Updated September 1, 2020 – Kinyarwanda

Wakora iki igihe byemejwe ko urwaye cyangwa ukekwaho kurwara COVID-19?

Iyo bagusuzumye bakagusangamo COVID-19 cyangwa ukarwara nyuma yo guhura n' umuntu urwaye COVID-19, ushobora gufasha mu gukumira COVID-19 ntikwirakwire mu bandi. Kurikiza amabwiriza akurikira.

Ibimenyetso bya COVID-19

Ibimenyetso rusange ni umuriro, inkorora no guhumeka nabi. Ibindi bimenyetso bishobora kubamo kugira imbeho, kuribwa imikaya, kubabara umutwe, kuribwa mu muhigo no kutaryoherwa cyangwa kudahumurirwa.

Iyo wahuye n'umuntu basuzumye bakamusangamo COVID-19 kandi ukaba ufite ibyo bimenyetso, birashoboka ko waba urwaye COVID-19. Bimenyeshe uguha serivisi z'ubuvuzi kugira ngo agusuzume COVID-19.

Itabire ikiganiro kerekeye amagara amazima

Ubaza ibibazo ukora mu rwego rushinzwe ibyerekeye amagara mazima araguhamagara iyo bagusuzumye bagasanga urwaye COVID-19, akenshi akoesheje telefone. Ubaza ibibazo agufasha gusobanukirwa icyo ugomba gukurikizaho n'ubufasha buhari.

Ubaza ibibazo akubaza amazina n'aderesi z'abantu uherutse guhura na bo. Akubaza aya makuru kugira ngo amenyeshe abantu bashobora kuba baranduye. Ubaza ibibazo ntatangariza abo mwahuye izina ryawe.

Guma mu rugo uretse igihe ugiye kwivuza

Ugomba kuguma mu rugo keretse ugiye kwivuza. Ntukajye ku kazi, ku ishuri cyangwa ahantu hahurira abantu benshi. Irinde gukoresha imodoka rusange, gukodesha imodoka cyangwa tagisi. Saba inshuti cyangwa abagize umuryango bajye kuguhahira cyangwa ukoreshe serivisi yo kugemurirwa ibiribwa n'amaduka.

Hamagara mbere yo kujya kwa muganga

Bwira uguha serivisi z'ubuvuzi ko ufite COVID-19 cyangwa bari kusuzuma ko ufite COVID-19. Ambara agapfukamunwa mbere yo kwinjira mu nyubako. Izi ntambwe zigufasha gutuma abantu bari mu biro cyangwa mu cyumba cyo gutegererezamo batarwara.

Ishyire mu kato ntiwegere abantu n'inyamanswa mu rugo rwawe

- **Abantu**: Uko bishoboka, guma mu cyumba cyihariye witaruye abandi bantu kandi ukoreshe ubundi bwiherero niba buhari.
- **Inyamaswa**: Gabanya uko wegera amatungo yo mu rugo n'izindi nyamaswa. Iyo bishoboka, bwira undi umuntu wo mu rugo uziteho. Niba ugomba kwita ku nyamaswa, ambara agapfukamunwa kandi ukarabe intoki mbere na nyuma yo kuzikoraho. Reba COVID-19 n'inyamaswa kugira ngo ubone andi makuru.

Ngomba kwishyira mu kato mu gihe kingana iki?

1. Iyo byemejwe cyangwa bikekwa ko wanduye COVID-19 kandi **ufite ibimenyetso**, ushobora kureka kwivana mu kato igihe:
    - Nta muriro ufite byibuze mu masaha 24 udakoresheje imiti igabanya umuriro **KANDI**
    - Ibimenyetsoufite bikaba byoroshye, **NDETSE**
    - Byibuze hagashira iminsi 10 ugaragaje ibimenyetso bwa mbere.
2. Iyo bagusuzumye bagasanga ufite COVID-19, ariko **ukaba nta bimenyetso wagaragaje**, ushobora kureka kwishyira mu kato mu rugo igihe:
    - Byibuze hashize iminsi 10 uhereye ku itariki bagusuzumiyeho bwa mbere bakagusangamo COVID-19, **NDETSE**
    - Ukaba utarwaye COVID-19

Irinde gukwirakwiza COVID-19

- **Ambara agapfukamunwa** igihe uri iruhande rw'abantu cyangwa inyamaswa zo mu rugo na mbere yo kwinjira mu biro by'uguha serivisi z'ubuvuzi. Niba udashoboye kwambara agapfukamunwa, abantu bari mu rugo rwawe ntibagomba kuba bari mu cyumba kimwe n'icyo urimo, cyangwa bagomba kwambara agapfukamunwa igihe binjiye mu cyumba urimo.
- **Sukura intoki zawe kenshi.** Karaba intoki n'isabune n'amazi byibuze mu masegonda 20. Iyo isabune n'amazi bidahari, ukoresha umuti usukura intoki urimo arukoro byibuze ku kigero cya 60%. Ntukore mu maso hawe utakarabye intoki.
- **Pfuka umunwa cyangwa amazuru igihe ukoroye cyangwa witsamuye** Jugunya udutambaro twakoreshejwe kandi ukarabe intoki.
- **Sukura ahantu "hakunda gukorwaho" buri munsi**, nko kuri za kontwari, hejuru ku meza, serire z'inzugi, robine zo mu bwogero, ubwiherero, telefone, igice cya mudasobwa bandikisha, taburete no ku mpande z'ameza. Koresha umuti usukura cyangwa udutambaro bahanaguza kandi wabuhirize amabwiriza yanditseho.
- **Ntusangire ibintu byawe n'uwo ari we wese**, harimo ibyombo, ibiharuri byo kunyweramo, ibikombe, ibikoresho byo kurisha, amasume cyangwa ibiryamirwa n'abantu cyangwa inyamaswa mu rugo rwawe.

Genzura ibimenyetso byawe

Shaka ubufasha bwa muganga vuba bishoboka niba ibimenyetso byawe birushijeho gukara (niba ufite ikibazo cyo guhumeka n'ibindi). Niba ufite ikibazo gikeneye ubuvuzi bwihutirwa kandi ugomba guhamagara 911, bwira uwo uhamagaye ko ufite cyangwa ushobora kuba ufite COVID-19. Niba bishoboka, ambara agapfukamunwa mbere y'uko abakora muri serivisi z'ubutabazi bwihutirwa bahagera.

Ni irihe tandukaniro riri hagati yo kwiheza n'akato?

- **Kwiheza** ni icyo ukora igihe ufite ibimenyetso bya COVID-19 cyangwa baragusuzumye bakayigusangamo. Kwiheza bivuze ko uguma mu rugo kandi ntiwegere abandi (harimo abo mu rugo) mu gihe cyagenwe kugira ngo wirinde gukwirakwiza indwara.
- **Akato** ni icyo ukora iyo wahuye n'umuntu urwaye COVID-19. Akato bisobanura ko uguma mu rugo kandi ntiwegere abandi mu gihe cyagenwe igihe wanduye kandi ushobora kwanduza abandi. Akato gahinduka kwiheza iyo bagupimye bakagusangamo COVID-19 cyangwa ugaragaje ibimenyetso.

Hari andi makuru agenewe abagize umuryango wawe, abo mwashakanye n'abarwaza.

Andi makuru n'ibyifashishwa byerekeye COVID-19

Komeza ubone amakuru mashya ku miterere y'icyorezo cya COVID-19 muri Washington, Ibyatangajwe na Guverineri Inslee, ibimenyetso, uko yandura, n'uburyo n'igihe abantu bagomba kwipimisha. Reba Ibibazo byacu bikunda kubazwa ubone andi makuru.

Ibyago byo kwandura COVID-19 ntaho bihuriye n'ibara ryo ku ruhu, ubwoko cyangwa igihugu. Kugira ipfunwe ntibizadufasha kurwanya iyi ndwara. Sangiza abandi amakuru y'ukuri kugira ngo ubuze ibihuhua n'amakuru atari yo gusakazwa.

Ufite ibibazo byerekeye COVID-19? Hamagara umurongo wa telefone utishyurwa wacu kuri **1-800-525-0127 maze ukande #**. Ku bakeneye serivisi z'ubusemuzi, vuga ururimi ukeneye igihe uhamagaye bakakwitaba. **Amasaha umurongo wa telefone utishyurwa uba ufunguye**: Kuva saa 6 z'igitondo kugeza saa 10 z'ijoro, kuva ku wa Mbere kugeza ku wa Gatanu no kuva saa 8 z'igitondo kugeza saa 6 z'umugoroba muri wikendi. Ku bibazo byerekeye ubuzima bwawe, kwisuzumisha COVID-19 cyangwa ibisubizo by'ibizamini, bimenyeshe uguha serivisi z'ubuvuzi.

Gusaba iyi nyandiko mu yindi miterere, hamagara 1-800-525-0127. Ku bafashwa bafite ubumuga bwo kutumva cyangwa batumva neza, mwahamagara 711 (Washington Relay) cyangwa mukohereza imeyiri kuri civil.rights@doh.wa.gov.