

.....

Mon Bilan Prévention

Harimwa ma suala 5



Rendevu ya bure

1 Yeshi tekeleziwawo hindri?

Yinu bahati yaho yokaya wa angaliye ye suha yahoo hosoni mwa mtaalamu wahabari za suha hudjo mtsauwa: **toibibu, mdrohazi wa farmaci, mzalisage hau infirmie** ye consultation **ngiyo bure**.

2 Yeze ndrogo kazi fanyihaodje?

Ngo djojuwa uhadisize ye mtaanlamu wa suha **yizo uziwona mhimu**. Yijokirika yizo ndrogo fiziki, macanco, tabu za undruume, ruku, shahula shaki kwanyinda, uvura msi, vinyo, nazasaya...



Ngodjo nikiwa **nyasuya zidunganao ne mahutadjiyo ne hali yahoo** nana **barnamdji zau kadimiya zahaho binafsi**.

3 E zinu zipasa ndo?

Hena mdru mduhazi yalona maha 18-25, 45-50, 60-65 na 70-75 Ngiyo wadjibu hukana **carte vitale** hau **AME** (yekakutsina sejuru ngebidiyo ukena msadizi wahe daula)



4 Ye ndahu ndjo henda nafanye mikadimiyo yahe suha?

Ndaharimwa le djumba ye twabibu udjoka humtsunguwa. Ngazidjo fanyishiha **mahala haki siri** vokao kavatsi mdru yadjo yishiya yizo mwabao.



5 Ye mikadimiyo yasuha yahangu ngamdjo yalekeza dje?

Tsaha rendezu

- Para mdjuzi yafanyao hazi harimwa (Mon Bilan prevention) harimwa ye telefoni hau ye interneti.



Kabula yahe rendezu

- Nge djokiri ujihudumu haudjibu ye masuala harimwa ye internet hau harimwa nkade.
- Ngodjodjuwa utsahe **shama** hau mdrohazi wahe **assistance social** wahusaidiye utsahe rendezu, udji taanrishe no utudifu jimla wahe suhe hau utsahe **mkalimani**.



Zo ndjema hodjuwa

- Yotsi wadjibu yokaa udjandzihe harimwa **toibibu generaliste**.
- Ze **ndziya zaki toibibu** hama ndeze depistage hau macanco yidjokiri zifanyiwa. Nayavo mdrogudjo redjeziwa ye mapesa holiho ndeze sharutui zakikwanyida.

