Amakuru kuri koronavirusi nshya yo mu 2019 (COVID-19)

Byavuguruwe: 4/4/2020

Koronavirusi nshya yo mu 2019 (COVID-19) ni ubwoko bushya bwa koronavirusi byatahuwe bwa mbere mu Bushinwa kandi ubu bukaba bwaratahuwe mu bihugu byinshi, harimo n'Amerika na Iowa.

Hari ubwoko burindwi butandukanye bwa koronavirusi buzwiho kwanduza abantu, harimo bune buzwi cyane, n'ubundi bwoko bwa virusi bworoheje butera indwara isa n'ibicurane bisanzwe. Abatanga serivisi z'ubuvuzi bahora basuzuma ayo moko ya koronavirusi azwi kandi nta ngamba ku buzima rusange zikenewe kuri ayo moko ya koronavirusi azwi. Amoko ya koronavirusi atatu muri arindwi ntasanzwe kandi atera uburwayi bukomeye cyane, harimo koronavirusi yo mu 2019 (COVID-19).

Ibimenyetso:
Ibimenyetso bishobora kugaragara mu minsi 2-14 umaze kuba hari aho uhuriye na virusi kandi birimo:

- Kugira umuriro
- Gukorora
- Guhumeka nabi

Uburwayi bwatangajwe bugaragaza ko hari abandu barwara ntibarembe n'abandi bakarwara bakaremba cyane bikanabaviramo urupfu. Abarwayi bakuze n'abafiteu burwayi budakira bashobora kuba bafite ibyago byinshi byo kurwara bakaremba.

Kugeza ubu nta muti wa COVID-19. Abantu barwaye COVID-19 bahabwa ubuvuzi bubafasha kugira ngo boroshye ibimenyetso bagaragaza.

Gupima:
Ibindi bikorwa byo gupima biri kugenda byiyongera buri munsi binyuze muri Laburatwari y'igihugu ya State Hygienic Laboratory (SHL) na laburatwari zigenga. Uguha serivisi z'ubuvuzi afata icyemezo niba ukeneye gupimwa, maze akagisha inama inzego zishinzwe ubuzima rusange iyo agize ikibazo. Amabwiriza agenga gupima aboneka hano: http://shl.uiowa.edu/dcd/covid19.xml

Ibindi byifashishwa mu gupima biboneka hano: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html

Ikwirakwira:
Ahanini virusi yandura ivuye ku muntu umwe ijya ku wundi hagati y'abantu begeranye (intera iri munsi ya metero 2). Ikwirakwira riba ari uko amatembabuzi avuye ku muntu wanduye igihe akoroye cyangwa yitsamuye maze akagwa mu kanwa k'abantu bari aho hafi cyangwa bayahumeka agera mu bihaha. Birashoboka ko wakwandura COVID-19 ukoze ahantu cyangwa ku kintu kiriho virusi maze ukikora ku munwa wawe, ku mazuru yawe, cyangwa mu maso yawe, ariko hatekerezwa ko ubu atari bwo buryo bw'ibanze virusi yanduramo.

Uko yakwirindwa:
Kugeza ubu nta rukingo rwo kwirinda indwara ya koronavirusi yo mu 2019 (COVID-19). Uburyo bwiza bwo kwirinda iyi ndwara ni ukwirinda kugira aho uhurira n'iyi virusi. Abantu bashobora gufasha kwanduza indwara z'ubuhumekero abandi bipfuka igihe bakoroye n'igihe bitsamuye, bagakaraba intoki zabo kenshi, bakanaguma mu rugo igihe barwaye.

Ubundi buryo bwo kwirinda iyi ndwara ni ugusiga metero imwe nigice hagati yawe nabantu badatuye murugo rwawe. Niba ibi ataribyo, ushobora gukenera kwambara igifuniko cyo mumaso kugirango bigufashe kubyirinda. 10/06/20

Aderesi
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