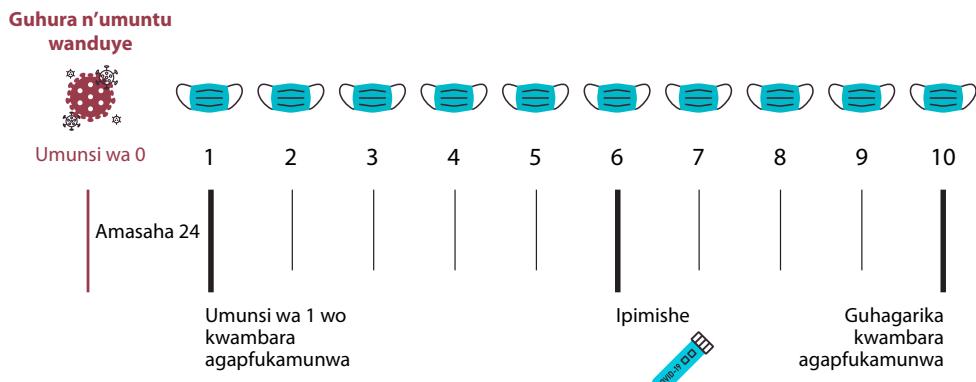


# Niba warahuye n'umuntu wanduye COVID-19

Kinyarwanda 09/2022

Bishobora kugorana cyane kuguma mu rugo ugasiba akazi cyangwa ishuri nyuma yo guhura n'umuntu urwaye COVID-19. Bishobora kugorana cyane kwitarura abantu barwaye COVID-19 kandi mubana mu rugo. Ni yo mpamvu CDC yavuguruye amabwiriza agenga akato, ikaba itakigira abantu inama yo kuguma mu rugo nyuma yo kwegerana n'uwanduye COVID-19. Icyakora ni ngombwa ko ufata ingamba zo kurinda abandi:

- Ambara agafukamunwa kagufashe neza igihe wegereye abandi no mu ruhame mu minsi 10 nyuma yo guhura n'umuntu wanduye.
- Ipimishe mu minsi 5 yuzuye nyuma yo guhura n'uwanduye COVID-19.
- Genzura ibimenyetso bya COVID-19. Niba urwaye, guma mu rugo, ukurikize amabwiriza y'akato, kandi wipimishe.



**Tegereza iminsi 5 nyuma yo guhura n'uwanduye ubone kwipimisha.** Ibi bituma virusi ziba nyinshi mu mubiri kugira ngo nukorerwa ikizami zigaragare. Bishobora kuba ngombwa ko wipimisha inshuro zirenze imwe, bitewe n'ubwoko bw'ikizami wakorewe, cyangwa niba wari ufite ibimenyetso mu gihe cyo kwipimisha. Kurikiza amabwiriza y'akato niba ibizami bigaragaje ko wanduye nyuma yo guhura n'umuntu wanduye.



Ntukipimishe nyuma yo guhura n'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. Icyakora niba ufite ibimenyetso bishya cyangwa birushaho kuba bibi cyangwa hakaba hashize **iminsi irenga 90** uhereye igihe wapimiwe bikagaragara ko wanduye, ugomba kongera kwipimisha.

Genzura ibimenyetso bya COVID-19 kandi niba urwaye uhite wipimisha.



**Umuriro**  
(ubushuhe bwa dogere 100.4°F cyangwa 38°C cyangwa zirenze cyangwa kumva ufite umuriro mwinshi cyane)



**Inkorora**



**Kubura umwuka**



**Kugabanuka ko kumva impumuro cyangwa uburyohe**



**Kubabara mu muhogo**



**Kubabara imitsi**