Wakora iki niba urwaye indwara ya koronavirusi 2019 (COVID-19)

Niba urwaye COVID-19 cyangwa ukeka ko wanduye virusi itera indwara ya COVID-19, kurikiza amabwiriza akurikira kugira ngo agufashe gukumira indwara ntikomeze gufata abantu bari mu rugo rwawe cyangwa mu gace utuyemo.

Guma mu rugo keretse ugiye kwa muganga

Ugomba guhagarika ibikorwa ukorera hanze y'urugo, keretse ugiye kwa muganga. Ntujye ku kazi, ku ishuri, cyangwa ahantu hahurira abantu benshi. Irinde kujya mu modoka zitwara abantu mu buryo rusange, kugendana n'abandi mu modoka imwe, cyangwa tagisi.

Itarure abandi bantu n'amatungo mu rugo rwawe

Abantu: Uko bishoboka kose, ugomba kuguma mu cyumba runaka kandi witaruye abandi bantu bari mu rugo rwawe. Kandi, ugomba gukoresha ubwiherero bwawe wenyine, iyo buhari.

Amatungo: Ntiwite ku matungo cyangwa izindi nyamanswa igihe urwaye. Reba Icyorezo cya COVID-19 n'amatungo ku yandi makuru.

Hamagara mbere yo kujya kubonana na muganga

Niba ufite randevu ya muganga, hamagara utanga serivisi z'ubuvuzi maze umubwire ko urwaye cyangwa ushobora kuba urwaye indwara ya COVID-19. Bifasha ibiro by'utanga serivisi z'ubuvuzi gufata ingamba kugira ngo bitume abandi bantu bandura cyangwa begera ahari indwara.

Ambara agapfukamunwa

Ugomba kwambara agapfukamunwa igihe wegereye abandi bantu (urug.: musangiye icyumba cyangwa mugendera mu modoka imwe) cyangwa amatungo na mbere y'uko winjira mu biro by'utanga serivisi z'ubuvuzi. Niba utabashije kwambara agapfukamunwa (urugero: kubera ko gashobora gutera ibibazo byo guhumeka), ubwo abantu babana na we ntibagomba kuguma mu cyumba kimwe nk'icyo urimo, cyangwa bagomba kwambara agapfukamunwa iyo bari kwinjira mu cyumba cyawe.

Ipfuke igihe uri gukorora cyangwa kwitsamura

Pfuka umunwa wawe n'amazuru yawe ukoresheje agatambaro igihe uri gukorora cyangwa kwitsamura. Jugunya udutambaro twakoreshejwe ahajugunywa imyanda; maze uhite ukaraba intoki n'isabune n'amazi byibuze amasegonda 20 cyangwa ukarabe intoki ukoresheje umuti usukura into urimo byibuze kuva kuri 60 kugeza kuri 95% bya arukoro, usige ibice byose by'intoki zawe maze ubikube byose kugeza wumvishe byumye.

Isabune n'amazi ni byo bigomba gukoreshwa igihe intoki zanduye ku buryo bugaragara.

Irinde gusangira n'abandi ibikoresho byo mu nzu

Ntugomba gusangira ibyombo, ibirahure byo kunyweramo, ibikombe, ibikoresho byo kuriraho, amasume, cyangwa ibiryamirwa n'abandi bantu cyangwa amatungo biri mu rugo rwawe. Nyuma yo gukoresha ibyo bikoresho, bigomba kumeswa no kozwa neza n'isabune n'amazi.

Sukura intoki zawe kenshi

Karaba intoki zawe kenshi ukoresheje isabune n'amazi byibuze amasegonda 20. Iyo isabune n'amazi bidahari, ukaraba intoki zawe ukoresheje umuti usukura into urimo byibuze 60% bya arukoro, usiga ibice byose by'intoki zawe maze ukabikuba byose kugeza wumvishe byumye. Isabune n'amazi ni byo bigomba gukoreshwa igihe intoki zanduye ku buryo bugaragara. Irinde gukora ku maso yawe, amazuru yawe, n'umunwa wawe ukoresheje intoki zidasukuye.

Hanagura ahantu hose “hakundwa gukorwaho” buri munsi

Ahantu hakunda gukorwaho harimo kontwari, hejuru ku meza, aho bafata ku nzugi bafungura, robine zo mu bwogero, ubwiherero, telefone, igice cya mudasobwa bakoresha bandika, telefone nini za taburete, n'utumeza tw'ibitanda. Kandi, ujye uhanagura ahantu hose hari amaraso, umusarani, cyangwa amatembabuzi yo mu mubiri. Koresha imiti yo mu rugo ikoreshwa mu gusukura cyangwa guhanagura, kurikijwe amabwiriza yanditse ku birango. Ibirango biriho amabwiriza yo gukoresha mu buryo butekanye kandi neza imiti isukura harimo uko ugomba kwitonda igihe uri gukoresha iyo miti, nko kwambara urutindantoki no gukora ku buryo haba hari umwuka uhagije igihe uri gukoresha iyo miti.

Kurikirana ibimenyetso byawe

Shaka uko wakwihutira kwivuza igihe uri gukomeza kuremba (urug.: kugorwa no guhumeka). **Mbere** yo kujya kwivuza, hamagara uguhe serivisi z'ubuvuzi maze umubwire ko urwaye, cyangwa gusuzumwa ko urwaye indwara ya COVID-19. Ambara agapfukamunwa mbere yo kwinjira mu ivuriro. Ayo mabwiriza afasha ibiro by'utanga serivisi z'ubuvuzi gukomeza gutuma abandi bantu bari mu biro cyangwa mu cyumba bategererezamo batandura cyangwa ngo begere ahari indwara.

Saba utanga serivisi z'ubuvuzi ukuvura guhamagara ishami rishinzwe ubuzima ry'aho utuye cyangwa rya leta. Abantu bari gukurikiranwa cyangwa bafashwa kwikurikirana bagomba kubahiriza amabwiriza yatanzwe n'ishami rishinzwe ubuzima ry'aho batuye cyangwa abaganga bakora ku ivuriro ribegereye, uko bikwiye.

Niba ukeneye serivisi z'ubuvuzi bwihutirwa kandi ukaba ugomba guhamagara 911, bimenyeshe umuntu wohereza imbangukiragutabara ko urwaye, cyangwa uri gusuzumwa ko urwaye indwara ya COVID-19. Niba bishoboka, ambara agapfukamunwa mbere y'uko abakora muri serivisi zitanga ubuvuzi bwihutirwa bahagera.

Kudakomeza kwishyira mu kato mu rugo

Abarwaye indwara ya COVID-19 bagomba kubahiriza amabwiriza yo kwishyira mu kato mu rugo kugeza hatekerejwe ko ibyago byo kwanduza abandi bigabanutse. Icyemezo cyo kudakomeza kubahiriza amabwiriza yo kwishyira mu kato mu rugo kigomba gufatwa hashingiye kuri buri murwayi, hanagishijwe inama abatanga serivisi z'ubuvuzi n'amashami ashinzwe ubuzima ya leta n'abegereye.

Ku yandi makuru: www.cdc.gov/COVID19

ICYITONDERWA: Amakuru ku ndwara ya COVID-19 ahinduka vuba n'inyandiko ziyerekeye ni ko zizajya zihinduka.
6 Werurwe 2020