

icyo kwirinda kwegerana n'abandi bivuze

Kwirinda kwegerana n'abandi bisobanuye gusiga intera hagati yawe n'abandi bantu muri kumwe batari abo mu rugo iwanyu. Kugira ngo witoze kwirinda kwegerana n'abandi:

- Siga nibura hafi metero 2 (hafi uburebure bw'amaboko 2) hagati yawe n'abandi
- Ntugahurire n'abandi mu matsinda
- Irinde ahantu hari ikivunge cy'abantu n'ahateraniye abantu benshi

Irinde kwegerana n'abandi kugira ngo ikwirakwira ridindire

Kugabanya guhura n'abandi imbona nkubone ni bwo buryo bwiza bwo kugabanya ikwirakwira ry'indwara ya koronavirusi 2019 (COVID-19).

Ambara agapfukamunwa aho kwirinda kwegerana n'abandi bidashoboka.



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Niba ukeneye ubufasha burebana no kujya mu kato utaragaragaza ibimenyetso, kwishyira mu kato kuko wanduye no kwirinda kwegerana n'abandi nko:

Kugorwa no kwishyira mu kato mu rugo, irerero, igihombo gitewe no kutajya ku kazi, ubufasha bwo guhaha no kubigeza mu rugo, ingendo no kwita ku buzima, vugisha:

Charles Mugabe:

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Bernard Katende:

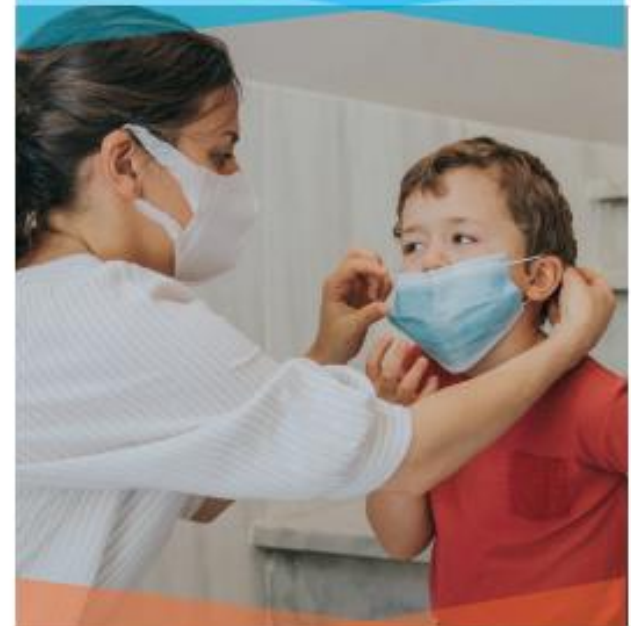
(207) 272-8559 . bkatende@ccmaine.org

Inkomoko:

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html

6/2020

Kujya mu kato utaragaragaza ibimenyetso, kwishyira mu kato urwaye no kwirinda kwegerana n'abandi



**Catholic Charities
Office of Maine
Refugee Services**



Kujya mu kato utaragaragaza ibimenyetso

- Kujya mu kato utaragaragaza ibimenyetso bikorwa kugira ngo **umuntu ushobora kuba yaranduye COVID-19 abe kure y'abandi.**
- Kujya mu kato utaragaragaza ibimenyetso bifasha kwirinda ikwirakwira ry'indwara rishobora kubaho mbere y'uko uyirwaye amenya ko ayifite cyangwa igihe atagaragaza ibimenyetso kandi ayifite.
- Abantu bari mu kato bataragaragaza ibimenyetso bakeka ko barwaye bagomba kuguma mu rugo, bakirinda ubwabo kwegera abandi, bakagenzura ubuzima bwabo kandi bagakurikiza amabwiriza ya leta yabo cyangwa inzego z'ubuzima z'aho batuye.

Kwishyira mu kato kuko wanduye

- Kujya mu kato urwaye bikorwa kugira ngo **abantu banduye virusi (abarwaye COVID-19 n'abatagaragaza ibimenyetso) bajye kure y'abatarandura.**
- Abantu bari mu kato kuko banduye bagomba kuguma mu rugo kugeza **habonetse ikizere ko bakwegera abandi nta kibazo.**
- Mu rugo, uwo ari we wese urwaye cyangwa wanduye agomba kwishyira mu kato ubwe aguma mu "cyumba cy'abarwayi" cyangwa ahantu yihariye kandi agakoresha ubwiherero bwe (niba buhari).

Kwishyira mu kato urwaye no kwishyira mu kato utaragaragaza ibimenyetso, byombi

- bituma habaho gukura abantu mu bandi ku bw'ineza ya rubanda.
- bifasha kugabanya ikwirakwira rya COVID-19
- bishobora gukorwa ku bushake cyangwa bisabwe n'inzego z'ubuzima

Namenya gute niba ngomba kwishyira mu kato kuko nanduye cyangwa ntaragaragaza ibimenyetso?

Niba u...

Niba utuye ahantu hari COVID-19 cyangwa ishobora kuba irimo gukwirakwira (kuri ubu ni hose muri Amerika)

Niba wumva uri muzima ariko:

Mu minsi ishize waregeranye cyane n'umuntu urwaye COVID-19

Niba:

Warasuzumwe COVID-19, cyangwa Utegereje ibisubizo by'ikizami, cyangwa ukorora, uhinda umuriro, ubura umwuka, cyangwa ufite ibimenyetso bya COVID-19

Intambwe zikenewe...

1. Ita ku buzima bwawe
2. Menya ibimenyetso. Genzura umuriro, inkorora, kubura umwuka cyangwa ibindi bimenyetso bya COVID-19.
3. Ipime umuriro niba hagaragaye ibimenyetso.
4. Itoze gushyira intera hagati yawe n'abandi Siga metero hafi 2 hagati yawe n'abandi kandi wirinde ahantu hari uruvunge rw'abantu.
5. Kurikiza amabwiriza ya CDC niba hagaragaye ibimenyetso.

Guma mu rugo kandi ugenzure ubuzima bwawe (Kujya mu kato utaragaragaza ibimenyetso)

- Guma mu rugo kugeza ku minsi 14 ikurikira igihe uherukanira n'uwanduye.
- Genzura ubushyuhe bw'umubiri wawe kabiri ku minsi kandi ugenzure ibimenyetso bya COVID-19.
- Igihe bishoboka, guma kure y'abantu bafite **ibyago byinshi** byo kuremba kubera COVID-19.

Ishyire mu kato wowe ubwawe (Kwishyira mu kato kuko urwaye)

- Guma mu rugo kugeza habonetse ikizere ko wakwegera abandi nta kibazo.
- Niba ubana n'abandi, guma mu "cyumba cy'abarwayi" cyangwa ahantu wihariye, hategereye abandi cyangwa inyamaswa, zirimo izo mu rugo. Koresha ubwiherero wihariye, niba buhari.
- Soma amakuru y'ingenzi arebana no kwiyitaho cyangwa kwita ku wundi urwaye, harimo kumenya igihe warekerera aho kwitarura mu rugo nta kibazo.