



UBURYO BWO KWITA KU BAFITE UBUMUGA HARIMO N'ABANA MU KUBASOBANURIRA KORONAVIRUSI (COVID-19)

*Imfashanyigisho y'abita ku bana n'abantu bakuru
bafite ubumuga bwo mu mutwe*



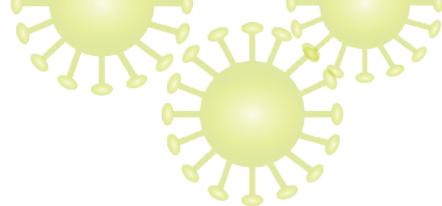
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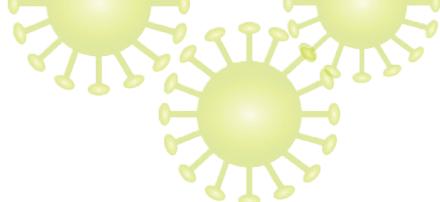
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Amabwiriza agenewe ukoresha iyi mfashanyigisho mbere yo gutangira ibiganiro

- Shaka ahantu ho kuganirira hatari ibirangaza
- Vuga witonze kandi ukoresha ibimenyetso ukoresha amaboko
- Tegura ibikoresho byose by'imfashanyigisho uribukerenere mu kiganiro ugiye gutanga
- Baza niba hari uwigeze yumva amakuru ku ndwara ya Koronavirusi (COVID-19)



Koronavirusi (COVID-19) ni iki?

COVID-19 ni indwara iterwa na bumwe mu bwoko bwa Koronavirusi

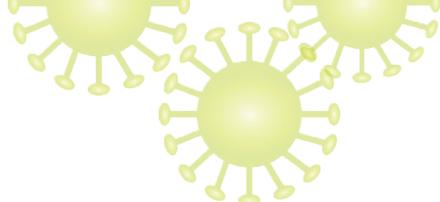
Koronavirusi (COVID-19) yandura ite?

Indwara ya Koronavirusi (COVID-19) yandura ku buryo bwiuse cyane cyane aho abantu bateraniye ari bensi binyuze mu matembabuzi aturuka mu guhumeka, gukorora, kwitsamura cyangwa guhana ibiganza n'umuntu wayanduye.

Umuntu kandi ashobora kwanduraakoze ahantu cyangwa ku bintu byakozweho n'umuntu urwaye Koronavirusi (COVID-19).

Gusobanura bihagije Koronavirusi (COVID-19)

- Koresha amagambo yoroshye kumva
- Sobanura indwara ya Koronavirusi (COVID-19) icyo ari cyo, ndetse nuko yandura nk'uko wabikoze haruguru ariko niba hari andi makuru mashya yatanzwe n'inzezo z'ubuzima cyangwa z'ubutegetsi bwite bwa leta bitewe n'uko iyi ndwa ihagaze nayo uyabagezeho
- Sobanura ko indwara iterwa na Koronavirusi (COVID-19) ifata ibyiciro byose byabantu nta kurobanura.



Ibimenyetso by' indwara ya Koronavirusi (COVID-19):

Sobanura ko umuntu warwaye Koronavirusi (COVID-19) agaragaza ibi bimenyetso:

- Guhinda umuriro
- Gukorora
- Kubabara mu muhogo
- Guhumeka bigoranye
- Kugira umunaniro ukabije
- Kugira ibicurane
- Kugira umusonga



Nyuma yo gutanga iki kiganiro babwire ko bagomba kwitondera ibi bikurikira:

Igihe cyose ubonye ufile cyangwa wowe wibonyeho kimwe muri ibi bimenyetso; bimeneshe umuntu ukuri hafi kugirango ahamagare umurongo wa telefone utishyurwa 114 ubone ubufasha



Indwara ya Koronavirusi (COVID-19) yirindwa ite?

Erekana unatange ingero uburyo bwo kwirinda indwara ya koronavirusi (COVID-19), bibutse:

1. Gukaraba intoki buri gihe:

- Bakoresheje amazi meza n'isabune
- Bafata umwanya uhagije wo gukaraba intoki
- Mu gihe hatabonetse amazi bakoresha umuti wo gukaraba intoki urimo alukoro

Bibutse ibihe by'ingenzi byo gukarabamo intoki, aribyo:

- Igihe cyose ugeze mu rugo
- igihe ugiye gutunganya ibyo kurya
- Uvuye mu bwiherero
- Mbere yo kurya



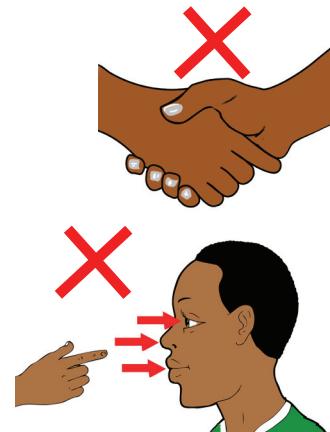
Mwibukiranye uburyo bwiza bw'isuku ya buri munsi

Tsindagira ko iyo ukaraba ukoresha amazi meza n'isabune, ugakaraba igihe gihagije nibura amasogonda 40.

Babwire ko igihe ukoresheje alukoro wirinda kwegera ibantu bitanga ibishashi by'umuriro kuko byabatwika

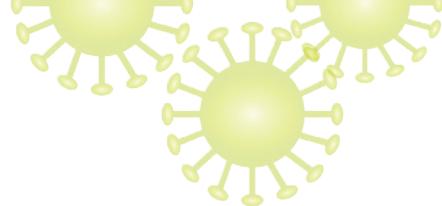
Niba hari ukoresha inyunganirango (akagare, imbago, inkoni y'umweru, ...) mwibutse ko nayo agomba kuyisukura kugirango imyanda iriho itamwanduza mu gihe atabishoboye ushinzwe kumwitaho akabimukorera

2. Kwirinda kuramukanya bakoresheje ibiganza cyangwa guhoberana. Babwire ko ibyiza mu kuramukanya dukoresha gupepera;
3. Kwirinda kwikora mu maso, ku mazuru no ku munwa batakarabye amazi meza n'isabune;
4. Kwirinda kujya ahantu hateranira abantu benshi;
5. Kwirinda gukororera no kwitsamurira mu biganza.



Ahubwo bibutse ko igihe bashatse gukorora cyangwa kwitsamura bagomba kubikorera mu ihiniro ry'inkokora cyangwa bakoreshe urupapuro rw'isuku nibbarangiza barujugunye ahagenewe gutabwa imyanda





KWAMBARA AGAPFUKAMUNWA NK'UBURYO BWO KWIRINDA KORONAVIRUSI (COVID-19)

Niba umuntu ashatse kugira aho ajya

Sobanura ko ari ngombwa kwambara agapfukamunwa igihe cyose uvuye mu rugo n' igihe usohotse mu nzu iri mu gipangu kirimo imiryango myinshi

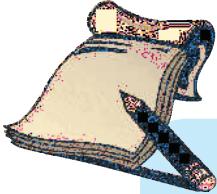
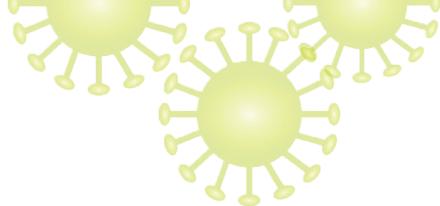


Niba umuntu yumvise afite ibimenyetso by'indwara ya koronavirusi (COVID-19) akora iki?

Sobanura ko igihe hagize uwumva afite ibimenyetso by'indwara ya Koronavirusi (COVID-19) agomba:

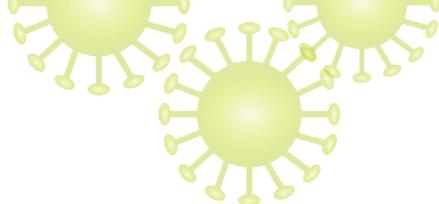
- Guhita babwira umuntu ushobora kubahagarira kwa muganga yifashishije umurongo wa 114 cyangwa ubundi buryo bwateganijwe n'inzego z'ibanze zibegereye;
- Kugira umwete wo kwirinda kwegera abandi no gukora ku bantu ahuriraho n'abandi bagize umuryango;
- Kuguma mu rugo kugeza igihe aboneye ubutabazi;
- Kwambara agapfukamunwa kandi neza nk'uko bigenwa;





Ibindi utanga ikiganiro agomba kwitaho

- Subirishamo buri muntu wari mu kiganiro uburyo bwo kwirinda indwara ya Koronavirusi (COVID-19) ugenda ukosora ku buryo asigarana amakuru y'ingenzi;
- Kumanika ibishushanyo byerekana uburyo bwo kwirinda indwara ya Koronavirusi (COVID-19) ahantu abantu bashobora kubibona hitaweho ibyiciro by'abafite ubumuga bitandukanye;
- Geregeza gusubiza ibibazo byose ubajijwe bijyanye n'indwara ya Koronavirusi (COVID-19) ukoreshjeje amagambo yoroshye kumva, ubereka ingero n'ibishushanyo.



Umuntu wita k'umwana cyangwa umuntu mukuru ufite ubumuga yitondera kandi agakora ibi bikurikira:

- Mbere na nyuma yo kwita/gufasha umwana cyangwa umuntu mukuru ufite ubumuga, ni ngombwa kubanza gukaraba intoki mwembi mukoreshje amazi meza n'isabune;
- Kwambara agapfukamunwa igihe cyose wita k'umwana cyangwa umuntu mukuru ufite ubumuga;
- Gukora ku buryo bwose bushoboka abana cyangwa se abantu bakuru bafite ubumuga bwo mu mutwe, bakaguma mu rugo mu rwego rwo kubarinda kwandura koronavirusi ndetse no kuba bakwandumuza abandi;
- Kwita ku isuku y'umwana cyangwa umuntu mukuru ufite ubumuga busaba kwitabwaho by'umwihariko, harimo gukaraba, isuku y'ibikoresho akoresha n'ahantu akora mu rwego rwo kumugabanyiriza ibyago byo kwandura indwara ya koronavirusi;
- Muri ibi bihe twugarijwe n'icyorezo cy'indwara ya Koronavirusi (COVID-19), ni byiza kuba hafi y'umuntu ufite ubumuga bwo mu mutwe cyangwa bukomatanyije uko bishoboka, umubaza amakuru y'abo baba bahuye, umwibutsa gukaraba intoki kenshi gashoboka akoresheje amazi meza atemba n'isabune (k'ubishoboye, utabishoboye ukamufasha) kuko uba utazi aho yakoze cyangwa abo bahuye;
- Ihutire guhamagara umurongo wa telefoni utishyurwa 114 igihe ubonye kimwe mu bimenyetso by'indwara ya Koronavirusi (COVID-19) k'umwana cyangwa umuntu mukuru ufite ubumuga witaho.

