

## Coronavirus (COVID-19)

# Kwipimisha COVID-19

### Kuki ngomba kwipimisha

Umuntu wese wumva afit'ibicurane cyangwa afite ibimenyetso bya giripe niyo byaba byoroheje agomba kwipimisha COVID-19 byihutirwa. Mubimenyetso bya COVID-19 harimwo:

- Umuriro urugero: urumeza, ibyuya nijoro
- Ibimenyetso mubuhumekero nk'inkorora, kubabara mumuhogo, gusarara, ibicurane, kubura umwuka, kumva ibintu bitanuka ntanicyanga bifite
- Ibindi bimenyetso hashizwemwo ukuribwa mu mitsi no mungingo, guhitwa n'iseseme/kuruka no kubura apetit.

### Nibiki witegura iyo ugiye kwipimisha?

- Kwipimisha n'ubuntu, biroroshye kandi birihuta.
- Niba woherejwe kuri kiriniki aho bapima ujyane ibyemezo bibyerekana.
- Abakozi bapima n'abari muri kiriniki ry'ubuhumekero bazaba bambaye amamasike, amakanzo (amataburiye), gants ndetse n'ingabo zirinda mumaso.
- Utundu twutuzi dufatishwa agati karekare gafit'ipamba mu mazulu yawe no mu muhogo wawe.

### Bigenda gute iyo ndangije gupimwa?

- Ugomba kuguma mu rugo (ukigunga) kugeza ubonye ibisubizo ko utarwaye,
- Ntugomba kuva mu rugo keretse ukeneye kujya kwa muganga cyangwa kwishami ryihutirwa. Ntushobora kwakira abashyitsi.
- Mu gihe ibimenyetso bibaye bikomeye (urugero kunanirwa guhumeka) hamagara Zero eshatu (000) Ubwire abakozi batwara indembe ko wipimishije COVID-19.
- Nimba usangiye inzu n'abandi bantu ugomba kwitandukanya wenyine mu cyumba cyawe. Ugomba kwambara masike abaganga bambara mugihe uri mu cyumba hamwe nabo kandi mugatandukana metero 1.5 hagati y'umuntu n'undi.

- Gerageza kugira isuku. Karaba intoki kenshi. Fuka umunwa mu gihe ukoroye cyangwa witsemuye ubikorere munkokora yawe cyangwa muri tishu (papier hygiénique mu gifaransa).

### Mbana n'umuntu ukeneye kw'igunga. Nihehe nakura ubusobanuro bw'erekeye ukuntu umuntu yigunga ku bushake bwe?

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx>

- Mu gihe wahuye bya bugufi n'umuntu wanduye COVID-19, ugomba kuguma mu rugo iminsi 14 nyuma yuko wegeranye n'uwo muntu. (Guhura n'umuntu ufite COVID-19 bya bugufi hashizwemwo ukubana nawe mu nzu imwe, cyangwa mwagumanye iminota 15 murebana amaso ku yandi cyangwa amasaha 2 ahantu hafunze kuva amasaha 48 imbere yuko arwara.)
- Kw'igunga mu nzu ningombwa kubegeranye n'uwanduye n'ubwo waba wumva umeze neza cyangwa warabonye ibisubizo byerekana ko utanduye.

### Ni gute nzabon'ibisubizo byanje?

- Iyo wakoze ibipimo bya COVID-19 mw'ishami ryihutirwa cyangwa muri kiriniki ya COVID-19 mu bitaro bya reta urashobora kuhabwa ibisubizo byawe byiza bya COVID-19 kuri SMS niba wiyandikishije kuri service ya pathologie yitwa COVID-19 SMS Results SERVICE (Pathology COVID-19 SMS Results Services). Ariko utariyandikishije umukozi w'umumavuriro ya reta uturuka mukarere k'ubuzima bwah'utuye azaguhamagara.
- Iyo wafatiwe ibipimo kwa Dogiteri w'umuryango cyangwa ahandi hantu, umuganga wawe azaguha ibisubizo byawe.

### Bigenda gute iyo basanze waranduye?

- NSW Health izakwitaho. Ntabwo hazaba igicyiro kugira ngo uvurwe naho waba udafite Medicare.



