

Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 6

KIRUNDI

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| <p>Abapfasoni Li na Ba bahora baja kandi kwa muganga w’abagore. Uri umugore, barashobora kukurungika ku baganga mwene abo. Ni abahinga mu kuvura abakenyezi.</p> <p>Abo baragusuzuma iyo wibungenze, baba bariko baragufasha gutegura kwibaruka neza. Barakenewe cane imbere y’uko wibaruka. Uzovyara umwana akomeye, igihe wasuzumwe imbere yo kwibaruka.</p> | <p>Mrs. Li and Mrs. Ba also go to an obstetrician or gynecologist. If you are a woman, you may be referred to one of these doctors. They are experts in taking care of women.</p> <p>These doctors can help you when you are pregnant, providing prenatal care. This is very important if you are going to have a baby. Your baby will be healthier if you have prenatal care.</p> |
| <p>Abo baganga baravura n’izindi ngorane z’abakenyezi, nko kuja mu kwezi canke guca imvyaro.</p> | <p>These doctors can also help with other health issues that only women have, such as menstruation or menopause.</p> |
| <p>Abo bahinga kandi, n’abandi baganga canke abaforoma, barashobora kugufasha iriganizary’ imvyaro. Iringaniza ry’ imvyaro rirahambaye cane kuko uzovyara igihe ubishatse gusa, kandi ukavyara igitigiri c’abana wifuza gusa.</p> | <p>These health professionals, and other doctors and nurses, can help you with family planning. Family planning is important so you will only get pregnant when you are ready, and can have only the number of children that you <i>want</i> to have.</p> |
| <p>Umupfasoni Li yacaguye kuvyara abana babiri gusa, kandi yaringanije imvyaro abifashijwemwo n’umuganga wiwe.</p> <p>Ni igikogwa ciwawe gushiga igitigiri c’abana uzovyara. Urashobora gushinga igihe wifuza ko coba hagati y’umwana n’uyundi. Vugana n’umuganga canke umuforoma igihe cose woba wifuza kumenya ivyo kuringaniza imvyaro.</p> | <p>Mrs. Li has chosen to have just two children, and practices family planning with the help of her doctor. How many children you have is <i>your</i> decision. You have a choice about how much time to wait between one child and your next pregnancy. Talk to your doctor or nurse any time you want information about family planning.</p> |