

Irinde gukwirakwiza COVID-19 niba urwaye

Verisiyo iboneka: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Niba urwaye cyangwa ukeka ko urwaye COVID-19, kurikiza akurikira kugira ngo wirinde kandi ufashe kurinda abantu bari mu rugo rwawe no mu muryango mugari.

Guma mu rugo uretse igihe ugiye gushaka serivisi z'ubuvuzi.



- **Guma mu rugo.** Abenshi barwaye COVID-19 ntibagaragaza ibimenyetso bikabije kandi bashobora no gukirira mu rugo hatabayeho gukenera serivisi z'ubuvuzi. Irinde kuva mu rugo, uretse igihe ugiye gushaka serivisi z'ubuvuzi. Irinde gusura ahantu hahurira abantu benshi.
- **Iyiteho.** Ruhuka kandi unywe amazi menshi. Fata imiti utandikirwa na muganga nka acetaminophen kugira ngo igufashe kumva umerewe neza.
- **Jya ukomeza uvugane na muganga wawe.** Banza uhamagare mbere yo guhabwa serivisi z'ubuvuzi. Ihutire gusaba serivisi z'ubuvuzi niba ugorwa no guhumeka, cyangwa ibindi bimenyetso biburira byihutirwa ibyo ari byo byose, cyangwa niba utekereza hakenewe ubutabazi bwihutirwa.
- **Irinde serivisi z'ingendo rusange,** gutwarana ku binyabiziga cyangwa tagisi.

Itandukanye n'abandi cyangwa amatungo mubana mu rugo.



- **Buri uko bishoboka, guma mu cyumba cyawe wenyine** no kure y'abandi bantu n'amatungo mubana mu rugo. Ukwiyeye ndetse no kugira ubwihereho bwawe ukoresha wenyine, mu gihe bishoboka. Niba bibaye ngombwa ko waba uri hamwe n'abandi bantu cyangwa amatungo mu rugo cyangwa hanze yo mu rugo, ambara agapfukamunwa.

Reba **COVID-19 n'inyamaswa niba hari ibibazo ufite byerekeye inyamaswa zibana n'abantu,** kuri: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>

Andi mabwiriza ku bantu baba mu **bice bya hafi.** (<https://www.cdc.gov/coronavirus/2019-hj-ncov/daily-life-coping/living-in-close-quarters.html>) no ku bantu **babana mu rugo** (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>).

Suzuma ibimenyetso byawe.



- **Ibimenyetso bya COVID-19 bikubiyemo umuriro, inkorora, no guhumeka bigoranye ariko hashobora kuboneka n'ibindi bimenyetso**
- **Ubahiriza amabwiriza uhabwa n'umuhamagari w'ubuzima wawe n'ishami rishinzwe ubuzima aho mutuye.** Abashinzwe ubuzima aho mutuye batanga amabwiriza yo gusuzuma ibimenyetso no gutanga raporo y'amakuru.

Igihe cyo gusaba serivisi z'ubuvuzi zerekeye ubutabazi bwihutirwa

Reba kohari **ibimenyetso biburira by'ubutabazi bwihutirwa** bya COVID-19. Niba hari umuntu ugaragaje bimwe mu bimenyetso bikurikira, **shaka serivisi z'ubutabazi bwihutirwa ako kanya:**

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

*Uru rutonde ntirukubiyemo ibimenyetso bishoboka byose. Hamagara muganga wawe mu gihe hari ibindi bimenyetso bikakaye cyangwa biguhangayikishije.

Hamagara 911 cyangwa uhamagare ikigo gitanga serivisi z'ubutabazi bw'ibanze kikwegereye: Menyesha ukwitabye ko uri gusaba serivisi zo kwita ku muntu ufite cyangwa ushobora kuba afite COVID-19.

Mbere yo kujya kwa muganga, banza umuhamagare.



- **Banza uhamagare.** Serivisi zo kwisuzumisha nyinshi zirimo kwimurirwa amatariki cyangwa zigatangwa kuri telefoni cyangwa ubuvuzi bugakorwa mu buryo bw'iyakure.
- **Niba ufiteyeho randevu idashobora gushyirwa ku yindi tariki, hamagara ibiro bya muganga wawe,** maze ubabwire ko ufite cyangwa ushobora kuba ufite COVID-19.

Ambara agapfukamunwa niba urwaye.



- **Ugomba kwambara agapfukamunwa mu gihe ari ngombwa ko** uba hafi y'abandi bantu cyangwa inyamaswa, harimo inyamaswa zibana n'abantu (no mu rugo).
- Singombwa ko wambara agapfukamunwa igihe uri wenyine. Niba utabasha kwambara agapfukamunwa (nk'urugero bitewe b'uko ugorwa no guhumeka), shaka ubundi buryo wakingira umunwa n'amazuru mu gihe witsamuye cyangwa ukoroye. Gerageza gusiga nibura intera ya ft6 (metero 2) hagati yawe n'abandi bantu. Ibi bizafasha kurinda abakwegereye.
- Udupfukamunwa ntitwambikwa abana bari muni y'imyaka 2, uwo ari we wese ufite ibibazo by'ubuhumekero, cyangwa undi wese utabasha kukiyambura.

Ikitonderwa: Mu gihe k'icyorezo cya COVID-19, udupfukamunwa twemejwe twateganirijwe abakozi b'ubuzima na bamwe mu barwayi ba mbere. Ushobora kwikorera agapfukamunwa wifashishije furari cyangwa bandana.



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

Korora cyangwa witsamure upfutse umunwa.

- **Pfukisha agatambaro** umunwa n'izuru byawe mu gihe ukoroye cyangwa witsamuye.
- **Jugunya udatambaro twakoreshejwemu** ngarani yabugenewe.
- **Ihutire gukaraba intoki** ukoresheje amazi meza n'isabune nibura mu gihe kingana n'amasegonda 20. Mu gihe nta sabune n'amazi bibonetse, hanaguza ibiganza byawe imiti yagenewe gusukura intoki igizwe na 60% bya arukoro.



Sukura intoki zawe kenshi.

- **Karaba intoki kenshi** ukoresheje amazi meza n'isabune nibura mu gihe kingana n'amasegonda 20. Ibi ni ingenzi cyane cyane nyuma yo gupfuna, gukorora cyangwa kwitsamura; kujya mu bwihereho; na mbere yo kurya cyangwa gutegura amafunguro.
- **Koresha arukoro yagenewe gusukura intoki** mu gihe isabune n'amazi bitabonetse. Koresha imiti yagenewe gusukura intoki igizwe na 60% bya arukoro, uyikwize ku biganza hose maze use n'uyikaraba kugeza igihe ibiganza byumukiye.
- **Gukoresha isabune n'amazi meza ni yo mahitamo ya mbere meza**, cyane cyane mu gihe ibiganza bigaragara ko byanduye.
- **Irinde kwikora** ku maso, ku izuru no ku munwa utaroga intoki.



Irinde gukoresha ibikoresho by'umuntu ku giti ke byo mu rugo.

- **Irinde gusangira** amasahane, ibirahure byo kunywesha amazi, ibikoresho byo ku meza, amasume, cyangwa ibiryamirwa n'abandi bantu bo mu muryango.
- **Oza ibi bikoresho neza nyuma yo kubikoresha** ukoresheje isabune n'amazi meza cyangwa imashini yagenewe koza ibyombo.



Hanagura buri muni ahantu "hakorwaho cyane" kurusha ahandi.

- **Sukura kandi utere imiti** ahantu hakorwa cyane kurusha ahandi mu "cyumba urwariyemo" no mu bwihereho. Ushobora kureka undi muntu agasukura akanatera imiti ahantu rusange, ariko ntagere mu cyumba no mu bwihereho byawe.
- **Niba umurwaza cyangwa undi muntu akeneye gusukura no gutera imiti** mu cyumba cyangwa ubwihereho bw'umurwayi, agomba kubera buri uko bikenewe. Umurwaza cyangwa undi muntu agomba kwambara agapfukamunwa agategereza igihe kirekire gishoboka nyuma y'uko murwayi akoresha ubwihereho.



Ahantu hakorwaho kurusha ahandi ni nko kuri telefone, terekomande, kontwari, ameza, amapata y'inzugi, ibikorsho byo mu bwihereho, umusarani, mwandikisho, tabulete, n'utumeza two ku gitanda.

- **Sukura kandi utere imiti ahantu hashobora kuba hari amaraso, amazirantoki, cyangwa ahari amatembabuzi yo mu mubiri**
- **Koresha imiti y'isuku yagenewe gusukura mu rugo n'iyica udukoko.** Sukuza ahantu cyangwa igikoresho wifashishije isabune n'amazi meza cyangwa isabune y'amazi cyangwa iy'ifu niba hannduye. Maze ukoreshe umuti wica udukoko wagenewe gukoresha mu rugo.

~ Menya neza ko wubahirije amabwiriza ari ku gifuniko kugira ngo ukoreshe neza umuti wica udukoko. Imiti myinshi iba itanga inama yo gukomeza gutosa ahantu igihe kirekire kugira ngo byizerwe ko mikorobe zapfuye. Indi myinshi kandi iba iriho amabwiriza nk'ayo kwambara imfurebantoki no kumenya neza ko umuntu afite uburyo bwo kubona umwuka mwiza mu gihe ayikoresha.

~ Imiti myinshi yica udukoko yemewe ya EPA yagenewe gukoresha mu rugo ikora neza.

Igihe ushobora kwegera abandi nyuma yo kugira cyangwa gusa n'aho wari ufite COVID-19

Igihe ushobora kwegera abandi (isozwa ry'akato ko mu rugo) biterwa n'impamvu zitandukanye mu bihe bitandukanye.



- **Ntekereza ko cyangwa nzi ko nagize COVID-19, kandi nagaragaje ibimenyetso**

~ Ushobora kujya mu bandi nyuma

- y'iminsi 3 nta muriro ufite

No mu gihe

- ibimenyetso byagabanyije ubukana

Na

- nyuma y'iminsi 10 ibimenyetso bya mbere bigaragaye

~ Bitewe n'inama uhabwa na muganga wawe n'uburyo bwo gusuzuma buhari, ushobora kongera gusuzumwa kugira ngo harebwe ko waba ugifite COVID-19. Niba biteganyijwe ko uzasuzumwa, ushobora kuba hafi y'abandi mu gihe udafite umuriro, mu gihe ibimenyetso bitongereye ubukana, kandi ukagira ibizubizo bibiri bigaragaza ko utanduye, nibura nyuma y'amasaha 24.

- **Nagaraje ko nanduye COVID-19 ariko nta bimenyetso nagize**

~ Niba nta bimenyetso ukomeje kugaragaza, wajya mu bandi nyuma:

- y'iminsi 10 umaze gusuzumwa

~ Bitewe n'inama uhabwa na muganga wawe n'uburyo bwo gusuzuma buhari, ushobora kongera gusuzumwa kugira ngo harebwe ko waba ugifite COVID-19. Niba biteganyijwe ko uzasuzumwa, ushobora kuba hafi y'abandi nyuma y'ibizubizo bibiri bigaragaza ko utanduye, nibura nyuma y'amasaha 24.

~ Niba ibimenyetso byawe byarongereye ubukana nyuma yo gusanga waranduye, kurikiza amabwiriza yagaragajwe muri "Ntekereza ko cyangwa nzi ko nagize COVID-19, kandi nagaragaje ibimenyetso."