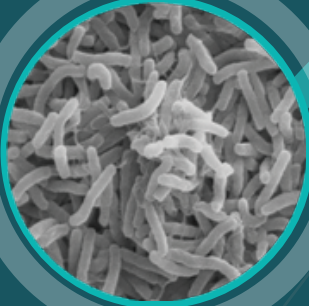


Munda Mpulumuku



Tuishi tua Vibrio Cholera



Maayi adi ne tuishi tua *Vibrio cholera*



Munda mpulumuku



Owa maayi ku bianza



Disama Diajiki!

Cholera

BUDIMU MBUHITA BUANGA – TUDIKUATSHISHA NE DIMANYA

CHOLERA MUNDA MPULUMUKU

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1. Munda mpulumuku ntshinyi?

Munda mpulumuku udi disaama dipite bukola dia munda mua diupa.

Tudi tuheta cholera hatudi tunua maayi mabi adi ne tuishi tua masaama tudibu babikila ne *Vibrio cholerae* (**tangila Tshimuenekelu 1: Muana ne munda mpulumuku**)

Vibrio cholerae tudi tuishi tukesa menemene. Katuena mua kutumona ne mesu. Tudi tumueneka anu paditu tudiundisha ku tshiamu tshia mikolosopo (**tangila Tshimuenekelu 2**). Tshimuenekelu 3 tshidi tshileja *Vibrio cholerae* mu mikolosopo. Kudi mikolosopo mikuabo idi idiundisha tuishi etu menemene bua tuetu kutumona bimpa. Mikolosopo ei idi yenda ne nzembu (**tangila tshimuenekelu 4**).

Badi batshinka ne munda mpulumuku udi ukuata bantu milio 2.9 ku tshidimu, ku tshidimu buloba bujima. Badi batshinka kabidi ne bantu 95,000 badi bafua ne munda mpulumuku ku tshidimu ku tshidimu buloba bujima.

Disaama dia munda mpulumuku didi mua kuikala diteketa anyi dikola. Badi batshinka ne 10% wa badi basaama ne bikala ne disaama dikola.

Bimanyinu bia disaama dikola bidi: diuha dikola menemene, diluka, ne mikolu yisaama bikola. Betu aba badi bajimija maayi a bungi a mu mubidi bua diuha edi dikola. Badi baheta mukuma ku moyi. Bobu kabayi baheta diondahibua pa lukasa, badi mua kufua mu meba makesa.

Tudi tuheta munda mpulumuku hatudi tunua maayi mabi adi ne tuishi tua masaama tudibu babikila ne *Vibrio cholerae*.

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Tshimuenekelu 1: Muana ne munda mpulumuku
(<http://www.cdc.gov/cholera/disease.html>)



Tshimuenekelu 2: Mikolosopo midiundishi ya tuntu tukesa
Bindidimbi bikuata kudi M. WaKabongo © 1/2013



<https://pixnio.com/photos/science/microscopy-images/cholera-vibrio-cholerae>

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Tshimuenekelu 3: Tuishi tua Vibrio cholerae
muditu tumueneka mu mikolosopo

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Tshimuenekelu 4: Mikolosopo minena ya nzembu
<http://phil.cdc.gov/phil/details.asp/15342>

Tshimuenekelu 5: Tuishi tua *Vibrio cholerae* mudi- tu tumueneka ku mikolosopo electronique
https://en.wikipedia.org/wiki/Vibrio_cholerae#/media/File:Cholera_bacteria_SEM.jpg



Tshimuenekelau 6: *Vibrio cholerae*, tuishi tua cholera tudi tusomba mu maayi adi mambulukila kudi tumvi tua muntu udi ne cholera

2. Muaba kayi udi *Vibrio cholerae*, tuishi tua masaama tusomba?

Vibrio cholerae, tuishi tua munda mpulumuku tudi tusomba mu maayi, anyi mu biakudia bidi biambulukila kudi tumvi tua muntu udi ne munda mpulumuku.

Vibrio cholerae, tuishi tua munda mpulumuku misangu ya bungi tudi ha miaba ya bunyawu, mu maayi mabi (**tangila Tshimuenekelu 6**), mu miaba ya bukoya, ne pa mbidi pa bintu bihanga mankenda.

Vibrio cholerae, tuishi tua munda mpulumuku tudi mu maayi a mu misulu idi ne luepu (lukelekela), ne mu mishipa ya mu misulu eyi. *Vibrio cholerae* idi misua luehu. *Vibrio cholerae* idi mu maayi a ha mielelu.

Bantu badi badia mishiha idi kayiyi milamba bimpe badi mua kuheta munda mpulumuku

3. Muntu udi uheta munda mpulumuku mushindu kayi (bishi)?

- Muntu udi uheta munda mpulumuku hadiyi unua maayi adi ne *Vibrio cholerae*, tuishi tua **munda mpulumuku (tangila Tshimuenekelu 6)**; anyi kudia biakudia bidi biambulukila kudi *Vibrio cholera*.
- Ntuadijilu wa tshiyola tshia masaama a munda mpulumuku, udi padi tumvi tua badi ne disaama tunyanga maayi anyi biakudia.
- Disaama didi mua kutangalaka lukasa mu miaba ya maayi a manyanu adi umuka mu nkumba ne mu maayi a kunua adi ne tuishi.

4. Bimanyinu bia munda mpulumuku mbimanyinu kayi?

- Disaama dia munda mpulumuku didi mua kuikala diteketa kadiyi ne bimanyinu.
- Disaama dia munda mpulumuku didi mua kuikala dikola misangu mikwabo **(tangila Tshimuenekelu 1)**.
- Badi batshinka ne 10% wa badi basaama ne bikala ne disaama dikola.
- Bilejilu bia disaama dikola bidi: kuha munda kukola, kuluka, mikolu isama bikola. Kujimija maayi a mu mubidi lukasa bifikisha ku mukuma ku moyi. Kakuyi diondahibua, lufu ludi lulua mu meba makesa

5. Bimanyinu bia munda mpulumuku bidi bimueneka diiba kayi hadi muntu ukuatshika disaama?

- Bidi biangata meeba makesa anyi matuku atanu (5) bua bimanyinu kumuenekabi.
- Pa tshibidilu bimanyinu bidi bimueneka mu matuku abidi anyi asatu.

6. Badi baheta munda mpulumuku banganyi?

- Bantu badi basomba mu miaba idi maayi a kunua kaayi mimpa. Maayi mikala ne tuishi tua masaama
- Manyanu ne bukoya
- Bantu badi kabayi ne mankenda

7. Ngenza tshinyi handi ngela meji ne mema anyi muena diku dianyi udi ne munda mpulumuku?

- Wewa wela menji ne wewa anyi muena diku dieba udi ne munda mpulumuku bimpa kuya kua ngangabuka lukasa.
- Duma dia maayi a mu mubidi didi mua kulua lukasa. Mbimpa kupingaja maayi mu mubidi lukasa.
- Mbimpa kuhesha mubeedi maayi a luehu lukasa ; maayi adi mua kupandisha muoyo wa muntu.
- Mubeedi udi ne tshia kutungunuka ne kunua maayi aa a luehu ne hadiyi ufika kua munganga.
- Hikala muana wa mu diboku ne diuha, bidi bikengela kutungunuka ne kumuamusha dibela.

8. Mushindu kayi wa kujinguluja disaama dia munda mpulumuku?

Bua kujinguluja munda mpulumuku, munganga udi wangata bunyawu bua mubeedi anyi udi ukulula kunyima kwa mubeedi ne kandanda, nansha wangata mamata a maayi a kunyima, ubituma ku laboratoire bua kubiteetesha bakeba tuishi tua munda mpulumuku **(tangila Bimuenekelu 2 ne 3).**

9. Badi bondaha munda mpulumuku bishi?

- Munda mpulumuku udi mua kuondapibua ne butalala ne tshipeta tshipa hadi maayi ne luehu lua mu mudibi bidi mubeedi mujimija ku diuha bihingajibua lukasa
- Mubeedi udi mua kuondahibua ne kunua maayi a bungi adi masangisha ne luehu nensukadi.
- Balongolodi ba luondapu bakaadi bamana kusangisha nsukadi ne luehu mu tubombi. Udi wangata kabombi kamua usangisha ne nlitila umua wa maayi.
- Bantu buloba bujima badi benza nunku bua kuondaha diuha dia munda mpulumuku.
- Mu disaama dikola ba minganga badi bela maayi mu mijilu.
- Hadi maayi ahingajibua lukasa, anu 1% wa babeedi badi bafua.
- Manga a nkanga tuishi adi mua kuipidija dinenga dia disaama ne kukepesha bukola bua disaama.
- Bantu badi buha bikola ne kuluka mu matunga adi ne munda mpulumuku badi ne tshia kuya kua munganga lukasa.

10. Ndi mua kuepela munda mpulumuku bishi?

- Njiwu ya kuheta munda mpulumuku idi mikesa kudi bantu badi baya kuendakana mu miaba idi ne tshihuhu tshia munda mpulumuku hadibu ne budimu. Budimu mbuhita buanga.
- Bantu bonso, benyi anyi bena ditunga, badi ne tshia kulonda mibelu eyi.
- Kunua anu maayi a mu milangi, maayi mababaja, anyi maayi mela mushimi (Pur, Aquatabs, Chlore) ne mela mu milangi anyi biakunua bia ngaze bia miishi biela mu makopu. Haudi unua maayi a mu mulangi mbimpa kushindika ne tshibuikidiji tshia mulangi katshiena tshikoseka.
- Bua kushiha tuishi mu maayi eba, babaja maayi bua munuta umua, anyi taata maayi, ela mamata abidi a maayi a javel; nansha kabidi tshituha tshia kamuma ka buanga bua iode mu nlitila wa maayi.
- Ehuka maayi a ku milonda, mu mpokolo (mushimi) ne mabua a mashika.
- Owa maayi ku bianza misangu ya bungi ne nsabanga ne maayi matoka (maayi a mankenda)

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- Owa maayi ku bianza kumpala kua kudia, anyi kua kulamba biakudia anyi haudi umuka ku nkumba
- Sukula malonga ne maayi a mu milangi anyi maayi mela mushimi. Sukula menu, sukula biakudia ne lamba biakudia ne maayi a mu milangi anyi maayi mela mushimi. Enza mabwe a mashika (ngalaso) ne maayi a mu milangi anyi maayi mela mushimi.
- Dia biakudia bidi bimana kusuika mu dibuki, anyi bidi bilambibua bimpa bitshiikala ne kahia (**tangila Tshimuenekelu 7**). Owa mayi ku bianza; babaja mayi a kunua; lamba biakudia
- Ki mbimpa kudia biakudia anyi mishiha idi kayiyi milamba, anyi bimuma anyi bisekiseki bidi kabiyi bilamba. Mbimpa kuumusha bizubu bia bimuma kumpala kua kubidia.
- Kuimansha tumvi ne makenda bua katulu kunyanga maayi ne biakudia.



Tshimuenekelu 7: Kuowa mayi ku bianza, kubabaja maayi ne kulamba biakudia

11. Kudi bisalu bua kuehuka munda mpulumuku anyi?

Balongolodi ba luondapu badi basungulula bisalu mishindu isatu bia kuangata bua kuehuka munda mpulumuku:

1. Dukoral®
2. Shanchol™
3. Euvichol®

Boobu nkayabu ki badi bamanya dishilangana dia mishindu yisatu eyi.

Kakuena bisalu bidi mwa kulama muntu ku dipeta dia munda mpulumuku 100%, lukama pa lukama to.

Bisalu bia munda mpulumuku kabiena biangata muaba wa makenda a mubidi, mankenda a maayi ne a biakudia, bu mutukaadi baakula. “Budimu mbuhita buanga”.

12. Njiwu kayi yidi koku bua kuheta munda mpulumuku mu Congo?

Munda mpulumuku udi disaama dia tshiididilu mu ditunga dietu dia Congo. Masaama a ku musangu umwe umwe ne a biyola adi a tshiididilu mu Congo nangananga mu maprovensa a kudi Diiba Dibanda. Kinshasa kena ne tshiididilu tshia kuheta munda mpulumuku. Kadi badi bamba ne kuvua biyola bia munda mpulumukumu bidimu bishala.

Tshidimu etshi munkatshi(2018) mua ngondu wa kumpala, munda mpulumuku udi ku Mbujimayi.

Bantu 260 bavua ne munda mpulumuku mu zone ya sante dikumi. Etshi tshidi tshiyola tshiididi bua tshidimu etshi. Munda mpulumuku uvua muhita bungi mu Bonzola, Bipemba, Diulu ne Muya.

Badi bamba ne pankatshi pa ngondu muitanu ne wa muanda mukulu, bantu badi basomba kumpenga kua Mbujimayi badi ne lutatu lua bungi lua kuheta maayi. Badi baya kusuna maayi ku misulu ya Muya, Kanshi, Lubilanji ne Nzaba. Etshi tshidi tshidiundisha njiwu ya kuheta munda mpulumuku.

13. Bena ngendu badi mua kuheta ngumu ya munda mpulumuku henyi?

Ngumu ya munda mpulumuku idi ishintuluka ku misangu ne ku misangu. Bena ngendu badi ne tshia kukeba kuheta ngumu mihiamihia kudi balombondi ba Mbula Matadi wa ditunga. Kuheta ngumu kudi minisitele wa sante.

14. Mbulamatadi wa ditunga udi wenza tshinyi bua kujikija munda mpulumuku?

- Budimu mbuhita buanga. Tulonga bua kumanya ne disaama dia munda mpulumuku didi dilua bishi bua tuetu kudikuatshisha.
- Mbula Matadi udi wenza mudimu ne beetu ba minganga.
- Mbula Matadi udi wenza mudimu ne beena Organization Mondiale de la Sante bua kukwatshisha bantu.

15. Bilondeshili bualu buamba

Cholera – *Vibrio cholerae* Infection

<http://www.cdc.gov/cholera/disease.html>

Cholera – Vaccine Preventable Diseases: Cholera

<https://www.canada.ca/en/public-health/services/infectious-diseases.html>

Cholera-vibrio-cholerae

<https://pixnio.com/photos/science/microscopy-images/cholera-vibrio-cholerae> Choléra

<http://www.who.int/topics/cholera/fr/>

Public Health Image Library (PHIL)

<http://phil.cdc.gov/phil/details.asp/15342>

Cholera bacteria SEM

https://en.wikipedia.org/wiki/Vibrio_cholerae#/media/File:Cholera_bacteria_SEM.jpg

16. Bafundi

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