

Icyo wakora mu gihe ufite ibyago byinshi byo kuba warembywa na COVID-19

Ese ufite ibyago byinshi byo kuba warembywa na koronavirusi?



Dushingiye ku byo tuzi uyu muni, abafite ibyago byinshi byo kuba barembywa na COVID-19 ni:

- Abakuze cyane
- Abantu b'imyaka yose ariko bafite:
 - Uburwayi bwa kanseri
 - Uburwayi bw'impyiko bw'akarande
 - Uburwayi bw'imyanya y'ubuhumekero bw'akarande (COPD)
 - Intege nke z'urwungano rw'ubwirinzi zikomoka ku isimburwa ry'ibice by'umubiri (impyiko, umwijima n'umutima)
 - Umubyibuho ukabije [Ibipimo bijyanisha uburebure n'ibiro (BMI) bya 30 cyangwa no hejuru]
 - Uburwayi bw'umutima bukabije, nko guhagarara k'umutima, kuziba kw'imiyoboro ijyana amaraso mu mutima, cyangwa kurwa kw'imikaya y'umutima)
 - Uburwayi bw'utaremangingo tw'insoro zitukura
 - Diyabete yo mu bwoko bwa 2

Fasha kwirinda no kurinda abandi:



Mbere yo gufata urugendo:



Banza usure muganga wawemaze utegure inyandiko zo kwa muganga zawe



Fata imiti y'ibyumweru 12.



Mu gihe uri ku rugendo



Ambara agapfukamunwa.



Karaba intoki kenshi cyangwa ukoreshe umuti wagenewe gusukura intoki wiganjemo arukoro.



Irinde kwegerana n'abantu mutabana (siga nibura intera ya metero 2).



Mu gihe uvuye ku rugendo



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



Suzuma ibimenyetso bya COVID-19. Ipimishe umuriro wawe niba wumva urwaye.



Komeza ukurikize ibivugwa muri 'Mu gihe uri ku rugendo'.



Mu gihe wumvise urwaye ugatekereza ko ushobora kuba urwaye COVID-19:



Guma mu rugo. Irinde kwegera abandi mu buryo bwose bushoboka.



Itabaze muganga wawe n'umukozi ushinze dosiye yawe w'ikigo gishinzwe serivisi zo gutuza abimukira. Mu gihe ukeneye umusemuzi wo kugufasha kuvugana na muganga wawe, ushinze dosiye yawe mu kigo gitanga serivisi zo gutuza abimukira ashobora kugufasha.



Hamagara 911 maze usabe serivisi z'ubuvuzi ako kanya niba ufite ibimenyetso biburira byihutirwa (birimo guhumeka bigoranye).



Hamagara muganga wawe niba wumva urwaye.

Ukeneye andi makuru yerekeye icyo wakora ngo wirinde, wakwifashisha inyandiko y'“Uburyo wa kwirinda” ya CDC.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)