

Intambwe zo kwirinda indwara ya Ebola mu gihe utegereje ubufasha



Ukwiye kwibuka ibintu bitatu



Nta gukora ku murwayi



Ugomba gushyira mu kato umuntu urwaye



Hamagara usabe ubufasha

Niba utekerezze ko umuntu arwaye indwara ya Ebola, Hamagara usabe ubufasha



Hamagara usabe
ubufasha bwo kujyana
umurwayi ku bitaro



Tegereza imbangukiragutabara.
NTUGATEGE tagisi
cyangwa moto

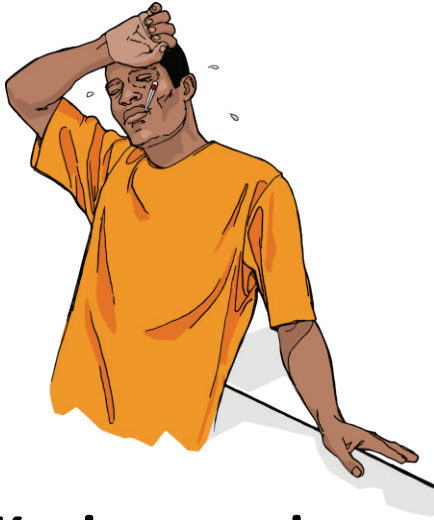


Umurwayi azitabwaho neza
kandi ahabwe n'imiti mu bitaro



Kwitabwaho hakiri kare mu bitaro bishobora
gufasha umurwayi gukira indwara ya Ebola

Ibimenyetso by'indwara ya Ebola



Kugira umuriro bitunguranye



Kumva unaniwe



Kuribwa umutwe



Kuribwa mu mubiri



Kuruka

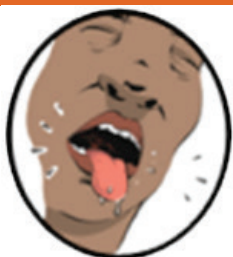


Guhitwa



Kwipfundika kw'amaraso no kuva amaraso bitasobanutse

Amatembabuzi yo mu mubiri



amacandwe



ibyuya



ibirutsi



amarira



amabyi n'inkari



ibimyira



amaraso



intanga

Ni gute abantu bandura indwara ya Ebola?

Indwara ya Ebola ikwirakwira biturutse mu gukora ku maraso cyangwa amatembabuzi yo mu mubiri by'umuntu uyirwaye cyangwa wishwe nayo.

Umuntu wapfuye



Ibintu umurwayi yakozeho



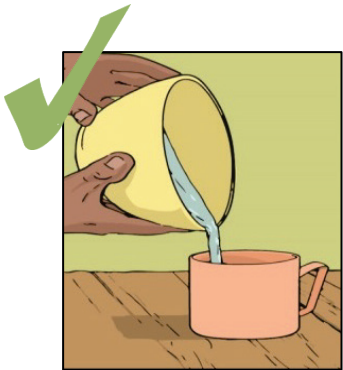
Mu gihe utegereje, wita ku murwayi “Utamukozeho”



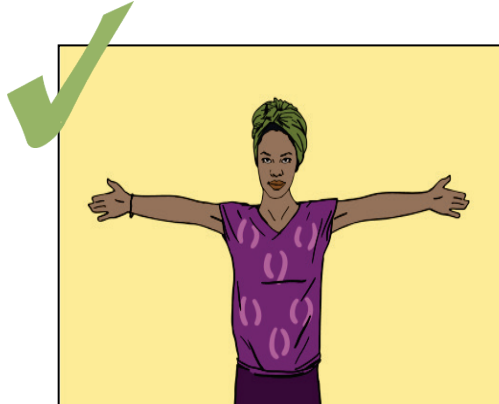
HITAMO
umuntu
umwe wo
gufasha
umurwayi



HARIRA umurwayi
ibye. Ha umurwayi
imyenda ye,
uburingiti bwe,
n'ibyo kuriraho
n'aho ashira
imyanda



SUKA ibinyobwa
cyangwa ushyira
amafunguro mu
gikombe cyangwa
isahani utabikozeho,
utabiteruye,
cyangwa ngo
ubyimure



SHYIRA buri wese
muri metero imwe
(urambuye
amaboko yombi)
yitaruye umurwayi

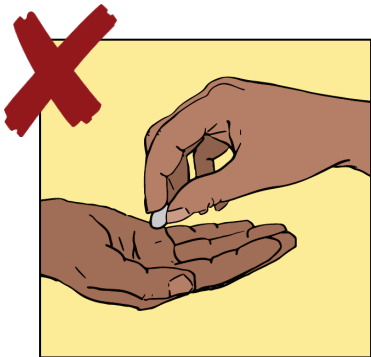
Mu gihe utegereje, ntugakore ku murwayi



NTUGAKORE ku
muntu wapfuye.
Hamagara usabe
ubufasha



NTUGAKORE
ku bintu
by'umurwayi

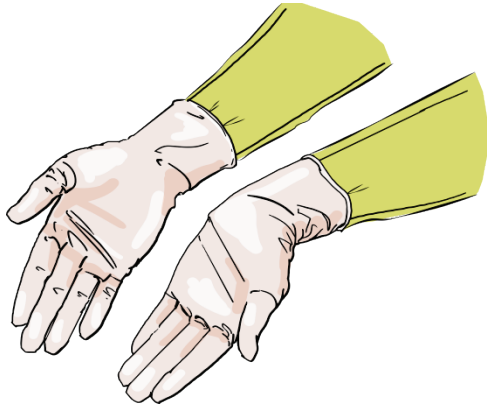


NTUGASHYIRE
ibinini mu ntoki
cyangwa mu
kanwa
k'umurwayi



NTUKAREBE
umurwayi. Guma ku
ruhande cyangwa
inyuma ye

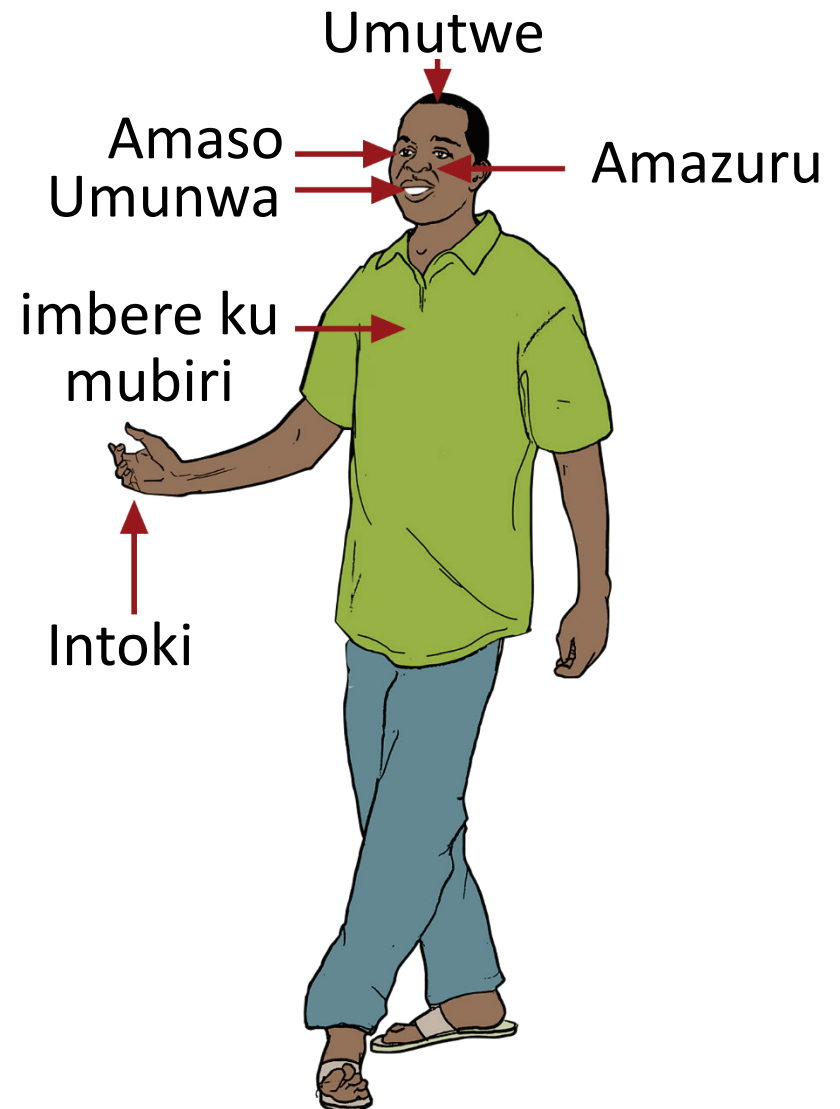
Niba ugomba kumukoraho, ambara ibikurinda



Niba ugomba gukora ku murwayi, amatembabuzi yo mu mubiri ye, cyangwa ibintu umurwayi yakozeho, ugomba kwirinda.

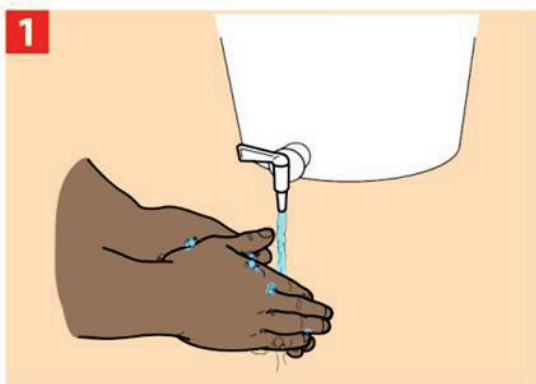
- Icyitonderwa: Buri gihe ujye uvanamo unajugunye uturindantoki twakoreshejwe. Ntukongere gukoresha uturindantoki twakoreshejwe.

Ni gombwa gukingira:



Uko wakaraba intoki zawe

- Karaba intoki zawe ukoresheje isabune n'amazi mu masegonda 20-30.
- Igihe isabune n'amazi bidahari, koresha imiti isukura intoki cyangwa amazi arimo kolore.
- **Niba intoki zawe bigaragara ko zanduye**, koresha isabune n'amazi kugira ngo ukarabe intoki zawe mu masegonda 40-60 (imiti isukura intoki ntiyabikora).



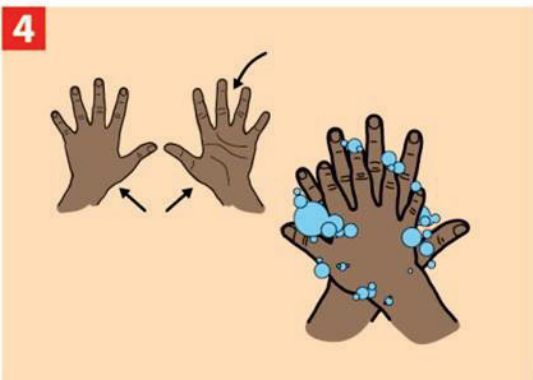
Oroshya intoki ukoresheje amazi.



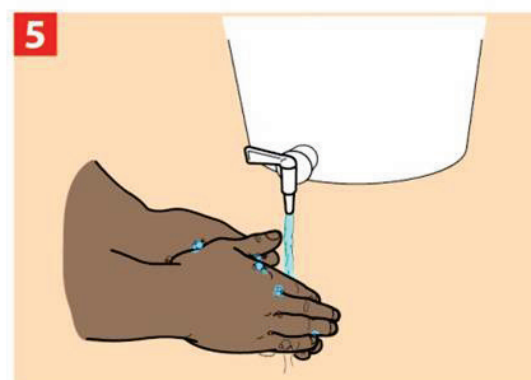
Siga isabune ibice byose bigize intoki.



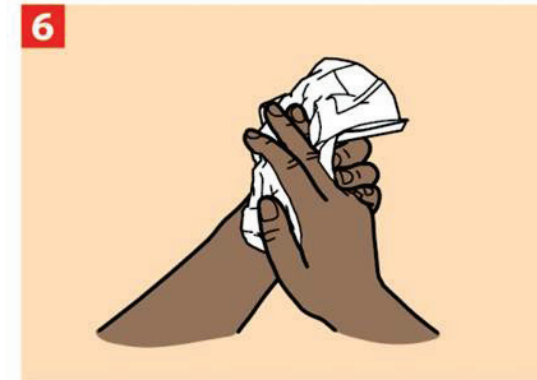
Tsirima intoki ziri kumwe maze ukube ibice byose.



Karaba imbere n'inyuma ku ntoki no hagati y'intoki.



Unyuguza intoki ukoresheje amazi.



Umutsa intoki neza ukoresheje isume ikoreshewa rimwe cyangwa uzireke zumutswe n'umuyaga.

Karaba intoki zawe ukoresheje isabune n'amazi

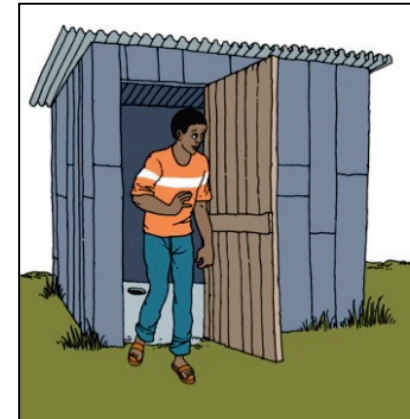
Nyuma



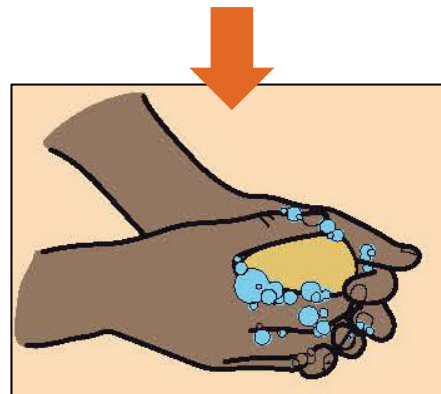
Gufasha umurwayi,
mbere yo kuva
aho ari



Gusukura



Yo gukoresha
umusarani



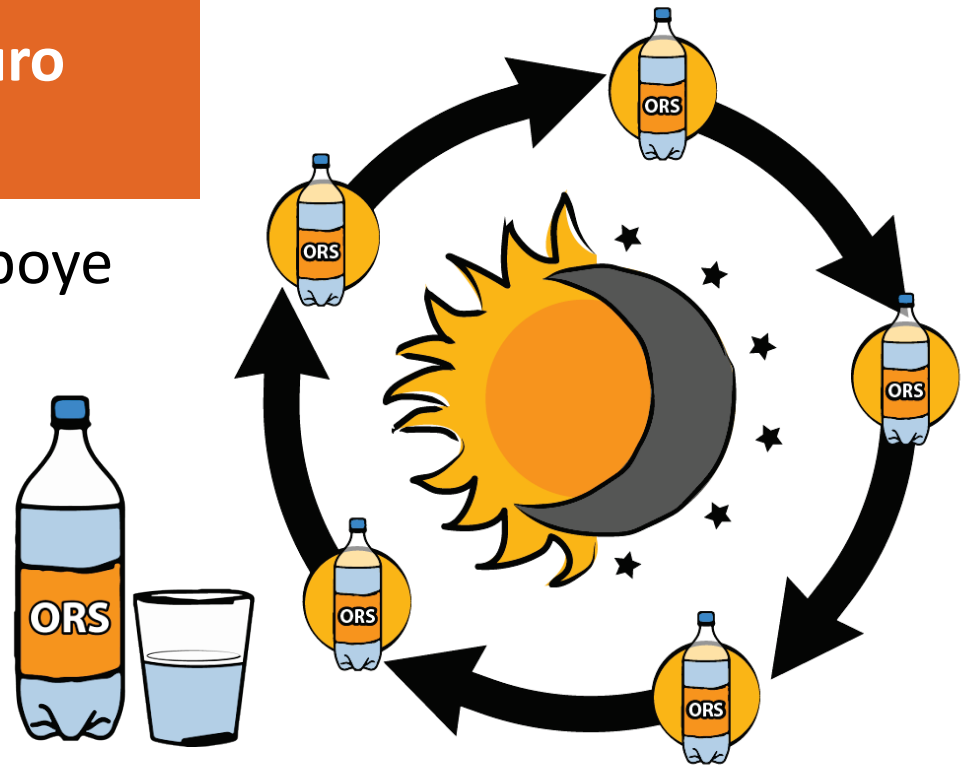
Gutanga serumu (ORS) Bikiza ubuzima

- Tanga serumu ibimenyetso by'indwara ya Ebola bikimara kugaragara

- **Serumu igomba gutangwa inshuro nyinshi ku manywa na nijoro**

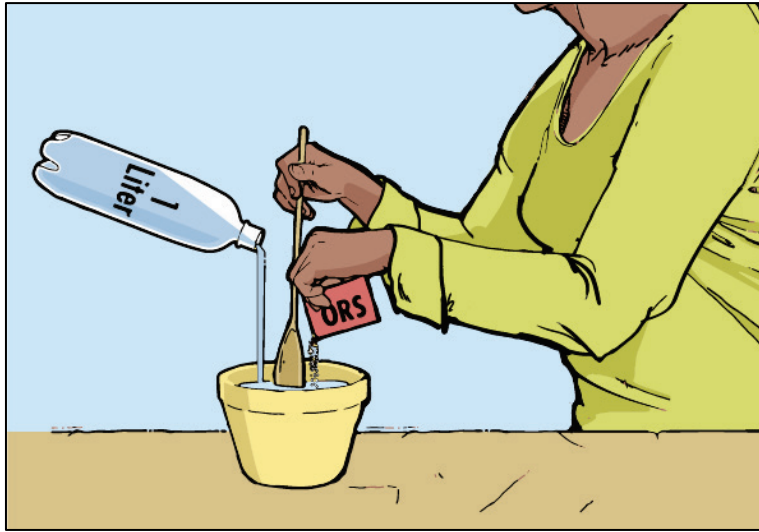
- Ha umurwayi serumu yose ashoboye kunywa

- Niba ukeneye guha umuntu serumu, ambara uturindantoki kandi ntukore ku murwayi cyangwa ibintu bye
- Guma ku ruhande kandi ntukajye imbere y'umurwayi
- Niba ari muto cyangwa afite intege nke, ushobora gukenera kumuha serumu ukoresheje ikiyiko
- Abakuru barwaye bakenera litiro 5-12 za serumu ku munsu



- Hagarika serumu igihe aretse kuruka no guhitwa

Gukora no kubika serumu



Vanga ipaki 1 ya serumu
na litiro 1 y'amazi meza

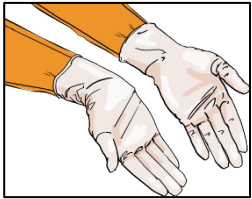


Suka serumu mu gikombe
cy'umurwayi **udakoze** ku
gikombe

- Bika serumu itakoreshejwe mu gikoresho gipfundikirwa
- Buri uko umunsi urangiye ujye ujugunya serumu itakoreshejwe.

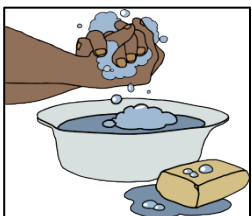
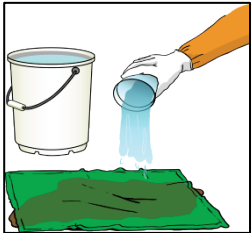
Niba ugomba gukora isuku: Uburyo bwo guhanagura amatembabuzi yo mu mubiri n'imyanda

Intambwe zo gusukura no gutuma amatembabuzi yo mu mubiri atanduza indwara



1. Pfuka uruhu rwawe, by'umwihariko intoki zawe. Ambara uturindantoki niba udufite.
2. Shyira isume yumye hejuru y'ahari umwanda
3. Suka umuti urimo kolore nyinshi (5%) ku isume.
4. Hanagura ahari umwanda n'isumye itose.
5. Ukoresheje **indi sume**, tuma ahari umwanda hatanduza indwara ukoresheje umuti urimo kolore. Tegereza iminota 15
6. **Hanagura intoki zapfutswe (ucyambaye uturindantoki) ukoresheje umuti urimo kolore**, maze wongere ukarabe intoki wakuyemo uturindantoki ukoresheje isabune n'amazi.

Witonde ntukuremo uturindantoki uhubutse. Tuvanemo buhoro witonze.



Uko wavanaho imyanda



- Niba ugomba kuyivaniraho, yitwike

Ukwiye kwibuka ibintu bitatu



Nta gukora ku murwayi



Ugomba gushyira mu kato umuntu urwaye



Hamagara usabe ubufasha