

# Noguma muhira igihe kingana gute? Amabwirizwa yo kuja aha wenyene & y'umwiherero



Vyashizwe ku mwanya kw'igenekerezo rya 11/1/2022

Amabwirizwa y'umwiherero n'ayo kuja aha wenyene abandanya guhinduka nk'uko turonka ibiharuro bishasha hama tukiga vyinshi bijanye n'ubudahangarwa bungana bivanye n'incanco n'indwara zandukira zigumaho bivanye n'uko umwe yanduzwa. [Ibiharuro](#) vyerekana ubudahangarwa bw'urucanco hamwe n'ubwandu kwama bugabanuka uko hahera iminsi.

Amabwirizwa y'umwiherero afatiye ku kuntu woba uzi [ibigezweho ku ncanco za COVID-19](#). Kumenya ibigezweho ku ncanco zawe za COVID-19 harimwo kuronka doze zose zisabwa z'urucanco, na doze zinyongera zose zisabwa. Ibiharuro vyerekana doze zinyongera zitanga uburinzi bwinshi ku bwoko bwa Omicron. Tuzobandanya gushira ku mwanya amabwirizwa y'umwiherero n'ayo kuja aha wenyene nk'uko tuzoba turonse ibiharuro bijanye n'igihe ubudahangarwa bumara incanco hamwe n'ubwandu kama.

Ukuja aha wenyene ni ivy'abantu igipimo cerekanye ko barwaye canke bafise ibimenyetso vya COVID-19. Umwiherero ni uw'abantu bashobora kuba baregeranye n'uwanduye COVID-19.

## Nimba ufise imyaka 18 canke irenga kandi igipimo cerekanye ko wanduye COVID-19

| Woba ufise abasoda b'umubiri bake?   | Ni iminsi ingahe ukeneye kuguma muhira?   |
|--|---|
| Oya, ntabasoda b'umubiri bake mfise?   | Iminsi 5 kuva igipimo cerekanye ko wanduye.<br><br>Nimba ukirwaye canke ufise ibimenyetso inyuma y'iminsi 5, guma muhira gushika ukize.   |
| Ego, mfise <a href="#">abasoda b'umubiri bake</a> canke nararwaye cane COVID-19 (ibi bisigura ko winjijwe ibitaro, muri ICU, canke mu cuma gitanga akayaga). | Nimba ufise abasoda b'umubiri bake, utegerezwa kuba wanduzwa cane kurusha abandi bantu. Ushobora gukenera kuguma i muhira mu minsi 10 canke 20 (canke irenga). Nimba wararwaye cane COVID-19 canke ufise abasoda b'umubiri bake, vugana n'umuganga wawe kugira arabe igihe utazoba ukicanduzwa. |

## Nimba umwana wawe igipimo cerekanye ko yanduye COVID-19

| Umwana wawe yoba afise abasoda b'umubiri bake?   | Ni iminsi ingahe umwana wanje akeneye kuguma muhira?  |
|--|---|
| Oya, umwana wanje ntabasoda b'umubiri bake afise   | <p>Iminsi 5 kuva aho igipimo cerekanye ko umwana wawe yanduye.</p> <p>Nimba umwana wawe akirwaye canke afise ibimenyetso inyuma y'iminsi 5, akeneye kuguma muhira gushika akize.</p>  |
| Ego, umwana wanje afise <a href="#">abasoda b'umubiri bake</a> canke yaragwaye cane COVID-19 (ibi bisigura ko umwana wawe yinjijwe ibitaro, muri ICU, canke kucuma gitanga akayaga). | Nimba umwana wawe afise abasoda b'umubiri bake, ategerezwa kuba yanduza cane kurusha abandi bantu. Umwana wawe ashobora gukenera kuguma muhira mu minsi 10 canke 20 (canke irenga). Nimba yaragwaye cane COVID-19 canke afise abasoda b'umubiri bake, vugana n'umuganga wawe kugira arabe igihe umwana wawe atazoba akicanduza. |

## Hoba hari ikindi kintu noba nkeneye gukora inyuma y'igipimo cerekana ko nanduye?

- Ambara [agafukamunwa gafata neza](#) igihe uri mu bandi hamwe n'ahakoranira abantu benshi mu minsi 5 inyuma yo kurangiza kuja aha wenyene i muhira.
- Bwira uwo ariwe wese mwegeranye y'uko afise ivyago vyo kwandura COVID-19. Akeneye kwipimisha kandi ashobora kandi gukenera [kwiherera](#) i muhira.
- Hamagara 2-1-1 nimba ukeneye ubufasha bwihuta bw'ibintu nk'imfungurwa canke ubufasha bw'uburyo bwo gupanga canke ibikoresho kugira mushobore kuguma muhira no kuja aha mwenyene.
- Hariho [ubuvuzi](#) bumwe bumwe ku bantu bafise ivyago vyinshi vy'indwara zikaze za COVID-19. Vugana n'umuganga wawe ibijanye n'ubuvuzi bushobora kuba bwiza kuri wewe.
- Hamagara umuganga canke urondere ibitaro ubwo nyene nimba ibimenyetso vyawe bikomeje kuba bibi canke wiyumva nk'uwukeneye ubufasha bwo kwa muganga.

CDC ihanura abantu bose b'imyaka 5 hamwe n'iyirenga kwicandagisha COVID-19. Abantu b'imyaka 12 hamwe n'iyirenga bategerezwa kuronka doze yinyongera. Abantu batewe incanco 2 za Pfizer canke Moderna (yitwa doze y'ibanze) bashobora kuronka doze yiyongeye amezi 5 inyuma ya doze ya 2. Utegerezwa kandi kuronka doze ya 3 y'ibanze y'urucanco Pfizer canke Moderna nimba ufise [ikibazo c'abasoda b'umubiri](#).

Urucanco rwa Johnson & Johnson rutangwa rimwe gusa. Abantu baronse urucanco Johnson & Johnson nka doze y'ibanze bashobora kuronka doze yiyongeye amezi 2 inyuma yo guterwa. Ubu nyene, ntabiharuro bikwiye vyo gusaba doze ya 3 ku bantu batewe urucanco Johnson & Johnson.

## Nimba ufise imyaka 18 canke irenga kandi waregeranye n'uwanduye COVID-19

| Nimba utigeze ucandarwa COVID-19                    | Igitigiri ca doze z'urucanco rwa COVID-19 - hamwe n'igihe              | Ni iminsi ingahe utegerezwa kuguma muhira?   |
|---|--|--|
| <b>Nimba waratewe urucanco Pfizer canke Moderna</b> | Doze 0   | Iminsi 5 kuva aho wegeranye n'uwanduye COVID-19.   |
|   | Doze 2<br><br><b>KANDI</b><br><br>Doze yinyongera nshasha iyariyo yose | Ntukeneye kuguma muhira nimba utarwaye.  |
|   | Doze 2 mu mezi 5 aheze   | Ntukeneye kuguma muhira nimba utarwaye.<br><br>Vyaragufashe igihe kirekire kugira uronke doze yiyongeye. |
|   | Doze 2 mu mezi arenga 5 aheze  | Iminsi 5 kuva aho wegeranye n'uwanduye COVID-19.   |
|   | Doze 1 umwanya uwariwo wose  | Iminsi 5 kuva aho wegeranye n'uwanduye COVID-19.   |

Nimba ufise imyaka 18 canke irenga kandi waregeranye n’uwanduye COVID-19 (birabandanya)

| <b>Nimba wararonse urucanco rwa Johnson &amp; Johnson</b>       | <b>Igitigiri ca doze z’urucanco rwa COVID-19 - hamwe n’igihe</b>                            | <b>Ni iminsi ingahe utegerezwa kuguma muhira?</b>  |
|---|---|--|
|   | Doze 1 umwanya uwariwo wose<br><br><b>KANDI</b><br><br>Doze yinyongera nshasha iyariyo yose | Ntukeneye kuguma muhira nimba utarwaye.  |
|   | Doze 1 mu mezi 2 aheze  | Ntukeneye kuguma muhira nimba utarwaye.<br><br>Vyaragufashe igihe kirekire kugira uronke doze yiyongeye. |
|   | Doze 1 mumezi arenga 2 aheze  | Iminsi 5 kuva aho wegeranye n’uwanduye COVID-19.   |
| <b>Nimba wararwaye COVID-19 mu minsi 90 iheze (nk’amezi 3).</b> | <b>Igitigiri ca doze z’urucanco rwa COVID-19 - hamwe n’igihe</b>                            | <b>Ni iminsi ingahe utegerezwa kuguma muhira?</b>  |
|   | Ntacobitwaye igitigiri c’incanco waronse muri ibi.  | Ntukeneye kuguma muhira nimba utarwaye.  |
| <b>Nimba haheze iminsi irenga 90 kuva urwaye COVID-19</b>       | <b>Igitigiri ca doze z’urucanco rwa COVID-19 - hamwe n’igihe</b>                            | <b>Ni iminsi ingahe utegerezwa kuguma muhira?</b>  |
|   | Doze 2 z’urucanco Pfizer umwanya uwo ariwo wose   | Ntukeneye kuguma muhira nimba utarwaye.  |
|   | Doze 1 y’urucanco Pfizer umwanya uwo ariwo wose   | Iminsi 5 kuva aho wegeranye n’uwanduye COVID-19.<br><br>Ntituzi igihe ubudahangarwa kama bumara.         |

Nimba ufise imyaka 18 canke irenga kandi wegeranye n'uwanduye COVID-19 (birabandanya)

| Nimba ufise <u>abasoda</u> <u>b'umubiri bake</u> canke ufise ivyago vyinshi vyo kurwara cane | Igitigiri ca doze z'urucanco rwa COVID-19 - hamwe n'igihe  | Ni iminsi ingahe utegerezwa kuguma muhira?   |
|--|--|--|
|  | Doze 0   | Iminsi 5 kuva aho wegeranye n'uwanduye COVID-19.   |
|  | Doze 3 z'urucanco Pfizer canke Moderna<br><br><b>KANDI</b><br><br>Doze yinyongera nshasha iyariyo yose | Ntukeneye kuguma muhira nimba utarwaye.  |
|  | Doze 3 z'urucanco Pfizer canke Moderna mu mezi 5 aheze   | Ntukeneye kuguma muhira nimba utarwaye.<br><br>Ntivyagufashe igihe kirekire kugira uronke doze yiyongeye inyuma ya doze ya 3 y'ibanze. |
|  | Doze 3 z'urucanco Pfizer canke Moderna mu mezi arenga 5 aheze  | Iminsi 5 kuva aho wegeranye n'uwanduye COVID-19.   |
|  | Doze 2 z'urucanco Pfizer canke Moderna umwanya uwo ariwo wose  | Iminsi 5 kuva aho wegeranye n'uwanduye COVID-19.   |
|  | Doze 1 y'urucanco Pfizer canke Moderna umwanya uwo ariwo wose  | Iminsi 5 kuva aho wegeranye n'uwanduye COVID-19.   |

## Nimba umwana wawe yaregeranye n'uwanduye COVID-19

| Nimba umwana wawe atigeze acandarwa COVID-19   | Igitigiri ca doze z'urucanco rwa COVID-19 - hamwe n'igihe | Ni iminsi ingahe utegerezwa kuguma muhira?                   |
|--|---|--|
| Nimba umwana wawe yaronse urucanco Pfizer  | Doze 0  | Iminsi 5 kuva aho wegeranye n'uwanduye COVID-19.             |
|  | Doze 2 z'urucanco Pfizer umwanya uwo ariwo wose           | Umwana wawe ntakeneye kuguma muhira nimba atagwaye.          |
|  | Doze 1 y'urucanco Pfizer umwanya uwo ariwo wose           | Iminsi 5 kuva aho umwana wawe yegeranye n'uwanduye COVID-19. |
| Nimba umwana wawe afise abasoda b'umubiri bake canke afise ivyago vyinshi vyo kurwara cane | Igitigiri ca doze z'urucanco rwa COVID-19 - hamwe n'igihe | Ni iminsi ingahe utegerezwa kuguma muhira?                   |
|  | Doze 2 umwanya uwo ariwo wose                             | Umwana wawe ntakeneye kuguma muhira nimba atagwaye.          |
|  | Doze 1 umwanya uwariwo wose                               | Iminsi 5 kuva aho umwana wawe yegeranye n'uwanduye COVID-19. |

## Nimba umwana wawe yaregeranye n'uwanduye COVID-19 (birabandanya)

| Nimba umwana wawe yaragwaye COVID-19 mu minsi 90 iheze (nk'amezi 3). | Igitigiri ca doze z'urucanco rwa COVID-19 umwana wawe yaronse hamwe n'igihe yaronse doze ya nyuma hari | Ni iminsi ingahe umwana wawe ategerezwa kuguma muhira?       |
|--|--|--|
| Nimba haheze iminsi irenga 90 kuva umwana wawe arwaye COVID-19       | Ntacobitwaye igitigiri c'incanco umwana wawe yaronse muri ibi.   | Umwana wawe ntakeneye kuguma muhira nimba atarwaye.          |
|  | Doze 2 z'urucanco Pfizer umwanya uwo ariwo wose  | Umwana wawe ntakeneye kuguma muhira nimba atagwaye.          |
|  | Doze 1 y'urucanco Pfizer umwanya uwo ariwo wose  | Iminsi 5 kuva aho umwana wawe yegeranye n'uwanduye COVID-19. |

### Hoba hari ikindi kintu noba nkeneye gukora inyuma yo kwegerana n'uwanduye COVID-19?

- Ambara [agafukamunwa gafata neza](#) uri mu bandi hamwe n'ahakorana abantu benshi mu minsi 10 inyuma yo kwegerana n'uwanduye COVID-19.
- Ipimishe iminsi 5 inyuma y'umunsi wegeranye n'uwanduye.
- Raba ibimenyetso iminsi 10 inyuma yo kwegerana n'uwanduye. Ja aha wenyene kandi wipimishe ubwo nyene nimba urwaye canke ufise ibimenyetso, naho vyoba bisanzwe.

**Ushobora gukenera kwiherera canke kuja aha wenyene mu minsi irenga 5 kubera aho uba canke ukorera bigushira mu vyago n'abandi vya COVID-19.** Abantu baba canke bakorera ahantu hugaye cane nk'ahantu ho gukosorera (ibohero), aho bitaho abantu igihe kirekire, canke batagira aho baba bategerezwa gukurikira [aya mabwirizwa](#) ya CDC. Abakozi bo mu bitaro bategerezwa gukurikiza [aya mabwirizwa](#) yo muri CDC.

### Ushaka kumenya ayandi makuru, ja kuri:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>