

# Ingwara ya Mpox



Mpox ni ingwara isangwa mu bikoko vyo mu'ishamba nk'ifuku, imbeba, imende, n'inkende/inguge

**Mpox yandukira abantu biciye:**

- Ukwegerana cane n'umuntu ayigwaye canke igikoko
- Gukora ku bintu vyandujwe nk'amazi yo ku /mu mubiri w'umuntu yanduye, impuzu n'ibisaswa.

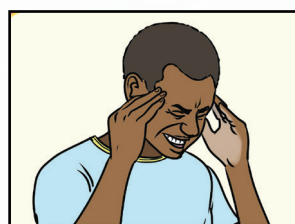
## Ibimenyetso vya Mpox ni:



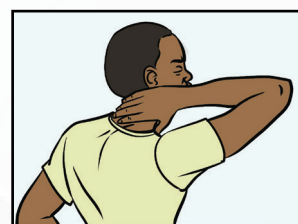
Ibihere ku rukoba



Ubushuhe



Kumeneka umutwe



Kubabara umubiri



Kuyimba kw'uduhimba duhereza ingingo (ganglions lymphatiques enflés)



Gukanya

## Ikingire Mpox mu kureka:

- kwegerana (amaso ku yandi, urukoba- ku rukoba, umunwa ku munwa) n'umuntu yanduye
- Gukora canke gusangira (guhanahana) ibikoresho nk'ibisaswa, ibikoresho vyo gufungura, impuzu, terefone vy'umuntu yanduye
- Gukora/kugenderanira n'ibikoko vyo mu'ishamba (bizima canke bipfuye)

Mukeneye amakuru menshi canke gushigikirwa, hamagara ubushikiranganji bw'amagara y'abantu ku nimeru itariha kuri **080010066** canke murungike ubutumwa bugufi kuri **U-Report** kuri **8500**