Ibindi bimenyetso bishobora kuba harimwo umutwe, kudashobora kurya ukumva udashaka indya, nukumva urushe cane gose.

Imisonga imwe imwe urashobora kuyirinda bagutera urucandago rw'umusonga Urucandago rw'umusonga mubisanzwe bayitanga incuro imwe gusa, kandi ntabwo ari buri mwaka nkuko batanga iya giripe. Ubundi buryo bwo kwikingira umusonga nukwiteza urwo rukingo buri mwaka. Niya wibaza yuko ufise umusonga, ndagusavye ugende kuraba muganga wawe.

## KUGIRA NGO NTUFATWE N'INKORORA ITEWE N"IMBEHO CANKE UMUSONGA...

- Karaba iminwe yawe kenshi na kenshi
- Genda bagutere urukingo
- Gerageza ntiwegere canke ngo ukorakore abagwaye ibicurane bitewe n'imbeho, vya giripe
- Guma imuhira wigenda kukazi canke kw'ishule niba ugwaye kugira ngo abandi ntibandukirwe niyo ngwara ugwaye
- Pfuka kumunwa no kumazuru ukoresheshe umushwaro, igitambara co kwimyira mugihe uriko urasamura canke uriko urakorora
- Irya ivyamwa vyinshi n'imboga nyinsi, kandi gerageza uruhuke gose
- Karaba iminwe yawe imbere yuko wikora mu maso, muzuru canke ku munwa
- Gerageza ugume munzu wahanaguye intumuko

**Niba hari ayandi makuru ukeneye yogufasha kuvyerekeye indwara y'umusonga, inkorora n'ibindi genda kuri interineti urabe:**

www.lungusa.org

www.cdc.gov

www.kidshealth.org

• • •

*Inyandiko ziri muri aka gatabo zavuye mu:*

*Centers for Disease Control*

*The American Lung Association*

*The Iowa Department of Public Health*

*San Antonio Community Hospital.*

*New York State Department of Health*

*The Nemours Foundation*

*Iyinyandiko yateguwe ifashijwe n'umutungo uvuye mu bushikiranganji bwubuzima hamwe n'ibiro biraba imibereho n'ibiro vy'impunzi zimuwe.*

**AHO KURONDERERA AMAKURU:**
**riht@uscridc.org**
**U.S. Committee for Refugees and Immigrants**
**1717 Massachusetts Ave., NW**
**Suite 200**
**Washington, DC 20036**
**Telefoni: 202 • 347 • 3507**
**Fagisi: 202 • 347 • 7177**
**www.refugees.org**

# Indwara zamahaha

**(umusonga, inkorora n'inyonko)**

## Common Respiratory Illnesses

**(Bronchitis, Influenza and Pneumonia)**

**(Kirundi)**

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS

USCRI

**www.refugees.org**

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

## NUKUBERA IKI NOGIRA IMPUNGENGE KUVYEREKEYE UBUGWAYI BW'IBIHAHA?

Muri iki gihugu ca Leta z'Unze Ubumwe Amerika, indwara y'ibihaha irakara mugihe cay'amezi y'imbeho nyinshi. Ingwara y'ibihaha irashobora kukumerera nabi gose ukaremba. Indwara zimwe na zimwe zitegwa n'imbeho zirashobora kwica abana n'abantu bari muzabukuru.

## BORONSHITI N'IKI?

Boronshite nihamwe ibikororwa vyuzuranye muri twa dukenke tuja kubi haha, hama bigatera umuntu kunanirwa no guhema neza.

Ibimenyetso vya boronshite nibi:

- Inkorora mbi ituma ugira ibikororwa vyinshi
- Umutwe ukakurya gose
- Ukagira inyonko urashuha cane
- Ukagira ingorane mukugomba guhema
- Uramererezwa gose

Iyo ngwara bita boronshite mubisanzwe iboneka iyo hari imbeho nyinshi canke iyo usanzwe ufise iyindi ngwara y'ibihaha. Iyo ngwara irashobora kworoha iyo ushoboye kunywa ibinyobwa vyinshi kandi ukanaruhuka. Iyo ngwara ya boronshite ntabwo ishobora kuvugwa ngo ikire canke ngo bayikingire n'incandago. Hariho imiti ishobora gufufahaza kuwufise iyo ngwara. Boronshite imara kumuntu amezi arengeje atatu canke imyaka irenga ibiri bayita boronshite koronike iguma igaruka. Iyo lero itegwa nuko umuntu anywa itabi canke akora mukarere karimwo intumo nko mumazu bahinguriramwo. Uburyo bwiza bwo kuvura iyo boronshite nuguhagarika kunywa itabi ukanigirayo ivyo bibanza birimwo intumo.

Nimba ukeka yuko ugwaye boronshite nyamuna nyarukira kuraba umuganga akuvure kandi anaguhe inyigisho.

## ICO BITA INFULUWANZA NI IKI?

Infuluwanza canke giripe itegwa n'udukoko wandura duciye mumazuru, mumuhogo no mu bihaha. Ibimenyetso vyiyo ngwara nibi:

- umucanwa mwinshi
- kubabara mu mutwe
- kumva yuko ufise uburuhe budasanzwe
- iyo ukoroye wumva mugikiriza humagatanye
- urababara mu muhogo
- amazuru yawe aba asesa ibiseru kandi azivye udashobora guhema neza
- ugira iseseme, uradahwa canke ugacibwamwo
- imitsi irakurya
- Umubiri wawe nawo uba usasatwa.

Iyo ngwara irandukira igenda iva kumuntu umwe ija kuyundi iyo ukoroye canke ngo wasamure. Hareho abantu

bashobora kugwara gose iyo bafashwe niyo ngwara bakanashobora gupfa. Abo Bantu barimwo aba:

- abana kuva kumezi gushika ku myaka,
- abakenyezi bibungenze,
- abantu bafise imyaka kuva kumyaka mirongo itanu, uja hejuru
- Abantu bafise yangwara ya sida, assima, ibihaha canke amafyigo n'umutima.

Inzira nziza yo kwirinda gufatwa niyo ngwara nukwiteza rwa rukingo. Mugihe kimwe na kimwe iyo ngwara ifata abantu kuva mu kwezi kwa cumi nakabiri n'ukwezi kw'ambere.

Abana bafise amaze atandatu canke munsi yayo baba bakiri batonya gose kugira ngo bacandagwe, nico gituma abavyeyi n'umuryango wose bakwiriye kugenda bagahabwa ugwo rukingo kugira ngo ntibandukize iyongwara abana bakiri batonya nk'inzoya. Nimba lero wiyumvira yuko wafashwe niyo mbeho nyabuna nyaruka ugende kuraba muganga mumaguru mashasha, bwango na bwango.

## UMUSONGA N"IKI?

Umusonga ufata kimwe niyo ngwara y'imbeho giripe, aliko yoyo ifata gose mu bihaha. Umusonga mubisanzwe utegwa na giripe. Umusonga ushobora kwica mubakiri bato , abakura kuze, abagwayi bafise sida, hamwe n'abantu basanzwe bagwaye izindi ngwara kuko nta nguvu zo kurinda ingwara bafise.

Ibimenyetso vyerekana umusonga nibi:

- Inkorora izana ibikororwa biremereye
- Inyonko izanana n'ugutetemera
- Kubabara mugi kiriza
- Kunanirwa gose guhema