



Nigute nakurikirana ibimenyetso vyanje vya COVID-19?

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Niba wipimishije yuko urwaye COVID-19 ukaba ukiriko urakira murugo, urashobora gukurikirana ubuzima bwawe ubifashijwemo na muganga canke amashirahamwe ajwejwe ubuzima. Kwandika ibimenyetso vyawe vya buri muni birashobora kugufasha kureba niba ibimenyetso vyawe bigenda neza, canke niba ugomba kubonana na muganga canke kuja mubitaro.

Indwara nyinshi za COVID-19 ziroroshe kandi zirashobora kuvurirwa murugo. Abantu bamwe bafise ivyago vyinshi barashobora gukenera imiti yihariye ya virusi yagenwe nabashinzwe ubuzima. Kubindi bisobanuro bijanye nu muntu yemerewe kuvurwa COVID-19, raba kuri www.health.gov.au/covid19-translated

Ni ibihe bimenyetso nkeneye kwandika buri muni?

N'ivyiza kwandika ibimenyetso vyawe buri muni mugihe urwaye. Andika niba ibimenyetso vya COVID-19 bigenda vyiyongera, kuguma uko nyene, canke kuba bibi cane. Ibi birashobora kugufasha hamwe na muganga wawe kumenya uko umerewe. Kuri buri muni urimo gukira, andika ahantu:

- ubushuhe bwawe (kugenzura niba ufise umuriro)
- uburyo ukuntu uguma uhumeke cane
- woba ufise ikibazo co guhumeka, canke kubura umwuka
- niba ukorora nuburyo inkorora ikaze
- niba ukorora nuburyo inkorora ikaze
- niba ubabara umutwe
- niba wumva unaniwe
- niba uruka canke ufite impiswi.

Muganga wawe arashobora kandi kugusaba gukurikirana urugero rwa ogisijeni na pulse (umuvuduko wumutima).

Nakora iki niba ibimenyetso vyanje bigenda vyiyongera canke mfise impungenge?

Niba uhangayikishijwe nibimenyetso vyawe, usabwa guhamagara umuganga wawe. Urashobora kandi guhamagara kuri telefone ya National Coronavirus Helpline kuri 1800 020

080 hanyuma ukakira isuzuma ryibimenyetso vyawe kuri terefone. Tora kuri 8 kugira uronke serivisi zo gusobanura kubuntu.

Birashoboka kubana ibimenyetso vyoroheje mugitangira uburwayi bwawe ariko ukarwara mugihe runaka.

Hamagara ambulance niba ufise kimwe muribi **ibimenyetso bikomeye**:

- guhema bigoranye
- inkengera zumunwa zubururu canke mumaso hubururu
- kubabara mugatuza canke kumva nkaho hari ikintu gitsindagira mugatuza
- imbeho na clammy/itose, canke yera kandi ihindagurika, uruhu
- guhwera canke kwitura hasi
- gucanganyikirwa
- kuba bigoye kuvyuka
- inkari nke canke ntayo
- gukorora amaraso.

Niba ufise ibimenyetso bikomeye, nturindire. Hamagara 000 (zero gatatu) kuri ambulance ako kanya nyene ubabwire yuko ufise COVID-19. Niba utavuga icongereza, iyo uhamagaye 000, saba 'ambulance' hanyuma ugume kumurongo hanyuma usabe umusobanuzi.

Nigute napima ubushuhe bwanje?

Uzakenera igipimo co gupima ubushuhe kugira upime ubushuhe bwawe. Niba udafidse termometro, urashobora kugura imwe muri farumasi kuri terefone canke kumurongo. Farumasi irashobora kuyigeza murugo rwawe. Buri termometro iratandukanye, kurikiza rero icerekezo catanzwe nuwagikoze.

Niba ubushuhe bwawe ari dogere 38 canke zirenga, urashobora kuba ufise uburwayi bw'umuriro. Niba ibi bibaye, ugomba guhamagara umuganga rusange wawe kugirango asubiremo vuba bishoboka.

Nabwirwa n'iki ko mfise ikibazo co guhumeka canke kubura umwuka?

Niba ufise ikibazo co guhumeka, ushobora kumva uhumeka, ukagira ikibazo co guhumeka no gusohora impwemu, canke ukumva udashobora kubona umwuka uhagije mumahaha yawe.

Urashobora kumva nkuku:

- uriko uratambura
- iyo wicaye
- iyo urimo uvuga.

Andika ahantu niba wumva guhumeka kwawe kugenda neza, nabi canke ni co kimwe, nitariki hamwe no ico gihe.

Nigute napima uburyo mpumeka vuba canke ningoga?

Urashobora gupima umubare uhumeka ufata amasegonda 60 (umunota 1) ukoresheje ingengabihe kuri terefone. Urashobora kandi gukoresha isaha ukoresheje ukuboko kwa kabiri. Gerageza kuruhuka no guhumeka bisanzwe. Harura inshuro uhumeka mumasegonda

60 (umunota 1). Andika incuro uhumeke wafashe mumasegonda 60 (umunota 1), nitariki hamwe n'igihe.

Niba umuvuduko wawe wubuhumekero ari 20-30 guhumeke kumunota, ibi birashobora kwerekana ko ufise umwuka muke. Niba ibi bibaye, ugomba guhamagara umuganga rusange wawe kugirango asubiremo vuba bishoboka.

Niba umuvuduko wawe wubuhumekero urenze umwuka 30 kumunota, ushobora kuba ufise umwuka muke cane. Niba ivyo bishitse, ugomba guhamagara ambulance ako kanya nyene ukababwira ko ufise COVID-19.

Ubu buyobozi burareba abantu bakuze. Uru rutonde ntirushobora kwerekana imyaka yawe canke ubuzima bwawe kandi birashobora gukenerwa. Niba utazi neza niba ufise ikibazo co guhumeke neza, hamagara umuganga wawe rusange hakiri kare kugirango ubisuzume ubabwire ko ufise COVID-19. Muganga wawe canke umuforomo wawe arashobora kandi guharura uburyo uhumeke vyihuse kuraba igituza cawe kizamuka kandi kigwa mugihe ariko arakora kudeo/telehealth.

Nigute napima urugero rwa ogisijeni n'umuvuduko w'umutima (pulse)?

Niba umuganga wawe yagusavye gusuzuma urugero rwa ogisijeni hamwe n'umuvuduko w'umutima (pulse), uzakenera okisimeteri. Impanuka ya oxyde ni igikoresho gito gifata urutoki rwahagati canke urutonde. Ntabwo bibabaza kandi bifata umunota umwe wo kugenzura.

Urashobora guhabwa pulse oximeter na muganga wawe, ibitaro, canke undi mutanga ubuvuzi. Urashobora kandi kugura imwe muri farumasi kuri terefone canke kumurongo, hanyuma ukayigeza murugo rwawe.

Ntukoreshe terefone canke isaha yubwenge kugirango urebe urwego rwa ogisijeni.

Niba ureba umwana ufise COVID-19 ugasabwa gukurikirana urugero rwa ogisijeni, ushobora gukenera impiswi ya pulse yagenewe abana. Muganga wawe canke umunesi wawe bazabiganiraho nawe.

Nigute nakoresha pulse oximeter?

1. Kuraho imisumari iyo ari yo yose canke imisumari itakwiriye kurutoki uzakoresha (urutoki rwo hagati canke urutonde). Ibubeza imisumari hamwe n'imisumari idakenewe irashobora guhagarika igikoresho gukora neza.
2. Icara ahantu hagarorotse hanyuma uruhuke iminota itanu mbere yo gukoresha pulse oximeter.
3. Igikoresho gikora neza mugihe amaboko yawe ashushye. Koza intoki zawe hanyuma uzisige kugirango ubishushe.
4. Hindura impiswi ya oximeter kuri.
5. Ongeraho igisata kurutoki rwawe rwagati canke urutonde kugirango urutoki rwawe rukore kumpera yigikoresho. Urutoki rwawe na skirini ya pulse oximeter igomba kuba yerekana neza.
6. Komeza ukuboko kwawe n'intoki bihagaze.
7. Humura kandi uhumeke bisanzwe.

8. Inyuma yo gutegereza umunota umwe, raba umubare kuruhande rwikimenyetso ca SpO2. Uyu mubare nurwego rwa ogisijeni.
9. Andika ahantu inumero zurwego rwa ogisijeni yawe nitariki hamwe n'igihe.
10. Raba umubare werekana kuruhande rwa PR (igipimo cya pulse) canke ikimenyetso ca BPM (gukubita kumunota). Iyi mibare nigipimo c'umutima wawe (pulse).
11. Andika umubare wumutima wawe nitariki hamwe n'igihe.

Niba utabona gusoma, canke niba gusoma biri munsu ya 95%, uzunguza intoki zawe, fata umwuka muto hanyuma ugerageze igikoresho kurutoki rutandukanye (urutoki rwo hagati canke urutonde).

Urwego rwa ogisijeni rugomba kuba 95% canke irenga. Niba ari munsu yibi, noneho birashobora kuba ikimenyetso ukeneye kwisuzumisha hamwe na muganga wawe canke umuforomo, canke ko ari vyiza ko uba mubitaro.

- Niba gusoma kwa ogisijeni guhoraho munsu ya 95%, reka umuganga canke umuforomo ureba nyuma yuko uzi ko urugero rwa ogisijeni iri munsu ya 95%.
- Niba urwego rwa ogisijeni usoma ari 92% canke munsu, hamagara 000 kuri ambulance ako kanya nyene.
- Niba umuvuduko wumutima wawe uhagaze canke uri hejuru ya 120 gukubita kumunota, hamagara ambulance ako kanya nyene.

Uru rutonde rufise akamaro kubantu bakuru gusa kurwego rwa ogisijeni nigipimo c'umutima bishobora kwerekana ibimenyetso bitagereranywa canke bikomeye. Imyaka yawe nubuzima bwawe bivuze ko iyi ntera idashobora kwerekana imiterere yawe kandi ishobora gukenera guhinduka. Niba utazi neza niba ufise ibimenyetso bikomeye, hamagara umuganga wawe rusange hakiri kare kugirango ubisuzume ubabwire ko ufise COVID-19.

Gukoresha pulse oximeter niba mfise uruhu rwijimye

Impanuka ya oxyde ikora mu kumurika uruhu rwawe kugirango bapime urugero rwa ogisijeni mumaraso yawe. Raporo zimwe zerekana ko oximeter ya pulse ishobora kuba idasobanutse neza niba ufise uruhu rwijimye. Bashobora kwerekana ibvyasomwe kurenza urwego rwa ogisijeni mumaraso yawe.

Niba ufise uruhu rwijimye rwijimye, ugomba gukomeza gukoresha impiswi ya oximeter. Ikintu c'ingenzi nukugenzura buri gihe urugero rwamaraso ya ogisijeni kugirango umenye niba ibyo wasomye bigabanuka. Andika ivyo wasomye vyose hamwe nitariki nigihe.

Nigute nshobora kugenzura uburyo umutima wanjye utera vuba ntakoresheje oximeter ya pulse?

Kugenzura impiswi yawe (umuvuduko wumutima) udafise oximeter ya pulse:

1. Kuruhuka iminota igera kuri itanu mbere yo gusuzuma umuvuduko wumutima wawe
2. Shira urutonde rwawe n'intoki zo hagati z'ukuboko kumwe kuruhande rutandukanye munsu y'urutoki
3. Ukoresheje intoki zawe vyoroshe ku kuboko kwawe, urashobora kubara umubare wikubita wumva urenga amasegonda 60 (umunota umwe). Numutima wawe.

Imfashanbyo ya COVID-19 mururimi rwawe



Niba ufise ikibazo, urashobora kuronka imfashanyo ya COVID-19 mururimi rwawe uhamagara National Coronavirus Helpline kuri 1800 020 080 . Tora kuri 8 kugira uronke serivisi zo gusobanura kubuntu.