



IRINDE UBWAWE KANDI URINDE N'ABANTU BO MU GACE UHEREREYEMO

COVID-19 NI IKI?

Virusi nshya yitwa coronavirus, COVID-19, ni indwara nshya yagaragaye bwa mbere i Wuhan, China, mu Kuboza 2019, abarwayi bayanduye basanze bafite umuriro n'indwara y'igikatu ifata inzira z'ubuhumekero. Kuva icyo gihe, ibindi bihugu, harimo na U.S., byagaragayemo abarwayi b'iyo ndwara.

Kugeza ubu nta rukingo rukumira iyo indwara ya COVID-19 ruhari. Uburyo bwiza kuruta ubundi bwo kwirinda iyo ndwara ni ukwirinda kugira aho uhurira n'iyi virusi.

IYO NDWARA YAKWIRINDWA ITE?

Turabibutsa ko, CDC ihora ibibutsa buri muni ibikorwa mwakora mu kwirinda bifasha gukumira ikwirakwira ry'izo virusi zifata inzira z'ubuhumekero, harimo:

- Gukaraba intoki kenshi n'isabune n'amazi byibura mu gihe cy'amasegonda 20. Niba nta sabune cyangwa amazi bibonetse, koresha umuti usukura intoki ukoze muri alcohol (ugizwe byibura na 60% alcohol).
- Kwirinda gukora ku maso, ku mazuru, no ku munwa ukoresheje intoki zitakarabye.
- Kwirinda kwegerana bya hafi n'abantu barwaye.
- Kuguma imuhira mu gihe urwaye.
- Gupfuka umunwa mu gihe ukorora cyangwa witsamura, hanyuma ako gatambaro ukakajugunya ahajugunywa imyanda.
- Gusukura ibintu n'ahantu abantu bakunda gukorakora no gutera kuri ibyo bintu n'aho hantu umuti wica mikorobe.