

# Amabwiriza yo gukumira no kurwanya indwara ya Mpox mu mashuri n'ibigo byita ku bana



Indwara y'ubushita bw'inkende (Mpox) ni indwara iterwa na virusi ya Mpox yagiye igaragara cyane hirya no hino ku isi kuva mu mwaka 2022. Kuva mu mwaka wa 2023 iyi ndwara yakwirakwiye no mu bihugu bihana imbibi n'u Rwanda. Mu Rwanda, hari abantu bagaragaweho indwara y'ubushita bw'inkende kuva mu kwezi kwa Nyakanga 2024. Aba barwayi bakurikiranywe n'abaganga ndetse bamwe muri bo barakize basezererwa mu bitaro, abandi na bo bakomeje kwitabwaho kandi ntibarembye, hari icyizere ko bazakira vuba.

Umuntu wese ashobora kwandura Mpox.

### Uko yandura:

Mpox yandura binyuze mu gukora ku umuntu uyirwaye cyangwa gukora ku matembabuzi ye.

Ibi bishobora kuba mu gihe:

- cy'imibonano mpuzabitsina (yaba ikingiye cyangwa idakingiye)
- cyo gusuhuzanya
- cyo gusomana
- cyo gukora ku bintu uwayirwaye yakozeho

Umuntu wanduye Mpox atangira kugaragaza ibimenyetso byayo hagati y'iminsi 2 na 21 nyuma yo kuyandura.

## Ibimenyetso byayo ni ibi bikurikira:



- 1 Kugira ibihari bimeze nk'ubushye bibabaza bituma umuntu ashaka kwishimashima.

Ufite Ibyo biheri bimutera kubabuka ku mubiri, cyane cyane mu myanya ndangagitsina, mu maso, mu mugongo, ku biganza no ku birenge



- 2 Kugira umuriro mwinshi ugera kuri degre 38.5



- 3 Kugira inturugunyu cyangwa amasazi no Kubyimba mu nsina z'amatwi



- 4 Kubabara umutwe bikabije



- 5 Kubabara umugongo n'imikaya

Turashishikariza abantu kwirinda indwara y'Ubushita bw'inkende (MPOX) bakurikiza ingamba z'ubwirinzi bahabwa n'inzeho z'ubuzima ari zo:

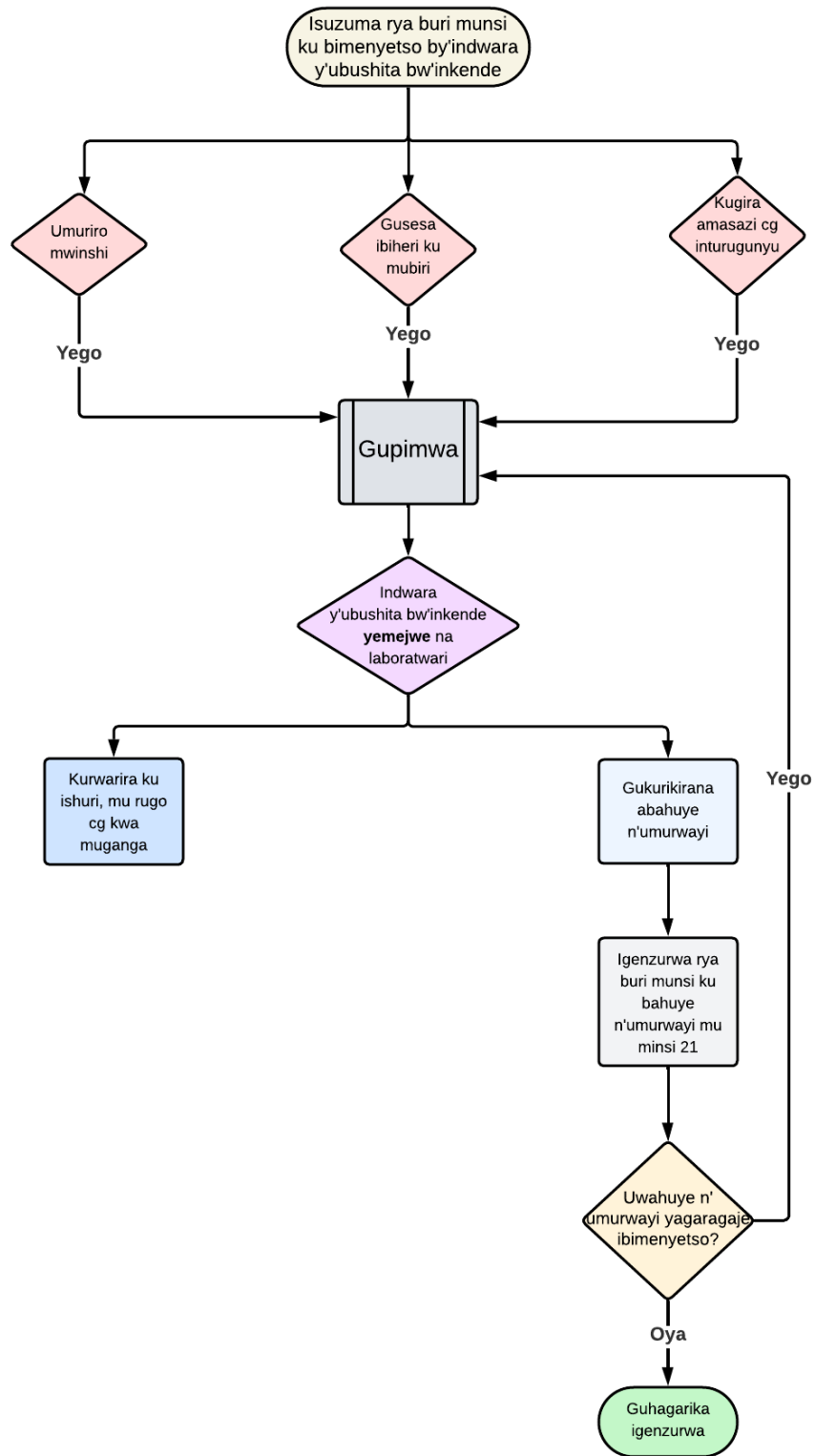
- Kwirinda gukora ku muntu wagaragaje ibimenyetso bya Mpox cyangwa gukora ku bikoresho yakozeho
- Kwirinda gukorana imibonano mpuzabitsina n'umuntu wagaragaje ibimenyetso bya Mpox
- Gukaraba intoki kenshi kandi neza ukoresheje amazi n'isabune

Mu gihe ugaragaje kimwe cyangwa ibimenyetso byinshi bya Mpox Ihutire kugana ikigo nderabuzima kikwegereye

## Icyo ishuri risabwa gukora mu rwego rwo gukumira no kurwanya ubushita bw'inkende

Amashuri arasabwa ibi bikurikira mu kurwanya no gukumira icyorezo cy'ubushita bw'inkende

- Mu itangira ry'amashuri, abanyeshuri bagomba gusuzumwa (screening) umuriro nibindi bimenyetso bigaragara ku mubiri, mbere yo kwinjira mu kigo.
- Hagomba guteganywa ahantu habugenewe hakorerwa isuzuma (screening) mbere yuko abanyeshuri binjira mu kigo.
- Abanyeshuri bajya ku ishuri mu mabisi, ari ahantu hateganijwe (Stade Nyamirambo, n'ahandi hantu hateganijwe n'uturere) bagomba gusuzumwa mbere y'uko binjira muri za bisi berekeza ku mashuri
- Gusuzuma (screening), bigomba gukomeza gukorerwa mu mashuri buri muni hifashishijwe abarimu bayahagarariye, bagatanga raporo kubuyozi bw'ishuri, nabwo bukayitanga muri commande post y'akarere.
- Ku ubufatanye na command post y'akarere, ubuyobozi bw'ishuri bugomba kumenya ko abarimu n'abandi bakozi babishoboye bahawe amahugurwa mugutahura ibimenyetso by'ubushita bw'inkende, no kwita ku uwacyetsweho ubu burwayi
- Guteganya ahantu habugenewe hazashyirwa by'agateganyo abacyekwaho uburwayi
- Gushyira imbaraga, no gukora ubukangurambaga mu bikorwa by'isuku n'isukura, hibutswa isuku rusange, isuku y'umuntu ku giti cye ndetse gukaraba intoki n'amazi meza n'isabune, cyangwa umuti wo gusukura intoki wabugenewe, mu kigo cy'ishuri, cyane cyane ku irembo, ku gikoni no ku bwihereho
- Gushyiraho uburyo busobanutse bwo guhanahana amakuru ku bushita bw'inkende, ndetse no gutanga raporo kubashinzwe ubuzima mu gace ishuri rihereyemo.
- Guhora bamenyeshya abanyeshuri n'abakozi b'ikigo, ku bijyanye n'icyorezo cy'ubushita bw'inkende, no kubashishikariza gutanga amakuru kuwagaragaje ibimenyetso, cyangwa uwahuye n'ufite uburwayi, ndetse n'akamaro ko gusuzumwa (screening).



Ku yandi makuru ku mabwiriza yo gukumira no kurwanya indwara ya Mpox, mwasura <https://rbc.gov.rw/mpox/> cyangwa mugahamagara izi nimero : toll-free number 114 / command post: +250787861407, mushobora no guca kuri iyi code:

