REPUBULIKA YA UGANDA

MINISITURE Y’UBUZIMA

IBIBAZO BIBAZWA CYANE KURI

EBOLA

Nzeri 2022



MINISITURE Y’UBUZIMA

1. Ebola n’iki?

Ebola n’indwara yica iterwa n’agakoko. Agakoko ka Ebola gakwirakwira binyuze mu

gufata kubihunyira n’inkende kandi nanone no gufata ku muntu wamaze kwandura Agakoko gatera Ebola. Ebola ikwirakwira vuba cyane kuva ku muntu ijya kuwundi, yica mugihe gito ariko ishobora kwirindwa. Umuntu yivuje hakiri kare ikigereranyo cyo gupfa cyagabanuka cyane.

2. Ese Umuntu wanduye ashobora kwanduza abandi nubwo ibimenyetso byayo bitagaragara?

Umuntu wanduye Ebola ntashora kwanduza abandi ibimenyetso byayo bitaragaragara. Igihe cyo kwigaragaza kiri hagati y’iminsi 2 kugera kuri 21.

3. Ni ibihe bimenyetso bya Ebola?

Umuntu urwaye Ebola agaragaza ibimenyetso bikurikira:

* Ubushyuhe bw’umubri buri hejuru (bukaze kandi bumara igihe kirekire)
* Kubabara munda
* Kubabara mungingo cyangwa kubabara

umubiri wose (cyane cyane igituza)

* Kumira biruhanyije
* Kuribwa umutwe
* Isesemi, kuruka (bishobora no kuba amaraso)
* Guhitwa (bishobora no kuba maraso)
* Kumagatana k’umubiri (nta marira, ururimi rwumagatanye, n’amaso

yaburiye mu gikanka)

* Kugira ubuheri ku mubiri
* Rimwe na rimwe kuva maraso mu kanwa, mu maso, mu mazuru, mu

matwi no mu kibuno. Ni ngombwa kumenya yuko umuntu atangira

kwanduza abandi amaze kugaragaza ikimenyetso kimwe cyangwa byinshi

by’iyindwara

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Ibimenyetso bya Ebola

Umuriro utunguranye Kurumwa umutwe Ububabare bw’imitsi

Umunaniro mwinshi w’umubiri Kubyimba umuhogo Kuruka

Guhitwa cyangwa kunyara amaraso Kuva amaraso mu myanya

y’ubumekero y’umubiri

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4. Ese umurwayi wa Ebola ashobora gukira?

Yego. Amahirwe yo gukira agenda yiyongera iyo umurwayi wayo yivuje hakiri kare.

5. Iyo umuntu wanduye Ebola akize, ashobora se kwanduza abandi?

Oya. Mbere y’uko umurwayi wa Ebola asubira imuhira amaraso ye abanza gusuzumirwa muri laboratori kumenya niba agakoko gatera Ebola katakiri mu maraso ye. Ariko abantu bakize ubu burwayi ntibakwiriye gukora imibonano mpuzabitsina nibura mbere y’amezi atatu kereka niba bakoresha agakingirizo.

6. Ese Ebola ishobora kwandurira mu macandwe?

Yego. Ebola ishobora kwandurira mu macandwe n’ayandi mazi ava mumubiri nk’amabyi, inkari, intanga, amazi ava mugitsina gore, ibimwira, ndetse n’amaraso. Iyo aya mazi ahuye n’umubiri ukomeretse, amaso cyangwa umunwa by’abandi bantu bashobora kwandura agakoko gatera Ebola.

7. Ese Ebola ishobora kwandurira mu byuya?

Yego. Amazi yose avuye mu mubiri w’umuntu wanduye Ebola ushizemo n’ibyuya aba arimo agakoko kanduza Ebola.

8. Ese Ebola ishobora kwanduira mu kuramukanya bafatana muntoki?

Yego. Kuramukanya ufata muntoki z’umuntu wanduye Ebola bishobora kwanduza Ebola.

9. Nshobora nte kuramutsa abantu niba intoki zitemerewe?

Gufatana muntoki bigomba kwirindwa kuko bishobora kuzana ibyago mugihe cy’umwaduko wa Ebola cyangwa mbere gato y’uko Ebola yaduka. Ushobora kuramutsa abantu ubapepera n’ukuboko cyangwa uzunguza umutwe. Ni ngombwa kunaba muntoki n’isabuni n’amazi meza buri gihe.

10. Nkwiriye guhagarara kuburebure bungana iki, uvuye kumuntu ukekwaho Ebola?

Uburebure ntabwo ari ngombwa. Ebola yandurira mu matembabuzi ava mumubiri w’umuntu urwaye Ebola. Ariko niba uzi umuntu urwaye Ebola. Nyabuneka menyesha irwaliro rikuri hafi muburyo bwihuse kandi ukurikize inama z’abaganga. Wirinde gufata ibintu byakoreshejwe n’umuntu ukekwaho kuba afite Ebola.

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Aho Ebola yandurira

Amaraso Amacandwe

Amabyi Kuruka

Inkari Ibyuya

Ibikoresho byakoreshejwe n’umuntu urwaye Imyenda yanduye y’umurwayi wa Ebola

Ebola bitabanje kogezwa mumazi yotsa cyane

Gufata inyamaswa y’ishyamba nzima cyagwa ipfuye

Ibibazo n’ibisubizo kuri Ebola

MINISITURE Y’UBUZIMA

**KWANDURIRA MU NYAMASWA KWA EBOLA**

11. Kuki ntakwiye kurya inyama z’inyamaswa zo mu gasozi?

Ntukarye inyama z’inyamaswa zo mugasozi igihe cya Ebola. Inyamaswa zo mugasozi nizo soko y’agakoko gatera Ebola: Inkima, ibitera, ubucurama n’izindi nyamaswa zose basanze zapfiriye mu ishyamba ntabwo zikwiriye gufatwaho cyangwa kuribwa.

12. Niba inyama y’inyamaswa zo mugasozi zokejwe cyangwa zitetse neza ntacyo zitwaye?

Oya. Kuko mugihe bahiga, babaga, kandi bateka inyama z’inyamaswa zo mugasozi abantu baba bashobora kwandura agakoko gatera Ebola. Nguko uko abantu banduzwa n’inyamaswa zo mugasozi. Niyo mpamvu abantu bakwiriye kwirinda gufata cyangwa kurya inyama z’inyamaswa zo mugasozi.

13. Nkwiriye kwirinda inyama z’inyamaswa zo mugasozi cyangwa gusa izi inkende n’ibihunyira?

Igihe cy’umwaduko wa Ebola, irinde inyamaswa zose zo mugasozi, zishobora kukuzanira ibibazo, kandi zishobora kukwanduza Ebola.

14. Ese Ebola ishobora kuba mu nkoko, ihene cyangwa inka?

Oya. Ntagihamya ihari ihuza Ebola n’inyamaswa zo murugo nk’inkoko, ihene n’inka. Inyamaswa zo mugasozi nizo ziteye ibibazo.

15. Ese, nkwiriye no kureka kurya amafi?

Oya. Amafi ntakibazo ateye. Ntagihamya ihuza Ebola n’amafi.

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16. Ese nshobora kwandura Ebola mfashe kumabyi cyangwa inkari y’ibihunyira?

Yego. Ibihunyira bishobora kugendana agakoko gatera Ebola. Birashoboka ko wandura Ebola ufashe amabyi cyangwa inkari y’ibihunyira. Wirinde rero kwegera ibihunyira n’amatembabuzi yabyo ndese n’amabyi yabyo mbera y’uko Ebola ibaho, mugihe iriho na nyuma yaho.

17. Mugihe cy’imvura habaho ibihunyira byinshi kandi birya imiyembe. Kwiriye se kureka kurya imiyembe?

Oya. Ushobora gukomeza kurya imiyembe ariko banza uyoze mbere yo kuyirya. Ntukarye imiyembe yarumweho n’ibihunyira.

**IVURWA RYA EBOLA**

19. N’iki nshobora gukora niba ntekereje ko mfite Ebola?

Ugamba kwihutira kujya kw’irwariro rikuri hafi cyane kugira ngo bagusuzume kandi bakuvure.

20. Nihehe nshobora kugura umuti uvura Ebola?

Nta muti wihariye uvura Ebola. Genda ku ivuriro rikuri hafi kugira ngo uvurwe hakiri kare niba utekereza ko ufite Ebola. Amahirwe yo gukira no kuvurwa ariyongera iyo ushatse ubuvuzi hakiri kare ku muvuzi ubifitiye ubushobozi. Uzagirwa inama n’ubuvuzi bw’ibyuririzi (Ibimenyetso) bya Ebola kugira ngo ushobore gukira.

21. Numva ngo abantu bahabwa inshinge bagapfa kw’irwariro. Ese ibi nibyo?

Ibi n’ibihuha. N’ubwo abantu bicwa na Ebola, ariko hari abakira. Amahirwe yo gukira ariyongera iyo umurwayi agiye kwa muganga kwivuza kakiri kare. Abarwayi bose ba Ebola bitabwaho kandi bagahabwa ubuvuzi bwiza cyane. Itimu y’abaganga irigukora ibishoboka byose kugirango abarwayi bakire basubire mu milyango yabo. Ku ivuriro itimu y’abaganga ivura Ebola mu bulyo bukurikira:

* Kugabanya umuriro
* Kugabanya ububabare
* Guha indyo nziza
* Kongera amazi mumubiri
* Gukumira ubwandu
* N’ubundi buvuzi bwose umurwayi ashobora gukenera

Ibibazo n’ibisubizo kuri Ebola

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UKWEMERA

22. Ese nibyo koko imvange ya gariki, ubuki, gatungurusumu, ubuki, igitunguru, na vinega bivura Ebola?

Oya. Ntabwo aribyo. Nta miti gakondo ivura Ebola. Ugomba kujya mu ivuriro rikuri hafi cyane kugirango ubone ubuzi bwiza buhagije niba wikeka cyagwa n’undiwese ukekaho kuba afite Ebola.

Amahirwe yawe yo kuvurwa ariyongera iyo uri kwa muganga kurusha kuba uri mu rugo.

23. Twumvise ngo kunywa inzoga zisindisha bituma umuntu atandura Ebola. Ese nibyo koko?

Oya. Ntabwo aribyo. Inzoga zisindisha ntabwo zikurinda kurwara Ebola iyo uhuye n’agakoko kayo. Ahubwo no kunywa inzoga nyinshi zisindisha byangiza ubuzima.

24. Ese nibyo koko, Ebola ni umuvumo?

Oya. Ntabwo aribyo. Ebola ni indwara iterwa n’agakoko kava kunyamaswa kagafata abantu. Kandi ishobora kuva kumuntu wanduye igafata undi.

REPOTI

25. Ese nshobora gumara nkoresheje telefone cyangwa nkoresheja ubutumwa bugufi kuri telefone iyo nshaka kuripotinga umurwayi wa Ebola?

Yego. Inamba za EVD zo guhamagara ho ni 0762640374 (MTN) 0708062203 (AIRTEL).

26. Gahunda yo kugenzura muri Uganda ifite bushobozi ki?

Muri Uganda hari gahunda ikora neza ishobora kuvumbura umuntu uwo ari we wese ukekwaho Ebola aho ariho hose mu gihugu. Igihugu kandi gifite ubushobozi bwo gusuzuma agakoko ka Ebola bikorerwa mukigo cy’igihugu gishinzwe ubushakashatsi ku dukoko dutera indwara (Vayirasi) kiri Entebbe.

27. Ese nshobora kwita kubantu bakekwaho kuba barwaye Ebola murugo?

Oya. Iyo ubikoze uba uzanira ibibazo abantu bawe, nawe ubwawe, n’abaturanyi kuberako indwara ishobora kwandura byoroshye cyane kuva kumuntu umwe ifata uwundi. Abantu barwaye Ebola bagomba kuvurwa no kwitabwaho bari mu irwariro.

Ibibazo n’ibisubizo kuri Ebola

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UKO GAVUMENTI IBYITWARAMO

28. Ni ubuhe buryo Guverinoma yashyizeho kugira ngo isuzume abantu binjira muri Uganda?

Minisiture y’ubuzima irimo gukora ibishoboka byose kugira ngo isuzume abagenzi bose binjira muri Uganda. Abashinzwe ubuzima ku biro byemewe byinjira muri Uganda bahuguwe kuri Ebola kandi barashobora gutahura ibibazo byose biteye inkeke ahinjirirwa n’ahasohokerwa.

29. Ni izihe gahunda Gavumenti ifite zo kohereza amakuru ku baturage bo mu cyaro?

Guverinoma ikora inama zo gukangurira abayobozi b'amadini, abayobozi b’amashuri n'abimiryango ishinzwe imibereho myiza y’abaturage. Ni gutyo, amakuru azahabwa abaturage bava mucyaro muburyo bwinshi. Ibikoresho by'itumanaho nk'ibyapa n'impapuro nabyo byarateguwe kandi bikwirakwizwa mu turere twibasiwe cyane. Televijoni, Radiyo n’ubutumwa bugufi bwo ku isimu igendwana nabyo birakoreshwa kugirango ubutumwa bugere mu cyaro.

30. Ese Gavumenti irateganya gufunga imipaka yayo n’abaturanyi?

Oya. Kugeza ubu, nta gahunda yo gufunga imipaka cyangwa guhagarika ingendo mu turere twibasiwe. Icyakora, abantu barahamagarirwa gukomeza kuba maso bakurikiza imyitwarire yo gukumira ndetse bakanatanga ripoti ku kigo nderabuzima cyegereye abantu bose bakekwaho ko bafite ibimenyetso bya Ebola.

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Kubindi bisobanuro by’uburyo bwo

kwirinda Indwara ya Ebola, hamagara:

Minisiture y’ubuzima ku ishami rishinzwe

guteza imbere ubuzima, uburezi n’itumanaho

Menyesha ibigo nderabuzima biri hafi

kuburyo bwihuse abantu bose bakekwa.

CYANGWA ohereza ubutumwa bugufi (SMS)

kubuntu kuri Ureport

kuri: 8500 cyangwa uhamagare kubuntu

kuri: 0800 100066/0800 203 033

Byakozwe n’ishami rishinzwe guteza imbere ubuzima,

uburezi n’itumanaho ryo muri Minisiture y’ubuzima

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