

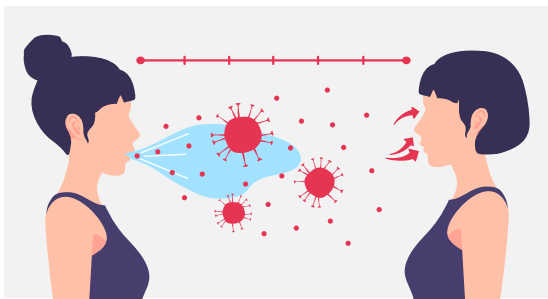
Hariho ivyemezo biboneka neza vya siyansi ko kwambara agapfukamunwa birinda ikwiragira rya COVID-19.



Inzira imwe yoroshe mu kurinda ubuzima hamwe no k'ukubaho kwa buri muni mu kiringo c'ikiza ni ukwambara agapfukamunwa.^{1,2} Ibigo nka vyose vy'ubuvuzi vyemewe hamwe n'amashirahamwe ya siyansi bemeza udufukamunwa ari inzira nyayo yo guhagarika ikwiragira rya COVID-19.^{2,3,4,5,6,7}

Icigwa cakozwe n'ibigo vyo gukinga indwara no gukurikirana indwara cerekanye udufukamunwa tudakingira gusa abandi bantu kwandura umugera utera COVID-19, ariko ko udupfukamunwa dushobora dukingira uwukambaye.⁸ Turazi ko COVID-19 ikwiragira cane icye mu tuma tw'amate hamwe n'utuma tuvuye mu zuru no mu kanwa.^{9,10} Kwambara agapfukamunwa biragabanura bimwe biboneka ivyago vyo gukwiragiza umugera ku bandi canke gufatwa n'umugera.¹¹

Udupfukamunwa turagabanya ikwiragira ry'impwemu mu kirere



Uwutagira ibimenyetso Uwufise amagara meza

VS



Uwutagira ibimenyetso Uwufise amagara meza

Kwambara agapfukamunwa hamwe no kwipimisha biragabanya cane ikwiragira rya COVID-19 mu mashure hamwe n'igitigiri c'abanyeshure n'abigisha mu mwiherero.

Amabwirizwa y'ishure agenga umwiherero mu mwaka w'ishure wa 2021-2022 yemerera abanyeshure benshi kwitabirira ivyigwa ubwabo igihe abanyeshure bikingije canke bambaye udupfukamunwa. Abanyeshure bashobora kubandanya kwiga inyuma yo guhura n'uwurwaye nimba:

- Warakingiwe bikwiye.
- Wewe hamwe n'umuntu igipimo cerekanye ko arwaye mwari mwambaye mwempi udupfukamunwa.
- Wari mwambaye N95 canke agapfukamunwa KN95, igihe wahura n'uwurwaye, naho umuntu arwaye atariyambaye agapfukamunwa.



1. <https://s3-us-west-2.amazonaws.com/marriner-wpmedia/wp-content/uploads/2020/11/SeegertGaulinYangNavarroSanchez2020-web.pdf>
 2. <https://www.idsociety.org/covid-19-real-time-learning-network/infection-prevention/masks-and-face-coverings-for-the-public/>
 3. <https://pws.byu.edu/covid-19-and-masks>
 4. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)31142-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext)
 5. <https://msphere.asm.org/content/5/5/e00637-20/article-info>
 6. https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e2.htm?s_cid=mm6928e2_w

7. <https://jamanetwork.com/journals/jama/fullarticle/2768532>
 8. <https://www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov-2.html>
 9. <https://science.sciencemag.org/content/368/6498/1422>
 10. <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-sars-cov-2.html>
 11. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)31142-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext)