

## Inkingo ni kimwe mu bikoresho bikoresha mu kurwanya icyorezo cya COVID-19.



Guhagarika iki cyorezo, dukeneye gukoresha ibikoresho byose byo kugikumira. Inkingo ni kimwe mu bikoresho bifatika birinda ubuzima bwawe no kurinda indwara. Inkingo zikorana nuburizi busanzwe bwumubiri wawe kugirango umubiri wawe witegure kurwanya virusi, niba uhuye nayo (aribyho bwitwa ubudahangarwa). Izindi ngamba, nko kwambara agapfuka munwa gatwikiriye izuru n'umunwa no kuguma byibuze metero 1cyangwa 2m hafi aho uvuye kubandi bantu mutabana, nabyo bifasha guhagarika ikwirakwizwa rya COVID-19.

**Ubushakashatsi bwerekana ko inkingo za COVID-19 zizewe kandi zifite akamaro kanini mukukurinda kwandura COVID-19.** Abahanga batekereza kandi ko kubona urukingo rwa COVID-19 bishobora kugufasha kutarwara cyane kabone niyo wafatwa COVID-19. Izi nkingo ntizishobora kugutera ubundi burwayi.



### **Inkingo zirizewe zifite umutekano. uburyo/**

Sisitemu yo gukingira inkingo muri Amerika yemeza neza ko inkingo zose zujuje ubuziranenge bwose kandi zifite umutekano uko bishoboka. Inkingo zose za COVID-19 zikoreshwa zakorewe igenzura/ zanyuze mu bizamini by'umutekano kandi byujuje ubuziranenge nkizindi nkingo zose zakozwe mu myaka yashize. Sisitemu iriho mugihugu cyose yemerera CDC kureba ibibazo byumutekano no kureba ko inkingo zirindrwa/zigumana umutekano.



### **Ubwoko butandukanye bwinkingo za COVID-19**

**buzaboneka.** Inyinshi murizo nkingo zitangwa mubyiciro bibiri . Rumwe ku nshuro imwe urundi kuyindi nshuro kugihe gitandukanye. Urukingo rwa mbere rutegura umubiri wawe. Urukingo rwa kabiri rutangwa byibuze nyuma y'ibyumweru bitatu kugirango umenye neza ko ufite uburizi bwuzuye. Niba bakubwiye ko ukeneye inkingo ebyiri (2) bimenye neza ko ugomba kuzibona zombi. Inkingo zirashobora gukora muburyo butandukanye gato, ariko ubwoko bwose bwinkingo buzagufasha kukurinda.

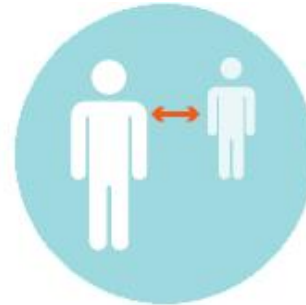


Inkingo zishobora gutera ingaruka mubantu bamwe, nko kuribwa kw'imitsi kumva unaniwe, cyangwa n'umuriro woroheje. Izi ngaruka zisobanura urukingo rukora kugirango rufashe kwigisha umubiri wawe kurwanya COVID-19 niba uhuye nayo. Kubantu benshi, izi ngaruka mbi ntizizarenza umunsi umwe cyangwa ibiri. Kugira ubu bwoko bwingaruka ntibisobanura ko ufite COVID-19. Niba ufite ibibazo byubuzima bwawe nyuma yo gukingirwa, hamagara umuganga wawe, umuforomo, cyangwa ivuriro. Kimwe nubuvuzi ubwo aribwo bwose, ntibisanzwe ariko birashoboka kugira ingaruka ikomeye, nko kutabasha guhumeka. Ntabwo bishoboka cyane ko ibi bizabaho, ariko nibikubaho, hamagara 911 cyangwa ujye kwivuriri rikwegereye. Urabizi kandi ko abantu bose batazashobora gukingirwa ako kanya.



### Mugihe uriguhabwa urukingo, wowe numukozi wubuzima uzakenera kwambara agapfukamunwa n'amazuru.

CDC irasaba ko mu gihe cy'icyorezo, abantu bambara agapfuka munwa n'amazuru itwikira izuru n'umunwa iyo bahuye n'abandi hanze y'urugo rwabo, igihe bari mu kigo cyita kubuzima/ nderabuzima, ndetse no mu gihe bahabwa urukingo urwo arirwo rwose, ndetse n'urukingo rwa COVID-19 rurimwo.



**Ndetse na nyuma yo gukingirwa**, uzakenera gukomeza kwambara agapfukamunwa n' izuru , gukaraba intoki kenshi, no kuguma byibuze metero imwe n'igicye cyangwa ebyili hagati yawe n'abandi bantu mutabana murugo. Ibi nabyo biguha ubundi bwirinzi bwiza bwo kutandura/kudafata virusi. Ubu ngubu, abahanga ntibaramenya neza igihe uru urukingo rushobora kumara rukora akazi ko kukurinda, nibyiza rero gukomeza gukurikiza ingamba n'amabwiriza yatanze na CDC n'ishami ry'ubuzima. **Turabizi kandi ko abantu bose batazashobora gukingirwa uwo mwanya kubwibyho rero ni ngombwa gukomeza kwirinda no kurinda abandi.**