

14 Nzeri 2020

Kwambara agapfukamunwa mu bitaro

Udupfukamunwa dufasha mu kurinda ukwirakwizwa rya coronavirusi (COVID-19). Udupfukamunwa dufasha mu kurwanya ikwirakwiza rya coronavirusi (COVID-19), cyane cyane ahantu bigoye kubahiriza intera ya metero 1,5 hagati y'umuntu n'undi. Ingero zaho hantu zirimo:

- ahateraniye abantu benshi
- inzu ibamo abantu benshi
- muri bisi cyangwa gariyamoshi.

Ushobora gukenera kwambara agapfukamunwa muri Queensland igihe:

- uri kwinjira mu bitaro
- ugiye gusura inyubako ifashirizwamo abasheshe akanguhe iri mu gace kabujijwe kugerwamo
- ugiye gusura ahatangirwa serivisi yita ku bafite ubumuga iri mu gace kabujijwe kugerwamo
- dogoteri cyangwa umuforomo wawe abigusabye
- ugiye gupimwa COVID-19.

Ni ingenzi koga intoki kenshi kandi ugasiga intera ihagije hagati yawe n'abandi. Gerageza ntuhoberane, usomane cyangwa usuhuzanye uhana ibiganza n'abandi bantu.

Agapfukamunwa kambarwa gute



1. Karaba intoki zawe n'amazi meza n'isabune cyangwa uzisukure ukoresheje umuti urimo arukoro mbere yo kwambara agapfumakunwa.
2. Fata udushumi tw'agapfukamunwa nurangiza ushyire agapfukamunwa ku isura yawe unyuze twa dushumi iruhande rw'amatwi.
3. Genzura neza ko agapfukamunwa gahishe neza umunwa n'izuru. Ugenzura neza ko nta mwanya uri hagati y'isura yawe n'agapfukamunwa. niba uri gukoresha agapfukamunwa bifashisha kwa mu ganga kanda akuma kaba hejuru y'izuru ku buryo karifata neza.

Ntukore ku maso, ku izuru, ku munwa cyangwa imbere ku gapfukamunwa kawe igihe ukambaye. Igihe urangije gukoresha agapfukamunwa. kajugunye ahabugenewe. Igihe bishoboka, jugunya agapfukamunwa kari mu kintu gifunze neza. Karaba intoki zawe ako kanya umaze kujugunya agapfukamunwa ahabugenewe.

Ubwoko bw'udupfukamunwa n'ibikingira isura byizewe.

Agapfukamunwa keza ni agapfukamunwa gakoreshwa kwa muganga kambarwa rimwe gusa-ushobora ku kagura aho bacuruza imiti hose. Niba udashobora kubona agapfukamunwa gakoreshwa kwa muganga, agapfukamunwa gakoze mu mpapuro zikomeye no mu mwenda nako gashobora gukoreshwa. Agapfukamunwa kizewe kandi keza gakoze mu mwenda kaba kagizwe nibura n'utwugara 3. Niba ushobora koko kutabona agapfukamunwa gakoze mu mwenda, bandana cyangwa fulari ishobora kugufasha igihe ubasha gupfuka neza umunwa n'amazuru.

Kora agapfukamunwa kawe

Ushobora gukora agapfukamunwa kawe. Ifashisha [Amabwiriza afasha atangwa na Guverinoma ya Ositaraliya \(PDF\)](#) niba wifuza kumenya uburyo bwiza bwo gukora agapfukamunwa.

Gufura agapfukamunwa gakoresha inshuro nyinshi

Agapfukamunwa kagomba gufurwa igihe cyose karangijwe gukoreshwa.

Gashobora gufurirwa mu mashini ifura imyenda hamwe n'imyenda isanzwe, cyangwa kagafurwa n'intoki hifashishijwe amazi meza y'akazuyaze n'isabune igenewe gufura imyenda. Umutsa agapfukamunwa gakoze mu mwenda mu mashini y'umutsa imyenda cyangwa ukanike hanze ahari ikirere kiza (ku mugozi banikaho) mbere yuko wongera ku gakoresha.

Karaba intoki n'amazi meza n'isabune cyangwa ukoreshe umuti urimo arukoro wagenewe gusukura intoki igihe urangije gukora ku dupfukamunwa twakoreshejwe.

Ni inshuro zingaha ugomba guhindura agapfukamunwa

Ntugomba gukoresha inshuro irenze imwe agapfukamunwa gakoreshwa kwa muganga.

Ushobora gufura ukanongera gukoresha udupfukamunwa dukozwe mu mwenda gusa. Ni byiza kugira nibura tubiri kugirango ujye usigarana buri gihe agasa neza.

Igihe watembereye cyangwa wasuye ahantu kure yo mu rugo, hari igihe kubahiriza intera ya 1,5 hagati yawe n'abandi bantu biba bidashoboka, icyo gihe uzakenera kwambara agapfukamunwa. Hari n'igihe biba bishoboka kubahira iyo ntera ukaba udakeneye kwambara agapfukamunwa. Urugero, niba wambaye agapfukamunwa mu gitondo ugiye ku kazi, ntugomba kongera ku kambara utashye mu rugo.

Jugunya agapfukamunwa gakoreshwa kwa muganga ahabugenewe cyangwa ubike agakozwe mu mwenda mu gapfunyika ka parasitiki witwaje kugeza igihe ugafuriye.

Kongera gukoresha agapfukamunwa gakoze mu mwenda kadafuze bishobora ku kwanduza cyangwa ukanduza abandi COVID-19 igihe kari kanduye. Buri gikorwa gishya ugiyemo, ambara agapfukamunwa gasukuye. Itwaze udupfukamunwa dusukuye mu gapfunyika ka parasitiki cyangwa gakoze mu mpapuro kugirango tugumane isuku.

Ukeneye andi makuru?

Niba ukeneye ubufasha mu ndimi hamagara 13HEALTH (13 43 25 85). Ni ubuntu.

Ubufasha ku bijyanye n'ubuzima bwo mu mutwe

Niba wumva uhangayitse, ufite ubwoba cyangwa agahinda kajyanye na COVID-19 ushobora guhamagara 1300 MH CALL (1300 MH CALL (1300 64 22 55) cyangwa se ukavugisha ikigo cya Queensland Transcultural Mental Health gifasha abafite ibibazo by'ubuzima bwo mu mutwe kuri 1800 188 189 (gifungura guhera kuwa mbere kugeza kuwa gatanu, 8:30 za mu gitondo kugeza 4:30 za ni mugoroba). Ushobora no gusaba umusemuzi igihe umukeneye.