

# Amahitamo yo kwambara agapfukamunwa ukaguma ku ishuri cyangwa kwipimisha mbere yo gukina

Abanyeshuri bari mu kato mu rugo kubera ko bahuye n'abantu banduye COVID-19 ku kigo cy'ishuri bahura n'ibyago batateganyije byo kutigira ku ishuri kenshi kandi bakaba bashobora kurushaho guhangayikisha ababyeyi, ibigo by'amashuri ndetse n'Amashami y'Inzego z'Ubuzima aho abantu batuye (LHD). Kubera ko kwikingiza no kwambara agapfukamunwa bigira uruhare rukomeye cyane mu gutuma ikigo cy'ishuri kigira umutekano, twashyizeho ubundi buryo bwakwifashishwa mu kigo cy'ishuri maze aho kugira ngo abanyeshuri n'abakozi b'ikigo cy'ishuri bahuye n'abantu banduye COVID-19 ku kigo cy'ishuri bashyirwe mu kato mu rugo ahubwo bagafashwa kwigira ku ishuri ndetse bikagabanya uko guhangayika.

Iyi nama yatanze n'ibigo byinshi bitandukanye byo mu gihugu, ishingira ku igeragezwa ry'ibanze ryakorewe mu Ntara ya Warren ndetse no ku buhamya bwatanzwe n'andi Mashami Ashinzwe Ubuzima aho abantu batuye (LHD) byose byagaragaje ko ari abantu bake bahuye n'abantu banduye COVID-19 mu kigo cy'ishuri maze bikarangira na bo bapimwe bagasanga baranduye. Hashingiwe kuri aya makuru n'ibisubizo byiza byavuye mu igeragezwa ry'ibanze ryakowe mu Ntara ya Warren, turatanga inama zikurikira ku banyeshuri biga mu ishuri ry'ishyamba kugeza mu mwaka wa 12 ndetse n'abakozi bahuye n'abantu banduye COVID-19 mu kigo cy'ishuri.

***Icyitonderwa: Kugira ngo umuntu yemererwe kwambara agapfukamunwa agume ku ishuri cyangwa kwipimisha mbere yo gukina ni uko aba yahuriye n'umuntu wanduye ku ishuri cyangwa mu bikorwa bijyanye n'ishuri. Ibi ntabwo bikurikizwa iyo umuntu yahuriye n'umuntu wanduye mu rugo cyangwa se barahuriye ahandi hatari ku ishuri cyangwa mu bikorwa bijyanye n'ishuri.***

## Kwambara Agapfukamunwa Ukaguma ku Ishuri

Abantu bahuye n'abanduye, hatitawe ku kuba barikingije cyangwa baba bambara agapfukamunwa, bashobora kwemererwa kuguma mu ishuri igihe bakoze ibi bikurikira:

- Kwambara agapfukamunwa mu gihe cy'iminsi 10 uhereye ku munsu wa nyuma baherukira guhuriraho n'umuntu wanduye.
- Kwikurikirana cyangwa gukurikiranwa n'ababyeyi kugira ngo barebe niba bafite [ibimenyetso bya COVID-19](#).
- Kwishyira mu kato no kwipimisha igihe batangiyeye kugaragaza ibimenyetso bya COVID-19 (hatitawe ku bukana byaba bifite ubwo ari bwo bwose).

*Abantu bahuye n'abanduye COVID-19 ni bamwe baba bagaragajwe nk'abahuye n'abantu bapimwe bagasanga banduye COVID-19. Tuributsa ko COVID-19 ari virusi yandurira mu myanya y'ubuhumekero bityo rero ntibisaba ko umuntu akora ku wundi kugira ngo ayimwanduze. Ishobora gukwirakwira igihe umuntu yitsamuye, akoroye, avuganye n'undi n'igihe ahumetse. Ibi bintu bikwiye kwitabwaho igihe harebwa urwego rw'ubwandu n'abantu bahuye n'abanduye. Intera ikwiye gusigwa hagati y'umuntu n'undi wambaye agapfukamunwa ni metero 1, na metero 2 igihe bose batambaye agapfukamunwa.*

*Umuntu agomba kwipimisha ku munsu wa 5 nyuma yo guhura n'uwanduye.*

*Ababyeyi n'abanyeshuri bafite inshingano zo kwikurikirana ngo barebe niba bafite ibimenyetso bigaragara; ariko, igihe abafomoro cyangwa abakozi bo ku ishuri babonye umwana ugaragaza ibimenyetso, bagomba gufata ingamba [zikwiye](#).*

*Tuzi neza ko hari abanyeshuri badashobora kwambara agapfukamunwa kubera impamvu z'uburwayi cyangwa ubumuga bujyanye n'imikurire bwagaragajwe n'ubaha serivisi z'ubuvuzi. Iyo bimeze bityo, dusaba Amashami Y'Inzego z'Ubuzima aho abantu batuye (LHD) n'ibigo by'amashuri gufatanyiriza hamwe kugira ngo barebe niba byaba bikwiye ko bene aba banyeshuri bakomeza kwigira ku ishuri. Igihe hafatwa bene ibi byemezo, hagomba kwitabwa ku rwego rw'ibyago n'umutekano n'ubuzima by'abandi banyeshuri.*

**Igihe hasuzumwa niba umunyeshuri utambara agapfukamunwa ashobora gukomeza kwigira mu ishuri nta kibazo, hagomba kwitabwa kuri ibi bikurikira:**

- Amabwiriza y'ikigo cy'ishuri aiyanye no kwambara agapfukamunwa.
  - Amabwiriza rusange yo kwambara agapfukamunwa hagamijwe kugabanya ikwirakwira ry'ubwandu.
  - Uko umubare w'abanyeshuri bambara udupfukamunwa wiyongera, ni ko ikwirakwira ry'ubwandu rirushaho kugabanuka. Ibi bigabanya ibyago byo kwandura.
- Amabwiriza y'ikigo cy'ishuri aiyanye no kwipimisha.
  - Kwipimisha nabwo ni ubundi buryo ibigo by'amashuri bishobora guhitamo kwifashisha.
  - Uko ikigo cy'ishuri kirushaho gupima kenshi, ni ko amahirwe yo kumenya abanduye yiyongera maze bakaba bashobora gushyirwa mu kato kugira ngo hagabanywe ibyago byo kuba bakwanduza abandi.
  - Igihe amafasi y'amashuri ateganya kwemerera umunyeshuri utambara agapfukamunwa gukomeza kwigira mu ishuri, uwo munyeshuri agomba gupimwa buri munsu.
- Ingamba z'ikigo cy'ishuri zo gusiga intera hagati y'umuntu n'undi.
  - Gusiga intera ya metero 2 cyangwa zirenga hagati yawe n'umuntu wahuye n'uwanduye ndetse n'uwanduye ubwe kandi utambaye agapfukamunwa bigabanya ibyago byo kwandura.
- Ubushobozi bw'umunyeshuri bwo kuba ashobora kubahiriza ingamba cyangwa imyitwarire byo kwirinda.
  - Kugira isuku y'intoki ihagije.
  - Kubahiriza neza amabwiriza akurikizwa igihe umuntu akoroye.
  - Gusiga intera hagati ye n'abandi.
- Imibare y'abandura muri sosiyete.
  - Hagomba kwitabwa ku mibare y'abandura muri sosiyete.
  - Iyo imibare y'abandura muri sosiyete iri hejuru bituma ibyago byo kwandura byiyongera mu kigo cy'ishuri maze icyorezo kikaba gishobora gukwirakwira hose.

Iyo izi ngamba zo kwirinda zubahirijwe zikomatanijwe, bituma umuntu wahuye n'uwanduye ndetse n'abandi banyeshuri n'abakozi barushaho kurindwa. Gushyiraho ingamba zo kwirinda zirimo kwambara agapfukamunwa, kwipimisha, gusiga intera hagati y'umuntu n'undi ndetse no kugira isuku ihagije bigabanya ibyago byo gukwirakwiza ubwandu bwa virusi.

## Kwipimisha Mbere yo Gukina

**Abantu bahuye n'abanduye ariko bakaba batagaragaza ibimenyetso bashobora gukomeza kwitabira ibikorwa bikorwa nyuma y'amasomo igihe baramutse bakoze ibi bikurikira:**

Kwambara neza agapfukamunwa igihe bishoboka. (*Aha harimo: kugenda mu modoka zitwara abanyeshuri, gukoresha ibyumba by'urwambariro, guhagarara cyangwa kwicara ku mpande; n'igihe cyose agapfukamunwa katabangamira guhumeka, igikorwa cyangwa ngo kabangimire umutekano.*)

- Kwipimisha ukimara kumenyeshwa ko wahuye n'umuntu wanduye COVID-19.
- Bagomba kwipimisha ku munsu wa 5 nyuma yo guhura n'uwanduye.

***Icyitonderwa: Kwipimisha bivugwa haruguru ni igihe hakoreshejwe uburyo bwo gupima virusi bwa SARS-CoV-2 (hifashishijwe uburyo bwa PCR cyangwa uburyo bwihuse). Bagomba gukurikiranwa n'umuntu kandi ntibahabwe imiti igurirwa muri farumasi itanditswe na muganga kandi ntibipimishirize mu rugo ari bo babyikoreye nta muntu ubikurikirana uhari.***

Amafasi y'amashuri agomba gupima abakinnyi ku munsu w'amarushanwa igihe bishoboka ko abanyeshuri bo ku kigo cy'ishuri kimwe bashobora kwanduza abo ku kindi kigo cy'ishuri. Iyo abanyeshuri bari mu marushanwa basuzumwe bagasanga baranduye COVID-19, ntabwo ari ngombwa ko harebwa abo bahuye na bo bose bo mu yindi kipe; ahubwo hagomba koherezwa ibaruwa imenyeshya abo muri iyo kipe yindi bose ko hashobora kuba harimo abahuye n'abo banduye.

Izi mpinduka zagaragajwe zirimo kwambara agapfukamunwa no kwipimisha hagamijwe kugabanya ibyago byo gukwirakwiza ubwandu bwa COVID-19 mu bigo by'amashuri kandi bigatanga n'uburyo bwizewe bushobora gusimbura akato.