

Ni igihe cyo kwibasirwa na giripe n'ibicurane – Ni gute uri kwirinda ubwawe?

Akenshi, mu ntangiriro za buri mwaka habaho kwibasirwa na giripe n'ibicurane. Uyu mwaka ntutandukanye n'iyindi keretse ko wo hariho guhangana n'ubwoko bushya bwa koronavirusi, COVID-19, ndetse iki cyorezo kikaba kigenda kivugwa hirya no hino ku isi mu binyamakuru bitandukanye. Birumvikana ko abenshi barenzwe n'ibitekerezo by'uko bashobora kwandura koronavirusi kandi dufite impungenge z'uko dushobora kwirinda neza n'abo dukunda muri ibi bihe bikomeye. Ntimukwiye kugira impungenge kubera ko hari ibintu bito ushobora gukora buri munsu kugira ngo wizere neza ko ubuzima bwawe busigasiwe.

- ***Ikube!*** Karaba intoki zawe! Uko byumvikana biroroshye, kandi mu by'ukuri ni bwo buryo buboneye bwo guhagarika ikwirakira ry'udukoko dutera indwara. Kora ku buryo ukoresha isabune, no gukora ku buryo woga uko bikwiye, ririmba indirimbo y'"Isabukuru nziza" uko yakabaye kugira ngo wizere neza ko umaze igihe usukura intoki zawe. Oga ibice byose bigize intoki zawe, harimo "imyanya" iri hagati y'intoki n'ibikumwe byawe.
- ***Iyo ntabyo, ukoresha umuti!*** Niba utabasha kubona ravabo irimo isabune n'amazi kugira ngo woge neza intoki zawe, ukoresha umuti usukura intoki. Mu gihe uri koga intoki ukoresheje amazi n'isabune ari byo byiza kurushaho, umuti usukura intoki ufasha kugabanya ikwirakwira ry'udukoko dutera indwara igihe uri kugenda. Shaka uko washyira umuti usukura intoki ahantu henshi kugira ngo buri gihe ujye uwukoresha usukura intoki – tekereza uko washyira agacupa karimo umuti mu modoka yawe, mu ishakoshi yawe, mu gikapu cyawe, no mu gakapu gashyirwamo imyenda yo guhindurira impinja, cyangwa no mu mufuka w'ikoti ryawe.
- ***Ntuhakube, ntuhakore!*** Nk'uko abantu bakunda kwikuba mu maso mu gihe abantu bugarijwe n'ubwivumbure bw'umuburi cyangwa ntukikube wihanagura ibimyira. Muri make, ugerageje kwirinda gukora mu maso yawe uko bishoboka, by'umwihariko ufite intoki zidasukuye. Amaso yacu, amazuru yacu, n'umunwa wacu ni ho hantu horoshye udukoko dutera indwara twinjira mu mibiri yacu.
- ***Igihe ushidikanya, ntugasohoke!*** Iyo wumva utameze neza, ujye uguma mu rugo. Niba umwana wawe yumva arwaye, umugumisha mu rugo. Ni ngombwa cyane ko utaruhuka gusa igihe utangiye kurwara cyangwa usanzwe wumva utameze neza, ariko kuguma mu rugo no kwitarura abandi bifasha mu gutuma abantu nabo batwara.
- ***Ntubitarutse!*** Kwitsamura muri iki gihe ni kimwe mu bigize ubuzima, by'umwihariko iyo ugira ubwivumbure bw'umuburi cyangwa urwaye giripe cyangwa ibicurane. Mu rwego rwo kugabanya ikwirakwira ry'udukoko dutera indwara duturutse mu kwitsamura no gukorora, gukoresha udutambaro bihanaguza twa Kleenex cyangwa inkokora yawe mu kwirinda ko ibyo witsamuye cyangwa ukoroye bitaruka no gukomeza gutuma intoki zawe zigira isuku.

Kandi ukwiye kwibuka ko, abantu benshi bagira ibimyira, bakorora kandi bakanitsamura muri iyi mitsi y'ibihe abantu bibasirwa n'ubwivumbure bw'umubiri, giripe cyangwa ibicurane, ariko niba wumva utarwaye cyangwa wumva ukeneye ubufasha kugira ngo urushaho kumera neza. wahamagara uguha serivisi z'ubuvuzi w'ibanze kugira ngo amenye uburyo yakuvuramo neza harimo kuvurirwa mu rugo ku batarembye cyangwa gusaba randevu kugira ngo ubonane na muganga akuvure igihe utanagiye kuremba. Kugira ngo ubone utanga serivisi z'ubuvuzi w'ibanze (PCP) ukwegereye, sura www.catholichealthinitiatives.org.