

KONGERA GUFUNGURA RI

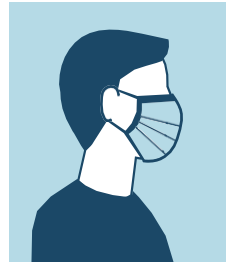
Inama zerekeye gukoresha udupfukamunwa n'udupfukamunwa dukoze mu myenda

Hari ibintu byinshi ushobora gukora kugira ngo wirinde unarinde abandi ntimwandure COVID-19. Abantu batagaragaza ibimenyetso by'indwara bashobora kuba bakwirakwiza COVID-19. Agapfukamunwa gashobora gufasha mu kukurinda gukwirakwiza COVID-19 uyanduza abandi.

- Agapfukamunwa gashobora kuba ari ikintu cyose gipfutse amazuru n'umunwa byawe harimo agapfukamunwa kakurinda ivumbi, fulari na bandana.
- Ntukoreshe udupfukamunwa two ka muganga nk'utwo mu bwoko bwa N95, utwo tuba tugenewe gusa abakora mu nzego z'ubuvuzi.
- Ni ngombwa ko wambara utwo dupfukamunwa cyangwa agapfukamunwa gakoze mu mwenda mu gihe bigoranye kuba wakwitaza abandi ukajya muri metero ebyiri. Urugero, muri farumasi cyangwa mu iduka ry'ibiribwa.

Iyo wambaye agapfukamunwa gakoze mu mwenda, kagomba:

- Kuba kagukwiye neza kandi gafashe ku bice byombi by'isura,
- Kazirikishije imigozi cyangwa imishumi ifata ku matwi,
- Kagizwe n'imyenda myinshi igerekeranye,
- Gatuma uhumeke nta mbogamizi, kandi
- Kakameshwa kakanaterwa ipasi katangiritse cyangwa ngo gahindure imiterere.



Iyo wambara cyangwa ukambura agapfukamunwa, ntugomba gufata ku gice gipfutse umunwa, ugomba gufata ku migizo cyangwa imishumi yako, no gukora ku buryo ukamesa kenshi. Karaba intoki zawe cyangwa ukoreshe umuti wica udukoko umaze gukora ku gapfukamunwa.

Udupfukamunwa dukoze mu mwenda ntugomba kwambikwa abana batagejeje imyaka ibiri, umuntu wese ufite ibibazo byo guhumeka cyangwa wataye ubwenge, wacitse intege cyangwa udashobora kwikuramo agapfukamunwa adafashijwe.

Amabwiriza ku buryo bwo kwikorera agapfukamunwa gakoze mu mwenda aboneka ku rubuga rw'ikigo gishinzwe kugenzura no gukumira indwara cyo muri Leta Zunze Ubumwe z'Amerika (CDC)

<https://youtu.be/tPx1yqvJgf4>.

Usibye kwambara agapfukamunwa gakoze mu mwenda, unagomba gukomeza kubahiriza amabwiriza yo kwirinda ubwawe.

- Kubahiriza amabwiriza yo kutegerana igihe cyose usiga intera ya metero ebyiri hagati yawe n'abandi igihe uvuye mu rugo ugiye mu ngendo za ngombwa.
- Kuguma mu rugo niba urwaye no kwirinda kwegerana n'abandi.
- Gukaraba intoki kenshi ukoresheje isabune n'amazi byibuze amasegonda 20; gukoresha umuti urimo ku kigero cya 60% wica udukoko niba isabune n'amazi bidahari.
- Kwirinda gukora ku maso yawe, amazuru yawe n'umunwa wawe.
- Guhanagura ibintu bikunda gukorwaho (nka serire z'inzugi na kontwari) ukoresheje umuti n'udutambaro dukoreshwa mu gusukura mu rugo.
- Gupfuka umunwa wawe igihe ukoroye cyangwa witsamuye. Gukoresha agatambaro cyangwa imbere mu nkokora yawe, udakoresheje intoki zawe.