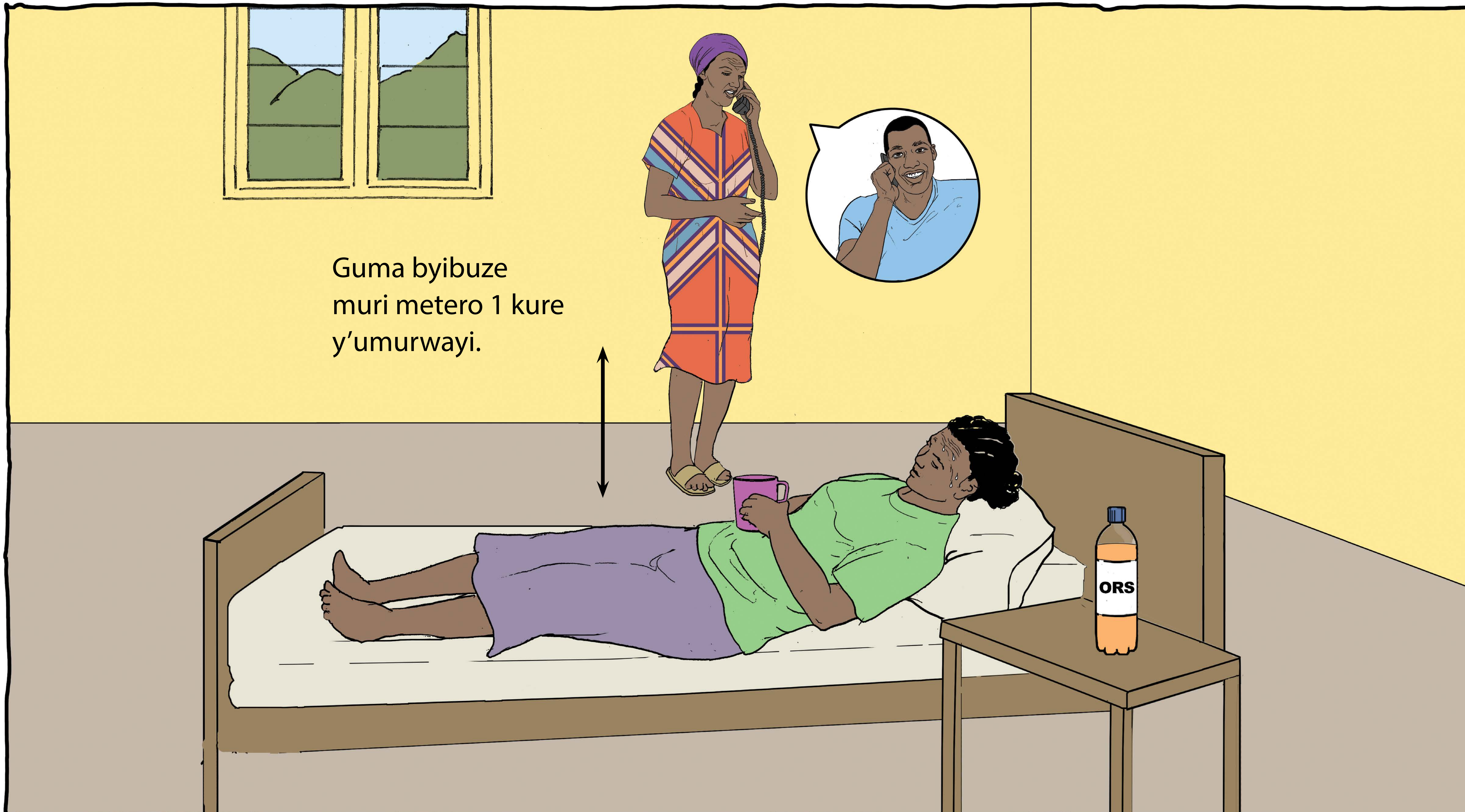
Vurwa hakiri kare indwara ya Ebola

CS295702-E Kinyarwanda

Vurwa hakiri kare indwara ya Ebola 1



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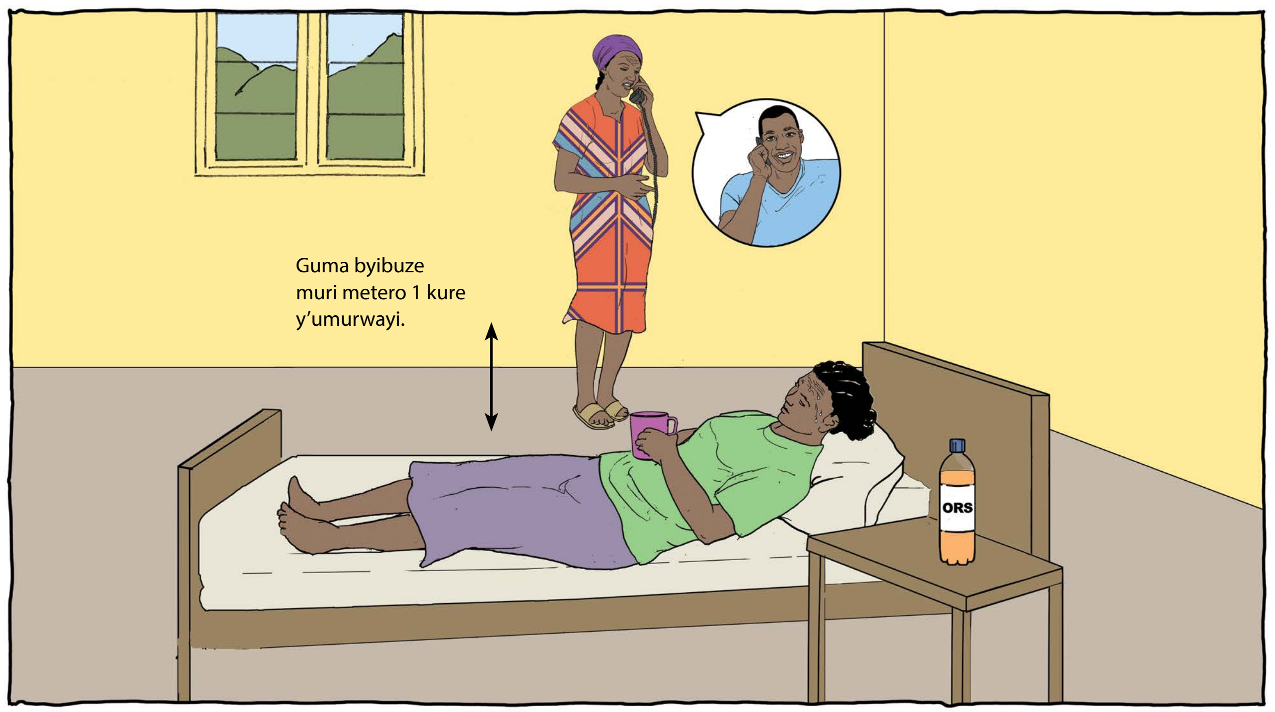

Iyo uwo ukunda bikekwa ko arwaye indwara ya Ebola, urahamagara ugasaba ubufasha. Ntukamukoreho, ntugakore ku maraso ye, cyangwa amatembabuzi avuye mu mubiri we (ibirutsi, amabyi, inkari, ibyuya). Mubwire anywe serumu cyangwa amazi menshi. Abarwayi banywa serumu nyinshi mbere bafite amahirwe menshi yo gukira. Ntugafate ku gikombe umurwayi yanywereyemo. Ongera ibinyobwa mu icupa utarikozeho. Karaba intoki zawe kenshi igihe utegereje ubufasha.

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Niba ufite uwo ukunda urwaye, imbangukiragutabara ni bwo buryo butekanye bwo kumujyana kwa muganga. Ntugatege tagisi cyangwa izindi modoka rusange. Niba uwo ukunda yajyanwe ku bitaro hakiri kare, aba afite amahirwe menshi yo gukira indwara ya Ebola. Binafasha kurinda umuryango wawe.

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Uwo ukunda abona hakiri kare imiti yamuvura neza agiye ku bitaro. Ahabwa serumu nyinshi n'imiti ivura umuriro n'ibindi bimenyetso. Ku bitaro, umukozi ukora mu by'ubuvuzi wambaye ibimurinda yita ku barwayi mu buryo butekanye, kurusha uko bakwitabwaho bari mu rugo.

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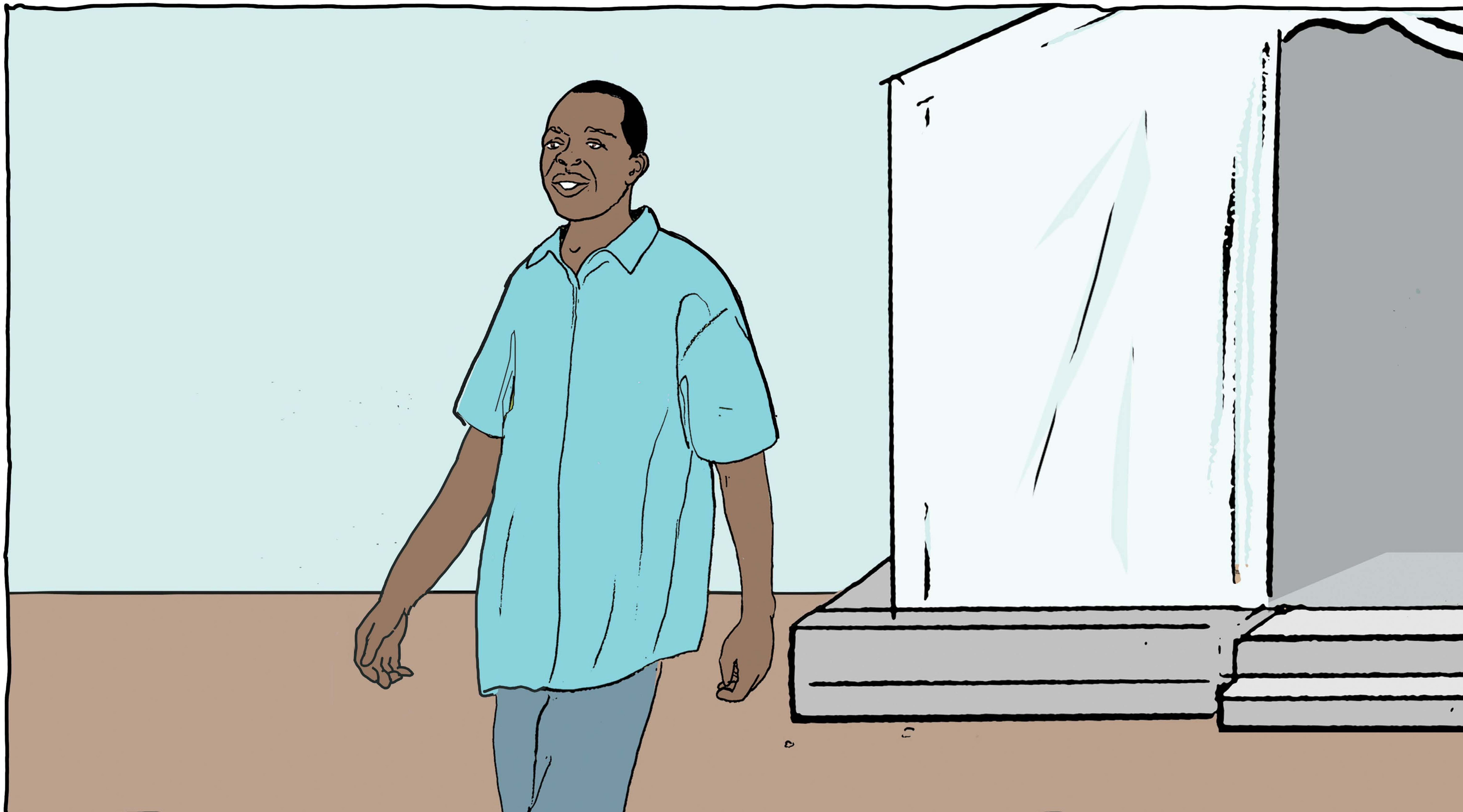

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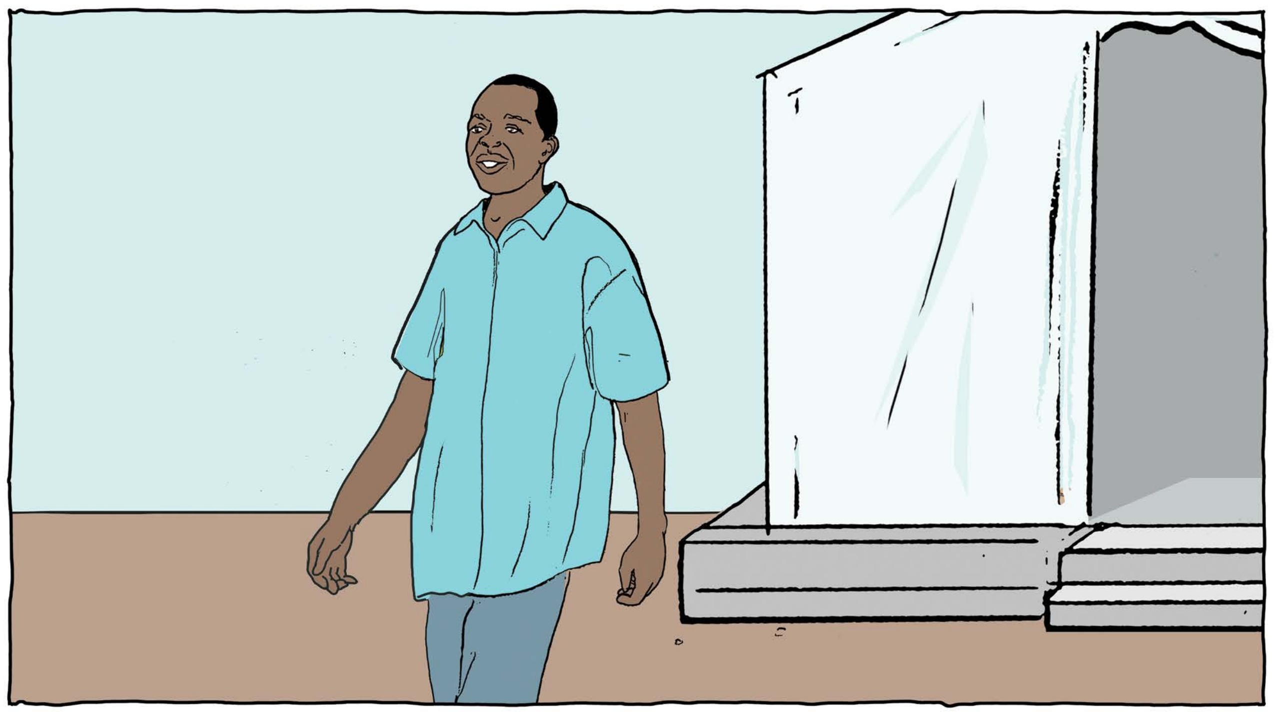

Uwo ukunda afite amahirwe menshi yo gukira indwara ya Ebola iyo avuwe hakiri kare, ibimenyetso bikimara kuboneka.