

wasamura kugira ntiwandukize abandi. Kubera ko ingwara y'agahiri iterwa n'umugera, imiti ya antibiyotike ntikora mukuvura agahiri. Kwicandagisha ngo wirinde agahiri ku mwaka ku mwaka (urwo rucanco ruboneka mubisanzwe muntango z'ukwezi kwa gitugutu) bizogufasha kwirinda agahiri. Urucanco rw'agahiri rurahimirizwa:

- ku bantu bafise imyaka 65 canke irenga,
- abantu baba muri vyabigo vyitaho abasaza,
- abantu bamaranye amezi arenga atandatu ingorane z'amagara, nk'inwara ya hasima, canke ingwara zigihe kirekire, nk'umugera wa SIDA canke indwara y'umutima, hamwe
- n'abantu bama iruhande y'abantu bagwaye canke bageze mu za bukuru.

Kugira utore ivuriro riri mukarere ubamwo, ronderera kuri ordinateri ukoreshije bwabuhinga bwa internete, ahakurikira:
www.flucliniclocator.org

Niba ushaka amakuru y'ibicurane n'akamangu raba:

The U.S. Food and Drug Administration
www.fda.gov

American Lung Association
www.lungusa.org

The Nemours Foundation's Center for Children's Health Media
www.kidshealth.org

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Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na:

The U.S. Food and Drug Administration

American Lung Association

The Nemours Foundation's Center for Children's Health Media

CONTACT INFORMATION:

riht@uscridc.org

U.S. Committee for Refugees and Immigrants

1717 Massachusetts Ave., NW
Suite 200

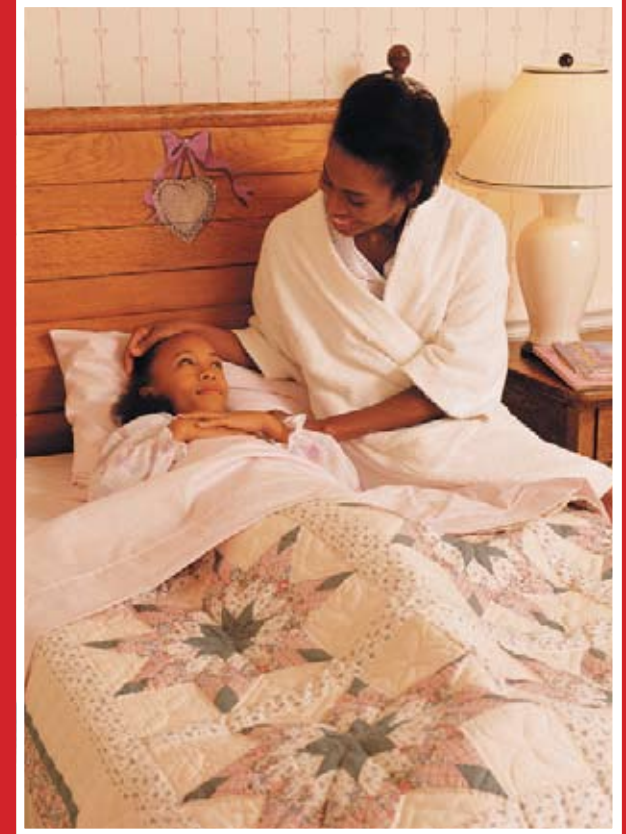
Washington, DC 20036

Phone: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement.



**Ibicurane hamwe
n'agahiri i**



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

IBICURANE HAMWE N'AGAHIRI IIBICURANE ABANTU BAKUNZE KU RWARA

IBICURANE N'IKI?

Ibicurane n'indwara yandukira cane iterwa n'imigera y'indwara iba yakwiragijwe mu kirere hamwe nokuba wanye wegeranye n'abantu barwaye iyo ndwara. Ibicurane bikara cane cane mugihe c'imbeho.

IBIMENYETSO VY'IBICURANE N'IBIHE?

Mubisanzwe, ikimenyetso cambere n'ugusatswa canke kugira agahehera mu mihogo. Abantu barwaye ibicurane bashobora kugira ingorane z'uguhema, amazuru akaziba, bagakorora, bakasamura, bakongera bakagira agaseru kicuka.

NI INDE AFATWA N'INDWARA Y'IBICURANE, IYO NDWARA IMARA IGIHE KINGANA IKI?

Nigake ibicurane bimara indwi zirenga zibiri kandi mubisanzwe ntibibabaza cane. Kenshi na kenshi, abakuze babirwara kabiri mu mwaka. Abana bashobora kubirwara agashika incuro umunani ku mwaka.

NOKORA IKI KUGIRA NGWANYE IBICURANE?

Iciza umuntu yokora iyo arwaye ibicurane n'ukuruhuka cane hamwe no kunywa ibinyobwa vyinshi kiretse inzoga. Hariho imiti idakenera urwandiko rwa muganga umuntu ashobora kugura akayifata igaheza ikamufasha kworoherwa. Ariko kenshi, ibicurane birikiza vyonyene atamuti umuntu arinze gufata. Kirazira gukoresha imiti ya antibiyotike iyo urwaye ibicurane. Iyo miti ntivura canke ngo ikize ibicurane. Ibicurane biterwa n'imigera y'indwara hanyuma

antibiotike nazo zikoreshwa mukuvura imikorobi atari imigera.

NOKORERA IKI UMWANA WANJE ARWAYE?

Umwana arwaye ibicurane azokenera kuruhuka cane hamwe no kunywa ibinyobwa vyinshi. Niwashaka kumuha umuti muri imwe umuntu ugura atarwandiko rwa muganga, utegerezwa gusoma neza ingene uwo muti ufatwa canke ukoreshwa hanyuma uwumuhe ukurikije ingene bitegekanijwe.

NOKWIRINDA GUTE KWANDURA IBICURA?

Uburyo bwiza bwo kwirinda ibicurane n'ugukaraba iminwe kenshi, kwirinda kwikora ku maso, ku zuru canke ku munwa. Kwirinda kwegera abantu barwaye ibicurane, kubera ko ibicurane bishobora kwandukira biciye mu gukorora hamwe no mu kwasamura. Koresha umushwari iyo uriko urakorora canke wasamura kugira ntiwandukize abandi. Ntugasangire ibikombe, imbugita n'amafurusheti n'uwurwaye ibicurane. Koresha imiti yica imikorobi mugusukura nk'ameza, ibitashi vy'imyango hamwe n'amaterofone.

AKAMANGU AGAHIRI KAMEZE GUTE?

Agahiri canke akamangu ni indwara yandukira cane iterwa n'imigera y'indwara. Ibimenyetso vy'agahiri birasa n'ivy'ibicurane ariko bikaba bibabaza kurusha ivy'ibicurane, kandi birashobora kubamwo inyonko, ububabare bw'umubiri hamwe

n'uburuhe. Mubisanzwe agahiri kamara indwi zitarenga zibiri.

NOKORA IKI KUGIRA NGWANYE AGAHIRI?

Uburyo bwiza bwo kugwanya agahiri n'ukuruhuka cane hanyuma ukongera ukanywa ibinyobwa vyinshi bitari inzoga. Hariho imiti idakenera urwandiko rwa muganga umuntu ashobora kugura akayifata igaheza ikamufasha kworoherwa.

NOKORERA IKI UMWANA WANJE ARWAYE?

Umwana arwaye agahiri azokenera kuruhuka cane no kunywa ibinyobwa vyinshi -- inzoga ntizirimwo. Abana barwaye agahiri bategerezwa kuja kwa muganga iyo bizwi ko hariho abandi bantu barwaye agahiri mukarere babamwo.

NOKWIRINDA GUTE KWANDURA AGAHIRI?

Karaba iminwe kenshi wongere wirinde kwegera abantu bagwaye agahiri. Koresha umushwari iyo uriko urakorora canke

