

ROKORA AMAGARA YAWE

Ronka ubuvuzi kuri ibi BIMENYETSO VY'IMBUZI vyo hanyuma yo kwibaruka

Benshi mu bapfasoni n'abantu bamaze kwibaruka barakira ata ngorane. Ariko uwo ariwe wese arashobora kugira ingorane kugeza ku mwaka umwe hanyuma yo kwibaruka. Kwiga kumenya ibimenyetso vyo HANYUMA YO KWIBARUKA no kumenya ico gukora birashobora kurokora amagara yawe.

Umviriza umutima wawe
IGIHE COSE ronka ubuvuzi niwaba wumva urwaye canke har'ikibazo ufise canke icipfuzo.

Hamagara 911
niwaba ufise:

- ☐ Uburibwe mu gikiriza
- ☐ Uguhema kwahagaze canke uguhema nabi
- ☐ Gutakaza ubwenge
- ☐ Ivyiyumviro vyo kwigirira nabi canke kugirira nabi uyundi muntu

Hamagara umuvuzi wawe

niwaba ufise:
(Ikimenyetso kimwe kirahagije)

(Niwaba utashobora kubona umuvuzi wawe, hamagara 911 canke ugende ku cumba c'abarwayi b'indembe)

- ☐ Kuva amaraso, kujobeka padi imwe/isaha, canke amaraso yavuze, the ubunini bw'irigi canke buniniya
- ☐ Igisebe c'aho wabazwe kidakira
- ☐ Akaguru katukuye canke kavyimvye, kakubabaza canke gashuhirana iyo ugakozeko
- ☐ Ubushuhe bwa 100.4°F canke burenzeko canke 96.8°F canke butagezako
- ☐ Kuribwa umutwe bidakira, na hanyuma yo gufata umuti, canke kurwara umutwe mubi hamwe no guhinduka kw'indoro

Barira 911 canke umuvuzi wawe:

Naribarutse ku _____
(igenekerezo)
kandi ndafise _____.”
(ibimenyetsombuzi vyihariye)



Fotora ngaha kugira ngo ukwege iyi nyandiko mu ndimi nyinshi.

Ibi bimenyetsombuzi vyo hanyuma yo kwibaruka birashobora gushira mu kaga amagara yawe nutaronka ubuvuzi bw'ako kanya:

- Uburibwe mu gikiriza, uguhema kwahagaze canke uguhema nabi (ingorane zo guhema) birashobora gusigura ko ufise amaraso yavuze mu mahaha yawe canke ikibazo c'umushaha
- Gutakaza ubwenge birashobora gusigura ko ufise uburwayi bwa eclampsia.
- Ivyiyumviro vyo kwigirira nabi canke kugirira nabi uyundi muntu birashobora gusigura ko ufise ubwihebe bwo hanyuma yo kwibaruka
- Kuva amaraso (menshi), kujobeka padi imwe mw'isaha canke kurekura amaraso yavuze afise ubunini bw'irigi canke bunini gato birashobora gusigura ko ushobora kuba ufise ukuvigirirana kw'amaraso.
- Aho bakubaze hadakira, kwiyoungera k'ugutukura canke amashira ava aho baguriye igitsina mu gihe cokwibaruka amarira yo mu gisabo, canke aho bakubaga birashobora gusigura ko ufise ubwandu bw'indwara.
- Ugutukura, kuvyimba, ubushuhe, canke uburibwe mu mfundiko z'akaguru kawe birashobora gusigura ko ufise amaraso yavuze
- Ubushuhe bwa 100.4°F canke burenzeko canke 96.8°F canke buri muni gato, amaraso ava mu gisabo atamota neza birashobora gusigura ko ufise ubwandu bw'indwara
- Kuribwa umutwe (ubabaza cane), guhinduka kw'indoro, canke kubabara mu gisata co hejuru c'inda birashobora gusigura ko ufise umuvuduko w'amaraso canke preeclampsia yo hanyuma yo kwibaruka

Iyi gahunda ishigikirwa n'inkunga ya Merck, binyuze muri Merck for Mothers, imyaka 10 ya sosiyeti, igikorwa c'imiliyoni \$500 zo gufasha kurema isi aho ata mupfasoni ahwera ariko yibaruka. Merck for Mothers irazwi nka MSD for Mothers hanze y'Amerika na Kanada.

AWHONN irashimira Kenvue ku bw'inkunga yo gusiganura mu ndimi iyi nyandiko.

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