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GUKURIKIRANA ABARWAYI N'ABAGEZE AHO BASHOBORA KWANDURA BIGABANYA IKWIRAKWIRA RYA COVID 19
ITABA UGUHAMAGAYE

Oneida County Health Department irimo gukora uko ishoboye kugira ngo igabanye ikwirakwira rya COVID-19. Niba warageze aho ushobora kwandura COVID-19, tuzaguhamagara tubikumenyeshe. Mu rugo ugomba kwirinda kwegera abandi kandi ugakurikiza amabwiriza yacu. Guhitamo kudufasha kurwanya COVID-19 birakurinda, bikarinda umuryango wawe n'aho utuye. Dufashe kugabanya kwanduzanya kandi nibaguhamagara witabe kugira ngo ugabanye ikwirakwira. Ku yandi makuru, wasura www.thecenterutica.org. Ubu ni ubutumwa bwa The Center.

Ibikorwa by'ingenzi

- Itaba telefoni yawe igihe uhamagawe n'ishami ryita ku buzima bwawe.
- Kurikiza amabwiriza y'ikigo kita ku buzima.
- Menyesha muganga wawe niba urwaye.
- Hamagara muganga wawe niba utangiye kwiyumvamo uburwayi kandi utarigera upimwa COVID-19.
- Niba waregeranye cyane n'umuntu urwaye COVID-19, ugomba kuguma mu rugo, ukirinda kwegera abandi mu gihe k'iminsi 14 uhereye ku munsi uheruka ushobora kuba wari mu kaga ko kwandura COVID-19. Igenzure, ukomeze kubahiriza intera (nibura metero 2) hagati yawe n'abandi igihe cyose.
- Niba urwaye bimenyeshe abo muheruka kwegerana cyane.
- Menya ibimenyetso bivuga ko ugomba kwihutira kujya kwa muganga.
- Ivuze niba ibimenyetso bikomeye. Ibimenyetso bikomeye birimo ibibazo byo guhumeka, ububabare budashira mu gatuza, kuvangavanga ibintu, kunanirwa gukanguka cyangwa kuba maso, cyangwa guhinduka ubururu kw'iminwa cyangwa mu maso.

- Dushobora gufatanya gufasha kugabanya ikwirakwira rya COVID-19. Niba waregereye cyane umurwayi wa COVID-19, tuzaguhamagara tugusabe kwirinda kwegera abandi mu rugo mu gihe k'iminsi 14 uhereye ku munsi wa nyuma mwari mwegeranye. Uzuza uruhare rwawe mu kurinda umuryango wawe n'aho utuye: itaba uguhamagaye kugira ngo ugabanye ikwirakwira.

- Niba waregeranye cyane n'umurwayi wa COVID-19, umuntu wo muri Oneida County Health Department ashobora kuguhamagara akumenyesha ko wageze ahari akaga ko kwandura, akagusaba kuguma mu rugo no kwirinda kwegera abandi. Kuguma mu rugo birakurinda, bikarinda umuryango wawe n'aho utuye. Hitamo kuba umwe mu bashaka igisubizo kandi udufashe kugabanya ikwirakwira rya COVID-19.

- Niba urwaye COVID-19, umuntu wo muri Oneida County Health Department ashobora kuguhamagara kugira ngo agenzure uko ubuzima bwawe buhagaze, akubaze abo mwegeranye, anagusabe kuguma mu rugo kugira ngo wirinde kwegera abandi. Aya makuru asabwa mu rwego rwo kurengera ubuzima gusa, ntazahabwa ikindi kigo icyo ari cyo cyose, nk'igishinzwe iyubahirizwa ry'amategeko cyangwa abinjira n'abasohoka. Amazina yawe ntazatangarizwa abo mwegeranye cyane, keretse ubitangiye uruhushya. Uzuza uruhare rwawe mu kurinda umuryango wawe n'aho utuye COVID-19: itaba uguhamagaye kugira ngo ugabanye ikwirakwira.

- Niba urwaye COVID-19, tegura uburyo bwo kwirinda kwegera abandi mu gihe k'iminsi 14. Kwirinda kwegera abandi bivuze kuguma mu rugo mu cyumba kitaruye abandi bantu n'amatungo yo mu rugo no gukoresha ubwiherero wihariye, niba bishoboka. Kwirinda kwegera abandi urwaye bifasha kurinda ubuzima bw'abo mubana ndetse n'aho utuye. Niba ukeneye ubufasha mu gihe urimo kwirinda kwegera abandi, dushobora kugufasha. Hitamo kuba umwe mu bashaka igisubizo kandi udufashe kugabanya ikwirakwira rya COVID-19.

- Niba waregeranye cyane n'umurwayi wa COVID-19, umukozi wa Oneida County Health Department ashobora kuguhamagara kugira ngo akumenyeshe ko wageze ahari akaga ko kwandura, anagusabe kuguma mu rugo no kwirinda kwegera abandi. Hitamo kuba umwe mu bashaka igisubizo kandi udufashe kugabanya ikwirakwira rya COVID-19.

Source: https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing-comms.html