

IKAZE

Amakuru yerekeye COVID-19



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

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.

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. Inzego za leta n'iz'ibanze zifite amabwiriza agiye atandukanye yerekeye COVID-19 kandi zimwe zishobora gusaba abamaze igihe gito bakoze ingendo kuguma mu rugo mu gihe runaka. Umukozi ushinze dosiye yawe w'ikigo gishinzwe serivisi zo gutuza impunzi n'abimukira agufasha kubona amakuru mashya kuri COVID-19 mu gace uherereyemo n'aho ushobora kubona urukingo rwa 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.

Ubahiriza ibi wasabwe kwitondera kugira ngo wirinde urinde n'abandi:



Usabwe kuguma mu rugo uko bishoboka kose, mu gihe cy'iminsi 10 nyuma yo kuva mu rugendo. Vugisha umukozi ushinze dosiye yawe w'ikigo gishinzwe serivisi zo gutuza impunzi n'abimukira kugira ngo aguhe amakuru yerekeye ibisabwa byihariye mu gace uherereyemo.



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



Irinde kwegera abantu bafite ibyago byinshi byo kuba bazahazwa na COVID-19.

Kugira ngo umenye abantu bafite ibyago byinshi byo kwandura abo ari bo, reba ku rubuga rukurikira ahanditse "Abantu bafite 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 kububahiriza aho waba uri hose, haba mu nzu cyangwa hanze.



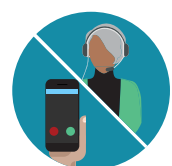
Ambara agapfukamunwa mu gihe utari mu rugo. Agapfukamunwa kagomba kuba gapfuka umunwa n'amazuru kandi kandi gafashe neza impande zombi.



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



Mu gihe urwaye ukagaragaza ibimenyesto bya COVID-19, banza uhamagare mbere yo kujya kubonana na muganga.



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



Baza umujyanama w'ubuzima wawe cyangwa umukozi ushinze dosiye yawe w'ikigo gishinzwe serivisi zo gutuza impunzi n'abimukira uko wabona urukingo rwa COVID-19 niba utarakingirwa. Iyo umaze gukingirwa byuzuye, ushobora gukurikiza inama zitangwa n'ikigo gishinzwe kurwanya no gukumira indwara (CDC) ku bantu bamaze gukingirwa.

bit.ly/fullvaccination

KURIKIRANA IBIMENYETSO bya COVID-19 BISHOBORA KUBA BIRIMO IBI IBIKURIKIRA:



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 ntiruka imuzingiro 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
- Uruhu, iminwa cyangwa uruhu inzara zifasheho byahindutse ubururu, ikigina cyangwa byahinduye ibara muri rusange, bitewe n'uko uruhu rumeze

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>.

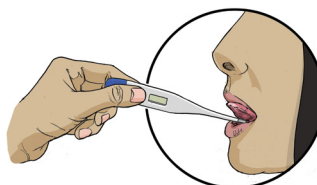
Ukeneye andi makuru yerekeye COVID-19 mu rurimi kavukire, wasura urubuga rwa <https://bit.ly/nativelanguage>.

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.

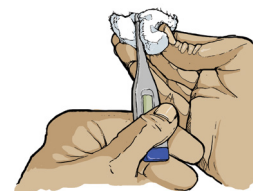
5



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:

Numero ya telefone:



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

