

Umugera wa Corona (COVID-19): Ico ukwiriye kumenya ku vyerekeye COVID-19

Inkuru ku baba I Queensland

COVID-19 ni iki?

COVID-19 ni ingwara yandukira iterwa n'umugera wa corona. Abantu benshi bandura COVID-19 bazogwara gatoya gusa kandi bakire batarinze kuronka ugukwirikiranwa n'ukurinda kuvugwa. Ukugene umuntu arwara kuvana n'ubwoko bwa COVID-19 uwo muntu afise.

COVID-19 irandagata gute?

COVID-19 ishobora kurandagata mu bantu biciye mu dute dute igihe umuntu yanduye akoroye, akasamura, akavuga canke agahumekera ku bantu cane.

Urashobora kwandura biciye mu guhema umugera ukomotse ku wundi muntu arwaye COVID-19 nimba mwegeranye, canke mu gukora ku kintu bakozeko hanyuma ukikora mu maso, ku zuru canke ku munwa.

Ushobora kuronka izindi nkuru z'ukugene COVID-19 irandagata n'ukugene ushobora kwikingira ntuyandure ngaha: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/coronavirus-prevention

COVID-19 "ihindagurika ni iki"?

Igihe COVID-19 irandagase irashobora guhindura isura, co kimwe n'ibicurane. Ibi ni ibisanzwe ku mugera. Ukwo guhindagurika kwitwa "guhindura isura". Uguhindura isura vyitwa "ubundi bwoko" bw'umugera wa mbere. Hariho amasura menshi atandukanye ya COVID-19, muri ayo harimwo Delta (ubwa mbere yakomotse *muri India*), Alpha (ubwa mbere yakomotse *muri United Kingdom*), Beta (ubwa mbere yakomotse *muri South Africa*), Gamma ubwambere (yaje iva *muri Brazil*), n'izindi nyinshi. Ubwoko butandukanye burashobora kurandagata vyoroshe cane kurusha ubundi, ariko kandi ikaba ari umugera nyene wa COVID-19.

Ishirahamwe ry'amagara y'Abantu ry'Isi Yose rirafise inkuru nyinshi ku bijanye n'ubwoko bwa COVID-19 ngaha: www.who.int/en/activities/tracking-SARS-CoV-2-variants/.

Abari mu kaga karengereye

Abantu bose bo mu myaka yose bari mu kaga ko kwandukirwa na COVID-19. Yamara, abantu bamwe bamwe bari mu kaga karengereye ako abandi ko kurwara iyo banduye. Muri abo harimwo:

- abantu bageze mu za bukuru
- abantu basanzwe bafise izindi ngwara nka cancer, ingorane z'amahaha, diabetes, canke umuvuduko munini w'amaraso, umutima.
- Abantu baba ahantu haba abantu benshi
- abantu bapfungiwe ahantu kanaka.

Dutegerezwa gufata izindi ntambuko kugira ngo dukingire abo bantu, bagume bari mu mutekano. Muri ivyo harimwo kutabatemberera nimba ufise ikimenyetso na kimwe ca COVID-19.

Ibimenyetso vya COVID-19

Mu bimenyetso vya COVID-19 harimwo:

- Umururumbo
- Inkorora
- Kuvyimba mu muhogo
- Kubura impwemu
- Kubabara mu mutwe
- Ibiseru vyisesa canke kuziba amazuru
- Uburuhe
- Gucibwamwo, kudahwa canke gusesemwa
- Kutamenya ko ibintu bibishe canke biryoshe, canke kutamoterwa
- Kubabara mu nyama canke mu ngingo hamwe, no
- Kubura akayabagu

Abantu barashobora kugira ibimenyetso bitandukanye vya COVID-19. Iyo ufise ibimenyetso vyinshi bikomeye vya COVID-19, bisigura yuko uzofata igihe kirekire kugira ngo ukire. Nk'akarorero, abantu bafise ibimenyetso bikomeye biva ku mugera bashobora gufata amayinga menshi canke amezi menshi kugira ngo bashobore gukira. Abantu bafise ibimenyetso bidakaze bashobora gukira mw'iyinga rimwe gushika ku mayinga abiri.

Nimba ufise ibimenyetso vya COVID-19, ukwiriye kwipimisha ningoga vyihuta. Urashobora kubona ahantu hari hafi ho kwipimisha COVID-19 hano: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/testing-and-fever-clinics.

Imfashanyo ziriho:

Nimba ubona bikugoye kwubahiriza ibihe vya COVID-19, akura Multiculture Connect kuri 1300 079 020. Baza baguhe umusobanuzi niba ukeneye imfashanyo y'ururimi.

Ku yindi nkuru yose yerekeranye n' amategeko y'amagara y'abantu kuri COVID-19, hamagara Amagara y'I Queensland kuri 134 COVID (13 42 68). Bazokubarira ivyo ukwiriye gukora. Niba ukeneye umusobanuzi, baza uronke umwe mugihe uhamagaye. Ni ku buntu.