

# Nimba wahuye n'umuntu yanduye COVID-19

Kirundi 09/2022

Bishobora kuba bigoye kuguma i muhira hama ugasibira ku kazi canke kw'ishure inyuma yo kwegerana n'uwanduye COVID-19. Birashobora kugora cane kuja kure y'abantu bafise COVID-19 kandi mubana muhira. Nico gituma CDC yashize ku mwanya uko umwihereho womera kandi ntibakicemerera ko abantu inyuma yo kwandura COVID-19 baguma muhira. Yamara, urakakeneye gufata ingingo zo gukingira abandi bantu:

- Ambara [agafukamunwa gafata neza](#) mu minsi 10 inyuma yo kwandura igihe uri kumwe n'abandi bantu canke mu bibanza bihuriramwo abantu benshi.
- Ipimishe iminsi 5 yuzuye inyuma yo kwandura COVID-19.
- Raba ibimenyetso vya COVID-19 Nimba urwaye, guma muhira, kurikiza amabwirizwa yo kuja aha wenyene, kandi wipimishe.

## Ukwandura



Umunsi wa 0



Amasaha 24

1

2

3

4

5

6

7

8

9

10

Umunsi wa mbere wo kwambara agafukamunwa



Ipimishe

Umunsi wa nyuma wo kwambara agafukamunwa

Isanamu y'igisata c'amagara y'abantu c'intara ya Salt Lake.

**Rindira iminsi 5 inyuma yo kwegerana n'uwanduye kugira wipimishe.** Ibi bituma umugera uhagije wiyegeranya mu mubiri wawe bigatuma uboneka mu bipimo. Ushobora gukenera kwipimisha incuro irenze imwe, bivanye n'ubwoko bw'igipimo wahawe kandi nimba igihe wipimisha warufise ibimenyetso. Kurikira amabwirizwa yo [kuja aha wenyene](#) nimba igipimo cerekanye ko wanduye inyuma yo kwegerana n'uwanduye.



Ntiwipimishe inyuma yo guhura n'uwanduye nimba haheze **iminsi iri munsi ya 90** (nk'amezi 3) kuva upimwe ubwa mbere ugasanga waranduye COVID-19, bivanye n'uko atabimenyetso bishasha ufise canke ibimenyetso bikaze. Yamara, nimba ufise ibimenyetso bishasha canke haheze **iminsi irenga 90** kuva upimwe ugasanga waranduye, utegerezwa kwipimisha kandi.

Raba [ibimenyetso](#) vya COVID-19 hama wipimishe ubwo nyene nimba urwaye.



**Ubushuhe**

(ubushuhe bwa 100.4°F canke 38°C canke hejuru canke wumva ufise ubushuhe)



**Inkorora**



**Kubura impwemu**



**Kugabanuka ko kwumva ibimota canke kuryoherwa**



**Kubabara mu muhogo**



**Kubabara mu muhogo**