

Amabwiriza ahabwa imiryango ifite abantu benshi babana mu rugo

Abantu bakuru n'abandi bantu bafite imyaka y'ubukure iyo ari yo yose ariko bafite ibibazo bikomeye by'ubuzima bafite ibyago byinshi byo kuzahazwa na koronavirusi (COVID-19). **Niba mu bo mubana harimo abantu bo muri ibyo byiciro, abagize umuryango bose bagomba gukora nk'aho, bo ubwabo, bafite ibyago byinshi byo kwandura.** Ibi bishobora kugorana mu gihe aho baba hadahagije ku miryango migari ibana mu rugo. Amakuru akurikira ashobora kugufasha kurinda abo bafite intege nke kurusha abandi mu muryango wawe.

Iyi nyandiko isobanura uburyo bwo:

- Kurinda abagize umuryango mu gihe hari ibyo wagiye gukora hanzu yo mu rugo
- Kurinda abagize umuryango bafite ibyago byo kuremba
- Kurinda abana n'abandi kurwara
- Kwita kuri umwe mu bagize umuryango urwaye
- Gushyira mu kato umwe mu bagize umuryango urwaye
- Gusangira amafunguro no kugaburira umwe mu bagize umuryango urwaye

Uburyo bwo kurinda abari mu rugo mu gihe ugomba kuhava

Ntugomba kuva mu rugo uretse igihe ari ngombwa koko!

Urugero, ushobora kuva mu rugo gusa ari uko ugiye ku kazi, guhaha, kuri farumasi cyangwa mu gihe ufite randevu za muganga zidashobora gukerezwa (nk'iz'impinza cyangwa abantu bafite ibibazo by'ubuzima bikomeye). Hitamo umwe cyangwa babiri mu bagize umuryango badafite ibyago byo kuzahazwa na COVID-19 aho ari bo bajya gukora ibikenewe. **Niba bibaye ngombwa ko uva mu rugo, kurikiza inama ikenda zikurikira:**



1. **Irinde uruhurirane rw'abantu benshi harimo n'inama uko zaba zingana kose.**
2. **Siga nibura intera ya metero 2 hagati yawe n'abandi bantu.**
3. **Karaba intoki zawe kenshi.**
4. **Irinde gukora ahantu rusange hakunda gukorwa n'abantu batandukanye nko ku mabuto ya esanseri n'ahantu abantu bafatiriza.**
5. **Irinde gukoresha serivisi z'ubwikorezi rusange nka gariyamoshi na bisi, aho bishoboka. Mu gihe bibaye ngombwa ko ukoreshe serivisi z'ubwikorezi rusange,**
 - » Shyira intera ya metero 2 hagati yawe n'abandi bagenzi uko bishoboka.
 - » Irinde gukora kenshi ahantu hakunda gukorwaho nko byuma bafatairiza.
 - » Karaba intoki zawe cyangwa ukoreshe imiti yagenewe gusukura ibintoki vuba hashoboka ukimara gukoresha serivisi z'ubwikorezi.
6. **Irinde gutwara abantu batari abo mu rugo rwawe mu modoka.**
7. **Ibuka kwambara agapfukamunwa kugira ngo urwanye ikwirakwira rya COVID-19.**
 - » Udupfukamunwa twakozwe muri bimwe mu bikoreshe by'abagize umuryango cyangwa twakorewe mu rugo mu bikoreshe bisanzwe ku giciro gito dushobora gushobora kwifashishwa nk'inyonera, ingamba y'ubuzima rusange ku bushake. Amakuru yerekeye imikoreshereze y'udupfukamunwa aboneka ku rubuga www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.



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

8. Karaba intoki ako kanya ukigaruka mu rugo.

9. Shyira intera hagati yawe n'abo bafite ibyago byinshi mu rugo rwawe.

Nk'urugero, irinde guhoberana, gusomana cyangwa gusangira amafunguro cyangwa ubunyobwa.

Andi makuru ajyanye no gukora ibikokya by'ingez=www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html.

Uburyo bwo kurinda abagize umuryango bafite ibyago byo kuremba

Abantu bafite cyangwa barengeje imyakaka 65 bafite ibyago byinshi byo kurembwa na koronavirusi (COVID-19). **Niba mu bo mubana harimo abantu bo muri ibyo byiciro, abagize umuryango bese bagomba gukora nk'aho, bo ubwabo, bafite ibyago.**

Ubu ni uburyo burindwi bwo kurinda umuryango wawe.

1. Guma mu rugo uko bishoboka kose.

2. Karaba intoki kenshi, by'umwihariko nyuma yo kuva ahantu rusange cyangwa nyuma yo gupfuna, gukorora cyangwa kwitsamura. Amakuru yerekeye igihe n'uburyo bwo gukaraba into wayabona kuri: www.cdc.gov/handwashing/when-how-handwashing.html.

3. Gukoresha imiti yagenewe gusukura intoki igizwe nibura na 60% bya arukoro mu gihe udashoboye gukoresha isabune n'amazi meza.

» Shyira arukoro mu kiganza cyawe, uyikarabe ikwire ku biganza byombi, intoki ndetse n'inzara kugeza igihe byumukiye.

4. Irinde kwikora ku maso, ku izuru no ku munwa utaroga intoki.

5. Korora cyangwa witsamure upfutse umunwa.

» Mu gihe ukoroye cyangwa witsamura, ifashishe agatambaro upfuke umunwa n'izuru cyangwa wifashishe mu mpine y'ukuboko.
» Jugunya udutambaro ahabugenewe.
» Karaba intoki akao kanya.

6. Sukura kandi utere imiti mu rugo.

» Ambara imfurebantoki niba zihari.
» Sukura kenshi buri muni ahantu hakorwaho kenshi ukoresheje isabuni n'amazi meza cyangwa andi masabune y'amazi cyangwa y'ifu. Harimo ameza, amapata y'inzugi, inteributeri, kontwari, aho umuntu afata ku gikoresho, intebe, telefone, mwandikisho, ubwihereho, robine na lavabo.
» Maze ukoreshe imiti yemewe yica udukoko ya EPA yagenewe aho ugiye gusukura. Ubahiriza amabwiriza ari ku gifuniko kugira ngo ukoreshe neza umuti wica udukoko ukoreshe mu isuku. Imiti yica udukoko ni ibinyabutabure byica za bagiteri ziba ziri ahantu runaka.

Urutonde rw'imiti yemewe yica udukoko ya EPA warusanga kuri: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

Andi makuru yerekeye isukura no gutera imiti yica udukoko wasanga kuri: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html

7. Irinde abagusura niba badashaka kuguma iwawe.

Andi makuru wayasanga kuri www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html.



Uburyo bwo kurinda abana n'abandi kurwara

Abantu bafite imyaka 65 y'ubukure n'abandi bafite ibibazo by'ubuzima bikomeye bagomba kwirinda kwita kubana bo mu ngo zabo aho bishoboka. Mu gihe abantu bafite ibyago byinshi ari bo bagomba kwita ku bana bo mu rugo, mu rwego rwo kwita kuri abo bana, ntibagomba kugira uwo bahura na we hanze yo mu rugo.

Kurikiza izi name eshanu kugira ngo ufashe kurinda abana n'abandi kurwara.

- 1. Sobanurira abanyeshuri ibintu bimwe n'ibyo buri wese yakora kugira ngo akomeze kugira ubuzima bwiza.** Abana n'abandi bantu bashobora gukwirakwiza agakoko nubwo baba batagaragaza ibimenyetso. Menya byinshi kuri www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html.
- 2. Ntiwemerere abana kugira amatariki yo gukina bahuriraho n'abandi bana mu yindi miryango.**
- 3. Sobanurira abana bari gukinira hanze gusiga intera ya metero 2 hagati yabo n'undi muntu uwo ari we wese batabana mu rugo.**
- 4. Fasha abana gukomeza gushyikirana n'abandi bana baganira mu buryo bw'iyakure (amashusho) no guhamagarana kuri telefone.**
- 5. Igisha abana gukaraba intoki.** Basobanurire ko gukaraba intoki bishobora gutuma bakomeza kugira ubuzima bwiza bikanahagarika ikwirakwira ry'agakoko gatera koronavirusi.
 - » **Tosa** ibiganza byawe n'amazi meza kandi ahita atemba (y'akazuyaze cyangwa akonje), funga robine, maze ukoreshe isabune.
 - » **Kubanya** ibiganza byawe n'isabune haboneke ifuro. Kwirakwiza ifuro ry'isabune inyuma y'ibiganza byawe, hagati y'intoki no mu nzara zawe.
 - » **Komeza gukubanya** ibiganza byawe mu gihe kingana nibura n'amasegonda 20.
 - » **Shyira neza** ibiganza byawe munsu y'amazi meza kandi atemba ukureho isabune.
 - » **Umutsa** ibiganza byawe wifashishije isume cyangwa akamashini kumutsa ibiganza.



Ushobora kubona andi makuru yerekeye kwita ku bana kuri www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html.

Uburyo bwo kwita kuri umwe mu bagize umuryango urwaye

Abenshi mu barwara COVID-19 ntibagaragaza ibimenyetso kandi bashobora kuguma mu rugo bagakira. Kwitwararika mu rugo bishobora gufasha mu guhagarika ikwirakwira rya COVID-19 bigafasha no kurinda abantu abafite ibyago byo kuzahazwa na COVID-19.

Niba hari umuntu urwaye urimo kwitaho mu rugo, kurikiza inama esheshatu zikurikira:

- 1. Mugumishe mu cyumba kimwe, aho kure y'abandi bantu nawe urimo, uko bishoboka.**
- 2. Akoreshe ubwiherero bwa wenyine, aho bishoboka.**
- 3. Genzura niba afite ibimenyetso biburira byihutirwa maze witabaze serivisi z'ubuvuzi ako kanya niba usanze afite bimwe mu bikurikira:**
 - » Guhumeka bigoranye
 - » Kubabara cyangwa kokerwa mu gituza kudashira
 - » Gutakaza ubwenge cyangwa kutabasha gukanguka
 - » Kuma iminwa cyangwa gukanyarara mu maso
 - » Ibindi bimenyetso bikabije cyangwa biteye inkeke



4. Menya neza ko umurwayi wa COVID-19 akora ibikurikira:

- » Afata ibyo kunywa byinshi kugira ahore afite amazi mu mubiri
- » Aguma mu rugo
- » Akoresha imiti aba tandikiwe na muganga yo kumufasha guhangana n'ibimenyetso (nyuma yo kuvugana na muganga)

Ku bantu benshi, ibimenyetso bimara iminsi mike bakamera neza nyuma y'icyumweru.

5. Ahorana numero ya telefone ya muganga we, no guhamagara muganga igihe umurwayi wa COVID-19 arembye.

Niba icyongereza ari ururimi rwawe rwa kabiri, umwe mu bagize umuryango agomba kuba azi uburyo bwo gusaba umusemuze.

6. Hamagara 911 mu gihe ukeneye ubutabazi bwihutirwa bw'ubuvuzi Bwira uwitabye 911 ko umurwayi afite cyangwa akekwa COVID-19.

Niba icyongereza ari ururimi rwawe rwa kabiri, umwe mu bagize umuryango agomba kuba azi uburyo bwo gusaba umusemuze.

Andi makuru yerekeye kwita ku muntu urwaye wayasanga kuri www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html.



Uburyo bwo gushyira mu kato umwe mu bagize umuryango mu gihe aho umuryango uba hadahagije

Niba udashobora kubonera umurwayi wa COVID-19 icyumba cyangwa ubwiherero bwihariye, gerageza kumutandukanya n'abandi bagize umuryango. Gerageza gutandukanya mu buryo bukwiye abagize umuryango wawe, by'umwihariko abafite ibyago byinshi byo kwandura (abafite hejuru y'imyaka 65 n'abafite ibibazo by'ubuzima).

Kurikiza inama icumi zikurikira mu gihe ushyira mu kato umwe mu bagize umuryango urwaye:

1. Siga intera ya metero 2 hagati y'umurwayi n'abandi bagize umuryango.
2. Kororera kandi witsamurire mu gatambaro; karaba intoki kenshi; kandi ntiwikore ku maso, ku izuru no ku munwa.
3. Umwe mu bagize umuryango urwaye yambara agapfukamunwa iyo ari hamwe n'abandi mu rugo no hanze yo mu rugo (na mbere y'uko yinjira mu biro bya muganga).

Agapfukamunwa gashobora kuba na furari cyangwa bandana. Ariko ntikambikwa abana bari muni y'imyaka 2, uwo ari we wese ufite ibibazo by'ubuhumekero, cyangwa undi wese utabasha kukiyambura. Andi makuru yerekeye udupfukamunwa wayabona ku rubuga www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.

4. Tandukanya abantu bafite ibyago byinshi byo kwandura n'umuntu wari we wese urwaye.
5. Gira umuntu umwe gusa mu bagize umuryango wita ku murwayi.

Uyu wita ku murwayi agomba kuba adafite te ibyago byinshi byo kuba yazahazwa n'uburwayi.

- » Uwita ku murwayi agomba gukorera isuka aho umurwayi yari ari, ibirya nwa no ku mumesera.
- » Uwita ku murwayi agomba kugabanya inshuro ahura n'abo mu rugo, by'umwihariko abafite ibyago byinshi byo kwandura.
- » Uwita ku murwayi agomba kuba atandukanye n'uwita ku bandi bagize umuryango bakeneye isuku, koga cyangwa indi mirimo ya buri muni.



6. **Sukura kandi utere imiti ahantu hatandukanye, ku mapata y'inzugi n'ahandi hakorwa kenshi muri rusange** ukoresheje imiti yica udukoko yemewe ya EPA buri muni. Urutonde warubona kuri: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

7. **Emerera gusa abaza mu rugo bagenzwa n'ibikenewe by'ingenzi.**

8. **Irinde gusangiza ibikoresho byawe bwite nka telefone, ibyombo, ibiryamirwa cyangwa ibikinisho.**

9. **Gerageza gukurikiza ibikurikira mu gihe ari ngombwa ko usangira icyumba n'umuntu urwaye:**

- » Menya neza ko umwuka mwiza ugera mu cyumba. Fungura idirishya maze ucane akamashini gatanga umwuka kugira ngo umwuka mwiza winjira mu cyumba.
- » Shyira intera ya metero 2 hagati y'uburiri n'ubundi, niba bishoboka.
- » Erekeza umutwe aho we yerekeje amaguru.
- » Shyira irido cyangwa ikindi kintu gifatika hagati y'uburiri bw'umurwayi kibutandukanya n'ubundi buriri. Nk'urugero, ushobora kwifashisha irido yo mu bwogero, igikuta gikingira urumuri, ikibaho kinini, uburingiti cyangwa kuvururi nini.

10. **Gukorera umurwayi isuku no gutera imiti kenshi ahantu hakorwa kenshi mu bwiherero busnagiwe.**

Niba ibi bidashoboka, abandi bakoresha ubwiherero bagomba gutegereza igihe gishoboka cyose nyuma y'uko umurwayi akoresha ubwiherero mbere yuko binjiramo ngo hakorerwe isuku cyangwa haterwe imiti cyangwa ngo hakoreshe. Menya neza ko umwuka mwiza ugera mu cyumba. Fungura idirishya maze ufungura akuma gatanga umwuka (niba gahari) kugira kazane umwuka mwiza mu cyumba.



Uburyo bwo gusangira amafunguro no kugaburira umwe mu bagize umuryango urwaye

Niba bishoboka, umurwayi yarurirwa isahane ye akarira mu gice gitandukanye n'icyo abandi bagize umuryango bariramo. Niba bidashashoboka ko arira mu gice gitandukanye n'icyo abandi bagize umuryango bariramo, akwiye gusiga nibura intera ya metero 2 kure yabo mu gihe cyo gufata amafunguro. Bitaba ibyo, akarira igihe gitandukanye n'icyo abandi mu rugo.

Kurikiza izi nama zirindwi nanone:

1. **Irinde gufasha mu itegurwa ry'amafunguro niba urwaye:**

2. **Karaba intoki kenshi ukoresheje amazi meza n'isabune nibura mu gihe kingana n'amasegonda 20 mbere yo kurya.**

Ibi bireba buri wese mu bagize umuryango!

3. **Ifashisha ibikoresho mu kwarurira buri wese mu bagize umuryango.**

4. **Irinde gukoresha amashane cyangwa ibikoresho bimwe byakoreshejwe n'undi mu bagize umuryango.**

5. **Ambara imfurebantoki mu gihe ugiye koza amashane, ibirahure byo kunywesha amazi, n'ibikoresha (bikoreshe ku meza), niba bishoboka.** Ndetse wogeshe amazi ashyushye n'isabune cyangwa mu mashini yoza ibyombo nyuma yo gukoresha ibyo bikoresho bidakoreshe inshuro imwe.

6. **Umuntu umwe ni we ushyira umurwayi ibyo kurya akanasukura ibikoresho byo kumeza byakoreshejwe n'umurwayi.** Uyu ugaburira umurwayi agomba kuba adafite ibyago byinshi byo kuba yazahazwa n'uburwayi.

7. **Karaba intoki nyuma yo gusukura ibikoresho byo kumeza byakoreshejwe.**

