

Amabwiriza ya EMS yo muri Maine yo kuvurirwa mu rugo mu rwego rwo guhangana n'icyorezo



Ku bindi bisobanuro: www.cdc.gov/COVID19

Wakora iki igihe uramutse wanduye icyorezo cya koronavirusi yo muri 2019 (COVID-19)

Igihe wasuzumwe bagasanga wanduye COVID-19, utegereje ibisubizo by'isuzuma cyangwa ukeka ko wanduye, kurikiza ingamba zikurikira mu rwego rwo kwirinda kwanduza iyi ndwara abandi bantu mubana mu rugo n'abo mutuye hamwe:

Guma mu rugo uretse gusa igihe ugiye kwa muganga

Wijya ku kazi, ku ishuri cyangwa ahandi hantu hahurira abantu benshi. Irinde kugenda mu modoka zitwara abantu muri rusange, gutizanya imodoka cyangwa gutega tagisi.

Banza uhamagare mbere yo kujya kwa muganga wawe

Menyesha abakora mu ivuriro rye ko wanduye cyangwa ushobora kuba waranduye COVID-19. Ibi bituma babasha gufata ingamba zigamije kurinda ubuzima bw'abantu.

Irinde kwegera abandi bantu mubana mu rugo

Guma mu cyumba cya wenyine wirinde kwegera abandi bantu n'amatungo yo mu rugo. Niba bishoboka, koresha ubwiherero butandukanye n'ubwo abandi bakoresha. Irinde kwikora mu maso, ku mazuru no ku munwa.

Ambara agapfukamunwa niba urwaye

Niba urwaye: Ugomba kwambara agapfukamunwa igihe uri kumwe n'abandi bantu (urugero: muri mu cyumba kimwe cyangwa mu modoka imwe) cyangwa uri kumwe n'amatungo yo mu rugo kandi ukakambara na mbere yo kwinjira mu ivuriro.

Niba uri kwita ku muntu urwaye: Igihe umuntu urwaye adashobora kwambara agapfukamunwa (urugero: kubera ko kamubuza guhumeka neza), abantu babana na we bagomba kwirinda kuguma mu cyumba arimo cyangwa bakambara udupfukamunwa igihe binjiye muri icyo cyumba uwo muntu arwariyemo.

Karaba intoki kenshi

Karaba intoki: Karaba intoki ukoresheje isabune n'amazi mu gihe kigera byibuze ku masegonda 20, cyane cyane nyuma yo kwipfuna, gukorora cyangwa kwitsamura, kuva mu bwiherero na mbere yo kurya cyangwa gutegura amafunguro.

Koresha umuti wica udukoko two mu ntoki: Igihe isabune n'amazi bidahari, koresha umuti wica udukoko two mu ntoki urimo arukoro iri ku kigero byibuze cya 60%, ukore ku buryo ushyira ku bice byose bigize intoki zawe kandi uzikubanye kugeza igihe zumukiye.

Koresha isabune n'amazi: Igihe intoki ziriho umwanda ugaragarira ijisho, kuzikaraba ukoresheje isabune n'amazi ni bwo buryo buba bwizewe bwo kuwuvanaho.

Irinde kwikoraho: Irinde kwikora mu maso, ku mazuru no ku munwa kandi utakarabye intoki.

Ipfuke igihe ukorora cyangwa witsamura

Pfuka umunwa n'amazuru ukoresheje papiyemushwari igihe uri gukorora cyangwa kwitsamura. Jugunya iyo papiyemushwari umaze gukoresha muri puberi ipfundikirwa maze uhite ukaraba intoki ukoresheje isabune n'amazi cyangwa usukure intoki ukoresheje umuti wica udukoko two mu ntoki urimo arukoro iri ku kigero byibuze cya 60%.

Irinde gusangira ibikoresho bwite n'abandi

Irinde gusangirira hamwe n'abandi bantu mubana mu rugo cyangwa amatungo yo mu rugo, kunywesha ikirahure n'igikombe bimwe na bo, kurisha ibikoresho bimwe na bo, kwihanaguzwa isume zimwe na bo cyangwa kurara mu mashuka amwe na bo. Sukura ibyo bintu ukoresheje isabune n'amazi.

Hanagura buri gihe ahantu hose "abantu bakora cyane"

Koresha umuti bahanaguzwa cyangwa udutambaro twabugenewe kandi ukurikize amabwiriza y'imikoreshereze aba ari ku dupapuro tubyometseho. Utwo dupapuro tuba turiho amabwiriza y'imikoreshereze myiza kandi yizewe y'imiti bahanaguzwa harimo uburyo ugomba kwirindamo igihe uyikoresha, nko kuba ugomba kwambara uturindantoki no gukora ku buryo aho uyikoreshereza haba hari umwuka mwiza uhagije.

Kurikirana ibimenyetso ugaragaza

Itabaza abaganga igihe indwara yawe irushyeho kongera ubukana (urugero: igihe unaniwe guhumeka). **Mbere** yo kujya muganga, banza uhamagare utanga serivisi z'ubuvuzi maze umumenyeshe ko wanduye cyangwa uri gusuzumwa ngo barebe niba waranduye COVID-19.

Abantu barigukurikananwa n'ishami ry'ubuzima cyangwa bari kwikurikirana bagomba kubahiriza amabwiriza bahabwa n'ishami ry'ubuzima ry'aho batuye cyangwa ayo bahabwa n'abaganga b'aho bakora. Niba ukeneye ubutabazi bwihutirwa kandi ukaba ugomba guhamagara kuri 911, menyesha umuganga ukwitaba ko wanduye cyangwa uri gusuzumwa ngo barebe niba waranduye COVID-19. Niba bishoboka, ambara agapfukamunwa mbere y'uko abashinzwe serivisi y'ubutabazi bwihutirwa bahagera.

Kureka kwishyira mu kato mu rugo

Abarwayi basuzumwe bagasanga barwaye COVID-19 bagomba gukomeza kubahiriza ingamba zo kwishyira mu kato mu rugo kugeza igihe ibyago byo kuba bagira undi muntu banduza bizaba byagabanutse. Ikemezo cyo kureka kwishyira mu kato mu rugo kigenda gifatwa umurwayi ku wundi bitewe n'uko buri umwe amerewe kandi bigakorwa nyuma yo kubijyaho inama n'abatanga serivisi z'ubuvuzi ndetse n'amashami y'ubuzima yo mu karere ndetse n'ayo muri leta.

Byakuwe kuri: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Amabwiriza ya EMS yo muri Maine yo kongera kwitabwaho n'abaganga mu rwego rwo guhangana n'icyorezo



Ku bindi bisobanuro: www.cdc.gov/COVID19

Wakora iki igihe ibimenyetso by'icyorezo cya koronavirusi yo muri 2019 (COVID-19) biramutse byongereye ubukana

Igihe ugaragaza ibimenyetso by'uko ukeneye ubutabazi bwihutirwa bujyanye na COVID-19, ihutire kwegera muganga.

Igihe uhamagaye kuri 911, menyesha umuganga ukwitaba ko wanduye COVID-19, utegereje ibisubizo by'isuzuma cyangwa ukeka ko wanduye.

Ibindi bimenyetso by'uko ukeneye ubutabazi bwihutirwa birimo:*

- 1. Kunanirwa guhumeka cyangwa guhumeka nabi**
- 2. Kubabara cyangwa kuribwa mu gatuza bidashira**
- 3. Kwitiranya ibintu cyangwa kutabasha gutandukanya ibintu**
- 4. Iminwa cyangwa isura bihinduka ubururu**
- 5. Kugira intege nke cyangwa kumva wacitse intege**

*** Uru rutonde ntirukubiyemo ibimenyetso byose uko byakabaye. Egera muganga usanzwe ukuvura igihe cyose ugaragaje ibimenyetso bikomeye cyangwa biteye impungenge**

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html



[Ku bindi bisobanuro: www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

Ingamba zo kwirinda kwandura icyorezo cya koronavirusi yo muri 2019 (COVID-19)

Igihe wowe cyangwa uwo ukunda musuzumwe bagasanga mwanduye COVID-19, mutegereje ibisubizo by'isuzuma cyangwa mukeka ko mwanduye, mukurikize izi ngamba zigamije kugabanya ibyago byo gukwirakwiza COVID-19:

Karaba intoki kenshi

- **Karaba intoki** kenshi ukoresheje isabune n'amazi mu gihe kigera byibuze ku masegonda 20, cyane cyane nyuma yo guhura n'abantu benshi cyangwa nyuma yo kwipfuna, gukorora cyangwa kwitsamura.
- Igihe isabune n'amazi bidahari, **koresha umuti wica udukoko two mu ntoki urimo arukoro iri ku kigero byibuze cya 60%**. Kora ku buryo ushyira ku bice byose bigize intoki zawe kandi uzikubanye kugeza igihe zumukiye.
- **Irinde kwikora mu maso, ku mazuru no ku munwa** kandi utakarabye intoki.

Irinde kwegera abandi

- **Irinde kwegera** abantu barwaye
- **Shyira intera hagati yawe n'abandi bantu** igihe COVID-19 yamaze kugera aho utuye.

Guma mu rugo igihe urwaye

- **Guma mu rugo** igihe urwaye, uretse igihe ugiye kwa muganga.

Ipfuke igihe ukorora cyangwa witsamura

- **Pfuka umunwa n'amazuru** ukoresheje papiyemushwari igihe uri gukorora cyangwa kwitsamura cyangwa ukoresheje aho uhinira ukuboko.
- **Jugunya iyo papiyemushwari** muri puberi.
- Hita **ukaraba intoki** ukoresheje isabune n'amazi mu gihe kigera byibuze ku masegonda 20. Igihe isabune n'amazi bidahari, koresha umuti wica udukoko two mu ntoki urimo arukoro iri ku kigero byibuze cya 60%.

Ambara agapfukamunwa niba urwaye

- **Niba urwaye:** Ugomba kwambara agapfukamunwa igihe uri kumwe n'abandi bantu (urugero: muri mu cyumba kimwe cyangwa mu modoka imwe) cyangwa mbere yo kwinjira mu ivuriro. Igihe udashobora kwambara agapfukamunwa (urugero: kubera ko kakubuzwa guhumeka neza), ugomba gukora uko ushoboye ukipfuka igihe ukorora cyangwa witsamura kandi abantu bari kukwitaho bakambara udupfukamunwa igihe binjiye mu cyumba urimo.
- **Niba UTARWAYE: Si** ngombwa ko wambara agapfukamunwa igihe uri mu rugo keretse igihe uri kwita ku muntu urwaye (kandi akaba adashobora kwambara agapfukamunwa). Udupfukamunwa dushobora kuba duke. Bityo rero udahari tugomba guharirwa abita ku barwayi.

Hanagura kandi utere imiti yica udukoko

- **Hanagura KANDI utere imiti yica udukoko buri muni ahantu abantu bakora cyane.** Aho hantu harimo ku meza, kuri serire z'inzugi, aho bacanira amatara, kuri kontwari, aho bafata, kuri za mudasobwa, ku matelefone, kuri mwandikisho, ku bwihereho, kuri robine n'aho bogereza ibyombo.
- **Niba ahantu handuye, hakore isuku:** Koresha isabanu y'amazi cyangwa isabune n'amazi mbere yo kuhatera imiti.