Asiika Obulamu

BY'OLINA OKUKOLA OKUTANGIRA OLUKUSENSE OLWABALUSEEWO MU BAANA

Bya RACHEAL NANKYA

BULI muzadde essaawa eno wandibadde weegendereza ku muntu gw'okwasa omwana wo na baani b'aliraana olw'ekirwadde ky'olukusense ekyabaluseewo mu ggwanga kuba kino kyangu kya kusiiga abalala anti okwerinda si buti.

Ku Lwokuna lwa wiiki ewedde minisitule y'ebyobulamu ng'eyita mu kamisona waayo Dr. Charles Olaro yategeeza nti, okusinziira ku kunoonyereza kwe baakola, abaana 75 ku 100 abali wansi w'emyaka 5 tebaafuna kugemebwa kujjuvu okw'obulwadde buno.

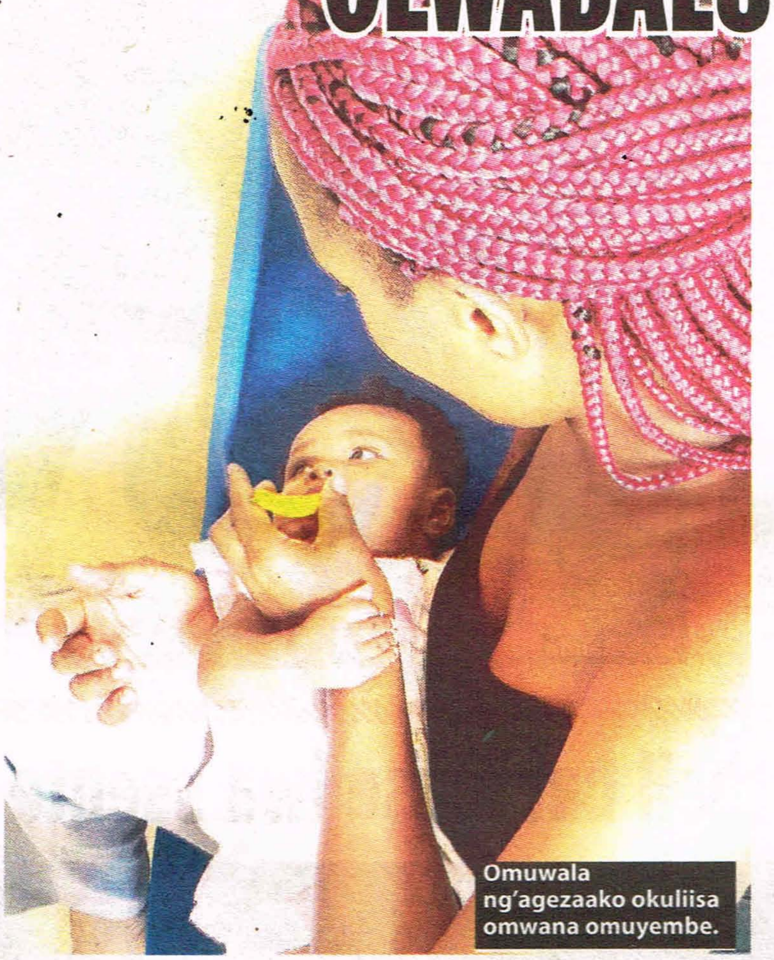
Agamba nti, abaana 33 ku 100 be baafuna doozi emu wabula nga temala kutangira bulwadde buno n'alaga nti, omwana alina okugemebwa ku myezi mwenda n'addamu okufuna doozi eyookubiri ku mwaka gumu n'ekitundu (myezi 18).

Wakati wa January ne April mu 2026, distulikiti 20 zaakakasizza okubeera n'obulwadde buno okuli; Bulambuli, Kassanda, Kibaale, Nwoya, Kagadi, Kiboga, Kotido, Ssembabule n'endala era ng'abaana 12 be baakafa obulwadde buno.

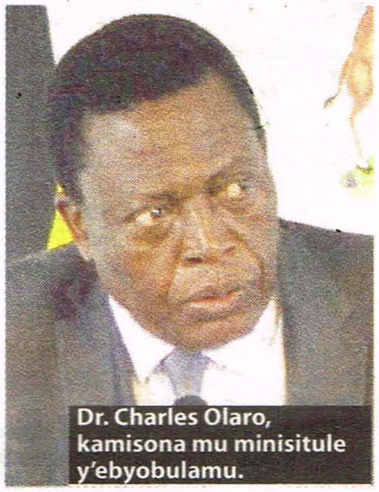
Dr. Olaro yakakasizza nti, waliwo ensonga endala ezongedde okuvaako abaana okufa obulwadde bw'olukusense omuli; obutagemerako ddala baana, okulwawo okuddukira mu ddwaaliro okufuna obujjanjabi ng'abaana balumbiddwa obulwadde buno, endya embi, abamu balina enzikiriza enkyamu ku mugaso gw'okugema abaana ate abazadde abalala tebafunye kubangulwa ku mugaso gwa kugemesa baana doozi zombi.

Dr. Immaculate Amperire, omukugu alung'amya n'okulondoola enteekateeka y'okugema abaana mu ggwanga ku UNEPI yalabudde nti, obulwadde buno butambula mangu mu baana abatali bageme n'akubiriza abazadde okutwala abaana okugemebwa kubanga eddagala gyeriri mu malwaliro

Yategeeza nti, Gavumenti yaakugenda mu maaso nga ekwatagana n'ebitongole eby'enjawulo okulwanyisa obulwadde buno nga mu mwezi ogwekkuni (October) baakuddamu kampeyini y'okugema abaana (wakati w'emyezi mwenda n'emyaka 5) bonna mu bitundu eby'enjawulo mu ggwanga.



Omuwala ng'agezaako okuliisa omwana omuyembe.



Dr. Charles Olaro, kamisona mu minisitule y'ebyobulamu.

Dr. Lucy Amaniyo owa Amani Children's Clinic e Nansana.

Dr. Immaculate Amperire alungamya n'okulondoola enteekateeka y'okugema abaana mu ggwanga.

Ebibala nga bino birimu ebiriisa ebiyamba omwana obutafuna ndwadde.

Yalabudde abazadde abalagajjalira abaana obutagemebwa nti, kiyinza okubaviirako obulemu obw'olubeerera wabula nga busobola okwewalibwa singa abaana babeera bagemeddwa.

Dr. Lucy Amaniyo owa Amani Children's Clinic e Nansana agamba nti, olukusense bulwadde obuleetebwa vayiraasi ng'ebeera mu nnyindo, emimiro gy'oyo aba abufunye era nga busaasaana mangu okuva ku muntu omu okudda ku mulala.

Buno butambulira mu mpewo ng'omuntu abulina bw'akolola, okunyiza oba okussa omukka gwe gumu n'abo abalamu kyangu okubasiiga era nga vayiraasi eno emala essaawa bbiri mu mpewo.

Omwana afunye obulwadde buno asobola okubusiiga abalala mu nnaku ennya ezisooka wabula nga tannayiwa (kuyiwa lutulututtu).

OBUMU KU BUBONERO KW'OLABIRA OBULWADDE BUNO

- Okukolola
- Ssennyiga
- Amaaso amamyufu
- Olususu okubutuka kye bayita okuyiwa, nga lutera kutandikira mu maaso oluvannyuma ne lusaasaanira omubiri gwonna.

OBUZIBU OBUSINGAWO OMWANA BW'ASOBOLA OKUFUNA NGA TAFUNYE MANGU BUJJANJABI

- Yinfekisoni ey'amaanyi mu mawuggwe. Yinfekisoni eno ya bulabe kubanga evaako amawuggwe okujjula amazzi oba amasira ekizibuwaza okussa, okulumizibwa ekifuba ky'omunda, omusujja n'okukolola okw'amaanyi.
- Yinfekisoni ku bwongo.
- Okuddukana okwa buli kiseera.
- Yinfekisoni y'amatu.
- Okuziba amaaso.

Abantu kye bagamba

Juliet Nangobi : Ndowooza olukusense lukomyewo kuba abaana batono abagemebwa obulwadde buno ate n'olumu abazadde tebategeezebwa kimala ku kiseera mwe balina kubagemera.

Michael Ssemakula: Obuzibu businze kuva ku ndiisa y'abaana, abazadde abamu baliisa bubi abaana baabwe. Kikulu okusomesa abazadde bamanye emmere gye balina okuwa abaana.

Lucent Nimusiima: Abazadde babeere beegendereza n'abaana baabwe baleme kubagabira buli gwe basanze ate bafeeyo n'okubatwala eri abakugu nga babalabyemu obubonero bw'olukusense.

By'okola okwewala obulwadde buno

- Dr. Amaniyo agamba nti, okugema omwana y'enkola esinga okuyambako okumutangira okufuna olukusense ate kimutaasa okufuna obuzibu obusingawo obusobola okumuviirako okufa.
- Endya y'omwana nkulu okugenderera okusobola okuwa omubiri gwe amaanyi okulwanyisa yinfekisoni ez'enjawulo ezandimulumbye ng'omuwa emmere erina Vitamiini A nga emiyembe, ensujju, kaloti, lumonde; ekirungo kino kyetaagisa kubanga kisobola okuggwa mu mibiri n'afuna obuzibu bw'amaaso.
- Okunywa ennyo amazzi, omubisi okuva mu bibala n'amata n'emmere yonna okuzimba omubiri okugutangira okufuna endwadde ez'enjawulo.
- Weewale okusemberera abalina obulwadde buno.
- Okubikka omumwa buli lw'oyasimula n'okukolola oluvannyuma onaabe engalo okukuuma obuyonjo buli kiseera.
- Abalina olukusense kikulu okubakuumira mu kifo ekimu ne bajjanjabibwa okutuusa lwe bawona okwewala okusiiga abalala.