

Indwara ya koronavirusi yo mu 2019

Akato nyuma yo gukekwa kugira aho uhurira na COVID-19

Inama z'ishami rishinzwe ubuzima zijyanye na COVID-19 zikomeje kugenda ziyongera ndetse zikanavugururwa uko abahanga bagenda bavumbura amakuru mashya. Ku wa 2 Ukuboza 2020, Ikigo k'Igihugu Gishinzwe Kugenzura no Gukumira Indwara (CDC) cyatangaje [raporo y'abahanga](#) igaragaza ko igihe cy'akato gishobora kugabanywa ku bantu bakekwaho kwandura COVID-19. Ishami Rishinzwe Ubuzima muri Leta ya Ohio (ODH) ryahinduye aya mabwiriza kugira ngo ribashe kuyahuzza n'ibikenewe muri leta yacu kandi hitabwe ku rwego icyorezo kiriho muri leta yacu ndetse n'ubushobozi buhari.

Inama zijyanye n'akato zashyizweho n'Ishami Rishinzwe Ubuzima muri Leta ya Ohio (ODH) zituma ubushobozi buhari burushaho gukoreshwa neza kandi zikabaganya ibyago byo kuba abantu bakwanduzanya nyuma yo kuva mu kato. Nyuma yo kubijyaho inama n'amashami ashinzwe ubuzima mu karere, amavuriro n'ibitaro bishobora gukurikiza [Uburyo bwashyizweho n'ikigo k'Igihugu Gishinzwe Kugenzura no Gukumira Indwara \(CDC\) bugamije gukemura ikibazo cy'umubare muke w'abaganga](#).

Inama z'Ishami Rishinzwe Ubuzima muri Leta ya Ohio (ODH) zijyanye n'akato nyuma yo gukekwa kugira aho uhurira na COVID-19

	Igihe akato kamara	Inama z'ibigomba gukorwa
Igihe gihagije cyo kugabanya ibyago byo kwanduzanya	<p>Guma mu rugo byibuze mu gihe k'iminsi 14* nyuma yo kugira aho uhurira na virusi.</p> <p>* Akato k'iminsi 14 kagabanya ibyago byo kwanduzanya nyuma yo kuva mu kato. Izi ngamba ziba nziza ku bantu baba, bakora cyangwa basura amazu acumbitsemo abantu benshi, ahantu hakorerwa abantu benshi cyangwa ahandi hantu hashobora kwandurira abantu benshi cyangwa aho abantu bashobora guhurira n'abafite ibyago byinshi byo kuremba cyane nyuma yo kwandura COVID-19.</p>	<p>Siga intera (byibuze ya metero 2) hagati yawe n'abandi kandi wambare agapfukamunwa igihe uri kumwe n'abandi bantu.</p> <p>Genzura ubwawe ibimenyetso ugaragaza buri muni kugeza ku minsi wa 14. (Genzura igipimo cy'ubushyuhe kabiri ku muni, usuzume niba nta muriro, inkorora, kunanirwa guhumeka cyangwa ibindi bimenyetso bya COVID-19.)</p> <p>Abantu bagaragaza ibimenyetso bya COVID-19 cyangwa basuzumwe bagasanga baranduye COVID-19 bagomba kwishyira mu kato kandi bakubahiriza inama bagirwa ku bijyanye no kuva mu kato.</p>
Urugero rwa 1 rw'igihe hagabanyijwe iminsi akato kamara	<p>Guma mu rugo byibuze mu gihe k'iminsi 10 nyuma yo kugira aho uhurira na virusi.</p>	<p>Siga intera (byibuze ya metero 2) hagati yawe n'abandi kandi wambare agapfukamunwa igihe uri kumwe n'abandi bantu.</p> <p>Genzura ubwawe ibimenyetso ugaragaza buri muni kugeza ku minsi wa 14. (Genzura igipimo cy'ubushyuhe kabiri ku muni, usuzume niba nta muriro, inkorora, kunanirwa guhumeka cyangwa ibindi bimenyetso bya COVID-19.)</p> <p>Shaka uko wakwisuzumisha mbere y'uko iki gihe kirangira (umunsi wa munani cyangwa nyuma yawo) kugira ngo wizere neza ko utanduye.</p> <p>Ariko nanone ntushobora kuva mu kato mbere y'uko iminsi 10 irangira.</p> <p>Abantu bagaragaza ibimenyetso bya COVID-19 cyangwa basuzumwe bagasanga baranduye COVID-19 bagomba kwishyira mu kato kandi bakubahiriza inama bagirwa ku bijyanye no kuva mu kato.</p>
Urugero rwa 2 rw'igihe hagabanyijwe iminsi akato kamara	<p>Ibisubizo by'isuzuma bigaragaza ko nta bwandu bwa SARS-CoV-2 (virusi itera itera indwara ya COVID-19) bivuye mu bipimo byafashwe ku muni wa gatanu cyangwa nyuma yawo nyuma yo kugira aho uhurira na virusi KANDI ugume mu rugo byibuze mu gihe k'iminsi irindwi nyuma yo kugira aho uhurira na virusi.</p>	<p>Siga intera (byibuze ya metero 2) hagati yawe n'abandi kandi wambare agapfukamunwa igihe uri kumwe n'abandi bantu.</p> <p>Genzura ubwawe ibimenyetso ugaragaza buri muni kugeza ku minsi wa 14. (Genzura igipimo cy'ubushyuhe kabiri ku muni, usuzume niba nta muriro, inkorora, kunanirwa guhumeka cyangwa ibindi bimenyetso bya COVID-19.)</p> <p>Abantu bagaragaza ibimenyetso bya COVID-19 cyangwa basuzumwe bagasanga baranduye COVID-19 bagomba kwishyira mu kato kandi bakubahiriza inama bagirwa ku bijyanye no kuva mu kato.</p>

Inyandiko yateguwe ku wa 3 Ukuboza 2020.

Ku bijyanye n'andi makuru, wasura urubuga rwa coronavirus.ohio.gov.

Kugira ngo ubone ibisubizo by'ibibazo ufite bijyanye na COVID-19, hamagara kuri 1-833-4-ASK-ODH (1-833-427-5634).

Ubuzima bwo mu mutwe bwawe ndetse n'ubuzima bw'umubiri bwawe bigomba kwitabwaho kimwe byombi. Igihe wowe cyangwa uwo ukunda muhangayikishijwe n'icyorezo cya koronavirusi, mushobora guhabwa ubufasha buboneka mu masaha 24 kuri 24 agize umunsi ndetse no ku minsi yose igize icyumweru. Hamagara umurongo utangirwaho ubufasha bujyanye na COVID-19 ari wo 1-800-720-9616.