NH DIVISION OF Public Health Services
Department of Health and Human Services

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Ingwara ya Coronavirus 2019 (COVID-19)
Igitabu cy'Ingene Wakwisuzuma Ubwawe

Ikigo cya cya Serivisi za New Hampshire Cyita ku Magara/Ubuzima ya Rubanda [NH Division of Public Health Services] (DPHS) kirasaba gishimitse ko wakwikingira ku giti cyawe ndetse ugakingira n'abandi mu gukwirikiza izi ntambuko zo kwisuzuma ku giti cyawe mu misi 14 ikwirikiye kuba warabashije kuba hafi y'umuntu ufite ubwandu bwa COVID-19**:**

1. Kwitoza by'umwihariko kwita ku buzima mu byo guhumeka n'isuku harimo gufuka izuru n'umunwa ukoresheje agapapuro ko kwihanagura igihe ukorora cyange witsamura no gukaraba amaboko inshuro nyinshi ukoresheje isabuni n'amazi byabuze ukamara amasegonda 20, cyange ugakoresha umuti wo kwica imigera bakaraba ku maboko urimo alcool mu gihe isabuni itaboneka.
2. Guma uri maso ucunganywe n'izamuka ry'umuriro/ubushyuhe mu mubiri, gukorora, kubura umwuka, cyange ibindi bimenyetso by'ingwara yo mu mahumekero.
3. Namba wumva ufite umuriro cyange utangiye kugira inkorora cyange kubura umwuka:
    - Fata igipimo cy'ubushyuhe bwawe.
    - Gabanya kuba mu bandi bantu.
    - Shaka ubujyanama bwa muganga. Mbere yo kujya kwa muganga cyange kuri emergency room, banza uhamagare umuganga umumenyeshe ko ushobora kuba warabaye hafi y'ubwandu bwa COVID-19 umubwire n'ibigaragaza ingwara uri kwiyumvamo.

Ibindi bintu ushobora gukora kugirango wowe n'abandi mugume mufite amagara meza ni:

- Gukaraba amaboko kenshi ukoresheje isabuni n'amazi byabuze ukamara amasegonde 20. Namba ata sabuni n'amazi bihari, koresha umuti wo kwica imigera bakaraba ku maboko urimo alcool.
- Wikwikora ku maso, ku munwa no ku zuru ufite amaboko yanduye.
- Reka gusangira ibikoresho byo ku mubiri byawe nk'amacupa y'amazi, amatabi na/cyange ibindi batumura.
- Reka kwegera cyane abantu barwaye.
- Guma mu rugo igihe urwaye. Guma mu rugo byabuze amasaha 24 inyuma y'uko ata bushyuhe/umuriro ukukuriho (nta miti yo kugabanya umuriro wakoresheje) cyange ibimenyetso by'umuriro (ak., ubukonje, kwiyumva ushyshye, kugaragara nk'utukuye ku rukoba).
- Fuka ku munwa no ku mazuru igihe cyose ukoroye cyange witsamuye ukoresheje agapauro kabigenewe, maze ucye uta ako gapapuro mu iyarara.
- Oza, shiraho umuti wica imigera ahantu n'ibintu bikorwaho kenshi.

Ikwiragira ry'ingwara COVID-19 ririhuta cyane kandi ibyo abita ku buzima bwa rubanda bategeka gukora bishobora kuba byahinduka bivanye n'uko habonetse amaku mashya. Wasomye kenshi ku mbuga zikwirikira kugirango umenye amakuru agezweho:

- Urubuga rw'igihugu: U.S. CDC https://www.cdc.gov/coronavirus/2019-ncov/summary.html
- Urubuga rw'Intara: NH DPHS https://www.nh.gov/covid19/

3/13/2020