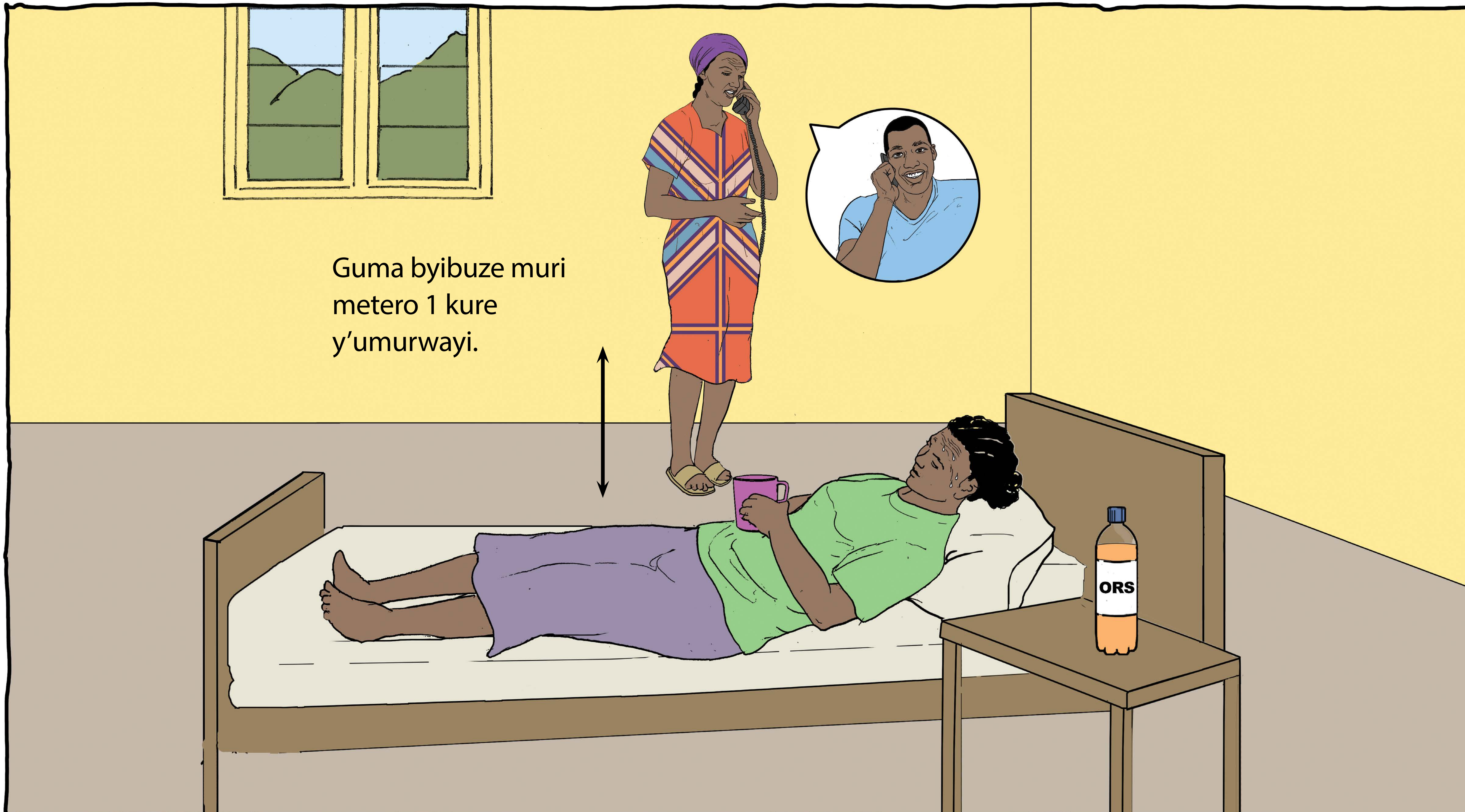
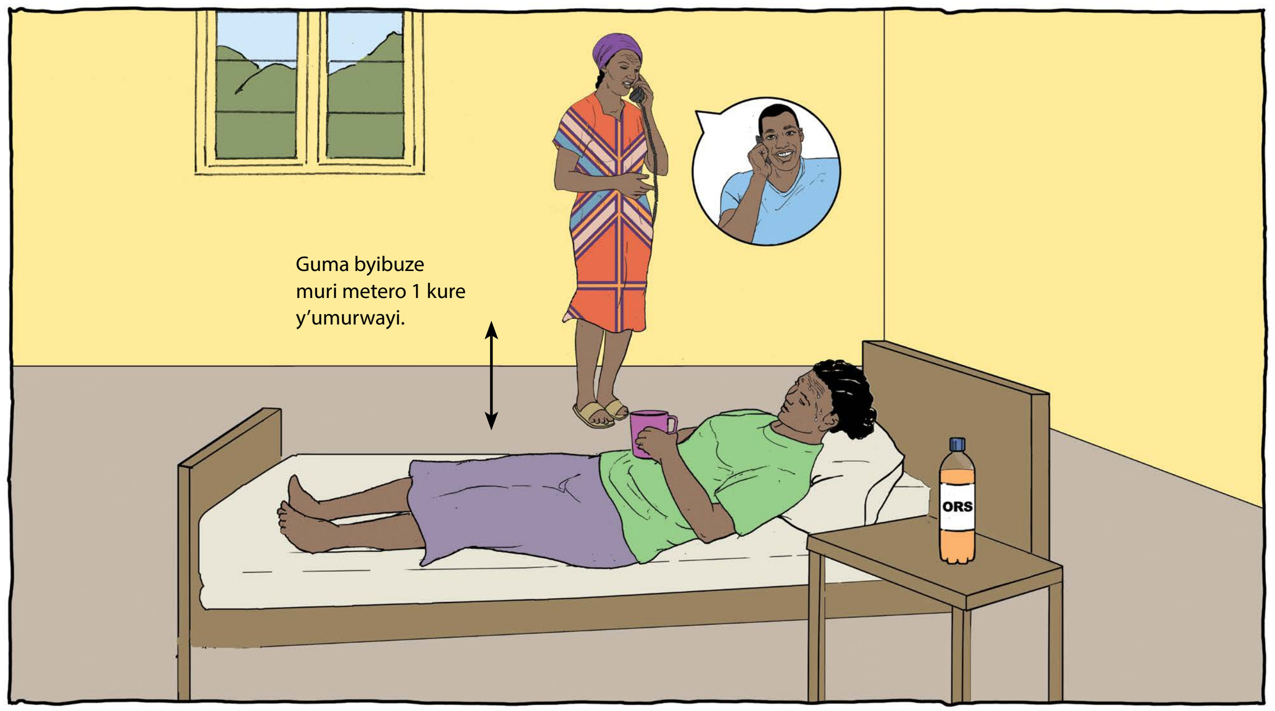
# Kwita ku muntu bikekwa ko arwaye indwara ya Ebola:
# TEKANA IGIHE UTEGEREJE

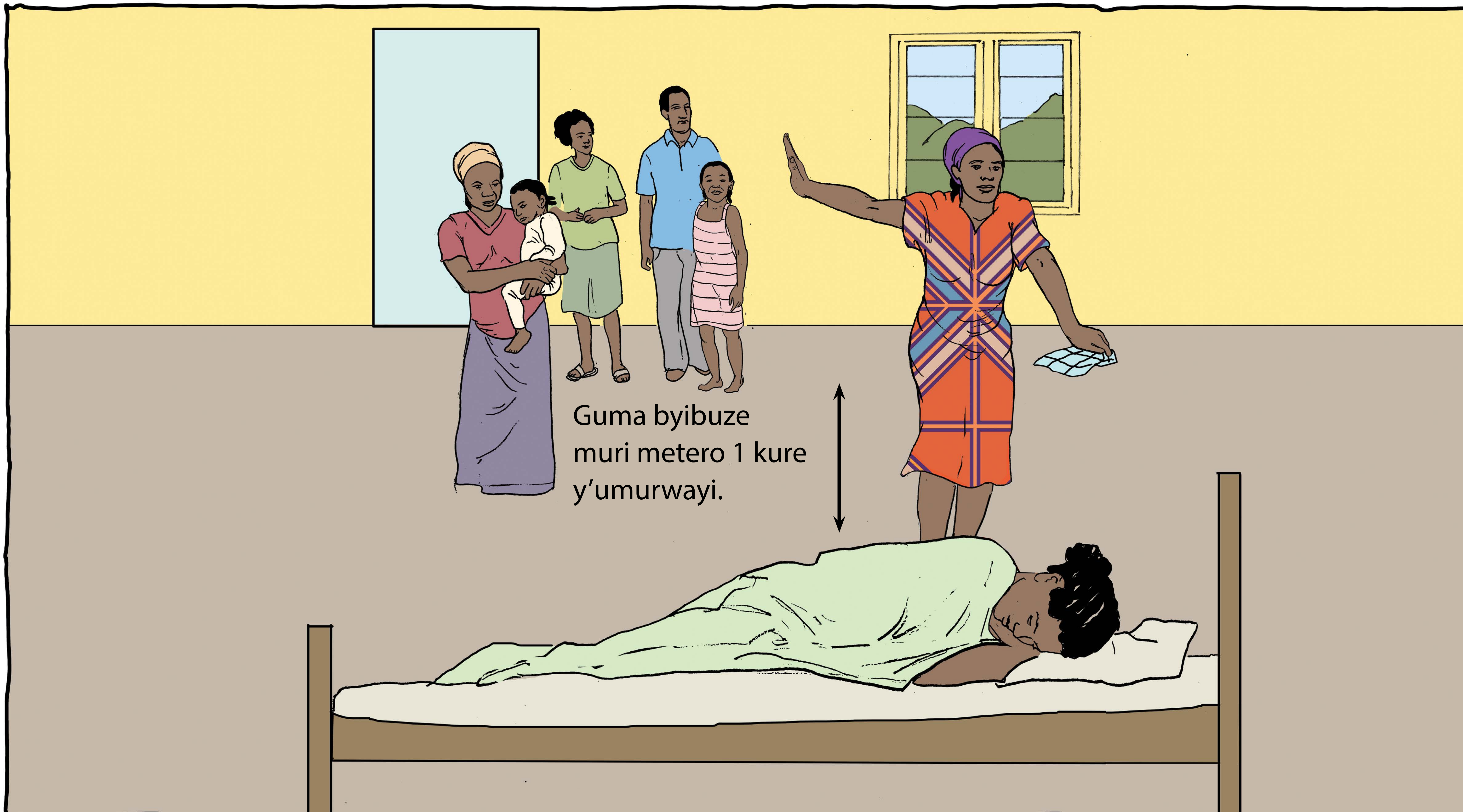
# Kwita ku muntu bikekwa ko arwaye indwara ya Ebola: Tekana igihe utegereje 1






Iyo uwo ukunda bikekwa ko arwaye indwara ya Ebola, hamagara 117 usabe ubufasha. Ntukamukoreho, ntugakore ku maraso ye, cyangwa amatembabuzi yo mu mubiri we (ibirutsi, amabyi, inkari, ibyuya). Mubwire anywe serumu (ORS) cyangwa amazi menshi. Abarwayi banywa serumu nyinshi hakiri kare bafite amahirwe menshi yo gukira.

# Kwita ku muntu bikekwa ko arwaye indwara ya Ebola: Tekana igihe utegereje 2

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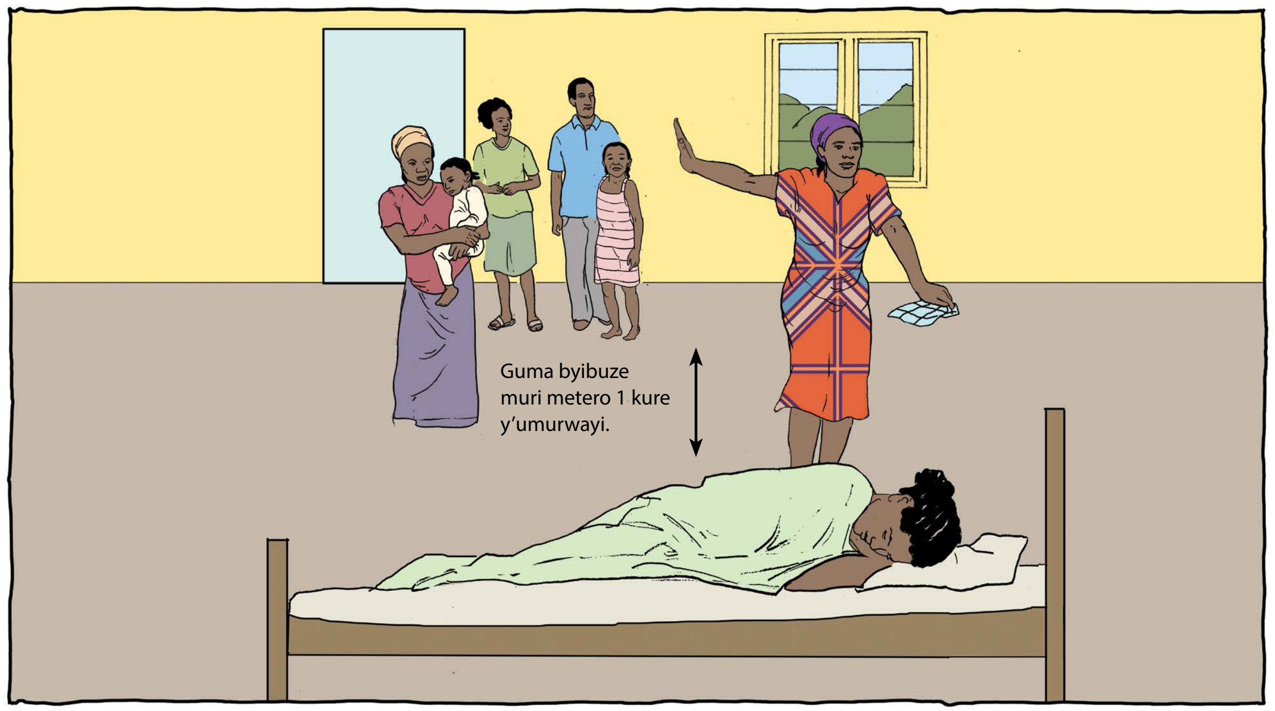
# Kwita ku muntu bikekwa ko arwaye indwara ya Ebola: Tekana igihe utegereje 2




Umuntu umwe gusa niwe ugomba kwita ku murwayi mu gihe ategereje ko ubufasha buhagera. Ntutume abandi bagize umuryango begera cyangwa ngo bamwiteho. Guma byibuze muri metero 1 kure y'umurwayi. Ntugafate ku gikombe umurwayi yanywereyemo. Ongera ibinyobwa mu icupa utarikozeho. Ntugakore ku biryamirwa, amashuka, cyangwa ibindi bintu umurwaye yakozeho arwaye.

# Kwita ku muntu bikekwa ko arwaye indwara ya Ebola: Tekana igihe utegereje 3

Iyo wita ku wo ukunda urwaye, ntukamukoreho, kandi ujye woga intoki zawe kenshi n'isabune n'amazi cyangwa amazi ya kolore, nubwo waba umukozeho. Ambara ibirinda umuntu nk'uturindantoki kandi upfuke uruhu rwose rudapfutse.

# Kwita ku muntu bikekwa ko arwaye indwara ya Ebola: Tekana igihe utegereje 4

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# Kwita ku muntu bikekwa ko arwaye indwara ya Ebola: Tekana igihe utegereje 4

Abarwayi bikekwa ko barwaye indwara ya Ebola bagomba kuvurirwa mu bitaro. Iyo ufite uwo ukunda urwaye, afite amahirwe yo gukira indwara igihe avuriwe ku bitaro. Binafasha kurinda umuryango wawe.