

# Ibintu 10 wakora kugira ngo uhangane n'ibimenyetso bya COVID-19 mu rugo

Verisiyo iboneka: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## Igihe ushobora kuba urwaye cyangwa byaremejwe ko urwaye COVID-19:

- 1. Guma mu rugo** ntusubire ku kazi cyangwa ku ishuri. Kandi wirinde kuja ahantu rusange. Niba ari ngombwa ko ugenda, irinde gukoresha serivisi z'ingendo rusange, gutwarana ku binyabiziga cyangwa tagisi.



- 2. Hangana n'ibimenyetso byawe** mu bushishozi. Niba ibimenyetso byawe birushijeho kuba bibi, hamagara muganga wawe ako kanya.



- 3. Ruhuka kandi unywe amazi menshi.**



- 4.** Niba ufite randevu yo kwa muganga, **banza uhamagare muganga** umubwireko urwaye cyangwa ushobora kuba ufite COVID-19.



- 5.** Ukeneye ubufasha bwihutirwa bwerekeye serivisi z'ubuvuzi, hamagara 911 maze **umenyeshe umukozi wo muri serivisi zihutirwa** ko ushobora kuba urwaye cyangwa ufite COVID-19.



- 6. Ifashishe agatambaro upfuke umunwa n'izuru** cyangwa wifashishe mu mpine y'ukuboko.



- 7. Karaba intoki zawe kenshi ukoresheje** isabune n'amazi meza nibura mu gihe kingana n'amasegonda 20, cyangwa ukoreshe imiti yagenewe gusukura intoki igizwe nibura na 60% bya arukoro.



- 8.** Buri uko bishoboka, **guma mu cyumba cyawe wenyine no kure y'abandi bantu** mubana mu rugo. Ukwiyeye ndetse no kugira ubwihereho bwawe ukoreshe wenyine, mu gihe bishoboka. Niba bibaye ngombwa ko waba uri hamwe n'abandi bantu mu rugo cyangwa hanze yo mu rugo, ambara agapfukamunwa.



- 9. Iringe gutuma abandi bakoreha** ibikoresho byawe bwite mu rugo, nk'ibyogufatiraho amafunguro, amasume n'ibiryamirwa.



- 10. Sukura ahantu hose** hakunda gukorwaho, nk kuri za kontwari, ku meza, no ku mapata y'inzugi. Koresha imiti yabugenewe iterwa mu rugo cyangwa uhanagure ibikoresho ukurikije amabwiriza.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)