

# Amakuru kuri COVID-19

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Ku bantu bimukiye  
vuba muri Amerika

Sikana ukoresheje smartphone  
yawo kugira ngo wumve



# »» Incamake

COVID-19 ni indwara ikaze.

Ushobora kwirinda ndetse no kurinda abandi COVID-19.

Habwa inkingo za COVID-19 kugira ngo ugire ubwirinzi buhamye.

Kwipimisha COVID-19 birinda imiryango yacu.

Guma mu rugo kandi wipimishe niba urwaye.

Hamagara muganga ukwitaho niba wumva ushobora kuremba.

Irinde mu gihe ugiye muri Amerika.

Ushobora kubona ubuvuzi muri Amerika.





# COVID-19 ni indwara ikaze

## » COVID-19 ni indwara ikaze.

COVID-19 ni indwara iterwa na virusi yandurira mu mwuka igakwirakwira abantu bagenda bayanduzanya. Abantu barenga miliyoni 1 bishwe na COVID-19 muri Amerika, kandi abantu benshi baracyayirwara buri munsu. Ubuyobozi ku rwego rwa Leta no mu nzego z'ibanze bugira amategeko atandukanye ajoyanye na COVID-19.

Umukozi w'ikigo gifasha abimukira ukurikirana dosiye yawe ashobora kugufasha kumenya amategeko y'aho utuye ajoyanye na COVID-19 n'amakuru y'uburyo wakwirinda ukarinda n'umuryango wawe.

Ushobora kwandura COVID-19 igihe cyose, harimo n'igihe uri mu rugendo. Ushobora kwandura COVID-19 kandi ntubimenye kuko ushobora kuba wumva utarwaye na gato. Ibi byongera ibyago byo kuba wayanduza abandi bantu harimo umuryango wawe, inshuti zawe, n'abaturanyi bawe.

Ku bw'amahirwe, hari uburyo bwinshi bwo kwirinda no kurinda abandi.





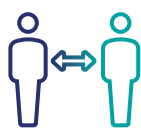
## » Ushobora kwirinda ndetse no kurinda abandi COVID-19.

### Ambara agapfukamunwa neza gapfuke izuru n'umunwa mu gihe uvuye mu rugo.

- Kwambara agapfukamunwa mu nzu rusange zihuriramo abantu batandukanye bikurinda COVID-19 bikayirinda n'abandi.
- Iyo wambaye agapfukamunwa, ntibishoboka ko warwara bivuye ku guhumeka niba virusi iri mu kirere.
- Birashoboka kurwara COVID-19 ntubimenye kuko ntabwo abantu bose bumva barwaye. Iyo bimeze bityo, kwambara agapfukamunwa bituma bidashoboka ko wakwirakwiza virusi ku bandi.
- Baza muri farumasi ikwegereye niba bafite udupfukamunwa dutangwa ku buntu.

### Agapfukamunwa kagomba kwambarwa neza kugira ngo gakore neza:

- Ambara agapfukamunwa neza gapfuke izuru n'umunwa
- Kora ku buryo nta mwuka unyura hejuru cyangwa mu mpande
- Ambara kandi wambure agapfukamunwa ukoresheje intoki zisukuye
- Ntukore ku gapfukamunwa ukambaye
- Sukura buri muni agapfukamunwa kawe gakoreshwa inshuro nyinshi
- Koresha rimwe gusa agapfukamunwa kagenewe gukoreshwa rimwe gusa
- Hita usimbuza udupfukamunwa twanduye cyangwa dutose agasa neza kandi kumutse
- Igisha abana bafite imyaka 2 kuzamura kwambara agapfukamunwa



#### Ongera umwanya n'intera

Kugira ngo wirinde kurwara COVID-19, irinde ahantu hateraniye abantu benshi mu bucucike cyangwa usige intera hagati yawe n'abandi.



#### Humeka umwuka mwiza

COVID-19 ikwirakwira mu bantu ku buryo bworoshye mu nzu kurusha hanze. Gira igihe umara hanze, cyangwa winjize umwuka mwiza mu nzu ukingura amadirishya kandi ukoreshe vantirateri.



#### Karaba intoki kenshi.

Karaba intoki kenshi ukoresheje amazi meza n'isabune mu gihe byibura cy'amasegonda 20 cyane cyane igihe uvuye ahantu hateranira abantu batandukanye, cyangwa umaze kwipfuna, gukorora cyangwa kwitsamura. Niba udashobora gukaraba intoki, gukoresha imiti isukura yabugenewe (hand sanitizer) ni ubundi buryo bwiza.





# Habwa inkingo za COVID-19

» Habwa inkingo za COVID-19 kugira ngo ugire ubwirinzi buhamye.

Hari inkingo zishobora kukurinda kurwara COVID-19 ukaremba cyane ku buryo wakenera kujya mu bitaro. Inkingo ni inshinge uterwa mu kuboko zigisha umubiri wawe guhangana n'indwara nka COVID-19. Inkingo za COVID-19 zirizewe kandi ziraboneka muri Amerika, zihabwa abantu bakuru, abana ndetse n'impinja.

*Inkingo:*

- **Zirizewe:** Izo nkingo byagaragaye ko nta kibazo zitera abantu b'amoko atandukanye, imyaka itandukanye n'abafite ibindi bibazo by'ubuzima bitandukanye. Birashoboka cyane ko wagira ibibazo bikomeye bituruka ku kwandura COVID-19 kuruta ku rukingo. Izo nkingo zirizewe ntacyo zitwara abantu batwite ndetse n'abonsa.
- **Zikora neza:** Inkingo za COVID-19 zikora neza cyane. Abantu benshi barwara COVID-19 bakaremba ntabwo baba bararangije inkingo zabo zose. N'iyi bayirwara, inkingo zirinda hafi y'abantu bose bakingiwe kuremba cyangwa gupfa.

Hari abantu bahura n'ingaruka nyuma yo guhambwa urukingo; birasanzwe ko warwara umunsi 1 kugera kuri 3. Guhura n'ingaruka bisobanura ko umubiri wawe uri kubaka ubwirinzi bukurinda virusi. Akamara k'inkingo za COVID-19 karuta kure ibyago byo kuba wahura na bene izo ngaruka.





# Fata inkingo zawe zose



## Fata inkingo zawe za COVID-19 mbere yo kwimuka

Gufata inkingo zombi ku nkingo zitangwa kabiri (nka Moderna, Pfizer cyangwa Novavax), cyangwa se urukingo rumwe ku nkingo zitangwa rimwe (nka Johnson & Johnson), birakurinda kandi bikarinda abari hafi yawe COVID-19 mu gihe uri mu rugendo uya muri Amerika. Kwikingiza kandi bizagufasha kudakererwa mu rugendo rwawe no mu kwimuka.



## Komezwa wirinde COVID-19 uhabwa inkingo zo gushimangira

Ni ingenzi cyane guhabwa inkingo zose za COVID-19. Iyo wahawe inkingo zose, uba ufite ibyago bike cyane byo kuremba, kujyanwa mu bitaro cyangwa gupfa uzize COVID-19. Kuba warahawe inkingo zose bisobanuye ko wahawe inkingo zombi ku nkingo zitangwa kabiri, ndetse uhabwa n'izo gushimangira zisabwa.

Inkingo zo gushimangira ni inkingo uhabwa nyuma yo gukingirwa byuzuye kugira ngo ukomeze urindwe COVID-19. Ukwiriye kwishimangira hashize amezi macye uhawe urukingo rwa kabiri ku nkingo zitangwa kabiri (nka Moderna, Pfizer cyangwa Novavax), cyangwa se urukingo rwa mbere ku nkingo zitangwa rimwe (nka Johnson & Johnson).



## » Kwipimisha COVID-19 birinda imiryango yacu.

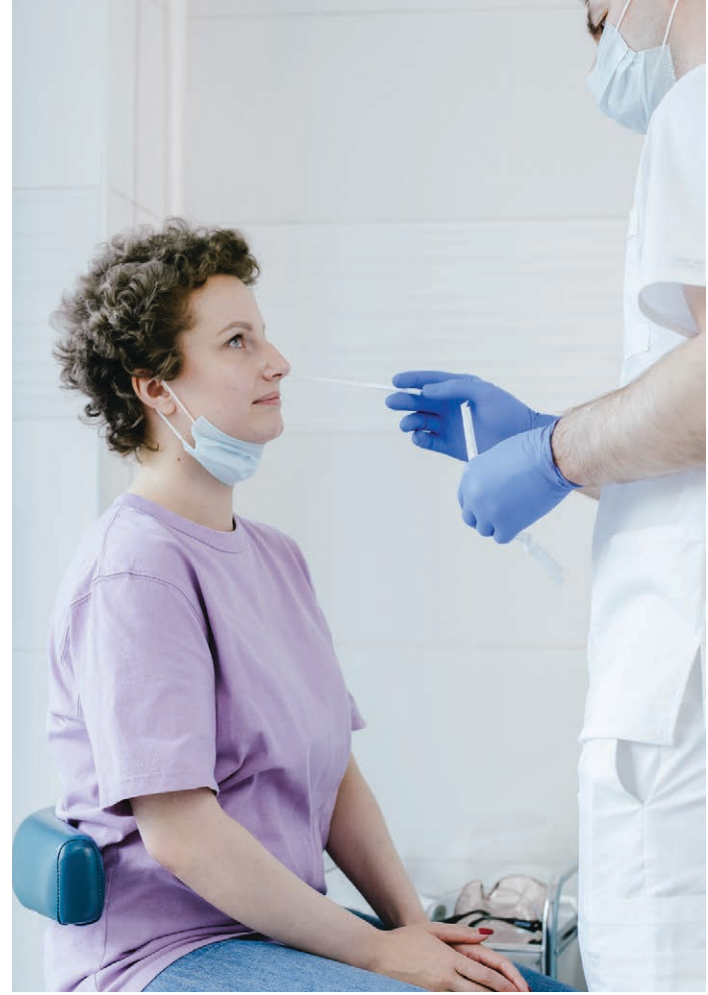
*Kurikirana ubuzima bwawe ugenzure ko udafite ibimenyetso bya COVID-19. Birashokoka kurwara COVID-19 n'ubwo waba warakingiwe.*

*Ibimenyetso bya COVID-19 birimo:*

- Gukorora, kunanirwa guhumeka cyangwa guhumeka bigoranye
- Umuriro wa 100.4°F/38°C cyangwa zirenga
- Umunaniro
- Kubabara mu muhogo
- Ibimwira
- Kubabara imitsi cyangwa mu mubiri
- Kuruka cyangwa gucibwamwo
- Kubabara umutwe
- Gutakaza uburyohe cyangwa impumuro byadutse vuba

Ibimenyetso bya COVID-19 n'ibimenyetso by'ibicurane by'ibihe runaka (ibicurane) birasa cyane.

Uburyo bwonyine bwo kumenya neza niba ufite COVID-19 cyangwa ibicurane ni ukwipimisha.



## Ipimishe kugira ngo urinde umuryango wawe n'abo muturanye

N'ubwo waba warakingiwe, ushobora kwandura COVID-19 kandi ntubimenye kuko ushobora kuba wumva utarwaye na gato. Iyo wipimishije kandi ukitarura abandi kugeza umenye ibisubizo, ufasha mu guhagarika ikwirakwira rya COVID-19 kandi ukarinda umuryango wawe. Umuntu uwo ari we wese ashobora kwipimisha, yaba abakuze, abana n'impinja.

*Ukwiriye kwipimisha:*

- Mu gihe ufite ibimenyetso
- Niba warabaye hafi y'umuntu wanduye
- Mbere na nyuma y'urugendo
- Mbere na nyuma yo guterana mu nzu hamwe n'abantu benshi
- Niba bisabwa n'ishuri cyangwa ku kazi

## Ahantu henshi barapima

Ushobora gupimirwa kwa muganga, ahagenewe gupimira abaturage, ku kazi, ku ishuri, cyangwa muri farumasi. Farumasi nyinshi kandi zigira ibizamini byo mu rugo ushobora gukoresha wipima ubwawe. Baza IOM cyangwa ikigo gifasha abimukira ku bijyanye n'ahandi bagufasha kwipimisha hafi yawe.

## Kwipimisha ni ibanga

Ushobora kwipimisha mu ibanga hatitawe ku bwenegihugu bwawe cyangwa ku kuba ufite ubwishingizi bw'ubuvuzi cyangwa indangamuntu.

## Kwipimisha birizewe kandi biranyaruka

Wowe cyangwa inzobere mu by'ubuzima ishobora gufata igipimo mu zuru, mu muhogo cyangwa mu macandwe. Ibizamini bimwe biguha ibisubizo ako kanya, ibindi bizamini bishobora gufata umunsi umwe cyangwa myinshi.



# Guma mu rugo kandi wipimishye

» Guma mu rugo niba urwaye, mu gihe utegereje ibisubizo, cyangwa igihe usanze waranduye COVID-19.

Kuguma mu rugo ntujye ku kazi, ku ishuri, cyangwa mu bikorwa bihuza abantu benshi igihe cyose wumva urwaye n'igihe utegereje ibisubizo ni kimwe mu bintu by'ingenzi ushobora gukora kugira ngo urinde umuryango wawe, inshuti ndetse n'abo muturanye.

Ni ingenzi gukora ibi igihe wanduye COVID-19, n'yo waba wumva utarwaye na gato. Abantu benshi bashobora kwivura ibimenyetso bya COVID-19 mu rugo. Buri gihe banza ubaze muganga wawe mbere yo gufata imiti iyo ariyo yose.

## Abaganga benshi batanga inama yo:



- Gufata imiti nka acetaminophen cyangwa ibuprofen, kugira ngo igabanye umuriro



- Kunywa amazi menshi



- Kuruhuka bihagije kugira ngo ufashe umubiri kurwanya iyo virusi



- Gufata imiti ivura grippe (nk'imiti y'inkorora) kugira ngo urusheho kumererwa neza



- Kuguma mu rugo kandi ukitarura abandi, no kwambara agapfukamunwa igihe uri kumwe n'abo mubana.

Imiti y'inkorora nta kibazo itera abana bafite imyaka 6 kuzamura.

Hari indi miti iboneka ishobora kugufasha gukira COVID-19 vuba, ariko ni ingenzi cyane guhita uyitangira, cyane cyane igihe ufite ibyago byo kuremba.

- Gana muganga cyangwa farumasi kugira ngo ubone iyo miti niba ibimenyetso bya COVID-19 bikomeje kugukomerera.
- Hamagara umukozi w'ikigo gifasha abimukira ushinzwe gukurikirana dosiye yawe niba ukeneye ubufasha, nk'umusemuzi mu gihe uvugana na muganga.







## » Hamagara muganga ukwitaho niba wumva ushobora kuremba.

Abantu bafite ibibazo bikurikira baba bafite ibyago byinshi byo kuremba cyane kubera COVID-19.

*Ibi bivuze ko bafite ibyago byinshi byo:*

- Kujyanwa mu bitaro
- Kuba indembe
- Gukenera imashini ibafasha guhumeka
- Gupfa

*Ibi biba ku bantu:*

- Bafite imyaka 64 kuzamura
- Bafite umubyibuho ukabije
- Batwite
- Barwaye diyabete
- Barwaye indwara z'umutima nko guhagarara k'umutima, coronary artery disease, cardiomyopathies cyangwa umuvuduko ukabije w'amaraso (hypertension)
- Barwaye indwara z'ibihaha nka COPD (chronic obstructive pulmonary disease), asima (iringaniye cyangwa ikomeye), interstitial lung disease, cystic fibrosis, ndetse n'umuvuduko ukabije w'amaraso mu bihaha
- Babana n'ubundi burwayi nka kanseri, indwara y'umwijima idakira, sickle cell disease, Virusi itera SIDA (HIV), cyangwa ubudahangarwa bw'umubiri bwacitse intege
- Barwaye indwara zijyanye n'imikurire y'ubwonko nka cerebral palsy
- Bafite imashini z'ubuvuzi mu mubiri nka tracheostomy, gastrostomy, cyangwa positive pressure ventilation

Niba ufite kimwe muri ibi bibazo, hamagara muganga wawe igihe wanduye COVID-19. Bashobora kuguha imiti igufasha gukira, ariko ni ingenzi guhita utangira iyo miti ako kanya.



### Igihe ukeneye ubufasha bwihutirwa

Niba ufite kimwe muri ibi bimenyetso bikomeye, saba ubufasha bwihutirwa ako kanya uhamagara 9-1-1 cyangwa ivuriro ryita ku ndembe cyangwa aho bita ku ndembe mu bitaro:

- Kunanirwa guhumeka
- Kubabara mu gatuza bidakira
- Kutabasha gutekereza neza
- Kutabasha gukanguka cyangwa guhondobera
- Guhindura ibara k'uruho



# Irinde mu gihe uri mu rugendo

## » Irinde mu gihe ugiye muri Amerika.

### Mbere yo guhaguruka

- Jya kureba umuganga wawe kandi utegure inyandiko zawe zijyanye n'ubuvuzi, harimo amakuru y'inkingo za COVID-19 wahawe n'ibisubizo by'igihe wipimishije.
- Habwa imiti izamara amezi 12 ku miti uhora ufata.
- Ganira na muganga wawe ku nkingo za COVID-19 n'ibijyanye no kwishimangiza.

### Mu gihe uri mu rugendo

- Ambara agapfukamunwa ku bibuga by'indege, gare, no mu modoka zitwara abantu muri rusange, n'ubwo waba warikingije.
- Karaba intoki kenshi cyangwa ukoreshe imiti yabugenewe (sanitizer).
- Bimenyeshe IOM cyangwa sosiyete y'indege igihe wumva urwaye uri mu rugendo.

### Umaze kugera aho ugiye

- Ipimishe mu minsi 3-5 umaze kugera aho ugiye kandi ugenzure ko ubona ibimenyetso bya COVID-19.
- Baza muganga wawe cyangwa umukozi w'ikigo gifasha abimukira ukurikirana dosiye yawe ku bijyanye no gukingirwa COVID-19 no kwishimangiza niba utarahabwa inkingo zose.



Shaka andi makuru  
kuri interineti.



Ukeneye andi makuru kuri COVID-19 mu rurimi rwawe,  
wasura urubuga <https://nrcrim.org/translations>

## » Ushobora kubona ubuvuzi muri Amerika.

**Ikigo gifasha abimukira kizagufasha kuzaza impapuro zisabwa kugira ngo ubashe kwishyura ubuvuzi no gusaba randevu ya mbere na muganga muri Amerika.**

Ugomba kuzana impapuro zawe zose zo kwa muganga n'iz'inkingo muri iyi randevu.

**Farumasi, amavuriro, n'ibitaro byose ni ahantu wabonera ubuvuzi.**

- Niba ikibazo cyawe cyoroheje cyangwa gisanzwe, jya muri farumasi kugira ngo uhabwe imiti ukeneye ufatira mu rugo. Sobanurira umukozi wa farumasi maze agufashe guhitamo imiti iboneye.
- Niba ikibazo cyawe kidashobora kuvurirwa mu rugo, jya mu ivuriro.
- Niba ufite ikibazo gikeneye ubutabazi bwihutirwa, hamagara 9-1-1 cyangwa ujye mu ivuriro ryita ku ndembe cyangwa aho bavurira indembe mu bitaro.

**Imiti imwe isaba ko uba wayandikiwe na muganga, naho indi ntabwo ibisaba.**



Kwandikirwa na muganga ni impushya zihariye abaganga bashobora kuguha kugira ngo ugure imiti ukeneye muri farumasi. Imiti myinshi uyihabwa bidasabye kuyandikirwa na muganga, ariko indi yo ntuyihabwa.



Menyesha IOM (cyangwa ikigo gifasha abimukira niba waramaze kugera muri Amerika) niba udafite imiti ihagije izamara ukwezi kwa mbere ukigera muri Amerika.

**Ubuwuzi muri Amerika burahenze, ariko hari uburyo butandukanye bwo kugufasha kwishyura.**



Gahunda za Leta zishyurira ikiguzi cy'ubuvuzi impunzi iyo zikimara kuza, ndetse n'abaturage bakennye bujije ibisabwa. Abandi bifashisha ubwishingizi bwo kwivuza butangwa n'ibigo byigenga kugira ngo babashe kwishyura ubuvuzi bwabo.

**Ufite uburenganzira bwo guhabwa ubuvuzi mu rurimi rwawe.**



Amavuriro aba afite abasemuzi bashobora kugufasha gusobanukirwa no kuvugana n'abaganga. Baza abaganga ibibazo niba hari icyo udasobanukiwe ku bijyanye n'uburwayi bwawe cyangwa ubuvuzi wahawe.

**Ubuwuzi ni ibanga.**



Muganga wawe, ivuriro cyangwa farumasi ntibashobora gutanga amakuru ku buvuzi bwawe bagira undi muntu bayaha - n'uyo yaba uwo mu muryango wawe - utabitangiye uruhushya.



## » Aho wabona ubufasha.

Hamagara umukozi w'ikigo gifasha abimukira ukurikirana dosiye yawe niba ufite ibibazo cyangwa hari ubufasha ukeneye. Andika aderesi zabo zikurikira.

### Aderesi y'umuganga

Amazina: \_\_\_\_\_

Nomero ya terefone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

### Aderesi y'umukozi w'ikigo gifasha abimukira ukurikirana dosiye yawe

Amazina: \_\_\_\_\_

Nomero ya terefone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Ukeneye andi makuru kuri COVID-19 mu rurimi rwawe,  
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