

INYUNGU Z'URUKINGO RWA COVID-19

- Kugeza ubu Urukungo rutangwa ku buntu
- Urukungo byemejwe ko rukora neza kandi rwizewe
- Urukungo rukora neza kandi rurinda wowe n'umuryango
- Iyo warufashe hari ibyago bike byo kwandura no kwanduze abandi
- Iyo warufashe ukandura virusi ntabwo ikurembya nk'umuntu utarakungirwe.
- Ibyago byo kuremba biragabanuka.
- Kwikingiza birinda umuryango wawe n'inshuti zawe zitarakingirwa.
- Ubushakashatsi bwerekanye ko abantu bakingiwe bagira ubudahangarwa bwo kurwanya kongera kwandura virusi ya COVID-19 kurusha abigeze kuyirwara.
- Ubushakashatsi bwemeje ubuziranenge bw'inkingo za COVID-19 zikoreshwa hano muri Amerika.
- Abantu bamwe bashobora kugira ibimenyetse byoroheje nk'ingaruka z'urukungo.
- Inyungu zo gufata urukungo ziruta ibyo bimenyetso.

AMOKO Y'INKINGO ZA COVID-19

Hari ubwoko bune bw'inkingo za COVID-19 bwemewe gukoreshwa muri Amerika: (Pfizer, Moderna, Johnson & Johnson , Novavax)



INKINGO NO GUTWITA

- Abantu batwite barashobora kurwara cyane iyo bafashwe na COVID-19. Bafite kandi ibyago byinshi byo kubyara imburagihe.
- Ikigo cya CDC kirashishikariza ababyeyi batwite n'abonsa kwikingiza COVID-19
- Inkingo zirizewe
 - Mbere y'uko ugira abana
 - Mu gihe utwite
 - Nyuma yo kubyara
 - Iyo abana bawe bakuze

Niba ukeneye amakuru y'inyongera dushakire:

196 Hawthorn Street

Dayton, Ohio, 45402

Phone 937 580 8817

Web: www.ebenezeri.com

AMAKURU MPAMO YA COVID-19



IBIMENYETSO

KWIRINDA

INKINGO



COVID-19 NI IKI ?

- COVID-19 bivuga indwara ya Coronavirus yagaragaye muri 2019.
- Ni indwara iterwa na virusi nshya yo mu bwoko bwa SARS-CoV-2 yavumbuwe bwa mbere i Wuhan, mu Bushinwa
- Yandurira cyane cyane mu macandwe no mu matembabuzi ava mu mazuru.
- Virusi ya COVID-19, kimwe n'andi mavirusi, igenda ihinduka uko igenda ikwirakwizwa.
- Ubushakashatsi bumaze ku-garagaza guhinduka kw'iyi virusi mu moko abiri: Delta na Omicron
 - Delta yihuta kwandura kandi yanduje imbaga y'abantu benshi.
 - Omicron bitekerezwa ko nayo ikwirakwira mu bantu mu buryo bwihuse cyane.
- Bumwe mu bwoko bundi bwa COVID-19 budakunze kuboneka ni Gamma, Alpha and Beta



IBIMENYETSO BYA COVID-19

- Umuriro
- Inkorora
- Kubura umwuka cyangwa guhumeka nabi
- Kumva unaniwe
- Gutengurwa cyangwa gukonja
- Kubabara ingingo n'imitsi
- Kubabara umutwe
- Kubabara mu muhogo
- Kudahumurirwa cyangwa kutumva icyanga
- Bamwe banagira iseseme cyangwa impiswi
- COVID-19 ishoboea gukururira ibibazo bikomeye:
 - Umusonga
 - Kutabona umwuka uhagije
 - Ibibazo by'umutima ndetse n'urupfu
- Ibyago by'urupfu biri hejuru:
 - Ku bantu bafite hejuru y'imyaka 65
 - Abantu bafite ibindi bibazo by'ubuzima (nk'umutima, lbihaha, diyabete cyangwa indwara y'impyiko)
 - Abantu bafite ubudahangarwa buke.



NI GUTE NAKWIRINDA COVID-19

- Kwikingiza
- Karaba neza kandi kenshi intoki zawe ukoresheje asabuni n'amazi ashyushye byibuze amasegonda 20. Koresha umuti wica udukoko urimo arukoro (hand sanitizer) niba isabune n'amazi bidahari.
- Irinde gukora mu maso no mu mazuru n'intoki zanduye
- Guma mu rugo igihe urwaye, uvemo igihe ugiye gushaka servisi z'ubuvuzi
- Shyira intera ua metero 2 hagati yawe n'abandi bantu
- Ambara agapfukamunwa
- Pfuka umunwa n'amazuru kandi witsamurire mu nkokora yawe
- Hanagura ameza n'ahandi ukoresheje imiti yica udukoko

Nakora iki bansanzemo COVID-19?

- Guma mu rugo kandi wishyire mu kato, kugira ngo urinde kwandura virusi abo mu bana.
- Niba ufite ibibazo by'ubuhumekero, Ushobora gukenera gushyirwa mu bitaro
- Ubuvuzi Bushoboka
 - Gukoresha Imiti
 - Bashobora kandi gukoresha imashini zigufasha guhumeka
- Gukira COVID –19 Bishobora gufata ibyumweru cg amezi