

# Ingingo 7 utegerezwa kumenya ku biraba incano za COVID-19



## Ingingo #1

### Incanczo za COVID-19 ntizogutera COVID-19.

Incanczo za COVID-19 nta muce w'umugera zifise, ubwo rero ntizishobora gutuma urwara COVID-19. Incanczo za COVID-19 zigukingira umugera. Urashobora kugira inkurikizi nyuma yo gucandagwa, nko kubabara ku kuboko canke kwumva ufise umucanwa. Ibi nta gitangaje kirimo kandi ni ibisanzwe.



## Ingingo #2

### Incanczo za COVID-19 zirizewe, kubera zakorewe ubushakashatsi imyaka myinshi kugira zikorwe.

Nta ntambwe basimveye mu gukora incanczo za COVID-19. Abahinga muri siyanse bo hirya no hino kw'isi bakoze muri ubu buhinga mu myaka irenga icumi. Iyi niyo mvo yatumye bishoboka gukora urucanco rutagira inkomanzi kandi rukora neza rugaca ruboneka ningoga.



## Ingingo #3

### Incanczo za COVID-19 zirashobora kugukingira imigera irenga umwe yihinduye.

Imigera irahinduka, canke ikagira amahinduka, mu kiringo kinaka. Amakuru yerekana ko incanczo za COVID-19 zishobora gutsinda imigera yihinduye twabonye gushika ubu y'umugera utera COVID-19.



## Ingingo #4

### Incanczo za COVID-19 ntizihindura ADN yawe.

Incanczo za COVID-19 ni incanczo za mRNA kandi ntaho zihurira na ADN yawe mu buryo bwose. Zirakabura inyishu yo kwikingira bigatuma umubiri uhingura abasoda b'umubiri kugira bakurinde ntiwandukizwe COVID-19.



## Ingingo #5

### Inkingo za COVID-19 nta sano zifitaniye no kuba ingumba canke gukorora imbanyi.

Ntabiharuro nabimwe vyerekana ko hari rumwe mu ncanco za COVID-19 rutera ubugumba canke gukorora imbanyi. Ntivyoshoboka mu bijanye n'irondoka ko agace gato cane gafashe kuri poroteyine ya korona gashobora gutabura umura canke gutera kuva amaraso. Ntangorane bitera gufata uruncanco mu gihe wibugenze canke wonsa. Abagore bibungenze bafise ivyago vyinshi vyo kugira indwara zikomeye hamwe no kuryamikwa mu bitaro bivuye kuri COVID-19. Vugana n'umuganga wawe nimba ufise ibibazo.



## Ingingo #6

### Incanczo za COVID-19 ntizirimwo akuma gato gatekeye amakuru ahinyikiye mu biharuro canke utwuma dutahura aho umuntu **basanze atari ukuri**. Turazi neza ata kwibesha ibiri muri buri rucanco. Urutonde rw'imihi iri muri buri rucanco urashobora kurubona [kuri internet](#).

Amakuru yo kubesha ko incanczo za COVID-19 zirimwo akuma gato gatekeye amakuru ahinyikiye mu biharuro canke utwuma dutahura aho umuntu **basanze atari ukuri**. Turazi neza ata kwibesha ibiri muri buri rucanco. Urutonde rw'imihi iri muri buri rucanco urashobora kurubona [kuri internet](#).



## Ingingo #7

### Abantu bafise uburwayi canke barwaye indwara zidakira bategerezwa gucandagwa ningoga hageze ko bacandagwa.

Hamwe woba ufise indwara idakira, nka diyabete, urahakwa cane gukomererwa n'indwara ya COVID-19. Incanczo za COVID-19 nta nkomanzi kandi zikora neza mu bantu bafise indwara canke uburwayi budakira.