Updated March 5, 2020 – Kinyarwanda

Waba urwaye kandi utekereza ko ushobora kuba urwaye indwara ya koronavirusi (COVID-19)?

Aya makuru agenewe abantu:

- **Basuzumwe bagasanga barwaye indwara ya COVID-19 cyangwa baregereye umurwayi wa COVID-19**
- **Barwaye kandi bafite umuriro, inkorora, cyangwa ibibazo mu guhumeka**

Bisaba kwegera umuntu uyirwaye kugira ngo uyandure. Ibi bivuze ko:

- Ubana mu nzu imwe n'umuntu urwaye indwara ya COVID-19
- Wita ku murwayi w'indwara ya COVID-19
- Umaze iminota irenga 10 uri kumwe n'umurwayi uri muri metero zitarenze 1,90
- Umurwayi w'indwara ya COVID-19 agukororeyeho cyangwa akwitsamuriyeho, agusomye, cyangwa musangiye ibyo kurya.

Ibimenyetso by'indwara ya COVID-19

Ibimenyetso by'indwara ya COVID-19 ni umuriro, inkorora, n'ibibazo mu guhumeka. Niba waregereye umuntu urwaye indwara ya COVID-19 kandi ukaba ufite umuriro, inkorora, cyangwa ibibazo mu guhumeka, ushobora kuba urwaye indwara ya COVID-19. Vugana na muganga wawe kugira ngo arebe niba ugomba gusuzumwa. Niba bagusuzumye bagasanga urwaye indwara ya COVID-19 cyangwa utekereza ko ushobora kuba urwaye indwara ya COVID-19 ariko ukaba utarasuzumwa, kurikiza intambwe zikurikira.

Guma mu rugo uretse igihe ugiye kwivuza

Ugomba kuguma mu rugo, keretse ugiye kwivuza. Wijya ku kazi, ku ishuri, cyangwa ahandi hantu. Irinde gutega bisi, kujyana n'abandi mu modoka, cyangwa tagisi.

Itarure abantu n'amatungo mu rugo:

- Abantu: Uko ubishoboye kose, ugomba kuguma mu cyumba kimwe witaruye abandi bantu mu rugo rwawe. Koresha ubwogero n'ubwiherero butandukanye n'ubwabandi niba ubishoboye, cyangwa utere imiti yica udukoko ahantu usangira n'abandi mu bwiherero mbere na nyuma yo kubukoresha. Aha harimo aho bafata ku rugi bafungura, ravabo, n'aho bicara kuri wese.
- Amatungo: Ntugomba kumara igihe uri kumwe n'amatungo mu gihe urwaye. Gerageza gushaka undi muntu ugufasha kwita ku matungo yawe igihe urwaye. Niba utabonye ugufasha, karaba intoki zawe mbere na nyuma yo gukora ku matungo yawe. Niba gahari, ambara agapfukamunwa.

Updated March 5, 2020 – Kinyarwanda

Banza uhamagare muganga wawe, wihita winjira

Niba ufite randevu ya muganga, hamagara muganga umubwire ko ufite cyangwa ushobora kuba ufite ibimenyetso by'indwara ya COVID-19. Ibi bizamufasha gukora ku buryo abandi bantu batandura igihe winjiye.

Ambara agapfukamunwa (niba gahari)

Ambara agapfukamunwa igihe wegereye abantu cyangwa amatungo. Niba udashobora kwambara agapfukamunwa kubera ko utabasha guhumeka, abo mu rugo rwawe ntibagomba kuba mu cyumba kimwe na we cyangwa kugendana na we mu modoka. Bagomba kwambara agapfukamunwa igihe ari ngombwa ko bakwegera.

Pfuka umunwa cyangwa amazuru igihe ukorora cyangwa witsamura

Pfuka umunwa wawe n'amazuru yawe ukoresheje agatambaro igihe ukoroye cyangwa witsamuye. Jugunya ako gatambaro ahagenewe kujugunya imyanda maze ukarabe intoki zawe n'isabune ako kanya byibuze umare amasegonda 20.

Niba udashoboye gukaraba intoki zawe, ushobora gukoresha umuti byibuze ufite arukoro ku rugero rwa 60%. Hanagura uwo muti hose ku ntoki zawe kugeza wumvishe ko intoki zawe zumutse. Isabune n'amazi ni byo byiza cyane igihe ubona umwanda ku ntoki zawe.

Wigira ibyo usangira n'abantu mu rugo

Wisangira ibiribwa, amasahani, uduhanagurantoki, cyangwa ngo uryame mu gitanda kimwe n'abandi cyangwa amatungo mu rugo. Mesa ibiryamirwa byose n'ibindi bintu ukoresheje isabune n'amazi nyuma yo kubikoresha.

Sukura intoki zawe kenshi

Oga intoki zawe kenshi ukoresheje isabune n'amazi byibuze umare amasegonda 20. Niba isabune n'amazi bidahari, sukura intoki zawe ukoresheje umuti urimo byibuze arukoro iri ku rugero rwa 60%. Hanagura uwo muti hose ku ntoki zawe kugeza wumvishe ko intoki zawe zumutse. Isabune n'amazi ni byo byiza cyane igihe ubona umwanda ku ntoki zawe. Wikora ku maso yawe, izuru ryawe, n'umunwa wawe kugeza umaze koga intoki zawe.

Sukura "aho abantu bakunda gukora" hose buri munsi

Aho abantu bakunda gukora ni kuri za kontwari, ameza, inzugi, ubwiherero, telefoni, igice kibaho inyuguti bakoresha bandika kuri mudasobwa, n'ibikoresho by'ikoranabuhanga bizwi nka tablets. Kora ku buryo unahanagura ahantu hari amaraso, amabyi, cyangwa amatembabuzi y'umubiri. Koresha umuti wo koza umishwa cyangwa uhanagure kandi ukurikize amabwiriza. Amagambo yanditse ku karangagicuruzwa akubwira uburyo bwizewe wakoresha mu guhanagura cyangwa niba unagomba kwambara uturindantoki. Kora ku buryo haza umwuka mwiza igihe uri guhanagura, urugero nko gufungura idirishya cyangwa gufungura vantirateri.

Updated March 5, 2020 – Kinyarwanda

Igihe wumva urwaye bikurikirane

Kora ku buryo uhamagara muganga ako kanya niba urushaho kuremba, ufite nk'ibibazo mu guhumeka, maze umubwire ko ushobora kuba urwaye indwara ya COVID-19. Niba gahari, ambara agapfukamunwa mbere yo kwinjira. Ibi bizafasha mu kurinda abandi barwayi kwandura.

Niba urembye cyane kandi ukaba ukeneye guhamagara 911, bwira umuntu uri kuri telefone ko ufite ibimenyetso by'indwara ya COVID-19. Niba bishoboka, ambara agapfukamunwa igihe baje kugufata.

Saba muganga wawe guhamagara urwego rw'ubuzima rukwegereye cyangwa rwa leta kugira ngo muganire ku burwayi bwawe

Niba ugomba kuvurwa byihutirwa kandi ugomba guhamagara 911, bwira uwohereje imbangukiragutabara ko ushobora kuba urwaye indwara ya COVID-19. Niba bishoboka, ambara agapfukamunwa mbere y'uko abatanga serivisi z'ubuvuzi bwihutirwa bahagera.

Igihe ukwiye guhagarikira kuba mu kato

Niba urwaye indwara ya COVID-19, guma mu rugo witaruye abantu mu minsi 7 cyangwa kugeza ku masaha 72 nyuma y'aho umuriro wari ufite ushize kandi ukumva umeze neza, uko byatinda kose.

Niba ufite umuriro n'inkorora cyangwa ufite ibibazo mu guhumeka, ariko bakaba bataragusuzumye ngo basange urwaye indwara ya COVID-19, guma mu rugo witaruye abantu kugeza amasaha 72 yuzuye nyuma y'aho umuriro wari ufite ushize kandi ukumva umeze neza.