

Akato k'umuntu ukeka ko yanduye ni iki?

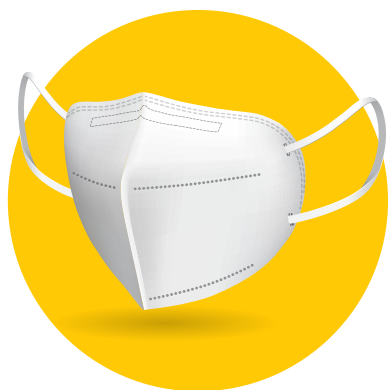
11/1/2022

Akato k'umuntu ukeka ko yanduye kareba abantu bahuye n'uwanduye COVID-19 ariko ibizami bikagaragaza ko batanduye cyangwa bakaba bataragira ibimenyetso. Gatuma ujya kure y'abandi bityo ntugire undi muntu wanduza utabizi. Si ngombwa kujya mu kato mu rugo nyuma yo guhura n'umuntu urwaye niba warahawe inkingo za COVID-19 uko bikwiye cyangwa wararwaye COVID-19 mu minsi 90 ishize. Kwegera uwanduye COVID-19 bivuze ko wegereye cyane umuntu urwaye COVID-19 mu gihe uwo muntu yashoboraga kukwanduza.



Umuntu wegereye cyane umurwayi bisobanura kuba:

- Wari muri metero zitageze kuri 2 uvuye ku muntu ufite iyi virusi mu gihe cy'iminsi 15 cyangwa irenga mu masaha 24.
- Waritaye ku muntu urwaye COVID-19 mu rugo.
- 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.



Ambara agapfukamunwa igihe uri kumwe n'abandi.

Umuntu wese wahuye n'umuntu urwaye COVID-19 agomba kwambara agapfukamunwa igihe ari mu ruhame ndetse n'igihe ari hamwe n'abandi kugeza hashize iminsi 10 uhereye igihe yahuriye n'uwanduye. Irinde kujya ahantu bigoye kwambara agapfukamunwa muri iyi minsi 10, nk'ibyumba bikorerwamo siporo cyangwa resitora.

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.** Ibi bivuze ko utari wahabwa urukingo rwo gushimangira kandi hakaba hashize amezi arenga 5 uhawe urukingo rwa 2 rwa Pfizer cyangwa Moderna cyangwa amezi arenga 2 ku rukingo rwa Johnson & Johnson. Bishobora no kuba bivuze ko wahawe gusa urukingo rwa 1 rwa Pfizer cyangwa Moderna. Abana bafite imyaka 5-17 bitwa ko batahawe inkingo za COVID-19 uko bikwiye iyo bahawe urukingo 1 rwa Pfizer; kugeza ubu inkingo zo gushimangira ntizishyirwa mu mabwiriza y'akato ku bana.



Narangiza akato ryari?

Ushobora kurangiza akato kawe mu rugo nyuma y'iminsi 5 yuzuye ubaye nta kimenyetso na kimwe ufite. Ushobora gusubira ku kazi, ku ishuri no mu bindi bikorwa wambaye [agapfukamunwa kagufashe neza](#) mu gihe uri hamwe n'abandi no mu ruhamu mu gihe cy'indi minsi 5 nyuma yo kurangiza akato mu rugo. Ibi bifasha kurinda abandi.

Bishobora kuba ngombwa ko abantu bamwe na bamwe bajya mu kato igihe kirenga iminsi 5 kubera ko aho baba cyangwa bakorerwa habashyira, bo n'abandi, mu bafite ibyago byinshi byo kwandura COVID. Abantu baba cyangwa bakorerwa 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.



Ipimishe nyuma y'iminsi 5 uhuye n'uwanduye cyangwa niba ugize ibimenyetso bya COVID-19.

Ibi bituma virusi ziba nyinshi mu mubiri wawe kugira ngo nukorerwa ikizami zigaragare. Guma mu rugo kugeza ubonye igisubizo cy'ikizami cyawe. Niba ibizami bigaragaje ko uri muzima, ushobora kurangiza akato ko mu rugo. Niba utashobora kwipimisha nyuma y'iminsi 5 y'akato, cyangwa uhisemo kutipimisha, ugomba kuguma mu rugo kugeza hashize iminsi 10 uhereye ku munsu wa nyuma wahuyeho n'umuntu urwaye COVID-19. Niba usanze waranduye, [jya mu kato](#) mu rugo.

Genzura [ibimenyetso bya](#) COVID-19. Jya mu kato mu rugo kandi nurwara uhite wipimisha.

Tuzi ko hari ibyago by'uko abantu bashobora kongera kwandura COVID-19. Tuzi kandi ko abantu bamwe na bamwe bashobora kugira ibizami bigaragaza ko barwaye COVID-19 nyuma yo kuyirwara naho baba barangije akato, batagishobora no kwanduza abandi. 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 byagaragariye ko urwaye COVID-19 bwa mbere, upfa kuba nta bimenyetso bishya cyangwa birushaho kuba bibi ufite. icyakora, niba ufite ibimenyetso bishya cyangwa birushaho kuba bibi cyangwa hakaba hashize **iminsi irenga 90** uhereye igihe bagupimye bagasanga wanduye, ugomba kongera kwipimisha.



Tuzi kandi ko abantu bakingiwe bashobora kwandura COVID-19 (byitwa ubwandu bwinjiranye urukingo), none rero turabagira inama yo kwipimisha nyuma y'iminsi 5 bahuye n'umuntu wayanduye, nubwo baba warakingiwe.

Guma mu rugo kandi ujye kure y'abandi bantu uko bishoboka kose.

- Ntugomba kujya ku kazi, ku ishuri, mu bikorwa biba mu gihe kitari icy'amasomo, amateraniryo yo gusenga, guhura mu muryango cyangwa ibindi bikorwa uri mu kato mu rugo. Guma mu rugo uretse igihe ugiye kwa muganga.
- 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.
- Gabanya umubare w'abagusura mu rugo.
- 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.
- Gerageza gusiga intera ya metero 2 (nk'indeshyho y'amaboko 2) hagati yawe n'abandi bantu.