

Coronavirusi-COVID-19

COVID -19 ni iki?

COVID-19 ni indwara iterwa na Virusi ya Corona. Iyi virusi ni akanyangingo gato cyane katagaragarira ijisho ryonyine (kereka hifashishijwe mikroskopisi), kandi gashobora gukwirakwira mu bantu. COVID-19 igira ibimenyetso bimeze nk'iby ibicurane bigizwe n'inkorora itagira igikororwa, kunanirwa guhumeka, umuriro, gucika intege k'umubiri ndetse no kubabara. COVID-19 izahaza cyane cyane inzira y'ubuhumekero. Nubwo ibimenyetso by'ubwandu bwayo bitaza kenshi uwayanduye, ishobora gutera uburwayi bw'ibihaha kandi ikica.

Coronavirusi yandura gute?

Coronavirusi yinjira mu muntu inyuze mu kanwa, mu mazuru cyangwa mu maso mugihe ukoze aho uyirwaye yahumekeye warangiza ukikora ku bice byavuzwe cyangwa ugahumeka umwuka ukorowe cyangwa witsamuye nuyirwaye. Nyuma yo kwandura, abantu benshi batangira kugaragaza ibimenyetso nyuma y'iminsi 5, ariko coronavirusi ishobora kumara hagati y'iminsi 2 na 14 mu mubiri w'uyifite ataratangira kugaragaza ibimenyetso by'uburwayi.



Hari ikindi kiciro cy'abantu nk'abana, bashobora kwandura coronavirusi ariko ntibagaragaze uburwayi. Ibi bigatuma batamenya ko banduye coronavirusi ariko bakomeza gukwirakwiza ubu bwandu. Coronavirusi ishobora kumara nibura iminsi 3 cyangwa irenga ku bikoreho bitandukanye ndetse no hasi ku butaka. Yandurira byoroshye mu gukora aho hose.

Ninde wandura coronavirusi?

Uwo ariwe wese yakwandura coronavirusi. Ntibiramenyekana neza niba uwayikirutse ashobora kongera kuyirwara. Abantu bafite imyaka iri hejuru ya 45 by'umwihariko, abasheshe akanguhe, abasanganwe izindi ndwara cyane cyane izifatira mu buhumekero n'indwara zateye umubiri kugira intege nkeya z'ubwirinzi bashobora kwandura ku buryo bworoshye coronavirusi ndetse ikabazahaza.

Ni gute wakwirinda kwandura Coronavirusi?

Kugeza ubu nta muti cyangwa urukingo bya coronavirusi bihari. Ntabwo ivurwa nimiti ivura indwara ziterwa n'indiririzi cyangwa imiti gakondo. **Coronavirusi yirindwa gusa binyuze mu kwirinda guhura nayo n'isuku**, gukaraba intoki n'amazi meza n'isabune ndetse no gusukura aho utizeye isuku ihagije.

- **Karaba intoki kenshi** ukoresheje isabune n'amazi cyangwa ukoreshe umuti wo koza intoki urimo alukolo.
 - » Karaba neza ikiganza ukoresheje isabune n'amazi mu gihe cy'amasegonda 20 woze neza hagati y'intoki no mu nzara kandi ukarabe ugeze ku kaboko hafi yinkokora zawe
 - » Wihutire gukaraba intoki buri gihe ugarutse mu rugo, uvuye mu bwiharerero, mbere yo kurya, nyuma yo gukorora, kwitsamura, cyangwa kwikora ku mazuru.
 - » Irinde kwikora mu maso utarakabye intoki zawe.
- **Sukura aho ukeka ko hari coronavirusi hose (nko ku meza, aho mufungurira inzugi nahandi) ukoresheje alukolo yica umwanda cyangwa ibindi bikoreho byabugenewe.**
 - » **Alukolo:** Isopropyl ifite ubwiganze bwa 70% yica byihuse utunyangingo twa coronavirusi. Yikoreshe usukura ku meza, naho ufata ufungura urugi n'ibindi bikoreho. Invange y' Alukoro kuva kubwiganze bwa 60% kugeza kubwiganze bwa 70% niyo ikora neza; Ntukoreshe alukoro y' ubwiganze bwa 100%. Niba alukoro yawe ifite ubwiganze bwa 100% ongeramo amazi ku kigereranyo cy' igikombe kimwe cy'amazi ku bikombe 2 by' Alukoro. Banza ukoreshe amazi nisabune mbere yo gukoresha alukoro, hanyuma ureke aho usukuye humuke.
 - » **Bleach:** imenyereye mu mvange iri ku bwiganze bwa 5%. Mu buryo bwo kuyitegura mbere yo kuyikoresha, ubanza kuyifungura ukoresheje amazi akonje (ntibyemewe gukoresha ashushye). Niba ushaka koza hasi cyangwa ahandi hantu hanini, koresha ibikombe 2 bya Bleach (500 ml muri litiro 20

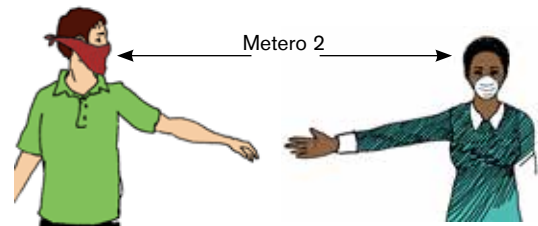
z'amazi). Niba ushaka gutegura imvange nkeya, koresha ibiyiko 3 bya Bleach mu bikombe bine by' amazi (50 ml za bleach muri imwe y'amazi). Mbere yo kuyikoresha banza ukarabe neza ukoresheje isabune n'amazi hanyuma ubone kwisukura ukoresheje imvange ya Bleach utegereze wumuke.

- » **Sukura ibikoresho** ukoresha kenshi ukoresheje umuti w'isuku.
- » **Mesa imyambaro** ukoresheje isabune imesa imyenda n'amazi ashyushye aho bishoboka. Niba imashini yawe yo kumesa imyenda ifite ikiciro cyo kunyuguzwa mbere yo gufura imyenda, uyikoreshe. Niba ukoresha intoki mu kumesa imyambaro yawe, yivugute neza, koresha isabune ihagije, hanyuma uyanike ku zuba

Irinde kwegerana n'abandi bantu

Niba aho uba harageze coronavirusi, guma mu rugo. Irinde guhura n'abantu mutabana mu rugo. Mwese musabwa kwirinda guhura n'abantu mutabana. Guma mu rugo wirinde ahantu hahurirwa n'abantu benshi aho ushobora kwegerana n' abantu bakakwanduzwa cyangwa ahantu handuye hashobora gukwirakwiza coronavirusi.

Ibi bishobora kuba bitoroshye kubikora kandi bishobora no kukubuzwa kugaragaza amarangamutima yawe. Kwirinda guhura n' abantu ntibivuze kwifungirana burundu: ushobora kuvugana nabo ukoresheje telephone aho guhura nabo. Ushobora kuvuganira n'abantu mu madirishya cyangwa mu miryango, cyangwa ukaba wanavugana nabo murebana amaso ku maso ariko mwasize intera ya metero 2 hagati yanyu (cyangwa intera y' uburebure bw'amaboko yanyu arambuye).



Akarindamunwa kawe karinda mugenzi wawe kwandura.
Akarindamunwa kabo kakurinda kwandura

Niba umeze neza utarwaye, ukomeye, fasha abarwayi aho utuye cyangwa abantu bashomora gufatwa na virusi no kuremba vuba bitewe nuko bashaje cyangwa se bafite ubumuga, nibindi. ubafashe kubona ibyo kurya, n'amazi meza nibindi bintu; ubibagezeho batavuye munzu zabo.

- **Irinde ukoresheje agapfukamunwa:** Niba ufasha umuntu urwaye kandi ukeka ko afite ubwandu bwa Coronavirusi, Agapfukamunwa ka N95 kagufasha kwirinda neza kurusha ako bakoresha bavura abarwayi basanzwe bari ku iseta kuko gatanga ubwirinzi budahagije. Gukoresha neza agapfukamunwa:
 - » Karaba neza intoki ukoresheje umuti wintoki wabugenewe urimo alukoro cyangwa isabune n'amazi, hanyuma wipfuke ku mumwa no ku mazuru ukoresheje agapfukamunwa, upfuke neza udasiga umwanya hagati y'agapfukamunwa numubiri wawe.
 - » Irinde gukora ku gapfukamunwa mu gihe urimo ukambara kandi ugahindure mu gihe gatose.
 - » Mu gukuraho agapfukamunwa, koresha utuguzi twa lasitike tuzengurutse ku mutwe wawe; mu kugakuramo (utagakozeho) uhite ugata mu ndobo y'imyanda ifunze. Hanyuma ukarabe neza intoki zawe.
 - » Agapfukamunwa gakoreshwa rimwe gusa. Niba udafite akandi, ukaba ushaka kongera gukoresha agapfukamunwa N95; banza wice mikorobi zikariho ugashyire mu ifuru ku geza ku bushyuhe bwa 72 Celcius mu gihe cy'iminota 30. Niba udafite ifuru, nibura ukaba ufite udupfukamunwa 5 twa N95, koresha kamwe umunsi wose, nyuma ukavaneho ufatiye ku bande elastike utayikozeho imbere; yishyire mu gafuka, imaremo iminsi itanu. Uzongera kuyikoresha kumunsi wa gatandatu. Izindi uzikoreshe nazo gutyo. Bika buri kamwe ukwako hanyuma usimburanye kubukoresha kamwe kamwe inshuro imwe. Impanvu nuko virusi ifpa mu minsi 5.
 - » Niba ukorana n'abarwayi, ntaho ari byiza gukoresha igitambaro mu mwanya w'agapfukamunwa, Igitambaro kizatoha bitewe n'umwuka uhumeka bitume ubwandu buvuye hanze bunyura mu gitambaro bukugeraho mu buryo bworoshye.
- **Ambara agapfukamunwa urinde abandi:** Kuberako umuntu ashobora kwandura atabizi; Mu gihe buri wese akoresheje agapfukamunwa mu bantu benshi, birinda gukwirakwiza ubwandu. Kuko nta rukingo, kwirinda gukwirakwiza coronavirusi nibwo buryo bwonyine bwo kurinda abaturanyi. Usabwa kandi gukaraba intoki zawekenshi, gusiga metero ebyiri hagati y'umuntu nundi kuko agapfukamunwa wambaye karinda mugenzi wawe katarinda wowe.
- **Isuzumisha umenye uko uhagaze.** Niba ufite inkorora idafite ibikororwa kandi idacika, wunva mugituzwa haremereye, uhumeka bigoranye, ubabara mu gatuza kandi ufite umuriro; banza uhamagare umukozi wo kwa muganga cyangwa ushinze ubuzima ukwegereye wagufasha kubona ubufasha. Kuberako ikibi cya COVID-19 ari ukubura umwuka (Acute Distress Syndrome-ARDS), indembe zayo zihabwa ogisijeni yo guhumeka bakoresheje imashini ibafasha guhumeka (mechanical Ventilator) iboneka gusa mu bigo nderabuzima.