

Indwara ya koronavirusi 2019 (COVID-19) Icyo ukwiye kumenya

Aya makuru ari guhinduka vuba cyane. Komeza ukurikirane amakuru agezweho kuri:
Ikigo gishinzwe kugenzura no gukumira indwara cyo muri Leta Zunze Ubumwe z'Amerika (CDC)
bit.ly/cdcccoronavirusinfo

Minisiteri y'ubuzima n'imibereho myiza y'abaturage ya Arizona (ADHS) bit.ly/adhscoronavirus
RISP Net <http://www.rispnet.com/medical/>



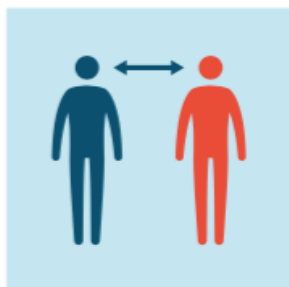
**Koronavirusi iri gukwirakwira muri Arizona.
Buri wese agomba gufata ingamba kugira
ngo arinde abandi nawe ubwe.**

COVID-19 ni iki?

Icyorezo cya koronavirusi cyo mu 2019, cyangwa COVID-19, ni indwara y'ubuhumekero ikaba yandura ari uko umuntu ayanduje undi. Virusi itera COVID-19 yatahuwe bwa mbere muri Wuhan, mu Bushinwa mu Ukuboza 2019. Abantu bo mu Bushinwa n'abandi bakomoka ku Bushinwa **SI BO** bibasirwa n'iyi ndwara cyane kurusha bandi. Umuntu wese, hatitwawe ku muco cyangwa igihugu akomokamo, ashobora kurwara COVID-19.



COVID-19 yandura ite?



Ahanini virusi yandura umuntu ayanduje undi begeranye, binyuze mu matembabuzi akorwa igihe umuntu yanduye akoroye cyangwa yitsamuye. Ayo matembabuzi ashobora kugwa mu kanwa cyangwa mu mazuru y'abantu bamwegereye cyangwa bakayahumeka akagera mu bihaha. Virusi inandura kandi binyuze ku hantu handuye cyangwa kwikora mu maso no ku munwa ukoresheje intoki zanduye.

Igira ibihe bimenyetso?

Ibimenyetso bya COVID-19 biba byoroheje binakomeye harimo

Kugira umuriro



Gukorora



Guhumeka bikugoye

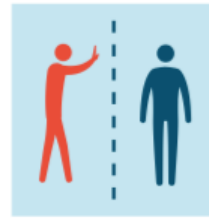


Ni nde warwara COVID-19?

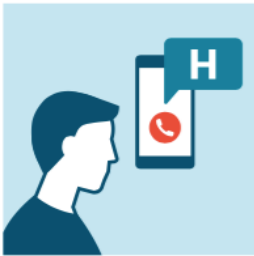
Umuntu wese ashobora kurwara COVID-19, ariko si ko buri wese agaragaza ibimenyetso. Abantu benshi barwaye COVID-19 bagira ibimenyetso byoroheje kandi bashobora kuruhukira no gukirira mu rugo. Abandi bantu bararwara bakaremba maze bakajyanwa mu bitaro. Umuntu ufite imyaka iyo ari yo yose yarwara, ariko, **abantu barengeje imyaka 60 n'abantu bafite ubundi burwayi nka diyabete, indwara y'umutima, kanseri n'indwara z'ubuhumekero baba bafite ibyago byinshi byo kurwara bakaremba kubera COVID-19.** Ibibazo by'ubuzima bikomeye biterwa na COVID-19 harimo uburwayi bukomeye nk'umusonga cyangwa indwara y'impiko, no kuba yakwica.

Ni gute narinda abandi nanjye ubwanjye?

- Karaba intoki kenshi ukoresheje isabune n'amazi umare byibuze amasegonda 20 – by'umwihariko umaze kuva mu bwiharero cyangwa kwipfuna, na mbere yo kurya.
- Ipfuke igihe ukorora cyangwa witsamuye ukoresheje inkorora yawe cyangwa agatambaro.
- Ntiwikore mu maso, amazuru, cyangwa ku munwa ufite intoki zanduye.
- Ntiwegere abantu barwaye.
- Hanagura kandi utere umuti wica udukoko ku bintu n'ahantu bikorwaho kenshi.
- Kurikiza amabwiriza uhabwa na muganga ukuvura n'inzego za leta zishinzwe ubuzima.
- Gira uruhare mu kugabanya ikwirakwira rya virusi. Ibikorwa by'ubucuruzi byinshi bizafungwa. Guma mu rugo uko bishoboka n'ubwo waba umeze neza ndetse by'umwihariko igihe urwaye.



Nakora iki kugira ngo mfashe?



Niba utekereza ko urwaye COVID-19, hamagara muganga ukuvura mbere yo kujya ku ivuriro cyangwa ibitaro. Niba udafite muganga, hamagara serivisi z'ubuvuzi bwihutirwa zikwegereye. **Niba baragusuzumye bagasanga urwaye COVID-19 maze muganga wawe akagusaba kuguma mu rugo kugira ngo abe ari ho ukirira,** gerageza kwishyira mu kato ntiwegere abandi bo mu muryango wawe mubana kandi ukoreshe ubwiharero bwa wenyine niba bishoboka. Ntugire uwo ukoraho. Ntukajye ku kazi kawe mugihe urwaye. Karaba intoki kenshi. Ntuye mu rugo kugeza muganga wawe abikubwiye keretse ugiye kwivuzza igihe urembye.

Irinde kandi urinde n'abo mu gace utuyemo udukoko dutera indwara ya koronavirusi. Karaba intoki kenshi kandi ugume mu rugo!
Dushyize dushobora guhagarika ikwirakwira rya koronavirusi.

Byateguwe n'Ishami rishinzwe gutuza impunzi muri Arizona