

Kumenya ibiranga icyorezo cya 2019 (COVID-19) no guhagarika gukwirakwiza ibihuha.

UKURI KWA

1

Indwara zishobora kwanduza buri wese hatitawe ku

Abakomoka muri Aziya, harimo Abashinwa b'Abanyamerika, sibo bandura icyorezo cya COVID-19 kurusha abandi banyamerika. Anga ubufasha bwo guhagarika ubwoba bw'abantu ubamenyesha ko abakomoka muri Aziya badafite ibyago byinshi byo kwandura no gukwirakwiza COVID-19.

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2

Abantu bamwe bafite ibyago byinshi byo kwandura COVID-19.

Abantu bigeze kwegerana n'umuntu wanduye COVID-19 cyangwa abantu baba cyangwa bageze ahantu hageze ubwandu kandi ibyago byo kwandura bikaba ari byinshi.

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3

Umuntu wavanywe mu muhezo cyangwa yaravanywe mu muhezo ntiyakwanduza abandi bantu.

Ku makuru agezweho, sura uurubuga rwa CDC ku makuru ya coronavirus disease 2019 web page.

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4

Ushobora gufasha guhagarika COVID-19 mu kumenya ibimenyetso byand symptoms:

- Umuriro
- Inkorora
- Kubura umwuka

Saba inama za muganga nugaragaza

- Ibimenyetso ibiranga NA
- Warahuye n'umuntu urwaye COVID-19 cyangwa niba utuye ahantu cyangwa waragiye ahantu hari ubwandu bwa COVID-19 bukomeje.

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5

Hari ibintu byoroheje wakora ukirinda ukanarinda abandi.

- Sukura ibiganza byawe kenshi ukoresheje isabune n'amazi byibuze mu masegonda 20, 20, cyane cyane umaze kwitsamura, gukorora cyangwa kwitsamura; kujya mu bwihereho; ana mbere yo yo kurya cyangwa gutegura ibyo kurya.
- Kwirinda gukoresha ibiganza bidasukuye ku maso yawe, izuru, n'umunwa.
- Kuguma mu rugo igihe urwaye.
- Kwitsamura upfutse ku zuru cyangwa koreshehe igitambaro, ukagishyira aho

