Urwego rutanga impanuro ku Magara y'abantu (CDC Health advisory)

Bimenyeshejwe biciye mu nzira ya Health Alert Network
Kuwa 26 Ndamukiza 2009, Isaha zitanu
CDCHAN-000282-2009-04-26-ALT-N

Kugabisha ingenzi zija mu bice bihugu vyatewe n' ikiza c'inkorora y'Ingurube

Abayobozi b'ivyerekeye amagara y'abantu mu gihugu ca Reta z'unze Ubumwe z'Amerika n'ibindi bihugu bitandukanye kw'isi bariko baragira itohoza ku vyerekeye inkorora yateye yitwa Inkorora y'ingurube.

Inkorora y' ingurube n'ingwara yo guhumeka y'ingurube itegwa n'umugera w'inkorara wo mu bwoko bwa A utera canecane ingurube. Iyi migera y'ingurube mu bisanzwe ntiwandukira abantu ariko birashika ko abantu bandukirwa n'uwu mugera. Abajejwe ivy'amagara y'abantu baramaze gutohoza barabona ko umuntu yanduye uyu mugera ashobora kuwanduza abandi bantu.

Uwu mugera uriko urakwiragira hose kandi n'abandura iyi ndwara baguma bongerekana. Ushaka amakuru yerekeye iyi ndwara ushobora gusoma buryo bwa internet kuri http://www.cdc.gov/swineflu/ ni site y'ubuyozi bujejwe kugwanya no gukingira indwara zandukira. Kuvyerekeye amukuru ajanye n'abafata ingendo na canecane mu bice vyamaze gufatwa n'iyi ndwara mushobora gusoma kuri iyi site ya internet www.cdc.gov/travel.

Ibimenyetso vy'uwunduye iyi ndwara zisa n'uwufashwe n'inkorora zisanzwe zifata abantu uko ibihe bihindutse.

- Ubushuhe burenze 37,8 serisius (37.8°C)
- Umuhogo wumye
- Gukorora
- Ibicurane canke agahiri
- Kujugumira
- Kumeneka umutwe,kubabara umugongo
- Uburuhe

Abantu bamwe bamwe baracibwamwo bakongera bakayogwa mu gihe bafashwe n'iyi nkorora y'ingurube. Ingwara zitandukanye (nk'ingwara y'amahaha canke indwara zo guhumeka) kandi haramaze gupfa abantu bitewe n'iyi nkorora y'ingurube. Nk'uko bimeze noku nkorora ijanye n'ihinduka ry'ibihe, iyi nkorora y'ingurube ishobora gutuma umara igihe kirekire ufata imiti.

Ingenzi zinjira muri Reta z'Unze Ubumwe z'Amerika zifise ibimenyetso bisa n'iyi ndwa y'ingurube baciye mu bice bimaze kwandukirwa n'iyi ndwara (mushobora gusoma http://www.cdc.gov/swineflu/investigation.htm kuvyerekeye ibice bimaze kwandukira), canke ushobora kuba waragendanye canke kuba hamwe n'umuntu yoba yamaze kwandura uyu mugera mu misi indwi iheze ushobora kubimenyesha abajejwe amagara y'abantu vyihutirwa, wongere ubamyenyeshe no kuvyerekeye ingendo wagize mu misi iheze.

Kugwanya ikwiragira ry'iyi ngwara:

- **Ntukaje** hamwe n'abantu bamaze kwandura
- Mu gihe ukorora, **ukingire izuru n'umunwa** ukoresheje igitambara canke ikiganza cawe (mu gihe udafise igitambara), ute igitambara wakoresheje ahantu hagenewe umwanda.
- Umaze gukorora canke kw'imyira woze **iminwe n'isabuni n'amazi** canke ukoreshe detol
- **Nimba wumva ko ugwaye** inkorora wirinde cane kuja hamwe n'abandi bantu.Ugume imuhira canke mu cumba c'i hoteli. Urondere abakuvura nimba wumva ugwaye cane (na canecane wumva ukorora cane). Hari imiti yo kugwanya iyi ndwara abaganga bashobora gutanga. Ntuje ku kazi, kw'ishure canke ku rugendo mu gihe ugwaye.

Ku nkuru ziramvuye ushobora

-kuvugana n'abajejwe amagara y'abantu
-http://www.cdc.gov/swineflu/
- CDC 24 Hours/Every Day
1-800-CDC-INFO (232-4636)
TTY: (888) 232-6348
cdcinfo@cdc.gov

Kugabisha, iyo nivo ari nini: ufate ingingo zihuta

Ubuyobozi bujejwe iv'ivyamagara y'abantu buratanga amakuru hashobora gufatwa ingingo zihutirwa.
Ubuyobozi bujejwe iv'ivyamagara y'abantu buratanga amakuru hashobora gudafatwa ingingo zihutirwa.

Aka kamo n'ak'ubuyobozi bwabajejwe Amagara y'abantu muri Reta z'unze ubumwe bw'amagara.
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Waronse ubu butumwa twisunze uburyo bwihuta bwo kumenyesha abantu. Nimba ufise iyindi adresse email canke faxe wipfuza ko twokoresha ushobora kuvugana n'abajejwe amagara y'abantu mu gice uherereyemwo.
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