

Amabwiriza ahabwa imiryango ifite abantu benshi babana mu rugo

Buri wese afite ibyago byo kwandura koronavirusi (COVID-19) mu gihe agize aho ahurira n'agakoko kayitera. Abantu bakuze cyane n'abafite imyaka iyo ari yo yose basanzwe bafite uburwayi bukomeye bafite ibyago byinshi byo kuzahazwa na koronavirusi (COVID-19). Reba andi makuru yerekeye abafite ibyago byinshi byo kuzahazwa na COVID-19 kuri http://bit.ly/covid19_increasedrisk.

Niba wowe cyangwa umwe mu bagize umuryango wawe mubana afite ibyago byinshi byo kuzahazwa na COVID-19, umuryango wawe ukwiye kwitwara nk'aho wose ufite ibyo byago. Ibi bishobora kugorana mu gihe aho imiryango yagutse ibana mu rugo hatagutse. Nubwo kwirinda kwegera abandi no gushyira umurwayi mu kato bishobora kumutera kumva yigunze, izi ngamba ni ngombwa mu rwego rwo kurwanya ikwirakwira rya COVID-19, mu kwirinda no kurinda abandi.

Iyi nyandiko isobanura uburyo bwo:

- [Kurinda abagize umuryango mu gihe muvuye mu rugo](#)
- [Kurinda abagize umuryango bafite ibyago byinshi byo kuzahazwa na koronavirusi](#)
- [Gukomeza gutuma abana bagira ubuzima buzira umuze](#)
- [Gushyira mu kato umwe mu bagize umuryango wanduye koronavirusi](#)
- [Kwita kuri umwe mu bagize umuryango urwaye koronavirus](#)
- [Kugaburira umurwayi wa koronavirusi](#)
- [Kwishyira mu kato mu gihe wahuye n'umurwayi wa koronavirusi](#)



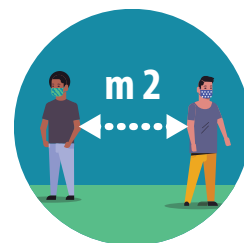
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

cdc.gov/coronavirus

Uburyo bwo kurinda abagize umuryango n'abandi mu gihe muvuye mu rugo

Niba wowe cyangwa umwe mu bagize umuryango wawe mubana afite ibyago byinshi byo kuzahazwa na COVID-19, umuryango wawe ukwiye kwitwara nk'aho wose ufite ibyo byago. Hitamo umwe cyangwa babiri mu bagize umuryango badafite ibyago byo kuzahazwa na COVID-19 abe ari bo baja gukora ibikenewe. Ubahiriza n'andi mabwiriza yo kwirinda koronavirusi nko kwambara agapfukamunwa, gusiga intera hagati yawe n'abandi, gukaraba intoki kenshi, no kongera umwuka, mu gihe hamwe n'abo mubana mu rugo bafite ibyago byinshi byo kuzahazwa na COVID-19. **Izi ni zimwe mu nama zigirwa abagize umuryango mu gihe bagiye kuva mu rugo bagiye kugira ibyo bakora:**

- 1. Mu gihe ugiye kuva mu rugo, itwaze ibikurikira:** agapfukamunwa, impapuro z'isuku n'umuti wagenewe gusukura intoki ugizwe nibura na 60% bya arukoro.
- 2. Mu gihe uri hamwe n'abo mutabana mu rugo, ambara agapfukamunwa neza gafunge umunwa n'amazuru.** Udupfukamunwa dukwiye [gufurwa](#) buri gihe twanduye cyangwa dutose, cyangwa nibura buri munsu. Ni ingenzi buri gihe gukuramo agapfukamunwa neza kandi [ugakaraba intoki](#) nyuma yo gukora ku gapfukamunwa kakoreshejwe. Ukeneye kumenya byinshi byerekeye imikoreshereze y'udupfukamunwa wasura https://bit.ly/covid19_masks.
- 3. Siga intera hagati yawe n'abandi.** Siga nibura intera ya metero 2 hagati yawe n'abandi bantu.
- 4. Karaba intoki kenshi ukoresheje amazi n'isabune nibura mu gihe kingana n'amasegonda 20.** Mu gihe nta mazi n'isabune bihari, **koresha umuti wagenewe gusukura intoki ugizwe nibura na 60% bya arukoro.** Ujye uhora wibuka gukaraba intoki ako kanya ukigera mu rugo. Menya byinshi ku bijyanye no gukaraba intoki unyuzwe kuri https://bit.ly/covid19_washhands.
- 5. Irinde gukora ahantu rusange hakunda gukorwa n'abantu batandukanye nko ku mabuto ya esanseri n'ahantu abantu bafatiriza.** Irinde kwikora mu maso (ku maso, ku zuru, ku munwa) cyangwa ku gapfukamunwa kugeza igihe ukarabiye intoki cyangwa ukoreshereje umuti wagenewe gusukura intoki.
- 6. Niba ukoresha serivisi z'ingendo rusange, kurikiza inama zikurikira:**
 - » Ambara agapfukamunwa.
 - » Siga intera ya metero 2 (6ft) hagati yawe n'abandi bagenzi uko bishoboka.
 - » Irinde gukora ahantu rusange hakunda gukorwa n'abantu batandukanye nk'ahantu abantu bafatiriza, uko bishoboka.
 - » Karaba intoki zawe amazi n'isabune cyangwa umuti wagenewe gusukura intoki ugizwe nibura na 60% bya arukoro vuba hashoboka ukimara gukoresha serivisi z'ingendo rusange.
- 7. Irinde gutwara abantu batari abo mu rugo rwawe mu modoka. Niba ari ngombwa ko utwara abandi bantu mu modoka yawe, kurikiza inama zikurikira:**
 - » Ambara agapfukamunwa.
 - » Manura ibirahure by'imodoka cyangwa ukoreshe kirimatizero kugira ngo wongere umwuka mu modoka.
 - » Irinde gukorakora ahantu hatandukanye uko bishoboka kose.
 - » Gabanya umubare w'abagenda mu modoka kandi muhane intera uko bishoboka.
 - » Karaba intoki zawe amazi n'isabune cyangwa umuti wagenewe gusukura intoki ugizwe nibura na 60% bya arukoro vuba hashoboka ukimara kuva mu modoka.



Andi makuru yerekeye kugabanya ibyago byo kwandura mu gihe uri mu bikorwa biri ngombwa wayasanga kuri http://bit.ly/covid19_errands.

Uburyo bwo kurinda abagize umuryango bafite ibyago byinshi byo kuzahazwa na COVID-19

Niba mu bo mubana harimo umuntu uri mu zabukuru cyangwa ufite uburwayi bw'akarande, abagize umuryango bose bagomba gukora nk'aho, bo ubwabo, bafite ibyago byinshi byo kuzahazwa na COVID-19. Reba andi makuru yerekeye abafite ibyago byinshi byo kuzahazwa na COVID-19 kuri http://bit.ly/covid19_increasedrisk. **Kurikiza inama zikurikira kugira ngo urinde abagize umuryango:**

- 1. Guma mu rugo uko bishoboka kose.**
- 2. Siga intera hagati yawe n'abandi.** Siga nibura intera ya metero 2 (6ft) hagati yawe n'abandi bantu.
- 3. Karaba intoki kenshi ukoresheje amazi n'isabune mu gihe kingana nibura n'amasegonda 20,** by'umwihariko nyuma yo kuva ahantu rusange cyangwa nyuma yo gupfuna, gukorora cyangwa kwitsamura. Mu gihe nta mazi n'isabune bihari, koresha umuti wagenewe gusukura intoki ugizwe nibura na 60% bya arukoro.
- 4. Irinde kwikora ku maso, ku zuru, ku munwa cyangwa kwambaza agapfukamunwa ibiganza bidasukuye.** Sukura intoki zawe ukimara kwikora mu maso (ku maso, ku zuru, ku munwa) cyangwa agapfukamunwa ukoresheje amazi n'isabune cyangwa umuti wagenewe gusukura intoki.
- 5. Mu gihe ukoroye cyangwa witsamura, ifashishe agatambaro upfuke umunwa n'izuru cyangwa wifashishe mu mpine y'ukuboko. Shyira ako gatambaro ahabugenewe nyuma yo kugakoresha kandi uhite ukaraba intoki.**
- 6. Sukura kenshi ahantu hakorwaho kenshi n'ibikoresho bisangirwa** nk'ameza, amapata y'inzugi, inteributeri, kontwari, aho umuntu afata ku gikoresho, intebe, ubwiherero, robine na lavabo, ukoresheje isabuni n'amazi meza. Noneho, koresha imiti y'isuku yagenewe gusukura mu rugo n'iyica udukoko. Ambara udupfukantoki, niba bishoboka, mu gihe usukura cyangwa wica udukoko ukoresheje imiti y'isuku cyangwa iyica udukoko icuruzwa cyangwa wikoreye mu rugo. Ubahiriza amabwiriza y'imikoreshereze y'imiti y'isuku cyangwa iyica udukoko. Andi makuru yerekeye gusukura no gutera imiti yica udukoko wayasanga aha: http://bit.ly/covid19_clean.
- 7. Menya neza ko umwuka mwiza ugera mu rugo.** Fungura idirishya maze ufungure vandirateri kugira ngo winjize kandi ukwirakwize umwuka mwiza mu gihe byakorwa mu buryo butekanye kandi ntacyo bitwaye.
- 8. Irinde guhoberana, gusomana, cyangwa gusangira amafunguro n'abantu bafite ibyago byo kuzahazwa n'uburwayi mubana mu nzu.**
- 9. Irinde abagusura niba atari abagomba kugera iwawe (urugero: umujyanama w'ubuzima).** Niba ugize abashyitsi, mbere y'uko binjira iwawe, wowe n'abo mu rugo mwisuzume ibimenyetso bya COVID-19 maze musabe n'abashyitsi kwisuzuma. Menyesha abashyitsi bawe niba wowe cyangwa umwe mu bo mubana yaba afite aho yahuriye na COVID-19 cyangwa arwaye COVID-19. Ntukigere wemerera umurwayi cyangwa ufite aho yahuriye na koronavirusi kwinjira iwawe. Ibuka gusiga intera nibura ya metero 2 (6ft) hagati yawe n'abandi, kwambara agapfukamunwa, no gusaba abashyitsi kwambara agapfukamunwa mbere yo kwinjira iwawe. Ibyinshi urabisanga kuri http://bit.ly/covid19_visitors.
- 10. Irinde ko abafite ibyago byinshi byo kuzahazwa n'uburwayi ari bo bita ku bandi mu rugo.** Niba bibaye ngombwa ko abafite ibyago byinshi byo kuzahazwa n'uburwayi ari bo bita ku bandi, abo bitabwaho bagomba kuguma mu rugo uko bishoboka kose kugira ngo barinde abagize umuryango wabo bafite ibyago byo kuba bazahazwa na COVID-19.

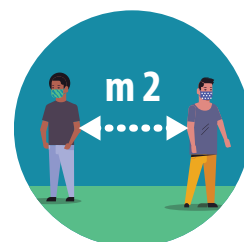


Andi makuru wayasanga kuri http://bit.ly/covid19_highrisk.

Uburyo bwo gutuma abana bakomeza kugira ubuzima buzira umuze

Abana n'abandi bantu bashobora gukwirakwiza agakoko nubwo baba badafite ibimenyetso. Nubwo abenshi mu bana batagaragara nk'abafite ibyago byinshi byo kuzahazwa na COVID-19, bamwe muri bo bashobora kuzahazwa n'uburwayi, cyane cyane impinja n'abana bafite uburwayi bukomeye. **Kugira ngo ufashe abana gukomeza kugira ubuzima buzira umuze mu gihe cy'icyorezo cya COVID-19, kurikiza inama zikurikira:**

- 11. Toza abana uburyo bwo kwirinda no kurinda abandi.** Abana n'abandi bantu bashobora gukwirakwiza agakoko nubwo baba batagaragaza ibimenyetso. Toza abana kandi ushyire mu bikorwa buri munsu ingamba zo kwirinda, nko gupfunira cyangwa gukororera mu gatambaro k'isuku, kujugunya agatambaro k'isuku mu ngarani yabugenewe, no guhita basukuri intoki ako kanya.
- 12. Kuva ku bana bafite imyaka 2 kuzamura, bakwiye kwambara agapfukamunwa neza gafunze umunwa n'amazuru, mu gihe bari hamwe n'abo mutabana mu rugo.**
- 13. Toza abana gukaraba intoki kenshi kandi bakabikora mu gihe kingana nibura n'amasegonda 20 buri gihe.** Basobanurire gukaraba intoki bishobora gutuma bakomeza kugira ubuzima bwiza bikanahagarika ikwirakwira ry'agakoko gatera koronavirusi. Ibitsa abana gukara into nyuma yo gupfuna, gukorora cyangwa kwitsamura, nyuma yo kuva mu bwiherero, bavuye hanze, na mbere ndetse na nyuma yo kurya.
 - » Mu gihe nta mazi n'isabune bihari, koresha umuti wagenewe gusukura intoki ugizwe nibura na 60% bya arukoro maze uwutsinsibanye mu biganza kugeza igihe byumukiye. Abana bakiri bato bakwiye guhagarikirwa kugira hizere neza ko bakoresha mu buryo butekanye umuti wagenewe gusukura intoki.
- 14. Ntugatume abana bakina n'abandi bana bo mu yindi miryango.** Mu gihe abana bo mu miryango itandukanye bakinnye, bakangurire gukinira ahantu hadafunganye kandi ubibutse kwambara agapfukamunwa no gusiga intera ya metero 2 hagato yabo. Abana ntibagomba guhanahana ibikinisho.
 - » Ibutsa abana gukaraba intoki bakoresheje amazi n'isabune mu gihe kingana nibura n'amasegonda 20 nyuma yo gukina n'abana bo mu yindi miryango. Mu gihe nta mazi n'isabune bihari, koresha umuti wagenewe gusukura intoki ugizwe nibura na 60% bya arukoro.
- 15. Fasha abana gukomeza gushyikirana n'abandi bana baganira mu buryo bw'iyakure (amashusho), guhamagarana kuri telefone, no kohererezanya amabaruwa.**
- 16. Fasha abana bawe guhanga n'umunaniro.** Genzura ibimenyetso by'umunaniro cyangwa impinduka mu myitwarire. Basubize ibibazo bafite ubasangize n'amakuru yizewe kuri COVID-19 mu buryo abana bawe bashobora gusobanukirwa. Bizeze ko batekanye kandi ubamenyeshako ntacyo bitwaye kuba bumva bababaye. Andi makuru ajyanye n'uko waganiriza abana ibyerekeye COVID-19 wayabona kuri http://bit.ly/covid19_talktochild.



Andi makuru wayasanga kuri http://bit.ly/covid19_children.

Uburyo bwo gushyira mu kato umwe mu bagize umuryango urwaye

Mu gihe umwe mu bagize umuryango arwaye COVID-19, kwirinda kwegerana na we bishobora kugorana mu gihe aho muba haba ari hato. **Akato** gakoreshwa mu gutandukanya abarwayi ba COVID-19 n'abandi bantu batanduye. **Mu gihe umwe mu bagize umuryango agomba gushyirwa mu kato, kurikiza inama zikurikira:**

- 1. Siga umwanya uhagije, nibura intera ingana na metero 2 (6ft), hagati y'uwanduye n'abandi, harimo n'amatungo yo mu rugo.** Tandukanya abafite ibyago byo kuzahazwa n'uburwayi n'undi uwo ari we wese urwaye koronavirusi.
- 2. Umwe mu bagize umuryango urwaye agomba kuba yambaye agapfukamunwa mu gihe ari kumwe n'umwitaho cyangwa abandi babana mu rugo.** Ntiwambika abana bari muni y'imyaka 2 agapfukamunwa, uwo ari we wese ufite ibibazo by'ubuhumekero, cyangwa undi wese utabasha kukiyambura. Ukeneye kumenya byinshi byerekeye udupfukamunwa wasura https://bit.ly/covid19_masks.
- 3. Ibutsa abarwaye ko bagomba gukororera cyangwa kwitsamurira mu gatambaro k'isuku no kwirinda kwikora ku maso, ku zuru, ku munwa kandi bakambara agapfukamunwa.**
- 4. Abantu bose baba mu rugo bakwiye gukaraba intoki kenshi bakoresheje amazi n'isabune** cyangwa bagakoresha umuti wagenewe gusukura intoki ugizwe nibura na 60% bya arukoro kandi bakirinda kwikora ku maso, ku zuru no ku munwa.
- 5. Gira umuntu umwe gusa mu bagize umuryango wita ku murwayi.** Uyu wita ku murwayi agomba kuba adafite ibyago byinshi byo kuba yazahazwa n'uburwayi.
 - » Gabanya inshuro ahura n'abo mu rugo, by'umwihariko abafite ibyago byinshi byo kuzahazwa n'uburwayi.
 - » Uwita ku murwayi agomba kuba atandukanye n'uwita ku bandi bagize umuryango bakeneye ubufasha bwerekeye isuku, koga cyangwa indi mirimo ya buri muni.
 - » Uwita ku murwayi agomba kwambara agapfukamunwa mu gihe yita ku murwayi n'igihe ari ngombwa ko avugana cyangwa agira icyo afasha abandi babana mu nzu bafite uburwayi bukomeye.
- 6. Kwirinda gukoresha ibikoresho bimwe nka telefone, amasahane, ibikombe, ibikoresho byo mu rugo, amasume, ibiryamirwa, cyangwa ibikinisho n'umuntu urwaye.**
- 7. Sukura kandi utere imiti yica udukoko ahantu hose mu nzu umuntu urwaye yahoze, utere kandi ibiryamirwa n'imyambaro bye.** Menya byinshi https://bit.ly/covid19_clean_disinfect.



8. Mu gihe waba usangiye n'umuntu urwaye icyumba cyo kuraramo:

- » Menya neza ko umwuka mwiza ugera mu cyumba. Fungura idirishya maze ufungure vandirateri kugira ngo winjize kandi ukwirakwize umwuka mwiza mu gihe byakorwa mu buryo butekanye kandi ntacyo bitwaye.
- » Siga nibura intera ya metero 2 (6ft) hagati y'uburiri bwawe n'ubwe. Niba ibi bidashoboka, muryame mwerekeje imitwe yanyu mu byerekezo bitandukanye.
- » Shyira ikintu gitandukanya uburiri bwawe n'ubwe. Nk'urugero, ushobora kwifashisha irido yo mu bwogero, igikuta gikingira urumuri, ikibaho kinini, uburingiti cyangwa kuvururi nini.
- » Fura kandi wumutse ibitambaro mu gihe umuntu urwaye amaze kubikoresha. Ambara udupfukantoki mu gihe ufura ibyanduye.



9. **Niba ukoresha ubwogero bumwe n'umuntu urwaye**, busukure kandi ubuteremo imiti yica udukoko nyuma ya buri uko bukoreshajwe. Niba ibi bidashobotse, uwita ku muntu urwaye akwiye kwambara agapfukamunwa n'udupfukantoki maze agategereza igihe gihagije nyuma y'uko umuntu urwaye akoresheje ubwogero mbere y'uko winjiramo ngo uhakore isuku. Umuntu urwaye akwiye kwambara agapfukamunwa mu gihe akoresha ubwogero bibaye bishoboka. Menya neza ko umwuka mwiza ugera mu bwogero. Fungura idirishya maze ufungure vandirateri kugira ngo winjize kandi ukwirakwize umwuka mwiza mu gihe byakorwa mu buryo butekanye kandi ntacyo bitwaye.

10. Irinde abagusura niba atari abagomba kugera iwawe (urugero: umuforomo).

Menyeshya abagusura ko mu rugo rwawe hari umuntu urwaye COVID-19. Mu gihe abagusura bagomba kwinjira, bagomba kuba bambaye udupfukamunwa kandi bakaba bari kure hashoboka h'umuntu urwaye, nibura muri metero 2 (6ft).



11. Umurwayi agomba kuguma mu kato kugeza igihe yujuriye ibisabwa kugira ngo abashe kuva mu kato mu rugo.

Ushaka kumenya byinshi wasura urubuga http://bit.ly/covid19_endisolation.

Uburyo bwo kwita kuri umwe mu bagize umuryango urwaye

Abenshi mu barwara COVID-19 ntibagaragaza ibimenyetso kandi bashobora kuguma mu rugo bagakira. **Niba hari umuntu urwaye urimo kwitaho mu rugo, kurikiza inama zikurikira:**

1. Menya neza ko umurwayi wa COVID-19 akora ibikurikira:

- » Anywa ibinyobwa byinshi kugira ngo atagira umwuma.
- » Aguma mu rugo akaruhuka.
- » Akoresha imiti aba atandikiwe na muganga yo kumufasha guhangana n'ibimenyetso (nyuma yo kuvugana na muganga kuri telefone)
- » Akaraba intoki kenshi akoresheje amazi meza n'isabune nibura mu gihe kingana n'amasegonda 20. Mu gihe nta mazi n'isabune bihari, akoresha umuti wagenewe gusukura intoki ugizwe nibura na 60% bya arukoro.
- » Ku bantu benshi, ibimenyetso bimara iminsi mike bakamera neza nyuma y'icyumweru.

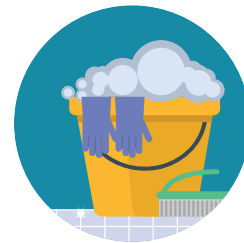
2. Gabanya guhura n'umuntu urwaye uko bishoboka kose. Saba umuntu urwaye kwambara agapfukamunwa, igihe bishoboka, mbere yo kumwitaho. Uwita ku muntu urwaye na we akwiye kwambara agapfukamunwa mu gihe amwitaho, kuko ibi bishobora kugira ibyo birinda.

3. Abita ku bantu barwaye koronavirusi na bo bakwiye kuba mu kato. Abita ku bantu barwaye bakwiye kujya mu kato nyuma yo kubitaho. Menya igihe n'uko wajya mu kato kuri http://bit.ly/covid19_quarantine.

4. Sukura ahantu hose, amapata, n'ahandi hantu hakunda gukorwa n'abantu ukoresheje isabune n'amazi. Noneho, koresha imiti y'isuku yagenewe gusukura mu rugo n'iyica udukoko buri munsu. Reba urutonde rw'imiti y'isuku n'iyica udukoko ibasha guhanga n'agakoko ka COVID-19 kuri: http://bit.ly/covid19_disinfectants.

- » Fungura idirishya maze ufungure vanderiteri mu gihe ukoresha imiti y'isuku kugira ngo winjize kandi ukwirakwize umwuka mwiza mu gihe byakorwa mu buryo butekanye kandi ntacyo bitwaye.
- » Aho bishoboka, teganya ingarani yihariye y'umuntu urwaye. Shyira udupfukantoki n'ibindi byakoreshejwe mu ngarani yabugenewe. Karaba intoki nyuma yo gutunganya ingarani.
- » Fura kandi wumutse ibitambaro mu gihe umuntu urwaye amaze kubikoresha. Ambara udupfukantoki mu gihe ufura ibyanduye.

Andi makuru yerekeye gusukura no gutera imiti yica udukoko wayasanga aha: http://bit.ly/covid19_clean.



5. Horana nomero ya telefone ya muganga we, uhamagare muganga igihe umurwayi wa COVID-19 arembye cyangwa igihe ufite ibibazo cyangwa impungenge ku murwayi urwaje. Niba utazi icyongereza neza, saba umusemuze cyangwa cyangwa usabe umwe mu bagize umuryango kugufasha. Niba umurwayi wa COVID-19 akeneye kubonana na muganga, hamagara mbere yo kujyayo kandi umurwayi yambare agapfukamunwa.



6. Reba kohari ibimenyetso biburira by'ubutabazi bwihutirwabya COVID-19. Niba hari umuntu ugaragaje bimwe mu bimenyetso bikurikira, shaka serivisi z'ubutabazi bwihutirwa ako kanya:

- » Guhumeka bigoranye
- » Ububabare cyangwa kokerwa bidashira mu gituzza
- » Gutakaza ubwenge
- » Kutabasha kubyuka ngo weguke cyangwa gukanguka
- » Uruhu, iminwa cyangwa uruhu inzara zifasheho byahindutse ubururu, ikigina cyangwa byahinduye ibara muri rusange.

* Uru rutonde ntiruriho ibimenyetso bishoboka byose. Hamagara muganga mu gihe hari bimenyetso bikaze cyangwa biguhangayikishije.

7. Hamagara 911 mu gihe ukeneye ubutabazi bwihutirwa bw'ubuvuzi. Menyesha uwitabye 911 ko uwo muntu arwaye cyangwa utekereza ko arwaye COVID-19. Niba utazi icyongereza neza, saba umusemuze cyangwa cyangwa usabe umwe mu bagize umuryango kugufasha.



8. Saba inshuti cyangwa umuturanyi kuguhahira cyangwa kukuzanira imiti niba bishoboka. Cyangwa witabaze serivisi zibasangisha ibyo muguze aho muri ziboneka mu gace utuyemo.

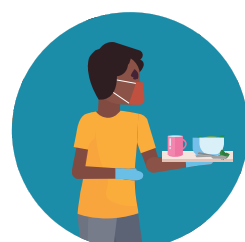
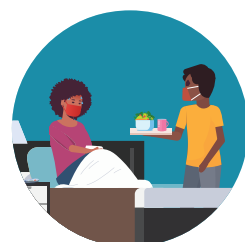


Andi makuru yerekeye kwita ku murwayi wa koronavirusi wayasanga kuri http://bit.ly/covid19_care4sick.

Uburyo bwo kugaburira umurwayi

Niba bishoboka, tegurira umurwayi isahane ye arire mu gice gitandukanye n'icyo abandi bagize umuryango bariramo. Niba adashobora gufatira amafunguro ahatandukanye, ashobora kwitarura abandi uko bishoboka, gusiga intera ingana nibura na metero 2 (6ft) hagati ye n'abandi bagize umuryango, mu gihe cyo gufata amafunguro cyangwa kutarira rimwe n'abandi bagize umuryango. **Kurikiza inama zikurikira nanone:**

- 1. Irinde gufasha mu itegurwa cyangwa mu igabura ry'amafunguro niba urwaye.**
- 2. Buri wese mu bagize umuryango akwiye gukaraba intoki nibura igihe kinga n'amasegonda 20 akoresheje isabune n'amazi mbere na nyuma yo gutegura cyangwa gufata amafunguro.**
- 3. Gukoresha ibikoresho bisukuye mu kugabura.** Kugira umuntu umwe warurira abagize umuryango wose cyangwa buri wese akiyarurira akoresheje ibikoresho bye wenyine mu rwego rwo kwirinda gukoresha ibikoresho bimwe.
- 4. Irinde gukoresha amasahane cyangwa ibikoresho bimwe byakoreshejwe n'uwo ari we wese mu bagize umuryango.**
- 5. Umurwaza yambara agapfukamunwa iyo ashyikirije umurwayi ibyo kurya n'igihe asukura amasahani n'ibindi bikoresho by'umurwayi.** Uyu ugaburira umurwayi agomba kuba adafite ibyago byinshi byo kuba yazahazwa n'uburwayi.
- 6. Kwambara udupfukantoki mu gihe usukura amasahani, ibirahuri byo kunywesha, n'ibikoresho byo mu rugo byakoreshejwe, mu gihe bishoboka.** Ogesha ibyombo kandi amazi ashushye arimo isabune cyangwa ukoreshe imashini yoza ibyombo.
 - » Niba umurwayi asigaje amafunguro aza gufata mu kindi gihe, amafunguro ye yabike mu gikoresho gitandukanye kandi uyashyireho ikimenyetso kigaragaza ko ari iby'umurwayi kugira ngo hatagira undi uyafata.
- 7. Karaba intoki mu gihe kingana nibura n'amasegonda 20 ukoresheje amazi n'isabune nyuma yo koza amasahane n'ibikoresho na nyuma yo gukuramo udupfukantoki.**



Uburyo bwo kwishyira mu kato mu gihe wahuye n'umurwayi

Akato gakoreshwa kugira ngo ushobora kuba yagize aho ahurira na COVID-19 atandukanywe n'abandi mu rwego rwo kurwanya ikwirakwira ry'icyorezo. **Niba wowe cyangwa uwo mubana yaragize aho ahurira n'umurwayi wa COVID-19, kurikiza inama zikurikira:**



1. Guma mu rugo kandi ugenzure ubuzima bwawe.

- » Guma mu rugo kandi [wishyire mu kato](#) ukimara kugira aho uhurira n'umurwayi wa COVID-19.
- » Suzuma umuriro (dogere seresiyusi 38 cyangwa hejuru), inkorora, kubura umwuka, gutakaza ubushobozi bwo kuryohereza cyangwa guhumurirwa, cyangwa se [ibindi bimenyetso bya](#) COVID-19.
- » Mu gihe bishoboka, itarure abandi harimo [n'amatungo yo mu rugo](#), by'umwihariko abantu bafite [ibyago byinshi](#) byo kuzahazwa na COVID-19. Nubwo gutera umuntu kumva yigunze, akato ni ngombwa mu rwego rwo kugabanya ikwirakwira rya COVID-19, kwirinda no kurinda abo mubana. Itabaze urwego rushinzwe ubuzima cyangwa ikigo gitanga serivisi z'ubuzima kikwegereye kugira ngo kigufashe kubona aho wagira mu kato mu gihe udashobora kujya mu kato mu buryo butekanye iwawe.

2. Kororera kandi witsamurire mu gatambaro; karaba intoki kenshi; kandi ntiwikore ku maso, ku zuru, ku munwa kandi wambare agapfukamunwa. Karaba intoki zawe nyuma yo kwikora ku maso, ku zuru, ku munwa cyangwa ku gapfukamunwa.

3. Niba mu muryango wawe hari umurwayi wa COVID-19 kandi akaba ashobora kujya mu kato ari mu cyumba cye, wowe n'abandi mubana mu rugo mufite aho mwahuriye na we mukwiye kwishyira mu kato (kwiheza mugatandukana na we) kandi mukaguma mu rugo igihe runaka nyuma y'uko umwe mu bagize umuryango wanyu wanduye COVID-19 atangiriye akato.

4. Igihe cyose habonetse uwanduye COVID-19 mushya mu bo mubana, ugomba gusubira mu kato.

5. Mu gihe wita kuri umwe mu bagize umuryango wanduye COVID-19 cyangwa udashobora kwitandukanya n'umurwayi, ukwiye kwishyira mu kato mu gihe wita ku murwayi wa COVID-19 na nyuma y'igihe runaka umwe mu bagize umuryango wawe wanduye COVID-19 ashoboye kuva mu kato.

Menya uko wajya mu kato: http://bit.ly/covid19_quarantine. Sura urubuga rwa interineti rw'urwego rushinzwe ubuzima aho utuye kugira ngo ubashe kubona amakuru yerekeye uburyo bushoboka bwo kugabanya igihe cyo kumara mu kato.

Andi makuru ajyanye n'igihe umurwayi wa COVID-19 ashobora kuvira mu kato kandi akaba yajya mu bandi ashobora kuboneka kuri http://bit.ly/covid19_endisolation.

6. Irinde abagusura niba atari abagomba kugera iwawe (urugero: umujyanama w'ubuzima). Menyeshya abagusura ko mu rugo rwawe hari umuntu urwaye COVID-19 kandi n'abandi bari mu kato. Mu gihe abagusura bagomba kwinjira, bagomba kuba bambaye udupfukamunwa kandi bakaba bari kure hashoboka, **nibura muri metero 2 (6ft)**, uvuye ku murwayi cyangwa ku muntu uri mu kato.

7. Saba inshuti cyangwa umuturanyi kuguhahira cyangwa kukuzanira imiti niba bishoboka. Baza niba hari iduka ry'aho utuye risangisha abantu ibyo bahashye mu ngo.

Ushobora kubona andi makuru yerekeye igihe n'uburyo bwo kujya mu kato kuri http://bit.ly/covid19_quarantine.