

## Amabwiriza Yo Gushyirwa Mu Muhezo No Mu Kato Areba Abaturage Muri Rusange

Imbonerahamwe ikurikira irerekana muri make [amabwiriza avuguruye ya CDC yo gushyirwa mu muhezo no mu kato](#) agenewe abatwaga muri rusange, yahinduwe na New Hampshire. CDC kandi isobanura impamvu yatumye ivugurura amabwiriza inasubiza ibibazo bikunze kubazwa (reba [Imiterere y'Akato & Umuhezo](#)).

Aya mabwiriza arareba abatwaga muri rusange, harimo ahakorerwa akazi n'amashuri ya K-12. Aya mabwiriza NTAREBA ibigo nderabuzima, ibigo ngororamuco, cyangwa aho kuba hagenewe abatwaga amacumbi. Ibigo nderabuzima bigomba kugendera ku mabwiriza atandukanye ya CDC [Amabwiriza y'Agateganyo Areba Abakozi Bashinzwe Kwita ku Buzima Banduye SARS-CoV-2](#), ndetse n' [Ingamba zo Kugabanya Ibura ry'Abakozi Bashinzwe Kwita ku Buzima](#).

Abantu bagomba gushyirwa mu muhezo	Icyo Bategetswe Gukora
<p>Umuntu uwo ari we wese wanduye COVID-19 cyangwa ufite <a href="#">ibimenyetso bya COVID-19</a> mu gihe ategereje gupimwa— hatitawe ku kuba yarakingiwe, yarigeze kuyirwara, cyangwa nta bimenyetso agaragaza.</p> <p>(Ikitonderwa: CDC itegeka igihe kirekire cyo gushyirwa mu muhezo ku bantu bazahajwe na COVID-19 ndetse bakeneye gushyirwa mu bitaro cyangwa kwitabwaho cyane, cyangwa ku bantu bafite ubudahangarwa buke bw'umubiri.)</p>	<ul style="list-style-type: none"> <li>• Kuguma mu rugo no kwihunza abandi (harimo abo mu rugo) mu minsi nibura 5.</li> <li>• Kwiheza bishobora kurangira nyuma y'iminsi 5 niba utagifite umuriro nibura mu masaha 24 (utafashe imiti igabanya umuriro) ndetse n'ibindi bimenyetso bikomeje kwiyongera.</li> <li>• Niba wagize umuriro mu masaha 24 yabanje, cyangwa se niba ibindi bimenyetso bidakomeje kwiyongera, ugomba gukomeza kwishyira mu muhezo kugeza utagifite umuriro ndetse n'ibimenyetso bikomeje kwiyongera mu masaha nibura 24, cyangwa kugeza nyuma y'iminsi 10 uri mu muhezo.</li> <li>• Mu minsi 10:             <ul style="list-style-type: none"> <li>○ Ambara agapfukamunwa <a href="#">kagukwiriye neza</a> mu gihe uri kumwe n'abandi bantu.</li> <li>○ Irinde abantu badafite ubudahangarwa bw'umubiri bwinshi cyangwa bafite ibyago byinshi byo kwandura indwara zikomeye.</li> <li>○ Irinde gukora ingendo, niba bishoboka.</li> </ul> </li> </ul> <p>ICYITONDERWA: hakurikijwe amabwiriza ya CDC, ushobora kwipimisha ku munsi wa 5 mbere y'uko uva mu muhezo, niba bishoboka, ugomba gukomeza kujya mu muhezo mu minsi 10. Abantu ku giti cyabo n'ibigo by'ubucuruzi/amashyirahamwe bashobora kubisuzuma ariko ntibagomba gukoresha ubu buryo bwo gupima.</p>
Abantu bagomba gushyirwa mu kato nyuma yo guhura n'umuntu wanduye COVID-19	Icyo Bategetswe Gukora
<p>Abo mu rugo baba:</p> <ul style="list-style-type: none"> <li>• Batarakingiwe; CYANGWA</li> <li>• Batarahawe "kugeza uyu munsi" doze z'urukingo zose zitegetswe za COVID-19</li> </ul>	<ul style="list-style-type: none"> <li>• Kuguma mu rugo no kwihunza abanda mu minsi 5 nyuma yo guhura n'ufite ubwandu.</li> <li>• Kugenzura ibimenyetso bya COVID-19 mu minsi 10 nyuma yo guhura n'ufite ubwandu, no gupimwa mu gihe ibimenyetso bikomeje kwiyongera.</li> </ul>

	<ul style="list-style-type: none"> <li>• Gupimwa nibura mu minsi 5 nyuma yo guhura n’ufite ubwandu, no mu gihe ibimenyetso bitiyongera. Mu gihe bigaragaye ko wanduye, ishyire mu muhezo.</li> <li>• Mu minsi 10:             <ul style="list-style-type: none"> <li>○ Ambara agapfukamunwa <a href="#">kagukwiriye neza</a> mu gihe uri kumwe n’abandi bantu.</li> <li>○ Irinde abantu badafite ubudahangarwa bw’umubiri bwinshi cyangwa bafite ibyago byinshi byo kwandura indwara zikomeye.</li> <li>○ Irinde gukora ingendo, niba bishoboka.</li> </ul> </li> </ul>
<p><b>Abantu BADAKENEYE kujya mu kato nyuma yo guhura n’uwanduye COVID-19</b></p>	<p><b>Icyo Bategetswe Gukora</b></p>
<ul style="list-style-type: none"> <li>• Abafite ibyago bike byo guhura n’abantu ahahurira abantu benshi (urugero, abatari abo mu rugo)</li> <li>• Abafite abo mu rugo bahawe “kugeza uyu munsi” doze zose z’inkingo zitegetswe za COVID-19</li> <li>• Abafite abo mu rugo batikingije bamaze imini 90 bagaragaza ubwandu bwa COVID-19 mu bipimo bya bisanzwe cyangwa ibya PCR</li> </ul>	<ul style="list-style-type: none"> <li>• Kwambara agapfukamunwa kagukwiriye neza mu gihe uri kumwe n’abandi bantu mu minsi 10, cyane cyane ahahurira abantu benshi.</li> <li>• Niba ibimenyetso bikomeje kwiyongera, guma mu rugo kandi wipimishe COVID-19.</li> <li>• Kwipimisha COVID-19 ku munsi wa 5, no mu gihe utagaragaza ibimenyetso.</li> <li>• Niba ibipimo byerekanye ko urwaye, kurikiza amabwiriza yo kwishyira mu muhezo yavuzwe haruguru.</li> </ul>

### Ubusobanuro:

Umuhezo: Ku bantu barwaye cyangwa bapimwe bagasanga banduye virusi ya COVID-19.

Akato: Ku bantu bafite aho bahuriye na virusi ya COVID-19 ndetse bafite ibyago byo kurwara cyane.

Abo mubana mu rugo: Umuntu uwo ari we wese uba cyangwa uryama mu nzu imwe n’undi muntu wapimwe bagasanga arwaye COVID-19 (yaba baba hamwe mu gihe gito cyangwa se kirekire) ku buryo byatuma umwe ahura n’umuntu wanduye COVID-19.

“Ibigezweho” ku gukingira COVID-19: Umuntu aba “agendana n’igihe” ku bijyanye n’ikingira rya COVID-19 iyo yahawe mu buryo bwuzuye doze zose z’urukingo COVID-19 mu byiciro by’ibanze (doze imwe y’urukingo rwa J&J Janssen, cyangwa doze 2 zitangwa mu byiciro z’urukingo rwa Pfizer-BioNTech cyangwa urukingo rwa Moderna) NDETSE NA doze ishimangira iyo ari yo yose yemerewe gufata. CDC ifite amakuru arebana no [kumenya ibigezweho birebana n’ikingira rya COVID-19](#) ndetse n’ugomba guhabwa doze ishimangira.

Utarakingiwe: Umuntu uwo ari we wese UTARAHawe mu buryo bwuzuye urukingo rwo mu byiciro by’ibanze.