ENGLISH

Information for new patients in the United Kingdom

All people who are new to the UK are offered tests to look for infections.

Some infections may not make you feel unwell now but could harm you if not found early.

The infections we test for have treatments to cure or control the infection.

The tests and treatments are free.

Information about your tests and your results will not be shared with people, outside the National Health Service (NHS), without your consent.

If you have any of these infections it will not prevent you applying to remain in the UK.

Different areas of the UK offer a different range of tests.

Below is a list of tests offered to most people arriving in the UK for the first time.

Being tested is optional.

We advise tests to protect your health in the future.

Most tests are done by taking a small amount of blood from you, which your body will easily and quickly replace without you coming to any

RWANDA

Amakuru ku barwayi bashya mu Bwongereza

Abantu bose bashya mu Bwongereza bakorerwa ibizamini kugira ngo barebe ko nta ndwara bafite.

Nubwo hari indwara zimwe na zimwe zitaguteza kumva umeze nabi, zishobora kukugirira nabi uramutse utazibonye hakiri kare.

Indwara dusuzuma zifite imiti ishobora kuzivura cyangwa kuzirinda.

Amasuzuma n'ubuvuzi bitangwa ku buntu.

Amakuru ajyanye n'ibizamini byawe n'ibisubizo byabyo ntabwo azasangizwa abantu bari hanze y'Ikigo cy'Igihugu cy'Ubuzima (National Health Service (NHS), utabiduhereye uruhushya.

Niba ufite imwe muri izi ndwara, ntibizakubuza gusaba kuguma mu Bwongereza.

Uduce dutandukanye two mu Bwongereza dutanga ibizamini bitandukanye.

Aha hasi hari urutonde rw'ibizamini bitangwa ku bantu benshi bageze mu Bwongereza ku nshuro ya mbere.

Gufatwa ibizamini ni amahitamo yawe.

Turakugira inama ko wakoresha ibizamini kugira ngo urinde ubuzima bwawe mu gihe kizaza.

Ibizamini byinshi bikorwa binyuze mu kugufata amaraso make, umubiri wawe ukaba ushobora kuyasubirana mu buryo bworoshye kandi bwihuse bitakugizeho ingaruka.

harm.

Some tests require a urine sample.

All new arrivals to the UK have the right to register for a GP (a family doctor who can give you medical help and advice, for free, in your local community).

Ibizamini bimwe na bimwe bisaba igipimo fatizo cy'uko utanga inkari.

Abantu bose bakigera mu Bwongereza bafite uburenganzira bwo kwiyandikisha ngo babone Umuganga (umuganga w'umuryango ushobora kuguha ubufasha n'inama z'ubuvuzi ku buntu, mu gace utuyemo).

Tuberculosis

What is it?

Tuberculosis (TB) is an infection caused by bacteria which are released into the air when someone with an infection coughs or sneezes.

Pulmonary TB (in the lungs or throat) is the only form of the illness that is infectious, but TB can affect any part of the body.

If left untreated, TB is a serious illness, but it is curable with antibiotics.

We will ask you questions to assess if you could have active TB.

We may offer you a chest x-ray or other investigations to find out if you have it.

You may not have active (infectious) TB, but you may have been exposed to it in the past ('latent TB').

How could I catch it?

TB spreads between people in the air.

People with TB may not know they are ill at the time and you may have been exposed to the illness without knowing it.

What treatment is available?

TB can be fatal without treatment but can be cured with tablets.

Igituntu

Ni iki?

Igituntu (TB) ni indwara iterwa na bagiteri zituruka mu kirere iyo umuntu ufite iyo ndwara akoroye cyangwa yitsamuye.

Igituntu cyo mu bihaha (mu bihaha cyangwa mu muhogo) ni yo ndwara yonyine yandura, ariko TB ishobora gufata igice icyo ari cyo cyose cy'umubiri.

Iyo itavuwe, TB iba ari indwara izahaza cyane, ariko ishobora kuvurwa hakoreshejwe imiti ya antibiyotike.

Tuzakubaza ibibazo kugira ngo tumenye niba ushobora kuba ufite igituntu gishobora kwandura.

Dushobora kuguha isuzuma ryo mu gatuza hakoreshejwe icyuma cya X-ray cyangwa ibindi bizamini kugira ngo tumenye niba ufite iyo ndwara.

Ushobora kuba udafite igituntu cyanduza (cyandura), ariko ushobora kuba waracyanduye mu gihe cyahise ('igituntu kitaragaragara').

Nacyandura nte?

Igituntu gikwirakwira mu mwukahagati y'abantu.

Abantu barwaye igituntu bashobora kuba batazi ko barwaye icyo gihe, kandi nawe ushobora kuba waranduye iyo ndwara utabizi.

Ni ubuhe buryo bwo kuvurwa buhari?

Iyo igituntu kitavuwe gishobora kwica, ariko gishobora kuvurwa

Treatment is usually effective however it lasts at least 6 months and may be longer depending on where TB is found in the body.

Treatment for TB is usually a mixture of 4 antibiotics.

After 2 months of being on this treatment, patients may then be moved on to a course of 2 antibiotics for at least 4 months.

In the UK, TB treatment is free to everyone, regardless of immigration status.

Can it be prevented?

If you have latent TB, treatment will prevent you from developing infectious TB.

If you have active (infectious) TB, you should isolate until you are no longer infectious.

This is usually only a few

weeks and you will be supported throughout your isolation.

Infections found in your blood

HIV, Hepatitis B and Hepatitis C viruses can pass from person to person through blood, semen or vaginal fluids.

These viruses can pass:

From mother to baby during birth or infancy

By having sex without a condom

By sharing items contaminated with infected blood e.g. needles, or razors.

hakoreshejwe ibinini.

Ubusanzwe ubuvuzi buragikiza ariko bukamara nibura amezi 6 kandi bushobora no kurenzaho bitewe n'aho igituntu giherereye mu mubiri.

Ubusanzwe, imiti ivura igituntu iba igizwe n'uruvange rw'imiti 4 ya antibiyotike.

Nyuma y'amezi 2 uri kuri iyi miti, abarwayi bashobora guhabwa indi miti 2 ya antibiyotike nibura mu gihe cy'amezi 4.

Mu Bwongereza, abantu bose bavurwa igituntu ku buntu, hatitawe kuri sitati y'ubwimukira.

Ese gishobora kwirindwa?

Niba urwaye igituntu kitagaragara, kwivuza bizakurinda kwanduza abandi indwara y'igituntu.

Niba urwaye igituntu gishobora kwanduza (cyandura), ugomba kuguma mu kato kugeza igihe waba utacyanduza abandi.

Ubusanzwe ubu biba ibyumweru bike gusa

kandi uzaba uri gufashwa muri icyo gihe cy'akato.

Indwara zandura zigaragara mu maraso yawe

Virusi itera SIDA, virusi za Hepatite B na Hepatite C zishobora kwandura ziva ku muntu zijya ku wundi binyuze mu maraso, mu masohoro cyangwa mu matembabuzi ava mu gitsina cy'umugore.
Izi virusi zishobora kwanduza umuntu:

Zivuye ku mubyeyi zikanduza uruhinja mu gihe cyo kuvuka cyangwa akiri uruhinja

Mu gukora imibonano mpuzabitsina hadakoreshejwe agakingirizo

Mu gutizanya ibikoresho byanduye biriho amaraso yanduye indwara; urugero nk'inshinge cyangwa inzembe.

Hepatitis B

What is it?

Hepatitis B virus can infect the liver.

Many people will clear the virus without treatment, but in some people, the virus can cause liver damage and liver cancer.

In most people it will cause no symptoms so you may not know if you have it.

What treatment is available?

Hepatitis B does not have a cure, but it can be controlled.

If you have a high level of Hepatitis B virus or any liver damage, you will be offered treatment with tablets to control the virus.

Treatment can prevent liver failure and liver cancer.

Your doctor or nurse specialist will give you more information about treatment if it is required.

Can it be prevented?

A vaccine to protect you from Hepatitis B is available and is free of charge.

Hepatite B

Ni iki?

Virusi ya Hepatite B ishobora kwanduza umwijima.

Abantu benshi bazakira iyi virusi nta muti bahawe, ariko ku bantu bamwe na bamwe, iyi virusi ishobora kwangiza umwijima no gutera kanseri y'umwijima.

Ku bantu benshi, nta bimenyetso iyo ndwara igaragaza ku buryo ushobora kutamenya niba uyirwaye.

Ni ubuhe buryo bwo kuvurwa buhari?

Hepatite B nta muti igira, ariko ishobora kugabanyirizwa ubukana.

Niba ufite virusi ya Hepatite B ku kigero cyo hejuru cyangwa se umwijima warangiritse, uzahabwa ibinini byo kugabanya ubukana by'iyo virusi.

Kuvurwa bishobora gukumira kunanirwa k'umwijima na kanseri y'umwijima.

Muganga wawe cyangwa umuforomo w'inzobere azaguha andi makuru ajyanye n'ubuvuzi niba ari ngombwa.

Ese ishobora kwirindwa?

Urukingo rwo kukurinda Hepatite B rurahari, kandi ni ubuntu.

Hepatitis C

What is it?

Hepatitis C is a virus which affects the liver.

Hepatite C

Ni iki?

Hepatite C ni virusi yibasira umwijima.

Many people do not have symptoms until the liver has been significantly damaged.

A blood test is the only way to know you have the virus.

What treatment is available?

Hepatitis C can be treated with antiviral tablets over 8–12 weeks.

This usually cures the infection.

Early treatment will prevent serious complications such as liver damage, liver failure or liver cancer.

Can it be prevented?

There is currently no vaccine or medications available to prevent you being infected with this virus.

Being treated for the infection does not prevent you from acquiring it again in future.

Abantu benshi ntibagaragaza ibimenyetso kugeza igihe umwijima wangiritse cyane.

Ikizamini cy'amaraso ni bwo buryo bwonyine bwo kumenya ko ufite iyi virusi.

Ni ubuhe buryo bwo kuvurwa buhari?

Hepatite C ishobora kuvurwa hakoreshejwe imiti irwanya virusi mu mubiri mu gihe cyirenze ibyumweru 8-12.

Ibi ubusanzwe bivura iyo ndwara.

Kuvurwa hakiri kare bizatuma hirindwa ibibazo bikomeye nko kwangirika k'umwijima, kunanirwa k'umwijima cyangwa kanseri y'umwijima.

Ese ishobora kwirindwa?

Kugeza ubu nta rukingo cyangwa imiti iboneka ishobora kukurinda kwandura iyi virusi.

Kuba waravuwe iyo ndwara ntibikurinda kuzongera kuyirwara mu gihe kizaza.

Human Immunodeficiency Virus (HIV)

What is it?

HIV is a virus which over time can affect your immune system, which is your body’s ability to protect you from infections.

You often do not feel unwell straight away.

However, if you have this infection, you can be given treatment which controls the virus.

This stops it from causing you harm and prevents you from passing it on to other people.

What treatment is available?

Ubwandu bw'Agakoko Gatera SIDA (HIV)

Ni iki?

Virusi itera SIDA ni virusi ishobora kugira ingaruka ku bwirinzi bw'umubiri wawe, ni ukuvuga ubushobozi bw'umubiri wawe bwo kukurinda indwara.

Akenshi si ko uhita wumva utameze neza.

Icyakora, niba ufite ubu bwandu, ushobora kwitabwaho kugira ngo virusi igabanyirizwe ubukana.

Ibyo bikurinda ko ikugirira nabi kandi bigatuma utayanduza abandi.

Ni ubuhe buryo bwo kuvurwa buhari?

There are different treatments available, usually a single tablet once a day.

This cannot cure the infection but can control the virus so that we can no longer detect it in the blood, and it cannot pass on to other people.

If treatment is started early, you can have a normal life expectancy and your immune system function will stabilise and, in most cases, improve.

Can it be prevented?

There is no vaccine currently available.

If you are at risk of HIV, you can get medication to reduce the risk of infection.

What am I entitled to?

Free HIV treatment and follow-up

If you are found to have acquired HIV this does not affect your right to apply for asylum in the UK

Your HIV status will not affect your right to work in the UK

You will have access to free specialist care with regular, private and confidential follow up from non-hostile and non-judgmental health care professionals.

If you already know you have HIV, it is important that you tell your GP as soon as possible so you can continue treatment and see an infection specialist.

Syphilis

What is it?

Syphilis is a bacterial infection passed through sexual contact.

Hari uburyo butandukanye bwo kwita ku muntu uyirwaye, ubusanzwe ni ugufata ikinini kimwe ku munsi.

Ibi ntibishobora kuvura ubwandu, ariko bishobora kugabanya ubukana bwa virusi ku buryo tudashobora kongera kuyibona mu maraso, kandi ntishobora kwanduza abandi bantu.

Iyo utangiye kwitabwaho hakiri kare, ushobora kubaho ubuzima busanzwe kandi imikorere y'ubudahangarwa bw'umubiri wawe ntibuhungabane, ndetse akenshi bukarushaho kuba bwiza.

Ese bishobora kwirindwa?

Kugeza ubu nta rukingo ruraboneka.

Niba ufite ibyago byo kwandura virusi itera SIDA, ushobora guhabwa imiti igabanya ibyago byo kuyandura.

Ni ibiki nemerewe?

Kwitabwaho no kugukurikirana kuri virusi itera SIDA ku buntu

Niba bigaragaye ko wanduye virusi itera SIDA, ibi ntibigira ingaruka ku burenganzira bwawe bwo gusaba ubuhungiro mu Bwongereza

Kuba ufite virusi itera SIDA ntibizagira ingaruka ku burenganzira bwawe bwo gukorera mu Bwongereza

Uzajya uhabwa ubuvuzi bw'inzobere ku buntu, bagukurikirane buri gihe, mu buryo bwihariye kandi bw'ibanga n'abahanga mu by'ubuzima badahutaza kandi badacira abandi imanza.

Niba usanzwe uzi ko urwaye virusi itera SIDA, ni ngombwa ko ubibwira muganga wawe vuba byihuse kugira ngo ukomeze kubona ubuvuzi kandi ubone umuganga w'inzobere mu bijyanye n'indwara zandura.

Mburugu

Ni iki?

Mburugu ni indwara iterwa na bagiteri yandurira mu mibonano

Symptoms change over time and can include painless sores or ulcers, swollen lymph glands, fever and weight loss.

Symptoms can involve all parts of the body at different stages, but some people do not have any symptoms.

If you have a sexual partner, they will also need to be tested for syphilis and they will be offered testing and treatment.

If you are pregnant and have syphilis, you can pass it onto the baby before it's born and increase the risk of miscarriage, premature birth and stillbirth.

How could I catch it?

You can get syphilis by having vaginal, anal or oral sex with someone who has the infection.

What treatment is available?

Syphilis is curable with antibiotics which are usually given by injection.

You may need to get repeat testing at 6 and 12 weeks after treatment to ensure the infection has been cured.

Can it be prevented?

There is currently no vaccine or medication available to prevent you from getting this infection.

Syphilis can be prevented by using condoms when you have sex, and also by getting tested once a year, or if you have a new sexual partner.

mpuzabitsina.

Ibimenyetso bihinduka uko igihe kigenda gihita kandi bishobora kuba ibisebe bitababaza cyangwa ibibyimba bitababaza, inturugunyu zibyimbye, umuriro no gutakaza ibiro.

Ibimenyetso bishobora kugaragara mu bice byose by'umubiri mu byiciro bitandukanye, ariko hari abantu batabigaragaza ibimenyetso.

Niba ufite umukunzi mukorana imibonano mpuzabitsina, na we agomba gupimwa indwara ya mburugu kandi azahabwa uburyo bwo gupimwa no kuvurwa.

Niba utwite kandi ukaba urwaye indwara ya mburugu, ushobora kuyanduza umwana mbere y'uko avuka, bityo bikongera ibyago byo gukuramo inda, kubyara igihe kitageze no kubyara umwana upfuye.

Nayandura nte?

Ushobora kwandura mburugu binyuze mu gukora imibonano mpuzabitsina isanzwe, yo mu kibuno cyangwa mu kanwa n'umuntu ufite ubwo bwandu.

Ni ubuhe buryo bwo kuvurwa buhari?

Mburugu ivurwa n'imiti ya antibiyotike ikunda gutangwa mu buryo bw'inshinge.

Bishobora kuba ngombwa ko usubiramo ibizamini nyuma y'ibyumweru 6 na 12 nyuma yo kuvurwa kugira ngo umenye neza ko ubwandu bwakize.

Ese ishobora kwirindwa?

Kugeza ubu nta rukingo cyangwa umuti uraboneka wo kukurinda ubu bwandu.

Mburugu ishobora kwirindwa hakoreshejwe agakingirizo mu gihe uri gukora imibonano mpuzabitsina, ndetse no kwipimisha rimwe mu mwaka, cyangwa mu gihe ufite umukunzi mushya mukorana imibonano mpuzabitsina.

Strongyloides

What is it?

Strongyloides is a parasitic worm which usually lives in soil (but is too small to see) and infects you through your skin.

It enters your lungs and intestines through your bloodstream.

It can cause skin or digestive symptoms that can come and go.

Some infections can become chronic and last for years or even be fatal.

Tests for Strongyloides include testing different bodily fluids for signs of the worm, such as stool and blood.

How could I catch it?

Walking barefoot in contaminated soil in tropical and subtropical locations or having a weakened immune system can put you at risk of getting Strongyloides infection.

What treatment is available?

Strongyloides is easily treated with an anti-parasitic medication in tablet form.

Can it be prevented?

Strongyloidiasis can’t always be prevented.

However not walking barefoot when traveling to warm or tropical climates can reduce your risk of infection.

Inzoka z'indiririzi

Ni iki?

Inzoka ni ubwoko bw'inzoka z'indiririzi ubusanzwe ziba mu butaka (ariko ntizigaragara kubera ukuntu ari nto cyane) kandi uzandura binyuze mu ruhu rwawe.

Yinjira mu bihaha no mu mara binyuze mu miyoboro y'amaraso.

Ishobora gutera ibimenyetso by'uruhu cyangwa by'urwungano ngogozi bishobora kuza kandi bikongera bikagenda.

Indwara zimwe na zimwe zishobora guhinduka izidakira, zigakomeza mu gihe cy'imyaka myinshi cyangwa zikanatera urupfu.

Ibizamini by'inzoka z'indiririzi bikubiyemo gupima amatembabuzi atandukanye yo mu mubiri kugira ngo harebwe ibimenyetso by'inzoka, urugero nk'umusarane n'amaraso.

Nazandura nte?

Kugenda wambaye ibirenge mu butaka bwanduye mu turere turangwamo ubushyuhe buringaniye n'ubwinshi cyangwa kuba ufite ubudahangarwa bw'umubiri bufite intege nke, bishobora gutuma ugira ibyago byo kwandura inzoka zo mu nda.

Ni ubuhe buryo bwo kuvurwa buhari?

Inzoka z'indiririzi zivurwa mu buryo bworoshye hakoreshejwe imiti yica udukoko yo mu buryo bw'ikinini.

Ese zishobora kwirindwa?

Inzoka z'indiririzi ntabwo buri gihe zishobora kwirindwa.

Ariko rero, kutagenda wambaye ibirenge mu gihe uri kugenda ahantu hashyushye cyangwa ahantu hari ikirere cy'ubushyuhe bucye bishobora kugabanya ibyago byo kwandura.

Schistosomiasis

What is it?

Schistosomiasis

Ni iki?

Schistosomiasis, sometimes known as bilharzia, is an infection caused by a parasitic worm.

The parasite lives in fresh water (such as rivers and lakes) in subtropical and tropical regions.

Symptoms may include a red itchy rash, high temperature, cough, diarrhoea, abdomen and joint pain.

The parasite can remain in the body for many years and cause damage to the bladder, kidneys and liver and some types increase your risk of developing bladder cancer.

Schistosomiasis is usually diagnosed by a blood test but can also be diagnosed by finding parasite eggs in your urine or stool sample.

How could I catch it?

You become infected if you come into contact with contaminated fresh water in subtropical and tropical regions, for example when swimming, paddling or washing.

What treatment is available?

It can be cured with a short course of an anti-parasitic medication.

Sometimes treatments may need to be repeated after a few weeks.

Can it be prevented?

There is currently no vaccine or medication available to prevent you from getting this infection.

People who travel to areas affected by schistosomiasis should avoid swimming, drinking and washing in fresh water that is likely to be contaminated.

Schistosomiasis, rimwe na rimwe yitwa bilharzia, ni indwara iterwa na mikorobe zitera inzoka z'indiririzi zo mu nda.

Iyo mikorobe iba mu mazi atemba (nk'imigezi n'ibiyaga) yo mu turere turangwamo ubushyuhe bwinshi n'uburinganiye.

Bimwe mu bimenyetso bishobora kugaragara harimo kugira uruhu rutukura ruryaryata, umuriro mwinshi, inkorora, impiswi, ububabare mu nda no mu ngingo.

Iyi mikorobe ishobora kuguma mu mubiri imyaka myinshi ikangiza uruhago, impyiko n'umwijima, kandi ubwoko bumwe na bumwe bw'iyi mikorobe butuma ushobora kurwara kanseri y'uruhago.

Ubusanzwe schistosomiasis isuzumirwa mu bizamini by'amaraso, ariko nanone ishobora gusuzumirwa mu kubona amagi y'iyo mikorobe mu gipimo fatizo cy'inkari cyangwa cy'umusarane.

Nayandura nte?

Uyandura iyo uhuye n'amazi atemba yanduye mu turere turangwamo ubushyuhe bwinshi n'uburinganiye, urugero nko mu gihe cyo koga, kugashya cyangwa kumesa.

Ni ubuhe buryo bwo kuvurwa buhari?

Ishobora gukira hakoreshejwe imiti yica udukoko ifatwa mu gihe gito.

Rimwe na rimwe, bishobora kuba ngombwa kongera gufata imiti nyuma y'ibyumweru bike.

Ese ishobora kwirindwa?

Kugeza ubu nta rukingo cyangwa umuti uraboneka wo kukurinda kwandura iyi ndwara.

Abantu bajya mu duce turimo indwara ya schistosomiasis bagombye kwirinda koga, kunywa no kumesera mu mazi atemba ashobora kuba yanduye.

Infections detected in your urine

Chlamydia and Gonorrhea

What is it?

Chlamydia and gonorrhea are common sexually transmitted bacterial infections.

Symptoms of both include pain when urinating, unusual discharge from the vagina, penis or anus, stomach pain, pain in the testicles or red eyes.

However they can also be asymptomatic (show no symptoms).

The test for chlamydia and gonorrhea is simple and painless.

It involves swabbing the affected areas (vagina, anus, throat) and/or giving a urine sample.

You can perform the swab yourself and it will be explained to you how to do this at your appointment.

How could I catch it?

They are both passed on through unprotected (without a condom) vaginal, anal or oral sex.

What treatment is available?

Chlamydia and gonorrhea are treated with antibiotics but if left untreated can be passed on to other sexual partners.

You should avoid having sex for 1 week after you and your partners have been treated.

Some strains of gonorrhea have become resistant to antibiotics, and you may require repeat testing 3 weeks after treatment to make sure the antibiotics have worked.

Ubwandu bugaragara mu nkari zawe

Chlamydia n'Imitezi

Ni iki?

Chlamydia n'imitezi ni indwara zandurira cyane mu mibonano mpuzabitsina.

Ibimenyetso by'izo ndwara zombi harimo ububabare mu gihe umuntu arimo kunyara, kuzana ururenda rudasanzwe mu gitsina cy'umugore, cy'umugabo cyangwa mu kibuno, ububabare mu gifu, ububabare mu dusabo tw'intanga ngabo cyangwa gutukura amaso.

Icyakora, zishobora no kuba zidafite ibimenyetso (nta bimenyetso zigaragaza).

Gupima chlamydia n'imitezi biroroshye kandi ntibigutera ububabare.

Bikubiyemo gufata ibizamini mu bice by'umubiri byanduye (igitsina cy'umugore, ikibuno, mu muhogo) na/cyangwa gutanga igipimo fatizo cy'inkari.

Ushobora kwipimisha wowe ubwawe kandi uzasobanurirwa uko wabikora mu gihe ugiye kwa muganga.

Nayandura nte?

Byombi byandurira mu gukora imibonano mpuzabitsina idakingiye (nta gakingirizo) mu gitsina, mu kibuno cyangwa mu kanwa.

Ni ubuhe buryo bwo kuvurwa buhari?

Chlamydia n'imitezi zivurwa na antibiyotike ariko iyo zitavuwe zishobora kwanduzwa undi muntu mukoranye imibonano mpuzabitsina.

Ugomba kwirinda gukora imibonano mpuzabitsina mu gihe cy'icyumweru 1 nyuma yo kuvurwa.

Bumwe mu bwoko bw'imitezi bwanga kuvurwa na antibiyotike, kandi bishobora kuba ngombwa ko usubiramo ibizamini nyuma y'ibyumweru 3 nyuma yo kuvurwa kugira ngo urebe ko iyo miti yakuvuye.

Can it be prevented?

Chlamydia and gonorrhea can be prevented by using condoms when you have sex.

Getting tested once a year, or if you have a new sexual partner, can prevent the spread of infection.

Testing, treatment and all forms of contraception including condoms are free in the UK.

You can get access to them from your GP or local sexual health clinic.

Ese ishobora kwirindwa?

Chlamydia n'imitezi zishobora kwirindwa hakoreshejwe udukingirizo mu gihe cy'imibonano mpuzabitsina.

Gupimwa inshuro imwe mu mwaka, cyangwa mu gihe ufite umukunzi mushya mukorana imibonano mpuzabitsina, bishobora gukumira ikwirakwira ry'ubwandu.

Ibizamini, kwivuza n'uburyo bwose bwo kuboneza urubyaro harimo udukingirizo, ni ubuntu mu Bwongereza.

Ushobora kubisanga kwa muganga wawe cyangwa ku ivuriro rikwegereye ritanga serivisi ku buzima bw'imyororokere.