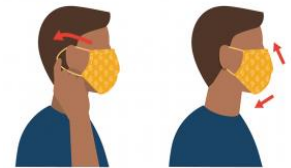


Ibiri bishinzwe imicungire y'icyorezo cyandura

Amabwiriza yo kwirinda icyorezo cya Koronavirusi 2019 (COVID-19)

Ishami rya New Hampshire rishinzwe serivise z'ubuzima bw'abaturage ((DPHS) rirabashishikariza kwirinda ndetse mukarinda n'abandi mukurikiza izi ngamba z'ubwirinzi zikurikira:

- Igihe wumva ufite umuriro, wumva ufite indwara zo mu buhumekero (inkorora, kubabara mu muhogo, ibicurane ndetse no guhumeka nabi), ibicurane bidakanganye (umunaniro, kugira imbeho nyinshi, cyangwa kubabara mu ngingo), gutakaza ibiyumviro byo kuryohereza no guhumurirwa, iseseme, kuruka, cyangwa gucibwamo:
 - Irinde gukoranaho n'abandi.
 - Ifate ibipimo by'umuriro.
 - Gisha inama z'ubuzima mu buryo bwizewe. Mbere yo kujya kwa muganga cyangwa mu cyumba cy'indembe, banza uhamagare inzego z'ubuzima uzibwire ibimenyetso bya COVID-19 uri kugaragaza.
- [Niba wumva urwaye](#), guma mu rugo kandi [witarure](#) abandi, harimo n'abo mubana. Ipimishe COVID-19. Ushobora kumenya aho basuzumira [hano](#). Guma mu rugo kugeza:
 - Byibuze iminsi 10 igashira uvuye ku munsu ibimenyetso byagaragaye bwa mbere
 - NDETSE**
 - N'amasaha 24 (umunsi 1) ashira uvuye igihe wakiriyeho (umuriro washize utakiri gufata imiti igabanya umuriro ariko **kandi** n'ibimenyetso by'indwara zo mu buhumekero bitakigaragara.
- Izindi ngamba wafata kugira ngo wirinde kandi urinde n'ubuzima bw'abandi harimo:
 - Gukaraba intoki kenshi n'amazi meza n'isabune byibuze mu gihe kingana n'amasagonda 20. Igihe amazi n'isabune bitabasha kuboneka, koresha umuti wagenewe gusukura intoki, wifitemo byibuze lukolo ya 60%.
 - Irinde kwikora mu maso, ku mazuru n'umunwa utakarabye, cyangwa ukoresheje intoki zanduye.
 - Igihe utari mu rugo, ambara [agatambaro gapfuka](#) izuru n'umunwa wawe ndetse n'akananwa (agapfukamunwa) kugira urinde abo muri kumwe.
 - Igihe utari mu rugo, siga intera ya metero hagati yawe n'abandi.
 - Igihe urwaye, guma mu rugo ntujye ku ishuri cyangwa ku kazi.
 - Pfuka umunwa n'amazuru ukoresheje agatambaro igihe ukorora cyangwa witsamura.
 - Sukura neza ibikoresho ndetse n'ahantu hakorwa cyane.



Amakuru kuri COVID-19 akwirakwira byihuse kandi n'amabwiriza aturuka ku nzego z'ubuzima ashobora guhinduka. Jya usura izi mbuga mbuga zikurikira kenshi gashoboka kugira ngo umenye amakuru agezweho:

- Urubuga rwa U.S. CDC <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- Urubuga rwa NH DPHS <https://www.nh.gov/covid19/>

