

Akato k'abarwayi ni iki?

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Akato ni ak'abantu ibizami byagaragaje ko banduye cyangwa bafite ibimenyetso bya COVID-19. Ufite ubwandu kandi wakwirakwiza iyi virusi mu bandi guhera 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 wakwegereye cyane muri iki gihe yahuye n'uwanduye iyi virusi, agomba gukurikiza amabwiriza y'akato.

Akato kavuze ibi:

No mu rugo iwanyu, ugomba kuguma kure y'abandi uko ushoboye kose kugeza igihe urangirije akato.



Guma mu rugo keretse igihe ugiye kwa muganga.



Koresha ubwiherero udahuriramo n'abandi mubana niba bishoboka.



Ambara agapfukamunwa niba ari ngombwa ko wegera abandi.



Guma mu cyumba udahuriramo n'abandi mubana mu rugo.



Hanagura ahantu hakorwa cyane (telefoni, serire z'inzugi, aho bacanira amatara, aho bamanurira amazi mu bwiherero, aho bafungurira amazi ya ravabo, kontwari n'ibindi bintu byose bikoze mu byuma).



Gerageza kudakoresha ibikoresho bwite bihuye n'iby'abandi bantu.

Ni ryari narangiza akato?

Ugomba kujya mu kato kugeza igihe uzaba:

- 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 uhereye ku munsu wapimiweho.
- Niba nta bimenyetso wagaragaje, guma mu rugo mu minsi 5 uhereye ku munsu wapimiweho. Niba urwaye cyangwa ukagira ibimenyetso, akato kawe k'iminsi 5 gatangira bundi bushya. Menyera byinshi [hano](#).

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

Abantu tubana basabwa kumara igihe kingana iki mu kato?

Bishobora kugorana cyane kujya kure y'abantu barwaye COVID-19 kandi mubana mu rugo. Umuntu wese udakingiye, cyangwa [utarahawe uko bikwiye](#) inkingo za COVID-19, cyangwa hakaba hashize iminsi irenga 90 uhereye igihe yanduriye COVID-19 agomba kujya mu kato nibura iminsi 5. Igihe cyose mwegeranye cyane kandi ushobora kubanduza, akato kabo k'iminsi 5 karongera kagatangira. Ntibagomba kurangiza akato mbere y'iminsi 5, nubwo ikizami cyagaragaza ko batanduye.

Niba ukeneye kwivuza.

Niba ibimenyetso byawe birushijeho kuba bibi cyangwa wumva ukeneye ubuvuzi, hita ujya kwivuza. Ni byiza kujya ku bitaro cyangwa ku biro bya muganga. Ambara agapfukamunwa kandi umenyeshye abakora mu by'ubuzima ko ibizami byagaragaje ko wanduye COVID-19.

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 gituzo bidashira



Kumva uri mu rujijo cyangwa kutabasha gukanguka bikoroheye



Niba iminwa yawe cyangwa isura byahindutse ubururu

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