

Gukoresha Udupfukamunwa/mazuru mu Kugabanya Ikwirakwizwa rya COVID-19

Igihe ukeneye kuva mu rugo, ambara agapfukamunwa/mazuru.

Abaturage ba Leta ya New Hampshire bose (bari hejuru y'imyaka 5) [barasabwa](#) kwambara agapfukamunwa ku mazuru no ku munwa igihe cyose bari ahateraniye abantu benshi, mu nyubako cyangwa hanze yazo, aho bidashoboka cyangwa bitaborohera kubahiriza intera byibura ya metero 2 uvuye ku muntu n'undi igihe batari mu rugo. Iri bwiriza rishingiye ku makuru y'Ikigo Gishinzwe Kurwanya Ibyorezo (CDC) arebana n'uburyo COVID-19 ishobora gukwirakwira mbere yuko umuntu agaragaza ibimenyetso. Agapfukamunwa/mazuru gafasha mu kurinda wowe ndetse n'abandi bagukikije igihe wanduye kandi ukaba utabizi.



Kwambara agapfukamunwa/mazuru ni imwe mu ngamba tugomba gufata mu rwego rwo kugabanya ikwirakwira rya COVID-19 – kandi **NTABWO** bisimbura kubahiriza intera ndetse n'andi mabwiriza yo kwirinda. Urasabwa gukomeza gusiga intera byibura ya metero 2 hagati yawe n'abandi, ndetse yewe n'igihe wambaye agapfukamunwa/mazuru.

Ku bindi bisobanuro:

[Amakuru Arebana n'Agapfukamunwa/mazuru Atangwa n'Ibigo Bishinzwe Gukumira no Guhangana n'Ibyorezo](#)
[Urubuga rwa New Hampshire kuri COVID-19](#)



Uburyo bwo guhitamo agapfukamunwa

Uburyo bubiri bwakwizeza ko agapfukamunwa/mazuru kawe ari kazima kandi kakurinda neza ni ukwibanda mu guhitamo agapfukamunwa/mazuru gafite udutambaro duto twinshi tugerekeranye (gakoze n'udutambaro duto hagati ya tubiri na dutatu), kandi gakwiriye neza isura yawe nta myanya irimo, ndetse kagapfuka izuru n'umunwa neza. Ibi bizafasha mu kukurinda amatembabuzi ava mu guhumeka gusohoka ndetse birinde n'ay'abandi kwinjira.

- Hitamo agapfukamunwa/mazuru gafite ahagenewe izuru akenshi uzasangaho akuma cyangwa akandi kantu gakomeye
- Koresha akantu gakoze muri palasitike kambarwa inyuma y'agapfukamunwa/mazuru kugira ngo kagukwire neza mu rwego rwo gukaza ubwirinzi
- Reba neza ko agapfukamunwa/mazuru kawe gatwikiriye neza izuru, umunwa ndetse n'akananwa
- Koresha agapfukamunwa/mazuru gafite udutambaro duto twinshi tugerekeranye CYANGWA ugerekeranye agapfukamunwa/mazuru n'agakoreshwa rimwe. Kwambara agapfukamunwa/mazuru kagukwira kandi kayungurura ni ingenzi

- NTABWO wemerewe gukoresha udupfukamunwa/mazuru tubiri twemewe na muganga icyarimwe. Ikindi NTABWO byemewe gukoresha agapfukamunwa/mazuru ka KN95 icyarimwe n'akandi

Ushobora kandi kwiyegezeza agapfukamunwa kugira ngo kagukwire neza uzirikanya ndetse ukaza imigozi iba ifashe ku matwi. Kora ibi:

- Zirikira imigozi ifata ku matwi aho ihurira ku mpera y'agapfukamunwa/mazuru
- Funga kandi ukaze imigozi itari ngombwa ku mpera y'agapfukamunwa/mazuru
- Reba videwo ikubiyemo amabwiriza: <https://youtu.be/UANi8Cc71A0>



Kwambara agapfukamunwa/mazuru

- Ukoresheje intoki zisukuye, reba neza inyuma h'agapfukamunwa/mazuru aho ariho kandi umenye ko hari buze kuba hareba inyuma.
- Tora agapfukamunwa/mazuru ufashe ku migozi y'amatwi hanyuma wambike umugozi kuri buri gutwi.
- Reba neza niba agapfukamunwa/mazuru gatwikiriye umunwa NDETSE n'izuru.
- Irinde gukorakora imbere h'agapfukamunwa/mazuru igihe wamaze kukambara neza.
- Igihe kanduye ihutire kugasimbuza.
- Igihe ukoze ku gapfukamunwa/mazuru, ihutire guhita usukura intoki.

Ni gute bakuramo agapfukamunwa/mazuru?



1

Witonze, hambura umugozi uri inyuma ku mutwe wawe cyangwa ukwedure umugozi ufashe ku matwi



2

Fata gusa ku migozi ifashe ku matwi cyangwa iziritseho



3

Zinga uhuze imigongo y'inyuma hamwe



4

Itondere gukora mu maso hawe, izuru, ndetse n'umunwa igihe ugakuraho kandi wihutire gusukura intoki ako kanya ukimara kugakuramo

Ni gute babika agapfukamunwa/mazuru?



Bika udupfukamunwa/mazuru dutose cyangwa twanduye ahabugenewe mu gikoresho cya palasitike

Igihe agapfukamunwa/mazuru kaweho gutose cyangwa kanduye bitewe n'icyuza, amacandwe, ibirungo by'ubwiza, cyangwa andi matembabuzi, gashyire mu gikoresho cya palasitike gifungwa kugeza igihe ushobora kutumesa.



Bika udupfukamunwa/mazuru tudatose cyangwa tutanduye mu ruhago rwa kaki

Ushobora kubika agapfukamunwa/mazuru kaweho mu gihe cy'agateganyo kugira ngo uzagakoreshe ikindi gihe. Kabike ahantu humutse, mu ruhago rugeramo umwuka (nko mu ruhago rukoze mu mpapuro cyangwa mu tuntu dutobaguye) kugira ngo duhorane isuku igihe dukoreshe. Igihe ugiye kongera gukoresha ka gapfukamunwa/mazuru, kambarire ku ruhanda usanzwe ukambariramo. Igihe ukuyemo agapfukamunwa/mazuru kaweho ugiye kurya cyangwa kunywa mu gihe uri hanze yo mu rugo, ushobora kugashyira ahantu hameze neza kugira ngo kagumane isuku, nko mu mufuka wawe, mu isakoshi, cyangwa mu ruhago rwa kaki.

Gufura no kumisha neza agapfukamunwa/mazuru kagiye kongera gukoreshwa

Ugomba gufura agapfukamunwa/mazuru kaweho igihe kanduye cyangwa byibura buri munsu. Udupfukamunwa/mazuru twinshi tugiye kongera gukoreshwa dushobora gufuranwa n'indi myenda. Koresha imiti yo gufura isanzwe kandi ukurikize amabwiriza yo kumesa asanzwe. Ushobora kandi kumesa agapfukamunwa/mazuru n'intoki. Wibuke kandi kunyuguzanya neza ngo umuti wo kumesa ushiremo.



Umisha agapfukamunwa/mazuru kaweho ukoresheje imashini cyangwa wanike hejuru. Niba udashobora kukanika hejuru, karambure neza ahantu hanyuma ukareke kume neza mbere yo kugakoresha.