

Kurinda Ikwirakwizwa rya Coronavirus

IGIHE: isaha 1

INTUMBERO:

- Abitavye uruganda bazasobanukirwa uburyo mikorobe ikwiragizwa biciye mu nzira yo guhumeka no gutonyanga
- Abitavye uruganda bazomenya n'akamaro k'isabuni mu kurwanya virusi zanduye
- Abitavye uruganda bazashobora kuvuga amazina 6 yo kurwanya virusi z'ubuhumekero, na cane cane COVID-19 kubandi

IBIKORESHO BIKENEWE:

- Igikombe c'amazi (cane cane imbere gifise ibara ryoroshe, ryera canke ry' umuhondo)
- Ipiripiri y'irabura (canke amababi yumye)
- Isabuni (cane cane ubwoko busanzwe bukoreshwa muri icyo myitwarariko yihariye)
- Ivu canke urumuri
- Mask yo mu maso
- "Irinde COVID!" imfashanyigisho.

Kubashinzwe inyigisho

Amakuru ayo ari yo yose imbere yimyenda isa nkiyi, ni amakuru kuri wewe gusa. Rimwe na rimwe, irimwo inyishu wifuza kuvana mubitavye inyigisho kugirango amakuru yukuri yigishwe. Rimwe na rimwe, ni amabwiriza y'uburyo bwo gukora ibikorwa vyerekana ivyiyumviro mu vyirwa. Singombwa ko usoma ibi bice n'ijwi rirenga; ni ivyawe gusa. Ibisigaye vyanditse ni ibintu uzovugira hejuru. Kandi ibibazo birangwa n'umwampi, ni ibibazo ubaza abitavye uruganda ukabemerera gutanga inyishu.

INTRO

Twese tumenyereye virusi zifata uburyo bw'ubuhumekero, canke guhumeka. Ninde yagize ubukanye mbere? Muri rusangi twiyumvira ko indwara nk'ubukanye zikunze kugaragara, ku buryo tutavyiyumvira cane. Ariko virusi zimwe na zimwe zitera uburyo bw'ubuhumekero kurwara, nka Coronavirus, canke COVID-19, zirakomeye cane, kandi zikwiragira n'ingoga. Hariho ibintu dushobora gukora kugirango izo virusi zitagwirirana ku zindi. Muri Mariko 12:31, Yesu

atubwira ko ikintu c'ingirakamaro dushobora gukora, inyuma yo gukunda Imana ivyo turimwo vyose, ari ugukunda bagenzi bacu nkuko twikunda. Nta n'umwe muri twe yipfuzwa kurwara akanye canke virusi ikomeye! Rero, gukunda umubanyi wacu nkuko twikunda bivuze ko twipfuzwa kurinda ababanyi bacu kurwara nkuko natwe ubwacu tudashaka kurwara.

ICO TWIYUMVIRA

- Ni ubuhe buryo bumwe twibaza ko abantu bafata ibicurane nka virusi?

Emera ibibazo bitandukanye: Iyumvire kukugene wizera imiti kama - koza umutwe wawe, kuba ahantu hakanye, kuryama ufise imishatsi itose, n'ibindi

- Ko duha abandi ibicurane n'indwara zacu ? Niba atari vyo, kubera iki? Niba arivyo, gute?

Emera ibibazo bitandukanye.

- Ni ibihe bimenyetso tubona hamwe n'imbeho na virusi z'ubuhumekero?

Kubabara mu muhogo

Amazuru yuzuye inkorora

Gukorora

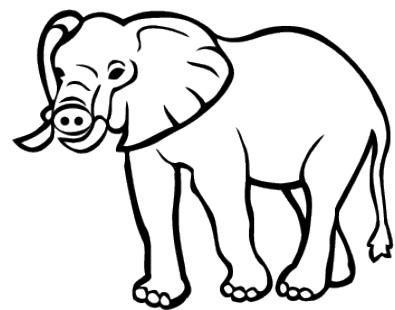
Umubiri urababara.

ICO DUKENEYE KUMENYA

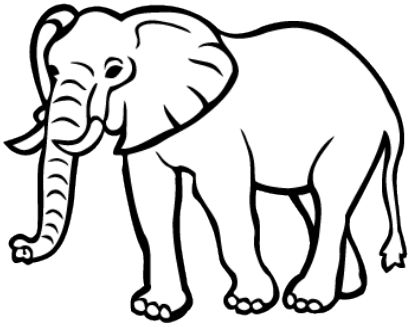
Reka twumve inkuru ivuga mu misi yaheze, uburyo inzovu yaronse izuru rirerire.

Kera, kera cane, inzovu ntabwo yari imeze nkuko imeze uyu musu. Ico gihe ntabwo yari ifise izuru rirerire. Oya oya, oya! Yari afise izuru rigufi cane, kimwe n'abandi bese kandi yariye hejuru ivyatsi birebire. Ariko inzovu akenshi zarwara muri icyo misi kandi, kimwe n'ayandi matungo, babayeho igihe gito.

Hanyuma inzovu ni igikoko cishira hejuru cane. Yiyumviriye ko kubera ko cari igikoko kinini co mw'ishamba, igomba no kuba igikoko cabayeho igihe kirekire. Noneho, yagiye kuraba umugabo w'umuganga. Inzovu irababara cane ko yahenzwe kuva ku kuremwa kw-isi. Yari nkuru kandi ikomeye mu bikoko vyose kandi igomba no kubaho igihe kirekire! Inyifato y'inzovu yatumye umugabo w'umuvuzi ashavura, ariko kubera ko inzovu yari nini kandi ikomeye, kandi yashaka ko agenda, yabwiye inzovu ko izomuha icifuzo cayo. Ati: "Genda ku ruzi wirabe wenyene." Ati: "Uzogire icipfuzo cawe kandi ubeho igihe kirekire." Inzovu igeze ku ruzi iraba mu mazi, igira isoni nyinshi kandi irababara! Izuru ryayo ryari rirerire CANE! Yiyumviriye ko isa nabi cane, kandi irashavurira umuganga, ariko none yari gukora



iki? Icipfuzo cayo cari catanzwe, nuko itari kwidodomba cane, ariko ibi birashobora gusobanura igituma inzovu muri iki gihe zizwi mu kugira ishavu ribi!



Ni gute izuru rirerire ryafashije inzovu kuramba gusumba ibindi bikoko vyo muri Afrika? Kuberako ubu inzovu ntizinyiganyiza mu maso. Igihe cyose inzovu yasamuye canke ifise izuru ryuzuyemwo ipiripiri, utwo twenge twose tuvuye mu zuru tumanuka hasi, aho bidashobora guteza ibibazo bitera izindi nzovu ingwara. Inzovu zose rero zibaho igihe kirekire kandi kizima, kuko zidakorora canke ngo zasamurire, zanduze indwara izindi.

- Birumvikana ko tuzi ko izi nkuru zavuzwe kugira zidusigire icigwa kandi ntabwo zitubwira rwose igituma inzovu ifise izuru rirerire! Ariko mu nkuru, inzovu yashaka guhindura iki kuri yo?

Yashaka kuvuga ko ari igikoko kibaho igihe kirekire mu bikoko vyose.

- Ni igiki uwo muganga yakoreye iyo nzovu?

Yahaye inzovu izuru rirerire.

- Amazuru maremare yari agiye gufasha gute inzovu kuramba?

Iyo inzovu yakorora kandi ikasamura, ipiripiri n'amate vyaja hasi, ntabwo vyinjira mu maso y'izindi nzovu.

- Ibi bitubwira iki ku buryo turwara?

Imigera ituma turwara ica ku muntu umwe urwaye ikaja ku muntu muzima biciye mu mpwemu wuwo muntu no gucira. Impwemu n'amate bitwara virusi, canke mikorobe, mu mazuru no mu kanwa, kandi iyo duhumeka, turarwara.

- Ntabwo turi inzovu! Ni gute dushobora kwirinda kwinjiza no gucira amate ngo tuje mu maso y'abandi mu gihe dukorora kandi twasamura?

- Gupfuka umunwa n'amazuru mu gihe dukorora, tugakororera mu nkokora canke tugakoresha ishata kugirango dugumye mikorobe.
- Gukorora canke kwasamurira mu ngingo hanyuma ugata kure agatambara wakoresheje.
- Gukaraba intoke zacu n'isabuni mu gihe dukorora canke twunamye mu maboko, kugirango tutayaha abandi mu maboko yacu.
- Kuguma kure y'abandi mu gihe turwaye, kugirango ntubanduze indwara.

➤ Ni gute gukora ivyo bizerinda abandi kurwara?

Ntibazohumeka mikorobe zacu mu mazuru no mu kanwa, canke gukozako urutoke canke gucira amate no kuyajana mu kanwa kabo n'izuru n'amaboko yabo.

ICYO DUKENEYE GUKORA

Hariho ibintu bitandatu (6) dushobora gukora n'umubiri wacu kugirango dufashe kwirinda ikwirakwizwa rya virusi n'indwara biva ku muntu bikaja k'uwundi. Ibi bintu bifasha gukinga hafi indwara zose, ariko bifasha cane cane virusi z'ubuhumekero nk'ibicurane, na COVID-19 (Coronavirus).

1. **Iminwe:** Kwoza kenshi intoke ukoresheje isabuni n'amazi.
2. **Umunwa:** Kwipfuka umunwa iyo twasamuye canke iyo turwaye inkorora. Tugomba guhora dukoresha inkokora, ishata, canke impuzu kugirango dupfuke umunwa n'amazuru. Ntabwo ari ukuboko kwacu. Kuberako ubundi virusi iri mu maboko yacu, kandi tukayikwiragiza ku bandi n'amaboko yacu.
3. **Mu Maso:** Ntukore ku maso. Virusi nka COVID-19 n'imbeho vyinjira mu mibiri yacu biciye mu mazuru n'umunwa. Aha ni ahantu haguruye ku mibiri yacu yerekeza ku mahaha yacu. Niba dufise virusi mu ntoke, tugakora ku mazuru canke ku munwa, dushobora gushira virusi mu mibiri yacu.
4. **Izuru:** Wambare maske agapfukamunwa mu gihe uri hanze. Maske yo mu maso izokurinda kwandura virusi no kwanduza abandi mu gihe muganira, utwenga, canke inkorora.
5. **Amaboko:** Gumana intambuko 2 z' uburebure (metero 6) usivye abandi bantu, cane cane niba atari vyiza.
6. **Umubiri:** Niba utumva neza, guma mu rugo kandi wigumane wenyene. Ntukabe hafi y'abandi bashobora kwandura virusi.

Reka tunganire kuri kimwe kimwe mur'ibi n'uburyo dushobora kubikora kugirango twirinde, buri wese, ndetse n'abanyagihugu bacu umutekano kandi ufite ubuzima bwiza.

1. **Iminwe:** Kwoza kenshi intoke ukoresheje isabuni.

Fata inkono ntoya yuzuye amazi. Saba umukorerabushake umwe kugufasha. Saba abandi bose bitabiriye kwegeranira hamwe kuraba.

- *Kunyanyagiza poivre yirabura hejuru y'amazi. Sobanura ko iyo poivre igiye kwerekana mikorobe - nka virusi. Ntidushobora kubona virusi canke mikorobe kuko ari nto cane. Ariko tugiye gutahura ko poivre igereranywa na mikorobe, nini cane.*
- **Bigenda bite?** *(poivre / ibibabi bifata ku rutoki) - Ihanagure urutoke hanyuma ubisige kw'isabuni. Menya neza ko isabuni iri mu rutoke rwabo.*
- *Noneho ongera ushire urutoke mu mazi.*
- **Bigenda bite?** *(ifu ya pisine canke ifu y'amababi ikwirakwira ku mpande y'ikibindi, urutoke ruva mu mazi asukuye)*

Isabuni yirukana virusi na mikorobe mu biganza vyacu, nkuko birukana poivre (canke amababi)! Ariko amazi yonyene ntashobora gutwara mikorobe mu biganza vyacu. Bazodufata mu maboko yacu, nk'amababi, hanyuma bagahabwa abandi ku bintu dukorako.

2. **Umunwa:** Gupfuka izuru n'umunwa mugihe wasamura canke akorora.

Inzira nziza yo gukora iyi myimenyerezo n'ugushira umunyota canke ivumbi mu kanwa kawe. Ntabwo ari igitigiri kinini, gusa igice wuzuzza isonga y'ikiyiko. Ugiye gukora ibi kabiri vyoba vyiza ufise ikirahuri c'amazi yo koza umunwa inyuma, ndetse canke no kwoza amenyo hamwe. Umunyota ntibizokubabaza uhuhe buke buke. Niba ushize umunyota canke ifu mu kanwa, witondere kudahumeka. Ntubishaka mu mahaha yawe! Niba udafise umunyota canke ivumbi urashobora gukoresha ifu aho. Gusa menya neza ko utaretse ngo ifu itose mu kanwa imbere yuko ukora igikorwa, canke ntikizosohoka neza. Kandi, ntugahumeke ifu! Niba udashaka gushira ivumbi, umunyota, canke ifu mu kanwa kawe, urashobora gushira bimwe mu biganza vyawe imbere yuko utangura ibikorwa - utaretse ngo hagire ubona ko ubikora.

Turashaka kuraba uburyo virusi na mikorobe biva ahantu hamwe biva ahandi, no kuva ku muntu umwe biva ku wundi. Turabizi ko tudashobora kubona virusi, kuko ari nto cane. Noneho, tugiye gukoresha ivumbi/umunyota/ifu (werekane ivumbi/umunyota/ifu) kugirango twerekane ibiba hamwe na virusi, n'uburyo bishobora gucishwa hirya no hino. Raba kw'ivumbi/umunyota/ifu muvya nkora vyose! Ahantu hose ubibona, niyumvira ko ari virusi!

Shira ivu rikeya canke urihuhe mu kanwa, iburyo wuguruye ariko bitariyo cane - canke mu kiganza cawe. (Niba ushobora gukora ibi, canke ufise umufasha abikora, uteretse abitavye uruganda, bizaba vyiza gusumba.) Hagarara rero urabe ku ruhande, kandi abitavye uruganda baraba ku ruhande rwawe. Noneho humura cane kandi bikomeye, usukemwo ivu/umunyota/ifu mu kanwa kawe.

➤ Wabonye iki?

Bishoboka kuba barabonye ivu/umunyota/ifu (mikorobe) biva mu kanwa kawe, bikareremba mu kirere imbere yawe hanyuma bikagwa hasi canke ibindi bintu.

- Ivu, umunyota, canke ifu vyerekana iki?

Imigera canke virusi.

- Ubu virusi irihe?

Mu kirere imbere yawe. Mw'isi. Ku kintu cose kiri imbere yawe.

- Vyagenda gute nimba umuntu ari imbere yanje?

Imigera igenda ku muntu.

Rimwe na rimwe, dupfuka umunwa n'amazuru n'amaboko yacu iyo dukorora canke twunamyeye. Ariko ibi navyo ntabwo ari vyiza cane. Kuki? (*Mubisanzwe ntabwo dukaraba intoke inyuma, hanyuma dukwiragiza virusi n'amaboko yacu.*) Reka tuvuyerekane.

Shira ivu rikeya, umunyota, canke ifu mu kanwa kawe. Noneho "kwinjiza" canke "gukororera" mu maboko yawe. Erekanababiriye ikiganza cyawe.

- Mubona iki?

Bategerezwa kubona ivu, umunyota, canke ifu ku maboko yawe.

- Iyi ivu/glitter/ifu igereranywa n'iki?

Imigera na virusi

Noneho uzunguruke uramutse bamwe mu bitavye uruganda. Mubanze amaboko mu gihe mu baramutsa. Fata igikombe canke ikirahuri hanyuma uhe uwundi muntu. Menya neza ko usize ivu canke umunyota canke ifu ku biganza vyabo iyo ubikoze.

- Vyagenze gute?

Wacishije virusi na mikorobe kuva mu muntu umwe muntu uja k'uwundi.

Ntukemere ko abo bantu bakaraba intoki - hanyuma ukomeze kuri point 3.

3. **Mu Maso:** Ntukore ku maso.

Dukora ku maso igihe cose! Abantu bakoze ubushakashatsi kugirango barabe incuro dukora mu maso, kandi basanze abantu benshi bakora mu maso incuro zirenga 100 ku musi!

- Ni gute dushobora kwikorako mu maso tutabizi?

*Twiyagaza ku zuru.
Turiyagaza canke duhanagura amaso.
Dufata amazuru.
Dutora indya zasigaye mu menyo yacu.
Dushira indya mu kanwa.*

Dufyeta intoke.

Duhanagura ivyuya mu maso yacu.

Rero ndashaka ko abantu twakoranyeko amaboko kugirango bikore ku zuru canke ku munwa ukoresheje ukuboko gusa. Kandi, umuntu ufashe igikombe nakozeke. Shira igikombe hasi hanyuma usige mu maso.

➤ Urashobora kubona "virusi" mu maso yabo?

Iyo tumaze gukora ku bantu canke ibintu bifise virusi kuri bo, dushobora kwanduza virusi mu kanwa kacu no mu mazuru n'amaboko yacu. Dushobora rero gukora cane kugirango ntudukore ku maso Kiretse nimba twogeje intoke n'isabuni!

4. **Izuru:** Wambare agafukamunwa hejuru y'izuru n'umunwa mu gihe uri hanze. Agafukamunwa kazokurinda kwanduza abandi mu gihe muganira, utwenga, canke ukorora.

➤ Wigeze ubona ko iyo uvuga canke utwenga, rimwe na rimwe amate ava mu kanwa kawe, canke mu kanwa k'abandi?

Ibi ni uduce duto duto bita "ibitonyanga," canke ibitonyanga bito. Virusi zirashobora kuba imbere muri ayo mate. Ibitonyanga bitwara virusi mu kirere ku meza, canke intebe, canke abandi bantu. Niba abantu bakwegereye cane, barashobora guhumeka muri ibi bitonyanga bitwara virusi batanabizi, kandi virusi irashobora kwinjira mu mazuru canke umunwa. Kandi burya n'uburyo indwara zimwe zimwe, nka Coronavirus, zikwiragira mu muntu.

Kwambara agafukamunwa ku munwa bizogumya guhumeka no gutonyanga hafi yawe, kugirango ntibishobore gushika ku bandi bantu. ARIKO agafukamunwa gategerezwa kwambarwa neza kugirango ikore neza. Agafukamunwa gategerezwa gupfuka rwose izuru n'akanwa kugirango birinde ikwiragizwa rya mikorobe na virusi.

Erekana inzira agafukabunwa gategerezwa kwambarwa kandi idakwiye kwambarwa.

1. *Banza ushire agafukamunwa kawe musu y'umusaya. Ibi ntabwo bigiye gukora. Baza abitavye uruganda kubera iki? (Kuberako izuru n'umunwa bikiri hanze kandi bizohumeka ibitonyanga bifise virusi ku bandi.)*

2. *Ibikurikira, shira agafukamunwa kawe ku munwa, ariko usige izuru hanze. Ibi ntabwo bigiye gukora. Baza abitavye uruganda impamvu. Ibi navyo ntibizokora. Kuki? Iyi niyo nzira nziza kandi yonyene yo kwambara mask. Ibi bizokomeza virusi imbere y'agafukamunwa no ku bandi bantu bagukikije. Ubu ni inzira nziza yo gukunda no kwitaho ababanyi bacu mugihe ca virusi.*

5. **Amaboko:** Gumana uburebure bw'intambuko z'amaboko 2 kugira abantu ntibashobore kwandura.

Kubera ko virusi n'imbeho vyanduza biciye mu mate no kwinjira, dukeneye kwirinda abantu bashobora kuba barwaye. Niba umuntu yasamuye canke akorora, kandi ntapfuke umunwa n'amazuru, amate arashobora kuguruka ku metero 2! Rero, nitwaguma kure yabo, virusi ntishobora kugwa mu maso yacu – nk'inzovu!

Saba abitavye uruganda guhaguruka no kugorora amaboko kugirango bitandukane. Wibuke ko ivyo bifise ukuri kwicara, cane cane nimba umuntu arwaye, canke nimba uri hagati y'ikiza ca virusi.

6 **Umubiri:** Niba wumva urwaye, guma muhira, kandi ntiwemere ko abandi binjira.

➤ Ni ibihe bimenyetso twumva iyo dufise virusi mu mutwe canke mu gikiriza?

Gukorora *

Umuriro *

Kugora guhumeka *

Kubabara umutwe

Kubabara mu muhogo

kuziba amazuru Yuzuye

(Abafise * ni ibimenyetso bikunze kuba bifitaniye isano na COVID-19 Coronavirus, nubwo n'abandi bashobora kuba bahari.)

Kugirango turinde umuryango wacu n'ababanyi bacu, dukeneye kuguma muhira mu gihe twumva turwaye. Kuja kw'isoko, canke mu rusengeru, canke kuramutsa incuti zacu bitwara virusi ku bandi bantu, kandi ikwiragiza indwara mu gace kacu. Nimba dufise ubukanye busanzwe, ibi ntibishobora kuba bikomeye, ariko mu gihe c'ikizo, nka Coronavirus (COVID-19), birashobora kuba bikomeye cyane!

Ikindi kintu kimwe!

Hariho ikindi kintu kimwe dushobora gukora kugirango twebwe ubwacu n'imiryango yacu igire ubuzima bwiza! Iyo virusi yinjiye mu mubiri, umubiri wacu ufise utuntu duto bita "antibodies" zitangura kurwanya virusi no kuyirukana. Aba bameze nk'abasirikare bato mu mubiri wacu barwanya abansi bashaka kudutera.

Bumwe mu buryo bwo gufasha kwirinda virusi, ni ukuraba nimba "abasirikare" bacu bakomeye kandi bafise ubuzima bwiza, kugirango mu gihe virusi canke mikorobe iyo ariyo yose BIKORA bitwinjire, twiteguye kubirwanya - kandi dutsinde!

Kugira imibiri yacu bizima bizafasha imibiri yacu kurwanya mikorobe na virusi zose zinjira imbere. Hano hari ibintu 3 ushobora gukora kugirango umubiri wawe ugire ubuzima bwiza kandi witeguye kurwanya mikorobe:

- Kurya ivyo kurya vyiza - imbuto n'imboga nyinshi

- Kunywa amazi menshi – n'imiburuburi ilitiro 3 ku munsu
- Gusinzira bihagije - abantu bose bakeneye vyibuze amasaha 7-8 yo kuryama buri joro.

KWIBUKA AMAFOTO

Uhe buri wese kopi ya "Irinde COVID!" imfashanyigisho.

- Ninde ashobora gusobanura ikintu ca mbere tugomba gukora kugirango duhagarike virusi?
- Iya kabiri ? Ica gatatu ? Ica kane ? Ica gatanu ? Ica gatandatu ?
- Ni iki kindi twakora kugirango dufashe imibiri yacu kurwanya virusi?

INGINGO Z'INGENZI:

Mariko 12:31 - Utegerezwa gukunda mugenzi wawe nkuko wikunda.

KUGARAGAZA Inyifato nziza - Igikorwa

Niba urongoye ishuri, canke ufise aho ushobora guhurira hamwe n'abantu benshi kandi bashaka gutangura kugira icyo ingendo nziza, urashobora gukina urukino rukurikira kugirango ufashe abantu kwifatanya n'abandi bakora ibintu bizakwiragiza virusi.

1. Mu gutangura icyo gihe cawe hamwe, ha buri muntu impuzu plastike wometse kumashati.
2. Igihe cose umuntu yafashwe akora kimwe mu bintu bikurikira, umuntu wese ashobora kumwambura impuzu:
 - a. Kudakaraba intoke icyo binjiye mu nama, mbere yo kurya, inyuma yo gukorora canke kwasamura, canke inyuma yo gukoresha ubwiherero.
 - b. Gukoraho mu maso (guhanagura ivyuya ukoresheje intoke, gukora ku zuru, intoke mu kanwa, n'ibindi)
 - c. Kudapfuka umunwa n'izuru ishata yabo canke inkokora nimba bakorora cyangwa bakunamye.
3. Umuntu wese arashobora kuraba abandi bese, harimwo nabo ubwabo, kugirango bakurikirane icyo nyifato. icyo bafashe umuntu akora ibitari vyo, babona impuzu y'uwo muntu.
4. Inama canke inyigisho zihaze, urashobora gutanga agashimwe gato canke guterera mu gushigikira abafite impembo.
5. Witondere gushima ababitse imyenda yabo (bivuze ko batigeze bakora inyifato ishobora guteza akaga), kandi uhimirize abandi kugerageza.
6. Himiriza abantu kugerageza icyo gikorwa hamwe nabana babo n'imiryango mu rugo nabo, kugirango bafashe abana babo kwiga inyifato nziza!