

Coronavirus (COVID – 19): Ce qu’il faut savoir sur le COVID-19

Information aux habitants de Queensland

Covid – 19 ni iki?

COVID -19 ni indwara yandura iterwa na virus yo mu bwoko bwa coronavirus Abantu benshi barware COVID-19 bagaragaza gusa uburwayi budakabije kandi bagakira badakeneye kwivuzwa. Uburwayi abanduye COVID-19 bagira buterwa ahanini n’ubwoko bwa COVID-19 uyirwaye aba yaranduye.

COVID-19 isakara mu bantu ite?

COVID-19 ishobora kwandura mu bantu binyuze mu ducandwe tw’umuntu wayanduye, igihe akoroye, yitsamuye, avuze cyangwa se ahumetse cyane.

Ushobora kwandura uhumetse virus iturutse ku muntu wanduye COVID-19 mwegeranye, cyangwa se ukoze aho uyanduye yakoze, maze nyuma yahashyirahashye ukikora ku maso, ku zuru, cyangwa se umunwa.

Ushobora kubona andi makuru y’inyongera ku buryo covid 19 isesekara, n’uburyo wakwirinda hano:

www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/coronavirus-prevention

Mbese ni ayahem moko ya COVID-19?

Igihe COVID-19 yandura, isesekara, ishobora guhinduka. Ni kimwe n’inkorora isanzwe, ibi ni ibintu bisanzwe kuri virus. Uko guhinduka babyita ‘kwihinduranya (mutations)’ Uko kwihinduranya kubayira ubundi bwoko bwa virus Habaho ubwoko bw’ibindi bwa COVID-19, harimo na Delta (*ituruka mu Buhindi*), Alpha (*yakomotse mu Bwongereza*). Beta (*iheruka muri Afrika y’epfo*), Gamma (*iheruka muri Brazil*), n’ayandi moko menshi. Uko amoko atandukana ni nako yandura mu buryo bworoshye kurusha andi, nyamara yose ari COVID-19 isanzwe izwi.

Umuryango w’isi ushinze iby’ubuzima (OMS/WHO) ufite amakuru menshi ku moko atandukanye ya COVID-19 hano: www.who.int/en/activities/tracking-SARS-CoV-2-variants/.

Abarusha abandi kuba barwara

Abantu b’imyaka yose n’ubuzima bunyuranye bashobora kwandura COVID-19 Nyamara hari abarusha abandi kuba barwara bakaremba igihe banduye Aba harimo:

- Abantu bafite mu myaka
- Abantu basanganwe izindi ndwara nka kanseri, indwara zifata ibihaha, indwara y’igisukari (diyabete) n’abagira umuvuduko urenze w’amaraso
- Abantu babana mu mazu yabagenewe
- Infungwa ziba muri za gereza

Tugomba gufata ingamba zisumbyehe mu kurinda bene abo bantu Izon gamba harimo no kwirinda kubasura igihe cyose waba ufite ikimenyetso cyose cy'uwanduye COVID-19

Ibimenyetso bya COVID-19

Ibimenyetso bya COVID-19 harimo ibi bikurikira:

- Kugira umuriro
- Gukorora
- Kugira uburyaryate (udusebe) mu muhogo
- Kubura umwuka (kudahumeka neza)
- Kurwara umutwe
- Ibicurane cyangwa se gufunga mu mazuru
- Umunaniro
- Impiswi, kuruka n'isesemi
- Kutabasha kunukirwa/guhumurirwa no kuryoherwa
- Kubabara ingingo n'inyama z'umubiri, no
- Gutakaza apeti

Abantu bashobora kugaragaza ibimenyetso bitandukanye bya COVID-19 Iyo ugaragaza ibimenyetso byinshi kandi bikabije bya COVID-19, uba uzatinda kuyikira Urugero, abagaragaza ibimenyetso bikabije bya virusi bashobora kumara ibyumweru byinshi cyangwa amezi mbere yo kuyikira. Abantu bagaragaza ibimenyetso bidakabije, bashobora kuyikira mu cyumweru kimwe cyangwa se bibiri.

Niba ugaragaje ikimenyetso icyo aricyo cyose cya COVID-19, ugomba kuyipimisha udatinze. Ushobora kurebere hano, aho wakwipimisha hakwegereye: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/testing-and-fever-clinics.

Kwipimisha COVID-19

Niba ubona ko bigoye guhangana n'ibibazo biterwa na COVID-19, wahamagarara gahunda mpuzamuco kuri 1300 079 020. Saba umusemuzi niba ukeneye ubufasha mu rurimi.

Pour toutes questions relatives aux directives de santé publique, COVID-19, appelez Santé Queensland au 134 COVID (13 42 68) Bazakumenyesha icyo gukora. Niba kandi ukeneye umusemuzi, wamusaba igihe ubahamagaye Ni ubuntu.