

MPOX

EBI OSHEMERAIRE KUMANYA

Mpox (enyimaho obwayesirwe monkeypox) n'oburwaire oburikureetwa akakooko ka vayiraasi (akakooko ka'vayiraasi) nikanzanzaza omu bantu kuruga omu nyamaishwa ezirikukira kushangwa omu bicweeka bya Africa ebya rwagati n'oburengyerw'izooba eby'amahamba, n'abwanyima butwarwa omu bicweka ebindi.

Mpox neeretwa akakooko ka 'vayiraasi. Obubonero nibushushana nk'oburikureebwa omu barwaire b'ebikakya, n'obu buraabe butari bw'amaani.

Obubonero n'obumanyiso:

- Oruhere aha mubiri
- Ekitengo
- Okushaasha aha mumiro
- Okushaasha omutwe
- Okushaasha omubiri
- Okushaasha omugongo
- Okuburwa amaani
- Engurukira



Nibujanjaara buta?

- Okuhikaana kw'abantu:
 - Okuhikaana n'ebihere hamwe n'amaizi agarikuruga omu mubiri
 - Okwisya omunda obukooko obwiine oburwaire
 - Omuhanda ogurikukirayo okuzaanzaza n'okuteerana.
 - Ebintu ebiriho oburwaire, nk'empitirizo, okutona omubiri na za tattoo, ebyeshweko, amashuuka, emyenda, ebintu by'okuriiramu, ebirikukoresibwa omu kuteerana, hamwe n'ebindi.
- Mpox nezanzaara omu bantu erikuraba omu kuhikaana n'omuntu owaaherize kukwatwa, enyamaishwa/amatungo nainga ekintu kyona ekiriho oburwaire.

Nooha ori omukabi ka mpox?

Abantu abarikukorengana n'abarwaire ba Mpox, nkabomunju, n'abashweraine (harimu ba ninyekorera ebyangye narishi ba maraaya).

Abantu abarikureeberera abarwaire ba Mpox bataine byo'kwekingiiza ebihikiriire.

Abantu abarikuhiiga, kwiita, kukwata, kubaaga n'okutebeekanisa enyamaishwa, nk'enyamurimi, embeba, enfukuzi hamwe n'enkyende.

Abantu abarikukora omu makyeberero narishi'rabaratoriizi' bataine byokwekingiiza.

Abaana, abakazi abaine enda nainga abo abaakuba bataine maani ahabw'endwara ezindi.

Abantu abarikuza omu bikorwa by'okuteerana n'abantu baingi nainga okuguma nibahindahindura abubarikuteerana nabo abatamanyirwe.

Abantu abamwe nobu baakuba barikukiza abandi kuba omu kabi, n'eky'omugasho okumanya ngu buri omwe nabaasa kukwatwa Mpox.

Okumanya ebirikukiraho, hikiirira Minisitire y'eby'amaagara, aha namba etari y'okushasurira eya 0800100066 nainga sindika SMS YA BUSHA ahari U-report 8500

Nobaasa ota okwekingiiza obutakwatwa?

- yeriinde okuhikaana okurebaana miiso na miiso, okuhikaanisa emibiri, okuhikaanisa eminwa omubiri, okuhikaanisa eminwa n'abantu abahamiibwe ngu baine Mpox nainga abaine obubonero bwa Mpox.
- Yeriinde okubagana ebintu by'okukoresa nk'ebyeshweko, ebintu eby'okuriiramu, emyenda, amasimu, nainga ebindi bintu
- obubonero n'obumanyiso bwa Mpox.
- Yeriinde okuhikaana n'enyamaishwa (zaaba zifiire nainga zihuriire), namunonga ezo ezirikumanywa ngu ziine akakooko ka vayiraasi nk'embeba nainga enkyende hamwe neezo ezirikureebeka ngu zirwaire nainga kushangwa zifiire.
- Yeriinde okurya enyamaishwa (enyamurimi, embeba efukuzi n'enkyende).

Omubazi gwokwekingiiza endwara y'ebikakya nigubaasa kuheebwa abantu abahikaine n'abantu abaine oburwaire nainga abo abari omu kabi k'okukwatwa.