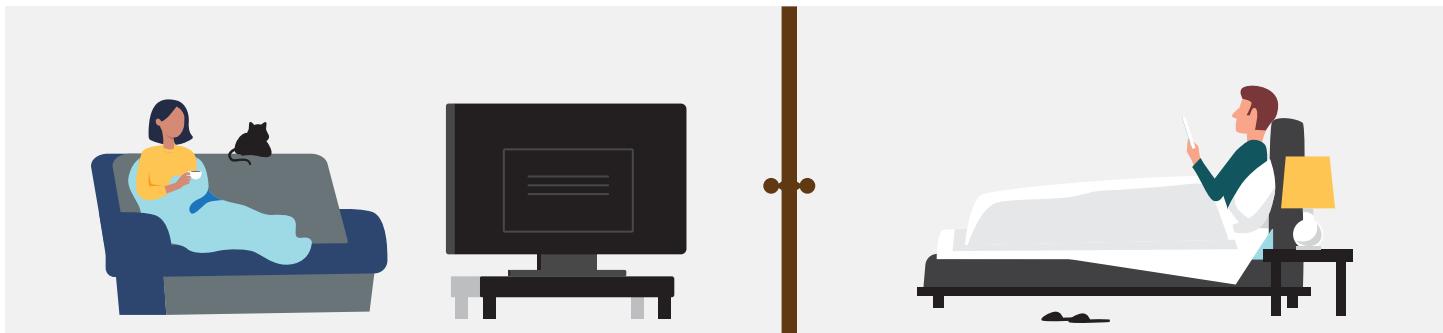


Akato k'abarwayi ni iki?

11/1/2022



Akato ni ak'abantu ibizami byagaragaje ko banduye cyangwa bafite ibimenyetso bya COVID-19. Ufite ubwandumu 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 ubwandumu 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'in zugui, 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'ib'y'abandi bantu.

Ni ryari narangiza akato?

Ugomba kujya mu kato kugeza igahe 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 uhoreye ku munsi wapimiweho.
- Niba nta bimenyetso wagaragaje, guma mu rugo mu minsi 5 uhoreye ku munsi wapimiweho. Niba urwaye cyangwa ukagira ibimenyetso, akato kawe k'iminsi 5 gatangira bundi bushya. Menyera byinshi [hano](#).

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

Abantu tubana basabwa kumara igahe kingana iki mu kato?

Bishobora kugorana cyane kujya kure y'abantu barwaye COVID-19 kandi mubana mu rugo. Umuntu wese udakingyi, cyangwa [utarahawe uko bikwiye](#) inkingo za COVID-19, cyangwa hakaba hashize iminsi irenga 90 uhoreye igahe 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 ubuvazi, hita ujya kwivuza. Ni byiza kujya ku bitaro cyangwa ku biro bya muganga. Ambara agafukamunwa kandi umenyeshe abakora mu by'ubuzima ko ibizami byagaragaje ko wanduye COVID-19.

Niba uftite kimwe muri ibi bimenyetso biteguza ko ukeneye ubutabazi bwihutirwa*, hita ujya kwivuza:



Kugira ikibazo cyo
guhumeka cyangwa
kubura umwuka



Ububabare cyangwa
kuremererwa mu
gituza 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 igahe ugize impungenge.