

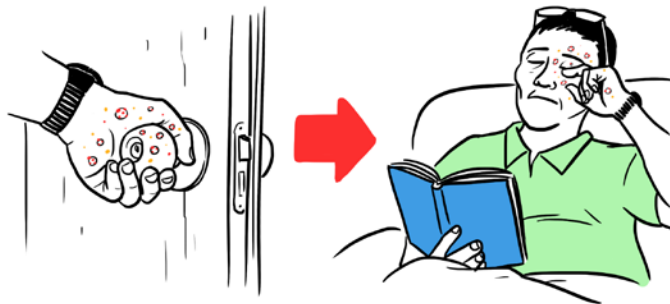
COVID-19 NI IKI?



CCOVID-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 akikora ku munwa, ku mazuru, no ku maso.



Virusi ishobora kwandura hagati y'abantu begeranye (munsi ya metero 2).

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



Mu gihe cy'icyorezo cya COVID-19, ushobora kumva abakozi ba leta n'abakora mu nzego z'ubuzima bifashisha amabwiriza cyangwa amategeko agamije kukulinda.

Bitewe n'imiterere y'ikibazo, ushobora gusabwa kuguma mu rugo kugira ngo urinde abandi cyangwa nawe wirinde ubwawe. Izi ngamba zifasha kugabanya umuvuduko cyangwa guhagarika ikwirakwira rya virusi mu gace utuyemo. Iyo abaturage bagabanyije umuvuduko w'ikwirakwira rya virusi, ibitaro birushaho kwita ku barwayi neza. Igihe ugiye hanze, abakora akazi ka ngombwa nk'abazimya inkongi y'umuriro n'abapolisi bashobora kukwegera, ariko baba bagerageza kugufasha.



Dore amwe mu mategeko n'amabwiriza abakozi ba leta n'abakora mu nzego z'ubuzima bashobora kugusaba gukurikiza:

UMUHEZO

Iyo ufite ibimenyetso bya COVID-19, muganga ashobora kugusaba kwiheza. Bivuze ko uguma mu rugo mu gihe runaka. Uko bishoboka kose, ugomba kuguma mu "cyumba urwariyemo" kitaruye abandi bantu mubana. Birinda ko abandi bantu bandura iyo ndwara.



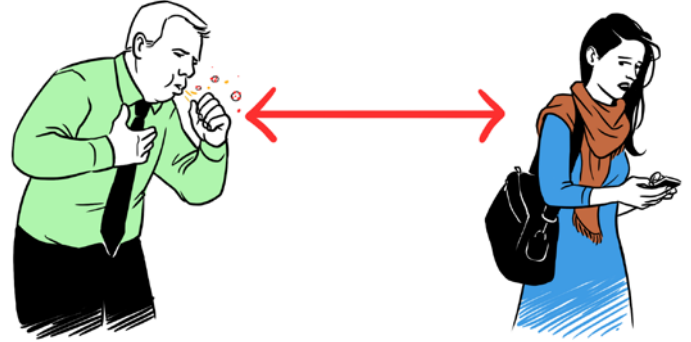
AKATO

Iyo utekereza ko wigeze guhura n'umuntu urwaye COVID-19, ushobora gusabwa kujya mu kato. Bivuze ko ugomba kuguma mu rugo iminsi igera kuri 14 maze ukabwira muganga niba wumva ufite umuriro, inkorora, cyangwa ibibazo byo guhumeka. Akato gafasha kwirinda bishoboka ikwirakwira ry'indwara mbere yo kumva ufite ibimenyetso.



GUSHYIRA INTERA HAGATI Y'ABANTU

Mu rwego rwo kugabanya ikwirakwira rya virusi, abakozi ba leta bashobora gusaba abaturage gushyira intera hagati yabo. Bivuze ko ushyiraho intera ya metero ebyiri, hafi intambwe ebyiri, witaruye abandi no kwirinda rwose kujya mu kivunge cy'abantu. Kwirinda kugira abashyitsi batari ngombwa mu rugo rwawe. Bigufasha kwirinda kurwara cyangwa kwanduza abandi indwara.



KUGUMA AHO URI

Imijyi na leta bishobora gutangaza itegeko ryo "kuguma aho muri" cyangwa "kuguma mu rugo" ku baturage bose. Ayo mategeko agenda atandukana bitewe n'ahantu, ariko ubusanzwe bisaba ko abaturage baguma mu rugo uko bishoboka no kuhava basohotse biri ngombwa, nko kugura ibiribwa, kubonana na muganga, cyangwa gushaka imiti. Ayo mategeko si ayo gufunga serivisi n'ibikorwa bitari ngombwa kandi akomeza kwemerera abaturage gukora imirimo isabwa mu rwego rw'ubuzima n'umutekano. Mu gihe cya guma murugo, usabwa kuguma mu rugo igihe cyose.



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