

COVID-19 Urwandiko rwifashishwa kw'ishuri Incamake

K-12 pubamashure ya Reta, ay'abikorera utwabo, n'amashure ya Reta yigenga agirana amasezerano n'uburongzi bw'amashure mu ntara



CORONAVIRUS
UTAH.GOV

Bigenda gute hamwe urupimwo rwerekanye ko abanyeshure, abarimu, canke abakozi barwaye COVID-19?



Abanyeshure, abarimu, canke abakozi bategerezwa guca biyugarana ubwo nyene nimba urupimwo rwerekanye ko barwaye COVID-19. Ibi bisigura ko bategerezwa kuguma muhira kiretse bagiye kwa muganga. Ntmutegerezwa gutonda kwishuri canke ku kazi.

Hamwe urupimwo rwerekanye ko urwaye, utegerezwa kwiyugarana gushika:

- Umuriro usubiye hasi mu kiringo c'amasaha 24, kandi
- Ibimenyetso vy'uguhema vyawe bigabanutse mu kiringo c'amasaha 24, kandi
- Gushika haheze n'imiburiburi imisi 10 utanguye kurwara.
- Hamwe ata bimenyetso ufise naho, utegerezwa kwiyugarana imisi 10 kuva ku musi wapimwe.

Bigenda gute none hamwe abanyeshure, abarimu canke abakozi bari ngaho boba barahuye n'umurwayi wa COVID-19?

Urashobora kwandura gusumba no kwandura abandi hamwe wegeranye cane n'umuntu urupimwo rwerekanye ko arwaye COVID-19.

Umuntu mwegeranye ¹ bisigura umuntu yigeze kuba ari hafi nko ku kirere kingana n'ibirenge 6 canke ku metero 2 (nko ku burebure bw'amaboko 2) ku muntu arwaye COVID-19 mu minota 15 canke irenga mu kiringo c'amasaha 24-².

- Waragwaje umurwayi wa COVID-19 yagwariye muhira.
- Warakoranyeko ku buryo bw'umubiri n'uwurwaye COVID-19 (kumuramutsa canke kumusoma)
- Mwarasabikanye ibikoresho vyo gufungura canke kunywa n'uwurwaye COVID-19.
- Uyo muntu arwaye COVID-19 yarasamuye canke agakorora canke ibindi nk'ivyo hama igikororwa canke amate akagutarukirako.



Hamwe woba waregeranye n'umuntu afise COVID-19, gushika ku misi 2 imbere yuko ibimenyetso bitangura kwibonekeza kuri wewe, wegeranye n'uwu mugera kandi utegerezwa gushirwa mu mwiherero. Naho uyu muntu arwaye COVID-19 yoba atari bwerekane ibimenyetso, aranduza gushika ku minsi 2 imbere y'uko apimwa.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

² <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

Abanyeshure, abarimu n'abakozi bategerezwa kumara ikiringo kingana gute mu mwiherero?

Iyi mirongo ngenderwako igenga abahuye n'abarwayi mu gihe vyabereye kw'ishure gusa. Ntiyimirijwe gukurikizwa mu bigo vy'amashure makuru canke mu nyubakwa bitaho abana b'abavyeyi batanze ku kazi. Izi nyobozi NTI zikuraba hamwe ubana n'umuntu afise COVID-19 canke wahuye n'umuntu arwaye hanze y'ikigo c'amashure.

Hamwe abo bantu bompiki bari bambaye udupfukamunwa mu gihe begerana



Abanyeshure, abarimu, canke abakozi begerana n'umuntu afise COVID-19 ntibategerezwa gushirwa mu mwiherero hamwe:

- Ishure rishobora kugenzura ko abo bantu bompiki bari bambaye udupfukamunwa (uyu muntu wegera n'umuntu urupimwo rwerekanye ko arwaye) nk'uko bisigurwa mw'itegeko rya Reta rigenga ivy'amagara y'abanyagihugu, kandi ko
- Umuntu wegereye umurwayi ata bimenyetso vya COVID-19 yerekana.

Hamwe igihe ico cose mu misi 14 nyuma yo kwegera umuntu yerekanye ibimenyetso vya COVID-19, ategerezwa kwiyugarana agaca yipimisha ubwo nyene. Hamwe uyu muntu ata bimenyetso afise, ategerezwa kurindira imisi 7 nyuma yo kwegera umurwayi kugira yipimisha.

Hamwe umuntu yoba ATA gapfukamunwa yari yambaye ico gihe yegera umurwayi

Abanyeshure, abarimu, canke abakozi batari bambaye agapfukamunwa mu gihe begera umuntu arwaye canke begeranye n'umuntu atari yambaye agapfukamunwa bashobora guheza umwiherero:

- **Ku musi wa 10 batipimishije.** Hamwe ata bimenyetso vya COVID-19 ufise, urashobora guheza umwiherero w'imisi 10 kuva ku musi uheruka wegereye umuntu urupimwo rwerekana ko arwaye.
- **Ku musi w' 7 urupimwo rwerekanye ko utarwaye.** Urashobora kwipimisha ku musi w' 7 w'umwiherero wawe. Urashobora guheza umwiherero hamwe urupimwo rwerekanye ko utarwaye kandi ata bimenyetso ufise vya COVID-19. Utegerezwa kurindira n'imiburiburi imisi 7 nyuma yo kwegera umurwayi kugira yipimisha. Urupimwo rurashobora kuba PCR canke urupimwo rukoresha ubumara butuma abasoda b'umubiri bakora uburizi. Utegerezwa kubandanya umwiherero gushika uronse inyishu zavuye mu rupimwo.



Utegerezwa kurereka ibimenyetso vy'iyi ndwara gushika ku misi 14 kuva wegereye uyu mugera.

Hari akaryo gato ko kandi ushobora kwandura COVID-19. Hamwe woba ufise ibimenyetso vya COVID-19, utegerezwa kwiyugarana muhira, terefona umutangabufasha muv'ubuvuzi wawe, kandi utegerezwa gusubira kwipimisha.



Hamwe abanyeshure, abakozi canke abarimu batambara udutambara dupfuka umunwa canke bambara ivyo kwikingira bipfuka mu maso, bategerezwa kumara igihe kingana agute mu bwihherero?

Abanyeshure, abarimu, canke abakozi batari bambaye agapfukamunwa mu gihe begera umuntu arwaye canke begeranye n'umuntu atari yambaye agapfukamunwa bashobora guheza umwihherero:

- **Ku musi wa 10 batipimishije.** Hamwe ata bimenyetso vya COVID-19 ufise, urashobora guheza umwihherero w'imisi 10 kuva ku musi uheruka wegereye umuntu urupimwo rwerekana ko arwaye.
- **Ku musi w' 7 urupimwo rwerekanye ko utarwaye.** Urashobora kwipimisha ku musi w' 7 w'umwihherero wawe. Urashobora guheza umwihherero hamwe urupimwo rwawe rwerekana ko utarwaye kandi ata bimenyetso ufise vya COVID-19. Utegerezwa kurindira n'imiburiburi imisi 7 nyuma yo kwegera umurwayi kugira wipimishye. Utegerezwa kubandanya kuguma mu mwiherero gushika uronse inyishu z'urupimwo rwawe.

Umuntu uwo wese wegereye umurwayi ategerezwa kurereka ibimenyetso gushika haheze imisi 14 ahuye n'umurwayi. Hari akaryo gato ko ushobora kwandura kandi COVID-19. Hamwe umuntu yoba afise ibimenyetso vya COVID-19, ategerezwa kwiyugurana muhira, agaterefona umutangabufasha muvuy'ubuvuzi wiwe, kandi ategerezwa gusubira kwipimisha.



Hamwe abanyeshure, abarimu, canke abakozi babana n'umuntu afise COVID-19, bategerezwa kuguma mumwihherero igihe kingana gute?

Hamwe urupimwo rw'umuntu mubana rwerekanye ko arwaye COVID-19, bavyita ko ari ukwegerana n' umurwayi muhira. Kwegerana n'abarwayi muhira birashobora cane rwose gutuma wandura uyu mugera.

Abanyeshure, abarimu, n'abakozi begerana n'umurwayi muhira bategerezwa gushirwa mu mwiherero mu kiringo c'imisi 10 uharuye kuva ku musi wa nyuma begerana n'umuntu wipimishije urupimwo rwiwe rukerekana ko arwaye. **Utegerezwa kumara ikiringo cawe co kuba mu mumwihherero c'iminsi 10, n'aho woba udafise ibimenyetso canke ngo ibipimo vyerekane ko utarwaye.** Ntutegerezwa guheza umwihherero mbere y'imisi 10.

Biragoye cane kuguma kure y'abantu kandi mubana muhira. Hamwe mubana n'umuntu urupimwo rwerekanye ko afise COVID-19, urashobora kwama umwegera ubwo rero utegerezwa gushirwa mu mwiherero w'iminsi irenga 10. Buri gihe wegeranye n'umuntu urupimwo rwerekanye ko arwaye ashobora kwanduza abandi, umwihherero wawe utegerezwa gusubira gutangura bwa kabiri ku mvo yuko wasubiye kwegera kandi uyu mugera.

Bigenda bite mu gihe abanyeshure, abarimu canke abakozi bari ahantu bashobora kwandura COVID-19 akarenze rimwe?³

Hamwe uri ahantu usubira kwegerana n'umuntu afise COVID-19 (kwegerana bundi busha n'umuntu arwaye) **imisi 90 itararengana** wipimishije urupimwo rukerekana ko urwaye COVID-19 kandi ata bimenyetso ufise vya COVID-19, ntutegerezwa gushirwa mu mwiherero canke gusubira kwipimisha mu kiringo c'imisi 90.

Barashobora kandi gukurikiza iyi nyobozi mu kiringo c'iminsi 14 uhereye kw'itariki ya nyuma wari ahantu washobora kwandura:

- Kwipima umuriro imbere y'uko uja kw'ishure canke ku kazi.
- Ni ugusuzuma ibimenyetso vya COVID-19 iminsi yose.
- Ambara igipfuka mu maso niwoba uri kw'ishure, ku kazi, canke uri hamwe n'abantu mutabana muhira.
- Hamwe woba urwaye canke ufise ibimenyetso vya COVID-19, wiyugarane n'imiburiburi imisi 10 nyuma ibimenyetso bitanguye kwibonekeza kandi uce uterefone muganga canke umutangabufasha muvuy'ubuvuzi kugira atohoze nimba utegerezwa gusubira kwipimisha COVID-19.

Hamwe uri ahantu usubira kwegerana n'umuntu afise COVID-19 (kwegerana bundi busha n'umuntu arwaye) kandi haheze **imisi irenga 90** kuva urupimwo rwerekanye ko urwaye COVID-19, utegerezwa gushirwa mu mwiherero kandi ugasubira kwipimisha. Hamwe worwara canke ufise ibimenyetso uri mu mwiherero, iyugarane uce uterefone muganga canke umutangabufasha muvuy'ubuvuzi. Mugabo, urashobora kuba ukwije ibigenderwako bikwije guheza umwiherero vyanditse kuri paji ya 2.



³ <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

Impanuro zibereye z'umutekano zokurikizwa ku banyeshure, abarimu n'abakozi bigeze guhura n'umuntu arwaye COVID-19

- Suzuma ibimenyetso vya COVID-19 iminsi yose, harimwo gupima ubushuhe bwawe nimba bishoboka. Nimba udafise icuma gipima ubushuhe, suzuma urukoba rwawe urabe ko rudashushe canke ngo rube rusa n'urutukuye. Agatabo gafasha kitwa "Wokora iki mu gihe uri mu mwiherero canke wiyugaranye", gashobora kuboneka kuri <https://coronavirus.utah.gov/protect-yourself/>.
- Guma muhira kandi kure y'abandi bantu hashoboka. Ntutonde kw'ishure, ku kazi, mu bikorwa bitanditse ku nteguro y'ivyigwa, mu rusengero, mu makoraniro y'umuryango, n'ibindi bikorwa gushika umwiherero wawe uheze canke warakwije ibisabwa mu kwipimisha kugira uheze umwiherero wawe kare.
- Ambara agapfukamunwa igihe ushaka kuva muhira ku mvo zumvikana nko gusuma canke kwivuzza. Uve muhira gusa igihe ukeneye ivyo.
- Gabanya igitigiri c'abakuramutsa muhira. Ibi bifise akamaro na canecane igihe wewe canke uwo mubana ari ku rugero runini rwo kurwara ibirwara biva kuri COVID-19.
- Hanagura ahantu ahantu wama ukorakora (terefone, aho bakora k'urugi, aho bakiriza amatara, utwo bakorako mu musarani, akuma kugurura amazi, kontwari, n'ikindi cuma ico arico cose).
- Karaba kenshi iminwe ukoresheje amazi n'isabuni. Nimba utagira isabuni n'amazi, koresha umuti wo gukaraba wica mikorobi urimwo n'imiburiburi 60% vya arukori.
- Ugurura amadirisha incuro nyinshi zishoboka kugira akayaga kinjire hama wirinde kugwiza ihanahana ry'imyuka mu vyumba.
- Ntusangire imfungurwa canke ibikoresho n'abandi.
- Ntusangire ibikoresho vyawe bwite nk'umujigiti n'abandi bantu.



Kwipimisha kugira Ubandanye (gufata urupimwo ikiza cadutse ku mashure)

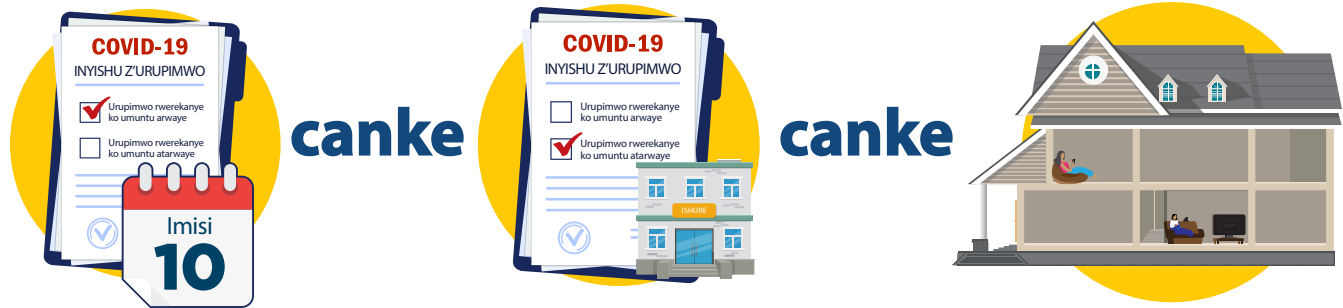
Mu gihe ikiza cadutse kigashika ku rugero ruvugwa mu Gitabu Gisigura COVID-19 mu Bijanye n'Amashure, inama y'i ndongozi zo kuri iryo shure (babicishije ku Gisata Kijejwe Amagara y'Abantu co ng'aho) barashobora gufata ingingo yo:

- Kwimurira abanyeshure n'abakozi bose mu buryo bwo kwigira ku ngurukanabumenyi canke bakiga bari kure n'imiburiburi mu kiringo c'imisi 10, canke
- Kuronsa abanyeshure n'abakozi bose urupimwo runyaruka rukoresha ubumara butuma abasoda b'umubiri bakora uburinzi



Abanyeshure bose baronse urupimwo rukoresha ubumara butuma abasoda b'umubiri bakora uburinzi:

- Bategerezwa kwiugarana muhira hamwe urupimwo rwerekanye ko barwaye.
- Bashobora kubandanya gushikirizwa inyigisho imbonankubone hamwe urupimwo rwerekanye ko batarwaye.
- Abahisemwo kutipimisha bategerezwa kwimukira mu buryo bw'inyigisho zishikirizwa ku ngurukanabumenyi canke bakiga bari kure n'imiburiburi mu kiringo c'imisi 10.



Abarimu n'abakozi bitezwe kubandanya ibikorwa vyabo bisanzwe imbonankubone hamwe bahisemwo kutipimisha canke urupimwo rwerekanye ko batarwaye. Barashobora kwiugarana muhira hamwe urupimwo rwerekanye ko batarwaye canke bagakurikiza inyoboza z'umwihereho hamwe boba baregeranye n'umuntu arwaye COVID-19.

Kurondera umuntu mwegeranye bikorerwa umuntu wese urupimwo rwerekanye ko arwaye.

Abanyeshure, abarimu, n'abakozi begeranye n'umuntu urupimwo rwerekanye ko arwaye bategerezwa gukurikiza inyoboza y'umwihereho (yanditse kuri paji ya 2).

- Ntutegerezwa gushirwa mu mwihereho hamwe wewe n'umuntu wese urupimwo rwerekana ko arwaye bari kw'ishure kandi bompibambaye udutambara dupfuka umunwa n'amazuru mu gihe begerana. Umuntu urupimwo rwerekanye ko arwaye ategerezwa kwiugarana n'imiburiburi mu kiringo c'imisi 10, naho mwese mwari mwambaye udupfukamunwa.
- Ukeneye gushirwa mu mwihereho hamwe wegeranye umuntu arwaye kw'ishure, kandi yoba wewe canke umuntu urupimwo rwerekanye ko arwaye batabari bambaye udupfukamunwa. Urashobora guheza umwihereho ku musu w'10 utipimishije, canke ku musu w'7 inyishu y'urupimwo yerekanye ko utarwaye. Birashoboka ko hobaho ibihe bimwebimwe harya ushobora gukenere urupimwo rwa 2imbere yuko usubira kw'ishure mbere y'imisi 10.

Amahitamo yo "Kwipimisha kugira Ubandanye" arafise ibirango bitandukanye mu gihe urupimwo rwerekanye ko umuntu arwaye aca atangura kwiugarana. Hamwe urupimwo rwerekanye ko urwaye nk'umuce wo "Kwipimisha kugira Ubandanye," kwiugarana bitangura ku musu wipimishije, ntikibye igihe ibimenyetso vyawe bitanguye kwibonekeza. Utegerezwa kwiugarana naho woba ata bimenyetso vyiyerekana ufise. Umuntu wese mwegeranye gushika ku misi 2 mbere y'umusi urupimwo rwawe rwerekanye kandi ategerezwa gushirwa mu mwihereho. **Iyi ifatwa nk'itariki aheruka kwegerana n'uwurwaye mu mahitamwo yo "Kwipimisha kugira Ubandanye".**

Kwipimisha kugira ukine (kwipimisha kugira witabe ibikorwa vyo mu mashure yisumbuye bitari mu nteguro y'ivyigwa)

Abanyeshure, abarimu, n'abakozi bashobora kwitaba ibikorwa bitari mu nteguro y'ivyigwa hamwe:

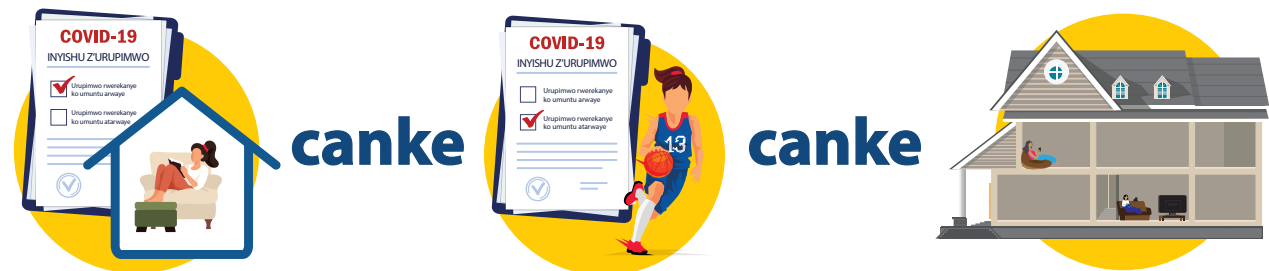
- Bipimisha COVID-19 n'imiburuburi buri gihe haheze imisi 14. Urupimwo rurashobora kuba PCR canke urupimwo rukoresha ubumara butuma abasoda b'umubiri bakora uburinzi.
- Batiyugaranye canke batari mu mwiherero.
- Ata bimenyetso ivyo vyose vya COVID-19 bafise.



Witezwe kwambara agapfukamunwa umwanya wose mu kiringo c'ibikorwa bitari mu nteguro y'ivyigwa, kiretse uri mw'ihiganwa risaba imyimenyerezo ikomeye y'umubiri canke kwambara agapfukamunwa vyogukwegera akaga (akarorero nkomu rugomero rw'ikizungu abantu bogeramwo). Witezwe kandi gusigaza ikirere hagati yawe n'abandi bantu uko bishoboka kwose during extracurricular activities. Bisigura gusigaza ikirere kingana n'ibirenge 6 canke metero 2 (nko ku burebure bw'amaboko 2) hagati yiwe n'abandi bantu uko bishoboka kwose.

Amashure azoronsa abitavye igikorwa urupimwo runyaruka rukoresha ubumara butuma abasoda b'umubiri bakora uburinzi. Abitavye igikorwa:

- Utegerezwa kwiyugarana muhira hamwe urupimwo rwerekanye ko urwaye.
- Urashobora kwitaba igikorwa kitari mu nteguro y'ivyigwa hamwe urupimwo rwerekanye ko utarwaye, utashizwe uka wenyene canke mu mwiherero kandi ata kimenyetso ca COVID-19 ufisemo kiringo c'ibikorwa bitari mu nteguro y'ivyigwa.
- Umuntu ahisemwo kutipimisha ntashobora kwitaba igikorwa kitari mu nteguro y'ivyigwa.



Amashure arashobora kandi gupimisha umwigisha canke umukozi uwo wese ushaka kwipimisha mugabo nta ruhara afise mu bikorwa bitari mu nteguro y'ivyigwa nk'umuce wa porogarama yo "Kwipimisha kugira ukine".

Kurondera umuntu mwegeranye bikorerwa umuntu wese urupimwo rwerekanye ko arwaye.

Abanyeshure, abarimu, n'abakozi begeranye n'umuntu urupimwo rwerekanye ko arwaye bategerezwa gukurikiza inyoboza y'umwiherero (yanditse kuri paji ya 2).

- Ntutegerezwa gushirwa mu mwiherero hamwe wewe n'umuntu wese urupimwo rwerekanye ko arwaye bari kw'ishure kandi bompibambaye udutambara dupfuka umunwa n'amazuru mu gihe begerana. Umuntu urupimwo rwerekanye ko arwaye ategerezwa kwiyugarana n'imiburuburi mu kiringo c'imisi 10, naho mwese mwari mwambaye udupfukamunwa.
- Ukeneye gushirwa mu mwiherero hamwe wegereye umuntu arwaye kw'ishure, kandi yoba wewe canke umuntu urupimwo rwerekanye ko arwaye batari bambaye udupfukamunwa. Urashobora guheza umwiherero ku musu w' 10 utipimishije, canke ku musu w' 7 inyishu y'urupimwo yerekanye ko utarwaye. Birashoboka ko hobaho ibihe bimwebimwe harya ushobora gukenera urupimwo rwa 2 imbere yuko usubira kw'ishure mbere y'imisi 10.

Amahitamo yo "Kwipimisha kugira Ukinge" arafise ibiringo bitandukanye mu gihe urupimwo rwerekanye ko umuntu arwaye aca atangura kwiyugarana. Hamwe urupimwo rwerekanye ko urwaye nk'umuce wo "Kwipimisha kugira Ukinge," kwiyugarana bitangura ku musu wipimishije, ntikibe igihe ibimenyetso vyawe bitanguye kwibonekeza. Utegerezwa kwiyugarana naho woba ata bimenyetso ufise. Umuntu wese mwegeranye gushika ku misi 2 mbere y'umusi urupimwo rwawe rwerekanye kandi ategerezwa gushirwa mu mwiherero. **Iyi ifatwa nk'itariki aheruka kwegerana n'uwurwaye mu mahitamo yo "Kwipimisha kugira Ukinge".**