

Amabwiriza areba abantu barangije guhabwa inkingo



Ufawta nk'uwarrangije inkingo nyuma y'ibyumweru 2 uhawe urukingo rwa nyuma rwa COVID-19.

Inkingo zitangwa inshuro ebyiri: Ibyumweru 2 nyuma yo guhabwa urukingo rwa 2 (ugomba guterwa inkingo zombi kugira ngo ube ufile uburinzi bwuzuye).

Urukingo rutangwa inshuro imwe: Ibyumweru 2 nyuma yo guterwa urukingo (ugomba guhabwa urukingo rumwe gusa kugira ngo ube ufile uburinzi bwuzuye).

Kugira ngo urinde abandi kugeza igihe abantu benshi bazagirira amahirwe yo gukingirwa, hashobora kubaho ibihe bigusaba gufata ingamba.

Iyo warangije guhabwa inkingo zose:



Wasura abandi bantu bakingiwe muri mu nzu kandi mwegeranye bya hafi udafite impungenge zo kugira uwo wanduza.



Wasura umuntu ufile ibyago byo kwandura bitari byinshi akaba ataranakingirwa, utambaye agapfukamunwa cyangwa mudahanye intera.



Si ngombwa kujya mu kato cyangwa kwipimisha igihe wahuye n'umuntu urwaye COVID-19, keretse uramutse ugize ibimenyetso nyuma y'uko muhuye (ibi byabaho gake).



CORONAVIRUS
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Kugira ngo urinde abandi kugeza igihe abantu bensi bazashoborera gukingirwa:



Ambara agapfukamunwa kandi usige intera igihe uri kumwe n'umuntu utarakingirwa kandi akaba afite ibyago byinshi byo kugira uburwayi bukomeye cyangwa abana n'umuntu ufite ibyago byinshi.



Ambara agapfukamunwa kandi uhane intera n'abandi igihe uri ahantu hahurira abantu bensi kugeza igihe abantu bensi bazagirira amahirwe yo gukingirwa.



Irine ahari imbagya nyamwinshi n'amateraniro manini. Ambara agapfukamunwa kandi uhane intera n'abandi uko bishoboka igihe uri kumwe n'abantu bensi.



Inkingo za COVID-19 zifite akamaro ko kurinda uburwayi bukomeye, kurwarira mu bitaro, ndetse n'impfu zitewe na virusi. Bidakunze kubaho, igihe ugize ibimenyetso bya COVID-19, ugomba kwipimisha.



Kurikiza ingamba zose zo kwirinda usabwa n'ubucuruzi n'abakoresha. TBashobora kuba bafite abakozi cyangwa abakiriya batarakingirwa, cyangwa bafite ibyago byinshi byo kugira uburwayi bukomeye.



Niba uri mu rugendo, kurikiza ibisabwa byose by'aho ugiye.