Ibyo ukwiye kumenya ku byerekeye indwara ya koronavirusi 2019 (COVID-19)

Indwara ya koronavirusi 2019 (COVID-19) ni iki?

Indwara ya koronavirusi 2019 (COVID-19) ni indwara y'ubuhumekero ishobora kwandura umuntu ayanduje undi. Virusi itera indwara ya COVID-19 ni virusi nshya yabonywe bwa mbere hari gukorwa iperereza ku cyorezo muri Wuhan, mu Bushinwa.

Abantu bari muri Amerika bashobora kwandura indwara ya COVID-19?

Indwara ya COVID-19 yandura umuntu ayanduje undi mu bihugu byinshi, no kuyandura umuntu atarigeze akora ingendo byagiye bigaragara muri Amerika. Ibyago byo kuyandura biterwa ni uko wegereye uyirwaye.

Iyo wegereye abantu bayirwaye uba ufite ibyago byinshi byo kuyandura, urugero: abakora muri buvuzi no kwegera abantu bafite virusi itera indwara ya COVID-19. Ikigo gishinzwe kugenzura no gukumira indwara cyo muri Leta Zunze Ubumwe z'Amerika (CDC) gikomeje gukurikirana hafi uko ibintu bimeze.

Higeze hagaragara umuntu wanduye indwara ya COVID-19 muri Amerika?

Yego. Umuntu wa mbere wagaragaweho indwara ya COVID-19 yatangajwe tariki ya 21 Mutarama 2020. Kuri ubu umubare w'abamaze kwandura indwara ya COVID-19 muri Amerika uboneka ku rubuga rw'Ikigo gishinzwe kugenzura no gukumira indwara cyo muri Leta Zunze Ubumwe z'Amerika (CDC) kuri **https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.**

Ni gute indwara ya COVID-19 yandura?

Virusi itera indwara ya COVID-19 ishobora kuba yaraturutse ku nyamanswa, ariko ubu birasa nk'aho iri kwandura ari uko umuntu ayanduje undi. Ni ngombwa ko umenya ko kwandura indwara uyandujwe n'undi muntu bishobora kubaho mu rukurikirane. Indwara zimwe na zimwe zirandura cyane (nk'iseru), mu gihe izindi zitandura cyane. Kuri ubu, ntibirasobanuka neza ni byoroshye cyangwa bikomeye ko virusi itera indwara ya COVID-19 iri kwandura hagati y'abantu. Menya ibizwi ku byerekeye kwandura virusi nshya ya koronavirusi kuri **https://www.cdc.gov/coronavirus/ 2019-ncov/about/transmission.html.**

Ni ibihe bimenyetso by'indwara ya COVID-19?

Abarwaye indwara ya COVID-19 bashobora kurwara indwara z'ubuhumekero zoroheje cyangwa zikomeye bafite ibimenyetso byo

- kugira umuriro
- gukorora
- kugira ibibazo byo guhumeka

Ni ibihe bibazo bikomeye biterwa n'iyi virusi?

Abarwayi benshi barwara umusonga mu bihaha byombi.

Ni gute nakwirinda ubwanjye?

Uburyo bwiza bwo kwirinda kwandura indwara ni ukwirinda kwegera ahari virusi itera indwara ya COVID-19.

Hari ibikorwa byoroheje byo kwirinda bikorwa buri munsi byagufasha kwirinda ikwirakwizwa rya virusi yibasira inzira z'ubuhumekero. Bikubiyemo

- Kwirinda kwegera abantu barwaye.
- Irinde gukora ku maso yawe, amazuru yawe, n'umunwa wawe ukoresheje intoki zidasukuye.
- Karaba intoki zawe kenshi ukoresheje isabune n'amazi byibuze amasegonda 20. Gukoresha umuti usukura intoki urimo arukoro byibuze kuri 60% iyo isabune n'amazi bidahari.

Niba urwaye, kugira ngo wirinde kwanduza abandi indwara ifata inzira z'ubuhumekero, ugomba

- Guma mu rugo igihe urwaye.
- Kwipfuka ukoresheje agatambaro igihe uri gukorora cyangwa kwitsamura, maze ukakajugunya ahashyirwa imyanda.
- Hanagura kandi utere imiti yica udukoko ku bintu bikorwaho n'ahantu hakorwaho.

Nakora iki niba mperutse gukorera ingendo hanze y'Amerika?

Niba waruri hanze y'Amerika mu minsi 14 ishize maze ukumva urwaye ufite umuriro, ukorora, cyangwa ufite ibibazo byo guhumeka, ugomba gushaka uko wakwivuza. Hamagara ibiro by'uguha serivisi z'ubuvuzi mbere yo kujyayo, maze umubwire ko wakoze urugendo n'ibimenyetso ufite. Aguha amabwiriza y'uko ushobora kuvurwa udaashyize abandi bantu mu byago byo kwandura indwara urwaye. Mu gihe urwaye, irinde kwegera abandi bantu, ntujye hanze kandi utinze urugendo kugira ngo ugabanyae ibyago byo kwanduza abandi iyo ndwara.

Hari urukingo?

Kuri ubu, nta rukingo hurari rukingira indwara ya COVID-19. Uburyo bwiza bwo kwirinda kwandura indwara ni ukwirinda kwegera ahari virusi itera indwara ya COVID-19.

Hari uko yavurwa?

Nta muti wihariye ugabanya ubukana bw'indwara iterwa na virusi ya COVID-19. Abantu barwaye indwara ya COVID-19 bashobora kwivuza kugira ngo bagabanye ubukana b w'ibimenyetso.

Ku yandi makuru: www.cdc.gov/COVID19

ICYITONDERWA: Amakuru ku ndwara ya COVID-19 ahinduka vuba n'inyandiko ziyerekeye ni ko zizajya zihinduka.
6 Werurwe 2020