



Repubulika y'u Rwanda  
Ministeri y'Ubuzima



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INYIGISHO ZITANGWA N'ABAFASHAMYUMVIRE

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# GUTEGURA ABATURAGE KWAKIRA URUKINGO RWA COVID-19



# Inyigisho ku rukingo rwa COVID-19

Inyigisho zijyanye n'imyemerere y'abayislamu

**Yagenewe gufasha abaturage gusobanukirwa ibyerekeye urukingo rwa COVID-19**

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## Ese idini ya Islam yaba ishyigikiye urukingo rwa COVID-19?

*“Kandi ntimugashyire ubuzima bwanyu mu kaga”  
(Qur’an 2:195)*

### Intangiriro

Abaturage bacu, igihugu n’isi bihanganye no guhashya icyorezo cya COVID-19. Mushobora kwibaza muti ese ni izihe ngaruka iki cyorezo kizakomeza kugira ku baturage n’igihe ibintu bizongera gusubira mu buryo. Urukingo rwa COVID-19 rufite uruhare runini mukongera gufasha gusubiza ibintu mu buryo. Igihugu cyacu kirakangurira abaturage kwitabira guhabwa urwo urukingo.

Nyamara hari abantu bamwe batemera uru urukingo. Iki kiganiro kiradufasha guhura nk’abayislamu kugira ngo tunganire ku byerekeye urukingo rwa COVID 19, bidufashe kurusobanukirwa maze tunagire uruhare mu gukangurira abayisilamu kwitabira gahunda yo kwikingiza.

Abayobozi b'Idini ni abantu bizewe kandi bafite uruhare runini mu gufasha abayoboze babo gukumira imfu zaterwa na COVID-19 ndetse no kongera kwiyubaka nyuma yo guhura n'ingaruka zikomeye haba mu bemera n'abaturage muri rusange.

Ubuyobozi bwacu buvuga ko aya ari amahirwe tubonye azadufasha kurokora ubuzima bw'abaturage benshi.

Muri iki kiganiro rero turarebera hamwe uko urukingo rurengera ubuzima bwacu.

None se, waba utekereza ko idini ya Islamu ishyigikiye uru rukingo? Reka tubisobanure hanyuma uraza kwifatira umwanzuro ukubereye.

Hashize ibinyejana birenga 14 ubutumwa bwa Islamu bwahawe Intumwa y'Imana Muhamadi (Allah amuhe amahoro n'imigisha) bugeze ku isi, kandi no mu mahame akubiye muri ubwo butumwa harimo itegeko ryo kubungabunga ubuzima no kuburinda icyo ari cyo cyose cyabuhungabanya.

Icyorezo cya COVID -19 ni kimwe mu ndwara zikomeye kuko gikomeje guhitana umubare w'abantu benshi hirya no hino ku isi harimo n'igihugu cyacu, ni yo mpamvu inyigisho z'Idini ya Islamu zidutegeka kubahiriza ingamba zose zo kwirinda icyo cyorezo. Ingamba n'amabwiriza Islamu yashyizeho kuva muri ibyo binyejana birenga 14 bigamije kwirinda no gukumira ikwirakwizwa ry'icyorezo ziracyakurikizwa kugeza uyu muni, izo ngamba zirimo izi zikurikira:



### **Islamu ibuza abantu kuja ahantu hateye icyorezo ikanabuza abanduye gukwirakwiza icyorezo:**

Intumwa Muhamadi (Allah amuhe amahoro n'imigisha) yaravuze ati: (( Nimwumva ahantu hateye icyorezo muramenye ntimukajyeyo, kandi

namwe nimuba mwatewe n'icyorezo ntimugasohoke ngo mujye ahandi)). Iyi mvugo iboneka mu gitabo cya BUKHARI n'icya MUSILIMU.

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## Islamumu itegeka abantu guhindura imyumvire n'imyitwarire mu bihe by'icyorezo.

Ibi byashimangiwe n'Intumwa Muhamadi (Allah amuhe amahoro n'imigisha) ubwo ku gihe cye hateraga icyorezo cy'ibibembe, nuko haza umuntu wanduye aza asanga Intumwa Muhamadi ngo ayisuhuze, maze mu gihe atarayigeraho Intumwa y'Imana iramubwira iti: ***“Wowe ntutwegere, ahubwo isubirireyo indamutso yawe twayakiriye”***. Ibi tubisanga mu gitabo cya SWAHILI cyanditswe na Musilimu.

Ibi birashimangira ko abantu bagomba guhindura imyumvire n'imyitwarire mu bihe by'icyorezo bakemera guhindura uko bari basanzwe babaho mu mibanire yabo n'ubusabane n'abandi, nk'uko Intumwa Muhamadi yanze gusuhuzwa uyu muntu wari urwaye ibibembe akanamubuza kumwegera, nyamara mu bihe bisanzwe Intumwa Muhamadi yari asanzwe asabana n'abantu.

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## Gukaraba intoki:

Islamumu itegeka guhozaho umuco wo gukaraba intoki igihe cyose wazikoresheje ahantu utizeye isuku yaho. Ibyo bishimangirwa n'impvugo y'Intumwa Muhamadi (Allah amuhe amahoro n'imigisha) aho

yavuze ati: **“ Umwe muri mwe nabyuka, ntagashyire ibiganza bye ku gikoresho atabanje gukaraba intoki ze inshuro eshatu, kuko atazi aho ukuboko kwe kwaraye”**. Iyi mvugo y’Intumwa y’Imana iboneka mu gitabo cyitwa SWAHHI cyanditswe na BUKHARI n’icyitwa SWAHHI cyanditswe na Musilimu

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### **Kwirinda ibihuha ahubwo tukagenda ku makuru yizewe duhabwa n’inzego zishinzwe ubuzima:**

- Allah muri Qur’an yaravuze ati: **“Muje mubaza abasobanukiwe ibyo mutazi”**. (Qur’an 16:43)
- Na none Allah ati: **(Yemwe abemeye! Nimugerwaho n’inkuru iturutse ku muntu utari umwizerwa, muje mubanza muyicukumbure...)**: Qur’an 49:6

Intumwa Muhamadi (Allah amuhe amahoro n’imigisha) yagaragaje ingaruka z’ibihuha no kugendera ku makuru atizewe, aho yagaragaje umuntu wakomeretse ku gihe cy’e, maze agisha inama abadafite ubumenyi ku buryo agomba kubona isuku kugirango ajye gusenga, nuko bamugira inama yo kwiyuhagira umubiri wose kandi afite igikomere, maze bimuviramo gupfa. Nuko Intumwa y’Imana Muhamadi (Allah amuhe amahoro n’imigisha) abimenye arababara cyane aravugaga ati: **“Baramwisha! Imana izabibaryoze, ese niba batari bazi igisubizo kuki batasobanuje ababifitiye ubumenyi, kuko umuti wo kutamenya ari ukubaza ababizi”**! Iyi mvugo y’Intumwa y’Imana iboneka mu gitabo cyitwa ASUNANU cyanditswe na ABUDAWUD

Intumwa Muhamadl (Allah amuhe amahoro n'imigisha) yaravuze ati: ***"Muje mwivuzwa, kuko nta ndwara n'imwe Imana itashyiriyeho umuti"***. Iyi mvugo y'Intumwa y'Imana iboneka mu gitabo cyitwa ASUNANI cyanditswe na TIRIMIDHI

Muri make, izi ngamba za Islam zinagendanye n'amabwiriza ya leta yo kwirinda ikwirakwizwa rya COVID-19 kandi tugomba kuyakurikiza. Muri ayo harimo:

1. Kwikingiza;
2. Gukomeza gutanga amakuru y'ukuri kuri COVID-19 no ku rukingo kandi dukomeze kwirinda ibihaha aho byaturuka hose
3. Kwirinda kudohoka buri wese akaba umuturanyi mwiza wa mu-  
genzi we n'umuturage mwiza;
4. Kwambara neza agapfukamunwa;
5. Gukaraba neza intoki;
6. Gushyira intera hagati yacu;
7. Kubahiriza n'andi mabwiriza yose duhabwa yo gukumira ikwirak-  
wiza ry'icyorezo cya COVID-19.

Ese idini ya Islamu ishyigikiye urukingo rwa COVID-19?

Nk'abayislamu dushobora kwibaza tuti ***"Ese idini ya Islamu yemera urukingo rwa COVID-19?"***

Iki ni ikibazo cy'ingenzi tugomba gusesengura.

Igisubizo ni yego, Islamu ishyigikira urukingo rwa COVID -19, ndetse ntabwo ari ukurushyigikira gusa, ibyo ntibihagije, ahubwo Islamu

itegeka urukingo rwa COVID 19, kuko tuzi ko Allah ari umunyembabazi kandi yadutegetse guha ubuzima bwacu agaciro no kububungabunga. Iyo umuyislamu aretse kwikingiza aba agize uruhare mu koreka ubuzima bwe no kubushora mu kaga, kandi ibyo Allah yarabitubujije, nk'uko yabivuze muri Qur'an ntagatifu ati: ***"Kandi ntimugashyire ubuzima bwanyu mu kaga"***. (Qur'an 2:195)

Si ibyo gusa, ahubwo umuyislamu aramutse yanze urukingo rwa COVID-19, maze akayandura bikamuviramo urupfu, icyo gihe azaryozwa icyaha cyo kwiyahura, kuko yanze nkana urukingo rwagombaga kumurindira ubuzima bwe. Kwiyahura ni kimwe mu byaha ndengakamere muri Islamu, nk'uko Allah muri Qur'an yabigaragaje muri Qur'an ntagatifu aho yavuze ati: ***"Kandi ntimuziyahure, kuko rwose Allah ari umunyempuhwe kuri mwe"***. Qur'an 4: 29



## Intego

Iri somo nirisozwa, Abayobozi b'idini ya Islamu bazaba bashobora gusobanukirwa akamaro n'ubuziranenge by'urukingo rwa COVID-19 ku bayoboze babo ndetse no kubasha gusobanukirwa icyo bakora mu rwego rwo kubahiriza ibyo ubuyobozi busaba abatwagaye mu byerekeye kwitabira gufata urukingo.



## Isomo: Kubaka umurunga w'ubumwe mu baturage

**Imfashanyigisho:** umupira cyangwa imipira myinshi yo gukina ibanze mu budodo, imishipiri, utugozi cyangwa ubudodo babohamo imipira.

**Intego y’umukino:** iri somo ryifashisha urushundura rukozwe mu ndodo hagamijwe kwerekana ko ikintu kibaye kuri umwe mu baturage kigira ingaruka no ku bandi bose. Tuzifashisha uru rugero mu rwego rwo kwerekana akamaro ko kwikingiza hagamijwe kwirinda ko twakwanduzanya mu bayoboke.

**Amabwiriza:** Basabe ko bakora uruziga. Niba itsinda rirenze abantu 20 bagabanyemo bakore inziga ebyiri. Hereza buri tsinda ikizingo cy’indodo kimeze nk’umupira. Saba umwe mu bagize itsinda afate urudodo rw’ikizingo hanyuma akinagire undi mugenzi we watoranijwe. Nyuma yo kunaga icyo kizingo cy’indodo bagomba gusangiza abandi inzizi bafitiye umuryango wabo mu gihe kizaza igihe COVID-19 izaba irangiye. Izo nzizi zishobora gutangira zigira ziti ***“igihe ibintu bizaba bimaze gusubira mu buryo umuryango wanjye urateganya kujya mu kiruhuko cyiza dusura inshuti zacu..... cyangwa “tukongera kujya gusura nyogokuru mu cyaro kubera ko tumaze igihe kingana n’umwaka tutamubona...”***. Ako gapira kazahererekanywa kaja imbere n’inyuma mu bantu bose bagize rwa ruziga, buri muntu azajya afata urudodo igihe ikizingo cyoherejwe kuri mugenzi we.

**Ibibazo:** mu gihe barangije gukorana rwa ruziga rw’indodo kandi buri wese afite urudodo afashe, saba buri wese gusubira inyuma kugira ngo rwa ruziga rw’indodo rukomere kandi ruhame. Indodo zigomba kuba zisobekeranije mu bagize uruziga. Bashobora kuvuga bati:

“Reka tuvuge ko ibi bishushanya uko tumeze mu baturage kandi wenda dufite ibiduhuza cyangwa ibibazo aho dutuye cyangwa indwara ya COVID-19. Mfite ibibazo bicye nshaka kubaza:

**Icyo inyigisho isobanura:** Nk’abaturage, dufite byinshi duhuriyeho kandi icyo buri wese akoze kigira ingaruka ku wundi. Tugomba



kwirinda ubwacu, tukarinda imiryango yacu, ndetse tukanarinda abaturarwanda.

**Isomo:** Nk'abaturage turaboheranyije kandi ibyo bigira ingaruka ku byo dukora. Ni ngombwa ko twirinda uretse twebwe ubwacu n'imiryango yacu tukanarinda abaturarwanda.



## Agakuru (Gashobora gukinirwa hanze)



Umwuzukuru Rafiki

*“Umva Sogokuru, uyu muni turajyana nawe na nyogokuru ku ivuriro. Turabandikisha kugira ngo muzahabwe urukingo rwa mbere rwa COVID-19, nkuko twabisabwe n’umuyobozi w’umudugudu.”*

*“Ni byo? Ntabwo nshaka kujyayo. Jyana na Nyogokuru.”*

*“Oya, Sogoku! Turakubaha ni yo mpamvu tuguha umwanya wa mbere!” Rafiki yabivuze aca bugufi mu rwego rwo kubaha no gukina na sekuru. “ Uru rukingo rugenewe abantu bose ariko by’umwihariko abafite intege nke bitewe n’imyaka cyangwa uburwayi. Uko ni ko ku kigo nderabuzima batubwiye ubwo najyagayo ejo mu rwego rwo gusobanuzza.*

*“Oya, ntabwo ntekereza ko ari ngombwa kujya muri ibyo bibazo byose, Babu. Uko ngana uku nta rushinge ndaterwa, nta n’ikinini ndanywa none ngo njye guterwa urushinge wa mwana we.”*

Rafiki ati

*“sogoku! Uru rushinge rutandukanye n’izisanzwe kuko ni urukingo rwa COVID-19. Ubuyobozi bwacu bwatubwiye ko inkingo zigomba kubanza guhabwa abantu bafite ibyago byinshi byo kwandura. Uyu muni tuzi ko abantu bafite ibyago byinshi byo kwandura ari abantu bakuze n’abasanganywe izindi ndwara nk’Igitungu, Sida n’indrwara z’umutima.*



*Muri ako kanya, Inshuti ya sogokuru , Salim yahise aza kumusura yambaye agapfukamunwa. sogokuru nawe yahise aya kuzana agapfukamunwa ke bombi bicara muni y'igiti cy'umwembe ku dutebe batangira kunywa ikawa, bari basizemo intera hagati yabo nkuko bisabwa n'amabwiriza ya leta .*

*Sogokuru afata ijamba agira ati " Salim, mu byukuri uje mu mwanya nari ngukeneye ngo untabare! Umwuzukuru wanjye arashaka ko nje na nyirakuru tujya kwikingiza COVID-19, ariko nje ntekereza ko inkingo ari iz'abana. Ntabwo nkeneye kujya muri icyo rwaserera kuko ndisaziye."*



Salim aramusubiza ati,

*“Oya, ibyo akubwira ni ukuri. “Njye narangije kwikingiza, ndetse najyanye na madamu wanjye. Nta rwaserera irimo pee! Bakwakira neza kandi kugeza magingo aya ntakibazo byigeze bidutera. Uzi abantu bikingije uwo munsu?! Ahubwo ngirango nimwe musigaye!” gusa nyine natwe twikingije dukomeza kubahiriza ingamba zo kwirinda ikwirakwizwa ry’iki cyorezo.*

*Salim arakomeza agira ati: “Ni ngombwa”, uru rukingo ni ngombwa cyane cyane ku bantu bakuze nkatwe. Ruzanaturinda kuzahazwa no kwicwa na COVID 19.*

*Abantu bakuze nkatwe n'abasanze bafite izindi ndwara nka Sida, igituntu, diyabete, indwara z'umutima ndetse n'abasanganywe izindi ndwara baba bafite ibyago byinshi byo kwandura COVID-19. Mu gihe tuyanduye dushobora kuyanduza abana bacu n'abuzukuru. Ese hari uwakwifuzaga ko yanduza abe?*

*"Ndakwibutsa ko Allah yadutegetse kurinda ubuzima bwacu anatubuzaga kubushora mukaga. Utabyitayeho ugapfa waba wiyahuye kandi urabizi ibyo ni haram". Mu muco wacu n'idini, twizera inama z'abayobozi beza bashobora gufasha abantu kugira imyumvire imwe kandi badufitiye gahunda nziza.*

Sogokuru azunguza umutwe agira ati:

*"Noneho ndasobanukiwe Salim. Mwakoze kuza." Sogokuru ahamagara umwuzukuru we Rafiki ati: "Niko Rafi, nzanira sandale zanjye nambare ubwire na nyogokuru abanguke tujye ku ivuriro kwikingiza. kugira ngo birinde ubuzima bwacu! Noneho nditeguye.*



*“Ntegereza gato Mzee. Turajyana,” salim. “Ubanza uyu muni ari bwo ndibufate urukingo rwa kabiri. Noneho nyuma y’iswala ya Idjuma tuzaganiriza abandi bayisilamu wenda baba bafite ibibazo bisa n’ibyacu. Urabivugaho iki?”*

Mzee arasubiza ati:

*“Ni igitekerezo cyiza, Salim, ahubwo ibyiza, tubisabe Imam w’umusigiti azatengemo Khutuba y’Ijuma.”*



## Ibibazo bivuye mu nkuru twasomye:

1. **Ese ni iyihe myumvire Sogokuru afite ku byerekeye urukingo?** (Atekereza ko urukingo ruterwa abana ko we ntarwo akeneye. Atekereza ko igihugu cye cyashutswe.)
2. **Ese ni ikihe gisubizo Rafiki na Salim bamusubije?** (Ntabwo tugomba kugendera ku bihuha ahubwo tugomba kumvira inama duhabwa n'abayobozi bacu beza.)
3. **Ese ukurikije inkuru wumvise haruguru, uru rukingo rwagenewe bande?** (Kuri ubu urukingo rwa COVID-19 ruri gutangwa mbere na mbere ku bantu bakuze, abantu bafite ibyago byinshi byo kuyandura twavuga nk'abakora kwa muganga bita kandi bakamarana umwanya munini n'abarwayi banduye COVID-19 ndetse n'abantu basanganywe izindi ndwara nk'Igituntu, Sida na diyabete n'idwara z'umutima. Abandi bantu bagomba gukingirwa ku ncuro ya kabiri n'abafite imyaka iri hejuru ya 50 ndetse no hejuru bashobora kuremba igihe bafashwe n'indwara ya COVID-19.)



## Isomo

Twabonye ko idini ya Islamu ishyigikiye urukingo rwa COVID 19 kubera ko rudufasha kubungabunga ubuzima bwacu n'ubw'abandi. Ibi tubitegekwa na Allah muri qur'an ntagatifu.

## **Umwitoto ukorwa basimbuka imbere n'inyuma**

Umwitoto ukorwa basimbuka bajya imbere cyangwa inyuma ku murongo

Shyira abagize itsinda kumurongo utambitse: (vuga) lyandikishe ufate urukingo saba abari kumurongo gusimbuka utomboza (imbere cyangwa inyuma) (saba abasimbutse imbusanye gusubiramo ubutumwa wabahaye)

Shyira abagize itsinda ku murongo utambitse: (vuga) Fata urukingo saba abari kumurongo gusimbuka utomboza (imbere cyangwa inyuma) (saba abasimbutse imbusanye gusubiramo ubutumwa wabahaye)

Shyira abagize itsinda ku murongo utambitse: (vuga) Urukingo rurandinda saba abari kumurongo gusimbuka utomboza (imbere cyangwa inyuma) (saba abasimbutse imbusanye gusubiramo ubutumwa wabahaye)

Shyira abagize itsinda ku murongo utambitse: (vuga) Urukingo rurinda umuryango WANJYE n'abaturanyi BANJYE saba abari kumurongo gusimbuka utomboza (imbere cyangwa inyuma) (saba abasimbutse imbusanye gusubiramo ubutumwa wabahaye)

Umuryango n'umudugudu byanjye

Ubu noneho turagirango tubumve. Muje mu matsinda ya bane kugeza kuri batandatu. Muanire mu matsinda yanyu ku bibazo cyangwa imbogamizi mubona mu gufata urukingo. Mugerageze kuvugisha ukuri no kutagira icyo muhisha mu buryo bushoboka. Dore ibibazo mushobora kubazanya.



1. Ni ibihe bibazo mwumvise mu muryango wanyu cyangwa mu baturage muri rusange ku bijyanye n'urukingo ku buryo bwihariye?
2. Ukurikije ibyo wumvise uyu munsu, wumva ibyo bibazo byakemuka bite ? (Ibijyanye n'igitsina, imyaka, ubumuga, uko inkingo zigera ku bantu, gutanga ubufasha n'ibindi)



## Umuhigo

Shyira amatsinda hamwe maze baganire ku bibazo n'ibisubizo byavuye mu matsindayabo mato. Wiyemeje kuzakora iki? (emerera abantu benshi kugira icyo bavuga.)

Shishikariza itsinda gukora inyandiko ihuriweho yerekana impamvu zabo zituma bafata urukingo rwa COVID-19. Impamvu imwe ishobora kuba iyi:

***“Kuko mfite inshingano zo kwiyitaho no kurinda ubuzima bwanjye n’ubw’abandi ngiye gufata urukingo rwa COVID-19.”***

***TWIYEMEJE kwitabira gahunda yo kwikingiza COVID-19 kandi duharanira no kubishishikariza abandi.***