ACCÉSSS

Alliance des Communautés Culturelles pour l'Égalité dans la Santé et les Services Sociaux

Icyo dukwiye kumenya kuri COVID-19 – CORONAVIRUS

Kugeza kuri uyu munsi **Umuryango Mpuzamahanga wita ku Buzima** (mu gifransa Organisation mondiale de la Sante) wemeje ko COVID-19 ihawe **stati ya pandemie** (bisobanura indwara y'ikiiza yakwiriye imigabane yose y'isi) ; naho muri province ya Quebec bashoboye gukumira umuvuduko wayo mu kwanduza ntibizoroha **mu byumweru bitaha** kuyikumira ngo itajya kwanduza n'ahandi; inzego za leta zikaba zarafashe **ingamba zose zishoboka** mu birebana n' ubuhanga bw'ubushakashatsi mu bumenyi no mu rwego rw'imibereho y'abaturage kugira ngo bayihashye n'ingoga kandi mu buryo budasubirwaho.

COVID-19 ni iki ?

COVID-19 ni virusi yo mu muryango (itsinda) rya coronavirus ishobora guteza ibibazo bikomeye ku buzima bw'abantu cyane cyane abageze mu zabukuru (aines), abadafite inkingira-mubiri (imunite) za karande mu mibiri yabo n'abafite indwara zabaye karande (chroniques)

Ibimenytso biranga Coronavirus

Ibimenyetso biranga iyi ndwara byagereranywa n'ibya grippe (giripe) cyangwa ibicurani, irangwa na

- Umuriro wigaragaje mu buryo bwihuse cyane
- Inkorora
- Umunaniro

- Kubihirwa mu kanwa
- Kudahumurirwa
- Guhumeka nabi

Ese ibyo bimenyeto bigaragara ku buryo bumwe ku bantu bose ?

Abantu bamwe bashobora kutagaragaza ibimenyetso by'uburwayi bakanakira batavuwe cyangwa se bakagaragaza ibimenyetso by'uburwayi bikeya cyane

Ku bandi biragaragara ko bababara cyane, bafite ibimyira bitemba cyane cyangwa batangiye guhitwa ku buryo bugenda bwiyongera

Ibimenyetso by'iyo ndwara bishobora kuba bidakanganye (bisa n'ibicurane) cyangwa se bikaba ari ibimenyetso bikomeye (nk'ibimenyetso biranga umusonga, kunanirwa guhumeka n'impyiko zidakora neza) . Hari ubwo uburwayi bukomera iyo ndwara (infection) ikaba yakwica.

Ingingo z'umubiri zikorwaho cyane n'iyo ndwara ni izihe?

Ubusanzwe ni mu mazuru mu mihogo no mu bihaha

Yandura ite ?

Ishobora gukwirakwizwa binyuze muri ubu buryo:

- Iva ku muntu ijya ku wundi iciye mu mazi ava mu mazuru y'umuntu urwaye igihe akoroye cyangwa akitsamura
- Kwegerana cyane kandi umwanya muremure n'umuntu uyirwaye
- Gukora aho urwaye yakojeje intoke, gukora ahantu hose no ku kintu cyose cyandujwe n'amacandwe yavuye kanwa (ashobora kuba ari uducandwe duke) , amazi (utumyira)

yavuye mu mazuru cyangwa (amarira) utuzi twavuye mu maso by'umuntu ufite ubwo burwayi

Coronavirus ibaho igihe kireshya gite (mbere yuko ipfa) ?

Ubusanzwe izo coronavirus ntizibaho igihe kirekire iyo ziri ku bintu bifatika, twavuga nk'ibikoresho

- Amasaha nk'atatu (3) iyo virusi ziri ku bikoresho dukoresha ku kintu cyose kirambuye neza (surface plane) kandi cyumutse kidatose (sec)
- Amasaha atandatu (6) iyo virusi ziri ku bikoresho dukoresha cyangwa ku kintu cyose kirambuye neza (surface plane) ariko gitose (humide)

Nakora iki igihe bigaragaye ko mfite ibimenyetso bw'ubwo burwayi ?

Abatuye muri Province ya Quebec iyo bagaragaje ibimenyetso by'umuriro, gukorora cyangwa guhumeka nabi igihe bavuye mu ngendo hanze ya Canada basabwe guhamagara telephone kuri numero 1-877-644-4545

Hari inzego z'ubuvuzi bwihuta (cliniques) zashyizweho zishinjwe gushakisha no kwita ku abanduye iyo virusi ; **uhamagara iyo numero mbere yuko ujyayo**

- Igihe uhamagaye cyangwa ugiye kwa muganga ni ngombwa gusobanura niba hari ikindi gihugu wagiyemo kuva mu ntangiriro y'umwaka w'i 2020 cyangwa se ko wahuye n'abantu bakoze ingendo mu bindi bihugu cyangwa abantu bimukiye vuba muri Canada

Hari urukingo cyangwa umuti kuri iyo virusi?

Kugeza uyu munsi nta rukingo cyangwa umuti by'iyo ndwara ariko hari ubufasha bubasha gutangwa bugabanya imbaraga z'ibimenyetso bw'iyo virusi

Abantu benshi barwaye bagenda bakira hatagombye gukoreshwa imiti

Uburyo bwiza bwo kwirinda kurwara iyo virus ni ugushyira mu bikorwa aya mabwiriza akangurira abantu kwirinda:

Nakwirinde nte kwandura iyo virusi ?

Dore ingingo z'ingenzi wakwitwararika zigomba gukurikizwa kuri buri muntu wese :

- Gukaraba kenshi mu ntoki ukoresheje amazi y'akazuyazi kandi atemba n'isabune igihe kingana nibura n'ama segonda 20
- Gukaraba mu ntoki amazi (desinfectant ivanze na alcool) yagenewe kwica virusi igihe utabonye amazi asanzwe n'isabune.
- Kwubahiriza amabwiriza y'isuku igihe ukoroye cyangwa witsamuye
    - Twikira umunwa izuru ukoresheje ukuboko kugira ngo udakwiza hose uducandwe n'utuzi tuva mu mazuru igihe ukoroye cyangwa witsamuye
    - Uramutse ukoresheje mushwari (mouchoir) ikoze mu mpapuro uhite uyijugunya ahatabwa imyanda kandi uhite ukaraba intoke
- Irinde kujya gusura abarwariye mu bitaro cyangwa abarwariye mu macumbitse y'uburwayi bw'igihe kirekire (soins de longue durée) mu gihe cy'iminsi 14 nyuma yuko uvuye mu gihugu kindi cyangwa urwaye
- Kwirinda guhuza imibiri n'abandi bantu muramukanya mu guhana intoki cyangwa gusomana

ACCÉSSS

Alliance des Communautés Culturelles pour l'Égalité dans la Santé et les Services Sociaux

Ubuyobozi bw'Akarere k'Ubuzima ka Montreal bwatangaje ko umuntu wese afite uburenganzira bwo gufashwa mu kugenzura niba nta bimenyetso by'iyo virusi yaba afite yaba ari kavukire wa Canada yaba umwimukira yaba afite ubwishingizi bwemerera umuntu kuvurwa muri Canada yaba se atabufite.

Ibindi wakwifashisha mu rwego rw'ibyavuzwe haruguru

- ✓ Numero ya telephone 1 877 644 4545 iguha ibisobanuro rusange kuri Coronavirus (**Ligne d'information générale COVID-19)** kuva kuwa mbere kugeza kuwa gatanu: saa 0800 kugeza saa1800
- ✓ Numero ya telefone 1 833 784 4397 ya leta ya Canada yagenewe abatuye igihugu iguha ibisobanuro rusange kuri COVID-19
- ✓ https://santemontreal.qc.ca/population/coronavirus-covid-19/
- ✓ L'OMS : https://www.who.int/fr/emergencies/diseases/novel-coronavirus-2019
- ✓ Leta ya Quebec https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/#c46333

© Byanditswe na Alliance des communautés culturelles pour l'égalité dans la santé et les services sociaux — ACCÉSSS