Virusi nshya ya Corona (COVID-19): Amabwiriza yerekeye abita ku barwayi

Gira gahunda

Niba uri kwita ku muntu ufite ibyago byinshi byo kuremba bitewe n'indwara ya COVID-19, ugomba:

- Kuvugana n'umuha serivisi z'ubuvuzi kugira ngo umubaze ibyerekeye kubona indi miti yo kuba ufite mu gihe wowe n'uwo mu muryango wawe mugomba kuguma mu rugo igihe kirekire.
- Niba udashobora kubona indi miti, wayitumiza ukoresheje murandasi cyangwa telefone.
- Kora ku buryo uba ufite imiti igurwa umuntu atabanje kuyandikirwa na muganga n'ibikoresho byo mu buvuzi (udutambaro, n'ibindi) byo kuvura umuriro n'ibindi bimenyetso.
- Kora ku buryo uba ufite ibikoresho byo mu buvuzi bihagije (umwuka wa ogisijeni, ibyo kwifashisha mu gihe umurwayi afite ikibazo cyo gucikwa n'inkari, ibyifashishwa mu kuyungurura no gusukura amaraso igihe impyiko z'umurwayi zitakibishoboye, ibyifashishwa mu komora ibisebe) no gushyiraho gahunda y'ingoboka kugira ngo ubone ibindi.
- Kora ku buryo uwo mu muryango wawe aba afite hafi ibiribwa bidapfa vuba.
- Hitamo uwakwita ku wo mu muryango wawe igihe waba urwaye. Komeza uvugane n'abandi kuri telefone cyangwa imeyiri. Ushobora gukenera gusaba ubufasha inshuti, umuryango, abaturanyi, abajyanama b'ubuzima, n'abandi.
- Gukora urutonde rw'abantu wahamagara igihe byihutirwa.
- Kuba ufite udupfukamunwa n'uturindantoki tujugunywa nyuma yo gukoreshwa two gukoresha mu gihe uwo mu muryango wawe arwaye. (Reba andi makuru munsi y'umutwe w'amagambo witwa“Genzura.”)

Fata ingamba

- Hora ugirira isuku aho umurwayi ari mu gihe umwitaho. Oza kandi wice udukuko dutera indwara inshuro nyinshi ku bintu n'ahantu bikunda gukorwaho (urugero: ameza, aho bafata ku rugi bafungura, udukoresho ducana amatara, imikondo yifashishwa haterurwa ikintu, ameza yo mu biro, ubwiherero, robine, ravabo, na telefone zigendanwa.) Reba imiti yica udukoko yemewe na Environmental Protection Agency (EPA, Ikigo cy'Amerika gishinzwe kwita ku bidukikije) yica udukuko dutera indwara ya COVID-19.
- Karaba intoki zawe kenshi ukoresheje isabune n'amazi byibuze umare amasegonda 20 ukaraba, by'umwihariko nyuma yo kwipfuna, gukorora, cyangwa kwitsamura, cyangwa uvuye ahahurira abantu benshi.

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 civil.rights@doh.wa.gov.

- Niba isabune n'amazi bidahari, koresha umuti urimo byibuze arukoro iri ku rugero rwa 60%.
- Irinde kwikora mu maso, ku mazuru yawe, no ku maso yawe.
- Ku rugero rushoboka, irinde gukora ahantu hakunda gukorwaho ahahurira abantu benshi – amabuto y'ibyuma bizamura abantu hejuru mu magorofa, aho bafata bakingura inzugi, aho bafata baca ku madarajya, guhana umukono n'abantu, n'ibindi. Koresha agatambaro cyangwa ukuboko kw'ishati cyangwa umupira wawe upfuka ibiganza cyangwa intoki zawe igihe ugiye gukora ku kintu.
- Igihe hakenewe ibindi biribwa, shaka uburyo wabizanirwa mu rugo binyuze ku bo mu muryango, abo muziranye, cyangwa abacuruzi.

Genzura

- Itondere ibimenyetso by'uko ushobora kuba urwaye indwara ya COVID-19 birimo kugira umuriro, inkorora, no guhumeka nabi. Niba wumva usa n'aho uri kugira ibyo bimenyetso, hamagara muganga wawe.
- Niba uwo mu muryango wawe afite ibimenyetso biburira by'indwara ya COVID-19 byo kwitabwaho byihutirwa, shaka uko yahita avurwa. Ku bantu bakuru, ibimenyetso byo kwitabwaho byihutirwa ni:
    - Kugorwa no guhumeka cyangwa kubura umwuka
    - Ububabare budashira cyangwa gufungana mu gatuza
    - Kujijwa bidasanzwe cyangwa kutabasha kugira ibyo ashishikarira
    - Kuba iminwa no mu maso he byahinduka ubururu

  (Uru rutonde ntirukubiyemo byose. Vugana n'uguha serivisi z'ubuvuzi ku bindi bimenyetso ibyo ari byo byose bikomeye cyangwa biteye impungenge.)

Niba uwo mu muryango wawe afite uburwayi bw'imyanya y'ubuhumekero

- Niba uwo mu muryango wawe afite ibimenyetso, kurikiza inama z'ibijyanye no kwirinda za Centers for Disease Control and Prevention (CDC, Ikigo gishinzwe kugenzura no gukumira indwara muri Leta Zunze Ubumwe z'Amerika) ku baba mu rugo, ku babana bakundana, n'abarwaza bari kwita ku murwayi ahatari mu mavuriro, ufite ibimenyetso byapimwe bikanemezwa na laboratwari ko ari iby'indwara ya COVID-19 cyangwa uwo murwayi akaba agisuzumwa.
- Wowe n'uwo mu muryango wawe, mwembi mugomba kwambara udupfukamunwa. Niba hari agapfukamunwa kamwe gusa, gahe uwo mu muryango wawe abe ari we ukambara.
- Kora ku buryo aho uri kwitira ku murwayi haba umwuka mwiza, nko kuba wahashyira icyuma

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 civil.rights@doh.wa.gov.

gitanga akayaga cyangwa ugafungura amadirishya, igihe ikirere kimeze neza.

- Itarure uko ushoboye kose uwo mu muryango wawe kandi ukomeza umwiteho.
    - Gabanya guhererekanya ibintu hagati yawe n'uwo mu muryango wawe umuha isiniya iriho ibiribwa aho kumuha no gufata ikintu kimwe kimwe.
    - Ha uwo mu muryango wawe igipimisho cy'umuriro aho kukimushyira mu kanwa.
    - Igihe uvugana na we, guma muri metero imwe na santimetero mirongo inani.
- Mu gihe cy'uburwayi, iyo bishoboka, gumisha uwo mu muryango wawe mu cyumba kimwe kandi, niba ubishoboye, mugenere ubwogero n'ubwiherero akoresha wenyine.
- Igihe usukura icyumba cye, kora ku buryo wica udukoko dutera indwara kandi usukure hasi hose mbere yo kwemerera abandi baba mu rugo kongera gukoresha icyo cyumba.

INGAMBA ZO KUGABANYA IBYAGO BYO KWANDURA IGIHE UDAFITE IBIKORESHO BYO KWIKINGIRA BYABUGENEWE

Ikintu cya mbere mu kwirinda igihe ufasha uwo mu muryango wawe urwaye indwara ifata imyanya y'ubuhumekero, ni ugukoresha bikwiye personal protective equipment (PPE, ibikoresho byo kwikingira byabugenewe), nk'udupfukamunwa, udupfuka mu maso, uturindantoki, cyangwa ikanzu. Ariko, PPE, zishobora kutaboneka ahantu henshi. Menya ko ingamba zikurikira zidashobora kukurinda ku rugero rumwe nk'urwa PPE kandi ntizigomba gusimbura PPE no kugira imyitwarire myiza yo kwitwararika mu kurwanya indwara.

- **Niba nta dupfukamunwa duhari,** fasha uwo mu muryango wawe kwipfuka umunwa igihe akorora nawe uri mu cyumba arimo. Urugero, saba uwo mu muryango wawe kwipfuka umunwa igihe akorora akoresheje umushwara, ishuka, cyangwa uburingiti. Ibi ntibibuza ikwirakwira ry'uduce twa virusi ariko bishobora gutuma tutagera kure.
- **Niba udafite ikanzu wambara wirinda, reba uko wakoresha amashashi ajyamo imyanda, udufuka twa pulasitike, n'amashashi bakoresha batwikira ibintu bitandukanye.** Ukoresheje amashashi ajyamo imyanda, ushobora gukata imyenge inyuramo amaguru yawe n'umukandara ufata mu mayunguyungu, maze ugakoresha indi shashi ijyamo imyanda utwikira igice cyo hejuru cy'umubiri wawe. Irinde ntukore ku ntebe n'ameza cyangwa ku bindi bintu biri mu nzu wambaye ayo mashashi cyangwa ibyo wifubitse nyuma yo kuva aho uwo mu muryango wawe arwariye.
- **Zana indi myenda n'inkweto byo guhindura maze ubishyire ahandi.** Igihe ugiye cyangwa urangije kwita ku murwayi uwo munsi, hindura wambare imyenda n'inkweto byawe bisukuye, ushyire ibyanduye mu ishashi ijyamo imyanda kugira ngo bizameswe. Niba bishoboka, gira inkweto wambara iyo uri kwita ku murwayi (utajya wambara ahandi) kugeza uwo mu muryango wawe amaze koroherwa. Igihe amaze koroherwa, shyira inkweto hanze zihamare amasaha 72 maze uzihanaguze imiti yica udukoko dutera indwara, no ku gikandagizo cy'inkweto, mbere yo kongera kuzikoresha.

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 civil.rights@doh.wa.gov.

- **Igihe uri kwiyambura imyenda yanduye, ikanzu, cyangwa ibindi bintu wari wambaye wikingira byanduye (urugero: amashashi ajyamo imyanda), wiyambura ibyo bintu ubyigiza kure y'ijosi n'intungu, ubikora imbere gusa**. Jugunya ibintu byose bikoreshwa rimwe (urugero: uturindantoki n'ikanzu) ubishyize mu ishashi ijyamo imyanda kandi umese imyenda yose nyuma yo gusimburwa ku kwita ku murwayi.
- **Igihe nta turindantoki dukweduka, ushobora gukoresha uturindantoki dukoreshwa boza ibikoresho byo mu gikoni.** Tujugunye nyuma yo kudukoresha. Igihe bishoboka cyane, jya utwara ibintu byanduye utabikozaho intoki zawe zidafite ikintu zambaye. Urugero: twara amashuka yanduye mu gatebo kajyamo imyenda yo kumesa. Nyuma yo kugakoresha, gatere umuti wica udukoko dutera indwara maze ugakube ukoresheje isabune n'amazi. (Icyitonderwa: Ntukigere ushyira ibintu byameshwe mu gatebo kajyamo imyenda yo kumesa kakoreshejwe mbere kagashyirwamo imyenda yanduye utabanje koza no gutera ako gatebo imiti yica udukoko dutera indwara).
- **Niba utabona umuti wica udukoko dutera indwara,** gukoresha urupapuro rw'isuku rwatumbitswe muri alukoro ya izoporopili (isopropyl) ifite 60% bya arukoro cyangwa irenze byica virusi. Gukubisha isabune n'amazi ashyushye nyuma yo gukoresha umuti wica udukoko dutera indwara na byo byakoreshwa nk'indi ngamba yiyongera ku zindi.
- **Niba udafite kasike yo mu maso cyangwa amataratara yabugenewe,** reba amataratara ashobora kugurirwa mu maduka acuruza ibyuma, amataratara y'umutekano akoreshwa muri laboratwari cyangwa mu gutunganya ubusitani, cyangwa ukambara amataratara asanzwe atakubuza kureba**.** Ikigamijwe ni ukugira ngo urebe neza mu gihe uri kwikingira virusi—ibi bishobora no kuba ikikwibutsa ko utagomba gukora ku maso yawe. Ibyo bintu ntibirinda amaso yawe kuba atakwandura virusi, ariko bishobora kugabanya urugero rw'ibyago byo kwandura.

Andi makuru

Sura www.doh.wa.gov/coronavirus cyangwa www.coronavirus.wa.gov ku yandi makuru.

Niba ufite ikibazo, hamagara 1-800-525-0127 maze ukande # igihe wumvise ubutumwa. Imirongo ya telefone iba ifunguye buri munsi kuva saa kumi n'ebyiri za mugitondo kugeza saa yine za nijoro. Hari na serivisi zo gutangira ubusemuzi kuri telefone. Vuga ururimi usanzwe uvuga igihe hari umuntu witabye telefone. Bibasaba umunota kugira ngo baguhuze n'umusemuzi. Ku bibazo byerekeye ubuzima bwawe bwite, kwipimisha indwara ya COVID-19, cyangwa ibisubizo by'ibizamini, wahamagara 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 civil.rights@doh.wa.gov.