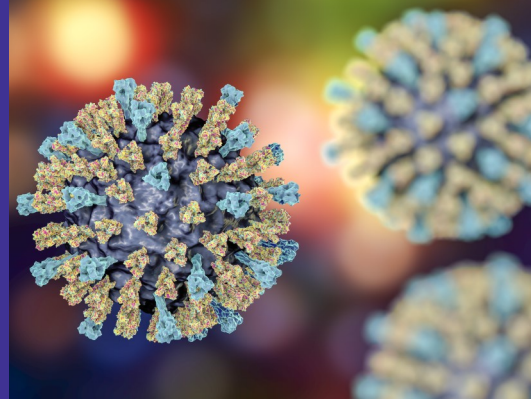


ISERU



Iseru ni indwara iterwa na virusi itera iseru. Iseru itangira umuntu ahinda umuriro, yipfuna, akorora, ahisha amaso kandi akababara mu muhogo. Hakurikiraho gusesa ibihari umubiri wose. Iseru ishobora gutera uburwayi bwo mu matwi no gucibwamo. Ishobora no gutera izindi ngaruka. Hari abana bashobora no gukurizamo uburwayi bwo mu bihaha (umusonga) cyangwa kubyimbirwa mu bwonko (encephalitis), ibi bikaba bishobora kuvamo urupfu.

Niba ukeka ko umwana wawe yafashwe n'iseru, hita uhamagara muganga wawe.

Kora ku buryo umwana wawe ategerana n'abandi igihe arwaye iseru.

Ikwirakwira gute?

- ▶ Iseru ni virusi umuntu ashobora kwanduza undi mu buryo bworoshye.
- ▶ Iyi viruzi ni imwe mu ndwara zandura cyane mu buryo bworoshye. Igenda mu mwuka mu dutonyanga tw'amacandwe. Umuntu uyirwaye ayikwirakwiza igihe akoroye cyangwa yitsamuye.
- ▶ Virusi itera iseru iguma mu mwuka mu gihe cy'amasaha agera kuri abiri nyuma y'uko umurwayi yari mu cyumba.
- ▶ Abantu banduye iseru bashobora kuyanduza abandi mbere y'iminsi ine na nyuma y'iminsi ine basheshe ibihari.

Ibimenyetso by'iseru ni ibihe?

- ▶ Kuzana ibimyira
- ▶ Umuriro mwinshi (ushobora kurenga (104°F))
- ▶ Umunaniro
- ▶ Inkorora
- ▶ Amaso ahishije, atembamo amarira cyangwa yazanye ibyo twita conjunctivitis ("pink eye")
- ▶ Ibihari bihishije bisutuye bitangirira ahatereye umusatsi bigakomereza ku maboko n'amaguru mu minsi itatu kugera kuri itanu ibimenyetso bigaragaye

Ni gute umuntu yakwirinda iseru?

Uburyo bwiza bwo kwirinda iseru ni ukwikingiza!

- ▶ Urukingo rwa MMR rurinda iseru amashamba na rubewole.
- ▶ Umuntu agomba guhabwa inkingo ebyiri za MMR kugira ngo abe akingiye neza. Urukingo rwa mbere rutangwa umwana afite amezi 12 kugeza kuri 15, naho urwa kabiri rugatangwa ku myaka 4 kugeza kuri 6.
- ▶ Abana b'amezi 12 kugeza ku myaka 12 bashobora guhabwa urukingo rukomatanyije rwa MMRV, rukaba rurinda n'ibihara.

Ingimbi n'abantu bakuru bagombye kuba barakingiwe uko bikwiye. Kora ibishoboka uvugane n'uguha ubuvuzi ku bijyanye no kwikingiza iseru.

Ukeneye ibindi bisobanuro ku rukingo, wasura: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mmr.pdf>

