

Incamake y' igitabo kivuga ibyerekeye kurera abana muri COVID-19



CORONAVIRUS
UTAH.GOV

Igitabo kivuga ibyerekeye kurera abana muri COVID-19

Iki gitabo kigenewe ibigo byita ku bana harimo:

- Ibigo
- Ibigo bikorera ku masaha
- Porogaramu zikora mu gihe kitari icyo kwiga
- Amashuri y'incuke y'ubucuruzi
- Abatanga serivisi mu miryango bemewe
- Porogaramu zemejwe n'ishami rishinzwe umurimo (DWS) zisonewe uruhushya (LE)
- Ibigo byemejwe na DWS byita ku bana b'imiryango, inshuti n'abaturanyi batishoboye (FFN)
- Ibigo bikorera ku cyemezo cyo gutura
- Ibindi bigo byita ku bana byasonewe uruhushya rwo kwita ku bana



Abana n'abakozi bagomba kuguma mu rugo igihe kingana iki iyo ibipimo bigaragaje ko banduye COVID-19?

Guma mu rugo niba ufite [ibimenyetso](#) bya COVID-19 cyangwa ibipimo byagaragaje ko wanduye, nubwo waba warakingiwe cyangwa wararwaye COVID mbere. Guma mu rugo keretse igihe ugiye kwa muganga gusa. Ntabwo ugomba kujya mu kigo kita ku bana, ku kazi, mu ngendo cyangwa kujya mu bindi bikorwa cyangwa ahantu abantu bahuriye.

Niba ufite ibimenyetso, guma mu rugo kugeza:

- Nta muriro ufite mu masaha 24 utigeze ukoresha imiti igabanya umuriro,
- Ibimenyetso byawe byagabanutse mu masaha 24,
- Hakaba hashize nibura **iminsi 5 uherye ku muni wapimiweho**. Umunsi ibipimo byagaragaje ko wanduye witwa umunsi wa 0. Guma mu rugo kugeza hashize iminsi 5 yuzuye nyuma y'uko ibipimo bigaragaje ko wanduye (umunsi wa 1-5). Ugomba kuguma mu rugo nibura iminsi 5.



Bishobora kuba ngombwa ko uguma mu rugo iminsi irenga 5 niba ibimenyetso byawe bitagabanuka. Ibimenyetso bimwe na bimwe, nko gutakaza icyumviro cy'uburyohe cyangwa guhumurirwa, bishobora kumara ibyumweru cyangwa amezi nubwo waba utagifite ubwandu, bitakiri na ngombwa ko uguma mu rugo. Menyera byinshi [hano](#).

Ambara [agapfukamunwa kagufashe neza](#) igihe wegereye abandi no mu ruhame mu gihe cy'indi minsi 5 nyuma yo kurangiza akato mu rugo.

Niba nta bimenyetso wigeze ugira, guma mu rugo kugeza:

- Hashize nibura **iminsi 5 uhereye ku munsu wapimiweho.** Umunsi ibipimo byagaragaje ko wanduye witwa umunsi wa 0. Guma mu rugo kugeza hashize iminsi 5 yuzuye nyuma y’uko ibipimo bigaragaje ko wanduye (umunsi wa 1-5). Ugomba kuguma mu rugo nibura iminsi 5.

Niba urwaye cyangwa ukagira ibimenyetso, akato kawe k’iminsi 5- gatangira bundi bushya. Menyera byinshi [hano](#).

Ambara [agapfukamunwa kagufashe neza](#) igihe wegereye abandi no mu ruhame mu gihe cy’indi minsi 5 nyuma yo kurangiza akato mu rugo.



Ufite ubwandu kandi wakwirakwiza iyi virusi mu bandi kuva ku minsi 2 mbere yuko ugira ibimenyetso bya mbere kugeza igihe akato karangiriye. Niba utarigeze ugira ibimenyetso, ufite ubwandu kuva ku minsi 2 ibanziriza umunsi ikizami cyagaragarije ko ufite COVID-19. Umuntu wese mwegeranye cyane muri iki gihe agomba yahuye n’uwanduye.

Abana bagomba kuguma mu rugo igihe kingana iki nyuma yo guhura n’umuntu wanduye COVID-19?

Buri muntu agomba kwambara [agapfukamunwa kamufashe neza](#) igihe ari kumwe n’abandi mu minsi 10 nyuma yo kwegera umuntu ufite COVID-19.

Bishobora no kuba ngombwa ko abantu bamwe na bamwe bajya mu kato k’iminsi 5 mu rugo. Si ngombwa kujya mu kato mu rugo niba ibizami byaragaragaje ko wanduye COVID-19 mu minsi 90 ishize (hafi amezi 3). Si na ngombwa kujya mu kato mu rugo niba [warahawe inkingo za COVID-19 uko bikwiye](#). Ibi bivuze ko wahawe:

- Urukingo rwo gushimangira cyangwa urukingo urwo ari rwo rwose rwa COVID-19, cyangwa
- Urukingo rwa 2 rwa COVID-19 rwa Pfizer cyangwa Moderna mu mezi 5 ashize, cyangwa
- Urukingo rwa COVID-19 rwa Johnson & Johnson mu mezi 2 ashize.
- Abana batagejeje ku myaka 18 bafatwa nk’abamaze gukingirwa COVID-19 byuzuye iyo bahawe inkingo 2 z’urukingo rwa COVID-19 rwa Pfizer. Urukingo rwo gushimangira ntabwo rushyirwa mu gisobanuro cyo [gukingirwa COVID-19 byuzuye](#) ku bana.

Ugomba kujya mu kato k’iminsi 5 mu rugo niba:

- Udakingiye. Ibi bivuze ko nta rukingo na rumwe rwa COVID-19 wigeze uhabwa.
- Utarahawe inkingo za COVID-19 uko bikwiye.
- Hashize iminsi irenga 90 uhereye igihe ikizami cyagaragarije ko wanduye COVID-19 kandi ukaba utarahawe inkingo uko bikwiye.

Niba udashobora kwambara agapfukamunwa nyuma yo kwegera umuntu wanduye cyangwa nyuma yo kurangiza akato k’iminsi 5 mu rugo, CDC ikugira inama yo kuguma mu rugo mu minsi 10 aho kuba 5.

Turanakugira kandi inama yo kwipimisha nyuma y’iminsi 5 uhuye bwa nyuma n’umuntu urwaye COVID-19 kugira ngo wizere ko utaba urimo gukwirakwiza virusi mu bandi. Niba usanze waranduye cyangwa ukazana ibimenyetso, hita wishyira mu kato mu rugo. Niba hashize iminsi iri munsu ya 90 (hafi amezi 3) uhereye igihe ibizami byagaragarije bwa mbere ko urwaye COVID-19, ukaba nta bimenyetso bishya ufite, si ngombwa kongera kwipimisha muri iki gihe cy’iminsi 90.

Genzura ibimenyetso bya COVID-19 kandi nurwara wipimisha. Ni byiza gukomeza kugenzura ibimenyetso no gufata ingamba zo kwirinda z’inyongera ziboneka ku rupapuro rwa 5.

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

Abantu babana n'umuntu ufite COVID-19 bitwa ababana n'uwanduye. Ababana n'uwanduye bafite ibyago byinshi byo kwandura virusi.

Ni ngombwa kujya mu kato k'iminsi nibura 5 mu rugo niba ubana n'umuntu ufite COVID-19, ukaba udakingiye cyangwa [utarahabwa inkingo](#) za COVID-19 uko bikwiye, cyangwa hakaba hashize iminsi irenga 90 uhereye igihe wanduriye COVID-19. Bishobora kugorana cyane kujya kure y'abantu barwaye COVID-19 kandi mubana mu rugo. Bivuze ko ushobora gukenera kujya mu kato igihe kirenze iminsi 5 niba udashobora kwitarura umuntu urwaye COVID-19. Igihe cyose wegeranye cyane n'umuntu ibizami byagaragaje ko arwaye kandi akiri mu kato, akato kawe gatangira bundi bushya.



Irinde kandi urinde n'abandi mubana wambara agapfukamunwa igihe uri kumwe n'umuntu urwaye COVID-19. [Ipimishe](#) niba urwaye cyangwa ukagira ibimenyetso.

Ese abana cyangwa abakozi bagomba kujya mu kato mu rugo niba barigeze kurwara COVID-19?

Niba hatarashira **iminsi 90 (hafi amezi 3)** uhereye igihe wapimiwe ugasanga waranduye COVID-19, ntugomba kongera kujya mu kato. CDC n'Ishami ry'Ubuzima rya Utah batanga inama yo kutipimisha mu gihe wegereye uwanduye niba **hatarashira iminsi 90** (hafi amezi 3) uhereye igihe ibizami byagaragarije ko urwaye COVID-19 bwa mbere, upfa kuba nta bimenyetso bishya cyangwa birushaho kuba bibi ufite. Hamagara muganga urebe niba warongeye kwandura niba ufite ibimenyetso bishya cyangwa ibimenyetso bibi cyane muri iki gihe cy'iminsi 90. Turabizi ko hari ibyago bike by'uko wakongera kwandura COVID. Ibipimo by'abantu bamwe na bamwe bizakomeza kugaragaza ko bafite ubwandu nubwo baba batagishobora gukwirakwiza virusi mu bandi. Icyakora, niba hashize **iminsi irenga 90** uhereye igihe ibipimo byagaragarije ko wanduye kandi ukaba [utarahawe inkingo za COVID-19 uko bikwiye](#), ugomba kujya mu kato mu rugo no kwipimisha nyuma y'iminsi 5 wegeranye n'uwanduye.



Ugomba gukurikiza aya mabwiriza mu gihe cy'iminsi 10 uhereye ku munsu wahuriyeho n'urwaye bwa nyuma:

- Kugenzura ibimenyetso bya COVID-19 buri munsu.
- Ambara agapfukamunwa kagufashe neza mu gihe uri kumwe n'abantu mutabana.
- Niba urwaye cyangwa ufite ibimenyetso bya COVID-19, jya mu kato kandi uhamagare muganga cyangwa utanga serivisi z'ubuzima kugira ngo umenye niba ugomba kongera kwipimisha COVID-19.

Fata izi ngamba z'ubwirinzi nyuma yo guhura n'umuntu wanduye COVID-19

- Gabanya umubare w'abagusura mu rugo igihe uri mu kato.
- Ambara agapfukamunwa igihe uri kumwe n'abandi. Ni ingenzi kwambara agapfukamunwa mu ruhame n'igihe uri kumwe n'abandi kugeza hashize iminsi 10 uhereye igihe wahuriye n'uwanduye COVID-19. Irinde kujya ahantu bigoye kwambara agapfukamunwa muri iyi minsi 10, nk'ibyumba bikorerwamo siporo cyangwa resitora.
- Genzura [ibimenyetso](#) bya COVID-19 buri muni mu minsi 10 nyuma yo kwegera uwanduye, harimo no kwipima ubushyuhe niba bishoboka. Agatabo k'ingenzi kitwa, "[Icyo wakora igihe uri mu mwihezo cyangwa akato](#)" kagufasha kumenya uko ugenzura ibimenyetso byawe n'icyo wakora. Hita wipimisha niba ugize ibimenyetso bya COVID-19 mu gihe cy'akato.
- Ipimisha hashize nibura iminsi 5 uhuye bwa nyuma n'umuntu wanduye COVID-19. Niba usanze utaranduye, ushobora kuva mu rugo, upfa kwambara agapfukamunwa igihe uri kumwe n'abandi. Niba usanze waranduye, [jya mu kato mu rugo](#).
- Guma kure y'abantu bafite ubudahangarwa bujagajega cyangwa ibyago byinshi byo kuremba cyane kubera COVID-19. Ntabwo ugomba kujya mu bitaro bitangirwamo ubuvuzi bw'igihe kirekire, ibigo byita ku bari mu za bukuru cyangwa ahandi hantu bafite ibyago byinshi kugeza hashize nibura iminsi 10 uhereye igihe wegereye umuntu urwaye COVID-19.
- Wikora ingendo kugeza akato kawe karangiye. Ipimisha hashize nibura iminsi 5 wegeranye n'umuntu urwaye kandi urebe neza ko igisubizo cy'ikizami kigaragaza ko uri muzima mbere yo kujya mu rugendo. Wikora ingendo niba ufite ibimenyetso bya COVID-19: Ambara agapfukamunwa igihe uri kumwe n'abandi niba uguye mu rugendo.

