



Australian Government

Inkuru zitari zo n'ukuri ku vyerekeranye n'umugera wa corona (COVID-19)

Uko Australia ibandanya gutorera umuti ikiza ca COVID-19, duhangana n'ukuronka inkuru nyinshi zivuga canke zerekeranye n'umugera. Bimwe muri izo nkuru bishobora kuba ari ibinyoma kandi bigatera ingorane. Ibi ni ivyo twita ugutanga inkuru ukutari kwo.

Ugutanga inkuru ukutari kwo bishobora kurandagata nk'umuriro wa nyakanga kandi vyihuta bigatuma bigorana ku benegihugu gutandukanya ukuri kuzwi kandi kwasuzumwe n'impanuro zitangwa mu kurwanya ugutanga inkuru ukutari kwo.

Dufatiye ku bigezweho bishasha vya COVID-19 hamwe n'ukugene biriko birabandanya biba umusi ku musu, ni ibisanzwe ko abantu bibaza ibibazo canke bakagira amakenga, kandi bishobotse bakumva bafise ukwiyubara ku bijanye na COVID-19 hamwe no kwikingisha, kwicandagisha. Ibi dushize ahabona bigenewe gutanga inyishu z'ukuri, zigezweho, ntasubirwamwo ku bibazo bikunda kubazwa hamwe no kubeshuza ugutanga inkuru ukutari kwo ku bijanye n'inkingo za COVID-19.

Ku nkuru zigezweho n'ibisabwa twosaba musabwe kuronderera kuri www.health.gov.au canke <https://covid19inlanguage.homeaffairs.gov.au/>

Covid-19 ni ububeshi

INKURU ZITARI ZO COVID-19 ni ububeshi.

UKURI COVID-19 iterwa n'umugera wa novel corona (SARS-CoV-2), iyo na yo ikaba igize umuryango munini w'imigera ishobora gutuma amahaha n'uguhema bigenda nabi haba mu bantu no mu bikoko. Ukwo kwandura gushobora guhera ku gukanya gusanzwe gushika ku ngwara zikomeye. COVID-19 ihanwahanwa mu bantu biciye mu dute dute hamwe no ku nhantu handuye.

Ubushakashatsi butari buke bwabaye mw'isi yose bugaragaza yuko aho bapimira ingwara n'imigera henshi barashize ahagaragara uwo mugera barerekana n'ukugene ugenda urahindagurika utera COVID-19, berekana bagaragaza yuko uwo mugera ubaho, ko utandukanye n'umugera utera ibicurane, kandi ko utera ingwara yatumye abantu barenga imiliyoni zine z'abantu mw'isi yose bapfa mu mezi arenga gato 18 gusa.

Muri Australia, Laboratory y'i Victoria iraba ingwara zandukira irungikwako abantu banduye (VIDRL) iri kw'ishuri ya Peter Doherty iraba ingwara zandukira hamwe n'ububasha bw'umubiri bwo kwigwanirira, yabaye imwe mu ma laboratories ya mbere mu gushira ahabona SARS-CoV-2. VIDRL yacye isangiza uwo mugera washizwe ahabona iwusangiza izindi Laboratories zo muri Australia, yongera iwuha World Health Organization n'ibindi bihugu, kugira ngo na bo bige ingene biriko biragenda, bawemeze kandi bawusuzumishe ibipimo vyatowe kuri COVID-19.

Australia yaratomboye, yarahiriwe ko ishigikiwe n'urunani rw'abahinga karuhariwe rw'igihugu n'abikorera utwabo rw'ama laboratories yiga ingwara zidasanzwe kandi urwo runani rukaba rufise ubushobozi n'ukwemerwa ko rushobora gutora no gusuzuma no kwemeza SARS-CoV-2. Ubushobozi bw'aya ma laboratories bwo gusuzuma bwabaye ngirakamaro cane ku gushobora no gutera imbere kwa Australia mu kugabanura bimwe biboneka ukurandagata kwawo hamwe no gukinga ukwandukira kw'uwo mugera kwigaragaje mu bindi bihugu. Inkuru ki bitigiri vy'abantu barwaye COVID-19 hamwe n'abantu bamaze gupfa bishwe n'iyi ngwara biregeranywa muri Australia hamwe no mw'isi yose. Urashobora kubiraba ku nkuru zitangwa umusi ku musu kuri COVID-19 muri Australia kuri www.health.gov.au

Inkingo

INKURU ZITARI ZO KU Nkingo za COVID-19 zarabandanije zivugwa n'ingoga na ningoga cane, ntivyasuzumwa neza kandi bivuga ko zitari iz'amahoro.

Ukuri inkingo za COVID-19 zariyumviriwe zirashirwaho mu buryo bwihuta ariko zitarinze gutakaza akanovera, umutekano n'ugukora neza ata co zibanje kwonona.

Abashakashatsi bo mw'isi yose barakoze cane kugira ngo bashobore kuronka inkingo za COVID-19 kuva mu ntango z'ico kiza. Barashoboye kwihutisha ugutora inkingo biciye ku gukorera hamwe kw'abahinga, abakora izo nkingo n'abazikwiragiza.

Ugutanga amahera kw'isi yose kudasanzwe kwatumye izo nkingo zishobora gutorwa hamwe n'ugutegekanya gushirwa mu bikorwa mu ntambuko z'inkingo za COVID-19 kugira ngo bigende bibangabanganywe, aho ugukurikirana kimwe giheza ngo ikindi kibone gutangura. Nyinshi mu nkingo za COVID-19 ziriko zirashakashakishwa kandi ziriko zirashikwako ubu zarashizemwo ibihumbi n'ibihumbagiza vy'abantu mu mavuriro yazo aho asuzumira izo nkingo.

Hejuru y'ivyo, ubushakashatsi bw'ukugene hotorerwa umuti ikiza imbere yuko ico kiza gitera kwaja kwarabaye imbere yuko COVID-19 ibaho. Ubwo bushakashatsi buraba ku bintu biriho hisunzwe imigera ya corona yabayeho mbere nka SARS mu mwaka wa 2002 na MERS yabayeho mu mwaka wa 2012, bigaha abashakashatsi umutwe bashobora guherako igihe haje kwubakwa, no kwiyumvirwa ugushiraho inkingo za COVID-19.

Muri Australia, Therapeutic Goods Administration (TGA) mu buryo budasanzwe irasuzuma inkingo za COVID-19 imbere yuko zemererwa gukoreshwa, ko zimeze neza ata ngorane zitera kandi ata ngaruka zitera, akanovera kazo kandi ko zikora neza. TGA ibandanya gusuzumira no gukurikiranira hafi umutekano w'inkingo za COVID-19 kandi vyongeye basuzuma ibigize urukingo rwose rwa COVID-19 kugira ngo barabe neza yuko rukwije ivya ngombwa n'ibisabwa vyose ku rukingo.

INKURU ZITARI ZO Inkingo za COVID-19 ni mbi zitera ibibazo kandi abantu benshi bazopfa bishwe n'ingaruka z'urwo rukingo kurusha COVID-19 ubwayo.

UKURI Inyungu z'urukingo rwa COVID-19 ziraruta kure niyo akaga rushobora gutera. Ubugerageji bw'inkingo bwabereye mu mavuriro bwa Pfizer/BioNTech (Comirnaty) na AstraZeneca (Vaxzevria) bwarerekanye ubushobozi bwazo bwo gukinga ko haboneka ibimenyetso vya COVID-19 kandi ko zishobora gukinga ingwara zikomeye.

Mu ngaruka z'urukingo zihuta ziribonekeza harimwo ugucoka, kubabara mu mutwe, kuribwa umubiri wose, kubabara umubiri wose hamwe n'umururumbo. Mu ngaruka mbi zikomeye harimwo anaphylaxis n'ikindi kintu kidakunze guhuta kiraboneka citwa thrombosis harimwo na thrombocytopenia syndrome (TTS) ivanze n'urukingo rwa COVID-19 AstraZeneca. TTS canke urukingo rwatwe na thrombotic thrombocytopenia (VITT), ni ikintu gishasha gisherutse gutorwa gikora ukundi kuntu kutari kumenyerewe ku zindi mpamvu ziterwa na thrombosis. Mu bantu bamaze kubonekako ivyo, nta kimenyetso na kimwe kizwi canke ukurwira kw'akaga ko kwandura TTS.

TTS irimwo ukuvura kw'amaraso (thrombosis) hamwe n'inzege zo hasi z'ama platelets y'amaraso (thrombocytopenia) bishobora gushika mu bice bitandukanye vy'umubiri.

Hejuru ya vyose, hariho ibahati, igihamana gitoya ca TTS n'ingaruka mbi. Akaga ko kwandura TTS gaharurwa muri Australia nk'aho gashika ku bice 2.9 ku bihumbi vy'ama dose ya AstraZeneca 100,000 muri abo bantu bari musu y'imyaka 60 n'ibice 1.8 vy'ama dose ya AstraZeneca 100,000 vy'abakwije imyaka 60 n'abari hejuru yayo. TTS iboneka yuko idakunda guhuta irabaho iyo umuntu amze gufatta dose ya kabiri ya AstraZeneca, n'ukuri canke ibiharuro vyakomotse mu Bwongereza United Kingdom (UK) vyerekana yuko ico gihamana kigera kuri 1.5 ku bantu 1000,000 bahawe dose ya kabiri.

Mu bantu banduye TTS bashizwe ahabona na TGA nk'aho bemejwe ko ari vyo barwaye canke ko nbashobora kuba ari vyo barwaye, abenshi muri bo bararekuwe barataha barava mu bitaro.

Guhera mu ntango y'urukingo gushika italiki 26 Myandagaro 2021, ama dose 17.1 million y'inkingo za COVID-19 yaratanzwe. TGA yararonse kandi irihweza urutonde n'igitigiri kinini c'ivyashikirijwe vy'impfu mu bantu bari bahawe urukingo mu gihe gitoya cari giheze maze batoye abantu batarenga ndwi (7) ivyabo vyari bijanye n'uburyo buke bw'umubiri bwo kwikingira. Izo mpfu zose zari zijanye na dose ya mbere y'urukingo rwa AstraZeneca – zitandatu muri zo zari iz'abarwaye TTS kandi rumwe rwari rujanye n'ubushobozi bw'umubiri bwo kwikingira thrombocytopenia.

Abantu bafise kahise bisangije canke kahise k'umuryango k'uko amaraso avura bafise igihamana c'uko amaraso avura canke bagafata imiti yo kubuza ko amaraso avura barashobora guhabwa AstraZeneca. NK'uburyo bwo kwiyubara hariho umurwi mutoyi cane w'abantu bafise amaraso akunda kuvura bakwiriye urundi rukingo rwa COVID-19 rusubirira urukingo rwa AstraZeneca.

Nimba wibonyeko ingaruka z'urukingo, rondera gufashwa n'umuganga karuhariwe kandi ubishikirize TGA (telephone: 1300 134 237).

INKURU ZITARI ZO Inkingo za COVID-19 ni urwitwazo rwo kwegeranya, no gutora DNA yawe

UKURI Nta ntumbero iriho, kandi ntiyigeze inabaho yo kwegeranya DNA mu nzira yo guha urucanco abantu.

Intumbero y'urukingo rwa Reta ya Australia rwa COVID-19 ni ugukingira amagara y'abantu bo muri Australia, mu kubaha inkingo za COVID-19 kugira ngo bakingire abantu kugira ngo ntibanduriremwo ingwara zikomeye n'urupfu bikomotse ku mugera wa SARS-CoV-2.

Inkingo za COVID-19 zemerewe gukoreshwa muri Australia zitangwa biciye mu rushinge ruterwa mu nyama, ahanini mu mutsi wa deltoid ku rutugu. Nta kintu na kimwe kivanwa mu mubiri wawe, eka mbere nta na DNA yawe. Inkingo za COVID-19 vyongeye ntizishobora guhindura genes zawe canke DNA yawe.

INKURU ZITARI ZO Inkingo za COVID-19 zitera ukutavyara.

UKURI Hariho ikimenyamenya co gushigikira c'uko urukingo urwo ari rwo rwose rwa COVID-19 rwemerewe muri iki gihe na Therapeutic Goods Administration (TGA) at ana rumwe ruterwa ukutavyara /canke ubugumba. TGA ntizokwigera yemerera urukingo ko rukora muri Australia kiretse ata ngorane ruteye kandi ko rukora neza. Muri ivyo harimwo ingaruka ku kuvyara. Urukingo rwa COVID-19, co kimwe n'izindi nkingo, rukora mu kumenyereza imibiri yacu gukora abasoda barwanira imibiri yacu kugira ngo barwanye umugera utera COVID-19, kugira ngo bakingire izindi ngwara zozza muri kazozo. Ubu nta kimenyamenya na kimwe kiriho cerekana yuko ubushobozi bw'umubiri bwo kwigwanirira bwakozwe mu rukingo rwo kwikingira COVID-19 ruterwa ingorane n'imwe ku bibungenze, harimwo n'ukugene ingirano/ingovyi iguma itera ija imbere.

INKURU ZITARI ZO Inkingo za COVID-19 zihindura DNA yawe

Ukuri Inkingo za COVID-19 ntizihindura DNA yawe. Inkingo zikorana n'abasirikare b'umubiri bawe basanzwe kugira ngo zifashe gutuma umubiri wawe wikingira ingwara zikomoka kuri COVID-19.

Hariho inkingo zitatu za COVID-19 muri iki gihe zemerewe gukora no gukoreshwa muri Australia – izo na zo ni urukingo rwa Pfizer n'urwa Moderna zikoresha mRNA, na'urukingo rwa AstraZeneca rukoresha viral vector platform.

Urukingo Vector rukoresha umugera w'igikoko wakuwemwo ubukana urimwo genetic code ya protein idasanzwe ku mugera wa corona, kenshi na kenshi spike protein, igihe inkingo za mRNA zikoresha genetic code yitwa RNA kugira ngo zitume habaho kandi havuka umugera

wa corona udasanzwe wa spike protein. Nta rukingo na rumwe rushobora guhindura DNA yawe.

Inkuru n'umugani usanzwe ku rukingo rwa COVID-19 mu buryo bw'ikinyoma uvuga yuko inkingo zigizwe na mRNA zishobora guhindura DNA yawe, ivyo na vyo si ukuri na gato. Inkingo za mRNA zikoresha genetic code yitwa RNA kugira ngo itume habaho ukurema umugera wa corona' udasanzwe wa spike protein. Igihe mRNA yinjije mu duce duto duto cane tugize umubiri, utwo duce duto duto dukoresha utwo twahawe canke ibiri muri RNA kugira ngo zitume haremwa spike protein. Utwo duce duto duto tw'umubiri twerekana spike protein hejuru ku rukoba twarwo kandi tukamanyagura mRNA yatanzwe n'urukingo. Uduce duto duto tw'umubiri tuwukomeza kugira ngo ntiwandure duca rero tumenya spike protein nk'aho ari inshitsi hamnyuma tugatangura kwubaka ububasha bw'umubiri bwo kurwanya COVID-19. RNA ikomoka mu rukingo ntihindura canke ntigira ico ikoze kuri DNA yawe mu buryo na bumwe.

INKURU ZITARI ZO [Inkingo za COVID-19 zirashobora kugufatanya na internet, Wi-Fi, 5G canke Bluetooth.](#)

UKURI Inkingo za COVID-19 ntizihindura kandi ntizishobora kugufatanya na internet, Wi-Fi, 5G, Bluetooth, canke gutuma ikindi kintu na kimwe kidaca mu rutsinga kwifatanya nawe, canke kwimatanya nawe.

Mu nkingo zimwe zimwe za mRNA ziriko zirakorwa harimwo ikoresheya z'ikintu citwa hydrogel, gishobora kwirukana urukingo bukebuke mu duce duto duto tugize imibiri yacu. Abahinga bitwa Bioengineers barakoresheje hydrogels nk'izo imyaka myinshi mu buryo bwinshi butandukanye. Nk'akarorero, barazikoresheje kugira ngo bafashe uduce duto duto tw'umubiri dushobore kubaho inyuma yuko duhejeje gushirwa mu mibiri yacu. Kubera ivyo, abantu benshi biyumvira yuko hydrogels zikenewe kugira ngo hashirwe mu mubiri ibintu electronic, bishobora kudufatanya na internet.

Urukingo rwa Pfizer/BioNTech (Comirnaty) ntirukoresha hydrogels nka kimwe mu ruyigize. Urukingo rwa Pfizer/BioNTech rurimwo agace ka mRNA gasizwe udute twa lipid (ikinure). Iyo lipid ifasha urukingo kugira ngo rwinjire mu duce duto duto tugize imibiri yacu, nk'ikintu gifataniriza hamwe utwo duce duto duto tw'imibiri yacu na two nyene tugizwe ahanini na lipid. Urukingo n'urwo rushato bishobora gushongera bitabanje kugorana, bigashira mRNA imbere muri utwo duce duto duto tugize umubiri.

INKURU ZITARI ZO [Inkingo za COVID-19 zirimwo microchip canke zituma umuntu ashobora kumenyeka aho aba ari hose.](#)

UKURI Inkingo za COVID-19 zemewe ntizirimwo ikintu na kimwe ca software canke microchips. Ntibishobora gukoreshwa ngo bimenyekanishe aho umuntu aba ari cane cane iyo aronderwa.

Inkuru y'ico kintu iboneka ku rubuga ngurukanabumenyi rwa Therapeutic Goods Administration (TGA) website ishiraho urutonde rw'ibigize urukingo rwose. TGA ifata igasuzuma batch zose z'inkingo zose imbere yuko zikoreshwa kugira ngo barabe neza akanovera kandi bakurikiranire hafi nimba hari ingorane canke impungenge izo ari zo zose zishobora kwaduka.

INKURU ZITARI ZO [Inkingo za COVID-19 ziguha COVID-19.](#)

UKURI Nta rukingo na rumwe rwemerewe gukoreshwa muri Australia ririmwo umugera muzima. Ibi bisigura yuko izo nkingo zidashobora kugurera canke kuguha COVID-19.

Zimwe muri izo ngaruka zo ku ruhande zikomoka ku kwikingiza COVID-19, nk'umururumbo n'uburuhe zishobora kwigana ibimenyetso vya COVID-19. Iyo bimenyetso ni ibisanzwe kandi ni ikimenyamenya c'uko umubiri uriko urubaka uwikingira umugera utera COVID-19.

Mu bisanzwe bifatira umubiri wawe n'imiburiburi amayinga 2 kugira ngo utangure kwubaka ubushobozi bwo kwikingira (kwikingira umugera utera COVID-19) inyuma y'i dose imwe imwe y'urukingo. Ivyo bisigura yuko bishoboka y'uko umuntu ashobora kwandura COVID-19 gatoya imbere canke gatoya inyuma y'urukingo kandi akarwara.

Birashoboka kandi ko umuntu ashobora kwandura COVID-19 mbere n'igihe boba baracandazwe, barakingiwe vyuzuye, ariko si kenshi bikunda kubaho.

Ni ngirakamaro ko uhabwa dose zose z'urukingo kandi ukaraba neza yuko wikumiriye kandi wipimishije nimba ufise ibimenyetso na bimwe vya COVID-19.

INKURU ZITARI ZO Inkingo za COVID-19 zirashobora 'gutera igitutu' abatikingiye.

UKURI Inkingo za COVID-19 nti 'zikinga' ko abantu batiteje urukingo bandura. Ibi ntibishoboka. Ukwo gutera igitutu gushoboka igihe coonye inkingo zikoresha umugera wakuwemwo inkomezi, umugera muzima. Rero nta rukingo na rumwe rwa COVID-19 rwemerewe gukoreshwa muri Australia rurimwo umugera muzima wa corona.

INKURU ZITARI ZO Urukingo rwa COVID-19 ntirukora ku bimenyetso vyahindutse vy'umugera wa corona.

UKURI Imigera yose irahidagurika. COVID-19 na yo nyene ntitandukanye n'iyi yindi migera kandi hariho ivyegeranyo mu makuru aheruka gutangwa ku vyerekeranye n'uwo mugera wahindaguritse hakaboneka ubundi bwoko bw'uwo mugera. Ibi ntibisigura yuko inkingo zidakora neza kuri ubwo bundi bwoko bw'iyi migera.

Inkingo zose zemewe muri iki gihe ko zikoreshwa muri Australia no mu bindi bihugu zaragaragaje ko zikora neza mu gukinga ingwara zikomeye zikomoka ku bwoko ubwo ari bwo bwose bw'umugera wa SARS-CoV-2 imaze kwigaragaza gushika ubu.

TGA ibandanya kurabira hagufi ivyo bintu nk'ibigize ukwemerera no gukurikiranira hagufi izo ngendo ivyo bitegerezwa gucamwo. Ivyo bishobora gusigura yuko abantu bakwiriye kwiteza inshinge nk'iza tetanus n'inkorora y'akanira, canke bishobora gusigura yuko dukeneye kwongera kwicandagisha – nk'uko tubikora ku rukingo rw'ibicurane umwaka ku mwaka. Abashakashatsi baracariko barashakashaka baraba ko ivyo ari vyo, ariko ntibaramenya ko uwo mugera utahinduye isura kugira ngo izo nkingo zibe iz'impfagusa.

INKURU ZITARI ZO Abantu bigeze kurwara COVID-19 bakayikira ntibikenewe ko bicandagisha.

UKURI Mbere naho woba uja wararwaye COVID-19, uhimirizwa kandi usabwa kwiteza urukingo rwa COVID-19 mu kiringo c'amezi 6 inyuma y'uko ubonetseko ingwara ya COVID-19.

Ukwandura gusanzwe umugera wa SARS-CoV-2 gutuma ubushobozi bw'umubiri bwo kwigwanirira gutanga ugukingirwa kanaka ukwongera kwandura, ariko inguvu z'umubiri zo kwikingira n'ikiringo c'ukwikingira ukwo kwikingira kumara biracaronderanwa umwete mwinshi mw'isi yose kugira ngo bimemyekane.

Kubera impanuka z'amagara zikomeye zianye na COVID-19, kandi ko kwongera kwandura hamwe n'ugukwiragiza uwo mugera bishoboka, abo bose baja bararwaye COVID-19 baracakeneye kuronswa urukingo rwa COVID-19 kugira ngo bakabure, bashiture ubushobozi bw'imibiri yabo bwo kwirwanirira no kwikingira.

Ukugene abaganga bo muri Australia bavyifashemwo

INKURU ZITARI ZO Australia ntishobora kuronka ibikoresho vyo kwa muganga bihagije no kuronka ivya nkenerwa bihagije nk'imiti (imashini zo gufasha abatagira impwemu, udupfukamunwa n'amazuru, ibikoresho vy'ugupima).

UKURI Australia irafise ibikoresho bihagije vyo gukingira abakozi bakora kwa muganga, kandi n'ibindi vyinshi biriko birakorwa muri Australia kandi bigahabwa abaganga bo muri Australia mu bihe vyose.

Imirwi ijewe guhanura Reta ya Australia, harimwo n'imirwi igize urunani rw'ingwara zandukira muri Australia hamwe n'urunani rw'ama Laboratory apima amagara y'abantu, barakunda kuja barahura kenshi kugira ngo barabire hamwe amategeko agize ivyokorwa kugira ngo bapime abarwaye COVID-19 hamwe n'ibisabwa, kugira ngo barabe ko gupima ntahara kugirwa mu gushigikira amagara y'abenegihugu mu guhangana n'ikiza COVID-19, hamwe no kuraba neza ko abantu bashikira kandi babandanya baronka ivya nkenerwa vyo kubapima, ibikoresho vyo gukingira abakozi bo kwa muganga hamwe n'ibindi bikoresho vyo kwa muganga.

INKURU ZITARI ZO Ibitaro vyo muri Australia ntibishobora guhangana n'ibisabwa biguma vyongerekana kubera COVID-19.

UKURI Australia irafise uburyo bukomeye bwa mbere mw'isi yose bwashizweho neza bwashinzwe neza kugira ngo buhangane n'ibisabwa vyiyongeranya mu kurwanya ikiza ca COVID-19 bibaye ngombwa. Muri ivyo harimwo ubushobozi bwo kwongereza ibitanda mu bitaro, ibikoresho vyo kwa muganga, gutanga imiti n'ibindi, hamwe no kwongereza abaganga canke abakozi bo mu gisata c'amagara y'abantu biciye mu gukorera hamwe kwa Reta ya Australia, igihugu n'amareta yo mu burere hamwe n'igisata co kwa muganga mu bikorera utwabo.

Gupima no kuvura

INKURU ZITARI ZO Hydroxychloroquine, ivermectin, doxycycline, na zinc nta ngorane bitera kandi bikora neza mu kuvura COVID-19 kandi /canke gukiza.

UKURI Reta ya Australia iriko irakwirikiranira hagufi ubushakashatsi bubera mw'isi yose ku bijanye n'ukuvura abarwaye COVID-19 n'ukugene bakira. Inkingo za COVID-19 ziguma ari bwo buryo bwa mbere bihagije bwo kubuza ko ibimenyetso vya COVID-19 biguma biboneka kandi zigakinga ingwara zikomeye.

Muri iki gihe nta kimenyamenya gihagije kiriho co gushigikira ukutagira ingaruka zo ku ruhande n'ukutagira ingorane z'ikoreshwa za ivermectin, doxycycline na zinc (vyakoreshwa kimwe ukwaco canke bikoresherejwe rimwe) kugira ngo hakingwe canke bavure COVID-19.

Umurwi w'igihugu wa Australia ku bijanye n'ikimenyamena co mu mavuriro kuri COVID-19 ntuhimiriza ikoreshwa rya hydroxychloroquine, ivermectin, doxycycline canke zinc mu kuvura COVID-19.

Ikoreshwa rya hydroxychloroquine (harimwo canke hatarimwo zinc) ku kuvura COVID-19 ntibihimirizwa, ntivyemewe ndetse mu kugerageza habanje kubaho kuvyemeza. Hydroxychloroquine irafise ivyo yicurwako bizwi neza bishobora kuvyara ukurwara umutima, kwononekara amaso, hamwe n'ukuduza canke ukugabanuka kw'isukari mu maraso ku nzego zitandukanye (rimwe na rimwe bishobora gushikana muri coma).

INKURU ZITARI ZO Ibipimo vya PCR (polymerase chain reaction) kugira ngo barabe nimba COVID-19 ntibihumuriza kandi ntibishobora gutandukanya umugera wa corona n'izindi ngwara, nk'ibicurane bisanzwe n'agahri.

UKURI Ibipimo vya Polymerase Chain Reaction (PCR) bibandanya kubonwa nk'aho ari ikintu co kwizerwa kandi ko ari igikoreho gikomeye co gusuzuma. Ibipimo vya PCR birakomeye cane kandi birabona urukurikirane rwa nucleic acid bidasanze ku mugera wa SARS-CoV-2 mu bipimo vyafashwe mu guhema. Ibipimo vya COVID-19 PCR vyagenewe kubanza gusuzumwa no kurwizwa ku karere kagomba kwigwako viral genome idasanze ku mugera wa SARS-CoV-2. Nta gipimo na kimwe utokwihenda incuru 100%, vyose birafise agahaze naho koba gatoya, ariko ibipimo vya COVID-19 bikoreshwa muri Australia bitanga inyishu zitokwihendwako, kandi ntizotanga inyishu y'uko umuntu arwaye ku yindi pathogen iyo ari yo yose iyo atarwaye. Ni ukuri yuko igipimo ca PCR gishobora kwerekana ko umuntu arwaye COVID-19 inyuma yuko ikiringo c'ukwandura kija caraheze kubera ibisigaye bitanduza biri mu mubiri w'umurwayi.

Abantu bamwe baratahuye nabi impinduka mu mategeko y'ugupima avuye mu bigo vyo muri Reta zunze ubumwe kugira ngo basuzume barambure kandi baking ingwara vyatanze amategeko kw'ikorehwa ry'ibipimo vya PCR birimwo ibitumberewe vyinshi vya pathogen ku ngwara z'imigera zitandukanye zitera ingwara z'amahaha n'uguhema. Nk'uburorero, ivyo bipimo bishobora gupima ukwandura nka COVID-19 n'ibicurane mu gihe kimwe kandi bikabitandukanya ata kwihenda. Uko igice ca ruguru cinjira mu rushana winter rusanze rurimwo ukwandura kwinshi, canke ingwara nyinshi zihjanye n'uguhema ivyo birumvikana ko vyokorwa uko nyene. Ivyo birakunda kuba kandi vyama vyabaye muri Australia kuva ivyo bipimo vya PCR bibayeho kandi bigashiramwo ibitumberewe vyinshi. Muri Australia, ni ibisanze gukoresha ibipimo vya PCR bisuzuma bigatora neza imigera y'ibicurane, imigera y'ibicurane itewe n'ibindi bintu, imigera y'abantu itera umusonga mu bantu, imigera y'uguhema ya Syncytial co kimwe n'ibindi birimwo imigera imwe imwe igendagenda mu bantu ya corona yari isanzwe itembera imbere ya SARS-COV-2.

INKURU ZITARI ZO Gupima abantu bose bizohagarika ukurandagata kwa COVID-19.

UKURI Ugupima ntiguhagarika ukurandagata kwa COVID-19.

Gusuzuma abarwaye gufise uruhara runini mu kumenya ubukana n'ikiza c'iyi ngwara, kumenya abanduye n'abegeranye n'abanduye kandi ivyo bigashikana mu kugabanura uguhererekana uwo mugera. Urikingo rwa COVID-19 ni yo nzira nziza yo guhagarika ukurandagata kwa COVID-19 mu kibano.

Kuba wapimwe ugasanga nturwaye COVID-19 yamara ntibisigura yuko udashobora kuyandura, canke ko udashobora guteza ingorane abandi. Urashobora kuba wapimwe ugasanga nturwaye COVID-19 mu ntango y'uko ushobora kuba waranduye SARS-CoV-2 (umugera utera COVID-19) co kimwe n'imbere yuko ubonekako ibimenyetso. Kubera ivyo, ni ngirakamaro yuko uguma ugira isuku ryiza, guhana inta hagati y'umuntu n'uwundi, hamwe no kuguma muhira igihe wumva yuko utamerewe neza.. ivyo bikorwa, bifadikanije n'ugusuzuma aberekewe, biriko birafasha mu kugabanura n'ukubuzwa uguhererekana COVID-19 hamwe n'izindi ngwara zandukira, bikagabanura ibisabwa n'amagara y'abantu muri Australia.

Gupima bitegerezwa kugirwa neza mu bwitonzi kugira ngo habeho ugusuzuma ico kiza kandi bakingira ubushobozi bwo gupima no gutuma iyo laboratory ibandanya ikora.

Reta ya Australia ibandanya ihimiriza ibijanye n'ukwipimisha harimwo n'intonde z'ugusuzuma ahantu abantu bakorera ko abantu batarwaye, bigashigikirwa bigakorerwa hamwe n'abategetsi bo mu magara y'abantu babijejwe. Ku zindi nkuru zirengeye izi ku kugene Reta ya Australia ibona ugusuzuma abantu batabonekako ibimenyetso, usabwe kuronderera aha hakurikira [Department of Health's website](#).

INKURU ZITARI ZO Ibikoresho vyo gupima ntibipima neza.

UKURI Muri Australia, ibipimo vya COVID-19 bigezweho cane ntivyihenda na gato. Ubuhinga bwose bwo gupima bukoreshwa muri Australia bwaremejwe cane. Ubwo buhinga bubandanya bwihzwezwwa na TGA kandi biciye mu ntonde ntahara zo kuraba ko bukora neza zashizweho kubera ahanini SARS-CoV-2 (umugera utera COVID-19).

Muri Australia, ugusuzumira muri laboratory polymerase chain reaction (PCR) ni ubuhinga bugezweho bwo gupima bukoreshwa mu gusuzuma ukwandura SARS-CoV-2 mu mubiri wawe. Busaba ukwegeranya utuntu uhemye two gupimirako. Ibipimo vya PCR bisaba kwitonderwa cane kandi biratora urukurikirane rwa nucleic acid bifise ico vyisangije ku mugera wa SARS-CoV-2 mu bintu vy'uguhema vyatowe gupimirwako.

Ubuhinga bwose bwo gupima bushasha muri Australia busaba kubanza gusuzumwa neza na TGA kugira ngo barabe neza ko harimwo akanovera n'ukwizerwa kw'inyishu kandi kugira ngo bwemererwe n'amategeko gutangwa. Ku zindi nkuru zigezweho ku gupimwa kwa COVID-19 kwarongewe mu gitabu ca Australian Register of Therapeutic Goods, usabwe kuronderera ku muhora ngurukanabumenyi wa TGA kuri: www.tga.gov.au

Kwugaranirwa mu mazu n'ukwambara udupfukamunwa n'amazuru

INKURU ZITARI ZO Ikiringo 'c'ukwugaranira abantu mu mazu' bizohagarika ukurandagata kwa COVID-19.

UKURI ukwugaranirwa mu mazu birafasha ukugabanura umuvuduko w'uguhanahanako COVID-19 mu kibano. Gushiriraho abantu ibibuzanijwe n'ikiringo c'ukwugaranirwa muhira hamwe n'ugukuraho ibibuzanijwe nk'ivyo kugira ngo bagaruke ku 'buzima bwacu busanzwe' ntibizohagarika ukurandagata kwa COVID-19 yose.

Inzira ya mbere nziza ikomeye yo gufasha kugabanura ukurandagata kwa COVID-19 ni ukwicandagisha no kuronka urukingo rwa COVID-19, kwambara agapfukamunwa n'amazuru, kugumana uguhana inta hagati y'umuntu n'uwundi, gukaraba no kwirinda guhumekera kubandi, kuguma muhira hamwe n'ukwipimisha iyo wumvise utameze neza.

Igitigiri gihagije c'abantu barwaye COVID-19 baba bafise ibimenyetso bito bito canke na ho ntibabe bafise ikimenyetso na kimwe mu kiringo baba baranduyemwo. Ukwugaranirwa muhira mu kiringo gito c'amayinga abiri gituma abo batagira ibimenyetso vya COVID-19 badashobora kwanduza abandi umugera batabizi igihe baba barekuriwe kuva mu mazu bari bugaraniwemwo.

Ukwugaranirwa mu mazu vyongeye bishigikira Reta n'akarere ka Reta kugira ngo bakurikirane abantu baba baregeranye n'uwanduye. Abakaruhariwe mu magara y'abantu babandanya gukurikiranira hafi igitigiri c'abantu bashasha bandura umunsi ku munsi muri Australia n'aho abantu baba bariko barandukizanya mu kibano. Ibisabwa bizoshingira ku bimenyamenya nk'uko itegeko rishasha iryo ari ryo ryose canke ibibuzanijwe bikwiriye gushimangirwa no gushirwa mu ngiro. Uwo ari we wese akwiriye kuguma azi ibigezweho mu vyabuzanijwe mu kuronderera kuri www.australia.gov.au.

INKURU ZITARI ZO Udupfukamunwa n'amazuru nta co tumaze mu gukinga COVID-19 kandi/canke ntibukwiriye gukoreshwa.

UKURI udupfukamunwa ni ingingo zo kugabanura ugukwiragizwa kwa COVID-19. Udupfukamunwa n'amazuru dutegerezwa gukoreshwa nk'inzira yumvikana harimwo n'uguhana inta hagati y'umuntu n'uwundi, kwirinda ahantu harundanye abantu benshi kwirinda ahantu hugaye, hamwe n'ukwegerana cane, kubahantu hari akayaga, gukaraba amaboko, gupfuka ivyasamurano n'ibikororwa, hamwe n'ibindi. Udupfukamunwa n'amazuru ntidusubirira uguhana inta hagati y'umuntu n'uwundi.

Udupfukamunwa n'amazuru ni uruzitiro rworoshe rufasha kuzibira udute dute tuvuye mu guhema kugira ngo ntidushikire abandi. Ivyigwa, ubushakashatsi bwerekanye yuko udupfukamunwa n'amazuru tugabanya ukurandagata kw'udute dute igihe ako gapfukamunwa

kambawe ku zuru no ku munwa. Bivanye n'ubwoko, udupfukamunwa n'amazuru dushobora gukoreshwa haba mu gukingira abantu batarwaye canke mu kubuza ko ukurandagata no guhanahana uwo mugera.

Nta kimenyamenya na kimwe cerekana yuko kwambara agapfukamunwa n'amazuru bitagira akamaro canke ko bishikana ku ngorane nk'ukubura impwemu canke ugukwega cane carbon dioxide (CO₂). Abakora mu vy'amagara y'abantu barambaye udupfukamunwa n'amazuru igihe kirekire imyaka myinshi n'izo ngorane z'ikiza zitarabaho.

Umukozi wo mu magara y'abantu ategerezwa gukurikiza urugero rwemewe hamwe n'ukwiyubara kutanduza abandi nk'uko vyerekanwa mu mategeko ya Australia ku kwirinda no gucungera hamwe no kurambura ukwandura mu gucungera amagara y'abantu. Umurwi w'igihugu ukorera mu mavuriro wo cerekana ibimenyamenya vya COVID-19 utangira hamwe ukwumvikana kw'ibisabwa abakozi bose bakora mu gisata c'amagara y'abantu bavura abarwaye canke bakorera mu turere turimwo abarwaye/ababitura/ n'ababa aho hantu ku bantu biketsweko canke vyemejwe ko bafise COVID-19 bategerezwa gushikira ibibafasha guhema P2/N95.

Rondera gushikira uwo muhora kenshi kugira ngo ugume uzi ukugene ibintu bikuru biriko biragenda muri Reta ya Australia ku bijanye n'uhuhangana na COVID-19. [SBS](#) nay o nyene irafise inkuru zitari nke kuri COVID-19 mu rurimi rwawe. Urashobora kandi gukoresha ubuhinga bwa apps kuri telephone ngendanwa yawe maze ukaraba ivyongeweko mu gusigura inkuru ya Reta. Rondera kimwe gihua n'ivyo ukeneye. Kugira ngo ushikire izindi nkuru ziyongerako mu Kingereza, ronderera kuri www.australia.gov.au.