

## COVID-19 cyangwa koronavirusi ni iki?

Koronavirusi (COVID-19) ni ubwoko bushya bwa za virusi ikwirakwizwa n'uko umuntu umwe ayanduje undi. Virusi yaturutse mu Bushinwa, ariko kuri ubu iri gukwirakwira ku isi yose. Nubwo uburwayi bwinshi bugaragara buba bworoheje, inzobere mu by'ubuzima zitewe impungenge n'uko iyi virusi ifite ubushobozi bwo guteza uburwayi bukomeye n'umusonga mu bantu bamwe na bamwe ndetse bamwe bikarangira bapfuye.

## Ibimenyetso bya koronavirusi ni ibihe?

Ibimenyetso bya COVID-19 birimo umuriro, inkorora, kubura umwuka cyangwa guhumeka bikugoye, imbeho, gutitira bivanze n'imbeho, kubabara imikaya, kubabara umutwe, kubabara mu muhogo, kutaryoherwa cyangwa kudahumurirwa. Ibi bimenyetso bishobora kugaragara iminsi 2 kugeza kuri 14 nyuma yo kwandura koronavirusi.

## Ni gute nakwipimisha COVID-19?

Nếu quý vị đang gặp phải các triệu chứng, hãy Niba uri kugaragaza ibimenyetso, ishyire mu kato maze uhamagare ishami rya New Mexico ryita ku buzima kuri (833) 551-0518. Kwishyira mu kato ni ingenzi mu gihe wumva ko ushobora kuba ufite iyi virusi. Ibi bivuze kwishyira mu kato mu cyumba gitandukanye n'iby'abandi bagize umuryango kugeza umenye ko udafite iyi virusi.

Menya ko utazasabwa nomero y'ubwiteganyirize cyangwa ngo bakubaze ubwenegihugu igihe ukeneye kwipimisha cyangwa kwivuzwa. Nta bihano bihabwa abakoze ibyaha cyangwa akandi kaga wahura na ko wowe ubwawe cyangwa umuryango wawe niba ushaka kwipimisha cyangwa kwivuzwa COVID-19.

## Nakora iki igihe basanze ndwaye COVID-19?

### Guma mu rugo uretse igihe ugiye kwivuzwa.

- Guma mu rugo. Abantu benshi barwaye COVID-19 ntibababaremye kandi bashobora gukirira mu rugo badahawe ubuvuzi. Wiva mu rugo, keretse ugiye kwivuzwa. Wijya ahantu hahurira bantu benshi.
- Iyiteho. Ruhuka kandi unywe amazi ahagije. Fata imiti utandikiwe na muganga nka acetaminophen, kugira ngo igufashe koroherwa.
- Komeza uvugane na muganga wawe. Hamagara mbere yo kwivuzwa. Kora ku buryo wivuzwa niba utabasha guhumeka, cyangwa ukaba ufite ibindi bimenyetso biburira bisaba kuvurwa byihutirwa, cyangwa se ukaba wumva ko byihutirwa.
- Irinde kugenda mu modoka zitwarira abantu hamwe, kugendana n'abandi mu modoka cyangwa tagisi.

### Irinde kwegerana n'abandi.

- Uko bishoboka kose, guma mu cyumba kimwe mu rugo iwawe ahitaruye abandi bantu n'amatungo. Niba bishoboka, ugomba gukoresha ubwiherero bwihariye. Niba ukeneye kwegera abantu cyangwa amatungo mu rugo cyangwa hanze yarwo, ambara agapfukamunwa.
- Irinde gusangira n'abandi ibikoresho byo mu rugo nk'amasahani, ibirahure byo kunywera, ibikombe, ibikoresho, amasume cyangwa ibiryamirwa mu rugo iwawe. Sukura ibi bikoreho neza nyuma yo kubikoresha.
- Sukura kandi uhanagure ibikoresho bikoreshwaho intoki kenshi nka terefone, terekomande, kontwari, ameza, imikono y'inzugi, robine zo mu bwogero, ubwiherero, karaviye, taburete n'ameza akikiza igitanda.

- Igihe umurwaza cyangwa undi muntu akeneye gusukura no guhanagura mu cyumba umurwayi araramo cyangwa mu bwogero bwe, agomba kubikora igihe bikenewe. Mbere yo gukora isuku, umurwaza cyangwa undi muntu agomba kwambara agapfukamunwa n'uturindantoki bikoreshwa rimwe. Bagomba gutegereza igihe kirekire gishoboka nyuma y'uko umuntu urwaye akoresheje ubwogero, kugira ngo bajyemo babusukure kandi babukoreshe.

## Koronavirusi igira ubukana bungana iki?

Inshuro nyinshi koronavirusi igaragara idakanganye ndetse idasaba kujya kwa muganga. Abantu bake ku ijana ni bo barwara bikomeye bakagira ibibazo mu bihaha no mu myanya y'ubuhumekero nk'umusonga. Abantu bakuru n'abasanzwe barwaye izindi ndwara bagira ibyago byinshi byo kuyandura kurusha abandi.

## Koronavirusi ikwirakwira ite?

Kuri ubu iyi virusi ifatwa ko ikwirakwira:

- Binyuze mu bitonyanga umuntu ahumeka igihe umuntu uyirwaye akoroye cyangwa yitsamuye
- Gukora ku bintu cyangwa ahantu hari iyi virusi hanyuma ukikora ku munwa, ku mazuru cyangwa mu maso
- Kwegerana n'abantu bayirwaye (nko mu ntera y'ibirenge 6, cyangwa se metero 2)

## Ni gute nakwirinda koronavirusi?

Buri wese yagira uruhare mu gukumira ikwirakwira ry'indwara, cyane cyane arinda abantu bafite ibyago byinshi byo kuyandura. Izi ntambwe ziragufasha gukumira ikwirakwira rya COVID-19:

- Karaba intoki kenshi n'isabune n'amazi, byibura mu gihe cy'amasegonda 20. Igihe isabune n'amazi bitabonetse, koresha umuti usukura intoki urimo arukoro byibura ingana na 60%.
- Irinde kwikora mu gahanga, mu maso, ku mazuru cyangwa ku munwa udakarabye intoki.
- Irinde kwegerana n'abantu barwaye.
- Guma mu rugo niba urwaye.
- Igihe ukoroye cyangwa witsamuye, pfuka umunwa n'amazuru ukoresheje agatambaro cyangwa uruhinzi rw'inkokora.
- Sukura kandi uhanagure ahantu n'ibintu bikunze gukoreshwaho intoki.
- Irinde kujya ahateraniye abantu benshi.
- Ambara agapfukamunwa igihe uvuye mu rugo.

## Ni gute nakora agapfukamunwa?

Kwambara agapfukamunwa ubu ni ngombwa igihe uvuye mu rugo. CDC yakoze videwo yagufasha kwikorera agapfukamunwa iboneka kuri: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Ushobora gukora agapfukamunwa ku buryo bworoshye ukoresheje furari cyangwa bandana mu rugo. Kora ku buryo ugerekeranya igitambaro kandi utwikire umunwa n'amazuru.