

## Leta ya New Hampshire COVID-19 Amabwiriza ku Bijyanye n'Ingendo 11 Mutarama 2021

Icyorezo cya (COVID-19) giterwa na virusi nshya ya corona yavutse mu 2019, gikomeje gukwirakwira ku isi yose ndetse no muri Leta Zunze Ubumwe by'umwihariko. Ibihugu byinshi, harimo Leta Zunze Ubumwe (reba [amakuru ya buri leta](#)), bikomeje kugira umubare munini w'ubwandu bwa COVID-19, kandi iri no kwinjira mu bice bishya bigaragara ko yandura vuba kandi igakwirakwira ku buryo bworoshye. Henshi mu hantu hakunze kugendwa ku rwego mpuzamahanga bakomeje gusohora [Itangazo ry'Ubuzima ku Bijyanye n'Ingendo](#) rigaragaza ibyago biri hejuru byo kwandura COVID-19, hamwe n'amabwiriza yo kwirinda ingendo zitari ngombwa. Nyamara, zaba ingendo mpuzamahanga cyangwa izo mu gihugu zongera ibyago byo kwandura no gukwirakwiza ubwandu bwa COVID-19; kuguma mu rugo nibwo buryo bwiza bwo kwirinda ukarinda n'abandi kuba bakwandura.

Ibigo Bishinzwe Guhangana n'Icyorezo (CDC) biratanga amabwiriza ngenderwaho ku bantu [bakorera ingendo muri Leta Zunze Ubumwe z'Amerika](#). Kubera ko gukora ingendo byongerera umuntu ibyago byo kwandura COVID-19 binyuze mu guhura n'abandi cyangwa gukora ku bikoreho byanduye, umuntu wese ukora ingendo agomba kwirinda gukoresha uburyo rusange, yirinda amahuriro n'abantu batari abanyamuryango ba hafi, siga intera byibura y'intambwe 6 hagati yawe n'abandi, ambara agapfukamunwa/mazuru igihe uri ahantu hateraniye abantu benshi, kandi basukure intoki zabo.

Leta ya New Hampshire irashishikariza abatuye ndetse n'abasura NH gukurikiza amabwiriza y'ingendo no gushyirwa mu kato mu rwego rwo gukumira ubwandu bushya no gukwirakwiza COVID-19 mu baturage bacu iturutse hanze ya NH bafite ubwiyongere buri hejuru bw'ubwandu bwa COVID-19. Hari amabwiriza atandukanye ku bakoresha/abakozi ajyanye n'ingendo no gushyirwa mu kato akubiye mu [Mabwiriza Rusange ya NH](#) ndetse n'[Amabwiriza ya Leta ya New Hampshire Ishami Rishinzwe Serivise z'Ubuzima Rusange zijyanye n'Ingendo z'Abakozi](#), [Gupima ndetse no Gushyira Umukozi mu Muhezo](#). Ibindi bigo n'abantu ku giti cyabo aho aya mabwiriza ya bizinesi adashobora gukora (urugero., ibigo by'amashuri ya leta) bagomba gukurikiza aya mabwiriza, cyangwa bakareba uko bahuza aya mabwiriza n'inzego zabo ndetse n'ibyo bakenera bashimangira ingamba zafashwe ku ngendo n'ishyirwa mu kato byibanda ku ngendo z'ingenzi zikorwa igihe habayeho kurinda abantu ku giti cyabo, imiryango, ndetse n'abaturage kuzana ubwandu bushya no gukwirakwiza COVID-19.

### Amabwiriza y'ishyirwa mu kato ku wakoze ingendo

**Abatembera/Abashyitsi** ku **NDETSE n'abaturage** ba New Hampshire bagomba [kwishyira mu kato](#) mu gihe cy'iminsi 10 ikurikiye itariki ya nyuma iheruka yakoreweho urugendo rufite ibyago by'ubwandu buri hejuru, hari ingendo zo mu mahanga (harimo izijya/iziva muri Canada); mu bwato; cyangwa mu gihugu imbere hanze ya leta za New England Maine, Vermont, Massachusetts, Connecticut, cyangwa Rhode Island ku mpamvu zitari ngombwa.

Abantu byagaragaye ko bahuye n'ibyago biri hejuru bw'ubwandu mu ngendo bashobora kurangiza igihe bamara mu kato nyuma y'umunsi wa 7 bakipimisha ku munsi wa 6-7 w'akato kugira ngo bisuzumisha ubwandu SARS-CoV-2 (SARS-CoV-2 ni virusi nshya ya corona itera COVID-19); iri suzuma rigomba gukorwa ku duce dutoya cyane (urugero., PCR – uburyo bwo kubona akanyangango kanzinye katagaragara, yo ikagakuza kakaza kagaragara neza); ibipimo bishingiye ku gusuzuma ubudahangarwa bw'abasirikare ntabwo byemewe ku bw'iyi mpamvu. Igihe ibipimo bifashwe ku munsi wa 6-7 w'akato, akaba nta bimenyetso agaragaza, isuzuma rikaba rigaragaza ko atanduye, ashobora guhita asoza igihe cy'akato nyuma y'iminsi 7, ariko basabwa gukomeza [kwikurikirana](#) ku

bijyanye n'ibimenyetso bya COVID-19, ndetse no gukaza ingamba zo guhangana na COVID-19 (guhana intera, kwirinda kujya mu matsinda ndetse n'ahateraniye abantu benshi, kwambara agapfukamunwa/mazuru igihe uri kumwe n'abandi, gukaraba intoki kenshi, n'ibindi.) [Ibimenyetso bya COVID-19](#) bishya bihita bituma umuntu yishyira mu muhezo kandi agasaba kongera gupimwa (nubwo yaba aherutse kuva mu kato). Ubu buryo bw'iminsi 7 y'akato bureba GUSA abagiye mu kato bitewe n'ingendo bakoze (ntabwo ari uko bishyize mu kato kuko bafite ibyago byinshi batewe no guhura n'uwanduye COVID-19).

Abatemberera/abashyitsi baja muri Leta ya New Hampshire bemerewe kwishyira mu kato muri leta baturukamo mu gihe cy'iminsi 10 mbere yuko bahagera bapfa kuba bataraje muri NH bifashishije uburyo bwa rusange. Ikindi na none, abatemberera/abashyitsi muri NH bemerewe kwishyira mu kato iwabo muri leta baturukamo mu gihe cy'iminsi 7, hakaboneka ibipimo hifashishijwe uduce dutoya cyane (urugero., PCR – uburyo bwo kubona akanyangingo kanzinya katagaragara, yo ikagakuza kakaza kagaragara neza) kugira ngo hasuzumwe ubwandu bwa SARS-CoV-2 mbere yo kugera muri NH, hanyuma iyo ibipimo bigaragaje ko atanduye umugenzi/umushyitsi ntabwo asaba kujya mu kato ageze muri NH apfa kuba mu kuza atarakoresheje ingendo za rusange, ndetse nta n'aho yahuriye n'uwanduye COVID-19. Ibipimo bishingiye ku gusuzuma ubudahangarwa bw'abasirikare ntabwo byemewe ku bw'iyi mpamvu. Akato bivuze ko umuntu aba atemerewe kuva mu rugo, yewe no kujya ku kazi, ku ishuri, cyangwa indi mirimo y'ingenzi, ikindi umuntu ujya muri Leta ya NH ntabwo agomba guhagarika igihe cy'akato mbere yuko abona ibisubizo ku bipimo bye ndetse na mbere yo kujya muri New Hampshire (bivuze ngo., kuva igihe umuntu abonyeye yuko atanduye COVID-19 kugeza igihe izagerera muri NH, nta buryo buryo bwo guhura n'abantu benshi bukwiye kubaho).

### Irengayobora ku Ishyirwa mu Kato k'Uwakoze Ingendo

Ku bantu bakurikira SI ngombwa ko bishyira mu kato nyuma yo gukora ingendo zifite ibyago byinshi byo kwanduza:

1. Abantu bamaze hejuru y'iminsi 14 bafashe urukingo rwa kabiri rwa COVID-19 (ni ukuvuga., iminsi 14 nyuma yo gufata urukingo rwose).
2. Abantu bari mu gihe cy'iminsi 90 mbere yo kubasangamo ubwandu bwa SARS-CoV-2 buboneka hifashishijwe PCR, uburyo bwo kubona akanyangingo kanzinya katagaragara, yo ikagakuza kakaza kagaragara neza cyangwa hagasuzumwa ubudahangarwa bw'umubiri (niba umuntu yarigeze agira ubwandu mbere burenze iminsi 90, arasabwa gukomeza akato k'uwakoze ingendo).

Abantu bari mu ibi byiciro, ariko, bakomeza kwikurikiranaho ibimenyetso bya COVID-19 buri muni, guhana intera, kwirinda kujya mu matsinda ndetse n'ahateraniye abantu benshi, kwambara agapfukamunwa/mazuru igihe bari kumwe n'abandi, hamwe no gukaraba intoki kenshi.

Ku yandi marengayobora ku mabwiriza agenga ishyirwa mu kato k'uwakoze ingendo ashobora gukorwa na bizinesi, ibigo, amashuri, n'ibindi. Ku bantu bakora "ingendo ziri ngombwa" ku mpamvu z'ingenzi batujuje kimwe muri bibiri bisabwa hejuru. "Ingendo za ngombwa" harimo iz'akazi, ku ishuri, umutekano, ubuvuzi, kwita ku bandi, inshingano za kibyeyi, z'ubuvuzi, ndetse n'amafunguro cyangwa ibinyobwa (ingendo zo hafi zo guhaha ibyo kujyana mu rugo ndetse no mu maduka gusa). Ingendo za ngombwa kandi zirimo iz'abanyeshuri n'ababyeyi babo cyangwa abishingizi basura amashuri makuru cyangwa ayisumbuye ategura abanyeshuri kuzajya mu mashuri makuru, harimo no kubemerera kurara ku ishuri. Abakozi bakorerwa ingendo zitari ngombwa mu bice bifite ibyago byinshi by'ubwandu bwa COVID-19 ku mpamvu zabo bwite cyangwa zigamije kwishimisha ntabwo bafite uburenganzira ku "ingendo ziri ngombwa" (reba amabwiriza ya Leta ya New Hampshire Ishami Rishinzwe

Service z'Ubuzima Rusange arebana n'Ingendo, Kwipimisha ndetse no Guhagarikwa ku bindi bisobanuro birebana no guhitamo ndetse n'amabwiriza agenga "umukozi w'ingenzi").

Ibigo bigomba gushyiraho ingamba zabyo ku bijyanye n'ingendo n'uburyo bwo gushyira mu muhezo hakurikijwe amabwiriza rusange y'inzeho z'ubuzima (aya amabwiriza ndetse n'[Amabwiriza ya Leta ya New Hampshire Ishami Rishinzwe Serivise z'Ubuzima Rusange zijyanye n'Ingendo z'Abakozi, Gupima ndetse no Gushyira Umukozi mu Muhezo](#)) hamwe n'[Amabwiriza Rusange ya NH](#). Amarengayobora ku bisabwa mu gushyirwa mu kato bitewe n'ingendo ku birebana n'"Ingendo ziri ngombwa" ndetse "n'abakozi b'ingenzi", nyamara ariko, ntabwo rigomba kuba ihame kandi imbaraga zose zigomba gukoreshwa mu gufasha abantu ku giti cyabo gukora, kwiga, cyangwa gukorera akandi kazi k'ingenzi mu rugo mu gihe bari mu kato. Abantu bemerewe gukora cyangwa kujya ku ishuri tutirengagije ibyago biri hejuru k'uwakoze ingendo agomba kujya mu kato ku zindi mpamvu zitari akazi n'ishuri (kereka iyo yafashe urukingo rwuzuye rwa COVID-19 cyangwa yari aherutse kwandura mbere y'iminsi 90), kandi ntagomba kujya mu bikorwa bihuza abantu benshi cyangwa amahuriro igihe ari mu kato.

## Incamake ku Ishyirwa mu Kato k'Uwakoze Ingendo

Ikimenyetso/Icyo ibipimo bigaragaza	Yagiriye ingendo mu mahanga, mu bwato, cyangwa mu gihugu hanze ya New England	Yagiriye Ingendo muri New England cyangwa Nta Ngendo Yagize
Ikimenyetso Gishya cyangwa Kidasobanutse cya COVID-19	<p>Ishyire mu muhezo kandi wihutire kwipimisha.</p> <p>Niba ataranduye ashobora gusubira mu buzima bwe busanzwe igihe amaze byibura amasaha 24 nta muriro (nta miti igabanya umuriro afashe) n'ibindi bimenyetso bitakigaragara, NDETSE kimwe muri ibi bikurikira byuzuye:</p> <ol style="list-style-type: none"> <li>1. Umukozi yafashe urukingo rwuzuye rwa COVID-19 (byibura iminsi 14 igashira kuva igihe afatiye doze ya kabiri y'urukingo rwa COVID-19), <u>cyangwa</u> aheruka kurwara COVID-19 mbere y'iminsi 90.</li> <li>2. Umukozi arangije <u>akato</u> k'iminsi 10 kuva ku muni wa nyuma w'urugendo</li> <li>3. Urugendo rwari "ingenzi"</li> <li>4. Umukozi ahagarika igihe cy'akato nyuma y'umunsi wa 7 nta bwandu bwa SARS-CoV-2 afite, ku muni wa 6-7 w'akato (isuzuma rigomba gukorwa hifashishijwe uduce dutoya cyane kugira ubwandu bugaragare, harimo nk'ibipimo bya PCR) (Icyitonderwa: Niba umukozi yarapimwe mbere y'umunsi wa 6-7 w'akato kubera ibimenyetso kandi ibipimo bikagaragaza ko atarwaye, rero kwipimisha bwa kabiri ku muni wa 7 birakenewe kugira ngo igihe cy'akato kirangire nyuma y'iminsi 7.)</li> </ol>	<p>Ishyire mu muhezo kandi wihutire kwipimisha.</p> <p>Niba ataranduye ashobora gusubira mu buzima bwe busanzwe igihe amaze byibura amasaha 24 nta muriro (nta miti igabanya umuriro afashe) n'ibindi bimenyetso bitakigaragara.</p>
Nta bimenyetso (Ibimenyetso ntibigaragara)	<p><u>Ishyire mu kato</u> mu gihe cy'iminsi 10 kuva ku muni uherukira ku rugendo (kereka niba: urugendo rwarafashwe "nk'urw'ingenzi", umukozi yafashe urukingo rwuzuye ndetse n'iminsi 14 irashize kuva igihe yafatiyeho doze ya kabiri y'urukingo rwa COVID-19, cyangwa umukozi aheruka kurwara COVID-19 mbere y'iminsi.)</p> <p>Umukozi yemerewe guhagarika igihe cy'akato nyuma y'umunsi wa 7 nta bwandu bwa SARS-CoV-2 afite ku muni wa 6-7 w'akato (isuzuma rigomba gukorwa hifashishijwe uduce dutoya cyane kugira ubwandu bugaragare, harimo nk'ibipimo bya PCR).</p>	Ntacyo abujijwe
Ibipimo bigaragaza ko nta bwandu bwa COVID-19	<a href="#">Ishyire mu Muhezo</a>	<a href="#">Ishyire mu Muhezo</a>

Ingendo za ngombwa harimo iz'akazi, ku ishuri, umutekano, ubuvuzi, kwita ku bandi, inshingano za kibyezi, z'ubuvuzi, ndetse n'amafunguro cyangwa ibinyobwa (ingendo zo hafi zo guhaha ibyo kujyana mu rugo ndetse no mu maduka gusa). Ingendo za ngombwa kandi zirimo iz'abanyeshuri n'ababyeyi babo cyangwa abishingizi basura amashuri makuru cyangwa ayisumbuye ategura abanyeshuri kuzajya mu mashuri makuru, harimo no kubemerera kurara ku ishuri. Abakozi batari ab'ingenzi bakorera ingendo mu bice bifite ibyago by'ubwandu ku mpamvu zabo bwite cyangwa zo kwishimisha ntabwo bafite ubu burenganzira.

### Ni irihe tandukaniro riri hagati y'Umuhezo n'Akato?

Umuhezo bikorashwa ku bantu barwaye cyangwa banduye virusi ya corona ariyo itera COVID-19; hanyuma akato kagakorashwa ku bantu bahuye n'abanduye kandi bakaba bafite ibyago biri hejuru byo kwandura. Aya



## Ibiro Bishinzwe Kurwanya Indwara Zandura

magambo yombi asobanura ko umuntu aba agomba kuguma mu rugo kure y'abandi, ariko igihe bamara muri bino bihe kiratandukanye. Reba incamake y'itandukaniro ku [rubuga](#).