INDWARA Z'UBUHUMEKERO ZISHOBORA KWIRINDWA

Icyorezo cy'ibicurane, virusi ifata umyanya y'ubuhumekero (RSV), ibicurane bisanzwe na COVID-19 byose ni indwara z'ubuhumekero.

Indwara z'ubuhumekero zikwirakwira ziva ku muntu umwe zijya ku wundi.

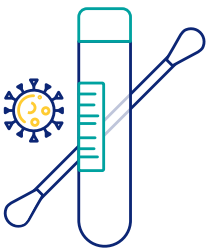
Iyo ubirwaye akoroye, yitsamuye cyangwa avuze, za mikorobe zinjira mu kirere barimo. Iyo ibyo bibaye, abandi bantu bashobora guhumeka uwo mwuka maze bakarwara. Mu ndwara zimwe na zimwe z'ubuhumekero, abantu bashobora kandi kurwara bitewe no gukora ku bintu birimo mikorobe.

Ushobora kwanduza undi muntu indwara z'ubuhumekero mbere y'uko umenya ko urwaye, igihe urwaye ufite ibimenyetso, ndetse n'igihe wumva umeze neza.

Indwara zo mu myanya y'ubuhumekero zibasira cyane cyane izuru, ijosi n'ibihaha byawe.

Abantu bafite indwara z'ubuhumekero bashobora:

- Kugira umuriro
- Gukorora
- Kugira umunaniro ukabije
- Kuribwa mu muhogo
- Kumva imyanda yo mu mazuru cyangwa kudahumeka
- Kuribwaribwa mu ngingo cyangwa mu mubiri
- Kurwara umutwe
- Kuruka no kurwara impiswi



Jya ukora ibizamini kugira ngo urinde abandi.

Ibimenyetso bya RSV, icyorezo cy'ibicurane, ibicurane bisanzwe na COVID-19 birasa cyane. Uburyo bwonyine bwo kumenya neza indwara urwaye ni ukujya kwipimisha.

Ushobora kwipimisha kwa muganga, ku kigo cy'ubuvuzi gipima indwara cy'aho utuye, ku kazi, ku ishuri cyangwa muri farumasi. Farumasi zimwe na zimwe zigurisha ibikoresho byo gusuzumira mu rugo indwara zimwe na zimwe z'ubuhumekero.

NRC-RIM
National Resource Center for Refugees, Immigrants, and Migrants

INDWARA Z'UBUHUMEKERO ZISHOBORA KWIRINDWA

Jya uguma mu rugo niba wumva urwaye.

Kuguma mu rugo uvuye ku kazi, ku ishuri cyangwa mu birori rusange igihe cyose wumva urwaye ni kimwe mu bintu by'ingenzi ushobora gukora kugira ngo urinde umuryango wawe, inshuti n'abaturage. Dore ibindi bintu wakora:

Kwambara agapfukamunwa

Kwipfuka ukoroye cyangwa witsamuye

Gukaraba intoki no gukarabya ahantu kenshi

Guteranira hanze niba bishoboka no gukoresha ibikoresho byo gusukura umwuka mu nzu

Kwirinda ibikorwa gakondo nko guhoberana, gusuhuzanya mu intoki no gusomana mu matama bishobora kugabanya ibyago byo gukwirakwiza indwara.

Hari abantu bashobora kurwara cyane ndetse bagapfa bazize indwara z'ubuhumekero.

Abantu bageze mu za bukuru, abana bato, impinja, abatwite n'abafite uburwayi runaka, bafite amahirwe menshi yo kuzahazwa n'indwara.

Hari inkingo zo kurwanya icyorezo cy'ibicurane, RSV na COVID-19.

Gukingirwa ni bwo buryo bwiza kandi burimo umutekano bwo kwikingira, kurinda umuryango wawe n'abaturage indwara z'ubuhumekero.

Inkingo zishobora kukurinda kurwara. Ndetse n'iyo warwara, inkingo zikurinda kuzahazwa n'indwara.

Inkingo nta cyo zitwaye

+ Ni byiza gukingirwa icyorezo cy'ibicurane, COVID-19 na RSV icyarimwe.
+ Inkingo nyinshi ni nziza ku bantu bakuru, abana n'abana bafite amezi atandatu.
+ Inkingo kandi nta ngaruka zigira ku bagore batwite n'abonsa.
+ Ntushobora kwandura indwara z'ubuhumekero bitewe n'urukingo rwa RSV, icyorezo cy'ibicurane cyangwa COVID-19.
+ Ingaruka zidakomeye z'uru rukingo ni ibisanzwe, kandi ingaruka zikomeye z'uru rukingo ni nke cyane.

Komeza gukingirwa kugira ngo urusheho kugira ubwirinzi.

Icyorezo cy'ibicurane na COVID-19 bihora bihinduka. Kugira ngo urinde ubuzima bwawe, ukeneye gukingirwa ibicurane buri gihe mu gihe cy'impeshyi, kandi ukongeraho inkingo za COVID-19 bitewe n'uko ubuzima bwawe bumeze. Ubusanzwe inkingo ni ubuntu ku bantu bafite ubwishingizi bw'ubuzima, harimo na Medicaid.

Izindi nkingo za COVID-19 ziraboneka mu buryo buhoraho.

Ganira n'umuganga wawe kugira ngo umenye amakuru mashya ajyanye n'urukingo rwa COVID-19.