



# Wakora iki igihe wanduye COVID-19?

*Abantu benshi banduye COVID-19 bakunze kugaragaza ibimenyetso byoroheje bityo bashobora gukurikiranwa bari mu rugo.*



## Inama z'ingenzi

1. Niba usanze waranduye, wikuka umutima, guma mu rugo kandi wishyire mu kato ntiwegere abandi mubana cyane cyane abashobora kuzahazwa n'iyi ndwara; irinde gusurwa igihe wishyize mu kato; hagarika gahunda zose wari ufite kugeza igihe uzakirira.
2. Niba uvuye kwa muganga kwipimisha bagasanga ufite COVID-19, ugomba guhita utaha vuba na bwangu ukitwararika aho unyura hose: wmbara agapfukamunwa, wubahiriza intera ya metero 1, ukaraba intoki kenshi, kandi ugomba gusukura ahantu hose wakoze kugira ngo utanduza abo muhura.
3. Abantu bose mubana bagomba kwipimisha COVID-19 ku ivuriro ribegereye.\*
4. Abo mu bana mu rugo bagomba kubahiriza batajenjetse amabwiriza yo kwirinda COVID-19 (kwambara neza agapfukamunwa, guhana intera no gukaraba intoki kenshi.)
5. Itsinda rishinzwe kurwanya COVID-19 ryavuguruye ikoranabuhanga ribafasha gukurikirana abarwayi bakoresheje uburyo bugezweho nka Weltel, kandi turabizeza ko muzakurikiranwa n'itsinda rishinzwe kurwanya iki cyorezo kugira ngo mushobore gukura vuba COVID-19.
6. Gerageza kugira ibiyunviro byiza, uhugire ku bikorwa bikunzezeza nko gusoma ibitabo no kumva radiyo. Nubwo igihe uri mu kato udashobora guhura n'abandi imbonankubone ushobora guhura nabo ukoresheje ikoranabuhanga ufite hafi yawe.
7. Nyuma y'iminsi 14 uri mu rugo, wemerewe gusohoka. Itsinda ry'abaganga rizagufasha kumenya ivuriro rikwegereye (irya Leta cyangwa iryigenga) kugira ngo bagukorere ikizamini cyo kureba niba warakize\*

\* Urutonde rw'amavuriro ya Leta n'ayigenga yemerewe gupima COVID-19 urarusanga [hano](#).



## Uko uzavurwa

1. Ushobora gufata imiti ivura ibicurane kugira ngo uhagane n'ibimenyetso byoroheje nka parasetamolo, vitamine C, imiti yo kugabanya ibibazo byo mu muhogo nka (strepsils losanges), imiti irwanya indwara zifata mu mazuru (umuti w'amazi wa payidotere n'indi miti) hamwe n'inkorora (umuti w'amazi wa broncalene, ascoril n'indi).
2. Ugomba gukurikiza amabwiriza y'umuganga wakuvuye cyangwa umufarumasiye
3. Abaganga bakuvura bashobora kukwandikira antibiyotike cyangwa ibinini bya augmentin kugira ngo bakuvure niba ufite umuriro udakira cyangwa se niba ufite impungenge ko ushobora kurwara "umusonga".



## Ibyo wanywa n'ibyo warya

1. Ugomba gufata indyo yuzuye ( irimo imbuto n'imboga nyinshi) kandi ukanywe amazi menshi ( ku muntu mukuru: litiro 2-3 z'amazi ku munsu ni ingenzi)
2. Ku mafunguro y'ingenzi, ugomba kwirinda ibinyobwa/ibiribwa bikonje cyangwa bigoye kugogora, ibande ku mafunguro yoroheje kandi afite intungamubiri nk'isupu ishyushye cyangwa imvange y'imboga zigisoromwa ukuye mu busitani bwawe cyangwa ku isoko rikwegereye.
3. Ugomba gufata ibiribwa n'ibinyobwa bikungahaye kuri vitamine C nk'icyayi kirimo indimu cyangwa umutobe ukozwe ako kanya, hamwe na tangawizi ku bantu bayikunda.
4. Irinde kurya ibiryo birimo ibirungo byinshi kuko bishobora gutuma uribwa mu gifu. Ushobora gufata icyayi n'ubuki cyangwa amata ashushye n'ubuki bitewe n'ibyo ukunda. Nubwo ibi binyobwa bishushye bidashobora kwica icyo virusi, twibuke ko icyo bidufasha

ari ukugabanya ibimenyetso kandi ugakomeza ukagira amazi mu mubiri ndetse bikongerera umubiri imbaraga zo guhangana n'indwara.



## Ugomba kwiwitaho

1. Nubwo utagomba guhora uryamye buri gihe, ugomba kuruhuka bihagije;
2. Irinde gukora cyane; irinde gufata ibinyobwa bisembuye n'itabi kuko bishobora gutuma urwara ukaremba
3. Ugomba gukora imyitozo ngororamubiri iringaniye cyangwa ugatembere mu rugo; gukora siporo y'iminota 30 nibura ku munsu bigufasha gukomeze kugire imbaraga.



## Komeza kuvugana n'abakora mu nzego z'ubuzima

1. Ugomba kuba ufite telefone z'umujyanama w'ubuzima ukorera aho utuye, iz'umuyobozi w'Isibo n'uw'akagari, wakwitabaza hafi y' aho utuye.
2. Urashishikarizwa cyane guhora utanga amakuru y'uko umerewe buri munsu kugira ngo bakemure ibibazo byose waba ufite. Ushobora kuvuga incuro wifuza ko abagukurikirana buri munsu baguhamagara kuri telefoni.
3. Muri iki gihe kuvura COVID-19 mu Rwanda byegerejwe abaturage kuva ku rwego rw'igihugu kugeza ku mudugudu, kandi Minisiteri y'Ubuzima n'ikigo gishinzwe ubuzima (RBC) bakorana cyane n'izi nzego zikwegereye kugira ngo urusheho kumva utekanye kandi ukire vuba.
4. Ushobora guhamagara umuhuzabikorwa w'ubuvuzi bwa COVID-19 kuri telefoni 0789198119 cyangwa ku murongo utishyurwa 114 kugira ngo uhabwe ubufasha amasaha 24/24, iminsi 7/7.

5. Igihe ugize ibimenyetso by'indwara bidasanze **nko kugira umuriro utagabanuka, guhumeka nabi, gukorora cyane cyangwa ikindi kibazo cyose cy'uburwayi wahura na cyo** ushobora guhamagara za nimero zavuzwe haruguru.
6. Turiguhangana n'indwara abahanga bataramenya ibyayo byose, ntiturasobanukirwa neza iyi virusi ku buryo budasubirwaho. Abashakashatsi bacu bahura buri gihe kugira ngo bahanahane amakuru ajyanye n'ubumenyi bugezweho ashobora kugirira abaturage bacu akamaro. Kugeza ubu tuzi neza ko hari ibimenyetso bishobora gukomeza kugaragara kabone n'iyi virusi yaba yarashize mu mubiri nko kudahumirirwa, kugira ikizibakanwa bishobora kugenda bigabanuka buhoro buhoro.
7. Tuzi neza ko hari ibihuha byinshi bivugwa ku ndwara ya COVID-19 binyura ku mbuga nkoranyambaga, turabasaba kwima amatwi ibivugwa byose bidaturutse mu nzego z'ubuzima.
8. Turagusaba guhora usura urubuga rwa RBC ([www.rbc.gov.rw](http://www.rbc.gov.rw)) na twitter ya RBC na MINISANTE kuko ni ho tugenda dutangariza amakuru agezweho n'uko ubumenyi bugenda butera imbere. icya mbere na mbere duharanira ni uko mugira ubuzima buzira umuze.



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