



THE REPUBLIC OF UGANDA  
MINISTRY OF HEALTH

# MPOX

## EBYAGHUTHOLERE ERIMINYA

Mpox (obwathwabya thukahulhamo Monkeypox) nibulhwere obw'akahuka akakabanika omwa'bisoro ebyomwali (akahuka aka'kalabira abandu erilwa omwa'bisoro) ebikabanika omwa'misithu eya ahakathikathi haghuma n'ebulengeralyuba lyekyihugho Africa Kandi obukathwalhawa omwa'bindi bitsewaka.

Mpox bukaleshawa n'akuhuka. Obuminyikalhu bwabu obukalhangirawa bulinga obuminyikalhu obwe' ebotole (smallpox), aliriryo isibunene kutsibu.

### Obuminyikalhu obukalhangirawa n'obuthelhangirawa:

- Ebitole okwa'mubiri Omubiri Erihuhana Omumeru eryaka nerisesa Omuthwe erilhuma Omubiri erilhuma Omughongo erilhuma Akaghalha erikeha Eribimba



lye'esymburamwanya omwa' bikya, amasakarwa, kutse omwa'mawa,

### Buka' sighalira buthi?

- Omundu okwa mundu erithulhanaku:
  - Eriseghera hakuhi kutsibu okwa bironda haghuma namaghetse awakalwa omwamubiri.
  - Erihumula omuka' owalimo'obuhuka.
  - Eritherana omwanjingo
  - Ebindu ebyabirithulwako nge... esyanginzu, esya tattoo, amasiti, esyo'njimba, ebyeririraku, haghuma nobu dole obwa' bakakolesaya omwa myatsi yenjingo, nebindi nebindi.
- Mpox bukalhabira abandu erilhaba omwi seghera kutsibu hakuhi n'omundu oyulhwere kwehi ekyisoro kwehi ekyindu ekyabirithulwaku.

### Nibandu bahi aba'singamirirye okwihambwa Mpox?

Abandu abali hakuhi n'abakoni aba Mpox, omuli.. abakakesya haghuma nabu omwanyumba haghuma n'abaraghane babu. (Irihiraku abakayighulhaya)

Abandu abakatwanira abakoni b'obulhwere bw'ebithole isibalikolesaya ndeke ebyambalhu ebikabalinda

Abandu abaka'higha, I bitha, abakaghulaya enyama, haima na'batsumbi abe'bisoro bino; obusindi, esyambeba, emisusa haghuma ne'syongende

Abandu aba'kakolera omwamyanya eya'bakalengeserayamu ebindu muthina muthina isibali'kolesaya ndeke ebyambalhu ebikabalinda

Abana, abakule haghuma nabu abaluhire habwa erithunga esindi' ndwalha omwamaghalha wabu.

Abandu abawithe abaraghane banene kwehi abakatherana n'abaraghane abathasibwe

Nomukyine Indi abandu balebe nibo basingamirirye kutsibu okwilhaba abandi, nikyomughaso eribuka thuthi omundu ghosi ghosi, e'hosi hosi, anganahambwa Mpox.

**Habwa eryanza eriminyanya omwatsi munene, wuhikerere ekyaghandanda ekye byamaghalha okwa namba eyithe yerithuhira eya: 0800100066 kwehi wuthume obuthumwa bukuhi okwa namba eyithe yerithuhira eya U-Report okwa 8500**

### Wangalinda ghuthi obuyingo bwaghu okwihambwa?

- Wuyirinde eriseghera kutsibu hakuhi, (obusu okwa busu, mubiri okwa mubiri, obunu okwa bunu) n'abandu ababiriminyererwa indi bawithe Mpox kwehi abawithe obuminyikalhu obukalhangirawa n'obuthelhangirawa obwa'Mpox.
- Wuyirinde erihamba kwehi erighabana ebindu by'omundu nge:- amasiti, ebiyiswiko, esyanjimba, esyasimu, kwehi ebindi bindu by'omundu oyuwithe obuminyikalhu obukalhangirawa n'obuthelhangirawa ob'Mpox.
- Wuyirinde eriseghera hakuhi n'e bisoro byosi eby'omwali (ebirihoko kwehi ebiholire), kwilhabirirya ebyasibwe nge'bikaheka akahuka, omuli othusoro Otu'thukalya ebindu ebyo'mwanyumba muthina muthina kwutse esyongende haghuma nebindi' ebikasosa eribya ibilhwere kwutse ebikasanganawa ibya'biriholha.
- Eriyakirya okwirya ebisoro eby'omwali ngo'(obusindi, esyambeba, emisusa haghuma nesyongende)
- Amatsiriko awa Mpox anginahebwa abandu abali' hakuhi kutsibu n' abalhwere kwehi abo aba'singamirirye okwihambwa