

Urutonde rw'ibigomba kugenzurwa mu rwego rwo kwirinda COVID-19 ku basheshakanguhe bo muri Ohio n'abafite uburwayi bukomeye

Kwirinda COVID-19

Mu bafite ibyago byinshi byo kuzahazwa na COVID-19 harimo abafite imyaka 65 y'ubukure no hejuru yayo, abaore batwite, abanywa itabi, n'abafite uburwayi bw'akarande nka kanseri, indwara y'impiko, indwara y'ibihaha, indwara y'umutima, umubyibuho ukabije, indwara y'uturemangingo, cyangwa Igisukari. Kanda [hano](#) kugira ngo ubone urutonde rw'ibintu byose boshobora gutuma ugira ibyago byinshi byo kuzahara.

Ishami ry'ubuzima rya Ohio riragira inama cyane abari muri ibi byiciro gukora ibikurikira:



Isuzume ibimeyetso bya COVID-19 bikurikira:

- Umuriro cyangwa gutengurwa.
- Inkorora.
- Kubura umwuka cyangwa Kugorwa no guhumeka.
- Umunaniro.
- Kubabara imikaya cyangwa umubiri.
- Kumenagurika umutwe.
- Gutakaza icyanga cyangwa impumuro
- Kubabara mu muhogo.
- Gufungana amazuru.
- Iseeme cyangwa kuruka.
- Impiswi.

Niba ugaragaje bimwe muri ibi bimenyetso cyangwa n'ibindi, ihutire kubimenyesha muganaga wawe. Ni ingenzi cyane ko usuzumwa hakiri kare.



Hamagara wake ubufasha ako kanya mu gihe ufite ibimenyetso bikomeye by'uburwayi, nko kugorwa no guhumeka cyangwa kubura umwuka, ububabare budashira cyangwa kokerwa mu gituzo, kwitiranya ibintu cyangwa gutakaza ubwenge, kuma iminwa cyangwa isura, cyangwa ikindi kimenyetso icyo ari icyo cyose gikomeye.

- Baza muganga wawe akuyobore ku bindi bimenyesto wakwitaho n'igihe cyo guhamagara waka ubufasha.
- Guma mu rugo uko bishoboka kose kandi ntuhe abashyitsi karibu. Gerageza kwigenzagenza cyangwa kugira imikino ukina aho bishoboka.
- Mu gihe ugiye hanze, ambara agapfukamunwa neza, siga intera ya metero hagati yawe n'abandi nibura ya m 2, kandi ukarabe intoki zawe kenshi.
- Saba abandi aribo bakora imirimo y'ingenzi, nko kujya guhaha cyangwa kugura imiti.
- Niba bibaye ngombwa ko usohoka ubwawe, ambara agapfukamunwa kandi ugire aho ujya ari uko nta bantu benshi bakiri kugenda. Hari amaduka na za farumasi zimwe na zimwe, ndetse n'abandi batanga serivisi mu musaha yihariye ku bantu bafite ibyago byinshi byo kuzahara.
- Kubona imiti n'ibikoresho bimara ibyumweru byinshi. Niba nta muntu wabikuzanira, saba farumasi niba bashobora kubyohera hakoreshejwe iposita cyangwa bakaba babiguhaha utabanje gutegereza cyangwa se mukifashisha idirishya aho bishoboka.
- Tegura gahunda y'ibyo uzakora uramutse urwaye, cyangwa abantu wizera ko bagufasha.
- Wite ku buzima mbamutima bwawe n'ubw'abagize umuryango wawe. Vugana n'abagize umuryango wawe, inshuti n'abaturanyi mwifashishije uburyo bw'iyakure, telefone cyangwa imeyi buri cyumweru mu rwego rwo gutegura itsinda ry'abagufasha.

Rwavuguruwe ku wa 03 Ugushyingo 2020.

Ukeneye andi makuru, wasura urubuga rwa coronavirus.ohio.gov.

Ukeneye ibisubizo by'ibibazo byawe byerekeye COVID-19, wahamagara 1-833-4-BAZA ISHAMI RISHINZWE UBUZIMA MURI OHIO (1-833-427-5634).

Ubuzima bwawe bwo mu mutwe bufite akamaro nk'ubundi buzima bwo ku mubiri. Niba wowe cyangwa umvandimwe wawe muri kunyura mu bihe by'agahinda gakabije bitewe n'icyorezo cya Koronavirusi, ubufasha butangwa amasaha 24/24, iminsi irindwi. Hamagara umurongo wa telefone wagenewe ibibazo byerekeye COVID-19 ari wo 1-800-720-9616.

Irinde kandi urinde n'abandi
COVID-19 wubahiriza amabwiriza akurikira.

KWIRINDA

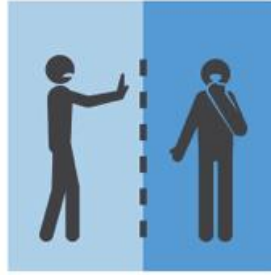
Ukeneye andi makuru wahamagara 1-833-4-ASK-ODH cyangwa ugasura urubuga rwacoronavirus.ohio.gov.



GUMA MU RUGO
URETSE IGIHE
HARI IMPAMVU Z'AKAZI
N'IBINDI BIKENERWA



AMBARA
AGAPFUKAMUNWA
MU GIHE URI HAMWE
N'UWO MUTABANA



SIGA INTERA
NIBURA Y'IBIRENGE 6
HAGATI Yawe N'ABANDI



IRINDE
AMATSINDA
Y'ABANTU
BARENGA 10



KARABA INTOKI
UKORESHEJE AMAZI MEZA
N'ISABUNE (MU GIHE
CY'AMASEGONDA 20
CYANGWA UYARENZE)



IRINDE KWIKORA KU
MASO, KU MAZURU,
KU MUNWA
UTARAKARABA
INTOKI CYANGWA
NYUMA
YO GUKORA AHANTU
HAKORWA KENSHI



IFASHISHE SERIVISI YO
KUGUSANGISHA IBYO
UGUZE AHO URI,
SHYIKIRIZWA IBYO UGUZE
MU MODOKA AHO
BISHOBOKA



SUKURA KANDI UTERE
IMITI YICA UDUKOKO
"AHANTU ABANTU"
BAKORAKORA KENSHI



NTUJYE KU KAZI
MU GIHE URWAYE



KUJYA MU KATO
NYUMA YO KUVA MURI
LETA IFITE IBIPIMO
BYINSHI BY'ABANDUYE
COVID-19