

KUJYA GUTUZWA MURI AMERIKA MU GIHE CY'ICYOREZO CYA COVID-19

Kwimukira mu gihugu gishya biragorana cyane mu gihe hari icyorezo cy'indwara ku isi. Ushobora kuba wibaza ibibazo byinshi unafite impungenge nyinshi. Ni ingenzi ko usobanukirwa ukanakulikiza amakuru atangwa hano kugira ngo bigufashe mu gutuzwa.

IKIGO GISHINZWE GUTUZA ABANTU MUKORANA

Muri iki gihe kurusha ibindi bihe byose byabayeho, ni ingenzi ko ukomeza kuvugana n'ikigo gishinzwe gutuza abantu mukorana mu gusuzuma dosiye yawe. Umukozi w'ikigo gishinzwe gutuza abantu akora ibishoboka byose kugira ngo aguhe serivisi z'ingenzi ukeneye. Ariko, bitewe n'icyorezo, ibiro mu nyububako bishobora gufungwa by'igihe gito n'abakozi bashinzwe ibyo gutuza abantu bashobora kuba bakorerwa mu ngo zabo. Dore uburyo butanu bashobora kuguhamo amakuru:

Telefone: Niba ufite telefone, ikigo gishinzwe gutuza abantu mukorana gishobora kugerageza kuguhamagara, kukohereza ubutumwa bugufi, cyangwa kukwandikira kuri WhatsApp cyangwa FaceTime. *Ni ingenzi ko telefone yawe ihora icanye kandi irimo umuriro kugira ngo babashe kukugeraho.*



Gutanga ibyangombwa: Umuntu ashobora kukuzanira inzandiko za ngombwa cyangwa ibindi bintu ukeneye, ariko mu rwego rwo kwirinda ikwirakwizwa rya virusi, ashobora kutinjira mu rugo rwawe.

Iposita: Ushobora kohererezwa amakuru binyuze ku iposita, rero ugomba guhora ugenzura ku buryo buhoraho agasanduku k'iposita kawe.

Udutabo n'ibipapuro binini: Aho bishoboka, umukozi ushinze gutuza abantu amanika ibipapuro binini biriho amakuru aho utuye cyangwa akanyuza udutabo muni y'urugi rwawe.

UBURENGANZIRA BWawe N'INSHINGANO Zawe

Ufite uruhare rukomeye rwo kwirinda no kurinda umuryango wawe. Dore ibintu bimwe ushobora gukora:

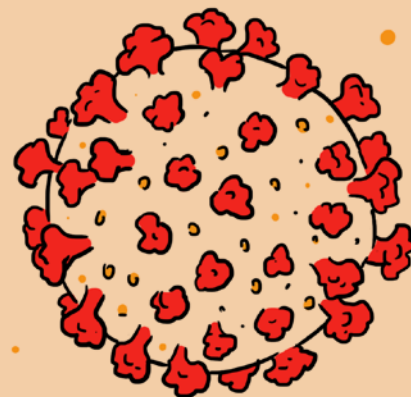
Gutuzwa: Irinde kandi urinde n'abo ukunda ukaraba intoki kenshi n'isabune n'amazi byibuze amasegonda 20, by'umwihariko umaze kuva ahantu hahurira abantu benshi cyangwa nyuma yo kwipfuna, gukorora, cyangwa kwitsamura. Irinde gukora ku maso yawe, amazuru yawe, n'umunwa wawe utakarabye intoki. Irinde abantu barwaye. Abantu benshi barwara COVID-19 baba bafite ibimenyetso bidakomeye kandi bashobora gukirira mu rugo. Kurikiza inama z'inzobere mu by'ubuvuzi, ishami rishinzwe ubuzima rusange ry'agace urimo, n'ikigo gishinzwe gutuza abantu mukorana.



COVID-19 ni iki?

COVID-19 ni indwara y'ubuhumekero iterwa na virusi iri gukwirakwira vuba cyane ku isi. Virusi ikwirakwira iyo umuntu wanduye akoroye cyangwa yitsamuye ari hafi y'umuntu utanduye. Virusi kandi ikwirakwira iyo umuntu akoze ahantu hari virusi maze akiora ku munwa, ku mazuru, no ku maso. Virusi ishobora kwandura hagati y'abantu begeranye (muni ya metero 2).

Ibimenyetso birimo kugira umuriro, inkorora, no guhumeka nabi. Virusi ishobora gutera uburwayi bw'ubuhumekero bworoshye kugeza ku bukomereye.



Kurikirana amakuru: Amakuru n'amabwiriza bishobora guhinduka vuba muri iki gihe cy'icyorezo cya COVID-19. Ufite inshingano zo gukurikirana amakuru yerekeye uko ibintu bimeze no gukurikiza amabwiriza. Ishami rishinzwe ubuzima rusange ry'umujyi cyangwa leta utuyemo riba rifite amakuru yizewe.



Tegura gahunda: Tegura urugo rwawe na gahunda mu gihe wowe cyangwa undi wese mubana arwaye.

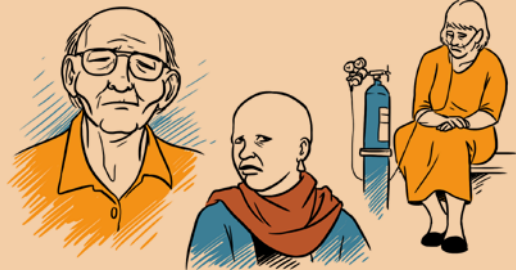
- Shyiraho urutonde rw'imiti, ibikoresho byo mu rugo, n'ibindi bikoresho abantu bari mu rugo rwawe bakunda gukoresha. Kora ku buryo ubona ibikoresho bihagije mu rugo kugira ngo bitazagushirana. Iyo bishoboka, shaka imiti myinshi wandikiwe na muganga. Niba utazi uko wahamagara muganga, bimenyeshe ikigo gishinzwe gutuza abantu mukorana kigufashe.
- Gura ibiribwa bidakunda kubora kugira ngo ugabanye ingendo zo kujya hanze ugiye mu maduka.
- Hitamo ushobora gufasha igihe wowe cyangwa undi muntu mu muryango wawe arwaye. Saba undi muntu mu muryango cyangwa mu gace utuyemo agufashe kubona ibiribwa cyangwa ibindi bya ngombwa. Shyiraho urutonde rw'imiryango y'agace uherereyemo ushobora guhamagara mu gihe ukeneye kubona amakuru, serivisi z'ubuvuzi, ubufasha, n'ibyo wakwifashisha.

Irinde amakuru y'ibihuha: Amakuru y'ukuri atangwa n'urwego rwa leta rw'agace urimo ashobora kuba ataboneka mu rurimi w'umva. Niba utavuga icyongereza, shaka umuntu ugusemurira amakuru y'agace urimo, nk'ikigo gishinzwe gutuza abantu mukorana. Imbuga mpuzambaga, cyangwa inshuti n'umuryango bo mu bindi bice, bashobora kuba badafite amakuru y'ingirakamaro cyangwa y'ukuri. Menya ko hari amakuru y'ibihuha n'ibihimbano yerekeye virusi n'uburyo bwo kuyirinda no kuyivura. *Ugomba kwemera inama z'ubuvuzi ugiriwe gusa n'umuganga cyangwa umukozi ushinze iby'ubuzima.*

Irinde ubutekamutwe: Irinde ubutekamutwe bujyanye n'icyorezo. Ubutekamutwe bwagiye bugaragazwa harimo kugurishiriza mu rugo ibikoresho bipima virusi, imiti y'imihimbano, ubwishingizi, n'ibindi. Iyo uhamagawe cyangwa ukohererezwa ubutumwa n'umuntu utazi cyangwa

Irinde kandi urinde n'abandi indwara ya COVID-19

COVID-19 ni indwara nshya umuntu wese ashobora kwandura. Ariko, abakuze n'abantu basanzwe bafite ubundi burwayi bashobora kuba bafite ibyago byinshi byo kurwara bikomeye indwara ya COVID-19. Niba urengeje imyaka 65 cyangwa ufite uburwayi bukomeye nk'indwara y'ibihaha idakira, indwara y'umutima ikomeye, cyangwa diyabete, ushobora kuremba bitewe n'iyi ndwara.



Niba ufite ubundi burwayi cyangwa ubana n'umuntu urwaye indi ndwara, ugomba gufata izindi ngamba mu rwego rwo kwirinda no kurinda abo ukunda. Niba wumva urwaye, guma byibuze muri metero ebyiri (intambwe ebyiri) witaruye abandi kandi unagume mu rugo uko bishoboka. Niba ukeneye kwegera abandi (mu rugo, mu modoka, cyangwa mu biro bya muganga), ugomba kwambara agapfukamunwa.

ukegerwa n'umuntu utazi agusaba amakuru ya banki, numero y'ubwitwaganyirize, cyangwa andi makuru bwite, ntukayatange kandi ukwiye guhita ubimenyesha ikigo gishinzwe gutuza abantu mukorana kugira ngo kigufashe.

Hamagara mbere yo kujya

kwivuzi: Mbere yo kujya kwa muganga cyangwa mu cyumba cy'indembe, banza uhamagare kwa muganga niba ufite ibimenyetso bya COVID-19 nk'umuriro, inkorora, cyangwa guhumeka nabi. Bakubwira icyo ukora. Niba utazi uko wahamagara muganga, bimenyeshe ikigo gishinzwe gutuza abantu mukorana kigufashe. Niba wowe cyangwa uwo ukunda mufite ibimenyetso bikomeye nk'ibibazo byo guhumeka, hamagara 911 cyangwa ujye mu cyumba cy'indembe mu bitaro. *Bimenyeshe ushinze dosiye yawe, vuba bishoboka.*



Saba gusemurirwa, niba ari ngombwa: Ufite uburenganzira bwo guhabwa serivisi z'ubusemuzi. Bwira umukozi w'ibitaro cyangwa ivuriro ko ukeneye umusemuzi igihe uri gusaba randevu cyangwa uhageze ukeneye ubuvuzi bw'indembe.

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Ku yandi makuru yerekeye COVID-19, sura [COREnav.org](https://corenav.org).