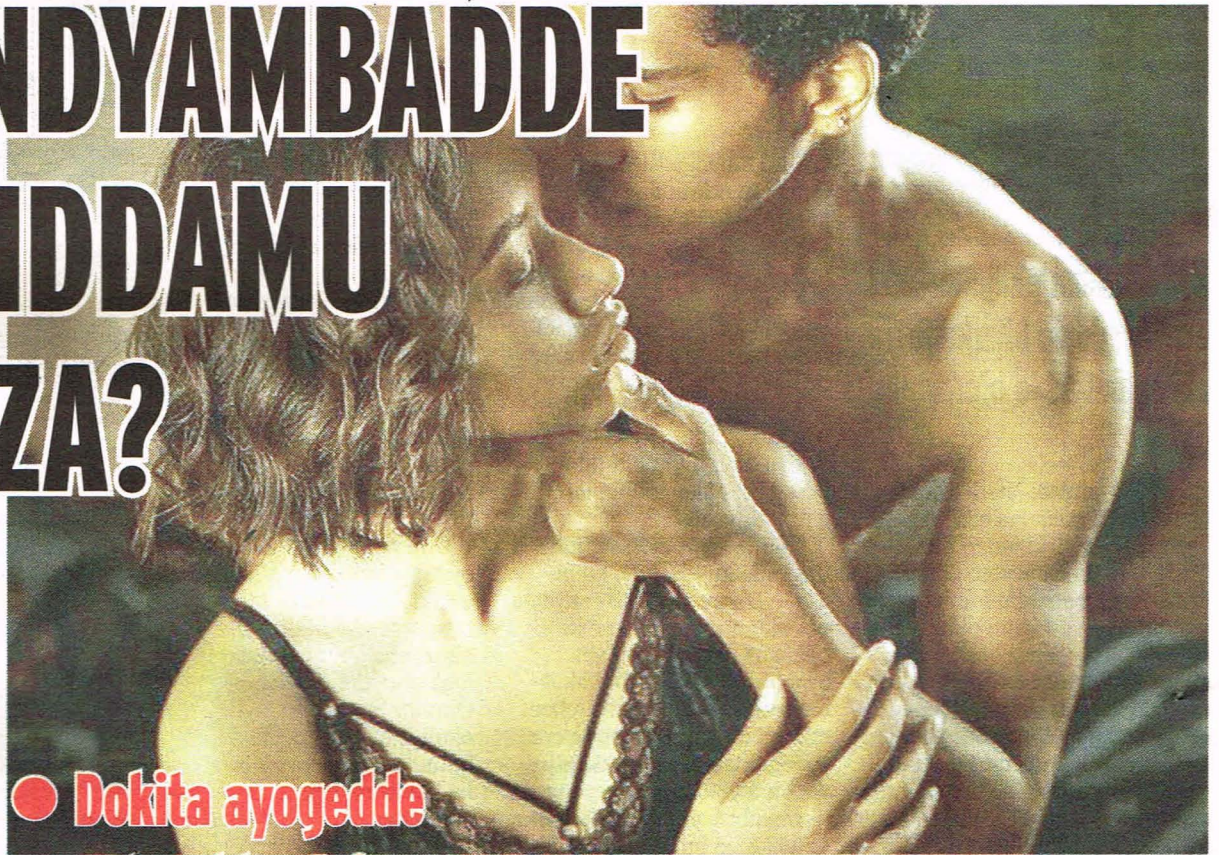


Lwakubiri April 21, 2026

Ssengga



OMUSAJJA YANDYAMBADDE PAAJAMA N'AGIDDAMU NGA TAGYOZEZZA?



MU jjiimu emu mu Kampala, abasajja baabadde banyumya nga bwe basaagamu ku buze bwabwe mu bulamu obwa bulijjo. Naye, akaze k'okuddamu kwambala paajama nga teyozeddwa, ke kaasinze okwefuga embooji yaabwe.

Kino kyawalirizza Bukedde okwongera okwebuuzza ku basajja abalala okuzuula oba ddala akaze kano mwekali, kava ku ki era kayinza kukosa katya obulamu bw'omusajja? Embooji z'abasajja abamu, ziraga nti paajama ne bweddibwamu, tekirina buzibu ate abalala, bakimanyi nti kya bulabe.

● Dokita ayogedde endwadde z'ofuna mu paajama encaafu

Abasajja boogedde

'Abazambala ne baziddamu nga si njoze, balina okwesalira obulungi'

Ashiraf Navio: Okuleka abakazi abatambulako akatono nga bw'atanaaba avaamu akasu, ffe abasajja tusobola n'okumala ennaku nga tonaabye. Mu ngeri y'emu ne bw'odda mu kawale nga tokoozezza tewaba buzibu. Okuggyako bw'obeera tweesalira bulungi, bw'odda mu kawale ako nga tokoozezza awo ovaamu akasu kuba obwoya buli, buvaako okutuuyana. Era obeera ofaanana n'omuntu ateesalira mu nkwawa, naye abeera avaamu akasu. Ekirala kye ndaba mu kwambala paajama encaafu, ffe abavubuka empale zaffe tumanyi okuzisiba bbaalansi ne paajama n'erabika. Wabula bw'obeera n'omukazi, abeera taja kukuganya kudda mu paajama ncaafu kuba bw'akuleka okugenda mu bantu, kiba tekiswaza ggwe wekka wabula naye kiba kimuzingiramu.



Navio

'Omuze gw'okudda mu paajama guli nnyo mu bavubuka'



Amany

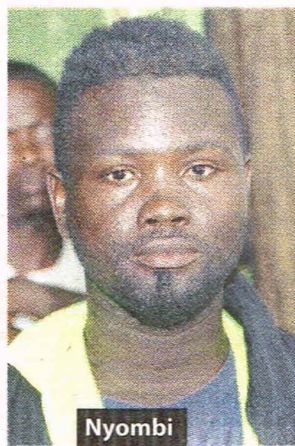
Given Jockans Amany: Okudda mu paajama etayozeddwa kiri nnyo mu bavubuka, kuba nange nakikolako we twabeerera mu biseera bya corona. Mu biseera ebyo, nali asikaali mu kkampuni emu mu Kampala. Kkampuni yali empabuse butono, nga nnina n'amabanja mayitirivu ate nga nkoowa nnyo nga bwe ntuuka ku kitanda ngwawo bugwi. Kye nalaba, omusajja bw'abeera ne ssente entono talowooza nnyo ku bya kugula paajama ziwera ate nga bw'obeera n'entono kibeera kyangu okudda mu gye wayambaddemu nga togyozezza naddala bw'oba osiiba okola.

Obwavu buviirako abamu kwambala emu buli lunaku n'eyozezza ku wiikendi

Ronald Nyombi: Kituufu abasajja gyebali ng'asobola kwambala paajama okumala wiiki nnamba nga tagyozezza. Abalala kye bakola, bw'abeera ne paajama bbiri

buli emu asobola okugyambalamu ennaku 2 ku 3 olwo n'agiggyamu okugyoza. Naye mulimu omuntu ng'alina paajama emu yokka era nga bw'agyoza, kw'olwo empale ayam-

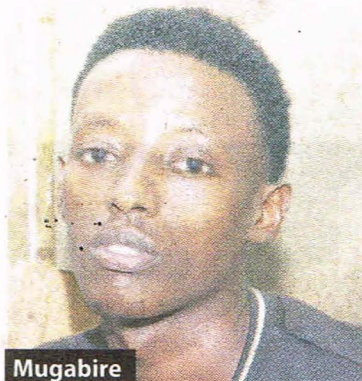
bala nkalu. Kale omuntu bw'ati naye abeera asobola okudda mu paajama eddugala. Okubeera ne paajama emu yokka kiva ku bwavu obuluma ennyo abantu naddala mu byalo eyo.



Nyombi

BIRAZE KU P10

Okudda mu paajama gy'otoyozezza kucankalanya ensonga z'ekisenge



Mugabire

Bw'odda mu paajama eteyozeddwa kikulumiriza nti oyambadde biddugala

BIVUDE KU P9

Frank Mugabire: Ntera nnyo okwettanira paajama eza langi enzirugavu, eya kivuuvu ne'bbululu kuba langi zino tezimala gaguba ate obudde bwe bukukwata n'oddamu okuzambala nga tozoozezza, teziraga mangu nti zicaafuwadde. Lwakuba bw'ogiddamu kikumalako emirembe kubanga muli kibeera kikulumiriza nti munda oddugala era olumu weebwalabwala mu bantu ng'olowooza oba obawunyiridde ne bakusirikirira busirikirizi?! Ekyewuunyisa, tukula abazadde batukubiriza obuyonjo n'okwoza paajama zaffe. Ate ne mu mawulire kubaako obubaka obutumanyisa ku byobulamu naye tetubifaako.

'Omukazi omuyonjo takuganya kudde mu paajama'

Joseph Nseroko: Abasajja abamu etamiro lye libavirako obuzibu, buli kaseera abeera mu kirabo kya mwenge taba na budde bulowooza ku



Nseroko

bya kwoza na kukyusa kawale ke ak'omunda. Wabula nze obuyonjo mbusoosowaza nnyo era sisobola kudde mu lugoye lwe nnyambadde nga nnina omukazi annyambako okwoza era teyeeganya. Abasajja bave mu buwuulu kuba bw'owasa omukazi omuyonjo, taşobola kukuganya kudde mu paajama.

Endwadde z'ofuna ng'ozze mu eteri njoze

Dokita Mbaaga Kigongo, omukugu mu ndwadde ezikwata mu bitundu by'omusajja okuva ku ddwaaliro lya Uro Care Hospital e Nansana agamba nti ebitundu eby'ekyama, bibaamu obuwuka obw'obulabe okuli obwa fangaasi n'obwa 'bacteria'. Obuwuka buno bukula n'okwekubisaamu ku sipiidi, nga kino kitera okuva ku bwoya obuba mu bitundu bino obuvaako ebbugumu n'okutuuyana.

Obuwuka buno bwe buwera bugenda ku bisambi, ku bitundu by'omusajja eby'ekyama era obumu bugenda ne ku paajama omusajja gy'aba ayambadde. Kati akabi akali mu butakyusa paajama, ebeerako obuwuka obukadde era bw'ogiddamu, we bwakomye we butandikira ne bweyongera okwekubisaamu. Era akaseera katuuka ne bukuleetera endwadde okuli ez'olususu eziva ku buwuka bwa fangaasi n'eza 'bacteria'.

Obuwuka bwa fangaasi buvaako okubutuka mu bitundu by'ekyama, ne kandida w'abasajja. Obuwuka buno bulya olususu oluli wakati w'ebisambi n'ekisawo ekibaamu ensigo z'obusajja ne lufa ne waggyawo ebintu ebyeru ebiringa evvu. Ate waba wasiwa era kiviirako omusajja okwetakulanga

n'okuggweebwako emirembe ate nga w'atakula watuuka ekiseera ne waddugala nga we basiize ekisiriza oba enziro.

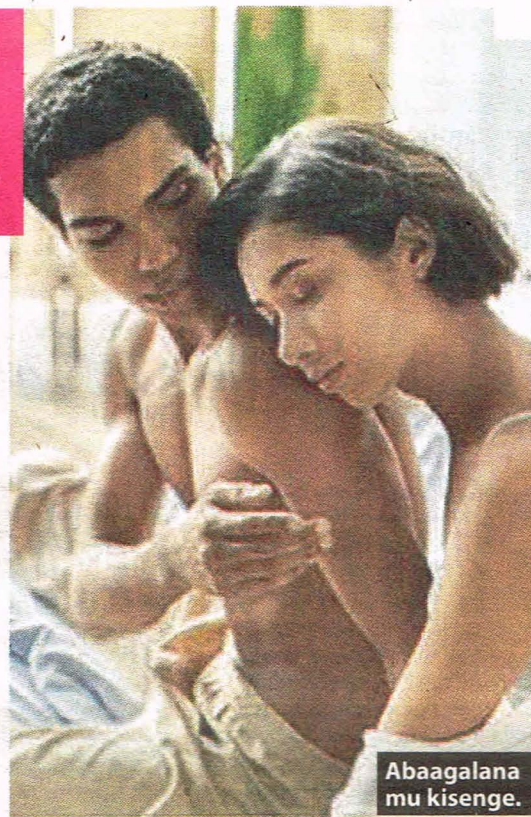
"Kiviirako n'omusajja okuweebuuka n'okwebwalabwala nga takyawera kuba olumu yeetakulira mu bantu," Dokita Mbaaga bwe yalaze obuswavu obuva ku kudde mu paajama nga togyozezza.

Bwe yayongedde okunyonnyola, Dokita Mbaaga yalaze ng'obuwuka buno busobola n'okukuviirako okuzimba obuntu obulinga obuyute mu kabina. Obuntu buno bumanyi okujigijja omuntu, ate butuuka akaseera ne bwabika ne buvaamu ebintu ebiseerera ebiringa amazzi oba amasira.

Omusajja asobola n'okufuna yinfekisoni z'omu kkubo ly'omusulo ezimanyiddwa nga UTI. Kino kyo kiva ku buwuka bwa 'bacteria' kuba bwo bwe buwera mu bitundu eby'ekyama, busobola okuyingira mu busajja nga buyitira mu luseke w'afuuyizisa omusulo ne bugenda bpaka mu kawago. Kino kisobola okuviirako omusajja okutandika okufuuyisafuuyisa okumukumu.

OBULABE OBULALA

- Ekirala mu kaseera



Abaagalana mu kisenge.

ak'okufuuyisa abeera awulira obulumi n'okubabuukirira mu luseke lw'obusajja bwe omusulo mwe guyita okufuluma. Ate olw'obuwuka buno okutuuka mu kawago, buyinza n'okuviirako omusajja okufuna omusajja naddala bw'abeera teyagenze mu ddwaaliro kwejjanjabo.

- Ate omwami bw'aba si mukomole bw'adda mu paajama nga tagyozezza, gujabagira. Kubanga obuwuka buno n'obucaafu bubeera n'aw'okwekweka mu kikuta ekibikka ekitwe ky'obusajja.
- Wadde obuwuka bwa fangaasi butera kukoma ku lususu, bwe bugwa ku musajja omulwadde wa mukenenya atakyusa paajama, ye busobola okumuyingira mu mubiri kuba abaserikale b'omubiri ab'omulwadde wa siriimu babeera banafu.

Paajama erina kwambalwa essaawa 12 n'eggyibwamu

Dokita Mbaaga agamba ekikendeenza ku buwuka bwa fangaasi ne 'bacteria', kubeera kunyikirira kweyonja ng'onaaba ne ssaabuuni buli kaseera n'okukyusa paajama ne zozzebwa nga tezinaddamu kwambalwa.

Mu nkola ey'ekisawo, omuntu bw'abeera n'ekiwundu oba obubwa mu bitundu eby'ekyama, atekwa okukyusa paajama n'ayambala endala buli luvannyuma lw'essaawa mukaaga.

Eri omuntu atalina kiwundu/obub-

wa mu bitundu eby'ekyama, bw'abeera asobodde naye asobola okukyusa paajama ye mu ssaawa mukaaga.

Wabula bw'abeera tasobodde kugikyusiza mu ssaawa mukaaga, ye asobola okugyambala n'agikyusa oluvannyuma lw'essaawa 12. Kino kitegeeza bw'ogyambala ku makya olweggulo ogiggyamu n'ogyoza.

Bw'obeera ogenda okwebaka, si kirungi kwambala paajama. Noolwekyo obeera olina

OKUDDA MU PAAJAMA GY'OTOYOZEZZA KUCANKALANYA ENSONGA Z'EKISENGE

Dokita Mbaaga agamba okudda mu paajama gy'otoyozezza tekikoma ku kukussa mu matigga ga ndwadde na yinfekisoni, wabula kitaataaganya n'ensonga z'omu kisenge.

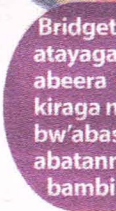
Mu kunnyonnyola kwe, agamba nti okuddanga mu paajama encaafu ekiseera kituuka nga bw'ogiggyamu nga muli mu kisenge mu kaseera ak'okwesanyusa n'omwagalwa wo evaamu akasu, k'agamba nti katta apetayiti y'omukyala ey'akazannyo.

Kino kivaako obunkenke mu maka kuba omwami alowooza omukyala amweggyako bweggya, sso nga omukyala akasu ke kabeera kaamutama ate ng'olumu mukaziwattu talina buvumu bugamba ku bba nti akasu ka paajama yo kasusse era ke kanviirako okukwebalama mu nsonga z'akazannyo.

Abakyala bawabudde abasajja ku buyonjo



Shamim Konso: Abasajja abamu babeera bayonjo kungulu naye nga munda bacaafu. Wabula ng'omukyala balo bw'aba tayagala kwoza buntu bwe, olina okubumwoleza.



Bridget Nyanzi: Omusajja atayagala kwoza paajama abeera mucaafu. Era kino kiraga n'obugayaavu bw'abasajja naddala abatannawasa. Abasajja bambi mwefeeko.



Margret Kanyange: Nga omukazi bw'ayozza n'akyusa akawale ke buli lunaku, n'omusajja bw'alina okukola. Bw'adda mu paajama encaafu n'afuna yinfekisoni agisiiga ne mukazi we.

okwebaka ng'oyambadde egoye ezisulwamu oba ekintu ekirala kyonna ekisobozesa ebitundu byo eby'ekyama okwetaaya. Kati bwe bukya n'olyoka oyambala paajama endala n'ogimalamu essaawa 12 n'ogiggyamu.

Si kirungi kwambala paajama n'ogibeeramu essaawa 24 (Tolina kusiiba mu paajama ate n'ogisulam.



Dokita Mbaaga