



Ni iki wakwitega nyuma yo Guhabwa urukingo rwa COVID-19

Urukingo rwa COVID-19 ruzagufasha kwirinda kuba wakwandura COVID-19. Ushobora kugira ubwivumbure bumwe na bumwe bw'umubiri, aribyo bimenyetso bigaragaza ko umubiri wawe uri kubaka ubwirinzi. Ubwo bwivumbure bw'umubiri bushobora kugira ingaruka ku mirimo yawe ya buri munsu, ariko buhita bukira mu minsi mike.

Ubwivumbure bw'umubiri bukunze kugaragara



Ku kuboko aho watewe urukingo:

- Uburibwe
- Kubyimba



Ahandi ku mubiri wawe:

- Umuriro
- Gutitira
- Umunaniro
- Kuribwa umutwe

Inama zagufasha

Niba ufite uburibwe cyangwa utameze neza, vugana na muganga wawe ku byo kuba wafata umuti ugurirwa muri farumasi, nka ibiporofene(ibuprofen) cyangwa asetaminofeni (acetaminophen).



Kugira ngo ugabanye uburibwe cyangwa kutamererwa neza aho watewe urukingo:

- Shyira umwenda usukuye, ukonje kandi utose aho hantu.
- Koresha ukoboko kwawe imirimo cyangwa imyitozo.



Kugabanya kutamererwa neza kubera umuriro:

- Nywa ibintu by'amazi byinshi.
- Ambara imyamabaro yoroheje

Ni ryari wahamagara muganga

Inshuro nyinshi, kutamererwa neza bitewe n'umuriro cyangwa uburibwe ni ikintu gisanzwe. Hamagara muganga wawe cyangwa umukozi utanga serivisi z'ubuzima:

- Igihe aho watewe urukingo harushijeho gutukura cyangwa hakabyimbagana nyuma y'amasaha 24.
- Igihe ubwivumbure bw'umubiri ugaragaza buguhangayikishije cyangwa busa n'aho budakira nyuma y'iminsi mike

Igihe uhawe urukingo rwa COVID-19 ugatekereza ko uri kugira impinduka kumubiri zarwo nyuma yo kuva ahatangirwa inkingo, hita usaba ubufasha bw'ubuvuzi uhamagara 911.

Ibuka

- Ubwivumbure bw'umubiri bushobora kumera nk'ibicurane ndetse bukanagira ingaruka ku bushobozi bwawe bwo gukora mirimo yawe ya buri munsu, ariko buhita bukira mu minsi mike.
- Ku bwoko bwinshi bw'inkingo za COVID-19, ukenera guterwa inshuro 2 kugira ngo zikore neza. Fata urukingo rwa kabiri utewe n'ubwo waba waragize ubwivumbure bw'umubiri uterwa bwa mbere, keretse uwaguhaye urukingo cyangwa muganga wawe ukubujije guterwa urwa kabiri.
- Bifata igihe kugira ngo umubiri wawe wubake ubudahangarwa nyuma yo guhabwa urukingo urwo arirwo rwose Inkingo za COVID-19 zisaba guterwa 2 zishobora kutakurinda kugeza y'icyumweru gishize cyangwa bibiri nyuma yo guterwa urwa kabiri.

