



Inyishu y'ibipimo yerekana ko urwaye

Guma i muhira mu kiringo c'imisi 5
(ku biteje urucanco no kubatararwiteza)



Guma i muhira mu cumba ca wenyene kure y'abo mubana mu nzu.



Ntibikenewe ko ukoresha ibindi bipimo vya PCR



Nimba ata bindi bimenyetso vy'ingwara ufise wumva **5 DAYS**, urashobora gusohoka **ARIKO** ambara agafukamunwa imisi yindi 5.

Nimba ufise inyonko, bandanya uguma i muhira kugeza inyonko yose irangiye mu masaha 24



Kugira ngo turwanye ikiza ca COVID, bwira abantu bose mwashoboye kubona bipimishe, barabe neza ibimenyetso vy'ingwara, kandi bakingire bagenzi babo.



Inyishu y'ibipimo yerekana ko ukomeye

Ufise ibimenyetso vy'ingwara
(ku biteje urucanco no kubatararwiteza)



- Gukorora
- Inyonko/Gususumira
- Kubura impwemu
- Kuribwa mu nyama no mu mubiri
- Kudahwa, gucibwamwo
- Kwongera kutaryoherwa canke kutamoterwa

Nimba bishoboka, koresha ibindi bipimo vya PCR **CANKE** Usubire ukore ibipimo vy'I muhira mu musu 1 canke 2



Guma i muhira kugeza uronse inyishu z'ibipimo



Igihe batoye ko ufise ingwara, urasabwa gukwirakiza urutonde rwatanzwe rwerekeye ingene wigenza mu gihe basanze urwaye.



Igihe na none bongeye gusanga udafise ingwara, nta bindi bipimo bikenewe muri ico gihe.

Igihe bidakunda ko ukorerwa ibipimo, emera ko urwaye maze ugume i muhira

Nta bimenyetso vy'ingwara

(bivana n'ukwo witeje urucanco canke utararwiteza; raba aha hepfo)

Nta bindi bipimo bikenewe muri iki gihe, kiretse:

Igihe wamaranye akanya n'umuntu arwaye COVID-19:



Igihe warangije kwiteza incanco zose nk'ukwo ubisabwa*:

- Ambara agafukamunwa igihe ugiye guhura n'abandi bantu mu kiringo c'imisi 10
- Ipime ku musu ugira 5 nimba bishoboka



Igihe utariteza incanco zose, utariteza incanco zose nk'ukwo ubisabwa canke utariteza urucanco rwa gatatu (igihe utararangiza kwiteza incanco zose)



- **Guma i muhira mu kiringo c'imisi 5**
- Maze wambare agafukamunwa igihe ugiye guhura n'abandi bantu mu kiringo c'YINDI MISI 5 nimba bishoboka
- Ipime ku musu ugira 5 nimba bishoboka



Igihe ubona hari ibimenyetso vy'ingwara bitanguye kukubonekako, guma i muhira maze urabe ico usabwa gukora ku gace kavuga ngo "NDAFISE IBIMENYETSO"

Nimba ufise akakubakiye, turagusavye usome amakuru kuri cv.nmhealth.org/selftest canke uhamagare kuri telefone itarihishwa ijejwe gutanga amakuru yerekeye ingwara ya Coronavirus : 1-855-600-3453

