

MPOX

MBESE WIIFUZA KUMENYA IKI

Iyi ndwara yiswe 'Mpokisi' (ari yo yitwaga indwara y'ubushiita bw'inkende) n'indwara iterwa nagasimba kava munyamaswa. Isangwa mumashamba ari hagati ya Africa nomu burengerazuuba bwa Afurika, ikaba yaja nomubindi bicye byisi.

Ubushiita bw'inkende buterwa nagasimbo ka virus. Ibimenyetso by'ubushiita bisa nibyo tubona mundwara yibitojo, ariko yo nt'ibabaza cyane.

Ibimenyetso biyiranga:

- Uruhere ku mubiri
- Umuriro
- kubabara mumuhogo
- Kubabara mumutwe
- Kubabara umubiri wose
- Kubabara umugongo
- Intege nke
- Ibitakara mumubiri



Mbese iyi ndwara yandura ite?

- Yandura kuva ku muntu uyirwaye kuja ku wundi:
 - Gufata/kwegeera umuntu uyirwaye cyangwa ufite ibihari kumubiri hamwe n'itutu cyangwa amazi ava mumubiri.
 - Guhumeka umwuka wandujwe nako gasimba
 - Uburyo bumaze kumenyekana gukwirakwiza cyane iyi ndwara n'uko yandura akenshi binyuriye mu mibonano mpuzabitsina.
 - Gukoresha ibikoresho byakoreshejwe uwanduye iyi ndwara, nka; urushinge, ibishushanya za tatu, ibyumurwayi aryamyeho cyangwa yakoresheje.
- Mpokisi (Ubushiita bw'inkende) buteerezwa kuva kumuntu kuja ku wundi abaye afashe/yegeranye nuyirwaye cangwa inyamaaswa ifite ako gasimba.

Mbese n'inde ushobora kwandura kurusha abandi Mpokisi (ubushita bw'inkende?)

Abantu begereye cyangwa bagafata kumurwayi wa mpox, cyangwa abatuye mu nzu imwe, hamwe nabakunze kuja mubikorwa byi mibonano mpuza bitsina (ubariyemo nabigurisha)

Abarwaza babarwayi bw'ubushita bw'inkende (Mpokisi) mu gihe badakoresheje neza ibikingirizo bikoreshejwe mu kwirinda.

Abahigi, abica, abafata mu nyama, abacyinjagi hamwe n'abategura ubunyamaswa nk'inshombabyuma, imbeba, ifuko hamwe n'inkende.

Abantu bakora mu ma laboratory mu gihe badakoresheje ibikoresho byo kubarinda.

Abana, abagore batwite, hamwe n'abandi bantu bafite intege nke cangwa abafite uburwayi.

Abakunze kuja mubikorwa byi mibonano mpuzabitsina n'abantu benshi hamwe/cangwa no kugira imibonano mpuzabitsina kenshi n'abantu bataazwi.

N'ubwo hari abantu bamwe bari mu kaga ko gufatwa iyi ndwara cyane kurusha abandi, n'ic'ingenzi caane kumenya yuuko umuntu uwariwe wese yakwandura iyi ndwara ya Mpokisi (ubushiita bw'inkende)

Kumenya ibirutaho, wahamagara Ministry ishinze iby'Umuzima ku namba itishurirwa ya: 0800 100066 cyangwa ukohereza ubutumwa bugufi butari ubwo kwishurirwa kuri U-Report kuri 8500

Mbese wakwirinda ute kwandura iyi ndwara?

- Wirinde kwegeranya (amaaso - ku - maaso, umubiri - ku - mubiri, umunwa - ku - munwa) n'abantu bamaze guhamwa ko bafite indwara ya Mpokisi (ubushiita bw'inkende) cangwa abari kugaragaza ibimenyetso biranga indwara ya Mpokisi.
- Wiirinde gufata cangwa gukoresha hamwe ibikoresho byo umurwayi yaryamyemo, ibyo kuriraho, imyambaro, amasimu, cangwa ibindi bintu by'umuntu ugaragara afite ibimenyetso bya Mpokisi.
- Wiirinde kwegerana n'inyamaswa nyeshamba zose (zaba nzima cangwa zipfuye), na cyane izo zizwi ko zifite agasimba ka virusi, na cyane nk'imbeba za mushushwe cangwa inkende, kandi n'izigaragara zirwaye cangwa zapfuye.
- Wiirinde kurya inyamaswa nyeshamba (inshombabyuma, imbeba, hamwe n'inkende)
- Urukungo rw'ubushiita rwahabwa abantu begereye abayanduye cyangwa abari mu kaga ko kwandura iyondwara.