



Ibiri kuri uru rukaratasi: Ivyo ukeneye kumenya ku bijanye na COVID-19

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COVID-19 ni iki?

Imigera ya Corona ni imiryango minini y'imigera itera ingwara z'uguhema. Iyo migera ishobora guhera ku bicurane bisanzwe ariko bikaja no mu ngwara zikomakomeye.

COVID-19 ni ingwara iterwa n'ubwoko bw'umugera mushasha wa corona. Uwo mugera ubwa mbere wabonetse mu kwezi kwa Kigarama 2019 mu gisagara ca Wuhan muri China.

Ibimenyetso vya COVID-19

Ibimenyetso vya COVID-19 bishobora kuva ku ngwara ntoya bigashika ku ngwara y'umusonga ikomeye.

Abantu bamwe barashobora gukira ningoga kandi vyoroshe, ariko abanda na bo barashobora kurwara mu buryo bwihuta.

Mu bimenyetso vya COVID-19 harimwo:

- Ugushuha
- Ibimenyetso vy'ukubura impwemu
- Gukorora
- Kuvyimba mu muhogo
- Kubura impwemu

Mu bindi bimenyetso hashobora kuba harimwo ibiseru mu zuru, ukubabara mu mutwe, ukubabara mu nyama canke mw'ieranirizo ry'amagufa, gusesemwa, gucibwamwo, kudahwa, kutamoterwa, kutamenya ko ikintu kiryoshe canke kibishe, kubura akayabagu n'uburuhe budahera.

Ingene iyo ngwara irandagata

COVID-19 irandagata ivuye ku muntu ikaja ku wundi biciye:

- Mu kwegerana n'umuntu yanduye uwo mugera (harimwo n'amasaha 48 imbere yuko uwo muntu yanduye atangura kwibonako ibimenyetso vyerekana yuko yanduye)
- Yagiweko n'udutedute tuvuye mu gukorora canke mu kwasamura kw'umuntu yanduye corona

- Mu gukora ku bintu canke ahantu (nko ku vyugirura umuryango canke ku meza) vyagiweko n'udutedute twakomotse ku muntu yanduye, hanyuma ugaca wikora ku munwa canke mu maso

Kubera yuko COVID-19 ari ingwara nshasha, nta nkomezi z'umubiri zituma abantu batandura ingwara mu kibano ziriho. Ibi bisigura yuko iyo ngwara ishobora kurandagata vyihuta.

Nokwipimisha gute COVID-19?

Uwo ari we wese afise ibimenyetso vya COVID-19 ategerezwa kwipimisha. Ni ngirakamaro kwipimisha mbere naho woba ufise ibimenyetso bitoya gusa.

Nimba ufise ubwoba ko ushobora kuba waranduye COVID-19 urashobora:

- Gusuzuma ivyo bime nyetso ukoresheje healthdirect symptom checker canke ugahamagara umurongo w'igihugu wo gufasha abarwaye Corona kugira ngo bahabwe impanuro kuri 1800 020 080. Iyo utavuga Ikingereza, urashobora gukoresha ibikorwa vy'ugusobanura n'ugusigura biboneka mu guhamagara kuri 131 450.
- Ja mw'ivuriro ry'uguhema rya COVID-19 (ivuriro ry'ugusuzuma, ry'ugupima)
- Baza muganga wawe kuri telephone kugira ngo bagutunganirize, bagutegurire gusuzumwa, gupimwa, ibi bishobora gusaba yuko uriha amahera makeya

Amavuriro avura ingwara z'uguhema ya COVID-19 yategekanirijwe kuba ibigo vy'amagara biri mu gihugu cose, kandi bijewe gupima abantu bafise ibimenyetso vyerekana ko banduye ingwara zijanye n'uguhema.

Rondera [COVID-19 respiratory clinic nearest to you](#).

Ukurindira inyushu y'ivyo wipimishije

Birashobora gufata imisi mikeya imbere yuko uronka inyushu y'igipimo wagirishije. Igihe uba urindiriyeye inyushu y'igipimo wagirishije utegerezwa gukurikiza ibisabwa n'abahagarariye amagara y'abantu n'abahinga mu vy'ubuganga bagusuzumye.

Iyo wipimishije kubera ufise ibimenyetso utegerezwa kuca uja muhira ata handi hantu na hamwe uciye kandi ugume i muhira. Ukwiriye gukora ivyo kugeza basanze k'utarwaye canke ko ivyo bime nyetso vyaheze – icoba kirekire cose.

Urashobora gukumirwa kubera uri uwagarutse avuye mu rugendo canke kubera wegeranye n'uwanduye COVID-19. Iyo wisuzumishije, wipimishije kubera impamvu iyo ari yo yose igihe uba wakumiriwe utegerezwa kubandanya kuguma aho wakumiriwe kugeza ku mpera y'ico kiringo c'ugukumirwa (imisi 14). Utegerezwa kubikora mbere naho utoba ufise ibimenyetso kandi naho igipimo cawe cokwerekana ko utagwaye.

Iyo igipimo cawe cerekanye ko wanduye utegerezwa kwikumira ukikura mu bandi bantu mu rugo rwawe, mu bitaro canke ahandi hantu uba ubaye hari abandi bantu nkuko wabibariwe na muganga wawe hamwe n'abajwe amagara y'abantu.

COVID-19 ivugwa gute?

Ubu nta kuvugwa kudasanzwe canke urucanco rwemewe ruvura canke rukingira COVID-19. Hariho imiti imwe imwe ishobora gufasha abantu bagakira bari basinzikajwe na COVID-19. Ubushakashatsi muri Australia no mw'isi yose buriko buragirwa kugira ngo barabe yuko bitora urukingo n'imiti yo kuyivura.

Ninde ari mu kaga kurusha abandi ko kwandura COVID-19?

Muri Australia, abantu bari mu kaga ko kwandura uwo mugera kuruta abandi ni:

- Ingenzi zinjiye zivuye ahandi mu gihe giheze
- Abantu begeranye n'umuntu yatowe ko yanduye COVID-19
- Abapfungwa n'abandi bantu bari aho gukosorerwa
- Abantu baba mu murwi ahantu haba abantu benshi

Abantu bashobora kugwara kurusha abandi iyo bashikiwe n'uwo mugera ni:

- abantu bamaze imyaka 70 n'iyirenga
- Abantu inkomezi zabo z'ugukingira umubiri zagabanutse kubera uburwayi kanaka canke kubera imiti kanaka nbariko barafata
- Abantu bafise ingwara z'ivyuririzi nk'izi zikurikira such as:
 - ingwara y'umutima
 - ingwara y'amahaha
 - ingwara y'amafyio
 - ingwara z'igisukari
 - ukuvyibuha kurenze urugero
 - ingwara y'igitigu

uri si urutonde rwuzuye rw'ingwara abantu bashobora kuba bagendana zishobora gutuma abantu bandura cane. Nimba urwaye ingwara nk'izo usabwa kuvugana n'umuganga wawe akuvura akaga wisangije urimwo n'ivyo ushobora gukora kugira ngo wikingire.

Si abana benshi bamaze gutorwa ko barwaye COVID-19, bagereranyijwe n'abantu bose bamaze kuyirwara.

Nta bimenyetso biriho bihagije vyemeza ko abagore bafise imbanyi ko boba bari mu kaga ko kwandura kurusha abandi.

Ingene wokwikingira ugakingira n'abandi COVID-19

Uwo ari we wese arafise uruhara rwiwe ashobora kugira mu guhagarika ukurandagata kwa COVID-19. Ni ngirakamaro gukora ibi bikurikira kugira ngo tugabanye ukurandagata kwa COVID-19 kandi dukingire abashobora kuja mu kaga ko kuyandura kurusha abandi.

- Hana inta n'abandi y'imetero 1.5 hagati y'umuntu n'uwundi
- wirinde kuramukanya mukoranako nko guhana amaboko, kurwana mu nda, no gusomana

- Guma I muhira nimba urwaye agahiri canke ufise ibimenyetso vy'agahiri kandi wipimishe naho ivyo bimenyetso vyawe vyoba bitarakomera
- pfuka ibikororwa vyawe n'ivyo wasamuye mu gukororera no mu kwasamurira mu nkokora y'ukuboko kwawe
- shira udukaratasi tworoshe wakoreshije mu kwimyira canke wasamuriyemwo mu giseke gitabwamwo umucafufu kandi uce ukaraba amaboko
- karaba amaboko yawe kenshi ukoresheje amazi n'isabuni, harimwo imbere yuko urya n'inyuma yuko uhejeje kurya kandi n'inyuma yuko uvuye ku kazu ka surwumwe

- koresha umuti urimwo alcohol wo kwica imigera mu gukaraba
- irinde kwikora ku maso yawe, ku zuru no ku munwa
- sukura kandi ukoreshe umuti wo kwica imigera ahantu hakunda gukorwako cane nko ku ntebe z'imbaho, ku ntebe, ku meza no kuri birya vyugurura imiryango
- sukura kandi ukoreshe umuti wo kwica imigera ku bintu bikunda gukoeshwa cane nka telephone ngendanwa, impfunguruzo, umupfuko wo gutwaramwo amahera n'udukarata two ku kazi
- gerageza kwongereza umuyaga aho bishoboka mu kwugurura amadirisha canke kwongereza umuyaga uva mu buhinga bwo gukanyisha canke gushusaha ahantu.
- Pakurura ubuhinga bwa COVIDSafe app

Kwirikiza impanuro zitangwa ku vyerekeranye n'ugukoranira hamwe kw'abantu benshi zivuye kuri [state or territory authorities](#) igihe cose.

Ni vyiza ko ugumana imibonano yawe mufitaniye na muganga –cane cane iyo ufise ingwara z'ivyuririzo zikeneye kwitwararika.

Izindi nkuru ukeneye kumenya n'aho wozironderera

[Australian Government Department of Health website](#)

[English COVID-19 resources](#)

[Translated COVID-19 resources](#)

[Australian Government website](#)

[Healthdirect symptom checker](#)

Rondera [closest COVID-19 testing clinic near you](#) (healthdirect)

[Head to Health website](#) ku gushigikira amagara yo mu mutwe n'ukumererwa neza

Umurongo w'igihugu ufasha abarwaye umugera wa Corona: 1800 020 080. Uwu murongo utanga inkuru ukora amasaha 24 ku musu, imisi ndwi mw'iyanga.

Ibikorwa vyo gusobanura no gusigura: 131 450. Ku bakeneye gusobanurirwa no gusigurirwa igihe batavuga ururimi rw'Ikingereza.