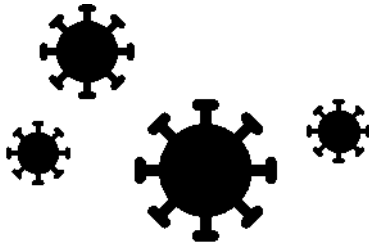


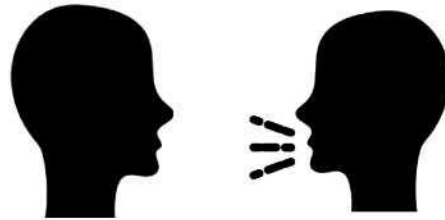


Rubéole (Rougeole ya Allemagne)

Lokasa ya Makambo ya Bosolo



Rubéole, oyo babengaka mpe Rougeole ya Allemagne, ezali maladi oyo eutaka na virus ya rubéole.



Mbala mingi epalanganaka na nzela ya kosukosu to kosala itie. Ekoki mpe kopalangana ntango moto asimbi esika oyo ezali na mikrobe mpe na nsima azali kosimba miso, zolo to monoko na ye.

Bilembeteli mpe Bilembo



Makwanza



Fievre ya makasi te



Mutu mpasi

Mingimingi, rubéole ebetaka bana mpe mikolo makasi te, bilembeteli to bilembo ezalaka mingi te to ezalaka ata moke te. Mpona bato oyo bazali na bilembeteli mpe bilembo, mbala mingi makwanza ya motane nde emonanaka mingi. Mingimingi, makwanza ebandaka na elongi mpe nsima epalanganaka na nzoto mobimba, etikalaka pene na mikolo 3. Bilembeteli mpe bilembo misusu ezali miso ya langi ya rose, baglandes ya kovimba, mongongo mpasi, mpe matonga mpasi.

Mbala mingi bilembeteli mpe bilembo ebandaka mikolo 14 nsima ya koyamba yango, kasi ekoki kozala kino nsima ya mikolo 23. Rubéole ekoki kopalangana kino mikolo 7 liboso ya makwanza kino mikolo 7 nsima ya ebandeli ya makwanza. Bato oyo bazali na bilembeteli to bilembo te bakoki mpe kopalangana rubéole.

Kopekisa yango



Kozwa mangwele ya rubéole (mingimingi babengaka yango MMR) ezali lolenge malamuru koleka ya kopekisa rubéole.



Okoki mpe:

- Kosukola maboko na sabuni
- Kokabola bisaleli ya kolya te
- Tya bopeto na bisika oyo bato basalelaka mbala mingi

Rubéole ezali likama makasi mpona basi ya zemi mpe mpona bana na bango oyo babotami naino te. Basi basengeli bazwa mangwele ya rubéole liboso ya kozwa zemi.

Mpona Koyeba Makambo Misusu



Benga monganga na yo to Centre ya Maine oyo Epekisaka Bokono mpe Elandelaka Yango na 1-800-821-5821 soki okanisi ete ozali na rubéole to mpona koyeba makambo misusu.

Okoki mpe kokende na www.cdc.gov/rubella.