

# Niba warahuye n'umuntu wanduye COVID-19

Ugomba kwishyira mu kato iyo wahuye n'umuntu wanduye COVID-19. Ibi bivuze ko uba wahuye bya hafi n'umuntu urwaye COVID-19 mu gihe uwo muntu yari yanduye.

Mu gihe cy'akato, guma mu rugo kandi ujye kure y'abandi uko bishoboka kose. Ntugomba kujya ku kazi, ku ishuri, mu bikorwa biba mu gihe kitari icy'amasomo, amateraniro, guhura mu muryango cyangwa ibindi bikorwa.

## Warekera aho kuba mu kato:



**Hashize iminsi 10 uhuye n'uwanduye niba utarapimwe.** Iyo nta bimenyetso bya COVID-19 ugaragaza, ushobora kurangiza akato ku minsi 10 ikurikira umunsi wa nyuma wahuriyeho n'umuntu wanduye.



**Hashize iminsi 7 uhuye n'uwanduye iyo ibisubizo by'ibizami bigaragaje ko utanduye.** Ushobora gupimwa ku munsi wa 7 w'igihe cyawe cyo kwiheza. Ushobora kureka kwiheza 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. Ibi bituma virusi ziba nyinshi mu mubiri wawe kugira ngo nukorerwa ikizamini zigaragare. Igipimo gishobora kuba PCR cyangwa ikizami kihuse cyo gusuzuma ubwirinzi bw'umubiri. Ugomba gukomeza kwiheza kugeza ubonye ibisubizo by'ikizami.

## Izi nama NTABWO zireba abantu barangije gukingirwa cyangwa babana n'umuntu urwaye COVID-19.

- Iyo warangije gukingirwa, ntabwo wishyira mu kato nyuma yo guhura n'umuntu wanduye COVID-19. Shaka utanga inkingo hafi yawe kuri [coronavirus.utah.gov/vaccine](https://coronavirus.utah.gov/vaccine).
- Ugomba kwishyira mu kato mu gihe k'iminsi 10 niba ubana n'umuntu ibizamini byagaragaje ko yanduye COVID-19, kabone n'ubwo waba nta bimenyetso ufite cyangwa ibizamini byaragaragaje ko utanduye.

Genzura ibimenyetso kugeza hashize iminsi 14 uhuye n'umuntu wanduye. Ishyire mu kato kandi uhite upimwa COVID-19 niba urwaye cyangwa ugize ibimenyetso bya COVID-19 uri mu kato.

## Ibimenyetso bya COVID-19



**Guhinda umuriro**  
(ubushyuye bwa dogere 100.4°F cyangwa 38°C cyangwa kumva ufite umuriro mwinshi cyane)



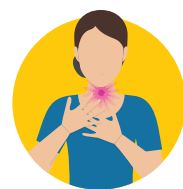
**Inkorora**



**Kubura umwuka**



**Kugabanuka ko kumva impumuro cyangwa uburyohe**



**Kubabara mu muhogo**



**Kubabara umubiri n'ingingo**

Ibindi bimenyetso rusange bya COVID-19 wabisanga kuri [www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).