

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



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

- Abakuzwe cyane

Abantu b'ibyago yose ariko bafite:

- Uburwayi bwa kanseri
- Uburwayi bw'impiko bw'akarande
- Uburwayi bw'ibihaha bw'akarande, Uburwayi bw'imyanya y'ubuhumekero bw'akarande (COPD), asima (kuva yoroheje kugeza ibaye igikatu), Indwara y'ibihaha ituma umuntu adahumeka neza (interstitial lung disease), indwara y'uruhererekane ifata ibihaha urwungano ngogozo (cystic fibrosis), ndetse n'umuvuduko w'amaraso ukabije mu bihaha.
- Indwara yo mu mutwe ya Dementia n'izindi ndwara zo mu mutwe
- Diyabete (ubwoko bwa 1 cyangwa ubwa 2)
- Indwara ifata ingirabuzimafatizo bigatera igwingira
- Uburwayi bw'umutima (nko guhagarara k'umutima, kuziba kw'imiyoboro ijyana amaraso mu mutima, kurwara kw'imikaya y'umutima, cyangwa umuvuduko w'amaraso ukabije)
- Agakoko gatera SIDA
- Intege nke z'urwungano rw'ubwirinzi (rudakomeye)
- Indwara y'umwijima
- Kugira ibiro byinshi n'umubyibuho ukabije
- Gutwita
- Indwara ifata utunyangingo tw'amaraso (thalassemia)
- Kunywa itabi, waba urinywa cyangwa warigeze kurinywa
- Insimburangingo
- Indwara ifata imitsi y'ubwonko ituma amaraso adatembera mu bwonko
- Indwara zo mu mutwe zikomoka ku biyobyabwenge



Hamagara muganga wawe mu gihe urwaye.

Ukeneye andi makuru yerekeye icyo wakora kugira ngo wirinde, reba inyandiko ya CDC yitwa "How to Protect Yourself (Uko wakwirinda)".

cdc.gov/coronavirus

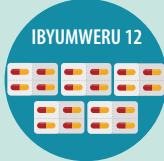
Fasha kwirinda no kurinda abandi:



Mbere yo gufata urugendo:



Banza usure muganga wawemaze utegure inyangiko zo kwa muganga zawe.



Fata imiti y'ibyumweru 12.



Ungurana ibitekerezo ku moko y'inkingo za COVID-19 zitandaukanye n'umujyanama w'ubuzima wawe.



Uzakenera gusuzumwa virusi ya COVID-19 mu gihe kitarenze iminsi 3 mbere yo gukora urugendo cyangwa ugaragaze icyemezo cy'uko wakize* COVID-19.

*Icyemezo cy'uko wakize gishobora kuba igihamba ko wapimwe ugasangwa nta virusi ufite mu mezi 3 n'ibaruwa itangwa n'umujyanama w'ubuzima cyangwa umukozi ukora muri serivisi z'ubuzima igaragaza ko wemerewe gukora urugendo.



Mu gihe uri ku rugendo



Amabara agapfukamunwa gafunga neza amazuru n'umunwa kandi gafashe neza ku mubiri impande zombi n'ubwo waba warakingiwe.



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



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



Menyesha Umuryango mpuzamahanga wita ku bimukira (IOM) n'umukozi wo mu ndege mu gihe wumvise urwaye uri ku rugendo.



Mu gihe uvuye ku rugendo



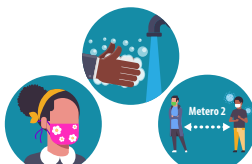
Vugisha umukozi ukora mu ishamba rishinzwe gutuza impunzi n'abimukira kugira ngo akubwire ibisabwa byihariye n'inama zitangwa mu gace uherereyemo.



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



Baza umujyanama w'ubuzima wawe cyangwa umukozi ukora mu ishamba rishinzwe gutuza impunzi n'abimukira uko wabona urukingo rwa COVID-19 niba utarakingirwa.



Komeza ukurikize ibikubiye muri "Mu gihe uri ku rugendo" kugeza igihe ukingiriwe COVID-19 byuzuye (nyuma y'ibyumweru 2 uhawe doze ya mbere).



Mu gihe wumvise urwaye ugatekereza ko ishobora kuba ari COVID-19:



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



Itabaze muganga wawe n'umukozi ushinzwe dosiye yawe w'ikigo gishinzwe serivisi zo gutuza abimukira. Mu gihe ukeneye umusemuzi wo kugufasha kuvugana na muganga wawe, ushinzwe 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).

cdc.gov/coronavirus