

# IKAZZE

Amakuru yerekeye COVID-19



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

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## **Ikaze!**

**Iyi nyandiko igamije kugufasha wowe n'umuryango wawe gukomeza kugira ubuzima buzira umuze muri iki gihe k'icyorezo cya COVID-19 nyuma y'uko mugeze muri Leta zunze Ubumwe z'Amerika. Usabwe guhorana iyi nyandiko kuko ikubiyemo amakuru y'ingirakamaro kuri wowe no ku muryango wawe kugira ngo mukurikirane kandi mumenye ibivugwa kuri COVID-19.**

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COVID-19 ni indwara iterwa n'agakoko gashobora gukwirakwira kavuye ku muntu umwe kakajya ku wundi. Imibare y'abanduye n'abishwe na COVID-19 yagiye itangazwa mu duce twinshi tugize Leta zunze Ubumwe z'Amerika. Leta n'inzego z'ibanze bafite amabwiriza agiye atandukanye yerekeye COVID-19 kandi bamwe bashobora gusaba abantu bamaze igihe gito bakoze urugendo kuguma mu rugo mu gihe runaka. Umukozi ushinzwe dosiye yawe w'ikigo gishinzwe serivisi zo gutuza abimukira agufasha kubona amakuru mashya yo mu gace uherereyemo yerekeranye na COVID-19.

Ushobora kwandurira COVID-19 mu ngendo zawe. Ushobora kumva umerewe neza, nta bimenyetso bya COVID-19 ufite, ariko ugakomeza kuyikwirakwiza mu bandi bantu. Wowe n'abo mujyana mu ngendo (harimo n'abana) mushobora gukwirakwiza COVID-19 mu bandi bantu harimo n'abagize umuryango wawe, inshuti n'abo mu gace uherereyemo mu gihe kingana n'iminsi 14 nyuma y'uko muhuye n'ako gakoko.

## Bityo, ubahiriza ibi wasabwe kwitondera kugira ngo wirinde urinde n'abandi:



**Usabwe kuguma mu rugo uko bishoboka kose, mu gihe cy'iminsi 10 ugeze muri Leta zunze Ubumwe z'Amerika.** Baza umukozi ushinzwe dosiye yawe mu kigo gishinzwe gutuza abimukira amakuru yerekeranye n'ibisabwa mu gace utuyemo.



**Irinde kwegera abantu basanganywe indwara ikaze ibongerera ibyago byo kuba bazahazwa na COVID-19.** Kugira ngo umenye abantu bafite ibyago byinshi byo kwandura abo ari bo, reba ku rubuga rukurikira ahanditse "Abantu basanganywe Indwara ikaze ibongerera ibyago byinshi byo kuba bazahara" mu rurimi rwawe. <https://bit.ly/nativelanguage>



**Mu gihe uri hafi y'abandi bantu, siga nibura intera ya metro 2 (6ft) hagati yawe n'abandi bantu mutabana. Ni ingenzi kubyubahiriza aho waba uri hose, haba mu nzu cyangwa hanze.**



**Ambara agapfukamunwa kugira ngo ufunge umunwa n'amazuru mu gihe utari mu rugo.**



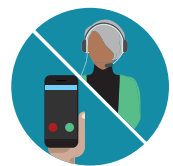
**Karaba intoki zawe kenshi cyangwa wifashisha umuti wagenewe gusukura intoki wiganjemo arukoro iri ku kigero cya 60%.**



**Urabe maso ku birebana n'ubuzima bwawe: Genzura ibimenyetso bya COVID-19 kandi wipime umuriro niba wumva urwaye.**



**Mu gihe urwaye, banza uhamagare mbere yo kujya kubonana na muganga.**



**Hamagara cyangwa wandikire umukozi ushinzwe dosiye yawe w'ikigo gishinzwe serivisi zo gutuza abimukira niba hari ibibazo wifuza kubaza.**

**URABEE MASO KU BIREBANA N'IBIMENYETSO bya COVID-19 BISHOBORA KUBA BIRIMO IBI IBIKURIKIRA:**

<p><b>Inkorora, kubura umwuka cyangwa guhumeka bigoranye</b></p>		<p><b>Umuriro cyangwa gutengurwa</b></p>	
<p><b>Kubabara imikaya cyangwa gutonekara umubiri</b></p>	<p><b>Kuruka cyangwa guhitwa</b></p>		<p><b>Kutumva ibiryoshye/ibirura cyangwa kudahumurirwa/kutanukirwa</b></p>

Ibimenyetso bishobora gutangirira ku byoroheje bikagera ku ndwara ikaze, kandi bigaragara hagati y'iminsi 2 na 14 nyuma yo guhura n'agakoko gatera COVID-19. Uru rutonde ntiruwa imuzingo ibimenyetso bishoboka byose. Nyamuneka hamagara muganga mu gihe hari bimenyetso bikaze cyangwa biguhangayikishije.



**Urabe maso ku birebana n'ubuzima bwawe: Genzura ibimenyetso bya COVID-19 kandi wipime umuriro niba wumva urwaye. Igipimo cy'umuriro ni 38°C cyangwa ukarenga.**

**Mu gihe umuntu arwaye COVID-19, umuriro ushobora kuza ukanagenda, kandi hari abatagira n'umuriro na muke. Umuriro ntukunze kugaragara ku bantu basanzwe bafata imiti, abantu bakuze, cyangwa abantu basanzwe bafata imiti igabanya umuriro nka acetaminophen, paracetamol cyangwa ibuprofen.**

Hita witabaza serivisi z'ubuvuzi niba hari umuntu **ugaragaje ibimenyetso biburira byihutirwa bya COVID-19.**

- Guhumeka bigoranye
- Ububabare cyangwa kokerwa bidashira mu gituzo
- Gutakaza ubwenge
- Kutabasha kubyuka ngo weguke cyangwa gukanguka
- Kuma iminwa cyangwa gukanyarara mu maso

## Mu gihe urwaye ukumva ufite umuriro, inkorora cyangwa ibindi bimenyetso bya COVID-19:



**Guma mu rugo.** Irinde guhura n'abandi bantu kugeza igihe kuba wava mu rugo bitagira icyo byangiza.



**Ushobora kuba urwaye COVID-19;** abenshi bashobora no gukirira mu rugo hatabayeho gukenera serivisi z'ubuvuzi.



**Hamagara umukozi ushinze dosiye yawe w'ikigo gishinzwe serivisi zo gutuza abimukira** mu gihe ukeneye ubufasha, nk'igihe ukeneye umusemuzi kugira ngo uvugane na muganga.



**Jya ukomeza uvugane na muganga.** Niba uhangayikishijwe n'ibimenyetso ufite, hamagara cyangwa wohereze ubutumwa mbere y'uko ujya aho muganga akorera cyangwa mu cyumba bakiriramo indembe. Mubwire ibyerekeye urugendo rwa vuba uheruka gukora n'ibimenyetso ufite.



**Niba ufite ibimenyetso biburira bigaragaza ko urembye (birimo guhumeka bigoranye), hamagara 911** maze usabe serivisi z'ubuvuzi ako kanya. Mubwire ibyerekeye urugendo rwa vuba uheruka gukora n'ibimenyetso ufite.



**Niba uba muri karitsiye za bugufi hamwe n'abandi, hari ibindi usabwa kwitondera.** kugira ngo ubarinde.

Menya igihe ushobora kwegera abandi nyuma yo kurwara cyangwa gusa n'aho warwaye COVID-19.

Ushaka kumenya byinshi wasura urubuga rwa <https://bit.ly/endhomeisolation>.

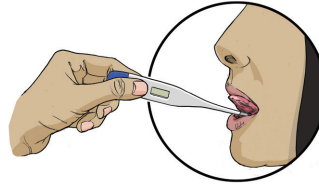
**Ukeneye andi makuru yerekeye COVID-19 mu rurimi kavukire, wasura urubuga rwa <https://bit.ly/nativelanguage>.**

1



Atsa igipimo cy'umuriro ukanda kuri buto yegereye ahagaragaza ibipimo.

2



Gumisha umutwe w'igipimo cy'umuriro muni y'ururimi rwawe kugeza igihe inzogera ivugiyeye. Ntugomba gushinga amenyo ku gipimo cy'umuriro.

3



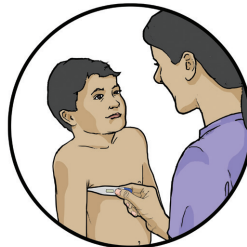
Soma ibipimo by'umuriro ufite ahagaragaza ibipimo.

4



Andika ibipimo byawe maze ubibike.

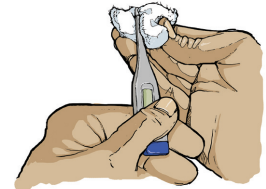
5



**Ikitonderwa:** ku mwana ufite muni y'imyaka 4 y'amavuko, igipimo cy'umuriro gishyirwa mu kwaha.

Menyesha umujyanama w'ubuzima cyangwa muganga ko urimo gufata ibipimo by'umuriro by'umwana wawe muri ubu buryo.

6



Sukuza igipimo cy'umuriro cyawe amazi n'isabune cyangwa ipamba ririmo arukoro.

## AHO WASHAKIRA UBUFASHA

Hamagara umukozi ushinzwe dosiye yawe w'ikigo gishinzwe serivisi zo gutuza abimukira niba hari ibibazo ushaka kubaza cyangwa ukeneye ubundi bufasha. Andika aya makuru akurikira y'aho babarizwa na numero zabo.

**Aderesi na numero y'umukozi ushinzwe dosiye w'ikigo gishinzwe serivisi zo gutuza abimukira**

Amazina:

Nomero ya telefone:



**Ukeneye andi makuru yerekeye COVID-19 mu rurimi kavukire, wasura urubuga rwa <https://bit.ly/nativelanguage>.**



