



Repubulika y'u Rwanda
Ministeri y'Ubuzima



INYIGISHO ZITANGWA N'ABAFASHAMYUMVIRE

GUTEGURA ABATURAGE KWAKIRA URUKINGO RWA COVID-19



IKIGANIRO KIGENEWE ITSINDA RY'ABATURAGE KU RUKINGO RWA COVID-19

1

Intangiriro

Muri rusange abatuye isi yose barakora iyo bwabaga mu kurwanya icyorezo cya COVID-19. Dushobora kwibaza ku ngaruka kizakomeza guteza abaturage bacu ndetse n'igihe tuzasubirira mu buzima busanzwe. Urukingo rwa COVID-19 rufite uruhare runini rwo kugira ngo tuzasubire mu buzima busanzwe. Ubuyobozi bwacu bwiyeje ko abaturage hafi ya bose bazahabwa urukingo. Iri somo rizafasha amatsinda y'abaturage kugira uruhare rwabo muri uko gusubira mu buzima busanzwe.

Ikiganiro kizafasha amatsinda y' abaturage gusobanukirwa akamaro k'urukingo rwa COVID-19 ndetse n'uko ruzahindura ubuzima bw'umuryango n'abaturage muri rusange. Aya matsinda afitiye icyizere abayobozi bayo na bagenzi babo bayagize, barahura bagahanahana amakuru bagasangira n'ibitekerezo. Ayo makuru iyo agejewe kuri abo baturage bituma ubuzima bw'abantu amamiriyoni buzarokoka kuko akubiyemo ubutumwa bwo kwirinda iki cyorezo tutari tumenyereye hakoreshejwe gutanga urukingo.

2

Ikigamijwe

Ikigamijwe ni ukugeza amakuru ku baturage kugira ngo bungurane ibitekerezo kandi bifatire umwanzuro , ndetse bitabire gufata urukingo rwa COVID-19 nkuko babishishikarizwa n'ubuyobozi.

3

Agakuru (Gashobora gukinirwa hanze)



Simoni aratashye, avuye mu isoko aho yiriwe, aje asunika igare rye maze aryegeka ku nzu. Yari yagiye kugurisha imbariro ku isoko rirema rimwe mu cyumweru. Marigarita, ni umugore wa Simoni, arasohoka

kugira ngo amuhuze. Mu ijwi ryuje urukundo amwakirana ubwuzu ati: ndabona unaniwe, ikaze mugabo mwiza aramuzimanira: Bicarana mu gacucu nuko amuha izimano.

Bicara hamwe baganira akanya gato bavugaga uko umunsi wagenze, naho abana bari barangije imirimo yo mu rugo, bose biteguye gufata ifunguro ry'umugoroba ryari rimaze kuboneka .

Simoni asoma ku izimano yahawe **“ ku isoko, buri wese arimo kuvuga kuri COVID-19 ndetse n’urukingo rwayo”**



Margarita:



*“Mbwira neza, barimo kuvugaga ngo iki?
Nanjye maze minsi mbyumva kuri Radio.”*

Simoni:



"Nibyo da ubuyobozi burakangurira buri wese gukomeza kwitabira gahunda yo kwikingiza; ariko incuti yanjye Sitefano we arivugira ko inkingo zagenewe abana gusa.

Marigarita:



Ibyo ndabyumva, mugabo mwiza (Marigarita aseka cyane), Stephano yarwitiranyije na za nkingo zisanzwe zihabwa abana. Uko mbyumva uru rukingo bavuga ni urwa cya cyorezo cyitwa COVID-19.

Simoni:



None se ubwo uru rukingo rumaze iki? Kuki abantu birirwa barurata? Ruje kumara iki ko mbona nta n'abantu benshi barwara. Kuki birirwa badukangurira ko abantu bakuru tugomba gukingirwa? Njyewe ndacyakomeye, nta rukingo nkeneye. Cyane cyane ko numvise ko umugabo wikingije bimugora kwiha akabyizi!!!

Marigarita:



Ibyo bibazo ni byiza mugabo mwiza, uru rukingo narwumvise kuri radio bwa mbere ariko birakwiye ko tubisobanukirwa neza. Mpereye ku byo nigiyeye mu matsinda yacu, urwo rukingo ruzadufasha

Marigarita:



kurinda imibiri yacu."naho kubijyanye nuko ruca intege abagabo baruhawe, ibyo ni ibihuha bidafite ishingiro! Maze hari n'abavuga ko ari ikimenyetso cya Satani ubwo se urumva ibihuha atari byinshi koko???

(Marigarita yitegereza igare ry'umugabo we aho riparitse ku rukuta rw'inzu noneho atekereza akazi k'umugabo we ko gucuruza imbariro bashyira ku ruzitiro hanyuma, mu ijwi ryuzuye akanyamuneza) agira ati:



"Uru rukingo turufate nkaho ari uruzitiro rurinda urugo cyangwa rurinda amatungo yacu ko yaribwa n'inyamaswa. Virusi itera COVID-19 ni nshya, kandi irakaze twayigereranya n'impyi, igenda yubikiriye ishaka kurimbura abantu. Dukeneye rero uruzitiro rwo kurinda ubuzima bwacu. Ako ni ko kamaro k'Uru rukingo ngendeye ku byo nigiyeye hariya mu itsinda ryacu ni uko urukingo ruzadufasha kurinda ubuzima bwacu".

Simoni: (arongera asoma ku izimano) aravuga ati:



"ubu noneho ndabyumvise, kandi birasa nkaho atari ukurinda impyisi imwe ngo itarya abafite intege nke ahubwo ni ugukingira ishyo ryose kugira ngo ritaribwa na ya mpyisi."

Marigarita, n'inseko nziza, agira ati



"Ni byo rwose"

Simoni arangije izimano aravuga ati:



"Marigari... reka ku wa mbere tuzajyane kubaza igihe bazadukingirira".

Marigarita: amwenyura, yandurura ibyo banyweragamo nyuma alya gukomeza gutegura ifunguro ryo ku mugoroba, agira ati:

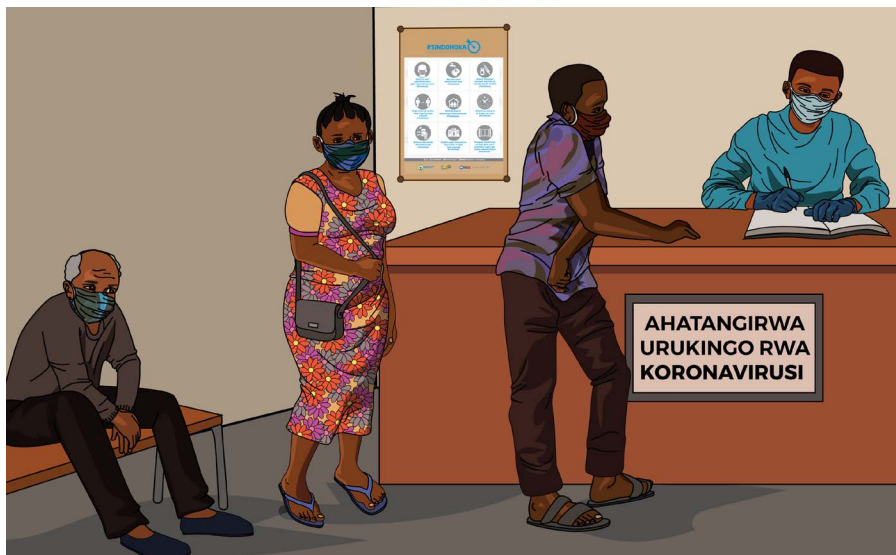


"Simo, ntituzasige n'ababyeyi bacu mu kwikingiza, bityo umuryango wacu wose uzaba ufite uruzitiro rukomeye.

(**Simoni** alya gukaraba intoki ngo yitegure kujya ku meza, avugana ishema ryinshi ati:



"Ntituzaterwa n'impyi mu rugo rwacu; Sitefano nawe sinareka kumusobanurira akamaro k'uru rukingo mu kurinda ubuzima bw'umuryango we."



?

Ibibazo bishamikiye kuri iyi nkuru:

- 1. Ni ayahe makuru Simoni yari afite ku byerekeye urukingo?** (yatekerezaga ko inkingo zigenewe abana gusa)
- 2. Ni izihe mpungenge Simoni yarafite kubyerekeye urukingo?** (yumvise ko umugabo uruhawe rumubuza kwiha akabyizi)
- 3. Ni ikihe gisubizo Marigarita yamusubije ku bijyanye n'abahabwa uru rukingo** (yamutandukanyirije inkingo zisanzwe zihabwa abana amusobanurira akamaro k'urukingo rwa COVID 19 atanga urugero rw'uruzitiro rukomeye rurinda ubuzima bw'umuryango)

- 4. Wize ko urukingo rugenewe bande?** (urukingo rugenewe abantu bose, hibandwa cyane kubafite ibyago byinshi byo kwandura no kuzahazwa n'iki cyorezo. Urugero abafite intege nke, abakora imirimo ibahuza n'abantu benshi, abakora muri serivisi z'ubuzima.....)
- 5. Ni iki Marigarita yagereranyije na COVID-19 mu rugero yatanze** (impyisi ziza kurya ihene zacu)



Isomo twakuramo

Twabonye ko hari virusi yangiza ubuzima nk'uko impyisi iza kurya ihene tworora. Ariko dufite urukingo rushobora kuturinda igihe cyose dukurikije amabwiriza yo kwirinda kwandura COVID-19 tugakingirwa. Kuko hari abantu bamwe bafite impungenge ku rukingo bishingiye ku bihuha bikwirakwizwa hiryana no hino ni byiza ko tugendera ku makuru yizewe atangwa n'inzego z'ubuzima.

COVID-19 ikwirakwizwa binyuze mu gukorora no kwitsamura. Abantu bafite ibyago byinshi byo kuzahazwa cyane n'iyi virusi ni abageze mu zabukuru, n'abarwaye diyabete, SIDA, igituntu, indwara z'umutima ndetse n'abafite ubumuga. Ni yo mpamvu urukingo ruhabwa mbere na mbere abafite ibibazo by'ubuzima n'abageze mu zabukuru. Bitewe n'ubwoko bw'urukingo, hari urutangwa inshuro imwe bikaba bihagije hari n'izindi umuntu agomba gukingirwa inshuro ebyiri kugira ngo urukingo rube rwuzuye. Ni ukuvuga ko umuntu agomba guhabwa urukingo rwa mbere maze akazagaruka gufata urundi ku nshuro ya kabiri kugira ngo biguhe ubwirinzi burambye bwa COVID-19. Abajyanama b'ubuzima bashobora kudufasha kwibuka igihe cyo gusubira gufata urukingo rwa kabiri. Uru rukingo ntirukwanduza.

Hari abantu batekereza ko urukingo rugira ingaruka- indwara nko guhinda umuriro cyangwa kubabara umubiri. Birashoboka ko urukingo rushobora gutera abantu bamwe na bamwe akariro gake cyangwa kuribwa umutwe cyangwa kubabara umubiri by'igihe gito. Biramutse bikubayeho, wagana ivuriro rikwegereye. Ntabwo rwose urukingo ruzagutera indwara.

Icyo urukingo ruzakora ni ukukurinda iyo ndwara kuko ruzaguha ubudahangarwa rugukingire nk' uruzitiro rurinze ubuzima bwawe. Uru rukingo ruzakurinda kurwara COVID-19. N'igihe cyose waba uyanduye rukurinde ko wahitanwa nayo.

Hari abatekereza ko uru rukingo rwavuye hanze y'igihugu rudashobora kwizerwa. Ni byo, urukingo rwavuye hanze y'igihugu cyacu nkuko n'indi miti n'ibindi bikoresho bidufasha biva hanze kandi ubuziranenge bwabwo bugenzurwa n'inzego zibishinzwe.

Umwitoto ukorwa basimbuka imbere n'inyuma.

Umwitoto ukorwa basimbuka baja imbere cyangwa nyuma ku murongo.

SHYIRA abagize itsinda ku murongo utambitse (vuga) **Iyandikishe ufate urukingo** saba abari ku murongo gusimbuka utomboza (imbere cyangwa inyuma) (saba abasimbutse imbusanye gusubiramo ubutumwa wabahaye)

SHYIRA abagize itsinda ku murongo utambitse: (vuga) **Fata urukingo** saba abari ku murongo gusimbuka utomboza(imbere cyangwa inyuma)(saba abasimbutse imbusanye gusubiramo ubutumwa wabahaye)

SHYIRA abagize itsinda ku murongo utambitse: (vuga) **Urukingo**

rurandinda saba abari ku murongo gusimbuka utomboza (imbere cyangwa inyuma)(saba abasimbutse imbusanye gusubiramo ubutumwa wabahaye)

SHYIRA agagize itsinda kumurongo utambitse: (vuga) **Urukingo rurinda umuryango WANJYE n’abaturanyi BANJYE** saba abari ku murongo gusimbuka utomboza (imbere cyangwa inyuma) (saba abasimbutse imbusanye gusubiramo ubutumwa wabahaye)

5

Umwitozo: “Ndatekanye mu rugo”

(Amabwiriza agenewe umuyobozi. Urashyiraho mu ibanga impyisi imwe cg ebyiri bitewe n’uko itsinda ryawe ringana hanyuma usobanure uko inshingano za buri wese ziteye. Impyisi muri uyu mukino igomba kuba umuntu w’inyaryenge, ushabutse wisanisha neza n’undi baribukinane ariko utari bukoreshe ijamba ry’ibanga)

Muri uyu mukino harimo amatsinda abiri. Itsinda rya mbere riramera nk’uruzitiro rushinzwe kurinda ihene mu ijoro. Urwo ruzitiro rumeze nk’uruzigakandi ruhagaze nk’inkingi zikoze uruzitiro. Kubera COVID-19 murahagarara murambuye amaboko mwegeranye hubahirijwe intera. Urasa nk’aho ubaye inkingi zikoze uruzitiro rurinda amatungo mu gihe cya nijoro.

Irindi tsinda rizaba ihene zitashye mu rugo. Ariko ugomba kwitonda ko hagati muri zo hataba harimo impyisi kubera ko bwije. Ikizagufasha gutandukanya ihene n’impyisi ni uburyo zizanyura mu ruzitiro. Urugo nta marembo rufite ihene zinjira zikoresheje ijamba ry’ibanga. Ihene zishobora no gukoresha imibare y’ibanga ibiri itandukanye.

Iryo jambo ry'ibanga ni urukingo cyangwa agapfukamunwa. Niwumva aya magambo yombi, uzamenya ko ari ihene kandi zishobora kwinjira zitekanye. Niba ari impyisi, uzaziheza hanze. Ihene zigomba guhebeba zivuga urukingo cyangwa agapfukamunwa. Niwumva rimwe muri ayo magambo, ugomba kumenya ko ari ihene akamanura amaboko zikinjira; nutumva rimwe muri ayo magambo ziraba ari impyisi ntugomba kumanura amaboko kugirango zigume hanze. Izo hene zigomba kwinjira zisakuza iryo jambo ry'ibanga ry'urukingo cyangwa agapfukamunwa kugira ngo zinjire muri rugo. Impyisi zizagerageza kwinjirana n'ihene zikoresheje andi mayeri (urugero kwigana guhebeba aho kuvuga ijambo ry'ibanga).

Umukino utangira igihe uruzitiro rumaze kubakwa (arirwo rukorwa n'amaboko arambuye y'abagize itsinda hubahirijwe intera (ibi bikorwa badakoranyeho ahubwo barambuye amaboko) hamwe n'inyamaswa zirimo impyisi zitazwi (ziyoberanije) zigenda zihuma inyuma y'uruzitiro.

Intego y'uyu mukino ni ukugira ngo inyamaswa zitekane aho ziri mu rugo nijoro ndetse n'uruzitiro rwigizemo impyisi.

Gutangiza umukino, uyoboye uwo mukino azabara:" rimwe – kabiri- gatatu hanyuma yigane ijwi ry'impysisi ahume ngo "wooooo" hanyuma umukino utangire: hanyuma buri nyamaswa iziruka ishaka aho ihungira mu nsi yaha maboko arambuye, hanyuma impyisi nazo zizagerageza kwinjira mu rugo mu kaduruvayo. Nyuma y'akanya gato ugomba guhita uhagarika umukino
Incamake y'isomo

1. Impyisi zihereye he? zigeze zinjira mu rugo. Uzireke zisobanure inkuru yazo. Zageze mu rugo? Hari impysisi zasigaye hanze y'uruzitiro? Ni hehe hagaragaye ibyaho. Ibyo bishobora kudusetsa, kuturuhura mu mtwe no kudushimisha.

2. Ihene zihereye he? Zose ziri mu rugo, hari izikiri hanze? Ihene zumvishe zimeze zite zibonye ko zinjiye? Byari byoroshye cyangwa byari bikomeye? Ureke buri wese yisanzure mu kuvuga hano. Hari ababa batasobanukiwe, abandi bagize ubwoba, batazi n'ikiribukurikireho.
3. Impyisi zirihe? (zimwe ziri mu rugo, hari ibyago bishobora kuba ku ihene? Yego. Ni yo mpamvu twifuza ko buri wese wagakwiye kuba ahabwa urukingo aruhabwa mu gihe gikwiriye cyane ab'intege nke).



Amasomo dukura mu isobanuramukino:

- Ese buri wese yumva arinzwe? Bafite ijamba ry'ibanga " urukingo n'agapfukamunwa bizaturinda kwandura covid-19 ariko siko buri wese abikoresha. Ninde utabikoresha ngo yirinde? Impyisi.
- Ni gute byari byoroshye ngo abandi bandure cyangwa bangizwe n'impyisi? Ese bumvaga bugarijwe n'umwanzi? Yego cyane ko bamenye ko impyisi zari hanze nazo, bamenye ko bashoboraga guhura n'ibibazo.
- Ni iki gikenewe mu rwego rwo gukumira impyisi cg virusi? Uruzitiro rukomeye- guhora turi maso, buri wese akamenya ijamba ry'ibanga, gukingirwa cg kwambara agapfukamunwa.

6.

Umuryango n'umudugudu byanyje

Ubu noneho turagirango tubumve. Muje mu matsinda ya bane kugeza kuri batandatu. Muganire mu matsinda yanyu ku bibazo cyangwa imbogamizi mubona mu gufata urukingo. Mugerageze kuvugisha ukuri no kutagira icyo muhisha mu buryo bushoboka. Dore ibibazo mushobora kubazanya.

- Ni ibihe bibazo mwumvise mu muryango wanyu cyangwa mu baturage muri rusange ku bijyanye n'urukingo ku buryo bwihariye?
- Ukurikije ibyo wumvise uyu munsi, wumva ibyo bibazo byakemuka bite?(Ibijyanye n'igitsina, imyaka, ubumuga, uko inkingo zigera ku bantu, gutanga ubufasha n'ibindi)

7.

Umuhigo

Shyira amatsinda hamwe maze baganire ku bibazo n'ibisubizo byavuye mu matsinda yabo mato. Wiyemeje kuzakora iki? (emerera abantu benshi kugira icyo bavuga.)

Shishikariza itsinda gukora inyandiko ihuriweho yerekana impamvu zabo zituma bafata urukingo rwa COVID-19. Impamvu imwe ishobora kuba iyi:

“Kuko mfite inshingano zo kwiyitaho no kurinda ubuzima bwanjye ngiye gufata urukingo rwa COVID-19.”

Twiyemeje kwitabira gahunda yo kwikingiza COVID-19 kandi duharanira no kubishishikariza abandi.

Inyigisho ku rukingo rwa COVID-19 zigenewe abaturage mu kurwanya COVID-19

Dusobanukirwe ibijyanye n'inyigisho

Izi nyigisho zateguwe n'umuryango wa World Relief Rwanda ku bufatanye n'ikigo cy'Igihugu gishinzwe ubuzima (RBC), ku nkunga ya USAID, hagamijwe gutegura abaturage gufata urukingo rwa COVID-19. Iyi nyigisho isobanura uburyo bazarubona, uko abamaze kuruterwa bakurikiranwa, hubahirizwa gahunda zo kurwanya COVID-19 ku rwego rw'Igihugu.

Umuryango wa World Relief ukorana n'abaturage batishoboye binyuze mu matsinda y'abayoboke b'amadini n'amatorero ndetse n'andi matsinda aharanira imibereho myiza y'abaturage no guteza imbere ubukungu n'ubuhinzi ku bufatanye n'imiryango yegamiye kuri Leta n'iyigenga ikorera mu cyaro.

Izi nyigisho zishingiye ku byifuzo by'uhugurwa, ziteguwe mu buryo bw'ikinankuru zigatanga umwanya wo kungurana ibitekerezo hagati y'uhugurwa n'uhugura mu isomo ryose. Mu rwego rwo kugaragaza ko urukingo rwa COVID-19 rwizewe, hakoreshwa umukino w'amagambo afasha uwahuguwe kwibuka ingingo z'ingenzi mu masomo yize agaragaza ko kwikingiza bidafite ingaruka, bifasha kwirinda kandi ari ingenzi mu mibereho myiza y'abaturage bose. Muri izi nyigisho hakoreshwa imvugo zitandukanye bigafasha gushimangira ubutumwa bwo kwirinda no kurinda abandi.

Abayobozi b'amadini n'amatorero ni bo bantu usanga bizewe cyane n'abaturage. Baba bafite ahantu henshi bahurira n'abaturage, cyane cyane mu materaniro/amasengesho, bakaba rero bakoresha uwo mwanya bakora ubukangurambaga bufasha abayoboke babo guhindura imyumvire n'imyitwarire.

Izi nyigisho ni ingenzi cyane mu bukangurambaga bufasha abaturage gusobanukirwa no kwitabira gufata urukingo rwa COVID-19.

Inyigisho n'ibisobanuro by'ibikubiyemo

1.

Inyigisho zirebana n'urukingo rwa COVID-19 ku bayoboke b'amadini n'amatorero

Izi nyigisho ku rukingo zikubiyemo ubumenyi bw'ibanze ku rukingo zikaba zikubiye mu byiciro 3:

a) Ese Imana ishyigikiye urukingo rwa COVID-19? (Igice cya 1-Inyigisho rusange zijyanye n'imyemerere)

Iki gice cya mbere cy'inyigisho gishingiye ku kwizera Imana muri rusange kandi kigakorwa mu buryo bwo guhugura abantu bakuru basangira ibitekerezo, kikaba gishobora gukoreshwa ku itsinda iryo ari ryo ryose rishingiye ku myemerere.

b) Ese Imana ishyigikiye urukingo rwa COVID-19? (Igice cya 2-Inyigisho za Gikirisitu)

Iki gice cya 2 kigizwe n'inyigisho za gikirisitu (Abaporoso, Abagatolika n'abandi bemera Kristo). Zishobora gukoreshwa n'amadini n'amatorero ya gikirisitu yose kandi ntibigamije kureshya abayoboke.

c) Ese Allah ashigikiye urukingo rwa COVID-19? (Igice cya 3 – Inyigisho za Isilamu)

Igice cya 3 cy'inyigisho zishingiye ku myizerere zagenewe Abayisilamu kandi zateguwe hifashishijwe ibitekerezo n'ubushakashatsi bwakozwe n'umuntu wo mu Idini ya Isilamu.

2

Inyigisho ku rukingo rwa COVID-19 zigenewe abahugurwa muri rusange

Iyi nyigisho rusange igenewe itsinda ry'abahugurwa abo aribo bose (Amatsinda ashinzwe kwita ku bandi, abashinzwe kwita ku bashakanye, Komite z'itorero, amatsinda yo kwizigama, Amatsinda y'Abahinzi, Amatsinda y'Ivugabutumwa, n'ayandi). Iyi nyigisho yibanda ku gukangurira abantu kwirinda kwandura no kwanduza abandi kandi igasobanura uko urukingo rufatwa. Yateguwe hifashishijwe isomo ry'icyitegererezo ryerekana uburyo bwo guhugura hakoreshejwe inkuru, gutanga inyigisho ikumvikana neza, kwerekana uko yakoreshejwe ku muryango cyangwa mu mudugudu ndetse no gufata ingamba. Iyi nyigisho ishobora kwigishwa umunsi umwe ikarangira.

3

Uko inyigisho zitangwa: Ese Imana ihangayikishijwe na COVID-19?

Iyi nyigisho izatangwa hashingiwe kuri Zaburi 23:1-3. Iyi zaburi itanga inyandiko ifite intangiriro, ibigize isomo, inyigisho zirambuye ndetse n'ingero zifatika. Iyi nyigisho kandi ishimangira uruhare rw'umwigisha

mu itorero/idini nk'umuntu ukwiriye gutanga urugero mu bakirisito kugira ngo abakangurire kwitabira guhabwa urukingo ndetse no kumva akamaro ko gufasha abafite intege nke kurusha abandi kugira ngo bafashwe kwitabira guhabwa urukingo neza.

4

Amasomo yerekeye Urukingo rwa COVID-19- Imfashanyigisho z'amahugurwa

a. Imfashanyigisho y'amahugurwa agenewe abayobozi b'amadini n'amatorero

Iyi mfashanyigisho ikubiyemo amasomo, igatanga amakuru yizewe ku byerekeye COVID-19 n'urukingo rwayo, ikanatanga incamake y'isomo n'ibyo abahugurwa bazahabwa, inatanga kandi isuzumabumenyi ribanza n'irisoza ku byerekeye inyigisho zizatangwa n'abayobozi b'amadini n'amatorero.

b. Imfashanyigisho y'amahugurwa agenewe abayobozi b'amatorero-shingiro/Imiryango-Remezo

Iyi mfashanyigisho ikubiyemo amasomo, igatanga amakuru yizewe ku byerekeye COVID-19 n'urukingo rwayo, ikanatanga incamake y'isomo n'ibyo abahugurwa bazahabwa, inatanga kandi isuzumabumenyi ribanza n'irisoza ku byerekeye inyigisho zizatangwa n'abayobozi b'amatorero-shingiro/Imiryango-Remezo.

Inyoborabikorwa yerekana uko wajyanisha inyigisho n'abo zigenewe guhabwa.

INYIGISHO KU RUKINGO RWA COVID-19

Inyigisho kuri COVID-19 zigenewe umuryango w'abizera

Amahugurwa akenewe abayobozi b'amadini / amatorero n'abaturage mu kwitegura urukingo rwa COVID-19





Intangiro

Habonetse urukingo ruzadufasha gukumira impfu zituruka ku ndwara ya COVID-19. Leta zitandukanye zo mu bihugu bitandukanye zafashe ingamba vuba vuba zigamije kugeza inkingo ku baturage. Abayobozi bose bagomba gufasha abaturage, mu maguru mashya, kumva akamaro k'urukingo no gukemura impungenge abaturage bashobora kugira.

Kugira ngo dushobore gutanga ubufasha, twateguye amasomo azifashishwa n'abayobozi b'abaturage mu gutanga ubutumwa.

Ubutumwa bwatangwa mbere na mbere ni ukumvisha abaturage ko urukingo rwizewe, kandi ko ingo zabo n'imiryango yabo nta kibazo bizagira gitewe n'urukingo rwa COVID-19:

1

Abahawe urukingo rurabarinda kandi rukarinda n'abo babana kuzahazwa no kwicwa na COVID-19. Uko abantu benshi bazakingirwa ni nako tuzarushaho kurinda imiryango yacu kugira ngo abayigize badahitanwa na COVID-19.

2

Ni ngombwa kwiwandikisha kugira ngo ujye ku rutonde rw'abazakingirwa, hanyuma ukikingiza, noneho bakagukurikirana kugira ngo barebe ko nta ngaruka wagize ku rukingo. Ubuyobozi busaba abaturage kubahiriza aya mabwiriza uko ari - Ni ukuvuga ngo icyo gikorwa kizakorwa hehe, ryari, kizakorwa na nde? Abayobozi b'inzego z'ibanze bagomba kumenya ayo makuru kandi bakayakurikiza. Ibyo bireba cyane cyane abakora mu mavuriro, abaturage barengeje imyaka 50, abarwaye diyabete, abarwaye indwara

z'umutima, abafite Virusi itera SIDA n'abarwaye igituntu ndetse n'abandi bafite ubumuga, abo ni bo Leta yateganyije gukingira ku ikubitiro. Uko inkingo zizagenda ziboneka ni nako ibindi byiciro bizagenda bigerwaho.

3

Abaturage bagomba kubona amakuru avuga impungenge ku nkingo kuko zikiri nshya kandi zituruka mu mahanga. Niyo mpamvu ari ngombwa ko abayobozi munzego za Leta babagezaho amakuru y'ukuri. Ni ngombwa kandi ko abayobozi b'abaturage bizewe bagira ayo makuru y'ukuri kandi bakemerera abantu kubaza ibibazo bashize amanga. Abantu bakeneye amakuru yizewe, y'ukuri, yatanzwe n'abayobozi bizewe barimo n'abayobozi bo mu nzego z'ibanze.

4

Abaturage batuye hamwe bagomba kuba abaturanyi beza bafashanya uko bikwiye kandi bagaharanira ko buri wese yagira ubuzima bwiza, agakingirwa, akambara agapfukamunwa ahateraniye abantu benshi kandi bagafasha abanyanteye nke. ukuri ku COVID-19 no ku nkingo zayo kandi bakirinda ibihaha n'ibinyoma. Abantu benshi bafite ubwoba cyangwa



Amakuru ku rukingo rwa COVID-19

Mbere yo gukomeza iki gice, banza usome urupapuro rwa nyuma rw'iyi mfashanyigisho y'amahugurwa urebe ahari isuzumabumenyi ribanza/risoza noneho usabe buri wese mu bayitabiriye gutangirira ku isuzumabumenyi ribanza hanyuma ubone gukomeza iki gice.

Virusi ya COVID-19 imaze kuyogoza ibintu byinshi ku isi. Yahitanye za miliyoni z'abantu, ariko igishimishije ni uko twagize umugisha ko mu gihe kitarenze umwaka umwe hakaboneka inkingo zituma icyo cyorezo kidakomeza gukwirakwira mu bantu kandi bigatuma uwakingiwe atazahazwa na cyo cyangwa ngo kimuhitane. Kugeza ubu urukingo rurizewe kandi ruhabwa mbere na mbere abantu bugarijwe kurusha abandi cyangwa se abashobora kuzahazwa nayo. Buri gihugu gishyiraho amabwiriza asobanura ugomba guhabwa urukingo n'igihe aruhererwa.

Abayobozi b'inzeho z'ibanze bagomba kwibanda cyane ku gikorwa cyo kwiyandikisha mbere kandi bagakangurira abatwage kubahiriza itariki bahawe yo gukingirwa. Abayobozi b'inzeho z'ibanze bagomba guhora babibutsa igihe bazakingirirwa. Bagomba kandi kumenya abatwage bakeneye ubufasha kugira ngo bubahirize gahunda bahawe.

Iyo umuntu akingiwe ntibabamuteye virusi kandi urukingo ntirubuzabantu kubyara. Urukingo si umuvumo cyangwa ikimenyetso cya Satani. Urukingo rwakozwe n'abahanga kandi mu buryo bwizewe.

Nyuma yo kubona urukingo hari abantu bamwe bazagira utubazo duto duto mu mubiri. Ntabwo ari bibi- bashobora kubabara umutwe umunsi umwe cyangwa bakagira umuriro udakabije cyangwa bakababara mu

ningo. Akenshi bihita bishira nyuma y’umunsi umwe cyangwa ibiri. Ni ukubera ko umubiri wawe uba ugerageza kubaka uburyo bwo kwirwanaho wirinda kuzahazwa cyangwa kwicwa n’iyo virusi.

Abantu bamwe na bamwe batinya kwikingiza kubera ubwoba budafite aho bushingiye. Ni ngombwa kureka abantu bakagaragaza impungenge zabo. Iri somo rirabiteganywa. Ni ngombwa kandi ko abantu basobanura neza ibijyanye n’uru rukingo kandi bagafata iya mbere mu gutanga amakuru y’ukuri ndetse bakaba aba mbere mu kwikingiza. Ugomba gukurikiza amabwiriza yose atangwa n’inzego z’ubuyobozi ku bijyanye n’urukingo niba uri mu bazaruhabwa. Ikingize kandi ubimenyeshe abo uyobora.

1

Uko inyigisho izatangwa

Inyigisho izatangwa ishingiyeye ku byo uhugurwa akeneye kandi izatangirwa mu nama z’inzego z’abaturage zisanzwe zihari nk’amatsinda yita ku baturage, amatsinda y’abashakanye, amatsinda yo kuzigama n’itsinda ry’abahinzi. Inyigisho ishingira ku byo uhugurwa akeneye yateguwe ku buryo abagore n’abagabo bahurira mu gakino, mu matsinda y’ibiganiro no mu matsinda abara inkuru. Iyo bikoze mu gihe cyo gusobanura ijamba ry’Imana batanga ubutumwa busanzwe bunyuzwa mu nyigisho zihari ijamba abigishwa (Inyigisho za Bibiliya). Ni ngombwa ko abantu bakurikira inyigisho kandi bakitabira kubaza no gutanga ibitekerezo byabo.

Imiterere y’iyi nyigisho yateguwe neza kandi ntigomba guhinduka cyangwa gusimburwa. Buri gice kiganisha ku gukurikira kandi kiba cyigisha ibintu byihariye.



Uko inyigisho iteguye (hashingiwe ku itsinda ryakoreweho igeragezwa)

1

Intangiriro: harimo ibisobanuro bigufi kuri COVID-19 n'urukingo.

2

Intego y'inyigisho: gufasha abantu gusobanukirwa n'icyo amahugurwa agamije

3

Kubara inkuru no kubaza ibibazo bishingiye kuri ya nkuru: bashobora kubikora mu buryo bw'agakino ariko bisaba kubitegura;

4

Inyigisho nyirizina: rikubiyemo ubumenyi bw'ingenzi (Inyigisho itangwa binyuze mu mukino no kubaza ibibazo byateguwe ndetse bagateganya ibisubizo);

5

Gusanisha inyigisho n'ibibazo bigaragara mu miryango no mu mudugudu batuyemo: Iri ni itsinda rito ry'ibiganiri kandi rituma abahugurwa bungurana ibitekerezo neza ku bikubiye mu nyigisho. Muri iki gice, abahugurwa b'urungano barasabana hagati yabo kandi bakisanzura mu kugerageza kuganira ku bibazo byabo n'impungenge bafite, ibyo bikarushaho gutuma buzuzanya.

6

Imihigo

Iki gishobora kuba ari cyo gice cy'ingenzi- gutera intambwe igana kubikorwa bifatika. Iyi intambwe ni hanobayishishikariza abahugurwa.

2

Kwigisha bashingiye ku biri aho bakorera

Inyigisho yose igomba gutangwa bashingiye ku biri aho bakorera, agashyirwa mu rurimi rwaho, ndetse hagakoreshwa amazina amenyerewe aho. Uburyo amasomo ahuzwa n'imiterere y'aho atangirwa bikubiye muri iyi mfashanyigisho.

3

Uko inyigisho izatangwa

Nta gace na kamwe kavuga ko kataragerwaho na COVID-19 kuko iyi virusi yageze hose. Kubera iki cyorezo rero, abaturage bacu bazakomeza kugira ingaruka ku buzima, ubukungu n'uburezi mu gihe kirerekire kugeza igihe umubare ufatika w'abaturage cyane cyane abanyantege nke bazaba bakingiwe. World Relief ifite inshingano zo kwita ku banyantege nke. Iyi nyigisho igenewe gufasha abantu n'imiryango ishobora kwibasirwa na COVID-19 kurusha abandi-igomba kubamenya, kubagezaho amakuru kandi bagashyirwa mu bazakingirwa ndetse bagahabwa ubufasha. Izo nyigisho zishobora gutangwa mu matorero-shingiro cyangwa mu miryango

remezo. Inyigisho igenewe abayisilamu igomba gutangwa nyuma y'amasengesho yo ku wa gatanu.

4

Isuzumabumenyi ribanza/risoza

(Aka ni akanya ko gukora isuzumabumenyi risoza).

Iri suzuma risoza amahugurwa ridufasha kumenya ibyo abahuguwe bize. Kugira ngo byorohere abahugurwa, isuzumabumenyi ntirikorwa bandika ku rupapuro n'ikaramu ahubwo rikorwa mu magambo bakoresha n'utubuye bifashisha. Urabanza ugakusanya amabuye mato n'amanini ugashaka n'indobo.

Usoma ibibazo mu ijwi riranguruye, noneho bagasubiza yego cyangwa oya. Buri wese mu bitabiriye azahaguruka incuro imwe kandi atange igisubizo rimwe gusa ashya ibuye rinini mu ndobo niba igisubizo ari YEGO naho niba igisubizo ari OYA azashyira ibuye rito mu ndobo. Buri gisubizo kirabarwa kandi bakanacyandika nyuma ya buri kibazo. Kubarwa kw'ibisubizo ntibytirirwa umuntu ku giti cye, rireba itsinda ryose.

?

Ibibazo kuri COVID-19

1

Urukingo rwa COVID-19 ruzakwanduza iyo virusi?

(OYA. Urukingo rwa COVID-19 nta virusi rutera, rufasha umubiri wawe kurwanya iyo virusi.)

2

Urukingo rwa COVID-19 ruzadufasha gukumira ikwirakwizwa ry'iyi ndwara mu gihugu cyacu.

(YEGO. Rwose, kandi abantu benshi nibakingirwa, bizagabanya ikwirakwira ry'iyi ndwara.)

3

Nibankingira COVID-19 nshobora kugira ibimenyetso byoroheje nko kubabara umutwe, kugira umuriro udakabije cyangwa kubabara mu ngingo bimara igihe gito.

(YEGO. Hari abantu, ariko si bose, bashobora kugira ibimenyetso byoroheje igihe gito, bagomba kwegera ivuriro ribegereye bagafashwa.)

4

Ese ubu mu Rwanda urukingo rwa COVID-19 ruhabwa abana?

(OYA. Urukingo rwa COVID-19 ntiruratangira guhabwa abana. Izindi nkingo zihabwa abana mu Rwanda ni nk'iziseru, imbasa n'izindi. Kugeza ubu, urukingo rwa COVID-19 ruhabwa abantu bakuru gusa.)

5

Urukingo rwa COVID-19 rushobora kugutera ubugumba ntubya abana?

(OYA. Urukingo rwa COVID-19 ntirushobora gutuma utabyara. Nta ngaruka rutera ku buzima bw'imyororokere. Nta ngaruka ku buzima muri rusange.)

6

Urukingo rwa COVID-19 rundinda kwandura iyo ndwara?

(OYA. Urukingo rwa COVID-19 ntirurinda umuntu kwandura iyo virusi, ahubwo rutuma utazahazwa cyangwa ngo wicwe nayo.)

7

Ni ngombwa kwambara agapfukamunwa kugira ngo wirinde gukwirakwiza COVID-19?

(YEGO. Igihe abantu benshi batarakingirwa ni ngombwa gukomeza kwambara agapfukamunwa niyo waba warakingiwe. Ni ngombwa gukomeza kwambara agapfukamunwa igihe uri ahari abantu benshi nko muri bisi, mu rusengeru no mu isoko.)

8

Ese gukingirwa ni inshingano z'umuturage ukunda igihugu cye ?

(YEGO. Gukingirwa ni inshingano za buri wese ukunda igihugu cye, kuko bifasha kwirinda no kurinda abandi..).

5

Ibizakorwa

Muri iki gice cya nyuma cy'amahugurwa, ni ngombwa kumenya uko raporo zizakorwa kandi zizatangwa, kugaragaza uko ubufatanye n'ubuyobozi buzakomeza kandi bukajya buvugururwa, ndetse n'uburyo ibikorwa, igenamigambi, n'ibikoresho bya porogaramu bizajya bigenda bivugururwa. Ugomba na none gusuzuma ibyavuye mu isuzumabumenyi ribanza n'irisoza kugira ngo urebe ibyo wigiye muri ayo mahugurwa.

Inyigisho ku rukingo rwa COVID-19

Inyigisho zishingiye ku myizerere rusange zigenewe abaturage mu kurwanya COVID-19

Ese Imana ishyigikiye urukingo rwa COVID-19?

1

Intangiriro

(Imfashanyigisho: Inkweto za sandari, umupira wo gukina umwe cyangwa ibiri minini ifite umubyimba muto ibanze mu tugozi twa pulasitiki cyangwa urudodo rukomeye).



Imiryango migari yacu, igihugu cyacu n’isi biragerageza guhashya icyorezo cya COVID-19 cyibasiye isi yose. Twakwibaza ingaruka iki cyorezo kizakomeza kugira ku baturage n’igihe ubuzima buzongera bukaba bwiza. Urukingo rwa COVID-19 rufite uruhare runini mu kurandura icyo cyorezo. Abaturarwanda barasabwa kwitabira gufata urwo rukingo.

Urukingo rufite ubushobozi bwo kurokora ubuzima bw’abantu benshi, gukumira ubwandu bushya bukigaragara muri iki gihe.

1

Intego

Guha abayobozi n’abayoboke b’amadini n’amatorero amakuru yabafasha kuganira kugira ngo bitabire kwikingiza COVID-19 mu buryo bunoze.

2

Isomo:

Kubaka ubufatanye mu baturarwanda
Imfashanyigisho: umupira cyangwa imipira myinshi yo gukina ibanze mu budodo, imishipiri, utugozi cyangwa ubudodo babohamo imipira.

3

Agakuru (gashobora gukinirwa hanze)



(Umwuzukuru Sitefano)



*“Ngwino, Sogokuru, uyu muni ndajyana nawe na Nyogokuru ku ivuriro. Twarabandikishije kugira ngo muhabwe urukingo rwanyu rwa mbere rwa COVID-19, nk’uko abayobozi babidusabye”
Ni byo se koko? Rwose sinshaka kujyayo. Mwebwe nimukomeze mujyeyo.”*

Mu ijwi ryuje icyubahiro kandi mu rwenya **Sitefano** yicisha bugufi aravuga ati:



«Oya, Sogokuru! Twakubashye maze tukugenera umwanya wa mbere! «Abantu bahabwa amahirwe ya mbere ngo bafate uru rukingo, ni abarengeje imyaka 50.

Sogokuru aravuga ati:



“Ndumva atari ngombwa kwitera ibyo bibazo byose. Inkingo zigenewe impinja”



"Ibyo ni ukuri koko Sogokuru, Inkingo zigenewe impinja. Urugero nk'inkingo z'imbasa n'iseru. Kandi ni ingirakamaro cyane. Kera twajyaga tugira ibibazo bitewe n'izo ndwara, ariko kubera ko abana bacu bakingiwe ntitukigira imbasa kandi ntitucyumva ibyorezo by'iseru. Ariko na none inkingo zishobora gukoreshwa n'abantu bakuru nabo kugira ngo birinde indwara nka COVID-19."

Nk'utunguwe, **Sogokuru** arabaza ati:



"Ni byo se koko?"



"Nibyo rwose. Inkingo zitangwa kugira ngo ziturinde kwandura indwara ishobora kutwica cyangwa kutuzahaza nka COVID-19. Ubuyobozi bwacu bwatangaje kuri radiyo ko zihabwa mbere na mbere abantu bafite intege nke. Muri iki gihe tuzi neza ko abafite intege nke ari abantu bageze mu za bukuru n'abantu basanzwe bafite indwara nka diyabete, igituntu, SIDA cyangwa ibibazo by'umutima."



Ako kanya, Paul inshuti magara ya Sogokuru ahita aza kumusura yambaye agapfukamunwa. Sogokuru na we ajya kuzana agapfukamunwa ke maze bicara munsi y'igiti ku dutebe banywa icyayi kandi basize intera hagati yabo nk'uko babihuguwemo n'ubuyobozi bw'umudugudu wabo.



Sogokuru aratangira ati:



Rwose Paul uziye igihe cyiza nkeneyemo ubufasha! Sitefano arashaka ko jyewe na Mukecuru tujya kwikingiza COVID-19, ariko nziko inkingo ari iz'impinja. Ndumva atari ngombwa kwiteza ibibazo. Dore turisaziye”

Paul aramusubiza ati:



«Oya rwose afite ukuri. Urwanjye namaze kurufata kera, kandi nta kibazo nagize ».

Paul arakomeza agira ati:



“Ni ingenzi cyane rwose. Urukingo rugenewe natwe abakuzwe. Bizaturinda kuzahazwa no kwicwa n’iyi virusi ya COVID-19. Abantu bakuzwe nka twe, kimwe n’abantu bafite indwara nka SIDA, Igituntu, diyabete, indwara z’umutima ndetse n’abantu bafite ubumuga nitwe dufite ibyago byinshi byo kuzahazwa na COVID-19 turamutse tuyanduye. Turamutse tuyanduye, dushobora no kuyanduza abanda harimo abana n’abuzukuru bacu. si byo se?”

Sogokuru acurika umutwe akanya gato maze akomeza abaza Paul ati:



“urabizi Paul, twakwizera dute ziriya nkingo ziturutse mu bindi bihugu? Urabizi mu mateka yacu bagiye badukandamiza mu bihe byashize. Ni iki cyatwizeza ko badashaka kongera kubikora?”



“Izo ni impungenge zawe ndazumva rwose. Gusa wibuke ko inkingo zisanzwe zikoreshwa zatugiriye akamaro kanini mu kugabanya impfu z’abana, kandi nazo zikorwa n’abo banyamahanga. Abayobozi bacu bahangayikishijwe n’imibereho myiza yacu kandi bafite uburyo buhamye bwo kugenzura ubuziranenge bw’izo nkingo. Ni yo mpamvu dukwiriye kubizera kandi tugakurikiza amabwiriza baduha. Mu muco wacu twemera inama nziza duhabwa n’abayobozi bacu.»

Sogokuru areba hasi ku nkweto ze uko agenda asoma ku cyayi gisigaye.



“Kandi na none Paul, ubu nizera Imana. Mbayeho igihe gihagije. Imana yanyitayeho muri icyo gihe cyose. Izakomeza kandi kunyitaho.”

Paulo aravuga ati:



“Ibyo rwose ni ukuri, Imana yakwitayeho icyo gihe cyose. Uru rukingo na rwo ni akabando kazagufasha mu gihe cyawe cy’izabukuru kugira ngo ibihe by’ubusaza birusheho kukorohera. Si kuri wowe gusa kandi, ahubwo ni kuri twese. Uko abantu barushaho kugenda bafata urukingo ni ko iki cyorezo kizacika vuba.”

Paul arongera asoma ku cyayi maze akomeza agira ati:



“Tekereza ku rukingo muri ubu buryo. Igihe ubuyobozi bwatuzanirag umuriro w’amashanyarazi iwacu, ntitwigeze tuvuga tuti: “Oya rwose Mana sinywushaka, nzakomeza nicanire agatadowa gakoresha peteroli. Siko rwose byagenze! Ahubwo twishimiye ayo mahirwe aduteza imbere n’uburezi bw’abana bacu hakoreshejwe amashanyarazi.”

Paul arakomeza ati:



“Itegereze izo nkweto zawe, zikurinda gukomeretswa n’amahwa n’amabuye atyaye mu nzira, kandi uzambara buri munsu ahantu hose ugiye. Ni kimwe rero n’urwo rukingo rwa COVID-19, kuko



rurinda umubiri wawe wose buri munsu. Kandi uko umubare w'abantu bafata urukingo uba munini, ni ko abantu benshi barushaho kurindwa icyorezo. Ayo ni amakuru meza kuri buri wese, harimo umuryango wawe bwite.

Sogokuru arabaza ati:



ubwo noneho wowe Paul, uravuga ko uru rukingo ruri mu mugambi w'Imana?"

Paul aramusubiza ati:



« Ni ko rwose mbibona », umugambi w'Imana ni uko abantu twese tugira ubuzima buzira umuza. Urukingo rwa COVID-19 rufasha abantu kugira ubuzima bwiza ibintu bigasubira mu buryo, tugasubira ku mirimo yacu nkuko byari bisanzwe. Imana iradukunda. Ibyo ni byo ukwizera kwacu kutubwira."

Paul afata urushyi rwuzuye umucanga maze arawureka umanukira mu ntoki ze maze aravuga ati:



“Zaburi ya 139:17-18 hatubwira gutya «Mana, erega ibyo utekereza ni iby’igiciro kuri jye ! Erega umubare wabyo ni mwinshi! Nabibara, biruta umusenyi , iyo nkangutse turacyari kumwe ».



Sogokuru arasubiza ati:



“Paul rwose wivunika. Reka tujye kwiyandikisha ku ivuriro kugira ngo duhabwe urukingo rwa COVID-19 ! Ubu noneho ndasobanukiwe”

Paul aravuga ati:



“Tegereza gato. Najye ndajyana nawe. Ndumva ngomba gufata urukingo rwanjye rwa kabiri uyu muni. Ese twabwiye abagore bacu bakaza tukajyana?”

?

Ibibazo bishingiye kuri iyi nkuru

(Uyoboye ibiganiro atega amatwi ibisubizo bitangwa n’abahugurwa, akabunganira mu gihe hari icyo bibagiwe)

1

Ni izihe mpungenge Sogokuru afite ku rukingo?
(Atekereza ko ari urw’abana. Atekereza kandi ko inkingo zituruka hanze akumva afite ubwoba bwo gukandamizwa).

2

Sitefano na Paul bamuhaye ikihe gisubizo?

(Bamwumvishije ko urukingo rwa COVID-19 ruhabwa n'abantu bakuru, ko ubuyobozi ari ubwo kugirirwa icyizere kandi ko Imana nayo itarurwanya).

3

Ni iki wamenye ku bijyanye n'abo urukingo rugenewe?

(Muri iki gihe harimo gutangwa urukingo rwa COVID-19 bahereye ku bantu bageze mu za bukuru, ku bantu bafite ibyago byinshi byo kurwara, nk'abakora mu nzego z'ubuzima bita ku barwayi ba COVID-19, abafite ubumuga, abarwaye igituntu, SIDA, na diyabete.

4.

Isomo twakuramo

Tumaze kubona ko Imana ishyigikiye urukingo, itwitayeho kandi yita ku miryango yacu ndetse n'abantu bose muri rusange.

COVID-19 ikwirakwizwa binyuze mu gukorora no kwitsamura. Abantu bafite ibyago byinshi byo kuzahazwa cyane n'iyo virusi ni abageze mu zabukuru, n'abarwaye diyabete, SIDA, igituntu, indwara z'umutima ndetse n'abafite ubumuga. Ni yo mpamvu urukingo ruhabwa mbere na mbere abafite ibibazo by'ubuzima n'abageze mu zabukuru. Umuntu agomba gukingirwa inshuro ebyiri kugira ngo urukingo rube rwuzuye. Ni ukuvuga ko umuntu agomba guhabwa

urukingo rwa mbere maze akazagaruka gufata urundi ku nshuro ya kabiri. Ni ngombwa kugaruka gufata urukingo rwa kabiri kugira ngo biguhe ubwirinzi bwuzuye. Abajyanama b'ubuzima bashobora kudufasha kwibuka igihe cyo gusubira gufata urukingo rwa kabiri.

Urukingo ntabwo ruzakwanduza virusi ya COVID-19. Kwikingiza ni nko kwambara inkweto kugira ngo urinde ibirenge byawe kwicwa n'amahwa amabuye. Urukingo rugufasha kurwanya COVID-19

Hari abantu batekereza ko urukingo rugira ingaruka nko guhinda umuriro cyangwa kubabara umubiri. Birashoboka ko urukingo rushobora gutera abantu bamwe na bamwe akariro gake cyangwa kuribwa umutwe cyangwa kubabara umubiri by'igihe gito. Biramutse bikubayeho, wakwegera ivuriro rikwegereye. Ntabwo rwose urukingo ruzagutera indwara. Abantu benshi nta ngaruka namba rubagiraho.

Icyo urukingo rukora ni ukukurinda (nk'uko inkweto zikurinda). Ubwirinzi butuma uticwa n'indwara iyo umuntu urwaye akwanduje. Uko abantu barushaho gufata urukingo ni ko indwara izagabanuka kandi niko izagira ingaruka nke mu baturage.

Dushobora gukoresha urugero rw'inkweto no kugenda kugira ngo twerekane uko urukingo rukora maze bidufashe kwibuka. Reba sandari cyangwa inkweto ku birenge byawe kugira ngo bikwibutse ibintu by'ingenzi ku rukingo. Muhaguruke mukore uruziga maze mubyinire hamwe aka kabyino:

Umwitoto ukorwa babyinira ku murongo bahanye intera

Shyira ikirenge cyawe cy'iburyo imbere: (vuga) lyandikishe ufate urukingo rwemewe (subiramo);

Shyira ikirenge cyawe cy'ibumoso imbere: (vuga) Fata urukingo

kandi bagukurikirane niba ari ngombwa (subiramo)

Shyira ikirenge cyawe cy'iburyo imbere: (vuga) Urukingo rurandinda (subiramo)

Shyira ikirenge cyawe cy'ibumoso imbere: (vuga uti:) Urukingo rurinda umuryango WANJYE n'abaturanyi BANJYE (subiramo)



Incamake y'isomo:

1

COVID-19 ni virusi yandura binyuze mu matembabuzi aturuka mu guhumeka, gukorora, kwitsamura cyangwa guhana ibiganza n'umuntu wayanduye

2

Urukingo ntabwo rugutera virusi ya COVID-19. Rugabanya cyane ibyago byo kuzahazwa no kwicwa nayo.

3

Ubuyobozi burakwandika uhabwa urukingo.

4

Ushobora kumva ubabara umutwe buhoro, ubabara ingingo, ukaba wagira umuriro kubera urukingo mu gihe cy'umunsi umwe cyangwa 2. Ibi ariko ntibiba kuri bose.

5

Umuntu wese ufite imyaka 18 cyangwa irenga ashobora guhabwa urukingo, nubwo bahereye cyane 5cyane ku bageze mu zabukuru n'abafite ibyago byinshi byo kuzahazwa na COVID-19. Umuryango wanjye n'umudugudu ntuyemo

Ubu noneho turagira ngo twumve icyo mutubwira. Muje mu matsinda y'abantu bane kugeza kuri batandatu. Muganire mu matsinda yanyu ku bibazo cyangwa imbogamizi mubona mu gufata urukingo. Mugerageze kuvugisha ukuri no kutagira icyo muhisha mu buryo bushoboka.

?

Dore ibibazo mushobora kubazanya.

1

Ni ibihe bibazo mwumvise mu muryango wanyu cyangwa mu baturage muri rusange ku bijyanye n'urukingo ku buryo bwihariye?

2

Ukurikije ibyo wumvise uyu muni, wumva ibyo bibazo byakemuka bite?(Ibijyanye n’imyaka, abafite ubumuga, uko inkingo zigera ku bantu, gutanga ubufasha)



Umuhigo

Shyira amatsinda hamwe maze basangizanye ibibazo n’ibisubizo byavuye mu matsinda yabo mato. Wiyemeje kuzakora iki? (emerera abantu benshi kugira icyo bavuga.)

Shishikariza itsinda gukora inyandiko ihuriweho yerekana impamvu zabo zituma bafata urukingo rwa COVID-19. Impamvu imwe ishobora kuba iyi:

«Kubera ko Imana inyatayeho kandi ikaba yaranshyiriyeho uburyo butekanye bwo kwiyitaho ubwanjye no kwita ku bandi muri ibi bihe by’icyorezo cya COVID-19, ngiye gufata urukingo rwa COVID-19.»

TWIYEMEJE GUFATA URUKINGO RWA COVID-19 NO GUSHISHIKARIZA BAGENZI BACU KWIKINGIZA