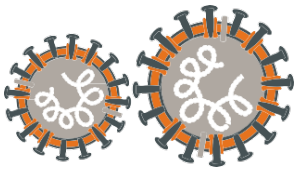
Indwara ya Koronavirusi (Covid-19)

Ikibazo: Koronavirusi ni iki?

Igisubizo: Koronavirusi zifata abantu zagaragaye bwa mbere hagati mu 1960. Ni virusi zifata imyanya y'ubuhumekero zitiriwe akantu kameze nk'ikamba kaba kazizengurutse.



Kuri ubu tuzi ubwoko burindwi butandukanye bwa koronavirusi zifata abantu, enye muri zo zirimo izitera indwara zidakanganye zifata mu myanya y'ubumekero, nk'ibicurane. Ubundi bwoko bw'iyo virusi burimo indwara y'igikatu ifata imyanya y'ubuhumekero (SARS), Indwara y'ubuhumekero ikomoka mu Burasirazuba bwo hagati, (MERS) n'indwara ya Koronavirusi (COVID-19), iheruka akaba ari yo yateje icyorezo kikwugarije.
Nubwo indwara ya COVID-19 isa n'andi moko ya koronavirusi, irihariye mu buryo bwinshi kandi dukomeza kuyigaho buri munsi.

Ikibazo: Ni gute wandura indwara ya COVID-19?

Igisubizo Indwara ya COVID-19 yandura bitewe ni uko umuntu yegereye undi akamwanduza binyuze mu amatembabuzi aturuka mu gukorora cyangwa kwitsamure, ashobora kujya mu kanwa kawe, mu mazuru yawe, cyangwa mu bihaha byawe. Kwegerana bisobanurwa nko kuba hagati yawe n'undi muntu harimo intera itagera kuri metero 1 na santimero 80.

Ikibazo: Ni gute namenye ko nanduye indwara ya COVID- 19?

Igisubizo: Niba uherutse kwegera umuntu byemejwe ko arwaye indwara ya COVID-19 cyangwa akaba yarari ahantu hari icyo cyorezo mu byumweru bibiri bishize, ibimenyetso bikurikira bishobora kugaragaza ko yanduye indwara ya COVID-19:

- iyo afite umuriro;

- akorora; cyangwa

- afite ibibazo byo guhumeka.

Keretse ibyo bimenyetso bikomeye, nibwo ugirwa inama yo guhamagara utanga serivisi z'ubuvuzi ukuvura mbere yo kwinjira mu ivuriro. Iyo uri kuvugana n'utanga serivisi z'ubuvuzi ubwe cyangwa kuri telefone, ugomba gukora ku buryo wandika ibimenyetso ufite, aho wakoreye ingendo, cyangwa niba warigeze wegera umuntu basuzumye bagasanga afite iyo virusi.

Ikibazo: Ubukana bw'iyi ndwara bungana bute?

Igisubizo: Ishami ry'Umuryango w'Abibumbye ryita ku buzima (WHO) rivuga ko 80% by'abantu barwaye indwara ya COVID-19 baba bafite uburwayi budakanganye bameze nk'abafite ibimenyetso bya giripe- cyangwa ibicurane. Akenshi abantu bakunda kurembywa n'indwara iterwa n'iyi virusi ni abantu barengeje imyaka 60 cyangwa bari basanzwe barwaye. Biteganywa ko kuri buri bwandu bw'abantu 100 bw'indwara ya COVID-19, hati y'abantu babari na bane bashobora gupfa. Bitandukanye na koronavirusi yo mu bwoko bwa SARS, aho hafi abantu icumi mu 100 bayirwaye bishwe n'iyo ndwara.

Ikibazo Mbona abantu bambara udupfukamunwa, nanjye kwiye kukambara?

Igisubizo: Ni byo, Ikigo gishinzwe kugenzura no gukumira indwara cyo muri Leta Zunze Ubumwe z'Amerika (CDC) isaba ko abantu bambara udupfukamunwa igihe bari ahantu hahurira abantu benshi aho kwirinda kwegerana bitapfa gushoboka (urug.: amaduka y'ibiribwa na farumasi), by'umwihariko ahantu hazwiho cyane ko abantu bakwanduza abandi.

Udupfukamunwa dutegetswe si udupfukamunwa tw'abaganga babaga cyangwa utwo mu bwoko bwa N-95.

Ikibazo: Ni iki nakora kugira ngo nirinde kurwara indwara ya COVID-19?

Igisubizo: Inama zikurikira bigufasha kwirinda indwara ya COVID-19 ndetse n'izindi virusi zifata imyanya y'ubuhumekero:

- Karaba intoki zawe kenshi ukoresheje isabune n'amazi byibuze amasegonda 20.

Iyo isabune n'amazi bidahari, ukaraba intoki ukoresheje umuti usukura into urimo byibuze 60% bya arukoro.

- Ntukore ku maso yawe, amazuru yawe, n'umunwa wawe by'umwihariko ukoresheje intoki zidasukuye.
- Irinde kwegera abantu bari kugaragaza ibimenyetso by'uburwayi.
- Hanagura kandi utere imiti yica udukoko ku bintu bikorwaho n'ahantu hakorwaho.
- Ipfuke ukoresheje agatambaro igihe uri gukorora cyangwa kwitsamura cyangwa witsamure ukinzeho inkokora yawe. Jugunya agatambaro muri puberi maze ukore uko ushoboye ukarabe intoki zawe nyuma y'aho.
- Guma mu rugo igihe urwaye.

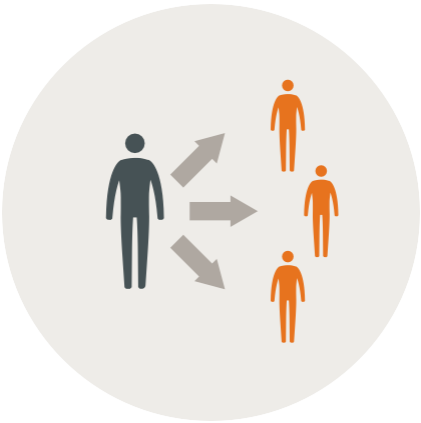
Dignity Health.

Indwara ya Koronavirusi (Covid-19)

Kwandura

Kwegerana cyane n'umuntu urwaye.

IBIMENYETSO
BISHOBORA
KUGARAGARA NYUMA
Y'IMINSI 2-14

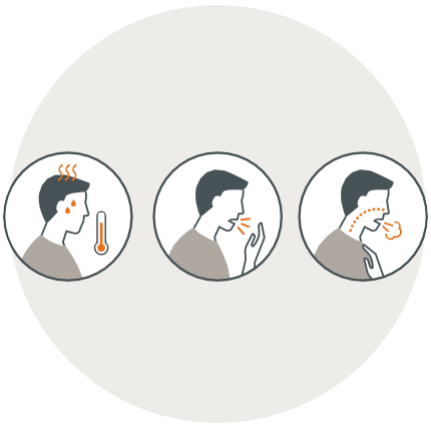


Ibimenyetso

- Kugira umuriro
- Gukorora
- Kugira ibibazo byo guhumeka

Hamagara utanga serivisi z'ubuvuzi niba:

- Ufite ibimenyetso kandi warakoreye urugendo mu gihugu cyahuye n'icyorezo mu byumweru 2 bishize.
- Ufite ibimenyetso kandi waregereye umuntu byemejwe ko arwaye indwara ya COVID-19.



Kwirinda

- Ujye ukaraba intoki kenshi.
- Ipfuke ukoresheje agatambaro igihe uri gukorora/kwitsamura.
- Ntukore ku maso yawe, amazuru yawe, cyangwa umunwa wawe.
- Irinde kwegera abantu barwaye.
- Hakangura kandi utere imiti ahantu hakunda gukorwaho kenshi.
- Guma mu rugo igihe urwaye.

Dignity Health.