Mashoko pamusoro pechirwere chegwirikwiti

Chii chinonzi gwirikwiti

Gwirikwiti chirwere chinokonzerwa nehutachiona, uye chinopararira zviri nyore muvanhu. Kana zviratidzo zvechirwere ichi zvangotanga pamunhu, anobva atotanga kurwara nekukurumidza. Unogona kubatwa nechirwere ichi pachero zera, asi chinowanzobata vana vadiki.

Mapararirо anoita chirwere chegwirikwiti

Unobatira chirwere chegwirikwiti kana ukava pedyo zvikuru nemunhu ane chirwere ichi. Unogona kuchiwana mumhepo apo munhu ane hutachiona uhwu anokosora kana kuhetsura, kana kuti ukabata zvinhu zvinenge zvakosorerwa kana kuhetsurirwa nemunhu ane hutachiona uhwu. Chirwere chegwirikwiti chinopararira zviri nyore muvanhu vanogara pamusha mumwe chete nemunzvimbo idzo vanhu vanenge vari pedyo nepedyo zvikuru.

Unogona kudzivirira kuti usabatwa nechirwere chegwirikwiti nekubayiwa madhosi 2 enhomba yegwirikwiti inonzi mumps and rubella (MMR), kana kuti kana wakamborwara nechirwere ichi munguva yakapfuura.

Munhu ane chirwere chegwirikwiti anogona kuchiparadzira kuvamwe mukati memazuva 4 asati aita twumapundu twakati tsarara kusvikira kumamwe mazuva 4 pashure pekunge abuda twumapundu utwu.

Zviratidzo zvechirwere chegwirikwiti

Zviratidzo zvechirwere chegwirikwiti zvinowanzotanga pakati pemazuva 10 kusvika ku12 pashure pekubatira hutachiona uhwu. Dzimwe nguva zvinotora mazuva 21 kuti zviratidzo zvechirwere ichi zvioneke.

Chirwere chegwirikwiti chinowanzotanga nezviratidzo zvekunzwa seuri kupindwa nechando. Zviratidzo zvekutanga zvechirwere chegwirikwiti zvinosanganisira:

- kupisa muviri zvakanyanya
- kubuda madzihwa kana kuvharwa mumhuno
- kuhetsura
- kukosora
- maziso akatsvukuruka, ane maronda, ari kubuda misodzi

Unogona kuita twumadododo twuchena mukati mematama kana kuti nechemukati memiromo pashure pemazuva mashoma. Twumadododo utwu twunowanzovapo kwemazuva mashomanana.

Twumapundu twakati tsarara twunowanzobuda mumazuva 2 kusvika ku4 pashure pekunzwa seuri kupindwa nechando.Twumapundu twakati tsarara utwu twunowanzotangira kubuda kumeso uye necheseri kwenzeve twusati twapararira nemuviri wese.

Nzvimbo dzinobuda twumapundu twakati tsarara utwu twegwirikwiti dzimwe nguva dzinogona kufutunutswa. Dzinogona kubatana dzoumba zvakaita sezvigamba-zvigamba paganda. Nguva zhinji zvinenge zvisingavavi.

Twumapundu twakati tsarara twunenge twuine ruvara rwakasvibirira kana kuti rwakatsvukuruka paganda chena. Twunogona kusava nyore kuona paganda rakasvibirira nerakaita dema.

Chirwere chegwirikwiti chine njodzi zvakadii?

Anenge munhu 1 pavanhu 15 vane chirwere chegwirikwiti anogona kurwara zvakaipisisa. Vana vadiki, vakadzi vane pamuviri nevanhu vane masoja emuviri asina kusimba vane mukana wakakura wekurwara zvakaipisisa.

Matambudziko ehutano akakurisisa anokonzerwa nechirwere chegwirikwiti anogona kusanganisira:

- hutachiona hwemunzeve
- hutachiona hwemumapapu (mabayo)
- manyoka
- kupera mvura mumuviri
- kugwinha-gwinha (asi kusingawanzoitiki)

Kubatwa nechirwere chegwirikwiti panguva yaunenge uine pamuviri kunogona kukonzera kuti ubve pamuviri kana kuti usununguke nguva yekusununguka mwana isati yakwana.

Kudzivirira chirwere chegwirikwiti

Kubayiwa nhomba yegwirikwiti inonzi MMR ndiyo nzira inonyatsoshanda yekudzivirira chirwere ichi.

Nhomba iyi inowanzobayiwa kuvana iri muzvikamu zviviri zvemadhosi. Chikamu chekutanga chedhosi chinopiwa kumwana ane zera remwedzi 12, uye chikamu chechipiri chinozopiwa pashure pekunge asvitsa zera remakore 3 nemwedzi 4.

Kana zvikaonekwa kuti mwana wako akava pedyo nemunhu ane chirwere chegwirikwiti, chiremba wako anogona kukurudzira kuti abayiwe nhomba iyi yeMMR nekukurumidza asingamiriri kuti atange asvitsa zera iri rakatarwa. Kana rimwe dhosi renhomba iyi rikapiwa kumucheche aine zera remwedzi iri pasi pe12, anofanira kuzongobayiwa madhosi 2 aaifanira kubayiwa panguva chaidzo dzakatarwa (pakati pachifanira kusiiwa nguva isiri pasi pemwedzi 1 kuti rimwe dhosi rizobayiwa pashure perimwe).

Kana mumwe munhu asina kubayiwa rimwe dhosi kana kuti asina chokwadi kana akatombobayiwa ese, nhomba iyi inogona kubayiwa pachero zera. Vabereki nevanochengeta vana vanogona kutarisa mumakadhi evana vavo kuti vaone mashoko ane chokuita nekubayiswa nhomba kwevana vavo.

Vakadzi vane pamuviri kana kuti vanhu vane masoja emuviri asina kusimba havafaniri kubayiwa nhomba iyi. Kana vachifunga kuti vakava pedyo nemunhu ane chirwere chegwirikwiti vanofanira kutaura nachiremba wavo kana kuti nyamukuta kuti vapiwe mamwe mazano ezvavanofanira kuita.

Kuti uwane mashoko azere nezvekubayiwa nhomba yeMMR enda pawebhusaiti inoti:

http://www.nhs.uk/conditions/vaccinations/mmr-vaccine

Kana kuti sikana kodhi iyi yeQR:

Kusava pedyo nevamwe kana uine chirwere chegwirikwiti

Munhu ane chirwere chegwirikwiti anogona kuchiparadzira kuvamwe mukati memazuva 4 asati aita twumapundu twakati tsarara. Kana munhu angoita twumapundu utwu, anogonazve kuparadzira chirwere ichi kwemamwe mazuva 4.

Kana wakaudzwa namazvikokota wezveutano kuti unogona kunge uine chirwere chegwirikwiti, unofanira kusaenda kunzvimbo inotarisirwa vana, kuchikoro kana kuti kubasa kwemazuva asiri pasi pe4 kubvira pazuva rawakatanga kubuda twumapundu twakati tsarara. Unogona kutangazve kuita zvawagara uchiita nguva dzose pashure pemazuva 4 kana wava kunzwa zviri nani uye usisapisa muviri.

Kurapwa kwevane chirwere chegwirikwiti

Murwere wegwirikwiti anowanzotanga kunzwa zviri nani pashure pevhiki rimwe chete.

Zvinogona kubatsira kana ukazorora uye kunwa zvinwiwa zvakawanda zvakadai semvura kuitira kuti usapere mvura mumuviri.

Chirwere chegwirikwiti chinogona kukonzera zvimwewo zvirwere. Unogona kupiwa mishonga inouraya hutachiona pakurapa zvirwere izvi.

Kana wakaudzwa namazvikokota wezveutano kuti unogona kunge uine chirwere chegwirikwiti uye uchifunga kuti utano hwako kana kuti hwemwana wako huri kuwedzera kuipa zvichikonzerwa nechirwere ichi, unofanira kutaura nachiremba wako.

Mamwe mashoko pamusoro pechirwere chegwirikwiti anowanika pa:

http://www.nhs.uk/conditions/measles

Kana kuti sikana kodhi iyi yeQR