

Mu gihe urwaye

Verisiyo y'Icyongereza iboneka kuri: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



Kugira ngo urwaye ikwirakwira rya COVID-19

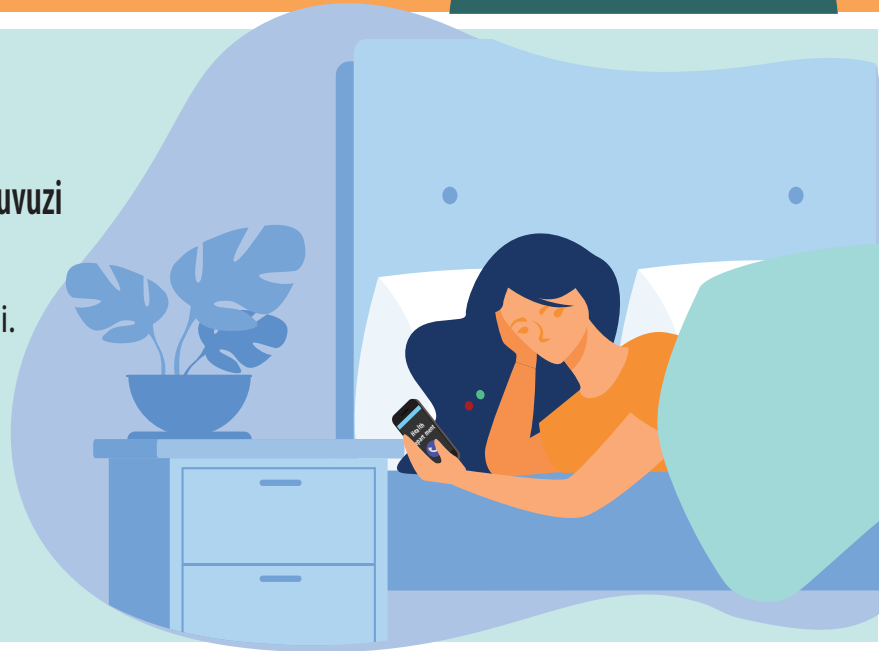
- Ambara agapfukamunwa.
- Siga nibura intera ya metero 2 hagati yawe n'abandi.
- Karaba intoki kenshi.
- Korora cyangwa witsamure upfutse umunwa.
- Hanagura buri muni ahantu hakorwaho cyane kurusha ahandi.



Niba urwaye, ubahiriza ibikurikira

Guma mu rugo igihe uretse ugiye gushaka serivisi z'ubuvuzi

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Itandukanye n'abandi cyangwa amatungo mubana mu rugo

- Guma mu cyumba cyihariye uko bishoboka.
- Hanagura buri muni ahantu "hakorwaho cyane" kurusha ahandi.
- Koresha ubwogero bwihariye aho bishoboka.
- Niba bibaye ngombwa ko waba uri hamwe n'abandi bantu cyangwa amatungo mu rugo cyangwa hanze yo mu rugo, ambara agapfukamunwa.



Mu gihe urwaye



Reka gukoresha ibikoresho byo mu nzu bimwe n'abandi

Irinde gusangira amashyamba, ibirahure byo kunywesha amazi, ibikoresho byo ku meza, amashyamba, cyangwa ibiryamirwa n'abandi bantu bo mu muryango.



Suzuma ibimenyetso byawe

Ibimenyetso bya COVID-19 birimo umuriro, inkorora, cyangwa kugorwa no guhumeka n'ibindi.

Ubahiriza amabwiriza atangwa n'abatanga serivisi z'ubuzima n'ishami rishinzwe ubuzima aho utuye.



Igihe cyo gusaba serivisi z'ubuvuzi zerekeye ubutabazi bwihutirwa

Mu gihe umuntu yagize ibikurikira:

- Guhumeka bigoranye.
- Ububabare cyangwa kokerwa bidashira mu gituzo.
- Kudakanguka cyangwa ngo ukomeze kuba maso.
- Uruhu, iminwa cyangwa uruhu inzara zifasheho byahindutse ubururu, ikigina cyangwa byahinduye ibara muri rusange.



Lhutire gushaka ubutabazi bw'ubuvuzi. bwihutirwa Hamagara 911 cyangwa uhamagare ikigo gitanga serivisi z'ubutabazi bw'ibanze kikwegereye. Menyeshya ukwitabye ko uri gusaba serivisi zo kwita ku muntu ufite cyangwa ushobora kuba afite COVID-19.