

Indwara ya Koronavirusi 2019 (COVID-19) Amabwiriza yo kwishyira mu kato

Niba warafashwe nk'umuntu wahuye bya hafi n'uwanduye COVID-19 cyangwa se aribwo ukigera muri New Hampshire, kurikiza aya mabwiriza mu minsi 14 uhereye igihe utekereza ko ushobora kuba waragize aho uhirira n'urwaye COVID-19:¹

Ni gute wakwigenzura:



Intabwe 1 Suzuma ubuzima bwawe buri mu gitondo na buri joro cyangwa igihe icyo aricyo cyose wumva umeze nkaho ufite umuriro:

1. Ipime umuriro kandi upime n'abandi bagize umuryango wawe badashobora kwipima umuriro ukoresheje agapimamuriro(terimometere). Ugomba kubikora nibura inshuro ebyiri ku minsi
2. Wirinde abandi bagaragaza ibimenyetso birimo umuriro, indwara zifata imyanya y'ubuhumekero (inkorora, kubabara mu muhogo, kuzana ibimyira, guhumeka nabi), indwara zijya kumera nk'ibicurane (umunaniro, kokera, kubabara imitsi), ikiziba kanwa cyangwa kudahumurirwa, iseseme, kuruka, cyangwa guhitwa.
3. Andika umuriro wasanze ufite hamwe n'ibimenyetso ugaragaza.
4. Rinda abandi!
 - Ipimishe COVID-19. Ushobora kubona aho bapimira [hano](#).
 - **Icyitonderwa:** Igisubizo kitagaragaza ko utanduye ntikiguhesha uburenganzira bwo gukurwa mu kato. Igipimo kigaragaza gusa uko warumeze umunsi gifatwa. Umuntu wanduye COVID-19 ashobora kugargaza uburwayi cyangwa ibipimo bibyemeza mu gihe cy'iminsi 14 amara mu kato.
 - Ambara [agapfukamunwa gakoze mu mwenda](#) mu kurinda abakwegereye & usige intera hagati yawe n'abandi (nibura metero 1.5)
 - Guma mu rugo ntujye ku kazi cyangwa ku ishuri
 - Ntutege uburyo rusange bwo gutwara abantu, tagisi, cyangwa kujyana kuri moto
 - Ntugire abashyitsi utumira iwawe muri iki gihe
 - Igihe ugize abashyitsi, bamenyeshe ko uri mu kato
 - Pfuka umunwa n'amazuru ukoresheje agatambara cyangwa ushyireho mu nkokora (ntushyireho ibiganza) igihe uri gukorora cyangwa witsamuye.
 - Karaba intoki inshuro nyinshi ukoresheje isabune n'amazi meza nibura mu gihe kingana n'amasegonda 20 mu buryo bwo kwirinda kwanduza abandi. Igihe isabune n'amazi meza bitaboneka, ushobora gukoresha umuti usukura intoki urimo arukoro ku kigera kiri hagati ya 60%-95%.



¹ Ku bantu babana n'umuntu wanduye COVID-19, itariki yanyuma yo kuba ukeka ko ushobora kuba warahuye nawe bya hafi ijyana n'igihe uwo muntu wanduye COVID-19 yakiriye. Ikigo gishinzwe Ubuzima kigira inama abantu bose babana n'umuntu wanduye COVID-19 kugena igihe bumva bakeneye bagomba kumara mu kato.

5. Niba ukeneye ubufasha bw'ubuvuzi kubera ibindi bibazo by'ubuzima **hamagara** usanzwe aguhereza serivizi z'ubuzima umubwire ko uri mu kato kubera COVID-19. Niba ufite ikibazo cy'ubuvuzi cyihutirwa, hamagara 911. Babwire ibimenyetso ugaragaza kandi ubamenyeshako uri mu kato kubera COVID-19.

Intabwe ya 2 Komezwa kumenyeshya ikigo gishinzwe ubuzima uko umerewe igihe bikenewe.

Gukomezwa kumenyeshya ikigo gishinzwe ubuzima ni itegeko ku bantu bamwe bari mu kato. Niba nawe bikureba, umukozi wo mu kigo gishinzwe ubuzima azakuvugisha kugira ngo amenye niba umeze neza kandi ko uri gukurikiza ababwiriza. Ibi ni ukwita ku buzima bwawe no guhagarika ikwirakwiza rya COVID-19 mu bandi. Igihe ikigo gishinzwe ubuzima kitabashije kukuvugisha, uburyo bwo kwisuzuma ko umeze neza uri mu rugo bushobora gukorwa. Igihe cyo kuba mu kato kirangiye, uzakira ibaruwa igaragaza imyitwarire yawe no kurangiza akato. Ibi bishobora kugufasha mu kumenyeshya umukoresha wawe ko ushobora gusubira mu kazi.

Intabwe ya 3 igihe vumwa ufite umuriro cyangwa indwara zifata imyanya y'ubuhumekero (inkorora, kubabara mu muhogo, kuzana ibimyira, guhumeka nabi), indwara zijya kumera nk'ibicurane (umunaniro, kokera, kubabara imitsi), ikiziba kanwa cyangwa kudahumurirwa, iseseme, kuruka, cyangwa guhitwa:

1. Shaka inama za muganga – **hamagara** mbere yuko ujya ku biro by'ushinzwe kuguha serivizi z'ubuzima cyangwa se mu cyumba cy'indembe. Mumenyeshya ibimenyetso ugaragaza kandi umubwireko wari mu kato kubera COVID-19.
 - Gupima COVID-19 ubu biraboneka ahantu henshi. Ushobora gupimwa uhamagaye uguha serivizi z'ubuzima cyangwa ukareba ahakorerwa icyo gikorwa wifashishije [uruba rwacu rugenewe gupima COVID-19 Testing](#).
2. Guma mu rugo kandi witandukanye n'abandi igihe urwaye. Ntujye ahahurira abantu benshi. Ntutege uburyo rusange bwo gutwara abantu, tagisi, cyangwa kujyana kuri moto. Ibi bizwi nko kuba mu kato. Ugomba kutegerana n'abandi mu bana. Guma mu rugo kugeza:
 - Nibura hashize iminsi 10 nyuma yuko ibimenyetso bya mbere bigaragaye **KANDI**
 - Nibura hashize amasaha 24 (umunsi 1) nyuma yuko umaze gukira (gukira umuriro utifashishije imiti igabanya umuriro **kandi** utangiye gukira ibimenyetso).
3. Urasabwa gusuzuma ubu buryo bundi:
 - [Kwifashisha agapfukamunwa gakoze mu mwenda mu kugabanya ikwirakwiza rya COVID-19](#)
 - [Ni iki wakora mu gihe urwaye](#)
 - [Kwiyitaho mu rugo iwawe](#)
 - [Kwirinda gukwirakwiza COVID-19 mu ngo](#)
 - [Gukurikiza amabwiriza y'isuku no kwica mikorobe](#)