

Koronavirusi ni iki?

Koronavirusi iri mu muryango mugari wa za virusi zitera indwara , ariko inyinshi zizwiho gukwirakwiza indwara mu bantu. Izi koronavirusi zimenyerewe zikwirakwiza mu bantu indwara zoroheje z'ubuhumekero (nk'ibicurane). Naho koronavirusi nshyashya zikwirakwira mu bantu harimo nk'igaragazwa no kugira umuriro mwinshi no guhumeka nabi (SARS), hakaba kandi irangwa n'indwara z'ubuhumekero (MERS), kugira umuriro mwinshi, inkorora ndetse no guhumeka nabi, hanyuma rero hakaba na COVID-19 ishobora kugaragaza ibimenyetso bikarishye kurushaho. Byagaragaye ko COVID-19 yakomotse ku nyamaswa hanyuma igakwirakwiza mu bantu, gusa ubu noneho bigeze aho iri gukwirakwira umuntu ku wundi.

Ikwirakwizwa gute?

Kugeza ubu ntabwo birasobanuka neza uko COVID-19 ihererekanwa iva ku muntu ijya ku wundi. Koronavirusi zikwirakwira mu bantu akenshi zikwirakwira umuntu ku wundi binyuze mu matembabuzi yo mu nzira z'ubuhumekero, biciye:

- Mu mwuka igihe umuntu akorora cyangwa yitsamura;
- Kwegerana cyane nko gukoranaho cyangwa guhana ibiganza abantu basuhuzanya;
- Gukora ku kintu cyangwa ahantu hari virusi, hanyuma ukikora ku munwa, ku mazuru cyangwa mu maso mbere yuko ukaraba intoki.

Uko ni nako kandi ibicurane ndetse n'izindi ndwara zo mu buhumekero zikwirakwira. Mu gihe tukiri kwiga neza uko COVID-19 ikwirakwizwa hagati mu bantu, inzego z'ubuzima zirasabwa kwambara ibikoresho byihariye by'ubwirinzi (urugero udupfukamunwa ndetse n'ubwirinzi bwo mu maso) mu gihe bari kwita k'ukekwaho COVID-19.

Ibimenyetso bya COVID-19 ni ibihe?

Ibimenyetso rusange bya COVID-19 harimo guhinda umuriro, gukorora, kubabara mu muhogo, ibicurane, guhumeka nabi, kugira umunaniro ukabije, kugira umusonga no kubabara mu ngingo, kutumva uburyohe cyangwa impumuro hamwe no guhumeka bigoranye igihe umurwayi yarembye, kugira iseseme cyangwa kuruka ndetse no gucibwamo. Ku yandi makuru ajyanye n'ibimenyetso bya COVID-19, reba hano: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Ni gute nakwirinda nkarinda n'abandi?

Hari ingamba ushobora gukoresha ukagabanya ibyago byo kuba wakwandura COVID-19 hamwe n'izindi ndwara z'ubuhumekero, ariko kandi bikaba byanafasha mu kurwanya ikwirakwizwa ry'ubu bwandu ku bandi, harimo:

- Gukaraba kenshi intoki n'amazi n'isabune nibura mu gihe cy'amasegonda 20.
- Koresha umuti wagenewe gusukura intoki ufite nibura 60% bya lukolo igihe amazi n'isabune bitabasha kuboneka.
- Irinde kwegerana n'abandi. Ubahiriza intera ya metero hagati yawe n'undi muntu mutabana igihe utari mu rugo. Ibi nibyo bizwi cyane nko guhana intera.
- [Pfuka umunwa n'amazuru ukoresheje agapfukamunwa](#) igihe cyose uri hafi y'abandi bantu, buri wese agomba kwambara agapfukamunwa igihe ari ahateraniye abantu benshi(mu ruhame) ndetse n'igihe ari kumwe n'abo bataba mu gace kamwe, by'umwihariko igihe bigoranye guhana intera hagati yanyu. Gusa agapfukamunwa ntabwo gasimbura amabwiriza yo guhana intera.

- Pfuka umunwa n'amazuru ukoresheje agatambaro igihe ukoroye cyangwa witsamuye, hanyuma ukajugunye mu ngarani ubundi ukarabe intoki.
- Irinde kwikora mu maso, ku mazuru cyangwa ku munwa utakarabye intoki.
- Guma mu rugo niba ufite umuriro cyangwa niba wumva utameze neza.
- Sukura neza ibikoresho ndetse n'ahantu hakorwa cyane kugira ngo hatagira uhakora yanduye ubundi akanduza abandi.

Ndumva naranduye COVID-19, nakora iki?

Igihe wumva ufite umuriro ndetse n'ibimenyetso by'indwara zo mu buhumekero nk'inkorora cyangwa guhumeka nabi, ihutire guhamagara inzego z'ubuzima. Uwagaragaza ibimenyetso bidakanganye bya COVID-19 arakangurirwa kwipimisha. Mushobora kubona uburyo bwo kwipimisha ku [rubuga NH COVID-19](#). Ufite ibimenyetso bya COVID-19 akaba atarasuzumwa ariko akaba yabasha kubikorera mu rugo agomba kwishyira mu kato kugeza:

- Byibuze iminsi 10 igashira uvuye ku munsu ibimenyetso byagaragaye bwa mbere, **ndetse**
- N'amasaha 24 (umunsi 1) ashira uvuye igihe wakiriyeho – bigaragazwa n'uko umuriro uba washize, utakiri gufata imiti igabanya umuriro ariko kandi n'ibimenyetso by'indwara zo mu buhumekero bitakigaragara (urugero nk'inkorora, guhumeka nabi).

Igihe urwaye, ita kuri ibi:

- Iyambaze inzego z'ubuzima ku bindi bisobanuro bijyanye n'imicungire y'ubuzima bwawe k'uwikekaho ibimenyetso bya COVID-19 [imicungire y'ubuzima bwawe k'ukekwaho ibimenyetso bya COVID-19](#).
- Gumana n'abandi ku murongo, kuri telefone ngendanwa n'imbuga nkoranyambaga. Kuko nk'igihe warwaye, ushobora gukenera ubufasha ku nshuti zawe, umuryango wawe, abaturanyi, abakozi bo mu nzego z'ubuzima ndetse n'abandi.
- Hitamo neza ushobora gusigara akwitaho igihe uwawe yarwaye.