

Nokwitega iki inyuma yo guterwa urucanco rwa COVID-19?



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Urashobora kwumva ingaruka mbi zoroheje canke zikabije bukebuke, mu minsi mikeyi. Ivyo ni ibimenyetso bisanzwe bigaragaza ko umubiri wawe uriko urubaka uburyo bwo kwikingira. Izo ngaruka mbi zizoca zirangira inyuma y'iminsi mikeyi. Abantu bamwe bamwe ntibumva ingaruka mbi namba canke bagashobora kwumva ingaruka mbi inyuma yo guterwa urucanco rugira kabiri ariko atazo bumvise ku rucanco rwabo rwa mbere. Kugira ingaruka mbi zikomeye ziturutse kuri urwo rucanco bishika gake cane.



Ibikunda kugaragara nk'ingaruka mbi z'urwo rucanco

Ku kuboko aho watewe urucanco:

- Kubabara
- Gutukura
- Kuvyimba

Ku bindi bice vy'umubiri:

- Gucika intege
- Kumeneka umutwe
- Kubabara mu nyama
- Kujugumira
- Ubushuhe no kubira icuya
- Isesemu, canke kwumva urwaye mu mushishito

Incanco zimwe zimwe za COVID-19 ziterwa incuro zibiri kugira ngo umuntu akingirwe bikwiye ikiza. Ni nkenerwa guterwa izo ncanco zompi, naho vyoshika ukumva uguwe nabi inyuma yo guterwa urucanco rwa mbere. Urasabwa kwiteza izo ncanco zompi kiretse umuganga wawe canke uwujijwe kugutera urucanco akubujije.



Umubiri wawe birawusaba umwanya kugira ngo wubake uburyo bwo kwikingira. **Ufatwa nk'uwatewe incanco canke uwakingiwe bikwiye inyuma y'indwi 2 utewe urucanco rwa nyuma.** Urashobora gusubira kurwara ikiza c'ingwara ya COVID-19 igihe iyo ngwara igufashe utaronka amahirwe yo guterwa urucanco rwanyuma, canke igihe igufashe umubiri wawe utaraheza kwubaka uburyo bwo kwikingira. Incanco ntaco zihindura ku nyishu z'ibipimo. Kugira ngo ukingire abandi gushika aho abantu benshi bashoboka bazoba bamaze gucandagwa, urasabwa kwambara agapfukamunwa igihe uri mu bibanza bikoraniramwo abantu benshi canke iruhande y'umugwi w'abantu.

Ivyitonderwa

Ni vyiza cane kwihangana bikwiye ntufate umuti w'ububababare inyuma yo guterwa urucanco. Naho biri ukwo, igihe wumva wofata umuti w'ububabare canke wumva uguwe nabi inyuma yo guterwa urucanco rwawe, ganira n'umuganga wawe ku vyerekeye gufata umuti w'ububabare butewe n'uwundi muti wafashe imbere, nka ibuprofene canke acetaminofene (bakunda kuwita Tylenol).

Ni nkenerwa kuguma ufata imiti y'ububabare mu biringo bitari bike vy'umunsi, kiretse umuganga wawe akubujije kuwufata inyuma yo guterwa urucanco rwawe. Birashobora kukuzanira ingaruka mbi igihe uhagaritse gufata imiti wari usanzwe ufata buri gihe.

Kugira ngo ugabanye ububabare canke kugubwa nabi aho baguteye urucanco:

- Shira agatambara gakanye ariko kamesuye aho bateye urucanco.
- Koresha ukuboko kwawe canke ugukoreshe ikarashishi.

Kugira ngo ugabanye ukugubwa nabi biturutse ku bushuhe:

- Nywa amazi menshi.
- Ambara impuzu zihwahutse, kandi impuzu z'imbere ku mubiri ntizibe ari izisusurutsa cane.

Ni ryari wohamagara umuganga

Kenshi na kenshi, ingaruka mbi zivuye ku rucanco ni ibisanzwe. Hamagara umuganga wawe canke uwujewe amagara y'abantu:

- Igihe ugutukura canke gukanashwa mu kibanza bateyemwo urucanco bibaye umurengera inyuma y'amasaha 24 (canke umunsi umwe)
- Igihe uhagaritswe umutima n'ingaruka mbi zivuye ku rucanco rwawe canke igihe ingaruka mbi zisa n'aho zitagomba guhera inyuma y'iminsi mikeyi.
- Igihe wawe urucanco rwa Johnson & Johnson ukaba wumva ibi bimenyetso: kumeneka umutwe cane, kubabara mu mugongo, ibimenyetso utahorana vyo kubabara mu mitsi, kubabara hepfo no haruguru y'umukondo bikabije, kubura impwemu, kuvyimba amaguru, amahere (uduhere dutukura ku mubiri) canke ibirabagu ku mubiri.



Baza uwujewe kugutera urucanco ingene wosinya ifishe ya v-Safe

V-safe ni ifishe buzuriza kuri interenete igufasha kumenyesha CDC nimba hari ingaruka mbi wumvise inyuma yo guterwa urucanco rwa COVID-19. Barashobora no kukurungikira ubutumwa bwo kukwibutsa gufata urucanco rugira kabiri.



Urashobora gutahura vyinshi kuri V-safe kuri uyu muhora www.cdc.gov/vsafe.