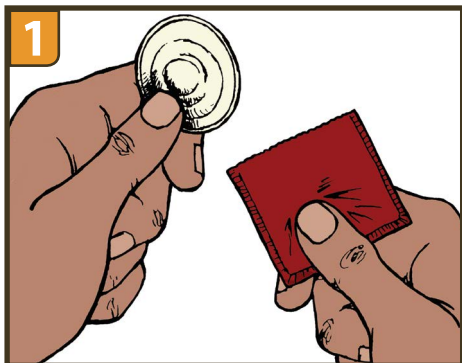


**Iyi yandiko ikubiyemo amashusho yerekana
iby'imibonano mpuzabitsina kandi hari abo itagenewe.**

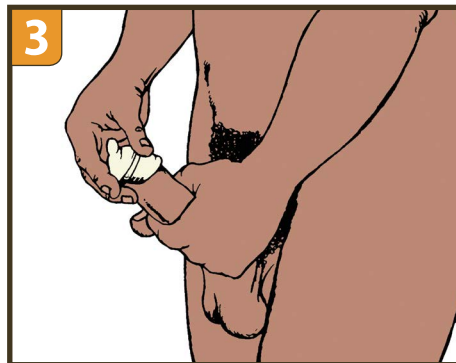
Abakize indwara ya Ebola: Uburyo bwo gukoresha agakingirizo k'abagabo



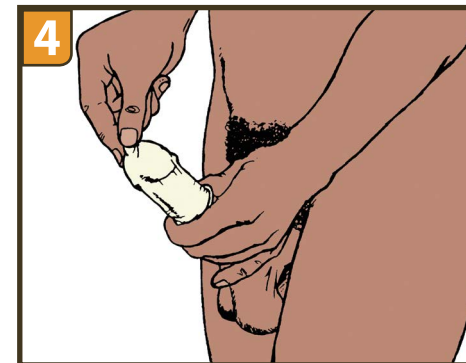
1 Fungura witonze maze uvanemo agakingirizo.



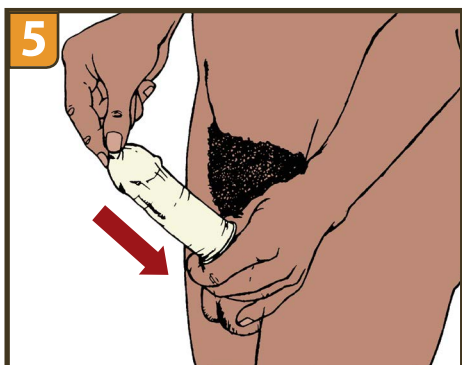
2 Koresha agakingirizo igihe igitsina cy'umugabo cyafashe umurego.



3 Ambika agakingirizo umutwe w'igitsina cy'umugabo.



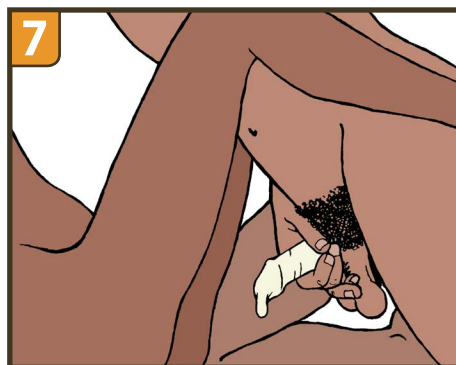
4 Fata ku isonga y'agakingirizo umwuka uvemo.



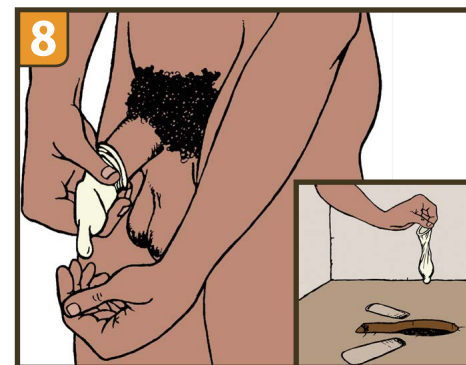
5 Kazingure ukamareyo ugeze aho igitsina cy'umugabo gitereye.



6 Koresha agakingirizo buri uko ukoze imibonano mpuzabitsina.



7 Umaze gukora imibonano mpuzabitsina, uwakize indwara agomba gufatira agakingirizo hasi aho igitsina cy'umugabo gitereye agikura mu gitsina cy'umugore.



8 Uwakize indwara agomba kwambura agakingirizo ukakajugunya.

- Umaze gukora imibonano mpuzabitsina, **uwakize** indwara ya Ebola ni we wenyine ugomba gukora ku gakingirizo.
- Umaze gukora ku dukingirizo twakoreshejwe, ukaraba intoki zawe n'isabune n'amazi mu masegonda 40-60. Ushobora gukoresha arukoro ikoresheya mu gusukura intoki mu masegonda 20-30 niba isabune n'amazi bidahari. Niba intoki bigaragara ko zanduye, koresha isabune n'amazi.
- **Ntuzigere** wongera gukoresha udukingirizo twakoreshejwe. **Ntuzigere** ukoresha udukingirizo tubiri icyarimwe.
- Niba kimwe mu bimenyetso by'indwara ya Ebola bigaragaye mu minsi 21 nyuma yo guhura n'intanga z'umugabo wari urwaye indwara ya Ebola, **shaka uko wahita uvurwa**.

Gukoresha udukingirizo ni ingenzi kubera ko indwara ya Ebola ishobora gusigara mu ntanga mu gihe kirenze umwaka.

U.S. Centers for Disease Control and Prevention