

MENYA UKURI.

RINDA UMWANA WAVE.



RINDA UMURYANGO WAVE.

Abana n'urubyiruko bazagira ubwirinzi mugihe bazaba bakingiwe byuzuye COVID-19.

Urukungo rukingira buri wese, harimwo abana n'urubyiruko kwandura COVID-19. Urukungo kandi rubuza abana n'urubyiruko kuremba iyo barwaye.

Hariho amoko mashya ya COVID-19 akwirakwira byoroshye cyane kandi ashobora guteza ibimenyetso bikomeye. Inkingo zirinda amoko atandukanye.

Gukingiza abana n'urubyiruko birinda abaturage bose.

Abantu barangije inkingo zabo za COVID-19 bakwirakwiza gake virusi ku bandi. Iyo abana bujuje ibisabwa bakingiwe birinda:

- Inshuti zabo ndetse n'imiryango yabo itarakingirwa.
- Abageze mu zabukuru hamwe n'abantu bafite ibibazo bimwe na bimwe by'ubuzima bafite ibyago byinshi byo kurwara COVID-19 bakaremba.

Mu gihe abana benshi n'abakuze bakingiwe, bizorohera amashuri ndetse n'ubucuruzi gukomeza gukora.



ZIZEWE KANDI ZIKORA

- Ntarundi rukingiro rwasuzumwe kimwe nkarwo mu mateka ya Leta zunzubumwe z'Amerika(U.S) kubwo intego z'ukwizerwa.
- Urukungo rwagaragaye ko rwizewe ku bana, urubyiruko ndetse n'abantu bakuru harimwo amoko atandukanye ndetse n'imyaka itandukanye.
- Urukungo rwa COVID-19 ntacyo rutwara ubwangavu cyangwe uburumbuke buzaza. Inkingo ntizatuma umwana wawe adashobora kubyara abana be mu gihe kizaza.

NI UBUNTU KURI BOSE

- Wowe n'umwana wawe mushobora guhabwa urukigo k'ubuntu hatitawe ko uri umunyagihugu cyangwa umunyamahanga.
- Yaba wewe cyangwa umwana wawe ntibikeneye **kwerekana indangamuntu cyangwa kuba ufite ubwishingizi bwo kwivuzza kugira ngo muhabwe urukungo k'ubuntu.**

Icyo gutegereza

Mugihe umwana wawe yabonye inkingo zose za COVID-19, bazagira umutekano mugihe bagiye kw'ishuli, bakina siporo, ndetse basuye inshuti n'umuryango. Kuba wujuje bisobanuye guhabwa doze zombi z'inkingo ebyiri, hanyuma ugahabwa urwo gushimangira mu gihe ukwije ibisabwa.



Kuri gahunda:

- Mbere yuko umuforomo cyangwa umuganga aha umwana wawe urukingo, bazabanza babikubwireho, basuzume ibijyanye n'amateka y'ubuvuzi bw'umwana bakubaze nimba ufite ikibazo.
- Umwana wawe azakenera kuguma aho iminota 15-30 kugira barebe ko atagira ingaruka (aleriji).



Ingaruka zoroheje ni ibisanzwe

Ingaruka NTABWO bivuze ko umwana wawe afite COVID-19.

Ingaruka bivuze ko urukingo rwigisha umubiri w'umwana wawe uburyo bwo kurwanya COVID-19.

Ingaruka zoroheje zirimo:

- Kubabara cyangwa kubyimba ku kuboko aho bateye urukingo
- Umunaniro
- Kubabara umutwe
- Kubabara imitsi
- Gukonja
- Umuriro
- Iseseme



Ingaruka zikomeye ni gake cyane

Inkingo zirizewe. Birashoboka cyane ko umwana wawe yagira ibibazo bitewe na COVID-19 kuruta ibyaterwa n'urukingo.

Umubare muto w'urubyiruko wahuye n'ingaruka nko kubyimba umutima (bita miyokariditisi cyangwa perikariditisi) cyangwa kwipfundika kw'amaraso.

- Ingaruka zikomeye ntizikunze **kuboneka**
- Ingaruka zikomeye **ziravurwa** kandi abantu benshi bazifite bamererwa neza
- Inyungu z'urukingo ziruta kure ingaruka zituruka kuri rwo

BAZA UMUGANGA WAVE ANDI MAKURU

Vugana na muganga cyangwa umuforomo w'umwana wawe kugira ngo umenye byinshi ku nkingo za COVID-19 n'izindi nkingo umwana wawe ashobora gukenera.