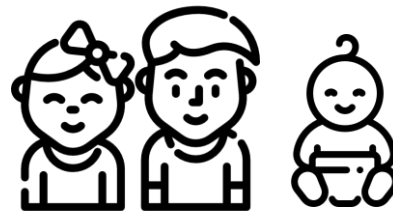
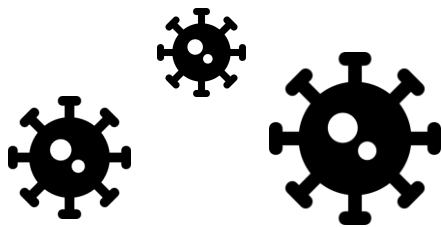




Iseru (Rubeola)

Ururapuro rw'amakuru y'ingenzi



Iseru ni indwara yandura cyane ifata mu myanya y'ubuhumekero, iterwa na virusi. Iyi ndwara izwi kandi ku izina rya rubeola. Iseru yandura iva ku muntu umwe ijya ku wundi binyuze mu gukorora no kwitsamura.

Umuntu uwo ari we wese ashobora kwandura iseru. icyakora, abantu bake cyane bakingiwe inshuro ebyiri z'urukingo rw'iseru bashobora kuyandura nubwo baba bahuye na yo. Iseru ishobora guteza ibyago bikomeye cyane ku mpinja n'abana bato.

Ibimenyetso n'ibigaragaza indwara



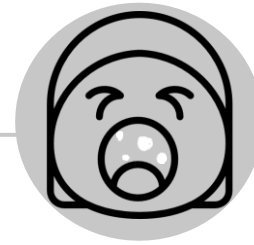
Uduheri ku mubiri



Umuriro mwinshi



Inkorora



Utudomo tw'umweru two mu kanwa

Uduheri dutangira kugaragara mu maso hafi y'aho umusatsi utangirira. Nyuma dukwirakwira ku ijosi, ku mubiri, ku maboko, ku maguru no ku birenge. Iyo uduheri dutangiye, umuriro ushobora kuzamuka ukagera hejuru ya dogere 104 Fahrenheit. Kuzana ibimyira mu mazuru n'amaso atukura kandi arimo amarira na byo ni ibimenyetso.

Ibimenyetso bikunze kugaragara nyuma y'iminsi 7 kugeza kuri 14 umuntu ahuye n'iyi ndwara. Nyuma y'iminsi 2 kugeza kuri 3 ibimenyetso bitangiye, utudomo tw'umweru dushobora kugaragara mu kanwa.



Vugana n'umuganga wawe niba ukeka ko wanduye iseru. Bashobora gufata ibisuzumwa mu mazuru no mu muhogo kugira ngo bapime iseru. Umuganga ashobora no gufata amaraso kugira ngo apime. Nta muti wihariye uvura iseru.

Aho ubuvuzi, amashuri n'aho barera abana



Abakora mu rwego rw'ubuvuzi bagomba kuba bafite gihamya y'uko bakingiwe iseru. Ibi bishobora kugaragazwa n'urukingo cyangwa ibisubizo bya laboratwari.



Abana n'abantu bakuru bagaragaza ibimenyetso ntibagomba kujya ku ishuri, aho barera abana cyangwa ku kazi ku munsu uduheri dutangiriyeho no mu minsi ine ikurikiraho.

Umuntu wese ukekwa iseru ntagomba kujya ku ishuri, aho barera abana cyangwa ku kazi mu gihe hagikorwa isuzuma.



Abantu bashobora kuba barahuye n'iseru kandi batakingiwe bashobora gusabwa kuguma mu rugo igihe kirekire.

Uburyo bwo kwirinda



- Uburyo bwiza bwo kwirinda iseru ni ukwikingiza (bikunze kwitwa MMR). Urukingo rw'iseru rukora neza cyane.
- Vugana n'umuganga wawe kugira ngo wemeze ko ufite inkingo zuzuye.

Ukeneye andi makuru, sura:



1. www.maine.gov/dhhs/measles
2. www.cdc.gov/measles

Ushobora kandi guhamagara Maine CDC kuri 1-800-821-5821.