



Republic of Rwanda  
Ministry of Health



# AMABWIRIZA YO KWITA KU MURWAYI WA COVID-19 MU RUGO

Nzeri 2020

## 1. Impamvu yo gukurikirana no kuvurira abarwayi mu ngo zabo.



Imibare yerekana ko mu bapimwa COVID-19 mu Rwanda, abarenga 70% nta bimenyetso bagaragaza ibyo bikaba byashoboka ko bavurirwa mu ngo zabo kandi bagakurikiranwa kugeza bakize bitabaye ngombwa ko bajyanwa kwa muganga.

Ubushakashatsi bwakozwe mu kwezi kwa Nyakanga 2020 mu Rwanda mu kwita ku barwayi ba COVID-19 bari mu ngo zabo bwagaragaje ko bitanga umusaruro mwiza. Niyo mpamvu Guverinoma y'u Rwanda yemeje ko guhera tariki ya mbere Nzeri 2020, gukurikirana no kuvurira mu ngo zabo abafite COVID-19 ariko batagaraza ibimenyetso bikorwa mu gihugu hose. Abarwayi bakeneye kwitabwaho by'umwihariko bazakomezwa kuvurirwa ahabugenewe mu ntara zose.

## 2. Intego y'aya mabwiriza



Aya mabwiriza agamije gufasha no kwereka inzego zose z'ubuzima, abaganga, abajyamana b'ubuzima, inzego z'ibanze, uburyo bwo gukurikirana no kuvura umurwayi wa COVID-19 wujuje ibisabwa ngo avurirwe mu rugo n'uko bizajya bikorwa.

## 3. Ibisabwa ngo umurwayi wa COVID-19 abe yakwitabwaho ari iwe mu rugo



- Kuba byemejwe n'inzego z'ubuzima zibishinzwe ko uwo muntu afite COVID-19 bishingiye ku gisubizo cya laboratwari.
- Kuba yemera ku bushake ko yitabwaho kandi akanavurirwa iwe mu rugo kugeza igihe inzego z'ubuzima zibishinzwe zemeje ko yakize
- Agomba kuba nta bimenyetso bya COVID 19 agaragaza cyangwa se bihari ariko bidakomeye byemejwe n'inzego z'ubuzima zibishinzwe.
- Agomba kuba atarengeje imyaka 65 y'amavuko. Umwihariko wabaho igihe hamaze gukorwa isuzuma.
- Kuba umurwayi afite ahantu hahagije mu rugo iwe byatuma atanduza abo babana cyangwa baturanye.



## 4. Gusuzuma ishyyirwa mu bikorwa ry' iyi gahunda.

Gusuzuma ko umurwayi wa COVID-19 yitabwaho cyangwa akurikiranwa ari iwe bisaba ubushishozi bukomeye bukoze n'inzego zahuguwe zirimo iz'ubuzima (Abaganga; abajyanama b'ubuzima, abashinzwe kurwanya icyorezo, akangurambaga ndetse n'inzego z'ibanze). Dore ibigomba gukurikizwa:

- Hagomba kuba nta muntu muri urwo rugo uri mu kicio cy'abazahazwa n'ubu burwayi bwa COVID 19. Urugero: Umuntu wese urengeje imyaka 65, ufite indwara zikomeye nk'iz' umutima, ibihaha, umwijima nizindi.
- Hagomba kuba hari umusarani wujuje ibyangombwa hamwe n'ubwiyuhagiriro muri urwo rugo
- Hagomba kuba hari icyumba gifite umwuka uhagije ndetse n'umwanya uhagije ku buryo umurwayi yaharwarira atagize aho ahurira n'abandi
- Kuba muri urwo rugo harimo umuntu mukuru wabasha kwita ku murwayi uko bikwiye.
- Mu cyumba cy'umuryayi hagomba kuba hari:
  - Udupfukamunwa duhagije kandi tugakoreshe neza;
  - Aho gushyira imyanda yakoreshejwe kandi ikajyanwa n'ababihuguriwe hirindwa ikwirakwiza rya COVID-19.
  - Ibikoresho byo gukaraba intoki n'isabune
  - Ibikoresho byo kwipima umuriro buri muni
- Nta muntu ugomba gusohoka mu rugo rurimo ufite COVID-19
- Abashyitsi ntibemerewe kuza muri urwo rugo kugeza igihe umurwayi akize
- Ababa muri urwo rugo bese bagomba guhora bambaye agapfukamunwa neza
- Abo mu rugo bagomba gusiga nibura metero 2 hagati yabo buri gihe
- Abo muri urwo rugo bese bagomba gukaraba intoki n'isabune n'amazi meza kenshi gashoboka nibura amasegonda 20
- Umurwayi agomba kugira ibikoresho byihariye byo gukoresha. Ibikoresho bishobora kongera gukoreshe bimaze gusukurwa hakoreshejwe umuti wa Choline (0.05%) mu gihe cy'iminota 30 (aho bishoboka) cyangwa bigasukurwa hakoreshejwe isabune n'amazi meza.
- Ibikoresho byose byanduye bizajya bitwarwa ahabugenewe n'abakozi bo mu nzego z'ubuzima babihuguriwe buri muni 7.
- Abantu baba muri urwo rugo bagomba kwirinda gukora ahantu hakozwe nabandi ndetse hagahanagurwa n'amazi n'isabune ihagije kandi inshuro nyinshi.

## 5. Uko umurwayi agombwa guhangana n'ibimenyetso



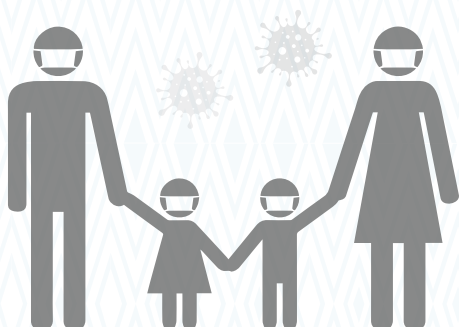
- Umurwayi agomba kugirwa inama yo kunywa amazi meza kenshi gashoboka
- Umurwayi agombwa kugirwa inama yo gukaraba intoki kenshi gashoboka n'amazi meza ndetse n'isabune kandi akagira isuku y'imyanya y'ubuhumekero
- Akoresha umuti ugabanya umuriro ndetse n'indi miti igabanya ububabare azahabwa n'inzego z'ubuzima zimwegereye.
- Igihe ibimenyetso bikabije, umurwayi ahamagara 114 cyangwa umujyanama w'ubuzima umwegereye ndetse n'inzego z'ibanze.

## 6. Gukurikirana Umurwayi



- Gukurikirana umurwayi bikorwa buri muni hakoreshejwe telephone cyangwa irindi koranabuhanga
- Umurwayi agomba gufata igipimo cy'ubushyuhe bwe buri muni hanyuma akabimenyesha umujyanama w'ubuzima w'aho atuye, cyangwa akamenyeshi inzego zishinzwe kuryanya icyorezo kuri telephone 114.
- Urwariye mu rugo agomba kumenyesha inzego z'ubuzima zimwegereye uko amerewe kugeza akize.

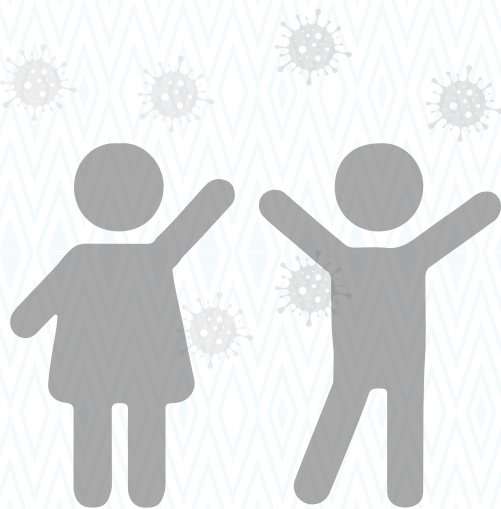
## 8. Ibigomba kwitabwaho ku bana bari mu rugo ruri mu umurwayi wa COVID 19



Ikigo cy'Igihugu gishinzwe ubuzima RBC kizakorana n'urwego rw'Igihugu rushizwe abana /NCC hamwe na Minisiteri y'Umuryango kugirango uburenganzira bw'umwana bwubahirizwe mu gihe hakorwa isuzuma niba Umubyeyi yakwitabwaho ari mu rugo cyangwa yajyanwa kwa muganga. Ibigomba kurebwa n'ibi bikurikira:

- Aho bishoboka, abana bagumana n'ababyeyi babo. Urugero: Niba Umubyeyi cyangwa uwita ku



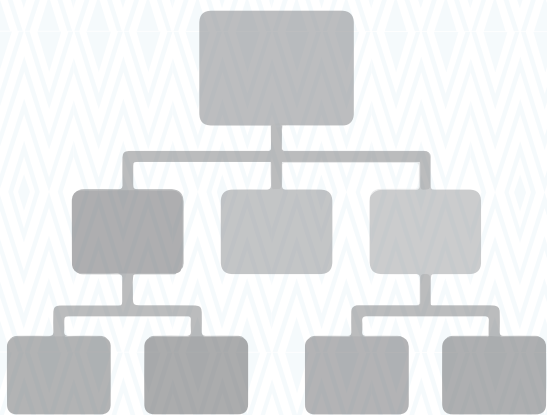


mwana ari mu kato, hakagombye kuba hari undi muntu mukuru wita ku mwana kandi bikamenyeshwa urwego rukurikirana uburenganzira bw'umwana ku karere cyangwa se Inshuti z'Umuryango kugirango babahe ubufasha.

- Igihe nta muntu mukuru uhari, abana ntabwo bagomba kubatererana. Urwego rushinzwe abana/NCC rugomba kubimenyeshwa kugirango banafashe kubabababonera undi muryango umwana aba arimo by'agateganyo.
- Igihe umwana afashwe n'undi muryango, urwego rw'igihugu rushinzwe abana rugomba gukorana n'abajyanama b'ubuzima kugirango bazabashe kumusubiza mu muryango we igihe ikibazo cyakemutse.
- Ni ngombwa gufasha muburyo bw'imatekerereze mugihe batazi ibiba kuko byabatera ubwoba no kwiheba, kubamenyesha neza ibiri kuba.

## 9.

### Uruhare ndetse n' Inshingano za buri wese muri iki gikorwa



- Uruhare rw'Abajyanama b'Ubuzima
- Abajyanama b'ubuzima bafatanije n'inzego z'ibanze bagomba kwigisha ingo zose ziri muri iyi gahunda uko birinda iyi ndwara ya COVID-19 cyane cyane abita ku murwayi.
- Guhugura Inshuti z'Ubuzima kugirango bumve iyi gahunda barwanya akato cyangwa ikumirwa iryo ari ryo ryose rireba abari muri iyi gahunda.
- Kwigisha ingo zirimo umurwayi wa COVID 19 ibirebana ni iyi gahunda, mu kwirinda no kwivuzza iyi ndwara.
- Gukurikirana umurwayi mu rugo iwe afatanije n'itsinda (Task force) rizashyirwaho ku buri rwego rw'isibo mu gihugu hose.
- Kugeza imiti igabanya umuriro n' indi yifashishwa mu kuvura ibimenyetso bya COVID-19 ku murwayi uri mu kato mu rugo.
- Gufasha inzego zishinzwe gupima abari mu rugo igihe byateganijwe.
- Gutanga amakuru ku buzima bw'abarwayi bari mu mudugudu ashinzwe bikagezwa ku nzego z'ubuzima n'itsinda rishinzwe COVID-19 (Task Force) ku nzego z'ibanze.

## Uruhare rw'Inzego z'ibanze.

- Gushishikariza abaturage kwitabira iyi gahunda yo kuvurira COVID-19 mu rugo no kuyigiramo uruhare.
- Gukurikirana iyubahirizwa ry'amabwiriza yose arebana n'iyi gahunda binyuze kuri za command posts ziri ku nzego zitandukandunye kugera ku rwego rw'amasibo.
- Gusuzuma ko ibiribwa bihagije ndetse no gutanga ibiryo n'amazi mu ngo aho bikenewe
- Gufasha abari kuvurirwa mu ngo kugezwaho ibya ngombwa nkenerwa
- Ba Mutwarasibo barasabwa gukorana n'abajyanama b'ubuzima mu kugenzura ko abashyizwe mu kato mu ngo zabo bakurikiranwa uko bikwiye badasohoka cyangwa ko badasuurwa.

## Uruhare rwa Ministeri y'Ubuzima n' Ikigo gishinzwe Ubuzima "RBC".

- Gupima no gutanga ibisubizo ku barwayi ba COVID-19
- Gushyiraho ababwiriza agenga iyi gahunda
- Gushyiraho amabwiriza arebana n'uko umurwayi yoherezwa kwa muganga igihe agaragaje ibimenyetso bikomeye.
- Kwegereza ibikoresho n' imiti abajyanama b'ubuzima.
- Gushaka inkunga n'ubufatanye mu gushyira aya mabwiriza mu bikorwa
- Gukurikirana ishyirwa mu bikorwa ndetse no kuvugurura aya mabwiriza igihe bikenewe
- Ibitaro by'intara n'uturere birasabwa:
  - Guhugura abakozi bo mu bigo nterabuzima, n'abajyanama b'ubuzima mu turere bashinzwe bagahita bashyira mu bikorwa iyi gahunda ya HBC.

- Kugeza ku Bajyanama b'ubuzima ibikoresho bikenewe: ibyo kwirinda (PPEs), imiti, n'ibindi.
- Kugeza ku bigo nterabuzima ibikoresho byo gukusanya imyanda byabugenewe
- Kubafasha gutabara ugaragaje ibimenyetso bikomeye hifashishwa imbangukiragutabara n'abaganga babihuguriwe.
- Kuvura/kugeza ahabugenewe, abafite uburwayi bukomaye bwa COVID-19.
- Kwemeza ko abari barwaye bakize (baba abari mu ngo cyangwa kwa muganga).

- Ibigo nterabuzima (Health Centres) birasabwa:

- Gu Gukurikirana abarwayi ba COVID-19 bari mu rugo bunganira abajyana b'ubuzima n'inzego z'ibanze ku rwego rw'isibo aho bishoboka hose.
- Kugira uruhare muri command posts z'imirenge n'utugari kugirango bayobore gahunda zijyanye n'ubuzima mu kurwanya COVID-19 aho bakorera.
- Ko igihe cyose ugaragaye ho COVID-19 atarembye, amenyeshwa command post y' umurenge binyuze ku muyobozi w'ikigo nterabuzima cy'aho atuye; command post igena abasura urugo rw'umurwayi hakarebwa ko ibisabwa byose ngo avurirwe mu rugo bihari (byavuzwe haruguru).

## Uruhare rw'inzego z'umutekano:

- Kunganira inzego z'ubuzima, n inzego z'ibanze mu kugeza kwa muganga uwarembera mu rugo kugira ngo yitabweho byihuse
- Gufasha mu gukurikirana abarenze ku mabwiriza yo kuvurirwa mu rugo



## **Ku bindi bisobanuro kuri COVID-19:**

Mwahamagara: 114, cyangwa mugasura urubuga: [www.rbc.gov.rw](http://www.rbc.gov.rw)



