

Ibibazo Bikunze Kubazwa Biraba Koronavirisi [IKIRUNDI]

Ikiza c'indwara yo guhema iterwa n'umugera mushasha witwa koronavirisi, uzwi kw' izina rya COVID-19 mu mpfunyapfunyo, kirateye uruhagarara mugabo ntico duca ivutu. Urunani rw'abajejwe kwitaho amagara y'abantu rwa kaminuza y'i Vermont (UVM Health Network) ruriko rurakorana n'Igisata c'amagara y'abantu muri Reta ya Vermont hamwe n'Igisata c'amagara y'abantu muri Reta ya New York kugira bishire hamwe inguvu zo kwitegura bisunze impanuro zitangwa n'Ibigo bijejwe Kurwanya no Gukinga Indwara (CDC). Ico dushira imbere mu bikorwa vyacu ni kuvura neza abagwayi bacu bose.

Aha munsu murahasanga amakuru yerekana ukuntu mwogwanya ikwaragira ry'umugera koronavirisi hamwe n'ico wewe canke incuti yawe mwokora iyo mutanguye kwibonako ibimebyetso vy'iyongwara.

IBUKA! Nimba ushushye, ugakorora kandi /canke ukaba uhema bigoranye, ubishoboye, wohamagara ibiro bihora bikuvura ubwa mbere kugira ubanze uvugane na muganga.

Kuvurirwa muhira birashobora kuba arivyo vyoba vyiza ku barwayi bo mu kibano cacu.

Koronavirisi ni iki?

Dufatiye kuvyo Ishirahamwe mpuzamakungu ryitaho amagara y'abantu (WHO) rivuga: Imigera koronavirisi ni umuryango munini w'imigera ishobora gutera indwara zandukira ibihimba vy'umuntu vyo guhema, gutangura ku ndwara y'ibicurane gushika ku ndwara zisinzikaza cane akarorero ni Indwara Ifata Ibihimba vyo Guhema Ikomoka mu Buseruko bwo Hagati (MERS) n'Indwara ifata Ibihimba vyo Guhema Isinzikaza Cane (SARS). COVID-19 ni indwara yandukiza iterwa n'umugera watahuwe vuba witwa koronavirisi. Uyu mugera mushasha n'iyi ndwara iwukomokako ntivyari bizwi imbere yuko ikiza gitangura mu gisagara ca Wuhan mu Bushinwa mu kwezi kwa Kigarama 2019.

Ni ibihe bimenyetso kandi wobigereranya gute n'akamangu n'ibicurane bisanzwe?

Ibimenyetso ni inkorora, umucanwa no kubura impemu. Ibimenyetso bisa n'ivy'akamangu, mugabo turibaza ko iyi ndwara ikaze gusumba akamangu.

Nimba ushushye, ugakorora kandi /canke ukaba uhema bigoranye, hamagara ibiro bihora bikuvura ubwa mbere kugira ubanze uvugane na muganga.

Yandukira gute none?

COVID-19 ikwiragira icye m'utuma dutoduto cane tw'amazi mu mpemu, gutyo gukorora be no kwasamura birashobora gutuma ikwiragira ku bantu bari hafi. Birashoboka ko uwo mugera usigara ku bibanza nk'ahantu umuntu agwaye aba yakoze akandukiza. Bivugwa ko Imisi uwo mugera umara mu mubiri w'umuntu kugira wigaragaze ari 14, mugabo ibi birashobora guhinduka kubera ko hari

vyinshi abantu bataratahura neza bijanye n'uyu mugera.

None nokwirinda uyu mugera gute?

Inyifato isanzwe yo kwikingira niyo dukwiye kwama dukurikiza :

Karaba intoki zawe kenshi – koresha arukore ngendanwa isukura intoki kandi ukarabe intoki imbere yo gufungura. Ntiwikore mu maso. Wirinde kuja mu bibanza birimwo abantu benshi. Wirinde kugendera ibihugu ikigo CDC cerekanye ko wakwiragiyemwo cane, kandi ukibandanya kwandukira abantu benshi. Kwirinda kwegerana n'abantu mu kibano ni ikintu giterezwa kubandanya kugira umumaro –amashure, amakoraniro n'ibindi bikorwa bitunganywa kimwekimwe kizokenera kwihwezwa ku ngorane coteza.

Urwaye naho, utegerezwa kuguma imuhira. Karaba intoki zawe. Sukura ibibanza bikoreshwa cane n'abantu buri munsu. Niwoba warashitse mu mihingo uwo mugera uriko urakwiragira, terefona muganga wawe asanzwe akuronsa ubuvuzi bw'intango kugira aguhe impanuro. Ntuce Ugendera Kurondera Ubuvuzi Bwihutirwa canke mu Gisata Citaho Abarwayi Baremye kiretse harya wumva impemu iriko iracikana, canke ukeneye gufashwa na muganga mu buryo bwihutirwa.

Raba ico ukwiye gukora kigira wirinde umugera koronavirusi-19. IRRRESI

Mperuka kuva mu rugendo none ndakorora. Vyoba vyiza nje kwipimisha ?

Ikintu nyamukuru utegerezwa gutangura gukora ni uguterefona mu biro vya muganga ugaca umusigurira ibimenyetso ufise. Hari indwara nyinshi z'akamungu n'ibicurane mu micungararo hirya no hino, kandi ibimenyetso birasa. Ntutugomba ko ushika uja mu Gisata Citaho Abarwayi Baremye canke mu Cumba Baronkeramo Ubuvuzi Bwihutirwa bidakenewe.

Ndafise inkorora be n'umucanwa. Ni iki nokora none?

Niwaba urwaye, utegerezwa kuguma imuhira, ucungere neza isuku ry'intoki, kandi upfuke umunwa wawe n'amazuru mu gihe uriko urakorora no mu gihe uriko urasamura .

Terefona mu biro vya muganga wawe uce umusigurira ibimenyetso ufise. Azoheza agufashe aguhanure ico utegerezwa gukora mu kiringo gikurikira.

Vyemezwa gute ko umuntu akeneye gupimwa?

Ubu hari ibintu bimwebimwe bisabwa n'igisata Kijewe Amagara y'Abantu muri Vermont, n'Ubushikiranganji Bujeje Amagara y'Abantu muri Reta ya New York be na CDC kugira umuntu apimwe. Mugabo, uko imisi igenda irengana, ibi birashobora guhinduka akamenyero kandi gupimwa

bigaheza bikarangurwa buri gihe.

Hoba hariho umuti?

Ubu nyene nta muti wemejwe ko woyivura. Hari imiti iriko irageragezwa abahinga bariko barihweza . Mugabo, mu gihe abarwayi basinzikaye cane, barashobora kuronswa ubuvuzi bubafasha (akarorero impemu ya ogisigene, umuti w’amazi wa IV fluids, n’ibindi.), iyo bikenewe.

None turiteguye?

Igikorwa Urunani rw’abajejwe kwitaho amagara y’abantu rwa UVM Health Network rwashize imbere ni ukubungabunga neza abarwayi kandi no mu bibanza abakozi baranguriramo akazi bakaba bafise umutekano. Porogarama zo gutabara zarateguwe biciye mu vyo imiryango itabara yabonye bihambaye mu bintu bisa nk’ivyo bijanye no kuronsa ubuvuzi. Umurwi ugizwe n’abantu bafise ubuhinga butandukanye uriko urahuza ibikorwa vy’ukwitegura no gutunganya indinganizo zibereye uko amakuru agenda aturungikirwa avuye kw’isi. Umurwi uri ku murongo wa mbere ugizwe n’abakozi baronsa serivise zo kwitaho amagara, abayobozi bakuru, abajejwe gushira abarwayi mu bibanza baronkeramo ivyo batunganyirijwe, abamenyereza inyifato nziza z’isuku, abakozi bajejwe kwigisha abanyagihugu , abatabara mu bikorwa vyihutirwa, abajejwe gutunganya inyubakwa zikenerwa, abakora muri faramasi, abajejwe uburyo bwo guhanahana amakuru, gukingira indwara be n’indwara zandukiza. Urunani rwa UVM Health Network rwama rujana n’igihe ku mpanuro ruronswa muri iyi minsi na CDC, n’Igisata Kijejwe Amagara muri Vermont be n’Ubushikiranganji Bujejwe Amagara y’Abantu muri Reta ya New York.

Nogira amakenya angana gute?

Mu gihe hari ibimenyetso bidakomakomeye hamwe n’ibimenyetso bisinzikaza cane (ku bantu basanzwe bafise izindi ngorane z’amagara), abantu benshi bafatwa n’indwara yo guhema nabi idakomeye cane. Ni ngombwa kwibuka ko hariho iyindi migera myinshi ikora mu karere kacu itera indwara zo guhema nabi harimwo n’indwara y’ibicurane. Ntihararengerana kuja kwiteza urushinge rwo kuvura ibicurane.