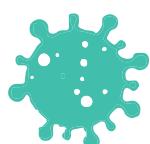


Icyo wakora niba uri mu kato ukeka ko wanduye **COVID-19** **cyangwa uyirwaye**



CORONAVIRUS
UTAH.GOV



UTAH ASSOCIATION of
LOCAL HEALTH DEPARTMENTS



UTAH DEPARTMENT OF
HEALTH

Byavuguruwe kuwa 4/2/2022

Gukingira COVID-19

Inkingo za COVID-19 zose zemejwe cyangwa zahawe uburenganzira na FDA na CDC zirizewe kandi zikora neza mu kukurinda virusi. Zifasha kukurinda kurwara, gushirwa mu bitaro no kwicwa na COVID-19. Ushobora kurwara COVID-19 nyuma yo gukingirwa ariko abantu bakingiwe ntabwo baremba cyane cyangwa ngo bashirwe mu bitaro ugereranyije n'abahitamo kutikingiza.



Amabwiriza y'akato ashingira ku kuba waramaze gukingirwa COVID-19 uko bikwiye. Ufatwa [nk'uwanmazegukingirwa COVID-19 uko bikwiye](#) niba warahawe:

- 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 uko bikwiye iyo bahawe inkingo 2 z'urukingo rwa COVID-19 rwa Pfizer. Urukingo rwo gushimangira ntabwo rushirwa mu gisobanuro cyo gukingirwa COVID-19 uko bikwiye ku bana.

CDC kandi ikoresha ijambu kuba ukingiye byuzuye. Ufatwa nk'okingiye byuzuye nyuma y'ibyumweru 2 cyangwa birenga uhawre urukingo rwa nyuma rw'inkingo z'ibanze za COVID-19. Kuri Pfizer cyangwa Moderna, inkingo z'ibanze ni inkingo 2 z'ubwoko bu bumwe. Kuri Johnson & Johnson, inkingo z'ibanze ni urukingo rumwe.

Ushobora kwikingiza igihe cyose utakiri mu kato cyangwa umuhezo, ukaba nta n'ibimenyetso bya COVID-19 ufite.

Ni ryari nakwipimisha COVID-19?

Guma mu rugo kandi [wipimishe](#) niba ufite [ibimenyetso](#) bya COVID-19, nubwo byaba byoroheje. Tuzi ko hari ibyago by'uko abantu bashobora kongera kwandura, n'uko abantu bakingiye byuzuye bashobora kurwara COVID-19.



Umuntu wese uhuye n'umurwayi wa COVID-19 agomba kwipimisha. Abantu bamwe na bamwe bashobora kugira ibizami bigaragaza ko barwaye COVID-19 nyuma yo kuyirwara naho baba barangije akato, batagishobora no kwanduza abandi. Turakugira inama yo kutipimisha nyuma yo guhura n'uwanduye niba **hatarashira iminsi 90** (hafi amezi 3) uhereye igihe ibizami byagaragarije ko urwaye COVID-19 bwa mbere, igihe cyose nta bimenyetso bishya ufite. Ariko, niba ufite ikimenyetso gishya icyo ari cyo cyose cyangwa hashize **iminsi irenga 90** (hafi amezi 3) uhereye igiye wanduriye, ugomba kongera kwipimisha. Tuzi kandi ko abantu bakingiwe bashobora kwandura COVID-19, bityo rero kugira ngo birinde, turabagira inama yo kwipimisha COVID-19 nyuma y'iminsi 5 bahuye n'umuntu wanduye, nubwo baba barakingiwe.

Tegereza iminsi 5 nyuma yo guhura n'uwanduye ubone kwipimisha. Ibi bituma virusi ziba nyinshi mu mubiri wawe kugira ngo nukorerwa ikizami zigaragare. Inkingo ntizitura ibizami bya COVID-19 bidatanga ibisubizo by'ukuri. Bishobora kuba ngombwa ko wipimisha inshuro zirenze imwe, bitewe n'ubwoko bw'ikizami wakorewe, mu gihe wapimwaga, kandi niba waru ufite ibimenyetso mu gihe cyo kwipimisha. Nyuma yo kwipimisha, hita ujya mu rugo. Guma mu rugo kugeza ubonye igisubizo cy'ikizami cyawé.

Ibizami bimwe na bimwe bya COVID-19 bitanga ibisubizo bisobanutse kurusha ibindi. Ibizami byihuse bipima ubwirinzi bw'umubiri bikora neza mu gihe umuntu afite ibimenyetso bya COVID-19. Ibizamini byinshi bifatirwa mu rugo ni ibizami byihuse byo gusuzuma ubwirinzi bw'umubiri. Ibi bizami bitahura gusa virusi zo ku rwego rwo hejuru kandi ntibigira imbaraga nk'ibizami bya PCR. **Koresha ikizami cya PCR mu gihe ikizami cy'ubwirinzi bw'umubiri kigaragaje ko utanduye kandi ufite ibimenyetso.** Ushobora kugira igisubizo kigaragaza ko utanduye atari byo. Niba utabona ikizami cya PCR cyangwa uhisemo gukoresha ikizami cyihuse cy'ubwirinzi bw'umubiri cyangwa kongera kwipimira mu rugo, tegereza amasaha 24-36 mbere yo kongera kwipima.

Ni ngombwa kujya mu kato?

Akato k'umuntu ukeka ko yanduye kareba abantu bahuye n'umuntu uftite COVID-19 ariko bakaba batarwaye cyangwa ngo ibizami bigaragaze ko banduye. Gatuma ujya kure y'abandi bityo ntugire undi muntu wanduza utabizi. Gatandukanye n'akato k'umurwayi, umuntu agomba kujyamo igihe basanze yaranduye cyangwa afite ibimenyetso bya COVID-19. Ugomba kujya mu kato kandi ugafata ingamba z'ubwirinzi niba warahuye n'uwanduye COVID-19. Ibi bivuze kuba waregereye cyane umuntu urwaye COVID-19 mu gihe uwo muntu yari yanduye.

Umuntu wegereye cyane umurwayi bisobanura kuba:

- Wari muri metero zitageze kuri 2 uvuye ku muntu uftite iyi virusi mu gihe cy'iminota 15 cyangwa irenga mu masaha 24.
- Waritaye ku muntu urwaye COVID-19 mu rugo.
- Warakoranye n'umuntu wanduye COVID-19 (waramuhobeye cyangwa ukamusoma).
- Warakoreshje ibikoresho byo kuriraho cyangwa kunyweramo byakoreshjejwe n'umuntu urwaye COVID-19.
- Umuntu urwaye COVID-19 yaritsamuye, yarakoroye, cyangwa hakaba hari ibitonjaga byagutakayeho bivuye mu mwuka we.



**Mu gihe kingana
n'iminota 15**

Si ngombwa ko ujya mu kato niba:

- Ikizami cyaragaragaje ko wanduye COVID-19 mu minsi 90 ishize, (hafi amezi 3).
- Waramaze gukingirwa COVID-19 uko bikwiye.

Kuba waramaze gukingirwa COVID-19 uko bikeiye 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 uko bikwiye iyo bahawe inkingo 2 z'urukingo rwa COVID-19 rwa Pfizer. Urukingo rwo gushimangira ntabwo rushyirwa mu gisobanuro cyo gukingirwa COVID-19 uko bikwiye ku bana.

Ambara [agafukamunwa kagufashe neza](#) igihe wegereye abandi no mu ruhame mu minsi 10 nyuma yo guhura n'umuntu wanduye. Kwambara agafukamunwa igihe wegereye abandi ni ingenzi, nubwo waba utari mu kato mu rugo. Ibi bifasha kurinda abandi. Niba utashobora kwambara agafukamunwa wegereye abandi mu minsi 10 nyuma yo guhura n'uwanduye, ugomba kujya mu kato mu rugo. [Agafukamunwa kujuje ubuziranenge](#) nka KN95 gashobora kurinda cyane abandi bantu bazahura nawe.



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 uhoreye igihe ikizami cyagaragarije ko wanduye COVID-19 kandi ukaba utarahawe inkingo uko bikwiye.

Niba udashobora kwambara [agapfukamunwa gafashe neza](#) wegereye abandi no mu ruhame nyuma yo guhura n'umuntu wanduye cyangwa nyuma yo kurangiza akato k'iminsi 5 mu rugo, CDC ikugira inama yo kuguma mu rugo mu gihe cy'iminsi 10 aho kuba 5.

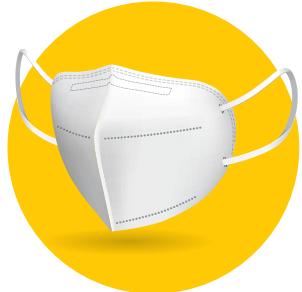


Turanakugira kandi inama yo kwipimisha nyuma y'iminsi 5 uhuye bwa nyuma n'umuntu urwaye COVID-19 kugira ngo wizere ko utaba urimo gukwirakwiza virusi mu bandi, nubwo utajya mu kato mu rugo. Niba usanze waranduye cyangwa ukazana ibimenyetos, hita wishyira mu kato mu rugo. Niba hashize iminsi iri munsi ya 90 (hafi amezi 3) uhoreye 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 wipimishe.

Fata izi ngamba z'ubwirinzi nyuma yo guhura n'umuntu wanduye:

- Gabanya umubare w'abagusura mu rugo igihe uri mu kato.
- Ambara agapfukamunwa igihe uri kumwe n'abandi. Ni ingenzi kwambara agapfukmunwa mu ruhame n'igihe uri kumwe n'abandi kugeza hashize iminsi 10 uhoreye igihe wahuriye n'uwanduye COVID-19. Irinde kujya ahantu bigoye kwambara agapfukamunwa muri iyi minsi 10, nk'ibumba bikorerwamo siporo cyangwa resitora.
- Genzura ibimenyetso bya COVID-19 buri munsi mu minsi 10 nyuma yo kwegera uwanduye, harimo no kwipima ubushyuhe niba bishoboka. Hita wipimisha niba ugize ibimenyetso bya COVID-19 mu gihe cy'akato.
- Ipimishe 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 bujegajega 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 uhoreye igihe wegereye umuntu urwaye COVID-19.
- Wikora ingendo kugeza akato kawe karangiye. Ipimishe 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 ugiye mu rugendo.



Narangiza akato ryari?

Umunsi wo guhura n'uwanduye ni umunsi wa nyuma wahuyeho n'umuntu wari uftite ubwandum bwa COVID-19. Uyu munsi tuwita umunsi wa 0 w'akato kawe. Ibi bivuze ko utangira akato ku munsi wa 0 (witwa umunsi wahuriyeho n'uwanduye cyangwa umunsi wa nyuma wegereyeho cyane umuntu wanduye COVID-19), ukazarangiza iminsi 5 yuzuye (umunsi wa 1-5).

Ibuka, niba ubana n'umuntu uftite COVID-19, ukaba ugomba kujya mu kato mu rugo, akato kawe k'iminsi 5 gatangira NYUMA y'uko uyu muntu arangije akato. Ibi bivuze ko ushobora kumara mu kato iminsi irenga 5 niba bidashoboka ko mutabonana.



Bwa nyuma
wegereye cyane
umuntu
urwaye
COVID-19
(umunsi wa 0)

| KU CYUMWERU | KUWA MBERE | KUWA KABIRI | KUWA GATATU | KUWA KANE | KUWA GATANU | KUWA GATANDATU |
|---|------------|-------------|------------------|-----------|-------------|----------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Ambara agapfukamunwa igihe uri kumwe n'abandi bantu | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | AKATO K'IMINSI 5 | | | |

Umunsi wa 1
w'akato kawe

Igihe cya
vuba
wakwipimisha

Umunsi wa
nyuma
w'akato
ko mu rugo
(umunsi wa 5)

Ni ngombwa ko njya mu kato mu rugo niba mbana n'umuntu uftite COVID-19?

Abantu babana n'umuntu uftite 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 uftite COVID-19, ukaba udakingiye cyangwa utarahabwa inkingo za COVID-19 uko bikwiye, cyangwa hakaba hashize iminsi irenga 90 uhoreye 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. Hita wipimisha niba urwaye cyangwa ugize ibimenyetso, nubwo byaba byoroheje.

Ni ngombwa kujya mu kato niba ibizami byagaragaje ko nanduye COVID-19 nyuma yo kwikingiza?

Yego. Guma mu rugo nibura mu minsi 5 niba ibizami bigaragaje ko urwaye cyangwa ufite ibimenyetso bya COVID-19, nubwo waba warakingiwe. Inkingo ntizituma ibizami bya COVID-19 bidatanga ibisubizo by'ukuri. Niba ikizami kigaragaje ko wanduye nyuma yo gukingirwa, bivuze ko urwaye COVID-19. Ibi bibaho gake ariko birashoboka.



Ese ishami ry'ubuzima rizampamagara niba ibizami bigaragaje ko nanduye cyangwa nahuye n'umuntu urwaye COVID-19?

Ahantu bapima cyangwa utanga serivisi z'ubuzima bapimye ibizami byawe bazaguha ibisubizo. Ushobora guhabwa ibisubizo by'ibizami imbona nkubone, kuri telefoni cyangwa kuri imeyili. Niba ikizami kigaragaje ko wanduye, ishami ry'ubuzima rizagerageza kukuvugisha mu rwego rwo gukora iperereza. Umukozi mu by'ubuzima rusange ashobora kuguhamagara cyangwa kukohereza ubutumwa cyangwa imeyili. Iperereza ku murwayi ni igihe umukozi mu by'ubuzima rusange akubajije ibibazo bijyanye no guhura n'umuntu urwaye COVID-19. Umukozi mu by'ubuzima rusange azakubaza aho wagiye mu gihe wari ufite ubwandu, igihe ibimenyetso byatangiriye, n'undi muntu waba na we yarahuye n'umurwayi. Azakubaza kandi niba ukeneye ubufasha bwo kubona ibindi wifashisha nk'ibiribwa cyangwa icumbi mu gihe uri mu kato.



Gukurikirana abahuye n'uwenduye bikorwa iperereza ku murwayirirangiye. Gukurikirana abahuye n'uwenduye ni uburyo abashinzwe ubuzima rusange bashaka abandi bantu bashobora kuba barahuye n'uwenduye virusi cyangwa indwara hanyuma bakabavugisha kugira ngo babawire igihe bagomba kumara bari mu kato. Gukurikirana abahuye n'uwenduye kandi bifasha aba bantu bahuye na we, bashobora gukenera izindi serivisi kugira ngo bashobore kujya mu kato.

Kuri ubu, amwe mu mashami y'ubuzima ntashobora gukora iperereza ku murwayi cyangwa gukurikirana abahuye n'umurwayi. Ariko ushobora kubona ubutumwa bwanditse bw'ishami ryita ku buzima cyangwa kumenyeshwa ko wahuye n'uwenduye niba warafunguye iri koranabuhanga kuri telefoni yawe.

Mbese umuntu wo mu ishami ry'ubuzima azagenzura arebe uko numva merewe?

Genzura ibimenyetso bya COVID-19 mu minsi 10 nyuma yo guhura n'umuntu wanduye. Ipimishe niba urwaye cyangwa ugize ibimenyetso, nubwo byaba byoroheje. Shakisha aho bapimira hakwegereye kuri: <https://coronavirus.utah.gov/utah-covid-19-testing-locations>.

Umukozi mu by'ubuzima rusange ashobora kukuvugisha mu gihe uri mu kato kugira ngo akugenzer, anakubaze uko wumva umerewe. Ushobora kwakira telefoni cyangwa ubatumwa bwanditse by'ishami ry'ubuzima kugira ngo barebe niba hari ibimenyetso ufite cyangwa ukeneye ubufasha bwo kubona ibyo wifashisha.



Kuki ngomba kwandika ibipimo by'ubushyuhe n'ibimenyetso mfite buri munsi?

abantu benshi bazagaragaza ibimenyetso ku munsi wa 10 nyuma yo guhura n'uwanduye ariko bishobora kugeza ku minsi 14 kugira ngo ibimenyetso bigaragare. Abantu bamwe na bamwe bagira ibimenyetso byoroheje cyane gusa, ntibashobore kumenya ko ari COVID-19. Niyo mpamvu ari byiza gupima ubushyuhe bwawe no kwandika uko wumva umerewe buri munsi. Ipimishe niba wumva urwaye cyangwa ukaba ufite ibimenyetso bya COVID-19.

Ibimenyetso bya COVID-19 birimo: umuriro cyangwa gutengurwa, inkorora, kubura umwuka cyangwa guhumeka bigoranye, kubabara mu muhogo, kuribwa mu mitsi, umunaniro, kurwara umutwe, kuziba amazuru cyangwa kugira ibimyira, kumva urwaye mu gifu cyangwa kuruka, impisiwi, cyangwa kutumva uburyohe cyangwa impumuro bije vuba.



Ni gute nakurikirana ibimenyetso mfite?

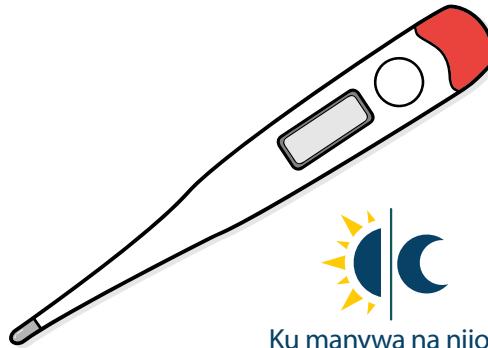
Koresha intambwe zikurikira kugira ngo ugenzure ibimenyetso ufite unandika amakuru akwerekeyeho. Ugomba gukora izi ntambwe inshuro 2 buri munsi mu minsi 10 uhereye ku munsi wahuriyeho n'umuntu wanduye COVID-19.



**Intambwe
ya 1**

Fata ibipimo by'ubushyuhe ufile inshuro 2 ku munsi. Bikore buri munsi mu minsi 10.

- Koresha igipimisho cy'ubushyuhe ufata ibipimo by'ubushyuhe ufile.
- Niba udafite igipimisho cy'ubushyuhe, andika niba utekereza ko ufile umuriro (uruhu rwawe rushobora kuba rumeze nk'urushyusye cyangwa rwatukuye cyangwa ushobora kuba ufile imbeho cyangwa ubira ibuya).
- Fata ibipimo by'ubushyuhe inshuro imwe mu gitondo (mbere ya saa sita) na nijoro (nyuma ya saa sita). Niba wibagiwe gufata ibipimo by'ubushyuhe, ihutire kubifata igahe ubyibutse.



Ku manywa na nijoro

Ibintu by'ingenzi ukwiye kumenya ku bijanye no gufata ibipimo by'ubushyuhe ufile:



Tegereza iminota 30 umaze kurya, kunywa cyangwa gukora imyitoto ngororamubiri ubone gufata ibipimo by'ubushyuhe.



Fata ibipimo by'ubushyuhe byawe mbere yo gufata imiti. Imwe mu miti igabanya ibipimo by'ubushyuhe bigatuma bigorana kumenya niba ufile umuriro. Tegereza amasaha 6 kugira ngo ufile ibipimo by'ubushyuhe nyuma yo gufata imiti nka:

- Acetaminophen, initwa paracetamol (Tylenol)
- Ibuprofen
- Aspirin



Ni byiza gukoresha igipimisho cy'ubushyuhe gishyirwa mu gutwi ku mpinja n'abana batarengeje imyaka 4. Iyo ufatiye ibipimo by'ubushyuhe mu kwaha k'umwana maze ugasanga umuriro ari $99.4^{\circ}\text{F}/37.4^{\circ}\text{C}$ cyangwa birenze, umwana wawe aba afite umuriro. Ni ngombwa kubimenyesha muganga cyangwa ishami ry'ubuzima rikwegereye niba wafatiye ibipimo by'ubushyuhe bw'umwana mu kwaha.



Abantu bakuru
Ubushyuhe bwa
 $100.4^{\circ}\text{F}/38^{\circ}\text{C}$
cyangwa burenze

Abana
Ubushyuhe bwa
 $99.4^{\circ}\text{F}/37.4^{\circ}\text{C}$
cyangwa burenze

Tegereza

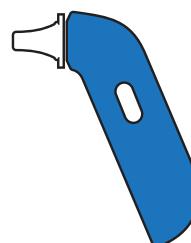


nyuma yo
kurya, kunywa
cyangwa
gukora imyitoto

Tegereza



nyuma yo
gufata
umuti uwo ari
wo wose



Koresha igipimisho
cy'ubushyuhe gipima
mu gutwi ku bana bari
munsi y'imyaka 4.

Intambwe ya 2

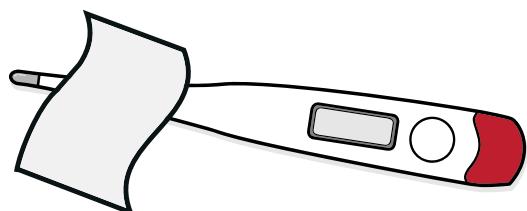
Andika ibipimo by'ubushyuhe n'ibimenyetso ufite ku ifishi iri ku mpera y'aka gatabo. Bikore buri munsi mu minsi 10.

- Itariki ya nyuma wahuriyeho n'umurwayi" ku ifishi ni wo munsi ukeka ko wanduye COVID-19. Uyu tuwita "umunsi wa 0". Ni bwo bwa nyuma wegeranye cyane n'umuntu ibizami byagaragaje ko yanduye mu gihe yashoboraga kwanduza. Umuntu afatwa nk'uwanduye mu minsi 2 mbere yuko agaragaza ibimenyetso. Niba umuntu adafite ibimenyetso, aba yanduye guhera ku minsi 2 mbere yuko ibizami bigaragaza ko afite COVID-19. Itariki ushobora guhagarika gukurikirana ubushyuhe n'ibimenyetso ni iminsi 10 nyuma y'itariki wahuriyeho bwa nyuma n'umuntu wanduye. Niba utazi ayo matariki, hamagara ku ishami ry'ubuzima, ku ishuri cyangwa aho ukorera bitewe n'aho wahuriye n'umuntu wanduye. Uzuza amatariki yose mu minsi 10. Ntugire aho usiga utahanditse.
- Andika ibipimo by'ubushyuhe ufite ku ifishi iri ku musozo w'aka gatabo. Ugomba gufata ibipimo by'ubushyuhe bwawe inshuro 2 buri munsi. Fata ibipimo by'ubushyuhe inshuro imwe mu gitondo (mbere ya saa sita) na njoro (nyuma ya saa sita).
- Niba ufite kimwe mu bimenyetso byavuzwe ku ifishi, vivura "Y" kuri yego cyangwa "O" kuri oya.



Intambwe ya 3

Hanagura igipimisho igihe cyose hari umuntu umaze kugikoresha.



Intambwe ya 4

Niba wumva urwaye cyangwa ufite ibimenyetso bya COVID-19

- Guma mu rugo kugeza wumvise umeze neza.
- Ipimishe COVID-19.
- Niba ibimenyetso byawe birushijeho kuba bibi cyangwa wumva ukeneye ubuvazi, hita ujya kwivuza. Ni byiza kujya ku bitaro cyangwa ku biro bya muganga. Ambara agapfukamunwa kandi umeneshe abakora mu by'ubuzima ko ibizami byagaragaje ko wanduye COVID-19.

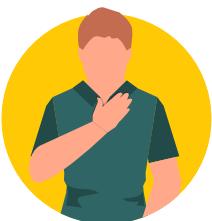


Ni byiza kujya ku bitaro cyangwa ku biro bya muganga mu gihe cy'iki cyorezo

Niba ufite kimwe muri ibi bimenyetso biteguza ko ukeneye ubutabazi bwihutirwa*, hita ujya kwivuza:



Kugira ikibazo cyo
guhumeka cyangwa
kubura umwuka



Ububabare cyangwa
kuremererwa mu
gatuza bidashira



Kumva uri mu rujijo
cyangwa kutabasha
gukanguka bikoroheye



Niba iminwa yawe
cyangwa isura
byahindutse ubururu

*Ibi ntawbo ari ibimenyetso bigaragaza ko ukeneye ubutabazi bwihutirwa byose uko byakabaye. Hamagara muganga wawe igihe ugize impungenge.



Ngomba kuguma mu rugo igihe kingana iki nyuma y'uko ibipimo bigaragaje ko nanduye COVID-19?

Akato k'iminsi 10 karacyari igihe cyizewe cyane cyo kuguma mu rugo nyuma y'uko ibipimo bigaragaje ko wanduye. Ariko, amakuru mashya atangwa na CDC agaragaza ko kuri ubu hashobora gukoreshwa umwihezo n'akato bigufi. Guma mu rugo kugeza:

- Nta muriro ufite mu masaha 24 bivuze ko utigeze ukoresha imiti igabanya umuriro, kandi
- Ibimenyetso byawe bigenda bigabanuka mu masaha 24, kandi
- Hakaba hashize nibura **iminsi 5 uhoreye ku munsi 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.

Bishobobora 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 ubwandum, bitakiri na ngombwa ko uguma mu rugo.

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

Ushobora kwemererwa kuvurwa hakoreshejwe ubuvuzi bukoresha abasirikare b'uturemangoing dusa cyangwa ibinini bivura virusi ya COVID-19 niba ibipimo byagaragaje ko wanduye. Menya ibindi kuri <https://coronavirus.utah.gov/treatments> cyangwa uvugishe muganga wawe.

Si ngombwa ko wongera gupimwa kugira ngo uve mu kato.

Niba ushaka gupimwa mbere yo gusubira mu bikorwa bisanzwe (nk'akazi cyangwa ishuri), [CDC itanga inama yo](#) gukoresha ikizami cyihuse cy'ubwirinzi bw'umubiri (cyangwa ikizami cyo mu rugo) aho gukoresha icya PCR. Tegereza iminsi 5, kugeza nta muriro ugifite mu masaha 24 kandi ibindi bimenyetso bikaba byagabanutse mbere yo kwipimisha. Niba igisubizo cy'ikizami cyihuse cy'ubwirinzi bw'umubiri kigaragaje ko wanduye nyuma y'iminsi 5 y'akato, ni byiza kuguma mu rugo indi minsi 5 (igiteranyo cy'iminsi 10 nyuma y'uko igisubizo cy'ikizami kigaragaje bwa mbere ko wanduye). Icyakora, ushobora kongera kwipimisha ukoresheje ikindi kizami cyihuse cy'ubwirinzi bw'umubiri nyuma y'amasa 24, cyagaragaza ko uri muzima, ukaba warangiza akato ko mu rugo. Niba igisubizo cy'ikizami kigaragaje ko uri muzima, ushobora kurangiza akato, ariko ugomba kwambara [agapfukamunwa kagufashe neza](#) igihe uri kumwe n'abandi mu rugo ndetse no mu ruhame mu gihe cy'indi minsi 5.

Ni zihe ngamba z'ubwirinzi nafata nyuma y'uko ibisubizo by'ibizami bigaragaje ko nanduye kugira ngo abandi batanyegeera?

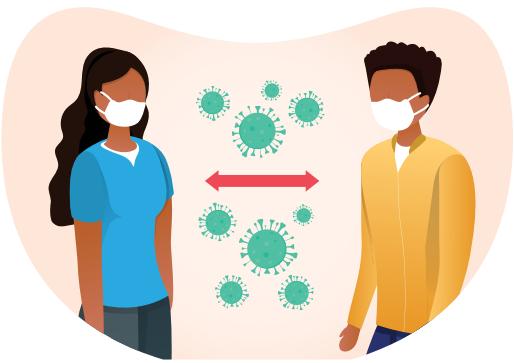
Guma mu rugo keretse igihe ugiye kwa muganga gusa. Ntugomba gukora ingendo cyangwa kujya ku kazi, ku ishuri, mu bikorwa biba mu gihe kitari icy'amasono, amateraniro yo gusenga, guhura mu muryango cyangwa ibindi bikorwa.

- Gerageza kuguma mu cyumba gitandukanye n'icy'abandi mubana. Ni byiza kuguma kure y'abantu bafite ibyago byinshi byo kurwara bakarembo igihe wanduye. Gerageza gukoresha ubwiherero butandukanye n'ubw'abandi mubana. Niba bitakunda kuguma mu cyumba wihariye cyangwa gukoresha ubwiherero wihamiye, ambara agapfukamunwa niba bibaye ngombwa kwegera abandi.
- Wifatanya n'abandi ibikoresho byihariye nk'ibikombe, amasahani cyangwa ibitambaro byo kwihanagura.
- Hanagura ahantu hakorwa cyane (nka telefone, serire z'inzugi, aho bacanira amatara, aho bamanurira amazi mu bwiherero, aho bafungurira amazi ya ravabo, kontwari n'ibindi bintu byose bikoze mu byuma).
- Rangaza amadirishya uko bishoboka kugira ngo umwuka ubashe gutembera no kwinjira.



Ni nde ugomba kujya mu kato nyuma yo kunyegera?

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 gufata ingamba, ndetse bishobora kuba ngombwa ko ajya mu kato mu rugo. Menya ibindi ku rupapuro rwa 2.



Nahamagara nde niba mfite ibibazo?

Niba ufite ibibazo, hamagara ishami ry'ubuzima rikwegereye, Ishami ry'Ubuzima rya Utah cyangwa utanga serivisi z'ubuzima. Wahamagara kandi telefoni yagenewe koronavirusi kuri 1-800-456-7707.

| | |
|--|--|
| Ishami ry'Ubuzima rya Utah | (385) 286-0296 |
| Ishami ry'Ubuzima rya Bear River | (435) 792-6500 (Intara za Box Elder, Cache na Rich) |
| Ishami ry'Ubuzima Rusange rya Utah yo Hagati (Intara za Juab, Millard, Piute, Sanpete, Sevier na Wayne): | (435) 896-5451 |
| Ishami ry'Ubuzima ry'Intara ya Davis | (801) 525-5200 |
| Ishami ry'Ubuzima ry'Intara ya Salt Lake | (385) 468-4100 |
| Ishami ry'Ubuzima Rusange rya San Juan | (435) 359-0038 |
| Ishami ry'Ubuzima rya Utah y'Amajyepfo y'lburasirazuba (Intara za Carbon, Emery na Grand) | (435) 637-3671 |
| Ishami ry'Ubuzima Rusange rya Utah y'Amajyepfo y'l burengerezuba (Intara za Beaver, Garfield, Iron, Kane na Washington) | (435) 673-3528 |
| Ishami ry'Ubuzima ry'Intara ya Summit | (435) 333-1500 |
| Ibilo bya Park City | (435) 783-3161 |
| Ibilo bya Kamas | (435) 783-3161 |
| Ibilo bya Coalville | (435) 336-3234 |
| Tooele County Health Department | (435) 277-2300 |
| TriCounty Health Department (Daggett, Duchesne, and Uintah counties) | (435) 247-1177 |
| Utah County Health Department | (801) 851-7000 |
| Wasatch County Health Department | (435) 657-3232 |
| Weber-Morgan Health Department | (801) 399-7250 |

