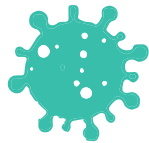


COVID-19 Agatabo k'ishuri Incamake

Amashuri ya leta kuva ku ncuke kugeza mu mwaka wa 12,
amashuri yigenga, n'ayigenga ariko afashwa na leta



CORONAVIRUS
UTAH.GOV

Abanyeshuri, abarimu n'abakozi bagomba kwiheza mu gihe kingana iki?

Aya mabwiriza akurikizwa gusa ku bahuye n'uwanduye bari ku ishuri gusa. Ntabwo yagenewe gukoreshwa n'amashuri makuru cyangwa ibigo birera abana. Amabwiriza NTakurikizwa iyo ubana n'umuntu wanduye COVID-19 cyangwa wanduriye hanze y'ishuri.

Iyo abantu bose bari bambaye udupfukamunwa mu gihe bahuraga n'uwanduye



Abanyeshuri, abarimu cyangwa abakozi bahuye n'abanduye COVID-19 si ngombwa ko biheza igihe:

- Ishuri rishobora kugenzura ko abo bantu bombi bari bambaye udupfukamunwa (umuntu wahuye n'uwanduye ndetse n'uwanduye) nk'uko bisobanurwa mu mabwiriza agenga ubuzima rusange, kandi
- Umuntu wahuye n'uwanduye nta kimenyetso na kimwe cya COVID-19 afite.

Iyo mu gihe icyo ari cyo cyose mu minsi 14 nyuma yo guhura n'urwaye, uwahuye nawe atangiye kugira ibimenyetso bya COVID-19, agomba kwishyira mu kato no guhita yipimisha. Iyo uyu muntu nta bimenyetso agaragaje, agomba gutegereza iminsi 7 nyuma yo guhura n'uwanduye akabona kwipimisha.

Iyo aba bantu bombi NTA gapfukamunwa bari bambaye mu gihe bahuraga.

Abanyeshuri, abarimu cyangwa abakozi batari bambaye agapfukamunwa mu gihe bahuraga n'uwanduye cyangwa barahuye n'umuntu utari wambaye agapfukamunwa bashobora kurangiza umuhezo:

- **Ku minsi wa 10 utipimishije.** Iyo nta bimenyetso bya COVID-19 ugaragaza, ushobora kurangiza umuhezo ku minsi 10 nyuma y'umunsi wa nyuma wahuriyeho n'umuntu wanduye.
- **Ku minsi wa 7 wapimwe bagasanga uri muzima.** Ushobora gupimwa ku minsi wa 7 w'igihe cyawe cyo kwiheza. Ushobora kureka kwiheza igihe upimwe bagasanga uri muzima kandi ukaba nta kimenyetso na kimwe cya COVID-19 ugaragaza. Ugomba gutegereza nibura iminsi 7 nyuma yo guhura n'uwanduye ukabona kwipimisha. Igipimo gishobora kuba PCR cyangwa ikizami kihuse cyo gusuzuma ubwirinzi bw'umubiri. Ugomba gukomeza kwiheza kugeza ubonye ibisubizo by'ikizami.



Ugomba kuganzura ibimenyetso kugeza hashize iminsi 14 uhuye n'uwanduye.

Haracyari ibyago bike by'uko wakwandura COVID-19. Niba ufite ibimenyetso bya COVID-19, ugomba kujya mu kato mu rugo, guhamagara ukuvura, ukaba wanakenera kongera gupimwa.



Iyo abanyeshuri, abarimu cyangwa abakozi basonewe kwambara agapfukamunwa cyangwa bambara gusa ikirahuri kibakingira mu maso, bamara igihe kingana iki bitaruye abandi?

Abanyeshuri, abarimu cyangwa abakozi batari bambaye agapfukamunwa mu gihe bahuraga n'uwanduye cyangwa barahuye n'umuntu utari wambaye agapfukamunwa bashobora kurangiza umuhezo:

- **Ku minsi wa 10 utipimishije.** Iyo nta bimenyetso bya COVID-19 ugaragaza, ushobora kurangiza umuhezo ku minsi 10 nyuma y'umunsi wa nyuma wahuriyeho n'umuntu wanduye.
- **Ku minsi wa 7 wapimwe bagasanga uri muzima.** Ushobora gupimwa ku minsi wa 7 w'igihe cyawe cyo kwiheza. Ushobora kureka kwiheza igihe upimwe bagasanga uri muzima kandi ukaba nta kimenyetso na kimwe cya COVID-19 ugaragaza. Ugomba gutegereza nibura iminsi 7 nyuma yo guhura n'uwanduye ukabona kwipimisha. Ugomba gukomeza kwiheza kugeza ubonye ibisubizo by'ikizami.

Umuntu wese wahuye n'uwanduye agomba kugenzura ibimenyetso kugeza hashize iminsi 14 nyuma yo guhura n'uwanduye. Haracyari ibyago bike ko wakwandura COVID-19. Iyo uyu muntu afite ibimenyetso bya COVID-19, agomba kujya mu kato mu rugo, guhamagara umuvura, akaba yanakenera kongera gupimwa.



Igihe abanyeshuri, abarimu cyangwa abakozi babana n'umuntu wanduye COVID-19, baziheza igihe kingana iki?

Iyo umuntu mubana basanze yaranduye COVID-19, bakwita ubana n'uwanduye. Ababana n'uwanduye bafite ibyago byinshi byo kwandura virusi.

Abanyeshuri, abarimu cyangwa abakozi babana n'uwanduye bagomba kwiheza mu minsi 10 uhereye ku minsi wa nyuma begeranyeho bya hasi n'umuntu wanduye. **Ugomba kurangiza iminsi 10 yose witaruye, nubwo waba nta bimenyesto ugaragaza cyangwa warapimwe ugasanga utarwaye.** Ntugomba kureka kwiheza mbere y'iminsi 10.

Bishobora kugorana cyane kwitarura abo mubana mu rugo. Niba ubana n'umuntu wanduye COVID-19, mushobora gukomeza guhura, ariko byagusaba kwiheza mu minsi irenga 10. Buri gihe uhuye bya hafi n'umuntu wanduye kandi ashobora kwanduza, utangira kwiheza bundi bushya kuko uba wahuye na virusi nanone.

Bigenda bite iyo abanyeshuri, abarimu cyangwa abakozi bongeye guhura n'abanduye COVID-19 inshuro irenze imwe?³

Niba wongeye guhura n'urwaye COVID-19 (kongera guhura n'uwanduye) **mu minsi 90** yo gusanganwa COVID-19 kandi ukaba udafite ibimenyetso byayo, si ngombwa kwiheza cyangwa kongera gupimwa mu gihe k'iminsi 90.

Ugomba gukurikiza aya mabwiriza mu gihe k'iminsi 14 uhereye ku muni wahuriyeho n'urwaye bwa nyuma:

- Fata igipimo cy'ubushyuhe mbere yo kujya ku ishuri cyangwa ku kazi.
- Genzura ibimenyetso bya COVID-19 buri muni.
- Ambara agapfukamunwa mu gihe uri ku ishuri, ku kazi cyangwa hafi y'abantu mutabana.
- Niba urwaye cyangwa ukagaragaza ibimenyetso bya COVID-19, jya mu kato nibura iminsi 10 nyuma yo kugaragara kw'ibimenyetso maze uhamagare dogiteri cyangwa ukuvura kugira ngo urebe niba wakongera gupimwa COVID-19.

Iyo umuntu yongeye guhura n'abarwaye COVID-19 (guhura bushya n'uwanduye) kandi hakaba hashize **iminsi irenga 90** uhereye igihe byagaragaye ko yanduye COVID-19, agomba kujya mu kato akongera agapimwa. Niba urwaye cyangwa ukagira ibimenyetso witaruye, jya mu kato maze uhamagare muganga cyangwa ukuvura. Ariko kandi, ugomba kuba wujuje ibigenderwaho byo kureka kwiheza wasanga ku rupapuro rwa 2.



³ <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

Ingamba z'umutekano ku banyeshuri, abarimu n'abakozi bahuye n'umuntu urwaye COVID-19

- Kugenzura ibimenyetso bya COVID-19 buri muni, harimo no kwifata igipimo cy'ubushyuye niba bishoboka. Niba udafite igipimo, genzura uruhu rwawe urebe niba rushyushye cyangwa rwatukuye. Agatabo k'ingenzi kitwa, "Icyo wakora mu gihe witaruye cyangwa uri mu kato," wagakurura kuri <https://coronavirus.utah.gov/protect-yourself/>.
- Guma mu rugo kandi ujye kure y'abandi bantu uko bishoboka kose. Ntukajye ku ishuri, ku kazi, mu bikorwa byo hanze y'amasomo, amateraniro, guhura mu muryango, cyangwa ibindi bikorwa kugeza akato kawe karangiye cyangwa wujuje ibisabwa byo gusohoka mu kato kare.
- Ambara agapfukamunwa niba ushaka kuva mu rugo ugiye gushaka ibintu by'ingenzi nko guhaha cyangwa kwivuza. Jya uva mu rugo gusa mu gihe ari ngombwa.
- Gabanya umubare w'abagusura mu rugo. Ibi ni ingenzi by'umwihariko mu gihe wowe cyangwa undi muntu mubana afite ibyago bikomeye byo hejuru by'uburwayi bukomeye bwa COVID-19.
- Hanagura ahantu hakorwa cyane (telefone, serire z'inzugi, aho bacanira amatara, aho bamanurira amazi mu bwihereho, aho bafungurira amazi ya ravabo, kontwari n'ibindi bintu byose bikoze mu byuma).
- Karaba intoki kenshi ukoresheje isabune n'amazi. Igihe isabune n'amazi bitabonetse, koresha umuti usukura intoki urimo arukoro byibura ingana na 60%.
- Fungura amadirishya uko ubishoboye kose wongere umwuka mwiza ndetse n'umwuka winjira n'usohoka.
- Ntugatizanye n'abandi ibikoresho bariraho.
- Ntugatizanye n'abandi bantu ibikoresho bwite nk'uburoso bw'amenyo.



Ipimishe uhagume (gupima icyorezo gikabije cyatunguranye)

Iyo ishuri rigeze ku kigero ngenderwaho cyo kwaduka kw'icyorezo kivugwa mu gatabo k'ishuri kavuga kuri COVID-19, inama y'ubuyobozi y'ishuri (ku bufatanye n'ishami ry'ubuzima ry'ahongaho) ishobora gufata ikemezo cyo:

- Kwimurira abanyeshuri bose n'abakozi mu nzira y'iyakure nibura mu gihe cy'iminsi 10, cyangwa
- Gukorera abanyeshuri bose n'abakozi ikizami kihuse cyo gusuzuma ubwirinzi bw'umubiri



Abanyeshuri bakorewe ikizami kihuse cyo gusuzuma ubwirinzi bw'umubiri:

- Bagomba kujya mu kato mu rugo igihe basanze banduye.
- Bashobora gukomeza kwiga bahibereye igihe basanze ari bazima.
- Uhisemo kutipimisha agomba kwimukira mu nzira y'iyakure nibura mu gihe cy'iminsi 10.

Abarimu n'abakozi bitezweho gukomeza inshingano zabo zisanzwe bahibereye iyo bahisemo kudapimwa cyangwa basanze ari bazima. Bagomba



kujya mu kato mu rugo igihe basanze baranduye cyangwa bagakurikiza amabwiriza yo kwiheza igihe bahuye n'urwaye COVID-19.

Hazabaho gukurikirana buri muntu wese wahuye n'uwanduye.

Abanyeshuri, abarimu cyangwa abakozi bahuye n'umuntu wanduye bagomba gukurikiza amabwiriza yo kwiheza (ari ku rupapuro rwa 2).

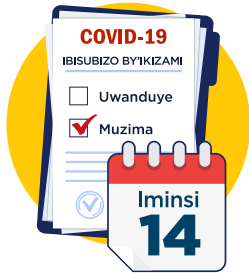
- Si ngombwa kwiheza mu gihe wowe n'umuntu basanze arwaye mwari ku ishuri kandi mwembi mwari mwabaye udupfukamunwa mu gihe mwahuraga. Umuntu wapimwe bagasanga yanduye agomba kujya mu kato mu gihe cy'iminsi nibura 10, nubwo mwembi mwaba mwari mwabaye udupfukamunwa.
- Ugomba kwiheza niba warahuriye n'umuntu wanduye ku ishuri, kandi yaba wowe cyangwa we nta n'umwe wari wabaye agapfukamunwa. Ushobora kurangiza kwiheza ku muni wa 10 utipimishije, cyangwa ku muni wa 7 igihe basanze uri muzima. Mu bihe bimwe na bimwe wakenera kongera kwipimisha bwa 2 mbere yo kugaruka ku ishuri mbere y'umunsi wa 10.

Guhitamo "Ipimishe uhagume" bifite ibihe bitandukanye by'igihe umuntu basanze yanduye yatangirira akato. Iyo basanze waranduye nka kimwe mu bigize "Ipimishe uhagume" akato kawe gatangira ku muni wapimiweho, ntabwo ari igihe ibimenyetso byawe byagaragariye. Ugomba kujya mu kato nubwo waba nta bimenyetso ugaragaza. Umuntu wese wahuye nawe bya hafi kugeza ku muni 2 mbere y'umunsi wapimiweho yageze ahari ibyago, agomba kwiheza. **Iyi ifatwa nk'itariki ya nyuma yo guhuriraho n'uwanduye wahisemo "Ipimishe uhagume".**

Ipimishe ukine (ikizamini gituma wemererwa kwitabira ibikorwa byo hanze y'amasomo mu mashuri yisumbuye)

Abanyeshuri, abarimu n'abakozi bashobora kwitabira ibikorwa byo hanze y'amasomo mu gihe:

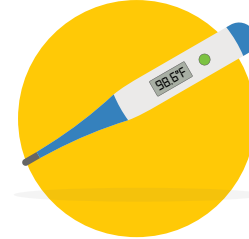
- Bapimwe COVID-19 nibura rimwe muri buri minsi 14. Igipimo gishobora kuba PCR cyangwa ikizami kihuse cyo gusuzuma ubwirinzi bw'umubiri.
- Batari mu kato cyangwa mu muhezo?
- Nta bimenyetso bya COVID-19 bafite.



na



na



Witezweho kwambara agapfukamunwa igihe cyose uri mu bikorwa byo hanze y'amasomo, keretse uri mu marushanwa y'imikino asaba gukoresha imbaraga z'umubiri cyane cyangwa kwambara agapfukamunwa byateza ibyago (nko kogera muri pisine). Witezweho kandi guha intera abandi uko bishoboka kose mu bikorwa byo hanze y'amasomo. Ibi bivuze gusiga intera ya metero 2 (nk'indeshyho y'amaboko 2) hagati yawe n'abandi bantu uko bishoboka kose.

Amashuri azakomeza guha abitabiriye ibizami bigaragaza ubwirinzi bwabo. Abitabiriye:

- Ugomba kujya mu kato mu rugo iyo basanze wanduye.
- Ushobora kwitabira ibikorwa byo hanze y'amasomo igihe basanze uri muzima, utari mu kato cyangwa mu muhezo cyangwa ukaba nta kimenyetso na kimwe cya COVID-19 ugaragaza.
- Ufashe ikemero cyo kutipimisha ntazashobora kwitabira ibikorwa byo hanze y'amasomo.



cyangwa



cyangwa



Amashuri ashobora kandi gupima umwarimu cyangwa umukozi wese ubishaka ariko akaba atari mu bikorwa byo hanze y'amasomo nka kimwe mu bigize porogaramu yo "Gupimwa kugira ngo ukine".

Hazabaho gukurikira abahuye n'umuntu wese bapimye bagasanga yaranduye.

Abanyeshuri, abarimu cyangwa abakozi bahuye n'umuntu wanduye bagomba gukurikira amabwiriza yo kwiheza (ari ku rupapuro rwa 2).

- Si ngombwa kwiheza mu gihe wowe n'umuntu basanze arwaye mwari ku ishuri kandi mwembi mwari mwabaye udufukamunwa mu gihe mwahuraga. Umuntu wapimwe bagasanga yanduye agomba kujya mu kato mu gihe cy'iminsi nibura 10, nubwo mwembi mwaba mwari mwabaye udufukamunwa.
- Ugomba kwiheza niba warahuriye n'umuntu wanduye ku ishuri, kandi yaba wowe cyangwa we mukaba nta n'umwe wari wabaye agapfukamunwa. Ushobora kurangiza kwiheza ku muni wa 10 utipimishije, cyangwa ku muni wa 7 igihe basanze uri muzima. Hari ibihe bimwe na bimwe byabaho ukaba wakenera kongera kwipimisha bwa 2 mbere yo kugaruka ku ishuri mbere y'umunsi wa 10.

Guhitamo "Ipimishe uhagume" bifite ibihe bitandukanye by'igihe umuntu basanze yanduye yatangirira akato. Iyo basanze wanduye nka kimwe mu bigize "Ipimishe ukine," akato kawe gatanga ku muni wapimiweho, ntabwo ari igihe ibimenyetso byagaragariye. Ugomba kujya mu kato nubwo waba nta bimenyetso ugaragaza. Umuntu wese wahuye nawe bya hafi kugeza ku muni 2 mbere y'umunsi wapimiweho yageze ahari ibyago, agomba kwiheza. **Uyu ufatwa nk'umunsi wa nyuma wo guhuriraho n'uwanduye waahisemo "Ipimishe ukine".**