Repubulika y'u Rwanda
Minisiteri y'Ubuzima

Rwanda Biomedical Centre
Healthy People, Wealthy Nation

UBURYO UMUJYANAMA W'UBUZIMA YAKORESHA

MU KUGENZURA, KURINDA NO GUKUMIRA INDWARA YA **EBOLA** MU MUDUGUDU

Ukwakira 2022

World Health Organization

unicef
kuri buri mwana

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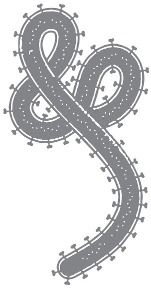
INDWARA YA EBOLA NI IKI?



Indwara ya Ebola n'indwara iterwa na virusi yitwa Ebola. Ubusanzwe iyo virus yibera mu mubiri w'ubwoko bumwe bw'uducurama ntidutere kurwara ariko tukayikwirakwiza. Indwara ya Ebola yibasira abantu ndetse n'inyamanswa z'inyamabere zo mw'ishyamba nk'impara, isha, inguge, (ingagi, inkende, ibitera, n'izindi...). Indwara ya Ebola, irandura cyane ndetse ikanica cyane kuburyo ishobora kwica hagati ya 50% - 90% by'abayirwaye. Ariko iyo itahuwe ikanavurwa kare, abantu benshi barakira.

Ibimenyetso by'indwara ya Ebola ni ibihe?

Umuntu wese urwaye indwara ya Ebola atangira kugaragaza ibimenyetso by'uburwayi hagati y' iminsi 2 na 21 nyuma y'uko yanduye iyo virusi.

Umuriro mwinshi utagabanuka no kubabara umutwe

Guhitwa cyane kandi kenshi

Kuruka, kubabara mu nda no mu muhogo

Gutukura amaso

Gucika intege no kuribwa mu ngingo

Gusesa ibiheri ku mubiri

Kuva amaraso ahantu hose hari umwenge ku mubiri

Ebola yandura ite ?

Umuntu yandura Ebola iyo akoze ku maraso n'andi matembabuzi yose y'umuntu urwaye Ebola.

Uwishwe na Ebola cyangwa akoze ku maraso n'andi matembabuzi by'inyamanswa irwaye cyangwa yishwe na Ebola. Ayo matembabuzi ni ibyuya, amarira, ibimyira, amacandwe, ibirutsi, inkari, amabyi, amashereka, amasohoro n'ubuhehere bwo mu gitsina cy'umugore. Umuntu ashobora kandi kwandura indwara ya Ebola igihe akoze ku bintu cyangwa ahantu hagiye amaraso cyangwa andi matembabuzi y'umuntu urwaye cyangwa wishwe na Ebola igihe bitasukuwe cyangwa hatasukuwe neza mu buryo bukwiye.

Umurambo w'umuntu wishwe n'indwara ya Ebola uranduza cyane kugera ku kigero cyikubye inshuro zigera kuri 7 gusumbya umurwayi wa Ebola ukiri muzima. Niyo mpamvu umurambo w'umuntu wishwe cyangwa ukekwa ko yishwe na Ebola utagomba gukorwaho n'umuntu utarabihuguriwe kandi utambaye imyambaro imurinda.

Abantu bita k'umurwayi wa Ebola, abamuvura, abasukura n'abashyingura umurambo w'uwishwe na Ebola batambaye ibikoresho byabugenewe bibakingira, nibo bakunze kugira ibyago byo kwandura Ebola kurusha abandi.

Umuntu wanduye indwara ya Ebola atangira kwanduza abandi igihe yatangiye kugaragaza ibimenyetso by'uburwayi cyane cyane umuriro. **Mbere y'uko agaragaza ibimenyetso, ntaba yanduza.**

Ese indwara ya Ebola iravurwa igakira?

Yego. Umurwayi wa Ebola iyo atahuwe **hakiri kare, akihutira kugera kwa muganga,** aba afite amahirwe menshi yo gukira akabaho.

Abaturage barasabwa iki mu kwirinda no gukumira indwara ya Ebola?

1. Kugira isuku y'aho batuye no gukaraba intoki neza kandi kenshi kuko ari uburyo bw'ingenzi mu gukumira no kurwanya indwara ya Ebola n'izindi ndwara zose ziterwa n'isuku nke.
2. Gusobanukirwa indwara ya Ebola (kumenya ibimenyetso byayo, uko yandura n'uko bayirinda.)
3. Kwihutira kwiha akato iyo umuntu yikekaho kuba yanduye Ebola.
4. Kwihutira kumenyesha umujyanama w'ubuzima cyangwa izindi nzego z'ubuyobozi n'inzego z' umutekano ziri hafi igihe cyose hari ugaragaje ibimenyetso bya Ebola byavuzwe haruguru.
5. Kwirinda gukora ku muntu ufite umuriro kandi akekwaho Ebola
6. Kwirinda gukora ingendo zitari ngombwa mu duce tw'igihugu turimo icyorezo cya Ebola
7. Kwirinda gukora k'umurambo w'umuntu wishwe n'indwara ya Ebola
8. Kwirinda gukora ku nyamanswa zo mw'ishyamba zipfushije

Umujyanama w'ubuzima asabwa iki mu kugenzura, gukumira no kurwanya indwara ya Ebola?

Mu gihe nta ndwara ya Ebola iragaragara mu gihugu:

- Guha abaturage inama n'amakuru byizewe kandi ku gihe ku ndwara ya Ebola
- Gutanga ibisobanuro bikuraho urujijo ku bihuha n'amakuru atariyo byerekeye indwara ya Ebola

- Gukora ubukangurambaga ku ndwara ya Ebola mu baturage, abasobanurira iyo ndwara iyo ariyo, uburyo yandura n'uko bayirinda, kandi akababakangurira gutanga amakuru ku mujyanama w'ubuzima igihe hari ucyetsweho indwara ya Ebola
- Kugenzura no gutanga amakuru kuri ibi bikurikira:
  - ◊ Umuntu wese ugaragayeho umuriro mwinshi no kuva amaraso ahantu hose hari umwenge ku mubiri
  - ◊ Impfu zidasobanutse kandi zitunguranye
- Gukangurira abaturage mu guteza imbere umuco w'isuku n'isukura aho batuye, aho bakorera no ku mibiri yabo ndetse n'indi mico myiza y'isuku

Mu gihe indwara ya Ebola yagaragaye mu gihugu:

- Guha amakuru ajyanye n'imiryango hamwe n'abantu bashobora kuba baragize ibyago byo kwandura Ebola ariko bataragaragaza ibimenyetso abashinzwe ubugenzuzi bw'abakekwaho kuba baranduye indwara ya Ebola (Contact tracers)
- Gutahura, kugenzura no gutanga amakuru kuri ibi bikurikira:
  - ◊ Umuntu wese ugaragayeho umuriro mwinshi no kuva amaraso ahantu hose hari umwenge ku mubiri
  - ◊ Impfu zidasobanutse kandi zitunguranye
- Guha abaturage inama n'amakuru byizewe kandi ku gihe ku ndwara ya Ebola
- Gutanga ibisobanuro bikuraho urujijo ku bihuha n'amakuru atariyo byerekeye indwara ya Ebola
- Gukora ubukangurambaga ku ndwara ya Ebola mu baturage, abasobanurira iyo ndwara iyo ariyo, uburyo yandura n'uko bayirinda, kandi akababakangurira gutanga amakuru ku mujyanama w'ubuzima igihe hari ucyetsweho indwara ya Ebola
- Gukangurira abaturage ibijyanye no guteza imbere umuco w'isuku n'isukura aho batuye, aho bakorera no ku mibiri yabo ndetse n'indi mico myiza y'isuku

Igihe umujyanama w'ubuzima abonye umuntu ucyekwaho indwara ya Ebola akora iki?

- Kumutandukanya n'abandi bantu atamukozeho kandi akahaguma
- Kumenyesha ushinzwe abajyanama b'ubuzima ku Kigo Nderabuzima

Umujyanama w'Ubuzima yakwirinda ate kwandura Ebola?

Kugirango umujyanama w'ubuzima yirinde ubwe kuba yakwandura Ebola, arasabwa gukurikiza inama zikurikira:

- Kwirinda gukora ku muntu wese ukekwaho indwara ya Ebola cyangwa uwishwe na Ebola
- Gukaraba kenshi intoki n'isabune n'amazi meza cyangwa agakoresha umuti wabigenewe
- Gusiga iteka intera ingana na metero 2 nibura hagati ye n'umurwayi
- Igihe hari icyo yakoze cyangwa hari icyabaye cyatuma nawe ashobora kuba yanduye Ebola, gukaraba ako kanya intoki no kubimenyesha umukuriye kugirango akurikiranwe n'ababishinzwe, anahabwe ubufasha vuba bibaye ngombwa.

Imbonerahamwe ikurikizwa n'inzego z'ubuzima mu gutanga amakuru ku ndwara ya Ebola

UMUNTU UKETWEHO INDWARA YA EBOLA

UMUJYANAMA W'UBUZIMA

- Gushakisha no gutanga amakuru k'umuntu wese ugarageho umuriro no kuva amaraso ahantu hose hari umwenge ku mubiri
- Guhamagara ushinzwe abajyanama b'ubuzima ku kigonderabuzima ubimumenyesha

USHINZWE ABAJYANAMA B'UBUZIMA KU KIGONDERABUZIMA
Guhita abimenyesha umuyobozi w'ikigonderabuzima

UMUYOBOZI W'IKIGONDERABUZIMA
Kujya gusuzuma uwo ibimenyetso byagaragayeho no kubyemeza
Kumenyesha Ibitaro by'Akarere Gutanga Raporo muri eIDSR

IBITARO BY'AKARERE
Kujya gusuzuma uwagaragayeho ibimenyetso no kubyemeza
Kumenyesha RBC/ESR Division
Gukurikiza amabwiriza ya Minisiteri y'Ubuzima yo gukumira no kurwanya indwara ya Ebola

URUPFU RUDASOBANUTSE KANDI RUTUNGURANYE

UMUJYANAMA W'UBUZIMA

- Gushakisha amakuru ku mfu zidasobanutse kandi zitunguranye;
- Kuzimenyesha ushinzwe abajyanama b'ubuzima ku Kigonderabuzima

USHINZWE ABAJYANAMA B'UBUZIMA KU KIGONDERABUZIMA
Guhita abimenyesha umuyobozi w'ikigonderabuzima

UMUYOBOZI W'IKIGONDERABUZIMA
Gukorana n'Inzego z'ibanze mu gushakisha impamvu z'urwo rupfu;
Kumenyesha Ibitaro by'Akarere

IBITARO BY'AKARERE
Kumenyesha RBC/ESR Division
Gukurikiza amabwiriza ya Minisiteri y'Ubuzima yo gudhyingura umuntu ukekwaho indwara ya Ebola

Karaba intoki ukoresheje amazi meza n'isabune

- Igihe cyose uvuye ku musarane
- Mbere yo gufata amafunguro
- Nyuma yo gusukura umwa witumye
- Mbere yo konsa

Intambwe zo gukaraba intoki ukoresheje amazi meza n'isabune

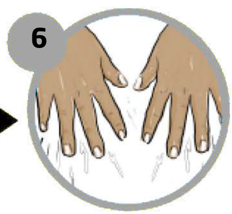
Tosa intoki n'amazi meza

Siga isabune mu biganza

Vuguta isabune irete

Karaba inyuma n'imbere y'ibiganza, hagati y'intoki no mu biganza

unyuguza n'amazi meza



Umutsa intoki n'umuyaga

www.moh.gov.rw | www rbc.gov.rw