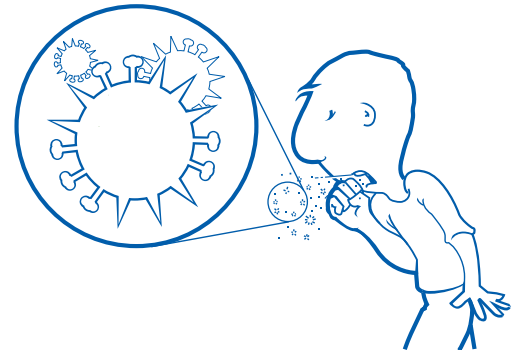


Ibicurane

Ibicurane n'iki?

Ibicurane ni indwara iterwa n'imigera. Ibicurane bishobora gutuma umuntu akorora, akumva mu muhogo hafunganye kandi akagira ubushuhe burenze. Birashobora gutuma na none umuntu agira gufungana mu mazuru, uburuhe, kuribwa umubiri wose, canke kugira ibimenyetso byo kutiyumva neza. Ibicurane biza buri mwaka cane cane mu gihe c'imvura canke c'impeshi muri Amerika. Abantu b'imyaka yose barashobora kwandukizwa ibicurane, kuva ku bana batoyi, abakuze kugeza ku batama.



Ibicurane mu bantu

Abantu barandukizwa ibicurane muri Amerika?

Ego. Umugera wandukiza ibicurane ukwirakwiye kw'isi yose. Muri Amerika, ibicurane bikunda kuza mu mezi y'imvura no mu y'impeshi. Abantu benshi bandukizwa ibicurane buri mwaka. Ibicurane kandi biboneka mu bindi bice vy'isi. Mugabo igihe ibihe vyavyo biratandukanye uvuye mu karere uja mu kandi.

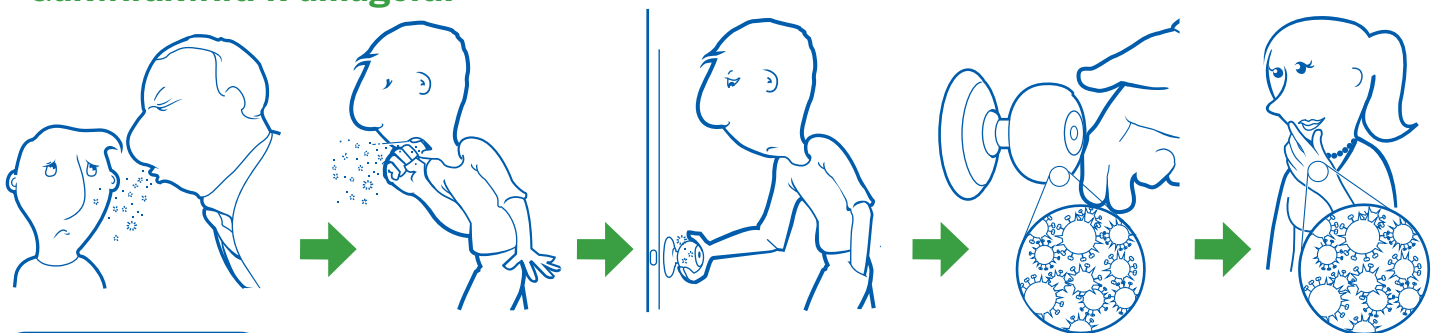


Ni gute abantu bakwirakwiza ibicurane?

Abantu bafise ibicurane bashobora gubikwirakwiza mu gukorora canke kwitsemura. Utuzi dukeyi dusohotse mu gihe umurwayi yitsemuye, akoroye, canke avuze dushobora kugwa mu kanwa k'uwundi muntu ari hafi ye.

Utu tuzi dushobora no kwinjira mu bihaha. Abantu barashobora kwandukizwa ibicurane bikoze ku munwa canke ku mazuru bamaze gukorakora ikintu kiriko umugera nk'urugi, ameza canke intoki z'umuntu yandukijwe.

Gukwirakwira k'umugera:

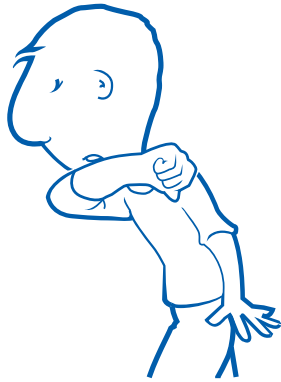


Womenya gute ko wandukijwe ibicurane?

Ibimenyetso vy'ibicurane:



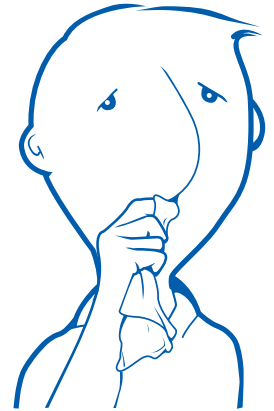
Umuriro



Gukorora



Kubabara mu muhogo



Gufungana mu mazuru



Kugira intege nkeyi canke kumva unaniwe gusumba ibisanzwe



Kubabara umutwe



Kugira imbeho



Kubabara bw'umubiri wose

Ibindi bimenyetso 2 bidasanze birimo:



Kudahwa

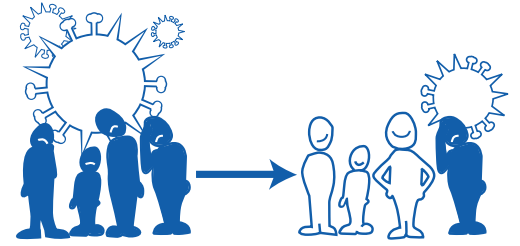


Gucibwamo

Umuntu uwo ariwe wese ufashwe n'ibicurane ntagira ivyo bimenyetso mu gihe kimwe. Abantu bamwe bagira ibicurane ariko ntibagire umuriro. Abantu benshi bandukizwa ibicurane bagakira batarinze kuja kwa muganga canke kunywa umuti.

Abantu barwaye ibicurane bamererwa gute?

Abantu bamwe bararwa ra rwose mugabo abandi ntibarwara cane. Abantu benshi barwara barakira batarinze kuja kwa muganga cane kunywa imiti. Mugabo, abandi bantu bashobora kwandura ibicurane bakagwara cane kugeza no gupfa. Benshi mu barwara cane ni abafise hejuru y'imyaka 65 canke bafise ingorane z'ubugwayi nka asima, igisukari, indwara z'amafyigo, abagore bibungenze. Abana bafise muni y'imyaka 5 nabo barakarigwa n'ibicurane.



Ni mugihe kingana gute umuntu agwaye ibicurane ashobora kwandukiza umugera abandi bantu?

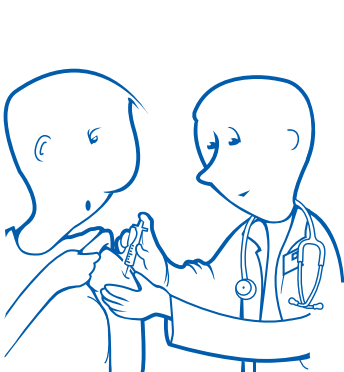
Abantu benshi bashobora kwandukiza ibicurane kuva ku muni wa mbere wo kugaragaza ibimenyetso kugeza ku muni 5 - 7 nyuma y'ibimenyetso. Abantu baremye cane canke abana batoyi bashobora kumarana ibicurane igihe kinini.

	①	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

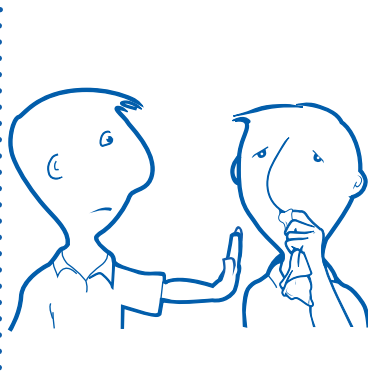
Gukingira no guvura

Nokora iki kugira nikingire kwandukizwa ibicurane?

CDC (ikigo kijejwe gukurikirana indwara) gitanga impanuro zikurikira mu kurwanya ibicurane:



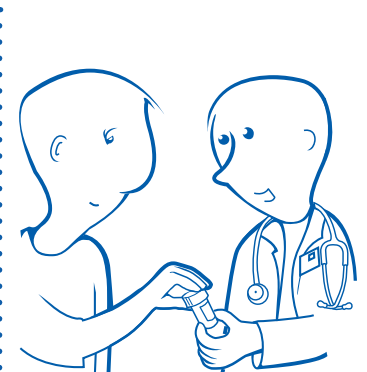
Urucandago



Kutegera hafi y'abantu bandukijwe.



Kunaba intoki buri gihe n'isabuni n'amazi ashushe. Mu gihe wobura amazi n'isabuni, koresha agatambaro gafise alukoro.

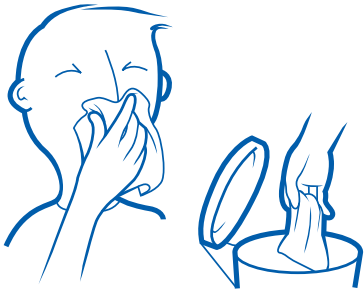


Fata imiti nk'uko vyanditswe na muganga.

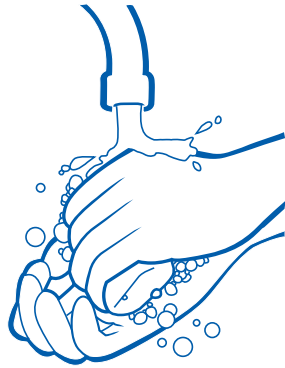
IBICURANE

Ibicurane na we

Buri muni gira ingeso zo gukingira amagara yawe hamwe n'ay'abandi:



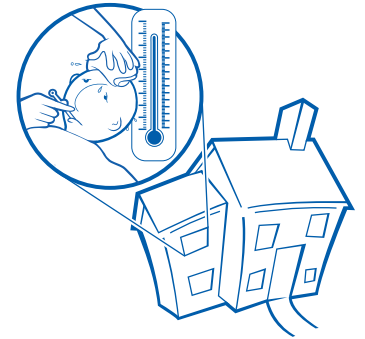
Funga amazuru n'agatanbaro canke n'ukuboko igihe ukoroye canke witsemuye. Ta agatambara aho bata imicafu umaze kugakoresha.



Naba intoki buri gihe n'amazi n'isabuni. Niwaba nta mazi ufise naho, ihanaguze agatambara kariho alukoro.



Ntiwigere wikora ku maso, ku munwa canke ku mazuru kuko niho kwandukizwa biva.



Niwoba ufite ibimenyetso vy'ibicurane, guma mu rugo kugeza amasaha 24 umuriro umaze gushira.*

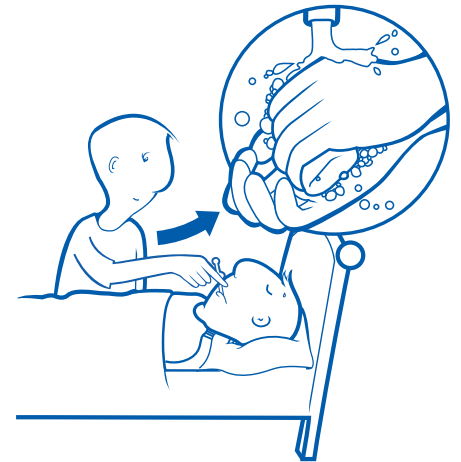
**Umuriro ushobora kugabanuka udakoreshejwe umuti wategekanyijwe. Kuguma muhira navyo bisigura ko utegerezwa kuguma mu nzu kereka igihe woba ugiye kwa muganga canke kugura umuti. Irinde kwegerana n'abandi bantu kugira utabanduza.*

Mu gihe c'ibicurane, witegure ko ushobora kubigwara ukaguma mu rugo iminsi mike. Tegura imiti yo kwifashisha, agatambara kariko alukoro, agatambara ko gukora isuku n'ikindi kintu cose wokenera kugira udasohoka mu gihe wagwaye. Niwaba mu vy'ukuri ugwaye cane canke ufise izindi ngorane z'amagara, hamagara umuganga wawe. Azokubwira niba ukeneye gupimwa ibicurane, umuti canke kwitabwaho.



Ndashobora kuja ku kazi mu gihe mfise umugwayi w'ibicurane mu rugo?

Abantu batagwaye ariko bafise umuntu mu muryango agwaye ibicurane barashobora kuja ku kazi bisanzwe. Kurikiza impanuro zimwe nko kunaba intoki n'isabuni n'amazi ashushye. Udashoboye kubona amazi n'isabuni koresha agatambara karimo alukoro. Koresha izi ngingo kugira wikibgire kwandukizwa ibicurane n'umuntu abirwaye mu muryango.

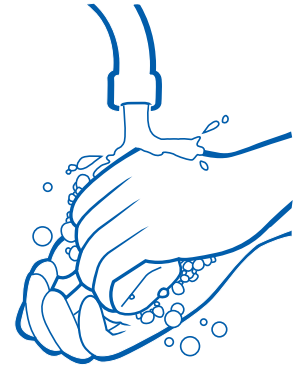


Ni iyihe nzira nziza yo kunaba intoki mu kwirinda umugera?

Kunaba iminwe bizogukingira cane kutandukizwa umugera. Mu gihe unaba iminwe:

- Koresha isabuni n'amazi ashushye.
- Naba intoki hagati y'amasegonda 15 na 20.

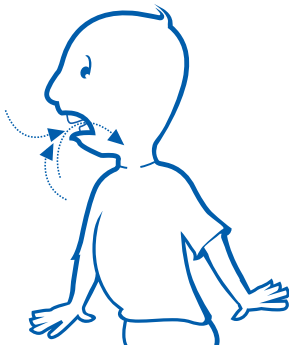
Udashoboye kubona amazi n'isabuni koresha agatamara karimo alukoro. Mu gihe ukoresha ako gatambara, hanagura intoki zawe ukoresheje ikintu kugeza zumutse.



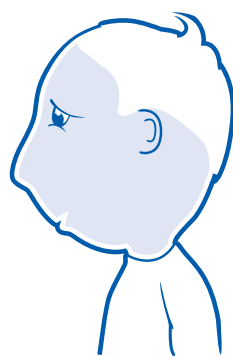
Hamwe wewe canke umuntu uzi mwokwandukizwa kandi mukabonekako ibi bimenyetso, ja kwa muganga **N'INGOGA**:



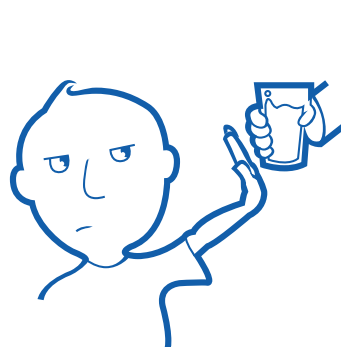
Mu bana:



Guhema vuba vuba canke kugira ingorane mu guhema:



Kweruruka urukoba



Kutanywa ibyo kunywa bikwiye



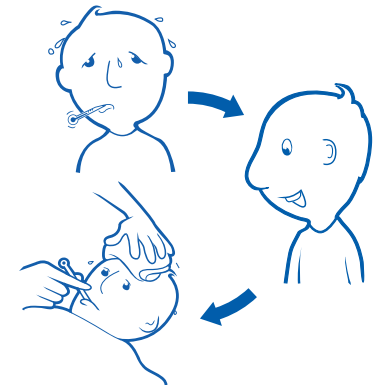
Kudahwa umwanya munini



Kutabyuka no kutaganira n'abandi



Umwana gufatura gushika aho adashaka umuterura



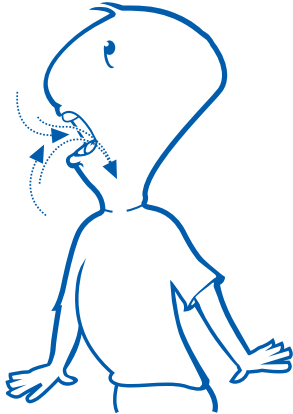
Ibimenyetso vy'ibicurane biragabanuka ariko bikazogarukana n'umuriro no gukorora cane

Mu inzoya:

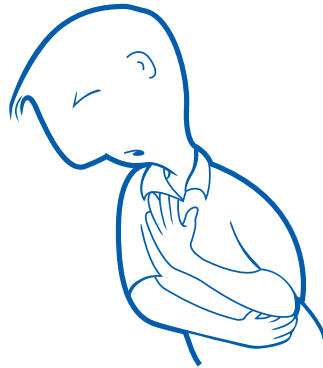
Utagerezwa na none kwihwza ibi bimenyetso:

Kudashobora gufungura, kudakorora amosozi kandi ariko ararira no gukoresha ibitambara bike vyo guhanagura umwana.

Mu bakuze:



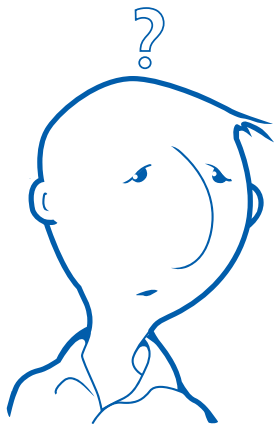
Ingorane mu guhema canke guhema mu kanya gato



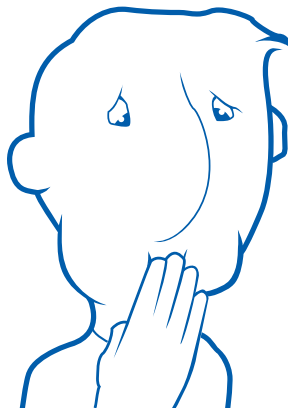
Kubabara mu gatuza canke mu mushishito



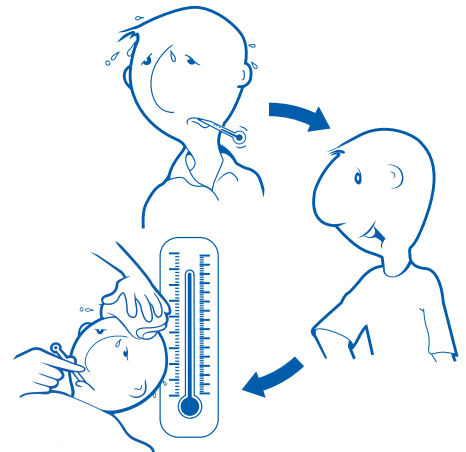
Kumva ikizunguzungu



Guta umutwe



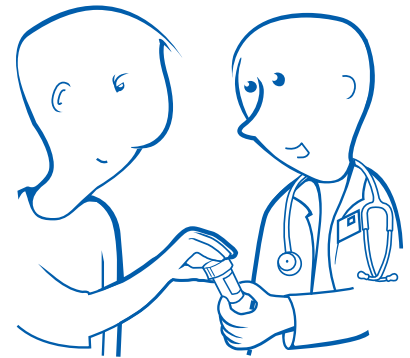
Kudahwa bidahera



Ibimenyetso vy'ibicurane biragabanuka ariko bikagarukana n'umuriro no gukorora cane

Hoba hariho imiti yo kuvura ibicurane?

Ego. Imiti yandikwa n'abaganga yitwa imiti yo kuvura umugera ishobora kuvura ibicurane. Mu gihe ugwaye, iyi miti irashobora gutuma utora mitende no korosha ibicurane. Abantu benshi bagwara ibicurane bakira batarinze kunywa imiti. Mugabo, ushaka gutora mitende vuba, umuganga wawe arashobora kukwandikira imiti y'umugera.



Ukeneye amakuru asumbirije hamagara CDC info kuri uyu nurongo 1-800-CDC-INFO (232-4636) canke urabe kuri uyu murongo wa interinete www.cdc.gov/flu.