



Kurabura n'impuhwe uwanyoye ibiyayuramutwe birenze urugero



Kurabura uwanyoye ibiyayuramutwe birengeje urugero birashobora kuba birenze ukwemera kandi biteye ubwoba, ariko urashobora kubikora! Iyi ninyigisho yihuse y'ukuntu worabura n'impuhwe uwanyoye ibiyayuramutwe birengeje urugero.

1 Suzuma ko yishura

- Nyiganza uwo muntu n'ijwi riri hejuru (izina ryiwe, vyuka, n'ibindi)
- Koresha masaje yo kugikiriza
 - Kora igipfunsi
 - Koresha ingingo zo hagati z'intoke zawe (atari kudasongwa)
 - Fyonda bukebuke hagati y'igikiriza c'uwu muntu mu masegonda 5-10 kugira ngo umuvyure

2 Hamagara 911 usabe gufashwa

- Nimba atishura, hamagara 911
- Gumana nuyo muntu

Impanuro!
Uwujewe 911 azokuyobora mubijanye no kurabura uwanyoye ibiyayuramutwe birengeje urugero! Shira telefone yawe ivugira hejuru kugira ngo kurabura vyorohe.

3 Gutanga umuti urwanya umurengera w'ikiyayuramutwe Opiyoyide (Naloxone, Narcan)

- Naloxone irarwanya ingaruka zo kunywa ikiyayuramutwe opiyoyide birenze urugero. Kurikiza intambwe ziri kuri iki kintu kugirango ubashe gutanga umuti urwanya umurengera wa opiyoyide.
- Ja ku ntambwe ya 4 mugihe urindiriye iminota 2-3 kugira ngo naloxone ikore
- Nimba nta nyishu inyuma y'iminota 2-3, tanga iyindi doze ya naloxone, hanyuma usubiremwo intambwe ya 4



Sikana canke ufyonde ngaha kugira wige ibijanye no gukoresha nasal canke naloxone batera n'urushinge ivuye muri CDC



2-3 mins

Naloxone ntizogirira nabi uwanyoye ibindi biyayuramutwe birenze urugero, rero ni vyiza k wama uyikoresha mugihe wiyumvira ko yanyoye ibiyayuramutwe birengeje urugero

Nimba udafise naloxone nubundi ubandanye n'izindi ntambwe zose

Gutabara kugarukana impwemu na CPR bishobora gukiza umuntu kugeza EMS zije

4 Suzuma ko umutima utera no guhema Kora CPR (nimba warabimenyerejwe) gutanga impwemu zo gukiza

- Hindukiza urupapuro kugira ngo usubiremwo inyobora zo gutanga impwemu zo gukiza
- Nimba udafise iyindi naloxone, bandanya umuha impwemu zo gukiza canke CPR

5 Mushire mukibanza co gukiza

- Muhindukize mukibanza co gukiza kugira ntanigwe, cane cane iyo utegerezwa kuhava (hindukiza urupapuro kugira urabe ivy'ikibanza co gukiza)
- Ingaruka za naloxone zimara hagati y'iminota 30-90 . Mugihe naloxone imuhezemwo, birashoboka ku muntu ko ibiyayuramutwe bisubira kuba umurengera. Nimba bishoboka, gumana nuyo muntu kugeza EMS zije



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Iyobora ryo gutanga impwemu zo gukiza

Gutanga impwemu zo gukiza ni imwe mu ntambwe zihambaye mu kurabura uwanyoye ibiyayuramutwe vy'umurengera. Opiyoyide n'ibindi biyayuramutwe bigabanura imikorere yo guhema. Gushoboza guhema ningoga uko bishoboka kwose ni ikintu gihambaye mu gukiza ubuzima. Naloxone ifasha kugarura guhema, ariko ifata akanya kugira ngo ikore. Gutanga impwemu zo gukiza ni umuyaga ukenewe ubwo nyene mu mubiri kandi urashobora gukiza ubuzima.

1 Ryamikira uyo muntu ku mugongo

2 Muraramishe hanyuma umutwe inyuma Ugurura akanwa kiwe maze urabe ko atakizibiye

3 Mufunge izuru ryiwe n'ukuboko kumwe, ugarisha umunwa wiwe uwiwawe, hanyuma usohore impwemu kabiri kabiri bisanzwe

- Huha umuyaga mwinshi mumahaha yiwe kugira ngo igikiriza kiduge
- Nimba utabona igikiriza kiduga mumfuruka z'ijisho ryawe, subira umuraramike kandi hanyuma urabe neza ko wamufunze n'amazuru

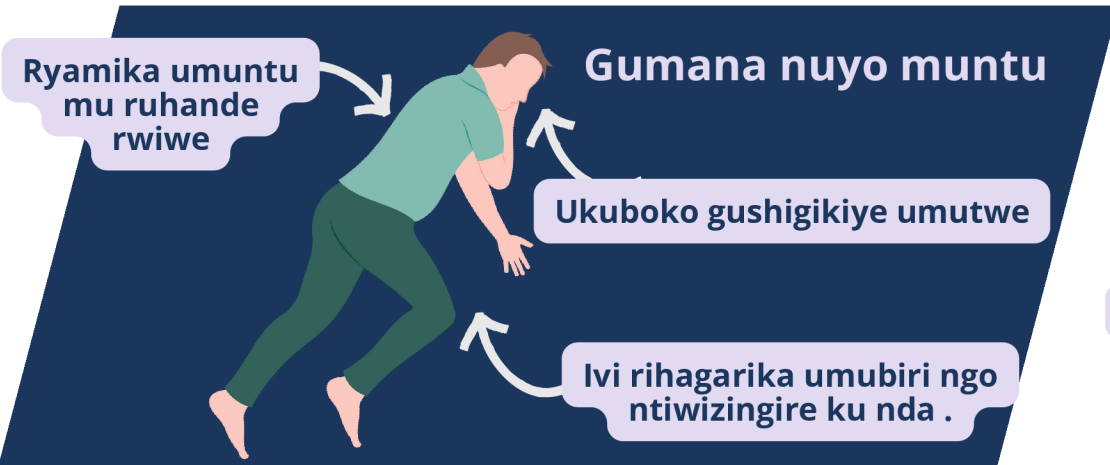
4 Bandanya umuha impwemu Muhe impwemu incuro imwe buri masegonda atanu

Nimba ushaka kwimenyereza CPR, sikana canke fyonda ngaha kugira ngo usure American Heart Association



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Ikibanza co gukiza



Muhindukirize mukibanza co gukiza muruhande rwiwe

Ingaruka za naloxone zimara hagati y'iminota 30-90 reroni ngombwa cane ko umuntu agumana nuyo muntu mugihe ariko arakira kubera ko ibiyayuramutwe bishobora kwongera kurenga urugero