa kwa sababu hii. Mkebe huu wafaa kuwa na kifuniko na waweza kuweka jivu ndani. Mwaga mate haya katika choo kilichochimbwa na huusafishe mkebe kwa maji moto na sabuni ya unga.

Ikiwa mgonjwa anameza dawa za ARV, msaidie kumeza dawa hizo wakati unaofaa na idadi inavyofaa. Hii ndiyo hatua bora zaidi ya kuzuia. Fuatilia mgonjwa na hurejelee hospitali ikiwa mambo yanazidi kuwa mabaya zaidi.

**Ulio hapa ni mwongozo kuhusu jinsi ya kuwahudumia wagonjwa nyumbani kulingana na ugonjwa walio nao.**

Dalili inayohitaji huduma nyumbani	Huduma inayohitajika kwa dalili
Joto mwilini	<ul style="list-style-type: none">• Toa nguo na vitandikio visivyohitajika.• Mpeleke mgonjwa palipo na hewa tosha.• Panguza mgonjwa kwa nguo iliyowekwa kwa maji yenye joto. Mpe mgonjwa maji, uji au chai ya kunywa.• Mpe dawa za Paracetamol 500 mg; mbili kila baada ya masaa manne laini si zaidi ya nane kila siku.
Kukohoa	<ul style="list-style-type: none">• Kuwe na hewa tosha katika chumba.• Himiza mgonjwa kuketi au kutembea inapowezekana badala ya kujilaza chini.• Funika mdomo kwa mkono unapokohoa.• Mpe maji maji mengi na matunda ya familia ya machungwa.• Jaribu majani chai ya ndimu na asali.• Dawa ya kikohozi ya kununua yaweza pia kusaidia.
Kupumua kwa ugumu	<ul style="list-style-type: none">• Tibu kikohozi kama ilivyo hapo juu• Ikiwa pua imefungana jaribu kutumia mvuke na menthol au majani ya mkaratusi ili kufungua mahali pa hewa kupitia.• Msaidie mgonjwa kukaa vizuri. Mara nyingi kuketi ni bora zaidi, kukiwa na mito ikiwa inaupa mgongo usaidizi.• Kunywa maji mengi.
Vidonda mdomoni	<ul style="list-style-type: none">• Meno yawe yameoshwa kila wakati.• Epuka vyakula vyenye joto jingi, baridi nyingi au viungo.• Osha mdomo kwa maji ya chumvi baada ya kula na kabla ya kuingia kitandani (chumvi kidogo katika maji ya gilasi).• Changanya aspirini mbili katika maji na uoshe mdomo (Yateme maji hayo) hadi mara nne kila siku.
Kichefuchefu na kutapika	<ul style="list-style-type: none">• Hakikisha mgonjwa ana hewa safi kwa wingi.• Jaribu kula chakula kidogo kidogo cha vyakula visivyochanganywa kama viazi chemsha, muhogo na kadhalika.• Kunywa maji, chai au maji ya matunda polepole na kila baada ya muda mfupi.• Baadhi ya madawa ya ARV ni vizuri zaidi kuyanyua na chakula, lakini si yote, uliza katika hospitali yako.
Kuhara	<ul style="list-style-type: none">• Kunyua maji safi au vyakula majimaji kama supu, uji, majini yasiyo na sukari na maji ya matunda.• Kula chumvi za kurudisha maji mwilini (hii yaweza kutengenezwa kwa kuweka sukari vijiko vidogo sita na chumvi kijiko kidogo nusu katika maji yaliyochemshwa na kupoa lita moja).• Kunyua vyakula vya majimaji visivyoongezwa sukari.• Kula vyakula vya kuongeza nguvu kama ugali, mihogo• Viazi, mchele usio na kingine, biskuti kavu, ndizi na nyanya, nivyakula vizuri sana pia.• Jaribu kula chakula kidogo mara tano au sita badala ya kula chakula kingi mara tatu.
Jiepushane na:	<ul style="list-style-type: none">• Matunda na mboga, isipokuwa ndizi na nyanya• Vinavyotokana na mifugo pamoja na maziwa lala• Vyakula vyenye viungo• Vyakula vyenye mafuta mengi• Kahawa na pombe• Vyakula visivyopikwa



	<p>Kunyonya kwa mtoto kama kawaida kwafaa kuendelea. Ikiwa kuenda choo kuna uchungu paka mafuta hapo karibu na kinyesi kinapotokea.</p>
	<p>Saidia kuepukana na kuhara kwa:</p> <ul style="list-style-type: none">• Chemsha maji ya kunyua kila wakati.• Weka maji ya kunyua katika vyombo vilivyo safi na vilivyofunikwa.• Osha mikono kila wakati kwa maji na sabuni kabla kunyua na baada ya kutumia choo.• Mgonjwa anafaa kupewa chakula kilichopikwa vizuri.• Chakula kilichobaki chafaa kupashwa moto vizuri kabla ya kuliwa. Chakula kilichobaki chafaa kupashwa moto mara moja tu.
Ngozi kavu na kuhisi kujikuna	<ul style="list-style-type: none">• Safisha kwa sabuni isiyo kali na maji• Weka eneo hilo likiwa kavu kati ya miosho• Epukana na sabuni na sabuni za unga zilizo kali.• Paka mafuta kama Vaseline, mafuta ya nazi, mafuta ya mboga, glycerin na kadhalika.• Ikiwa unahisi kujikuna, kupoza mahali hapo na kupunga hewa husaidi kupunguza hisia hiyo. Jiepushe na kukwaruza na upake mafuta ya majimaji ya Calamine.• Majani chai yakiloweshwa kwa maji moto yaweza kuwa mazuri kwa ngozi unayohisi kukuna.• Iwezekanapo, hakikisha chakula kina mayai, mboga ya kijani, malenge, na papai.
Vikwaruzo na vidonda vidogo	<ul style="list-style-type: none">• Safisha kwa maji safi. Paka dawa ya kuzuia vijidudu ikiwa ipo.
Vidonda na majipu	<ul style="list-style-type: none">• Kwa vidonda vidogo na majipu, osha kwa maji ya chumvi na huruhusu kukauka.• Ikiwa vina uchungu sana mpe Paracetamol au aspirin.• Kupaka papai iliyoiva kwaweza pia kusaidia.
Maumivu ya kichwa	<ul style="list-style-type: none">• Baadhi ya maumivu ya kichwa huletwa na mvutano na kuguza kichwa kwa njia inayofaa kwaweza kusaidia,• Mwongozo wa kijumla wa kukumbana na uchungu ucsio mwingi ni kama ifuatavyo: Mpe Paracetamol mbili (500mg katika kila mojayapo) au aspirin (500mg katika kila mojayapo) au Ibuprofen (400mg kila mojawapo) usiku.
Vidonda au kutokwa na visivyozoea katika	<ul style="list-style-type: none">• Safisha vidonda kwa maji moto na sabuni halafu hukausha kwa kitambaa safi.• Dalili hizi zaweza kutokana na magonjwa ya zinaa. Ni vizuri kupimwa hospitalini ili kuangaliwa magonjwa haya na kuchukua hatua zinazohitajika.
Kuchanganyikiwa kiakili	<ul style="list-style-type: none">• Vifaa vikali kama visu na panga vyafaa kuwekwa asipofikia mgonjwa kwa kuogopa mgonjwa kujiumiza au kuwaumiza wengine.• Mgonjwa afaa kusaidiwa anapotembea.• Mgonjwa asiachwe katika chumba peke yake.• Weka dawa asipofikia mgonjwa.
Kushindwa kusonga kitandani	<ul style="list-style-type: none">• Geuza mgonjwa kitandani kila baada ya masaa mawili ili kuepuka vidonda vinavyotokana na kukaa sana kwa kitanda.• Tafuta usaidizi kuinua mgonjwa ili aweze kusonga. Usimkokote mgonjwa kitandani.• Toa mikunjo katika matandiko.• Badilisha matandiko yaliyo na maji au yaliyochafuka mara hiyo hiyo.• Osha mwili kwa maji na sabuni kila siku.• Zingatia usafi wa mdomo kwa kuosha meno au kugogomoa maji ya chumvi• Saidia mgonjwa kufanya mazoezi ya kimwili kama kusongesha viungo vinaposhikashwa kama mkononi, kiwikoni, mabegani na kwa magoti• Angalia kuona kama ana vidonda kutokana na kulala sana kitandani. Angalia mahali pa vidonda na majipu kujua matibabu.

Mazingira Bora



TIST

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

Kikamba Version

*TIST is an innovative, time -
tested, afforestation program led
by the participants.*



Mkutano wa Nguzo ya Mukameni uliofanyika tarehe 19/05/21. Mkutano unaofuata utafanyika tarehe 23/06/21.

- Inside:** Ogibwaat, koyochinet nebo magutik chebo kurubisiek che mungechen. Page 2
TIST Values: Kimnotet ak foundation nebo TIST. Page 2
Ketik kokoronite emet nyon komyeit. Page 3
Kimnotet en terchinoik : TIST kotere biodiversity. Page 3
HIV&AIDS: Ribetab PLWHA. Page 4



Kililikanio: Kila kyendekaa kakundi kanini kwithiwa katonya kwiyaandikithya.

Kakundi kenyu kaile ithiwa kavikiite maundu aya nikana kavitukithw'e na kuandikithw'a kwa walanio wa TIST.

1. Mwaile ithiwa amemba kuma 6 kuvika 12 kuma nyumbani iinyiva itatu kivathukanio.
2. Kila kakundi kanini kaile ithiwa keyumitye kuatiaa mawalanio ma TIST.
3. Ene tukundi maile ithiwa maikomana kila kyumwa na kwika mawiko maseo ma TIST na kutethania kwa ndeto na mawoni. Ingi kila memba niwaile ithiwa aivika nthini wa momanyisyo ma TIST iulu wa nzia nzeo sya uthukumi sya TIST na kukomana kwailya maendeeo ma TIST ni kikundi.
4. Ene tukundi oothe nimeukulwa mekie saii ithanguni ya Greenhouse Gas contract.
5. Ene tukuni maile kwithiwa mena kindu kikwonania kana nimo ene muunda ula meuvanda miti nikana methiwe matonya kwithiwa na mwolooto wa undu meuvanda miti ya TIST.
6. Kila kakundi kaile ithiwa na miti iinyiva ngili umwe miti yivo thini wa myei 18 yambee kuma malika nthini wa TIST ma iinyiva miti ngili itano (5000) yivo thini wa myaka itano kuma meenyiandikithya na TIST.
7. Kila tukundi twa TIST twaile inthiwa tukwatanite na kuseuvya ngwatanio ila niya tukundi twi kisoni kimwe lakini tutaanie utaaaniu mundu utonya utembea. ingi ngwatanio yaile ithiwa itonya kwonania muunda kana kitheka kianu thini wa myaka ili ya mbee ya kulika nthini wa TIST ya kuvanda miti ta 250,000. (isu ni ta eka 160)

8. TIST niyivaa aimi US\$0.02 kwa kila muti wivo kila mwaka kwisila contract. kwongeleela yila koti wa GhG wavituka utumiku wa TIST ke, Clean Air Action makaiva muimi 70% ya uvituku kuma kwa greenhouse gas / carbon credit sales (uti wa nzeve itavisaa).
9. Kwa tukundi tunini twa TIST kuvitukithwa kwa viasala wa nzeve itavisaa nonginya mavikie mawalanio ma kambuni ila ikiithasya mawalanio ma nzeve itavisaa ta (clean Development Mechanism(CDM)) kana Verified carbon Standards (VCS). Imwe ya miao yoo nikana kakundi kaile ikalya miti yithayu kwa ivinda ya mwaka 30 iinyiva.
10. Kakundi kenyu nikaile uvanda miti ingi yooma ona ethiwa ni kwa kitumi kiva kila mwaka wa myaka iinyiva ta itano.
11. Mithemba ya miti ila itumikaa ta wiio iteanaa kuvita mita ili nditonya utalika nthini wa walanio wa TIST.
12. Miti ivanditwe itena utaaniu wa iinyiva matambya eli kana mita ili isu ni yaile ukethwa ta ngu kana liu wa indo na kutaaniw'a utaaniu ula waile kwa uimi wa TIST.
13. Ingi TIST nitonya kwitikilya ukethi wa miti ila yina ukuu wa myaka ikumi kana mingaingi kuatania na walanio ula wikiitwe na kwitikilwa, onakau kuketha miti kwa mwaka umwe ya kikundi ndyaile uvituka kilio kwa 5% kya miti yonthe ila yivo ya kikundi.
14. Vai miti ila yanangaa mawithyululuko italawa nthini wa TIST.

Moseo ma TIST: Misingi na molumu ma TIST.

Ikundi mbindi sya TIST nisyisi mawalany'o na miao ya TIST. Ingi ni useo kusisya vaita / mawalany'o aya ma TIST nikana twikale twisi nesa na kwikala namo undu vaile. Kwaila kwa TIST kwithiawa kwi ungu wa molumu na mawalany'o/misingi ino na kila umwe nutataa nikana amivikie kwoondu wa useo wa kila umwe. Kila tutonya uvikia kiendanasya na undu kila umwe ukuatiia mawalany'o aya na kusuvia miti na kwithiwa e umwe wa ala memanyiasya kuvanda na mawiko ma tist kuvikia matunda ala twiete mbee.

TIST Nuu? Twi:-

1. Twi aiikiku
2. Twithiawa na uw'o
3. Twikaa maundu maitu kyenini
4. Twi athukumi umwe kwa ungi
5. Twithiawa tuisuviana umwe kwa ungi
6. Twi ngelekany'o
7. Ni twi yumitye

Undu twikaa maundu ala andu angu monaa.

1. Tuthukumaa twi tukundi tunini
2. Nitiaa mawalany'o na kutumia nzia nzeo
3. Nitutumiaa mitwe na moko maitu.

Twikaa ata

1. Nituvandaa miti kivathukany'o vandu va ivinda iasa.

2. Nitumathaa nzia sya kwailya uima witu
3. Nitutumiaa nzia ya uimi wa kusuvia
4. Nitwikaa maundu angu vamwe na viasala ingi (ta uimi uungamiika, ivuio, kuvanda misungwa, kuithya mbuis sya yiia, kuithya nguku, kuithya nzuki,kuithya makuyu na iinyu sya kuseuvya ndii na maundu angu maingi).
5. Nitutesaa nzeve itavisaa (Carbon credits)

Kila tuseuvasya

Yila twaatiia mawalany'o aya yila tukwikala na kwika viasala nituseuvasya kindu kiseo kila kiteiivo mbeeni

1. Nituseuvasya kuthukuma vamwe - nundu wa kwika maundu vamwe muthya withiaa twithukuma ta kikundi
2. Nituseuvasya ngwatanio - nitwikiana vinya na kuseuvya ngwatanio numu.
3. Nituseuvasya muyo - yila twavikiia walany'o witu ithyothe nitwiwaa muyo na kila umwe ayendeew'a
4. Nituetae usyao munene - Nitukwataa usyao munene nundu yila twavanda miti ti kuta nzeve kwoka tutethekaa nakw'o indi ve ngu, unou wa muthanga na kuseuvya mawithyululuko kwa kila umwe.
4. Nituetae utumiku munini na kuvikia matunda manene.



Miti niseuvasya mawithyululuko kwitu ithyoothe.

Thini wa TIST nituvanaa miti nikana twithiwe sokoni wa nzeve itavisaa na kuta na kuseuvya mbesa. onakau moseo ma miti ikwitu nimaingi. Vaa ve amwe kati wa moseo asu tukwataa kuma miti ino onakau tumivandaa ta ya uta nzeve itavisaa (carbon market). Moseo aa nitutaniaa vamwe na nthi yonthe:

- ❑ Miti yithiawa yi mawikalalo ma wanake, na useo mbee nundu niyithiawa yi wikalo wa nyamu na kuinenge liu. Kusuvia uvathukanu nikutumaa miunda yitu na ilembeta yitu yithiwa yi inou na kutune liu na kwailya movinduku ma nzeve.
- ❑ Miti niseuvasya nzeve ila tuvevaa kwa kuola kiko kila kilikaa nzeveni, kaingi miti niyumasya nzeve ila itavisaa kuma nzeveni na nzeve ingi thuku ta Nitrogen Oxide, Sulfur dioxide na Ozone. itina wa miti kutumia nzeve ithi thuku nitunengae nzeve nzeo ya kuveva (Oxygen) ila yendekaa kwikala thayu.
- ❑ Miti nitumaa vandu voneka vevailu na ve vavata na kwailya mathayu ala mevo na niyongelaa

langi kwa nthi na kumyanakavya.

- ❑ Miti nietae movinduku ma nzeve na kuola uvyuvu kana uthithu ta sua, mbua, nzeve. Nitetheeasya kusuvia kiw'u kingi kukua, na nzeve kwananga.
- ❑ Miti ni iolaa kukuwa kwa muthanga nundu mii yaw'o nitumaa muthanga na kuukwatany'a, kiw'u ukethia nikyaolwa uthangaau ula kiiendete naw'o. Kuete unou wa muthanga yila yita matu na moa na kunenge tusamu/tulinyu tula twikalaa muthangani kukwata liu na kwoou mundu nake akwata liu umwianie yila waima muthanga usu.
- ❑ Miti niolaa kineene.
- ❑ Miti niseuvasya kiw'u kwa kukithesya. mititu na miti ya kiene yavandwa niseuvasya kiw'u kwa kusii muthanga na kiko kukuiwa kula kiw'u kitwiikene kya kutumia. miti niyikiaa muunyi na kusii kiw'u kukuwa ni nzeve kwoou uyinthia kivakuvi kwa mundu kwisa na kukitjuria.

Ulumu nthini wa kuyaiika (Diversity): TIST nisuviaa kuyaiika kwina uvathukanu wi kivathukangany'o.

Biodiversity - uthwii wa nthi ni wavata kwa uima wa mawithyululuko. Kivathukany'o ni kya vata muno nundu wa kuete matatwa kivathukany'o ta yua, iinyu/ngulu tusamu tula twanangaa mimea kana movinduku ma nzeve. Nundu kivathukany'o na moalyuku ni mavata, nowisilye anu kila vandu nimeuthukuma kusuvia uthwii wa nthi (nature). Onavala kila muthenya nundu wa mawiko maitu andu nituendee na kwasya kivathukany'o kiu kya mawithyululuko nundu wa kutema miti, isio sya kiw'u kutumika nai na mititu ila yumaa mbusi kwanangwa na kutumiwa nai kwa muthanga. Ni twonaa wasyo uyu kila muthenya. Isilye ni mithemba yiana ata ya miti, tusuni, nyamu woonaa tene wimunini kana asyai maku mawetaa moona yi kw'o yu? Kwi milioni kenda sya mithemba ya syindu, tusamu, nyamu syaikw'o nayu vaii, nitwasyanangie nayu iiketwa vo ingi nthi yonthe. livo naiikethiwa ingi ona ethiwa nisyatumikaa ikaatumika kwa isyo ila ingi syukite nundu nisyaaangiwe.

Aimi ma TIST nimaendee na kuete kivathukany'o kwa kuthukuma vamwe kusuvia Uvathukanu uu wa syindu/kundu/ivinda (diversity). Kila muti wa vandwa ni wavata nundu niuendeeasya kisyao kya muti usu, kila muti wavandwa nusuviaa

mawithyululuko na mititu nundu vandu va kwenga mititu tuimatha ngu na kila kiwatikanaa mitini nituutumia ino yitu tuvandite kwa nzia ya kusuvia. Yila twavanda miti ya kiene na utee wa mbusi na ta miti mithungu kwa vamwe kwaw'o twithiawa tuisuvia mawithyululuko na uvathukanu ula wivo uendee na kwithiwa. Miti ino ya kiene nisuviaa muthanga, ikatune liu, ikithiwa yi wikalo wa nyamu na nyunyi, wikalo wa tusamu ta iinyu ila ietae unou wa muthanga na syingolondo na tusamu tungi twingi na kwikalaa muthanga wi munou.

Aimi ma TIST nimaendee na kuaiana umanyi ula menaw'o iulu wa uvathukanu uu wa isio na mawithyululuko. Aimi nimaendee na kwithithwa mutiani nthini wa ngwatanio sya isio (clusters) nthini wa wia wambee wa kuaiana umanyi iulu wa Uvathukanu wa uthwii wa nthi isioni syoo. Yila twamaya iulu wa miti na nyamu ila itwithyululukite, kivathukany'o kila kiendee na kwithiwa, na kutisw'a kula kwivo kwa Uvathukanu uu, nitwosaa itambya ya kusuvia uvathukanu uu wa uthwii wa nthi. Tukei ithyoothe vamwe tu aane umanyi na utuika ula twinaw'o iulu wa miti ya kiene, na mawithyululuko maitu na mothwii maitu ma nthi kwailya l nthi nundu wa useo wa yu na uni.



HIV na AID: Kusuvia andu ala mena uwau wa muthelo (ukimwi) (PLWHA).

P LWHA iungamiaa (People Living With HIV and Aids) andu ala mekalaa na uwau wa muthelo: Nthini wa ithangu yii nituukunikila ulu wa undu wa usuvia awau ala mekalaa mena uwau wa ukimwi/muthelo kuu misiyini. Lilikania andu kana nzia nzeo ya kusiia uwau uu kuvinyiia mundu nikwa kwiyikia vinya na kuthi kuthimwa kana mundu enaw'o na uvikite kiwang'o kiva naindi ayambiia utumia ndawa sya ARV kwianana na utao ula ukunewa ni ndakitali.

Uu ni uvo kwa ala meusuvia awau ma muthelo (PLWHA) ala mena manthina na ndawa.

Ithanguu yii yiyiandikitwe kutelemya awau ma muthelo nundu ti andu othe mekalaa na uwau uyu methiawa na mathina maitumia ndawa. Kwa w'o kila tuuneenea vaa thini wa ithangu yii ni undu wa kusuvia muwau wa muthelo na kwikalania ona ala matenaw'o. Ni nzia ya kwonania undu andu matonya kwikalania musyi na kusuvia awau ala menamo.

Andu aya mekalaa na uwau uyu na methiawa na mathina maw'a indawa nimendaa kwonw'a wendo kwa wingi, wumiisyo na mundu kwiyumya. Ona ingi usuvio mwailu niutumaa thayu wa muwa uyu wongeleka nundu nukusuviwa undu vaile. Mundu wiyumitye kusuvia muwau wa muthemba uyu musyi niwaile kuatia kwoondu wa uima wake na wa muwau wake.

Mawalanio maseo waile ika yila uusuvia muwau kwoondu wa uima waku na wa muwau.

Asuvii ma awau aya maina muisyo munene wa ukwatw'a uwau uyu maatiia nzia ila syaile ta

- Kuthamba moko na kiw'u na savuni mbee wa kwika undu na itina wa kumina.
- Vwika itau kana kula withwa mukalye mwiini (munamuno moko) na plaster (elastoplast) mbee wa kukwata muwau
- Ethiwa nthakame kana mataviko kana kyoo kitandani kana nthi niwaile ututa wikiite gloves na uyikia ndawa ta bleach ethiwa yivo. Gloves nomuvaka syithiwe sya muvila na itina wa kutumia nisyaille uthew'a ethiwa vaina gloves no utumie mathangu ma nailoni. Itina wa uu niwaile uthamba moko.
- Nguu na kila kingi muwau utonya ithiwa athokoania nisyaille ikiwa kiw'uni kivyu na

kwikala vandu va ndatika ta 20-30 mbee wa kuvuwa na kwanikwa.

- Ilungu kana bandage ila syiovette itau syathaw'a nisyaille uvivw'a.
- Ethiwa ni kindu ta vamba kana ithangu ya kyooni yatumiwa niwaile kwikya kyooni kya yiima kana uvivye.
- Ethiwa ve singano kana syindu ta suva kolaniilya kakotonini noitwaa sivitali ila yi vakuvi nikekw'e kula syaile.
- kia gloves yila uukwata syindu ivikiie kiw'u kuma mwiini wa muwau waku.
- Ethiwa kwa vaati thuku niwakwata nthakame kana kiw'u kuma mwiini wa muwau waku thamba na kiw'u kimuutia na savuni. Ethiva vandu vau nivekuua eka vauange mbee wa kuthamba. Liikana kana uwau uyu utonya ukukwata thakame kana kiw'u kuma mwiini wa muwau nikyalika nthakameni yaku. Ethiwa nukwisilya kana nitonya kwithiwa yalika mikivani no ukwate itao kuma sivitali ila yi vakuvi.

Utheu wa musyi.

Awau ma kwikala ta mauwau wa muthelo nimethiwaw matonya ukwatwa ni uwau ona ula muniini. kwoou ni useo kwa awau na asuvii moo kwikalya utheu nikana kuola ivuso ya kukwatwa ni uwau munamuno kwituuu.

Awau na asuvii moo nimaile utw'a mutuo wa kuthamba mioko kila ivinda mbee wa kuseuvya liu na kuya.

- Moko maile uthmbwa na kiw'u na savuni itina wa utumia kyoo.
- Miiyo ya liu niyaile uthambw'a na saviuni na kiw'u.
- Kukunika munika yila mundu ukukooa kana kwathimua.
- Mata nimaile utwilwa kamukeveni kala kasevitw'e kwa wia usu na itina nimaile itwa kyooni kya yiima. Thambya kamukeve na kiw'u kivyu na savuni. kila ivinda.

Ethiwa mutau nukutumia ARV's mutetheesye kunywa ndawa saa ila syaile na kithimo kila kyaile. Ikala uisyaisya muwau na ethiwa nukwona ataendee nesa mutwae sivitali ila yi vakuvi.

**Vaa vena mwolooto wa undu utonya usuvia muwau e musyi kwianana na uwau ula winaw'o.**

Wonanio wa uwau wi musyi.	Utethyo wa mituki wimusyi kwa wonanio uyu.
Uvyuvu	<ul style="list-style-type: none"> • Muwau muolange ngua ila wivwikite kana wikie. • la muwau vandu vena nzeve. • Muvanguule na kitambaa kiu na uimunenge kiw'u, usuu kana kyai anywe. • Munenge ndawa ya paracetamol 500mg mbeke 2 itina wa kila masaa 4 na ndukavitukya mbeke 8 kwa muthenya.
Kukooa	<ul style="list-style-type: none"> • Vinguanga ndilisya withie ve nzeve ya kwiana. • Muthuthie muwau atembee kana ekaleti vandu va ukoma. • Muvwike kanywa ikooa na kw'oko. • Munenge syindu sina kiw'u ta masungwa, matimo. • Atate kyai kya matimo kikiitwe uki wa nzuki • Ndawa ya ukooa nitonya utethya.
Kuemwa ni kuveva	<ul style="list-style-type: none"> • Ita kukooa kw'othe (kwanzia ii syivaa iulu). • Ethiwa iny'uu nivingalu tumia kaluma, matu ma kyulu kana Eucalyptus kuingua nikana nzeve ilike na kuma nesa • Tetheesya muwau uyu ekale undu ukwiw'a atonya uveva nesa ta kumutwiika na vilo • Munenge kiw'u kwa wingi.
Itau sya kanyw'a	<ul style="list-style-type: none"> • Ikalya kanywa wi muswake. • Ndukaye syindu mbyu muno kana nthithu ona kanaliu wina spices. • Thukathukya munuka na kiw'u kina munyu itina wa uya na mbee wa kuthi Ukoma/too. • Ikia mbeke ili sya spirin thini wa kiw'u ukusakusye/uthukathukye kanywa na uitwila nthi mala ona ta ana kwa muthenya.
Kiw'a ngoo na kutavika	<ul style="list-style-type: none"> • Ikiithya kana vena nzeve theu vala ve muwau. • Tata kuya liu utemukaange ta maluu kana manga mautheukya. • Nywa kiw'u, kyai kana kiw'u kya matunda. • Nwawa imwe sya ARV syithiawa nzeo iyiiisaniw'a na liu, onakau ti syothe - Kulya kwa muiiti ula wivakuvi kana sivitali ila yi vakuvi.
Kwituuu	<ul style="list-style-type: none"> • Nyw'a kiw'u kitheu na kuya maliu mena kiw'u ta suvu, usuu, kyai kya tulungi na kiw'u kya matunda • Nywa kiw'u kivulanitw'e munyu na sukali (sukali tusiko 6 na munyu nyusu kasiko kwa kiw'u kitheukya na kikavoa kya lita) • Nywa liu sya kiw'u utongelele sukali • Ya maliu ta manga kana ngima ala mongelaa vinya mwii. • Ingi makwasi, maluu, musele muthei, mukate utenakindu, misukuti, maiu kana manyanya nonzeo onasyo kuya. • Tata uya mala 5 -6 liu munini munini vandu va kuya liu mwingi savali itatu kwa muthenya Ivetangane na • Matunda na mboka sya matu ateo manyanya na maiu • Syindu kuma indoni ta yia ithumo kana itkakaatu • Liu wina spices • Liu wina mauta • Kaawa kana uki • Liu utemuee



	<p>Ethiwa ni mwana ukwonga niwaile ueleenda na kwonga Ethiwa kuthi kyoo kwina woo vaka mauta muyovoni</p>
	<p>Tetheesya kusiia kwituuu kwa:-</p> <ul style="list-style-type: none">• Kutheukya kiw'u kya unywa• Kwikalya kiw'u kya unywa kikitheu na kikikunike vamwe na miio ya uia.• Kuthamba moko na savuni na kiw'u itina wa kuthi kyooni• Muwau ivinda yoothe ni ekiwe liu muue ukavya.• Liu wa kutiala niwaile uvyuvw'a nesa mbee wa kuiwa. matialyo maile uvyuvwa na kuiwa oimwe. Kikonde kiny'au na kina unyeeo • Nthambya na savuni na kiw'u• Ikalya kikiny'au itina wa uthambya• Ivetangane na savuni muto• Tumia mauta ta vasiline, mauta ma nathi, mauta ma kimolo kana glycerin• Ethiwa kikonde nikiunyee kikalala vandu vathithu na kwikala uteuthua na kwivaka mauta ma Calamine lotion.• Matu ma maiani wainda kiw'uni kivyu mavoa noutumia ta ndawa kwa kikonde kina unyeeo.• Ethiwa nivatonyeka ikiithya liu ula uya wina matumbi, Malenge na mavavai
Uuma /malanga jana tutalu tunini	<ul style="list-style-type: none">• Thambya na kiw'u kitheu. vaka ndawa ya usiia ukwatwa ni uwau ta detol
Itau na miimu	<ul style="list-style-type: none">• Ethiwa ni tutalu tunini kana miimu thamya na kiw'u kimunyu na uyieka vome/ Vany'ae• Ethiwa nukwalya kana wina woo muno nywa panadol kana aspirin• Kuvaka kiw'u kuma ivavaini yiu niutetheesya kuola uito.
Kwalw'a ni mutwe	<ul style="list-style-type: none">• Imwe mutwe niwalasya nundu wa ulea uthumua na kwoou waukwatanga na kuutitia okavola nutonya ueka ukuya• Nzia ingi ya utetheesya unyalw'a kana kiw'a mutwe wina woo ni kwa kuya mbeke 2 sya panadol (500mg) kila masaa ana na aspirin (500mg) mbeke kana ibuprofen (400mg) wioo.
Itau, kana kiw'u kuma	<ul style="list-style-type: none">• Nthambya na munyu na kiw'u na savuni na unyasya na kitambaa kimbithi (nziani ya maumao) kyumu Kiseuvitw'e na vamba• Mawonano amwe no kwithwa nekumana na uwau wumanite na kumanyana kimwii na mundu muwau (STD). Ni useo kuthi sivitali na kuthimwa kwa itambya yila yaile.
Kuvuvuana kiliko	<ul style="list-style-type: none">• La syindu ta tuvuyu, ivanga, mathoka, syindu ila mundu wina kiliko kivuvuanu utonya utumia kwiyumisya kana kuumisya mundu ungi nisyaaile kw'iwa vandu ivithitwe.• Mundu uyu niwaile ukwatiwa aendete vandu• Muwau uyu ndaile uekwa eweka nyumba.• La ndawa vaasa nake.
Muwau wakitandani	<ul style="list-style-type: none">• Ikala uimuvindua itina wa kila masaa eli ndakakwatwe ni itau• Tetheew'a kumutwaa vandu ndukatate umukusithya• vetanga mitulo kitandani• Veta ngua kana matandiko ala mathokoany'e• Muthambye mwii na savuni na kiw'u kila muthenya• Muswake maeo na kuthukathukya kanywa na kiw'u kimunyu• Tetheesya muwau kutambuukya mwii kwa kumukoota itaa, mau, ikokoa, ituo na malangu.• Ikala uimuisya kana niwithiwa na miimu nundu wa ukoma. ethiwa yivo atia nzia ila inenganitwe sya kuitaa itau na miimu vaa iulu.

Mazingira Bora



TIST

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

Kipsigis Version

*TIST is an innovative, time -
tested, afforestation program led
by the participants.*



Mkutano wa Nguzo ya Mukameni uliofanyika tarehe 19/05/21. Mkutano unaofuata utafanyika tarehe 23/06/21.

- Inside:**
- Reminder: Small Group Eligibility Requirements.** Page 2
 - TIST Values: The strength and foundation of TIST.** Page 2
 - TIST Values: The strength and foundation of TIST.** Page 3
 - Strength in diversity: TIST protects biodiversity.** Page 3
 - HIV & AIDS: Caring for PLWHA.** Page 4



Ogibwaat, koyochinet nebo magutik chebo kurubisiek che mengechen.

En betut neotinye tuiyetab kilasta obwotyigei agobo nitok asikobit konai missing biik alak amun bo komonut en agobo boisionikab Tistamun kinyorunen kelunoik che miten barak.

Chu komogutik che nyolu kotinye kurubit asi komuch kosultaen en bandab tai en TIST.

1. En kurubit konyolu komiten membaek chebo kabchiisiek somok che terotin.
2. En kurubit age tugul konyolu kosib tetetab TIST ak kosibutikab koyochinet.
3. En kurubit konyolu koyomndosgei en kila wiki ak koboisenin tetutik chebo Tisten kokyometababgei nebo kobwotutik ak kosibet nebo boisionikwak chebo kotugul. Chitugul en kurubit kotinye boroindo konyor konetisiet ak boisionik.
4. Membaek tugul en kurubit konyolchin konte siet koyochinet agobo (GHG) contract.
5. Chitugul en kurubit konyolu kotinye imabaret ole kimichin ketikab TIST, kotinye koyochinet anan chomchinet.
6. Kurubit age tugul konyolu kobotoito kenyit ak orowek sisit kotinye ketik 1,000 ak yeibata kenyisiek mutu kotinye ketik 5,000 che sobtos.
7. Nyol chin kurubisiek kotoo kilasta. Kilasta koyometab kurubisiek che ityingei abokora che nekiten. Nyolchin kilasta kotinye imbaret

neyome amun ye ipata kenyisiek oengu kotinye ketik che morekunen 250,000 noton ko kerkei ak (160 hectares).

8. Kosibgei ak koyochinet konyoru temindet US dollar 0.02 en ket ake tugul. Yeit konyor TIST Kenya kaumanik tugul che kiboisien ak konget. Komuche kokochi temik 70% en ngetunanik ko kakeisto chebo boisiet tugul.
9. Asi koityi kurubit konyor mongutik chebo mungaret, konyolu korib magutik che tononchin (clean development mechanism (CDM) anan ko verified carbo standards (VCS). Ake en ngatutik ko kerib ketik kot koit kenyisiek 30 komiten en chametab gei.
10. Nyolchin chitugul en kurubit komin anan kokiran nekime en kila kenyit kot koit kenyisiek mut.
11. Ketik che kiiumak kou buget komaiyanat en TIST.
12. Ketik che kisibiny en minet komo giiti tugul kobaten kitwalndaen kochekonget kinemu koik kwenik.
13. Yeimoche ikes ketik itinye chomchinet ye kait ketik kenyisiek 10 ak kosibgei ak tetet ne kararan. En kurubit konyolchin kokes 5% en ketik tugul che otinye.
14. Ket agetugul netinye ngemetab itondab emet komoiyanat en Tist kou (Chebkogutgei)

TIST Values: Kimnotet ak foundation nebo TIST.

Chechang' en groupishek chemengechen kongen agobo TIST values. Kora kobo maana keker values ichuton asi kenai angot kisubi. Boratet 'ab TIST kotienke kokilet 'ab ke nebo chi tugul nemiten en TIST. TIST ko ngo? Echek ko ki!

Echek ko ki

- 1) Kibo imanit.
- 2) Ki accurate en che kiyoe.
- 3) Kiyoe kasit en ole maungat
- 4) Ki kiboitinik ab alak .
- 5) Ki accountable agobo agetugul en echek .
- 6) Ki koborunet.
- 7) Ki konuke en kasit.

Ole kiyoitoi kasishek kokoker alak .

- 1) Kiyoe kasit ko echek en groupishek.
- 2) Kinomchinike oratinwek che chechoget.
- 3) Kiboishen metoekchok ak eunekchok.

Kasishek che kiyoe

- 1) Kimine ketik che terterchin en long-term

- 2) Kicheng'e oratinwek chekimuche keimprovenen health neyonet
- 3) Kiyoe Conservation Farming.
- 4) Kiyoe kasishek alak che (sustainable agriculture, nurseries, citrus growing, dairy goats and farming, chickens, bee keeping, fish ponds and fish keeping, silkworm farming, etc.).
- 5) Kioldoi carbon credits.

Echek ko ki

Yon kakisib values ichuton chebo TIST keyoe

- 1) Kechobe Team Work-yon kakiyai kou niton ke iku teamit nekararan.
- 2) Kechobe Capacity-kenyoru organization , kimnotet ak system.
- 3) Kechobe Enjoyment-kikere rurutik ak keyai tugul che yechen
- 4) Kenyoru rurutik chechang'-rururitik chechag' en mine tab ketik . results che yechen en Conservation farming ak projects alak che kiyoe .
- 5) Kiyoe bong'onutik ne miten ng'wony ak kenyoru rurutik chechang'.



Ketik kokororonite emet nyon komyeit.

En TIST, kemine ketik asi ketestch en carbon markets akityo kesich chebkondo chebo carbon sales .lakini manufaachebo ketik kochang ochei.!

Ichochu ko alak en manufaa che kinyoru en keitik;

- ❑ Ketik ko ole menye tyongik che chang' chebo flora ak fauna. Ikochin tyongik ole urenke ak ole unyen ke asi makibar . ribet 'ab osnoshek ko toreti minutik chok komosib komeyo yon miten climate change.
- ❑ Ketik kokonu koristo ne kararan ak koisto koriswek che yachen en emet. Ketik koisto carbon di oxide chechg'an emet ak koriswek che yachen cheu sulfur dioxide, ozone ak nitrogen oxide. Akityo kokonech oxygen nekimokchinike .
- ❑ Kororonindab emet ketesen minet 'ab ketik , ne en let kotese kororonindab sobet . yon nyalil emet kokararan.

- ❑ Ketik kocontroleni ateptab emet kou asista, koristo ,ak robta. Imuch koter floods, landslides, ak koriswek che yachen . ketik kotere floods yon kochomchi bek koba ngweny, ne katarwae en barak .
- ❑ Ketik kobose ibet 'ab ng'ung'nyek yon korobon . tikitik kwai koyoe ng'ung'unyek konamke ne katarwoe ak bek. Ketik kora koimproveni fertility nebo ng'ung'unyek. Ng'ung'nyek che kororon kokochin minutik omitwokik asitya en let koik echek chesiche health nekararan.
- ❑ Isto bolet . Noise pollution kimuche kebos yon kakimin ketik .
- ❑ Maket 'ab bek che tililen kimuche kenyor yon kokimin ketik che indegenous.. ketik kokochin uronok bek 'ab oinoshek , agityo koyai kokoititekitun akityo kobos evaporation nebo bek.

Kimnotet en terchinoik : TIST kotere biodiversity.

Biodiversity-mokornotet 'ab terchinet 'ab nature -kobo maana en environment. variety ko bo maana sanasana yon miten yomutik ak wolutik en emet , kou asista newon, pests, anan ko climate change.angandan kararan biodiversity, ko kila betut angamun en tuguk che kiyoe echek, ketese ta kibete species chebo ketik alak, emotinwek che twonen keistoen bek, ak ketore resourses chemiten emet. kikere kobeto niton kila betut. lbwat agobo chongindab minutik, toritik, ak tyongik che kitam ikere kin ko imingin lakini ko momiten en inguni anan ko kikututikenekitun? Miten nine million species chebo organisms en emoniton nyonet, ak yon kakebar choton, kokoibet chito agetugul en ngwony agot lakog che takesiche komoitchin koker.

Temik 'ab TIST koibu walet, kokile ke korib diversity initon. Ketit agetugul nekimine ko

renewable resorses. Ketit age tugul nekiine kobose pressure ne miten nature , diverse forest angamun kimuche keboishen choton nekotokitile ketik , bokoinik, ak products alak. Yon kakimin ketik che indigenous, kou ole tinye groupishek chechang' en riparian buffer groves ak thousands en temik 'ab TIST kotinye imbarenik kwai , kiribe diversity koechek. kora diverse ketik che indigenous kokonu menget ak omitwokik in tyongik, taritik, achtoreti en pollination chebo minutik, ome pests, anan koribwech ngungunyek chok.

Temik ab TIST kora konete kokwotinwek agobo biodiversity.Temik keintervieweni en clusters en pilot project kebchei ngal agobo biodiversity en komoswek kwai. Ongenam ke eun tugul, agebchei ngomnotoniton, ak kemin ketik che indigenous asi kechob emet ne kararan.



HIV&AIDS: Ribetab PLWHA.

PLWHA-ko tononchin agobo biik chetinye HIVak AIDS ak 0le kimuchi keribto en miyoniton. En ngalalet nebo rain nge ngolonen agobo ole kimuchi keribto en kaa ribik anan toretik.

Asi maimuch konyor kaimetabgei biik cheibuwotingei kole tinye, ko netai ko ngengolochi kosibgei ak niton ak nebo oeng ko kochigilgei biik ak yeitiyo konam konyor ARV en koyomisetab Taktari. Niton ko kasarta nebo PLWHA ribindet ne ribe ne miyoni. En konetisiyoni ko mongele bo chemiondos kitiyo boto che motiye asi komuch konyor tililindo en abogora.

En anyun ye kagobit niton PLWHA ko mising ko konyo chomiet neo, mutaet ak konunetabgei. Niton kobitu keret ne kararan ak sobet negoi en chito.

Age tugul koiti rotutiyoniton komuchi korib ne miyono en kaa. Miten anyun tetutik che yom egei asi kosulda ribet ne kararan.

Oret ne kararan netoreti ribindet ak nemiyoni:

Ribindetet ko tinye boroinde ne mingin ye imuch korigei ko monyoru ngoyondit age tugul yeisib tetutichu.

- Nyolu ko keun eut ak sobunit kotomo iyai boisit age tugul.
- Illumgei bortangung mising ko eunek kotomo iyochi chi nemiyoni.
- Agot komiten kangutaet anan ko korotik ak omitowogik ko ius ak beek.

- Ki tagetugul ne tinyegei ak murindo nebo chi nemiyoni ketorchi kirait kotar saisiek 20-30 asi gemuwet ak lema
- Ingoroik ak tugugab mook ko mogibele
- Tuguk cheu kotok ak sitonok ak kotok kii yumi ak keib koba sibitali ne nekit asi komuch koyaita icheget.
- Tuguk cheu bamba ak chekiusengei ketorchin keringet ne loo
- Illum eunek yeiyoe boisiet age tugul
- Igotiwe got kotinyin korotik chechik iweti sibitali ak inaisi asi kowolun.

Tililindo en kaa:

En biik chemiyondo en kasarta negoi kotiye HIV & AIDS konyumnyu koiti miyonuek che ter en kasarta age tugul. Bo komonut en ribindet ak ne miyoni koribgei en kimnotet mising asi kobos komoiti miyonuek alak.

Bo komonut en ichet koun eunek ko kaibata anan kotom ko yai boisit agetul

- koun eut
- koun tuguk chegiboisien chebo omitwogik
- kotuch kutit ye iriyonyi
- ko nguti kibabet mat kotiny nguwoy.

Angot ko chito nemiyoni kwome ARV ketoret konyor kerichek en kasarta me yomegei ak kerichi kosibetab kerichek. Niton go oret nebo teret. Rigin en abogora asi monyor siriret.

**Neisibu ko tetutik chetoretin en kosibet en kaa en chito ne miyoni:**

Koborunet ye biit en kaa	Koborunet ye biit en kaa
Eset	<ul style="list-style-type: none">• Istechin ingoroik chemotoreti kii ak ituch.• Imut chito ne miyoni kuwo ye miten koristo.• Tuch ak ingoriet ne tuwon ne koginde beek che lolongen ak kigochi chaik goe.• Igochin kerichek paracetamol 500mg oeng ye ibata saisiej 4.
Loliyot	<ul style="list-style-type: none">• Nyolu komiten koristo ne yamat.• Chomichin ne miyoni kuwendot kosir koru.• Igotuch kutit yon lole ak eut.• Kigochi beek chechang ak logoek.• Igchin chaikab lemom ak kumiyat.• Ka ngoletab kerichek komuchi kotoret.
Igo kerak Teget	<ul style="list-style-type: none">• Toret kou loliyot.• Agot kogerak serunek itugi sogekab chepgogutgei (blugam).• Igochin koe beek chechang.
Kalutik	<ul style="list-style-type: none">• Boisien kipsitit en Gelek.• Istoengei burgeiyet neo anan ole kaitit ak omituwogi che mi bilibilik.• Boisien beekab chumbik komo anan ko kaibata omituwogik asi iwendi ruyonik.• Iyome aspirin oeng iunen kutit konyil 4 en betut.
Koriyonget ak kangutaet	<ul style="list-style-type: none">• Ingonyor koristo ne yamat.• Ingonyor omituwogik cheu biasinik, mogo cheyomiotin che ichegen.• Ingonyo beek en abokora ak logoek.• Kerichek alak kou ARV kimuchi ketesta omituwogik ago motugul.
Mandaetab moet	<ul style="list-style-type: none">• Ingonyor beek chechang ak logoek en abogora, kou korik ak sutek.• Ingoe beekab chumbik chelolongen che kechiget agenge koibe 1litait.• Ingonyor omituwogik che bei chemotinye sugaruk.• Ingonyor kou kimiet ak moko.• Ingoboisien biasinik, muchelek, magatiat, nyanyik, indisiot che mogitesi kii•ingoyomis konyil 5-6 kosir 3 ago chechang.
Igoistoengei	<ul style="list-style-type: none">• Logoekak inguwek akuwam indisiot.• Ingoisitoegei chego tugul.• Omituwogik che muanik.• Kou kawek.• Che kagibe. Igotestai ko chuchun lakwet kouitu moet keboisien mwaita neu petroleum jelly.



Teretab moet	<ul style="list-style-type: none">• Kibo beek chegiee• Itaban beekab eet en ole kararan• Keboisiem kounetab eut sobunit kotomo ak yeibata omituwogik• Konyor omituwogik che lologen moche koitit.
Magatet ne yamat ak koutute	<ul style="list-style-type: none">• Boisien beek che lologen ak sobunit.• Ingonyor yamet yon imuwetisie.• Mat iboisien sobunit ne kiim.• Boisien muwaita kou vaseline ak alak chetongusen.• Magatet ne iutute keboisien calamit asi kogaitit.• Sogekab chaik che ka kilalak ke muweten.• En omituwogik ko nyolu komiten kou monget,maayat,sogek chenyolilen ak pawpaw.
	Mook.iun ak beek che tililen ak inde kerichek.
Chesiru	<ul style="list-style-type: none">• lunen beekab chumbik asi koyamsi• Igochin aspirin ye kose koututos• Boisien pawpaw imalen asi kogaitit.
Ametab metit	<ul style="list-style-type: none">• Imuchi kobit yon kenyor koimut• Toretet ko kigochi kerichek 2 chebo paracetamol 500mg abo kora yeibata saisiek 4.
Kebebertab borto	<ul style="list-style-type: none">• Ye kabit mook keboisien beekab chumbik.• Imuchi koruonik anan ko miondo.
Karnet	<ul style="list-style-type: none">• Tuguk kou panget anan rotuwet keisto koloit.• Nyolu ketoret chi ye nyorgewelnatet.• Mat kebagach inegen en kaa.• Kitaban kerichek en ole ungat.
Rebetab ne miyoni	<ul style="list-style-type: none">• Nyolu ketore ki wisi en kitok asi manam tomonget borto.• Keganab asi komuch kowendot.• Keistechi ingoroik cheruen.• Kewolchi che ilochi.• Ke muweti bortanyin en abogora.• Kigochi tililindo ne yamat.• Kesochi bortanyin igotinye mook.