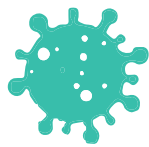


# COVID-19

## Igitabo kivuga ibyerekeye kwita ku burere bw'abana Incamake

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CORONAVIRUS  
UTAH.GOV

# Igitabo kivuga ibyerekeye kwita ku burere bw'abana muri COVID-19

Iki gitabo kigenewe ibigo na za porogaramu bitanga serivisi z'uburezi bw'abana harimo:

- Ibigyo byemewe
- Ibigyo byemewe bikorera ku masaha
- Porogaramu zemewe zikora mu gihe kitari icyo kwiga
- Porogaramu z'ubucuruzi zemewe zikorana n'abana batarageza ku myaka yo kujya mu ishuri
- Abatanga serivisi mu miryango bemewe
- Abatanga serivisi mu miryango, inshuti n'abaturanyi bafite impushya zisonewe (LE) n'ishami rya serivisi ishinze abakozi (DWS)
- Abatanga serivisi bafite impushya zisonewe na DWS
- Abatanga serivisi bafite impushya zisonewe
- Abatanga serivisi zo kwita ku burere bw'abana babifitiye impushya zanditse



## Bigenda bite iyo umwana cyangwa umukozi yanduye COVID-19?

Ugomba guhita ujya mu kato niba usanze urwaye COVID-19. Bishatse kuvuga kuguma mu rugo keretse igihe ugiye kwa muganga. Ntugomba kuza mu kigo cyita ku burere bw'abana cyangwa ku kazi.

Iyo basanze umuntu arwaye, agomba kujya mu kato kugeza igihe:

- Nta muriro afite mu gihe cy'amasaha 24, kandi
- Urwungano rw'ububumekero rwe rugenda rugaragaza gukira mu masaha 24, kandi
- Hakaba hashize iminsi 10 uhereye igihe yarwariye.
- Iyo nta bimenyetso yagaragaje, agomba kujya mu kato mu gihe cy'iminsi 10 uhereye ku muni yapimiweho.



# Bigenda bite iyo umwana cyangwa umukozi ahuye n'umuntu urwaye COVID-19?

Uwahuye bya hafi n'umurwayi<sup>1</sup> bivuze umuntu wari uri mu ntera ya metero zitageze kuri 2 (nk'intera y'indeshyo y'amaboko 2) yegereye umuntu urwaye COVID-19 mu gihe cy'iminota 15 cyangwa irenga mu gihe cy'amasaha 24.<sup>2</sup> Nanone bifatwa ko ushobora kuba wahuye n'umurwayi bya hafi niba:

- Waritaye ku muntu mu rugo urwaye COVID-19.
- Warahuye imbonankubone n'umuntu urwaye COVID-19 (waramuhobeye cyangwa ukamusoma).
- Warakoresheje ibikoresho byo kurya no kunywa bihuye n'iby'umuntu urwaye COVID-19.
- Umuntu urwaye COVID-19 yaritsamuye, arakorora, cyangwa hakaba hari ibitonyaga byagutakayeho bivuye mu mwuka we.

Niba utarakingiwe byuzuye ugahura bya hafi n'umuntu urwaye COVID-19 kugeza ku minsi 2 ibanziriza kugaragaza ibimenyetso, ufite ibyago ko wegereye umuntu ufite virusi, ugomba kwishyira mu kato. Kabone nubwo umuntu urwaye COVID-19 nta bimenyetso na bike yagaragaje, aba yakwanduzaga kugeza ku minsi 2 mbere y'uko apimwa.



**Mu gihe kingana n'iminota 15**

## Abana n'abakozi bagomba kwishyira mu kato mu gihe kingana iki?

**Aya mabwiriza ntareba abana n'abakozi babana n'umuntu ufite COVID-19.**

Warekera aho kuba mu kato:

- **Ku muni wa 10 batipimishije.** Iyo nta bimenyetso bya COVID-19 ugaragaza, ushobora kurangiza akato wishyizemo ku minsi 10 nyuma y'umunsi wa nyuma wahuriyeho n'umuntu wanduye.
- **Ku muni wa 7 wapimwe bagasanga uri muzima.** Ushobora gupimwa ku muni wa 7 w'igihe cyawe cy'akato wishyizemo. Ushobora kuva mu kato 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 kuguma mu kato kugeza ubonye ibisubizo by'ikizami.
- Izi nama NTIzireba abantu bakingiwe byuzuye, babana n'umuntu ufite COVID-19, cyangwa babana n'abandi mu kigo (nk'ikigo cyita ku buzima mu gihe kirekire, ikigo ngororamuco, cyangwa ikigo cy'abafite ibindi bibazo).

**Umuntu wese wegereye umuntu ufite virusi agomba kugenzura ibimenyetso kugeza hashize iminsi 14 uhereye igihe baherukanira, naho yaba yarasubiye ku kazi.**

Ni byiza gukomeza kugenzura ibimenyetso no gufata ingamba zo kwirinda zidasanzwe ziboneka ku rupapuro rwa 5. 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.



<sup>1</sup> <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

<sup>2</sup> <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

# Niba umwana cyangwa umukozi abana n'umuntu basanganye COVID-19, agomba kumara igihe kingana iki mu kato?

Abana n'abakozi babana n'umuntu basanganye COVID-19, bitwa ababana n'uwanduye. **Ababana n'uwanduye bafite ibyago byinshi byo kwandura virusi.**

Abana n'abakozi babana n'uwanduye bagomba kwishyira mu kato mu minsi 10 uhereye ku minsi wa nyuma bahuye bya hafi n'umuntu wanduye. **Bagomba kurangiza iminsi 10 yose bategera abandi, nubwo baba nta bimenyetso bagaragaza cyangwa barapimwe bagasanga batarwaye.** Ntibagomba kuva mu kato mbere y'iminsi 10.



Bishobora kugorana cyane kujya kure y'abantu barwaye COVID-19 kandi baba mu rugo rwawe. Abantu babana n'umuntu wanduye COVID-19 bashobora kuba bakomeza guhura n'umuntu wanduye bikaba byaba ngombwa ko bishyira mu kato igihe kirenze iminsi 10. Igihe cyose umuntu ubana n'uwanduye ahuye bya hafi n'umuntu urwaye mu gihe ashobora kwandura, akato karongera kagatangira.

## Bigenda bite iyo abana cyangwa abakozi bahuye n'uwanduye COVID-19 nyuma yo kurwara?<sup>3</sup>

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 kwishyira mu kato cyangwa kongera gupimwa mu gihe cy'iminsi 90.

**Ugomba gukurikiza aya mabwiriza mu gihe cy'iminsi 14 uhereye ku minsi wahuriyeho n'urwaye bwa nyuma:**

- Fata igipimo cy'ubushyuhe mbere yo kwita ku bana cyangwa na mbere y'akazi.
- Genzura ibimenyetso bya COVID-19 buri minsi.
- Niba bishoboka, ambara agapfukamunwa mu gihe urimo kwita ku bana, 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 muganga 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 uri mu kato wishyizemo, jya mu kato maze uhamagare muganga cyangwa ukuvura. Ariko kandi, ugomba kuba wujuje ibigenderwaho kugira ngo uve mu kato wasanga ku rupapuro rwa 3.



Ntugomba kwiheza niba ufite ubudahangarwa bwuzuye. Ibi bivuze mu gihe hashize nibura ibyumweru 2 utewe urukingo. Ariko kandi, niba ugaragaje ibimenyetso bya COVID-19 nyuma yo guhura n'uwanduye (ibi byabaho gake), ugomba kujya mu kato no guhamagara muganga wawe cyangwa uguha serivisi z'ubuzima. Byaba ngombwa kwipimisha bakareba niba urwaye COVID-19.

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

# Ingamba zo kurinda abantu bahuye n'umurwayi wa COVID-19

- Kugenzura ibimenyetso bya COVID-19 buri munsu, harimo no kwifata igipimo cy'ubushyuye niba bishoboka. Niba udafite igipimo, reba uruhu rwawe urebe niba rushyushye cyangwa rwahishije. Agatabo k'ingenzi kitwa, "Icyo wakora mu gihe uri mu kato cyangwa wishyize mu kato," wagikurura 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 ibindi bikorwa, amateraniro, guhura mu muryango, cyangwa ibindi bikorwa kugeza akato kawe karangiye.
- Ambara igitambaro cyangwa agapfukamunwa niba ushaka kuva mu rugo cyangwa gushaka ibintu by'ingenzi birimo guhaha cyangwa kwivuzza. 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 (telephone, 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 umutu 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.

