









COVID-19: Gushyirwa mu muhezo, akato, no kwiwitaho ubwawe iki?

(Byakozwe kuwa 3 Gashyantare 2021)

Ku bindi bisobanuro mwahamagara 2-1-1 cyangwa musure urubuga [h <https://www.nh.gov/covid19/>](https://www.nh.gov/covid19/)

	Ikibazo?	Umuhezo	Akato	Kwiwitaho ubwawe
	Kuri bande?	Abarwayi ba COVID-19 cyangwa abasanzwemo COVID-19 ariko bakaba nta kimenyetso bagaragaje.	Abantu bose: • Bahuye n'abanduye COVID-19, cyangwa • Bavuye gutembera muri NH (uretse leta nkeya zo muri Northeast) ⁽²⁾	Abandi baturage bose ba New Hampshire.
	Nguma mu rugo?	Yego	Yego	Kuguma mu rugo ni uburyo bwiza mu kugabanya ibyago. Kurikiza amabwiriza yo kwirinda igihe usohotse mu rugo.
	Nshobora kujya mu kazi?	Hoya. Korera mu rugo niba akazi kawe kabikwemerera.	Hoya. Korera mu rugo niba akazi kawe kabikwemerera.	Kurikiza amabwiriza y'ubuzima ku kazi. Korera mu rugo niba bishoboka.
	Nshobora kujya hanze gutembera no gutwara igare?	Ushobora kujya hanze hafi y'urugo rwawe gufata akayaga.	Mu gace kawe aho utuye kandi udahura n'abandi. Siga intera ya metero 2 hagati yawe n'abo mutabana kandi wambare agapfukamunwa/mazuru.	Yego. Siga intera ya metero 2 hagati yawe n'abo mutabana. Ambara agapfukamunwa aho bidashoboka.
	Nshobora kujya guhaha no kugura ibindi nkenerwa nk'imiti?	Hoya, kugeza igihe umaze gukira. ⁽¹⁾	Hoya, kugeza iminsi 10 ishize kuva igihe wahuye n'uwanduye.	Yego. Siga intera ya metero 2 hagati yawe n'abo mutabana. Ambara agapfukamunwa ahobidashoboka. Karaba intoki kenshi.
	Mba mu cyumba cya ngenyine mu rugo?	Igihe bishoboka, guma mu cyumba cya wenyine kugeza ukize. ⁽¹⁾	Igihe bishoboka, guma mu cyumba cya wenyine kugeza iminsi 10 irangiye ndetse nta bimenyetso bikigaragara. ⁽²⁾	Hoya
	Niba ntangiye kumva ndwaye?		Tangira umuhezo kandi ubimenyeshe inzego z'ubuzima maze wisuzumisha.	Tangira umuhezo kandi ubimenyeshe inzego z'ubuzima maze wisuzumisha.

1. Gukira COVID-19 bisobanuye kumara A) Byibura iminsi 10 kuva ku muni ibimenyetso byagaragayeho bwa mbere NDETSE B) Byibura umunsi umwe (amasaha 24) agashira umuriro utakigaragara kandi hakaba hatagikoreshwa imiti igabanya umuriro NDETSE C) Ibindi bimenyetso bikaba byagabanyutse byibura umunsi umwe. Niba utarigize ugaragaza ibimenyetso igihe wasuzumwaga, gukira ni igihe hashize iminsi 10 uvuye ku itariki wasanzwemo COVID-19 ugakomeza kwiberaho nta kimenyetso ugaragaza.

2. **Guhura n'uwanduye:** Iminsi 10 uvuye ku muni uheruka guhura n'umurwayi wa COVID-19. Niba ubana n'umurwayi wa COVID-19, akato kamara iminsi 10 y'inyongera nyuma yuko uwo murwayi mubana akize. Ku baturage bagarutse: iminsi 10 uvuye igihe wagiriye ingendo hanze cyangwa hanze ya ME, NH, VT, CT, RI, MA, hatagendewe ku buryo bw'urugendo (rusange cyangwa bwihariye), cyangwa ubwato. Ku bindi sura <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/employee-travel-guidance.pdf> *Wanasuzumwaga igihe uri mu kato nubwo nta kimenyetso waba warigeze ugaragaza. [Sura urubuga rwacu.](#)

*ICYITONDERWA: Niba warafashe urukingo rwuzuye rwa COVID-19 ndetse iminsi irenga 14 ikaba yararangiye kuva igihe uhabwa doze ya kabiri y'urukingo rwa COVID-19, ntabwo ukeneye kujya mu kato cyangwa kwisuzumisha niba warahuye n'uwanduye.