

UBU HARI ICYOREZO CY'ISERU

Iseru iri kwandura

Iseru ni indwara yandura cyane iterwa na virusi. Ishobora guteza ibyago, by'umwihariko ku bana bakiri bato. Rinda umuryango wawe n'abandi.



Iseru yandurira mu mwuka igihe umuntu uyirwaye akoroye cyangwa yitsamuye. Virusi ishobora kuguma mu mwuka amasaha 2 nyuma y'uko umuntu uyirwaye avuye aho hantu. Ndetse, abantu 9 mu 10 bahuye n'uwanduye batarakingiwe baba bafite ibyago byinshi byo kwandura.

Ibimenyetso by'iseru bitangira kugaragara hagati y'iminsi 7 n'iminsi 14 nyuma yo kwandura virusi. Ibimenyetso rusange by'iseru birimo:



Umuriro ukabije
(ushobora kuzamuka ukarenga dogere 104°)



Gukorora



Kugira ibimwira



Gutukura cyangwa kugira amarira mu maso



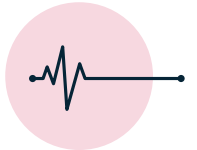
Ibiheri
(bigaragara hagati y'umunsi wa 3-5 nyuma yuko ibimenyetso bitangiye kugaragara)



Umusonga



Kubyimba ubwonko
(encephalitis)



Urupfu

Uburyo bwiza bwo kwirinda iseru...

ni ugufata urukingo rw'iseru, amashamba n'amahumane (MMR). Nturakererwa gufata urukingo. Urukingo rurakurinda wowe, abantu bari hafi yawe n'abandi baturage muri rusange. Igihe utakingiwe, ugomba kuguma mu rugo cyangwa kure y'ahantu hateraniye abantu benshi kugeza igihe icyorezo cy'iseru gitangiye kugabanyuka muri ako gace, kugira ngo by'umwihariko urinde abantu bo mu muryango wawe bashobora kurwara cyane.

Igihe ukeka ko wowe cyangwa undi muntu wo mu muryango wawe yanduye iseru, ugomba kuguma kure y'abandi kandi ugahamagara utanga serivise z'ubuvuzi, serivise z'ubutabazi bwihutirwa cyangwa ahakirirwa indembe.

