



KWIRINDA CORONAVIRUS (KORONAVIRUSI)

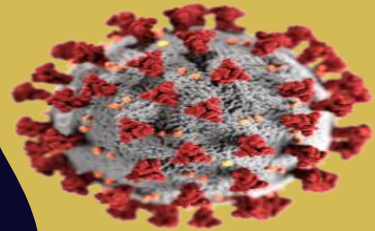
Dushyire hamwe, twubahiriza amabwiriza duhabwa, dukumire ikwirakwizwa rya koronavirusi



INTANGIRIRO: Ishuri Rikuru ry'Ubuzima rya Ruli (RHIIH) nk'ishuri rikuru ryigenga rya Kiliziya Gatolika kandi ryigisha ibijyanye n'ubuzima. Twifatanije n'Abanyarwanda n'abatuye isi yose muri rusange mu rugamba rwo guhangana n'icyorezo kitwugariye cya koronavirusi tubohereza ubu butumwa bw'ikarishyabwenge bugenewe kwirinda ndetse no kurinda bagenzi bacu iki cyorezo. Ibikubiye muri ubu butumwa byakusanyijwe hashingiwe ku makuru y'ikigo mpuzamahanga gishinzwe ubuzima (WHO), Ikigo cyo muri Leta Zunze Ubumwe za Amerika gishinzwe gukumira no kurwanya indwara (CDC) na Minisiteri y'ubuzima mu Rwanda (MOH).

KORONAVIRUSI NI IKI?

Ubu bwoko bushya bwa koronavirusi bwabonetse mu mwaka wa 2019 buhabwa izina rya **Covid-19** buri mu bwoko bwa za virusi, udukoko duto cyane tutaboneshwa amaso, bita corona kuko urebeye muri microscope (mikorosikopi) babona ifite ishusho nk'iry'ikamba ry'abamikazi n'utuntu dusa n'udusongoye tuba kuri iryo kamba. Utu dukoko turandura cyane ariko ntidutinda mu mubiri w'umuntu.



KORONAVIRUSI NI INDWARA SE IZANYICA?

Birashoboka kuko itarabonerwa urukingo. Uyirizwe ntuyandure ntiyakwica. 80% by' abayirwaye bagira ibimenyetso byayo (indwara itera) byoroheje.

UBURWAYI BWA KORONAVIRUSI BUTEYE BUTE?

Uburwayi bwohoheje:

Umuriro, Inkorora y'akayi, kubabara mu muhogo, gufungana mu mazuru no kubabara umutwe.

Iyo uburwayi butangiye gukomera:

Inkorora iriyongera, kugira umuriro mwinshi, kugira intege nke bikabije no guhumeka nabi.

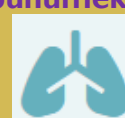
Iyo umaze kuremba:

Kubabara cyane mu gatuza, Kunanirwa guhumeka.

ESE NIBANDE IYI NDWARA IZAHAZA KURUSHA ABANDI?

Abantu bakuze,

Abasanganywe indwara z'ubuhumekero,



Abantu bafite ubundi burwayi, Abagore batwite,



Diabete, umuvuduko w'amaraso, SIDA,...



NI IBIHE BIMENYETSO BYA KORONAVIRUSI?



KORONAVIRUSI BAYIRINDA GUTE?



- Kugeza ubu nta muti n'urukingo bya koronavirusi biraboneka.
- Uburyo bwiza bwo kuyirinda ni ukwirinda kuyandura.

IRINDE WOVE UBWAVE URINDE NA MUGENZI WAVE

✓ Irinde gukora ku bantu no kujya ahari abantu benshi.

✓ Irinde kwikorakora ku mazuru, amaso n'umunwa kuko mu gihe waba wakoze ku wayanduye cyangwa aho iyi virusi iri, ihita ikugeraho.

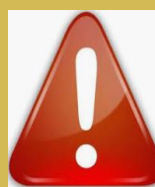
✓ Karaba intoki kenshi gashoboka ukoresheje amazi meza atemba n'isabune cyangwa ukoreshe kandagirukarabe n'isabune. Ushobora no gukoresha umuti wica udukoko two mu ntoki. Ibyo bikorwa mu gihe kiri hagati y'amasegonda 40 na 60 kuko iyi virusi yicwa n'amazi meza n'isabune mu gihe yaba iri ku ntoki zawe itaragera ku gicumbi cyayo (mu muhogo, mu mazuru no mu bihaha).

✓ Irinde kujya ahantu hateraniye abantu benshi, usige metero nibura imwe hagati yawe na mugenzi wawe mu gihe ugiye kuri banki, guhaha, guhinga...

✓ Ipfuke ku munwa no ku mazuru ukoresheje agatambaro mu gihe ukorora cyangwa witsamura.

✓ Niba ukeka ko waba wanduye, ishyire mu kato, ugume mu rugo wirinde kwegera abo mubana, uhamagare abaganga cyangwa umenyeshye umujyanama w'ubuzima n'undi muyobozi wese wo mu nzego z'ibanze ukuri hafi.

✓ Niba ufite ibimenyetso byayo, ambara agapfukamunwa igihe cyose wegeranye n'abandi (haba mu modoka, mu rugo, mu mirimo ya buri muni yo mu rugo, mu isoko...) cyangwa se igihe ugiye kwa muganga.



Kwirinda ingendo zitari ngombwa, kuguma mu rugo, gukaraba intoki kenshi, kwishyira mu kato no guhamagara inzego zibishinzwe igihe uketse ko wafashwe n'iyi ndwara. Izo nizo ntwaro zizadufasha guhashya iki cyorezo.

MU GIHE WUMVA HARI AMAKURU USHAKA GUTANGA CYANGWA UKENEYE UBUFASHA:

Hamagara 114 (nimero itishyurwa).

Ohereza ubutumwa kuri email: callcenter@rbc.gov.rw

Ohereza ubutumwa bwa watsapu: +250781753012.

Menyeshya umujyanama w'ubuzima ukuri hafi.