KINYARWANDA

KORONAVIRUSI NI KI?

Koronavirusi zibarizwa mu muryango w'amavirusi atera uburwayi inyamaswa cyangwa abantu. Mu bantu, Koronavirusi akenshi zifata imyanya y'ubuhumekero bigatera ibicurane bisanzwe n'ibicurane bikomeye.

COVID-19 NI KI?

COVID-19 ni indwara yandura iterwa na Koronavirusi yavumbuwe vuba aha("CO" bisobanuye Corona; "VI" bisobanuye virusi; "19" umwaka yagaragayemo). Iyi virusi hamwe n' indwara ntago byari bizwi mbere yuko icyorezo gitangira gusakara muri Wuhan, mu Bushinwa mu Kuboza kwa 2019.

IBIMENYETSO BYA COVID-19 NI IBIHE?

Ibimenyetso by'iyo ndwara bigaragarira mu kugira umuriro, umunaniro, kuzana ibimwira, inkorora y'akayi, kugira ikibazo cyo guhumeka. Rimwe na rimwe hari ubwo bikomera umuntu akarwara umusonga, ndetse bikaba byanamuviramo urupfu.

HABA HARI URUKINGO, UMUTI CYANGWA UBUVUZI BWA COVID-19?

Kugeza ubu nta rukingo ndetse nta n'umuti wo kuvura COVID-19 uraboneka. Ariko abarwayi bayo bashobora guhabwa imiti ifasha guhangana n'ibimenyetso byayo. Abayirwaye bagomba kujya mubitaro. Abenshi bayikira kubera ubuvuzi bahawe. Imiti n'urukingo byayo biracyakorerwa ubushakashatsi.

NINDE UFITE IBYAGO BYINSHI BYO KUZAHAZWA NIYINDWARA?

Mugihe tukiri kwiga uko COVID-19 izahaza abantu, abantu bashaje hamwe n'abantu bafite indwara za karande(nk' umuvuduko w' amaraso, indwara z'umutima, ibihaha, kanseri na diyabete) bigaragara ko bakunda kuzahazwa niyi ndwara ugereranyije n'abandi.

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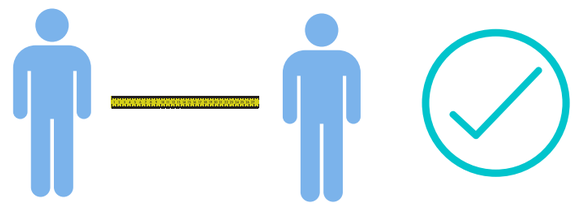
NIKI NAKORA KUGIRANGO NIRINDE KANDI RWANYE GUKWIRAKWIZA COVID-19

Ushobora kugabanya ibyago byo kwandura cyangwaGukwirakwiza COVID-19 ukurikiza aya mabwiriza:

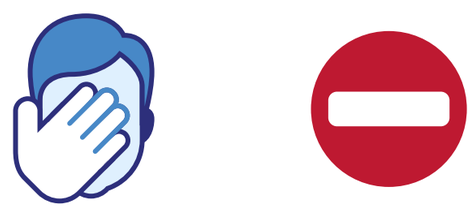
- Gukaraba intoki buri gihe ukoresheje alukoro yagenewe gusukura intoki cyangwa ukoresheje amazi meza n' isabune, kuko byica virusi zishobora kuba kuntoki zawe.

- Shyira intera ya metero imwe hagati yawe n'undi muntu burigihe. Virusi iba iri mu matembabuzi kandi ishobora kugendera mu mwuka igihe umuntu ahumetse akwegereye, byumwihariko igihe umuntu yitsamuye, akoroye cyangwa afite ibicurane.



- Irinde kwikora ku maso, amazuru no ku munwa, kuberako ibiganza bikora ahantu henshi bigahura na virusi. Igihe ibiganza byahuye na virusi bishobora kuyisiga mu maso, amazuru n'umunwa. Hanyuma virusi ikaba yabasha kwinjira mu mubiri, ikagutera indwara.

- Kora uko ushoboye wowe n'abantu muri kumwe, mukuriza isuku ijyanye n'imihumekere. Ibi bisobanuye kwipfuka amaso n'amazuru ukoresheje ukuboko wahinye inkokora cyangwa agatambaro igihe ukoroye cyangwa witsamuye. Warangiza ukajugunye ako agatambaro ahabugenewe ukimara kugakoresha. Kubera iki? Amatembabuzi akwirakwiza virusi. Iyo ukurikije amategeko y'isuku y'imihumekere bigufasha kurinda abantu bakwegereye virusi y'ibicurane byoroheje cyangwa bikomeye hamwe na COVID-19.



- Irinde kuramukanya uhana ibiganza no guhoberana kubera ibyavuzwe Haruguru. Guma murugo uko bishoboka ukurikiza amategeko nkuko Byagenwe n'ubuyobozi. Niba ufite umuriro, ukorora cyangwa uhumeka bigoranye Shaka ubufasha bwo kwa muganga maze ubanze uhamagare mbere. Ibi bizatuma abashinzwe ubuzima bakuyobora byihuse kw'ivuriro ribifitiye ubushobozi. Kandi ibi bizagufasha kudakwirakwiza virusi n'ubwandure.

All the measures included in the present leaflet follow what established by the world health organization (WHO)

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