

Ngomba kuguma mu rugo igihe kingana iki? Amabwiriza y'akato n'umwihezo



Byavuguruwe ku ya 11/1/2022

Amabwiriza y'umwihezo n'akato akomeza kugenda ahinduka uko tugenda tubona andi makuru kandi twiga igihe ubudahangarwa buterwa no kwikingiza n'ubw'ubwandu kamere bumara, ndetse n'igihe umuntu ashobora kumarana ubwandu. [Amakuru](#) agaragaza ko ubudahangarwa buturuka ku nkingo n'ubwandu kamere bugenda bucika intenge uko ibihe bihita.

Amabwiriza y'akato ashingira ku kuba [waramaze gukingirwa COVID-19 uko bikwiye](#). Kuba warahawe inkingo za COVID-19 uko bikwiye birimo guhabwa inkingo zose zitegetswe z'ubwoko bw'urukingo, kimwe n'inkingo zo gushimangira zisabwa. Amakuru agaragaza ko inkingo zo gushimangira zirinda cyane ubwoko bwa Omicron. Tuzakomeza kugenda tuvugurura amabwiriza y'umwihezo n'akato uko tugenda tubona andi makuru ku gihe ubudahangarwa bumara yaba ubuturuka ku nkingo cyangwa ubwandu kamere.

Akato ni ak'abantu ibizami byagaragaje ko banduye cyangwa bafite ibimenyetso bya COVID-19. Umwihezo ni uw'abantu bashobora kuba bahuye n'umuntu urwaye COVID-19.

Niba ufite imyaka 18 cyangwa irenga ibipimo bikagaragaza ko wanduye COVID-19

Ese ufite ubwirinzi bw'umubiri bufite intege nke?	Ukeneye iminsi ingahe yo kuguma mu rugo?
Oya, ntabwo mfite ubwirinzi bw'umubiri bufite intege nke.	Iminsi 5 uhereye igihe ibipimo byagaragariye ko urwaye. Niba ukirwaye cyangwa ugifite ibimenyetso nyuma y'iminsi 5, guma mu rugo kugeza umeze neza.
Yego, mfite ubwirinzi bw'umubiri bufite intege nke cyangwa narwaye COVID-19 ndaremba (ibi bivuze ko washyizwe mu bitaro, mu cyumba cy'indembe (ICU) cyangwa icyuma kigufasha guhumeka).	Niba ufite ubwirinzi bw'umubiri bufite intege nke, ushobora kumarana ubwandu igihe kinini kurusha abandi bantu. Bishobora kuba ngombwa ko uguma mu rugo mu minsi 10 kugeza kuri 20 (cyangwa irenga). Niba wararwaye COVID-19 ukaremba cyangwa ukaba ufite ubudahangarwa bw'umubiri bufite intege nke, vugana na muganga wawe arebe igihe uzaba utagifite ubwandu.

Niba ikizami kigaragaje ko umwana wawe arwaye COVID-19.

Ese umwana wawe afite ubudahangarwa bw'umubiri bufite intege nke?	Umwana wanjye agomba kuguma iminsi ingahe mu rugo?
Oya, umwana wanjye ntabwo afite ubwirinzi bw'umubiri bufite intege nke	Iminsi 5 uhereye igihe ibipimo byagaragarije ko umwana wawe arwaye. Niba umwana wawe akirwaye cyangwa afite ibimenyetso nyuma y'iminsi 5, agomba kuguma mu rugo kugeza ameze neza.
Yego, umwana wanjye afite ubwirinzi bw'umubiri bufite intege nke cyangwa yarwaye COVID-19 araremba (ibi bivuze ko yashyizwe mu bitaro, mu cyumba cy'indembe (ICU) cyangwa icyuma kimufasha guhumeka).	Niba umwana wawe afite ubwirinzi bw'umubiri bufite intege nke, ashobora kumarana ubwandu igihe kinini kurusha abandi bantu. Bishobora kuba ngombwa ko aguma mu rugo mu minsi 10 kugeza kuri 20 (cyangwa irenga). Niba yararwaye COVID-19 akaremba cyangwa akaba afite ubudahangarwa bw'umubiri bufite intege nke, vugana na muganga we arebe igihe azaba utagifite ubwandu.

Ese hari ikindi ngomba gukora nyuma y'uko ibipimo bigaragaje ko ndwaye?

- Ambara [agapfukamunwa kagufashe neza](#) igihe wegereye abandi no mu ruhome mu gihe cy'indi minsi 5 nyuma yo kurangiza akato kawe mu rugo.
- Bwira buri wese mwegeranye cyane ko afite ibyago byo kuba yarwara COVID-19. Agomba kwipimisha kandi ashobora no gukenera kujya [mu kato](#) mu rugo.
- Hamagara 2-1-1 niba ukeneye ubufasha bwihutirwa nk'ibyo kurya cyangwa ubufasha bw'ubukode cyangwa umuriro, amazi na gazi kugira ngo ubashe kuguma mu rugo.
- Hari uburyo bumwe na bumwe bwo [kuvura](#) abantu bafite ibyago byo kuremba kubera COVID-19. Vugana na muganga wawe ku buryo bwo kukuvura bwaba bukunogeye.
- Hita uhamagara muganga cyangwa ushake ubuvuzi niba ibimenyetso byawe birushijeho kuba bibi cyangwa wumva ukeneye ubuvuzi.

CDC isaba abantu bose bafite imyaka 5 kujyana hejuru kwikingiza COVID-19. Abantu bafite imyaka 12 kujyana hejuru na bo bagomba guterwa urukingo rwo gushimangira. Abantu batewe inkingo 2 za Pfizer cyangwa Moderna (bita inkingo z'ibanze) bashobora guhabwa urukingo rwo gushimangira nyuma y'amezi 5 bahawe urukingo rwa 2. Ugomba kandi guhabwa urukingo rwa 3 rw'ibanze rwa Pfizer cyangwa Moderna niba ufite [ubudahangarwa bw'umubiri bufite intege nke](#).

Urukingo rwa Johnson & Johnson uruterwa inshuro imwe gusa. Abantu baterwa urukingo rwa Johnson & Johnson ku rukingo rwabo rw'ibanze bashobora guterwa urukingo rwo gushimangira nyuma y'amezi 2. Kuri ubu, nta makuru ahagije asaba ko hatangwa urukingo rwa 3 rw'ibanze ku bantu bahawe Johnson & Johnson.

Niba ufite imyaka 18 cyangwa irenga ukaba warahuye n'umuntu wanduye COVID-19

Niba utarigeze ukingirwa COVID-19	Umubare w'inkingo z'ubwoko bw'urukingo rwa COVID-19—n'igihe	Ugomba kuguma mu rugo iminsi ingahe?
Niba warahawe urukingo rwa Pfizer cyangwa Moderna	Inkingo 0	Iminsi 5 uhereye igihe wahuriye n'umuntu urwaye COVID-19.
	Inkingo 2 N' Ubwoko ubwo ari bwo bwose bw'urukingo rushimangira	Si ngombwa ko uguma mu rugo niba utarwaye.
	Inkingo 2 mu mezi 5 ashize	Si ngombwa ko uguma mu rugo niba utarwaye. Ntiharashira igihe gihagije ngo uhabwe urukingo rwo gushimangira.
	Inkingo 2 mu mezi arenga 5 ashize	Iminsi 5 uhereye igihe wahuriye n'umuntu urwaye COVID-19.
	Urukingo 1 igihe icyo ari cyo cyose	Iminsi 5 uhereye igihe wahuriye n'umuntu urwaye COVID-19.

Niba ufite imyaka 18 cyangwa irenga ukaba warahuye n'umuntu wanduye COVID-19 (birakomeza)

<p>Niba warahawe urukingo rwa Johnson & Johnson</p>	<p>Umubare w'inkingo z'ubwoko bw'urukingo rwa COVID-19—n'igihe</p>	<p>Ugomba kuguma mu rugo iminsi ingahe?</p>
	<p>Urukingo 1 igihe icyo ari cyo cyose</p> <p>N'</p> <p>Ubwoko ubwo ari bwo bwose bw'urukingo rushimangira</p>	<p>Si ngombwa ko uguma mu rugo niba utarwaye.</p>
	<p>Urukingo 1 mu mezi 2 ashize</p>	<p>Si ngombwa ko uguma mu rugo niba utarwaye.</p> <p>Ntiharashira igihe gihagije ngo uhabwe urukingo rwo gushimangira.</p>
	<p>Urukingo 1 mu mezi arenga 2 ashize</p>	<p>Iminsi 5 uhaye igihe wahuriye n'umuntu urwaye COVID-19.</p>
<p>Niba wararwaye COVID-19 mu minsi 90 ishize (hafi amezi 3)</p>	<p>Umubare w'inkingo z'ubwoko bw'urukingo rwa COVID-19—n'igihe</p>	<p>Ugomba kuguma mu rugo iminsi ingahe?</p>
	<p>Umubare w'inkingo wafashe ntacyo uba utwaye iyo bimeze gutya.</p>	<p>Si ngombwa ko uguma mu rugo niba utarwaye.</p>
<p>Niba hashize iminsi irenga 90 uhaye igihe warwariye COVID-19</p>	<p>Umubare w'inkingo z'ubwoko bw'urukingo rwa COVID-19—n'igihe</p>	<p>Ugomba kuguma mu rugo iminsi ingahe?</p>
	<p>Inkingo 2 za Pfizer igihe icyo ari cyo cyose</p>	<p>Si ngombwa ko uguma mu rugo niba utarwaye.</p>
	<p>Urukingo 1 rwa Pfizer igihe icyo ari cyo cyose</p>	<p>Iminsi 5 uhaye igihe wahuriye n'umuntu urwaye COVID-19.</p> <p>Ntabwo turamenya igihe ubudahangarwa kamere bumara.</p>

<p>Niba ufite <u>ubudahangarwa bw'umubiri bufite intege nke</u> cyangwa ukaba ufite ibyago byinshi byo kurwara ukaremba</p>	<p>Umubare w'inkingo z'ubwoko bw'urukingo rwa COVID-19—n'igihe</p>	<p>Ugomba kuguma mu rugo iminsi ingaha?</p>
	<p>Inkingo 0</p>	<p>Iminsi 5 uhareye igihe wahuriye n'umuntu urwaye COVID-19.</p>
	<p>Inkingo 3 za Pfizer cyangwa Moderna</p> <p>N'</p> <p>Ubwoko ubwo ari bwo bwose bw'urukingo rushimangira</p>	<p>Si ngombwa ko uguma mu rugo niba utarwaye.</p>
	<p>Inkingo 3 za Pfizer cyangwa Moderna mu mezi 5 ashize</p>	<p>Si ngombwa ko uguma mu rugo niba utarwaye.</p> <p>Ntiharashira igihe gihagije ngo uhabwe urukingo rwo gushimangira nyuma y'urukingo rwa 3 rw'ibanze.</p>
	<p>Inkingo 3 za Pfizer cyangwa Moderna mu mezi arenga 5 ashize</p>	<p>Iminsi 5 uhareye igihe wahuriye n'umuntu urwaye COVID-19.</p>
	<p>Inkingo 2 za Pfizer cyangwa Moderna igihe icyo ari cyo cyose</p>	<p>Iminsi 5 uhareye igihe wahuriye n'umuntu urwaye COVID-19.</p>
	<p>Urukingo 1 rwa Pfizer cyangwa Moderna igihe icyo ari cyo cyose</p>	<p>Iminsi 5 uhareye igihe wahuriye n'umuntu urwaye COVID-19.</p>

Niba umwana wawe yarahuye n’umuntu wanduye COVID-19

Niba umwana wawe atarigeze akingirwa COVID-19	Umubare w’inkingo z’ubwoko bw’urukingo rwa COVID-19—n’igihe	Ugomba kuguma mu rugo iminsi ingahe?
	Inkingo 0	Iminsi 5 uhereye igihe wahuriye n’umuntu urwaye COVID-19.
Niba umwana wawe yarahawe urukingo rwa Pfizer	Umubare w’inkingo z’ubwoko bw’urukingo rwa COVID-19—n’igihe	Ugomba kuguma mu rugo iminsi ingahe?
	Inkingo 2 za Pfizer igihe icyo ari cyo cyose	Si ngombwa ko aguma mu rugo niba atarwaye.
	Urukingo 1 rwa Pfizer igihe icyo ari cyo cyose	Iminsi 5 ahuye n’umuntu wanduye COVID-19.
Niba umwana wawe afite ubudahangarwa bw’umubiri bufite intege nke cyangwa akaba afite ibyago byinshi byo kurwara akaremba	Umubare w’inkingo z’ubwoko bw’urukingo rwa COVID-19—n’igihe	Ugomba kuguma mu rugo iminsi ingahe?
	Inkingo 2 igihe icyo ari cyo cyose	Si ngombwa ko aguma mu rugo niba atarwaye.
	Urukingo 1 igihe icyo ari cyo cyose	Iminsi 5 ahuye n’umuntu wanduye COVID-19.

Niba umwana wawe yarahuye n'umuntu wanduye COVID-19 (birakomeza)

Niba umwana wawe yararwaye COVID-19 mu minsi 90 ishize (hafi amezi 3)	Umubare w'inkingo za COVID-19 umwana wawe yahawe n'igihe yaherewe urwa nyuma	Umwana wawe agomba kuguma mu rugo iminsi ingahe?
Niba hashize iminsi irenga 90 uhereye igihe umwana wawe yarwariye COVID-19	Umubare w'inkingo umwana wawe yafashe ntacyo uba utwaye iyo bimeze gutya.	Si ngombwa ko aguma mu rugo niba atarwaye.
	Inkingo 2 za Pfizer igihe icyo ari cyo cyose	Si ngombwa ko aguma mu rugo niba atarwaye.
	Urukungo 1 rwa Pfizer igihe icyo ari cyo cyose	Iminsi 5 ahuye n'umuntu wanduye COVID-19.

Ese hari ikindi nakora nyuma yo kwegerana n'uwanduye COVID-19?

- Ambara [agapfukamunwa kagufashe neza](#) igihe wegereye abandi no mu ruhame mu minsi 10 nyuma yo guhura n'umuntu wanduye COVID-19.
- Ipimishe nyuma y'iminsi 5 uhuye n'uwanduye.
- Genzura ibimenyetso mu minsi 10 nyuma yo guhura n'uwanduye. Hita ujya mu kato niba urwaye cyangwa ukagira ibimenyetso, nubwo byaba byoroheje.

Bishobora kuba ngombwa ko ujya mu mwihezo cyangwa akato igihe kirenga iminsi 5 niba aho uba cyangwa ukorera hagushyira mu bafite ibyago byinshi byo kwandura COVID-19. Abantu baba cyangwa bakorera ahantu hahurira abantu benshi nko mu bigo by'abagororwa (gereza), ibigo bitangirwamo ubuvuzi bw'igihe kirekire, cyangwa ibigo bicumbikira abatagira aho baba bigomba gukurikiza [aya mabwiriza](#) yatanzwe na CDC. Abakozi batanga serivisi z'ubuzima bagomba gukurikiza [aya mabwiriza](#) yatanzwe na CDC.

Ku yandi makuru, sura:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>