

Virusi nshya ya Korona (COVID-19): Amabwiriza yerekeye abita ku barwayi

Incamake yo ku wa 9 Werurwe 2021 yerekeye impinduka

- Amakuru mashya yongeweho ku bantu bahawe urukingo.

Gira gahunda

Niba uri kwita ku muntu ufite ibyago byinshi byo kuremba bitewe n'indwara ya COVID-19, ugomba:

- Kuvugana n'umuha serivisi z'ubuvuzi kugira ngo umubaze ibyerekeye kubona indi miti yo kuba ufite mu gihe wowe n'uwo mu muryango wawe mugomba kuguma mu rugo igihe kirekire.
- Niba udashobora kubona indi miti, wayitumiza ukoresheje murandasi cyangwa telefone.
- Kora ku buryo uba ufite imiti igurwa umuntu atabanje kuyandikirwa na muganga n'ibikoresho byo mu buvuzi (udutambaro, n'ibindi) byo kuvura umuriro n'ibindi bimenyetso.
- Kora ku buryo uba ufite ibikoresho byo mu buvuzi bihagije (umwuka wa ogisijeni, ibyo kwifashisha mu gihe umurwayi afite ikibazo cyo gucikwa n'inkari, ibyifashishwa mu kuyungurura no gusukura amaraso igihe impyiko z'umurwayi zitakibishoboye, ibyifashishwa mu komora ibisebe) no gushyiraho gahunda y'ingoboka kugira ngo ubone ibindi.
- Kora ku buryo uwo mu muryango wawe aba afite hafi ibiribwa bidapfa vuba.
- Hitamo uwakwita ku wo mu muryango wawe igihe waba urwaye. Komeza uvugane n'abandi kuri telefone cyangwa imeyiri. Ushobora gukenera gusaba ubufasha inshuti, umuryango, abaturanyi, abajyanama b'ubuzima, n'abandi.
- Gukora urutonde rw'abantu wahamagara igihe byihutirwa.

Fata ingamba

- Wowe n'uwo ukunda mugomba kwambara agapfukamunwa gakoze mu mwenda. Agapfukamunwa gakoze mu mwenda ni ikintu cyose gipfuka neza umunwa n'amazuru byawe kandi kigakwira neza ku mpande z'isura yawe kikanagera muni y'akananwa kawe. Kagomba kuba gakoze n'udutambaro tubiri cyangwa turenga tuboshye ku buryo dukomeye tufite imigozi cyangwa imishumi izenguruka umutwe wawe cyangwa amatwi yawe. (Reba andi makuru ku gapfukamunwa ku musozo w'iki gice.)
- Hora ugirira isuku aho umurwayi ari mu gihe umwitaho. Oza kandi wice udukuko dutera indwara inshuro nyinshi ku bintu n'ahantu bikunda gukorwaho (urugero: ameza, aho bafata ku rugi bafungura, udukoresho ducana amatara, imikondo y'ibintu bakoraho, ameza yo mu biro, ubwiherero, robine, ravabo, na telefone zigendanwa.) Reba imiti yica udukoko yemewe na EPA yica udukuko dutera indwara ya COVID-19.
- Karaba intoki zawe kenshi ukoresheje isabune n'amazi byibuze umare amasegonda 20 ukaraba, by'umwihariko nyuma yo kwipfuna, gukorora, cyangwa kwitsamura, cyangwa uvuye ahahurira abantu benshi.
- Niba isabune n'amazi bidahari, koresha umuti urimo byibuze arukoro iri ku rugero rwa 60%.
- Irinde kwikora mu maso, ku mazuru yawe, no ku maso yawe.

- Ku rugero rushoboka, irinde gukora ahantu hakunda gukorwaho ahahurira abantu benshi – amabuto y'ibyuma bizamura abantu hejuru mu magorofa, aho bafata bakingura inzugi, aho bafata baca ku madarajya, guhana umukono n'abantu, n'ibindi. Koresha agatambaro cyangwa ukuboko kw'ishati k'umwenda wawe upfuka ibiganza cyangwa intoki zawe igihe ugiye gukora ku kintu.
- Igihe hakenewe ibindi biribwa, shaka uburyo wabizanyirwa mu rugo binyuze ku bo mu muryango, abo muziranye, cyangwa abacuruzi.

Genzura

- Itondere ibimenyetso by'uko ushobora kuba urwaye indwara ya COVID-19 birimo kugira umuriro, inkorora, no guhumeka nabi. Niba wumva usa n'aho uri kugira ibyo bimenyetso, hamagara muganga wawe.
- Niba uwo mu muryango wawe afite ibimenyetso biburira by'indwara ya COVID-19 byo kwitabwaho byihutirwa, shaka uko yahita avurwa. Ku bantu bakuru, ibimenyetso byo kwitabwaho byihutirwa ni:
 - Kugorwa no guhumeka cyangwa kubura umwuka
 - Ububabare budashira cyangwa gufungana mu gatuza
 - Kujijwa bidasanzwe cyangwa kutabasha kugira ibyo ashishikarira
 - Kuba iminwa no mu maso he byahinduka ubururu

(Uru rutonde ntirukubiyemo byose. Vugana n'uguha serivisi z'ubuvuzi ku bindi bimenyetso ibyo ari byo byose bikomeye cyangwa biteye impungenge.)

Niba uwo mu muryango wawe afite uburwayi bw'imyanya y'ubuhumekero

- Niba uwo ukunda afite ibimenyetso, kurikiza inama za CDC zikubiye mu [Kwita ku muntu urwariye mu rugo](#) ku bagize umuryango, abo mukundana n'abita ku barwayi bari ahatari kwa muganga barwaje umurwayi ufite ibimenyetso byemejwe na laboratwari ko ari iby'indwara ya COVID-19 cyangwa umurwayi uri gukorerwaho iperereza.
- Kora ku buryo aho uri kwitira ku murwayi haba umwuka mwiza, nko kuba wahashyira icyuma gitanga akayaga cyangwa ugafungura amadirishya, igihe ikirere kimeze neza.
- Gabanya uko wegera kandi usige intera hagati y'uwo ukunda kuko ushobora gukomeza kumwitaho utamwegeye.
 - Gabanya guhererekanya ibintu hagati yawe n'uwo mu muryango wawe umuha isiniya iriho ibiribwa aho kumuha no gufata ikintu kimwe kimwe.
 - Ha uwo mu muryango wawe igipimisho cy'umuriro aho kukimushyira mu kanwa.
 - Igihe uvugana na we, guma muri metero imwe na santimetero mirongo inani.
- Mu gihe cy'uburwayi, iyo bishoboka, gumisha uwo mu muryango wawe mu cyumba kimwe kandi, niba ubishoboye, mugenere ubwogero n'ubwiherero akoresha wenyine.
- Igihe usukura icyumba cye, kora ku buryo wica udukoko dutera indwara kandi usukure hasi hose mbere yo kwemerera abandi baba mu rugo kongera gukoresha icyo cyumba.

Centers for Disease Control and Prevention (CDC, Ikigo cy'igihugu gishinzwe kurwanya indwara n'ibyorezo) gihurutse gutangaza amabwiriza mashya abantu bahawe inkingo zose bahuye n'umuntu wanduye indwara ya COVID-19 ko **bidasaba** ko bajya mu kato iyo bujuje ibigenderwaho bikurikira:

- Bahawe inkingo zose (ibyumweru 2 cyangwa birenga bahawe urukingo rwa kabiri ku nkingo zitangwa ari 2 cyangwa ibyumweru 2 cyangwa birenga bahawe urukingo rumwe iyo ari urukingo rutangwa rimwe).
- Niba udafite ibimenyetso kuva aho uhuriye n'umuntu ufite COVID-19.

Abantu bahawe inkingo zose bagomba kureba ibimenyetso mu minsi 14 nyuma yo guhura n'uwanduye. Banagomba gukomeza kwambara udupfukamunwa, gusiga intera hagati yabo n'abandi no kugira itsinda ririmo abantu bake.

Irengayobora ku mabwiriza ni uko abarwayi n'ababa ahatangirwa serivisi z'ubuvuzi bahawe urukingo bagomba kujya mu kato bahuye n'umuntu ufite COVID-19.

Abantu batujuje ibisabwa bimaze kuvugwa bagomba gukomeza [kubahiriza amabwiriza yo kujya mu kato ariho](#) (aboneka mu Cyongereza gusa) nyuma yo guhura n'umuntu ukekwa cyangwa byemejwe ko afite COVID-19.

Iyo wahawe inkingo zose

Abantu bafatwa ko bahawe inkingo zose iyo:

- Hashize ibyumweru 2 nyuma yo guhabwa urukingo rwa kabiri mu nkingo zitangwa ari 2, nk'urwa Pfizer cyangwa Moderna, cyangwa
- Hashize ibyumweru 2 nyuma yo guhabwa urukingo rumwe nk'urwa Johnson & Johnson urukingo rwa Janssen

Icyitonderwa: Niba bitari byagera mu byumweru 2 uhawe urukingo cyangwa niba ugikeneye guhabwa urukingo rwa kabiri, NTABWO uba urinzwe neza. Komeza ushyire mu bikorwa [ingamba zose zo kwirinda](#) kugeza ukingiwe ku buryo bwuzuye.

Iyo wamaze guhabwa inkingo zose:

- Ushobora guteranira mu nzu n'abantu bahawe inkingo zose utambaye agapfukamunwa.
- Mushobora guteranira mu nzu n'abantu batarahabwa urukingo bo mu rundi rugo (urugero: Gusurwa n'abavandimwe bose baba hamwe) mutambaye udupfukamunwa, keretse umwe muri abo bantu cyangwa uwo ari we wese babana afite [ibyago byinshi byo kuremba bitewe n'indwara ya COVID-19](#).
- Iyo wigeze kwegera umuntu ufite COVID-19, ntukeneye gusiga intera hagati yawe n'abandi cyangwa gupimwa keretse ufite ibimenyetso.
 - Icyakora, iyo uba ahantu hari abantu benshi (nko mu kigo ngororamuco cyangwa gereza cyangwa mu rugo rubamo abantu benshi) kandi ukaba warigeze kwegera umuntu ufite COVID-19, ugomba gusiga intera hagati yawe n'abandi mu minsi 14 maze ugapimwa, nubwo waba udafite ibimenyetso.

Hatitawe niba warahawe cyangwa utarahawe urukingo, ugomba gufata ingamba zo [kwirinda ubwawe n'abandi](#) mu gihe muri ahantu hahurira abantu benshi. Harimo kwambara agapfukamunwa, gusiga intera byibuze ya fiti 6 (metero 2) hagati yawe n'abandi no kwirinda ikivunge cy'abantu n'ahantu hatari umwuka ukwiye. Usibye ibyo, ugomba kwirinda iteraniro ririmo abantu baringaniye cyangwa benshi no gukomeza kugenzura [ibimenyetso bya COVID-19](#), by'umwihariko iyo wigeze kwegera umuntu urwaye.

Aho byavuye: [Centers for Disease Control and Prevention](#).

Andi makuru yerekeye udupfukamunwa

Ibindi wambara kugira ngo birushaho kukurinda nk'udupfukamunwa cyangwa masike bishobora kuba bikenewe ku kazi. Agakingirasura gafite igice cyo hasi cy'umwenda gashobora gukoreshwa n'abantu bafite ibibazo by'imikurire, imyitwarire cyangwa barwaye bigatuma bibuza kwambara agapfukamunwa. Udukingirasura tunashobora gukoreshwa ku bana bari mu irerero, mu mwiherero n'abiga mu wa K-12.

Amabwiriza yatanzwe na [Centers for Disease Control and Prevention \(CDC\)](#) [gitanga ingamba](#) z'uburyo hanozwa uko agapfukamunwa kambarwa mu buryo bunoze murwego rwo kugabanya ikwirakwira ry'icyorezo cya COVID-19. Izo ngamba zirimo kwambara agapfukamunwa gakoze mu mwenda hejuru y' agapfukamunwa ko kwa muganga, gupfundika imishumi y'agapfukamunwa ko kwa muganga, gukoresha agakoresho bambara hejuru y'agapfukamunwa gatuma umwuka udasohoka cyangwa ngo winjire, cyangwa gukoresha agatambaro ka nilo kambarwa hejuru y'agapfukamunwa. Usibye ibyo, Department of Health (DOH, Ishami ry'ubuzima) ntabwo ritanga inama yo gukoresha udupfukamunwa dufite aho umwuka winjirira cyangwa uyungururirwa, cyangwa bandana cyangwa furari zifite umwenda umwe. Ni ngombwa kwambara agapfukamunwa ahantu hari abantu benshi bigahuzwa no gukomeza gushyira mu bikorwa ingamba ziboneye zigamije kubungabunga ubuzima rusange nko guhabwa urukingo, gusiga intera hagati yawe n'abandi, isuku yo mu ntoki, kwiheza no kujya mu kato.

Andi makuru n'ibyifashishwa byerekeye COVID-19

Komeza ukurikirane amakuru agezweho ku [buryo icyorezo cya COVID-19 cyifashe muri Washington, Ibitangazwa na Guverineri Inslee](#), [ibimenyetso](#) (biboneka mu Cyongereza gusa), [uko gikwirakwira](#) (biboneka mu Cyongereza gusa), n' [uko ndetse n'igihe abantu bagomba gupimirwa](#) (biboneka mu Cyongereza gusa). Reba [Ibibazo bikunda kubazwa twateguye](#) (biboneka mu Cyongereza gusa) ubone andi makuru.

Ibara ry'uruhu/ubwoko by'umuntu cyangwa igihugu aturukamo ntabwo, ubwabyo, bituma agira ibyago byinshi byo kwandura COVID-19. icyakora, amakuru agaragaza ko uduce dutuyemo bantu batari abazungu ari two twashegeshwe ku buryo bukomeye n'icyorezo cya COVID-19. Ni ukubera ingaruka z'irondaruhu, kandi by'umwihariko irondaruhu rikorwa n'inzego z'ubuyobozi, zituma amwe mu matsinda ya'abantu agira amahirwe make yo kwirinda ubwabo n'uduce batuyemo. [Ipfunwe ntacyo rifasha mu kurwanya indwara](#) (biboneka mu Cyongereza gusa). Sangiza amakuru y'ukuri gusa kugira ngo utume ibihuha n'amakuru atari yo bidasakara.

- [Ishami rishinzwe ubuzima muri leta ya Washingtoni ku cyorezo cy'ubwoko bushya bwa koronavirusi bwo mu 2019 \(COVID-19\)](#) (biboneka mu Cyongereza gusa)
- [Uko leta ya Washington irwanyamo koronavirusi \(COVID-19\)](#)
- [Shaka Ishami rishinzwe ubuzima cyangwa Akarere bikwegereye](#) (biboneka mu Cyongereza gusa)
- [Centers for Disease Control and Prevention \(CDC, Ikigo gishinzwe kugenzura no gukumira indwara muri Leta Zunze Ubumwe z'Amerika\) Koronavirusi \(COVID-19\)](#)
- [Kugabanya ipfunwe Ibyifashishwa](#) (biboneka mu Cyongereza gusa)

Ufite ibindi bibazo byerekeye COVID-19? Hamagara umurongo rwacu utishyurwa: **1-800-525-0127**, Kuva ku wa Mbere kugeza ku wa Gatanu, guhera saa 6:00 z'igitondo kugeza saa 10 z'ijoro, ufite ikindi kibazo? Hamagara umurongo utishyurwa wacu utanga amakuru kuri COVID-19: 1-800-525-0127 Ku wa Mbere; kuva saa 6:00 z'igitondo kugeza saa 10 z'ijoro, ku wa Kabiri kugeza ku Cyumweru n'indi minsi hubahirizwa ikiruhuko kigenwa na leta, kuva saa 6:00 z'igitondo kugeza saa 6:00 z'umugoroba. Ku bakeneye serivisi z'ubusemuzi, mwakanda # igihe bitabye maze ukavuga ururimi rwawe. Ku bibazo byerekeye ubuzima bwawe bwite, kwipimisha COVID-19 cyangwa ibisubizo byo kwipimisha, hamagara uguha serivisi z'ubuvuzi.

Gusaba iyi nyandiko mu yindi miterere, hamagara 1-800-525-0127. Abafite ubumuga bwo kumva cyangwa bumva bibagoye, muhamagare 711 ([Washington Relay](#)) (biboneka mu Cyongereza gusa) cyangwa mwohereze imeyiri kuri civil.rights@doh.wa.gov.