EKITONGIRE KY’EBYAMAGARA

KYA UGANDA

EBIBUUZO EBIRIKUKIRA

KUBUUZIBWA AHARI

EBOLA

Okwamwenda 2022



EKITONGIRE KY’EBYAMAGARA

1. Ebola n’enki?

Ebola n’endwara nyamwita erikureetwa akakooko. Ekakooko ka Ebola nikajanjaara ahabw’okukwata embaka n’enkyende hamwe n’okukwata omuntu orweire akabooko ka Ebola. Ebola n’ejanjaara kuruga aha muntu kuza aha ndiijo ahonaaho, neita omu bwire bukye kwonka neebaasa kwetantarwa. Ahu obujanjabi bwa haihi buri, omubaro gw’abarikufa nigubaasba kukyendeera. Omubaro gw’abarikufa nigubaasa kukyendeera obujanjabi bwabaho bukiri kare.

2. Omuntu orwaire naaturira nobu obubonero bwakuba butakareebekire?

Omuntu orwaire Ebola tarikutuurira obubonero bwaba butakareebekire. Obubonero nibureebeka kuruga aha kiro kya kabiri kuhisya aha kya abiri na kimwe.

3. Ebola eine bumanyiso na bubonero ki?

Omuntu orwaire Ebola naayoreka obumanyiso n’obubonero obu:

* Omuriro mwingi omu magara
* Okuriibwa omunda
* Okushaasha engingo z’ omubiri (Okukira munonga ekifuba)
* Okugumirwa omu kumira
* Okuteerwa omutwe
* Okusheshemwa, okutanaka (neebaasa kuba eshagama)
* Okwirukana (nihabaasa kubamu eshagama)
* Okugira omwoma/ Okwomankana (okutagira amaziga, orurimi rwomire, okuhompatana amaisho).
* Oruhere
* Obumwe najwa eshagama omu kanwa, omu maisho, omu matu, n’omu kibunu. Ni kikuru kumanya ngu omuntu naaturira yaatandika kugira akamanyiso nari bwingi bw’endwara egi.

Ebibuuzo n’ebigarukwamu ahari Ebola

EKITONGIRE KY’EBYAMAGARA

Obumanyiso n’obubonero bw’Ebola

Okugira omuriro mwingi Okuteerwa omutwe Okushaasha enyama z’omubiri

gw’ahonaaho

Okubura amaani Okushaasha omumiro Okutanaka

Ekirukano nari enkari Okujwa eshagama kuruga

birimu eshagama omu bwina bw’omubiri

Ebibuuzo n’ebigarukwamu ahari Ebola

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4. Omuntu oine Ebola naabaasa kukira?

**Eego.** Emigisha y’okukira neeyeyongyera aha muntu orwaire ku yaakuronda obujanjabi bukiri kare.

5. Omuntu orwaire Ebola ku yaakukira, naaba naaturira?

**Ngaaha,** abarwaire ba Ebola batakagarukire mu ka eshagama yaabo neebanza yaakyebererwa omu eikyeberero ahabw’oKwenda kuhamya ku ku omu mubiri gwabo hatakirimu kakooko koona. Kwonka abantu abakizire oburwaire tibashemereire kuza omu byokuteerana kumara ameezi haakiri nka ashatu, okwihaho baayejunisa akapiira.

6. Ebola neebaasa kujanjara kurabira omu macwante?

**Eego.** Ebola neebaasa kujanjara kurabira omu macwante n’agandi maizi agarikuruga omu mubiri nk’ amazi, enkari, amaizi g’omushaija nari omukazi, ekihinzi hamwe n’eshagama. Aga maizi gaahika aha karonda, omu maisho nari omu kanwa k’abandi bantu, nibabaasa kukwatwa akakooko ka Ebola.

7. Ebola neebaasha kujanjazibwa etuutu?

**Eego.** Buri maizi g’omubiri goona gw’omuntu orwaire, n’etuutu ebariirwemu garimu akakooko k’Ebola.

8. Ebola neebaasara kujanjaara kurabira omu kukwata omu ngaro?

**Eego,** okuramukanyisa engaro n’omuntu orwaire Ebola nikujanjaza oburwaire.

Ebibuuzo n’ebigarukwamu ahari Ebola

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9. Nshemereire kuramusya nta abantu okuramukanyisa egaro ku kwaba kutarikwikirizibwa?

Okuramukanyisa engaro kushemereire kwentantarwa nk’okukuri okw’akabi kahango, Ebola yaaba ebarukireho nainga etakabarukiireho kimwe. Noobaasa kuramusya abantu orikubahuubira nari orikwinama n’omutwe. Ni kikuru munonga kunaaba engaro zaawe buri kaire na saabuuni n’amaizi g’amarungi.

10. Ni mwanya ki ogushemereire kuzaho kuruga ahari nyowe na n’omuntu orikuteekateekwaho kuba aine Ebola?

Omwanya ti kikuru munonga. Ebola neeturira kurabira omu kukwata amaizi g’omubiri garikuruga aha muntu ogirwaire. Kwonka ku waakuba noomanya omuntu weena orikuteekateekwaho kuba aine Ebola, nyabura manyisa eirwariro erikuri haihi ahonaaho nk’okukirikubaasika kandi okuratire obuhabuzi bw’abashaho. Yetantare okukwata n’okukora ebintu ebibaire nibyejunisibwa omuntu orikuteekwateekwaho kuba aine Ebola.

Ebibuuzo n’ebigarukwamu ahari Ebola

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Ebirikujanjaza Ebola

Eshagama Amacwante

Amazi Ebitanako

Enkari Etuutu

Ebikwato by’omurwaire Okujwara ebijwaro by’omuntu orwaire

ebitogibwe omu mubazi enyita-bukooko Ebola

Okukwatakwata enyamaishwa z’omukishaka zihuriire nari zifiire

Ebibuuzo n’ebigarukwamu ahari Ebola

EKITONGIRE KY’EBYAMAGARA

**EBOLA NK’OKU ERIKUTURIRA KURUGA OMU NYAMAISHWA**

11. Ahabwenki tinshemereire kury ‘enyama y’enyamaishwa z’omukishaka?

Otakaarya enyama y’enyamaishwa z’omukishaka Ebola yaaba ebarukireho. Enyamaishwa z’omukishaka nizo bukomooko bw’obukooko bw’Ebola. Enkyende, enkobe, embaka, n’enyamaishwa zoona ezirikushangwa omu kishaka ezifiire tizishemereire kukwatwa nari kuriibwa.

12. Enyama y’enyamaishwa z’omukishaka ku yaakuba eteekiregye nari eyokize, ni nungi y’okurya?

**Ngaaha,** ahabwokuba omu kuhiga, kubaaga, n’okutebenkanisa enyama y’enyamaishwa z’omu kishaka abantu nibeeta omu kabi k’okukwatwa akakooko k’Ebola. Okwo nikwo erikuturira kandi niyo nshonga ahabw’enki abantu bashemereire kwetantantara okukwata nari okurya enyama y’enyamaishwa z’omu kishaka.

13. Nshemereire kwetantara enyamya yoona y’omukishaka nari ey’encende n’embaka zonka?

Ebola yaaba ebarukireho, yetantare enyama yoona y’enyamaishwa z’omu kishaka ahabwokuba n’eya akabi kahango kandi neebaasa kukurwaza Ebola.

14. Ebola neebaasa kuba omu nkoko, embuzi nari ente?

**Ngaaha.** Tihariho buhame bwona oburikworeka ku Ebola neeshangwa omu nyamaishwa zirituura omu bantu nk’enkoko, embuzi n’ente. N’enyama y’enyamaishwa z’omukishaka yonka eine akabi.

15. Nshemereire kurekyeraho kurya n’eby’enyanja?

**Ngaaha,** eby’enyanja tibiine nshonga. Tihariho buhame oburikushuganisa Ebola n’eky’enyanja.

Ebibuuzo n’ebigarukwamu ahari Ebola

EKITONGIRE KY’EBYAMAGARA

16. Nkabaasa kutunga Ebola kurabira omu kukwata enkari n’amazi g’embaka?

**Eego,** embaka nizitambuza akakooko ka ebora. Noobaasa kutunga Ebola ku waakukwata omu nkari nari amazi g’embaka ezirwaire. Yeetantare okukwata embaka, amaizi agarikuruga omu mubiri gwazo n’amazi gaazo Ebola yaabarukireho n’etakabarukireho.

17. Omu bwire bw’enjura nihaba hariho embeaka nyingi kandi nizirya emiyembe. Ndekyeraho kurya emiyembe?

**Ngaaha,** Noobaasa kuguma noorya emiyembe kwonga gyozye otakagiriire. Otakaarya emiyembe eriibrwe embaka.

**OKUJANJABA EBOLA**

19. Nkakoraki kunaakuteekateeka ngu nyine Ebola?

Oteekwe kuza aha irwariro erikuri haihi ahonaaho kuceberwa n’okutunga obujanjabi.

20. Nkaagura nkahe omubazi gw’okuragurira Ebola?

Tihariho mubazi ngu n’ogwa Ebola. Gyenda kare ah’eirwariro erikuri heihi kutunga obujanjabi ku waakuteekateeka ngu oine Ebola. Emigisha yaawe y’’okukira eri ahaiguru munonga ku waakuronda kare obujanjabi n’obureeberezi omu bashaho abatendekirwe gye. Noija kutunga obureeberezi n’obujanjabi bw’obubonero kwenda kukanyisa emigisha y’okukira.

21. Nimpurira ngu abantu nibateerwa ebikatu kandi bafeera ah’eirwariro. N’amazima?

Oru n’orugambo rutahikire. Nobu abantu abamwe nibaitwa ebola, abarweire abandi nibakira. Emigisha y’okukira neeba eri ahaiguru omuntu yaatandika kare obujanjabi. Abarweire ba Ebola boona nibatunga obureeberezi burungi munonga bw’ebyamagara n’obujanjabi.

Ebibuuzo n’ebigarukwamu ahari Ebola

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Abashaho nibakora munonga kukiza abarweire baabo n’okureeba ngu baagaruka omu maka gaabo. Ah’eirwariro abashaho nibajanjaba Ebola omu miringo egi:

* Kukyendeza omuriro
* Kukyendeza obusaasi
* Kuheereza eby’okurya by’ekiriisa kirungi
* Kugaruza amaizi omu mubiri
* Okuzibira endwara okujanjara
* N’obundi bujanjabi oburikwetengwa omurwaire.

**EBY’ENYIKIRIZA**

22. N’amazima ngu watabura entangahuuzi, obwoki, katunguru eicumu, akatunguru na viinyo erikushaarira. nibitamba Ebola?

**Ngaaha,** tikihikire. Tihariho mubazi ogurikukorerwa omuka ogurikutamba Ebola. Nooteekwa kuza ah’eirwariro erikuri haihi kutunga obujanjabi burungi kuyaakuba ariwe nari omuntu ondiijo orikuteekateekwaho kuba agirweire. Emigisha yaawe y’okukira eri ah’eiguru munonga waaza kujanjabwa Ebola kukira omuka.

23. Nituhurira ngu okunywa amaarwa nikitangira okujanjaara kw’akakooko ka Ebola. Kihikire?

**Ngaaha**, tikihikire. Amaarwa tigarikukutangira kukwatwa endwara ya Ebola waayezambaza aha kakooko. N’ekyabuzima, okunywa amaarwa maingi n’ekya akabi aha magara gaawe.

24. Kihikire kugira ngu Ebola n’omukyeeno?

**Ngaaha,** tikihikire. Ebola n’endwara erikureetwa akakooko akarikujanjaara kuruga aha nyamaishwa y’omukishaka erweire kakaza omu bantu. Neebaasa n’okujanjaara kuruga aha muntu orweire kuza aha ndiijo.

Ebibuuzo n’ebigarukwamu ahari Ebola

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**OKUGIGAMBA**

25. Nimbaasa kuteera esimu y’omuranga omu kitongore nari okusindiika obutumwa kugamba okwerarikira kwa Ebola?

**Eego,** Enamba y’okumanyisa Endwara y’Ebola ni; 0762 640 374 (MTN) / 0708 062 203 (AIRTEL)

26. Omuringo gw’okucondooza ebya Ebola gwemereire guta omu ihanga?

Hariho omuringo murungi gw’okucondooza Ebola omu mwanya ahu yaabarukamu hoona omu ihanga. Eihanga niribaasa kucebera akakooko ka Ebola aha eiceberero ry’obukooko bw’endwara erya Uganda Virus Research Institute omuri Entebbe.

27. Nimbaasa kureeberera omuntu orikuteekwateekwaho kuba aine Ebola omu ka?

**Ngaaha,** noota omu kabi amagara g’abakundwa baawe, agaawe, n’abantu omu kyanga ahabwokuba endwara neebaasa kujanjaara ahonaaho kuruga aha muntu kuza aha ndiijo. Abantu abarweire Ebola bashemereire kujanjabirwa n’okureebererwa ah’eirwariro.

**EKORA YA GAVUMENTI**

28. Gavumenti eteireho muringo ki kucebera abantu abarikutaaha omu ihanga.

Minisiture y’ebyamagara eriyo n’enteekateeka y’okuheereza abantu boona abarikutaaha omu Uganda ebipapura ebiriho ebibuuzo by’okugarukamu byegamire Ebola. Abakozi b’ebyamagara abari aha nsharo za Uganda eziri- kumanywa batendekirwe ahari Ebola kandi nibabaasa kumanya omuntu weena oine Ebola orikutaahamu n’orikushohora.

Ebibuuzo n’ebigarukwamu ahari Ebola

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29. Gavumenti eine nteekateeka ki kwohrereza abantu amakuru agakwasire ahari Ebola omu bantu abatwire omu kyaro?

Gavumenti eriyo neekora enkiiko ez’okumanyisa n’abeebembezi b’ediini, bakuru b’amashomero n’ebigombe by’abantu. Nahabwekyo, amakuru nigaza kuheebwa abantu abatwire omu kyaro kuruga ahantu hingi. Eby’okumanyisa abantu nk’ebipande n'empapura eziriho amakuru ga Ebola bikakorwa kandi nibigabwa omu disiturikiti eziri aha kabi kahango k’okukwatwa ebola. Tiivi, radiyo n’obutumwa aha masimu buriyo nibwejunisibwa kihisya amakuru omu byaro.

30. Gavumenti eine enteekateeka y’okukinga ensharo zaayo n’amahanga agaihereire?

**Ngaaha.** Obwire obu tihariho nteekateeka yoona y’okukinga ensharo nari kuzibira engyendo omu disiturikiti ezikwasirwe. Kwonka abantu nibashabwa kwegyendesereza barikukora ebiraagiirwekutangira okujanjaara kwa ebola, kandi n’okugamba omuntu weena orikuteeberezibwa kuba aine obumanyiso n’obubonero bwa Ebola ah’eirwariro eriri haihi.

Ebibuuzo n’ebigarukwamu ahari Ebola

Kwenda amakuru ebeirikukiraho

aha kutangira okujanjaara

kw’endwara ya Ebola,

manyisa: Ofiisi y’Okutunguura Ebyamagara,

Obwegyese, n’Empurizana,

omu Kitongore ky’Ebyamagara

Gamba abantu boona

abarikuteekwateekwaho kuba baine Ebola

ah’eirwariro erikuri haihi ahonaaho.

Nari oyohereze obutumwa

bw’esimu ahari: 8500 nari oteere aha namba

etari y’okushashurira:0800 100066 / 0800 203 033

Bitebeekanisiibwe Ofiisi y’Okutunguura Ebyamagara,

Obwegyese n’Empurizana, omu Kitongore ky’Ebyamagara

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