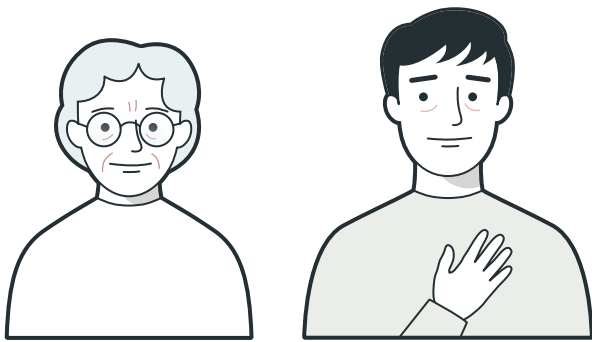


Agatabo kagufasha byihuse kumenya urukingo rwa koronavirusi

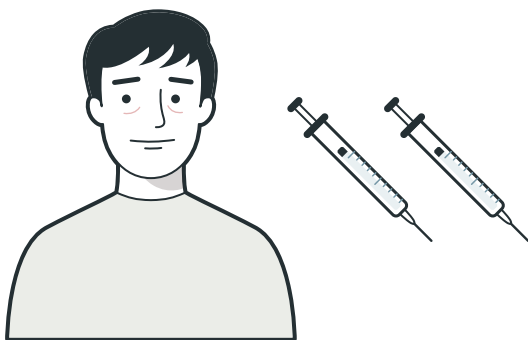
Amakuru make yerekeye urukingo rwa COVID-19 atangwa na yo mu Norwegian Institute of Public Health (Ikigo cya Norvege gishinzwe kwita ku buzima rusange)



Ni nde uzahabwa urukingo rwa koronavirusi?

Umuntu wese asabwa guhabwa urukingo.

Ni ubuntu. Urukingo ni ubuntu.

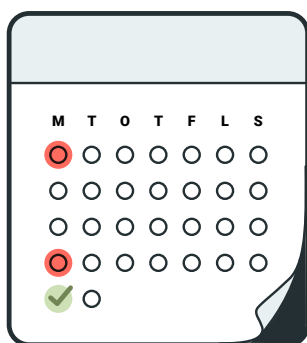


Ni gute uterwa urukingo?

Urukingo barutera ku kaboko.

Urukingo rutangwa nka doze ebyiri mu byumeru bike bitandukanye.

Ibuka gutanga amakuru mu gihe ugize ubwivumbure bw'umubiri, uri gufata imiti, cyangwa urwaye.



Urukingo rukora neza rute?

Urukingo rurinda icyorezo cya COVID-19.

Abantu benshi barindwa icyumeru 1-2 nyuma yo guhabwa doze ya kabiri

Abantu baterwa urukingo bagomba gukomeza gukurikiza inama zirinda ikwirakwira n'ubwandu.

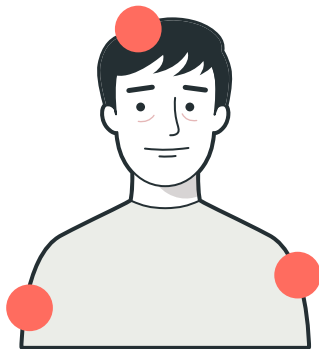


Urukingo rukora neza rute?

Urukingo rwigisha umubiri kumenya no kwirinda koronavirusi.

Urukingo ruhita ruva mu mubiri wawe.

Ariko, umubiri wibuka uko wirinda iyi virusi.

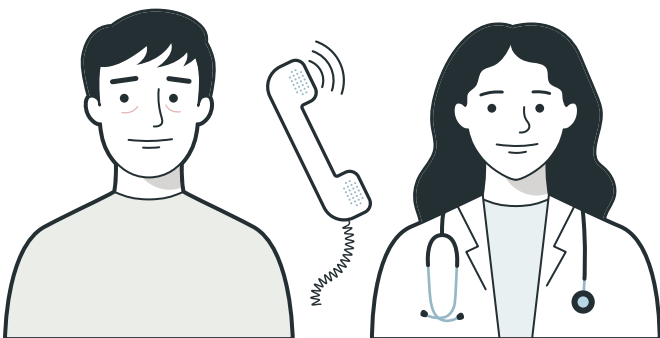


Ingaruka

Urukingo rwakorewe isuzuma mu nyigo zagutse ku bihumbi by'abantu. Ingaruka zikunze kugaragara ni:

- ububabare aho bateye urukingo
- kunanirwa
- kurwara umutwe
- kubabara mu mubiri
- umuriro no gutenguhwa

Izi ngaruka zituma umuntu yumva atameze neza, ariko nyuma y'iminsi mike ziragenda.



Ingaruka zidakunze kugaragara

Hamagara muganga cyangwa abandi banyamwuga mu by'ubuzima niba ufite ibimenyetso utari witeze, bikabije cyangwa bimara igihe kinini nyuma yo guterwa urukingo.