

# ICYO WAKORA NYUMA YO KUBONA IBISUBIZO BYA COVID-19 WIPIMIYE MU RUGO



## Usanze wanduye

### Guma mu rugo iminsi 5

(waba warikingije cyangwa utarikingije)



**Guma mu rugo** mu cyumba cya wenyine utari kumwe n'abandi mubana mu rugo.



Si ngombwa ko ukoresha ibindi bipimo bya PCR



Niba nta bimenyetso ugifite nyuma y'**IMINSI 5**, ushobora kuva mu rugo **ARIKO** ukambara agapfukamunwa mu gihe cy'indi minsi 5.

**Niba uri guhinda umuriro, komeza ugume mu rugo kandi utegereze andi masaha 24 nyuma y'igihe ushuriye mbere yo kuhava**



Kugira ngo wirinde gukwirakwiza COVID, bimenyeshe abo muheruka guhura bose kandi ubashishikarize kwipimisha, gukurikirana ibimenyetso no kwirinda kubonana n'abandi bantu.



## Usanze utanduye

### Ufite ibimenyetso

(waba warikingije cyangwa utarikingije)



- Inkorora
- Umuriro/Gusuhurwa
- Guhumeka nabi
- Kubabara imikara cyangwa umubiri
- Kuruka, impiswi
- Kutumva icyanga cyangwa impumuro

Niba bishoboka, koresha ibipimo bya **PCR CYANGWA** wongere wipimire mu rugo nyuma y'umunsi 1 cyangwa 2



**Guma mu rugo kugeza ubonye ibisubizo byawe.**



Iyo usanze ugifite ubwandu, ukurikize amabwiriza yubahirizwa igihe wanduye.



Iyo usanze nta bwandu ugifite, icyo gihe si ngombwa kongera kwipimisha.

**Niba udashobora kwipimisha, bifate nk'aho wanduye maze ugume mu rugo**

### Nta bimenyetso

(bitewe no kuba warikingije cyangwa utarikingije, reba ibikurikira)

Iki gihe si ngombwa ko wongera kwipimisha, uretse:

Igihe wahuye n'umuntu wanduye COVID-19:

Niba warahawe inkingo zose wemerewe gufata\*:

- Ambara agapfukamunwa igihe uri kumwe n'abandi mu gihe cy'**IMINSI 10**
- Ipimishe ku munsi wa 5 niba bishoboka

Niba utarikingije, utarikingije byuzuye cyangwa utaraterwa urukingo rwo gushimangira (utarahawe inkingo zose)

- **Guma mu rugo IMINSI 5**
- Ambara agapfukamunwa igihe uri kumwe n'abandi mu gihe cy'**INDI MINSI 5**
- Ipimishe ku munsi wa 5 niba bishoboka

**Igihe utangiyeye kugaragaza ibimenyetso, guma mu rugo maze urebe mu nkingo ya "UFITE IBIMENYETSO"**

Niba ufite ibibazo, sura urubuga rwa [cv.nmhealth.org/selftest](https://cv.nmhealth.org/selftest) cyangwa uhamagare umurongo utangirwaho ubufasha bujyanye na koronavirusi: **1-855-600-3453**

