

Kwipimisha ugasanga ufite COVID-19 n'ukuyobora COVID-19 ku buryo butekanye murugo

Niba wipimishije ugasanga urwaye wakoresheje rapid antigen test, ugomba:

1. Kwandikisha igipimo cyawe cyerekena yuko urwaye kuri [Service NSW website](#) ([Urubuga ngurukanabumenyi rwa Service NSW](#)) kugira ngo uhuzwe n'ubufasha bw'ubuvuzi bwingezi n'impanuro hakurikijwe ibyago byawe bya COVID-19. Niba wowe cyangwa umuntu wumu muryango wawe adashoboye kwandikisha kurubuga ngurukanabumenyi, nyamuneka hamagara Service NSW kuri 13 77 88.

Niba wipimishije ukoresheje PCR cyangwa rapid antigen test ugasanga urwaye ugomba:

1. Guhita wishira mu kato kiminsi 7. Abagize umuryango wawe bagomba nabo kwishira mu kato kiminsi 7. Nimba ubabara mu muhogo, ufite ibicurane, ukorora cyangwa ubura umwuka nyuma yiminsi 7, nyamuneka guma mu kato kugeza 24 nyuma yuko ibimenyetso byawe byashize.
2. Bwira abantu mwahoranye mu minsi ibiri mbere yuko utangira kugira ibimenyetso cangwa iminsi ibiri mbere yuko usanga ufite COVID-19 (ukurikize icyaje mbere yikindi). Ibi bikubiyemo abantu mufitanye imishikiramu mu baturage, ku kazi na/cyangwa kwishuri.
3. Kurikirana ibimenyetso byawe. Niba ufite impungenge ugomba guhamagara GP wawe, NSW Health COVID-19 Care at Home Support Line (NSW Health COVID-19 Kwitaho mu Rugo Umurongo Ufasha) kuri 1800 960 933 cyangwa National Coronavirus Helpline (Umurongo utanga ubufasha kubijanye n'ibya Coronavirus mu rwego rw'igihugu) kuri 1800 020 080. Niba ibimenyetso bihindutse bigakara hamagara 000.

COVID-19 yanje iza yoborwa gute?

Igihe wandikisha ibisubizo bibi bya RAT kurubuga ngurukanabumenyi cyangwa kuri terefone, uzasabwa gusubiza ibibazo bidufasha kwemeza niba uri mu kaga ko kugira indwara ikaze. Niba waragize ibisubizo bya PCR bimeze nabi, uzoherezwa link (nakantu kubururu ukilikako hakaza ibintu kurubuga) ikujana kubibazo bimeze kimwe kuri mesaje. Nyamuneka subiza ibi bibazo vuba uko bigushobokera.

Uzoherezwa inama yerekeye ibyo kwishira mu kato nukuntu wakwitaho uburwayi bwawe muhira. Niba uri mu kaga k'ukurwara cyane NSW Health izakubaza ibindi bibazo. Ibi bizakorwa kugirango barebe niba wemerewe guhabwa umuti urwanya umugera (antiviral) cyangwa ubundi buvuzi bwa kare bwa COVID-19. Uzakenera gutanga izina ryumu GP wawe cyangwa ivuriro rya GP kugirango amakipi yubuvuzi ya NSW Health ashobore kumuhamagara kubijanye nubuvuzi aguha.

Niba uri muni yimyaka 65 yamavuko, waramaze guhabwa ama doze abiri yurukingo rwa COVID-19, nturwaye indwara idakira kandi udatwite, urashobora kwiyitaho mu mutekano mu rugo. Abantu benshi bafite COVID-19 bazagira uburwayi bworoshe kandi bazakira mu minsi mike, hamwe n'abandi batazagira ikimenyetso na kimwe. Urashobora gushyikira NSW Health kugira uvurwe cyangwa uhabwe inama isaha iyo ariyo yose ighe cyuburwayi bwawe.

Ibimenyetso byinshi bishobora kuyoborwa na:

- Ukuruhuka mugitanda
- Paracetamol na ibuprofen bya buri kanya byo kworosha ububabare numuriro
- Losanges zumuhogo kubera kubabara mu muhogo
- gukomeza kugira amazi ahagije mu mubiri ubifashijwe nukunywa amazi make make buri kanya.

Komeza gufata imiti usanzwe ufata wandikiwe na muganga. Niba utazi neza yuko ugomba gukomeza gufata imiti cyangwa ubuvuzi bwawe bwiyiminsi, cyangwa ufite impungenge kuberekeye amagara yawe, hamagara muganga wawe.

Nyamuneka hamagara GP wawe cyangwa uhamagare **NSW Health COVID-19 Care at Home Support Line kuri 1800 960 933** niba ufatwa nkumuntu ufite akaga kari hejuru ko kugira indwara ikaze. Abantu bafatwa nkabari mu kaga kakomeye ko kugira indwara ikaze bakubiyemo:

- Abagore batwite (reba [What if I am pregnant and have COVID-19? \(Byagenda gute niba ntwite kandi mfite COVID-19\)](#))
- Aba Aboriginal n'Aba Torres Strait Islander (cyane cyane abafite indwara zidakira nka igisukari nibisa naco)
- Abantu batuye mu birwa bya Pacifique
- Abadakingiwe (bafite imyaka 16 nirenga)
- Abantu bafite ubudahangarwa bwumubiri budakora neza

Gusaza ni ibintu gitera akaga ko kugira uburwayi bukomeye, cyane iyo gufatanijwe nindwara zidakira. Hari ubuvuzi bukora neza ku bantu bari mu kaga gakomeye ko kugira indwara ya COVID-19 ikaze.

Kurikirana ibimenyetso byawe

Wibaze ibi bibazo inshuroo zitatu buri muni (mugitondo, nyuma ya sa sita na nijoro):

Ikibazo	Igisubizo oya	Igisubizo yego
Biriko birangora kurya nukunywa?	Komeza kurya unanywe nkuko bisanzwe.	Fata utuzi duke duke buri kanya, Hydralyte cyangwa Gastrolye. Nutoroherwa, hamagara 1800 960 933 cyangwa GP wawe.

Ikibazo	Igisubizo oya	Igisubizo yego
Ndanyara inkari nke cyane kurusha uko bisanzwe?	Komeza ugumane amazi menshi mumubiri.	Nywa anazi menshi, Hydralyte cyangwa Gastrolyte. Nutoroherwa, hamagara 1800 960 933 cyangwa GP wawe.
Ese, ndumva nfite iserere rike cyangwa ntazi uko meze mumutwe igihe ntembera munzu?	Komeze ukurikize inama za NSW Health ukuberekeye ukuyobora COVID-19 muhira.	Nywa anazi menshi, Hydralyte cyangwa Gastrolyte. Nutoroherwa, hamagara 1800 960 933 cyangwa GP wawe.
Ese, ndumva nfite iserere rike, meze nkusinze cyangwa nacanganyikiwe?	Komeze ukurikize inama za NSW Health ukuberekeye ukuyobora COVID-19 muhira.	Hamagara Ubusa Butatu (000) ako kanya kandi ubwire abakozi ba ambulanze yuko ufite COVID-19.
Ese birangora guhumeka cyangwa numva ugutsindagira mu gatuza cyangwa ububabare burenga iminota 10?	Komeze ukurikize inama za NSW Health ukuberekeye ukuyobora COVID-19 muhira.	Hamagara Ubusa Butatu (000) ako kanya kandi ubwire abakozi ba ambulanze yuko ufite COVID-19.
Numva nkaho ngiye kwitura hasi ngacika intege igihe mpagurutse?	Komeze ukurikize inama za NSW Health ukuberekeye ukuyobora COVID-19 muhira.	Hamagara Ubusa Butatu (000) ako kanya kandi ubwire abakozi ba ambulanze yuko ufite COVID-19.

Niba ukeneye ubundi bufasha bwa kiganga cyangwa ufite ingorane zamagara zitihutirwa igihe cya kato, hamagara **NSW Health COVID-19 Care at Home Support Line** kuri **1800 960 933**.

Icyo nkeneye gukora niki?

Wowe nabantu bagize umuryango mufatiniye imishikarano bagomba kwigunga muhira

Ugomba kwigunga mu rugo ukamara iminsi 7 kuva umunsi wipimishije, naho waba warafashe inkingo zose. Kwishira mu kato bisobanura kuguma muhira cyangwa mwicumbi ryawe kandi ukomeze kwitandukanya nabandi. Nyamuneka reba [Self-Isolation Guideline \(Umurongo nyobozi wo kwishira mu Kato\)](#) kuzindi nkuru uku buryo bwo kwishira mu kato kandi nizihe mfashanyo ziriho kuri wewe nuzikenera.

Ugomba kubwira abantu ubana nabo yuko ufite COVID-19. Umuryango wawe ufityanye imishikarano ugomba kwishira mu kato kiminsi 7 nawo, ukana kora igipimo cya rapid antigen test (RAT) vuba bishoboka kandi ku munsi ugira 6 (reba [Information for people exposed to COVID-19 \(Amakuru ku bantu bahuye na COVID-19\)](#) kandi [Get tested for COVID-19 \(Wipimisha COVID-19\)](#)).

NSW Health Isolation Support Line iriho ku bufasha bukora igihe cyo kwishira mu kato kuri 1800 943 553.

Bwira abantu bose ufitanye imishikirano mu baturage yuko wapimishije usanga urwaye

Kwipimisha ugasanga urwaye bisobanura yuko ushobora kuba wara kwirakwije COVID-19 ku bandi. Ushobora kuba waranduzaga abandi kuva ku minsi ibiri mbere yuko utangira kubona ibimenyetso, cyangwa iminsi ibiri mbere yuko wipimisha ugasanga urwawe niba nta bimenyetso wari ufite.

Ugomba kubwira umuntu wese ufitanye imishikirano mu baturage mwamaranye igihe, igihe washoboraga kwanduzanya yuko wasanze urwaye. Muri abo hari inshuti n'abandi bantu mwahuye mubana, nk'inshuti mwasangiye ifunguro rya nimugoroba hamwe, abantu mwahuye mu kabare, mu club cyangwa mu birori, inshuti nabo muvukana batembereye iwawe.

Bwira abo ufitanye imishikirano basuzume akaga kabo kandi intambwe zikurikira bakoreshe [Information for people exposed to COVID-19 \(Amakuru ku bantu bahuye na COVID-19\)](#) hanyuma bakore igipimo cya rapid antigen test.

Bwira ahukora cyangwa ikigo cyuburezi yuko wipimishije usanga urwaye

Ugomba kandi kubwira umuyobozi wawe wo ku kazi cyangwa umuyobozi wikigo cyuburezi cyangwa umukozi uyobora ikigo yuko wipimishije usanga urwaye COVID-19 niba wari uhari igihe washoboraga kwanduzanya.

Ubabwire itariki yigipimo, itariki warwaye (niba ufite ibimenyetso) niminsi wari kukazi/ishuri igihe washoboraga kwanduzanya. Bazakoresha aya makuru gusuzuma akaga kabakozi bangezi bawe cyangwa abanyeshuri. Ahantu ukorera cyangwe ishuri ryawe rishobora kubamenyesha yuko bahuye na COVID-19, na icyo bagomba gukora.

Urashobora kubwira umuyobozi wawe kuri telefone cyangwa meseji cyangwa ugasaba umukozi mungezi wawe kumukubwirira. Niba waragiye mu kigo cyuburezi, urashobora guhamagara inomeru ya terefone nkuru yikigo wagihe ko.

Byagenda gute niba ntwite kandi mfite COVID-19?

Abagore batwite, bafite inda yibwumweru 14 cyangwa ibirenga, bafite akaga kenshi k'ukumererwa nabi kuva kuri COVID-19.

Niba wipimishije ugasanga ufite COVID-19 kandi ufite inda yibwumweru birenga 14, ningombwa kubimenyesha umuntu ugukurikana kuri icyo nda. Uyu ashobora kuba GP wawe, umubyaza wawe, serevisi yukubya cyangwa serevisi ya materenite yakarere kawe.

Abagore benshi bazashobora kuguma muhira batekanye igihe bafite COVID-19. Muri iki gihe ningombwa:

- Kunywa amazi nibimeze nkayo byinshi (imitobe, isupu, icayi nibindi). Nuyumva utameze neza, paracetamol nayo ishobora gufatwa gufasha ibimenyetso. Ibuprofen ntabwo itewe inkunga gufatwa igihe utwite. Nigombwa kugenda genda buri kanya kugira ugabanye akaga k'uku gira imibumbe yamaratso.
- Ningombwa gukurikina bugufi ukuntu umwana wawe akina. Hamagara abaguhira serevisi ya materenite (kuguteguza kubyara) ako kanya **niba ugukina kw'umwana kwa hindutse** cyangwa nugira:
 - amaratso ava mu gituba
 - ubabare munda
 - ibintu bisa namazi asa neza biva bugituba buri kanya
 - ibise isaha iyo ariyo yose mbere yibwumweru 37
 - ihoma rihora ho
 - kubabara umutwe
 - kubyimba mu maso namaboko bitunguye
 - uri ku gise
 - ufite ibintu biguteye impungenge ukubyerekeye inda yawe.
- niba bikugora guhumeka, ukagira ibimeze nk'ugutsidagirwa mu gatuza, ububabare bukomeye bw'umutwe, cyangwa ikizunguzungu, ugomba guhamagara 000 ako kanya. Kora ibishoka ubamenyeshe yuko ufite COVID-19 kandi yuko utwite.
- Nyuma yugukira COVID-19 ningombwa gukomeza kuja gukurikiranwa kubera inda yawe nkuko bisanzwe. Niba wasibye isango rikurikirana inda mbere yuko umwana avuka mugihe cyubwigunge, usabe irindi vuba bishoboka.

Nashobora gute uruyoya cyangwa umwana ufite COVID-19?

Abana benshi bapimwa bagasanga bafite COVID-19 bashobora kurerwa muhira ukuburyo butekanye nabarezi babo basanzwe bumurugo, naho baba batarakingirwa. Abantu bafite COVID-19 bagomba kwitandukanya nabandi muhira cyane uko bishoboka. Abumurugo badashobora kwitandukanya numuntu urwaye, bagomba kwishira mu kato hamwe nabo kugeza bavanywe mu kato kandi bagakurikiza amabwiriza yukwipimisha mu [Information for people exposed to COVID-19 \(Amakuru kubantu bahuye na COVID-19\)](#). Igihe kumwana wawe ufite COVID-19 murugo:

- Ambika umwana wawe neza ukuburyo yumva amerewe neza – atabira ibyuya cyangwa atitira
- Ha umwana wawe amazi nibimeze nkayo byinshi (imitobe, isupu, icayi nibindi). Ashobora kumva adashaka kunywa cane bityo azakenera ubufasha bwawe n'inkunga.
- Niba wonsa cyangwa uha umwana amata yifu muri biberon umwana wawe ashobora gushaka kwonsa kenshi. Kwonsa kuratekanye gukomeza niba wewe na/cyangwa umwana wawe afite COVID-19.
- umutere inkunga kuruhuka ariko ntakabye

- koresha paracetamol cyangwa ibuprofen, gusa niba utekereza ko umwana wawe ari kubabara cyangwa asa nutameze neza kubera ihoma. Kurikira amabwiriza ku gapapuro kari ku gacupa cyangwa agakarito kumuti.
- reba yuko umwana wawe ntabwo afite ibimenyetso byerekana yuko uburwayi bwe butari gukomeza kumera nabi.

Kurikirana unkuntu umwana wawe ameze kandi uhamagare GP wawe cyangwa **NSW Health COVID-19 Care at Home Support Line kuri 1800 960 933 (sa mbiri niminota mirongo itatu za mugitondo gushika sa mbiri niminota mirongo itatu za nimugoroba) cyangwa National Coronavirus Helpline kuri 1800 020 080 (24/7 (amasaha 24 ku munsu, iminsi 7 mu cyumweru)) n'ubona:**

- ihoma ritagabanuka (riringa 39°C) kandi ritumva umuti
- kubura umwuka kudakomeye
- kunywa musu yigice yibyoyagombye kunywa umubihe bisanzwe
- kunyara musu yigice inkari asanzwe anyara, kandi inkari zirabura
- kuruka cyangwa guhitwa kudagaze
- Kudashobora guhagarara cyangwa gutambuka.

Niba ufite impungenge yuko umwana wawe arwaye cyane, ahumeka bigoye, adafite amazi mu mubiri cyangwa, acika intege, nyamuneka hamagara Ubushyamba Inshuri Zitatu (000) ako kanya kandi umenyeshye ukwitaba yuko umwana wawe afite COVID-19.

Ni ryari nshobora kuva mu kato nishizemo?

Niba ntabwo ibimenyetso ufite ku Munsu ugira 7

Ugomba kwishira mu kato kiminsi 7 kuva umunsu wipimishije. Urashobora kuva mu kato nyuma yiminsi 7 niba utababara mumuhogo, udafite ibicurane, udakorora cyangwa ubura umwuka. Niba warakoze igimo ca PCR cyangwa wandikishije igisubizo kibi cya rapid antigen test, uzabona SMS iva kuri NSW Health, ariko ntugomba kurindira iyi SMS kugira ngo uve mu kato niba iminsi irindwi yaruzuye kuva wipimishije. Urugero, niba wipimishije sa 4 za mugitondo kwa kabiri, urashobora kuva mu kato sa 4 za mugitondo kwa kabiri kw'icyumweru gikurikira niba udafite haba nakimwe cy'ibi bimenyetso. Ntabwo ugomba kwipimisha mbere yuko uva mu kato muri NSW.

Ambara akapfuka munwa n'izuri (masike) kandi wirinde gusura ahantu hari akaga kari hejuru (ivuriro, ikigo cy'abasaza, ibimuga cyangwa gereza) mugihe cy'iyindi minsi 3. Niba ukora hamwe muri aha hantu, vugana n'umukoresha wawe mbere yuko ugaruka. Niba ufite ubudahangarwa bw'umubiri buhungabanye cyane (urugero wahawe urugingo cyangwa uri kumiti ya kanseri yitwa chimiotherapie) ugomba gukoresha aya yandi makenga mugihe cy'iyindi minsi 4 (hamwe niminsi 7 kuva wava mu kato).

Niba ufite ibimenyetso ku Mungsi ugira 7

Niba ubabara mu muhogo, ufite ibicurane, ukorora cyangwa ufite umwuka muke mu masaha 24 kuva watangira akato kawe, nyamuneka guma mu kato kugeza amasaha 24 nyuma yuko ibimenyetso byawe birangiye. Niba ufite impungenge, hamagara GP wawe.

Ambara agapfuka munwa n'izuru igihe ugeze hafi ya cyangwa uvugana n'abandi bantu kandi wirinde gusura ahantu hari akaga kari hejuru (ivuriro, ikigo cy'abasaza, ibimuga cyangwa gereza) mugihe cy'iyindi minsi 3. Niba ukora hamwe muri aha hantu, vugana n'umukoresha wawe mbere yuko ugaruka. Niba ufite ubudahangarwa bw'umubiri buhungabanye cyane (urugero wahawe urugingo cyangwa uri kumiti ya kanseri yitwa chimiotherapie) ugomba gukoresha aya yandi makenga mugihe cy'iyindi minsi 4 (hamwe niminsi 7 kuva wava mu kato).

Niba ufite ibindi bimenyetso nyuma yiminsi 7 (urugero ihoma, kubabara umutwe) bitari kworoha, urashobora kuva mu kato ariko ugomba kuvugana na GP wawe.

Niba uvurwa n'ikipe yabavuzi, ikipe yawe izakubwira ni ryari uzarekurwa kuva mu kato.

Ese ndacakeneye kwipimisha nyuma yukuva mu kato nishizemwo?

Igipimo gisanzwe ca COVID-19 (urugero isuzuma ricungera mukazi no kwishuri) ntabwo ari ngombwa mu gihe cy'ibyumweru 8 nyuma yukuva mu kato wishizemwo.

Byangenda gute niba nongeye nkahura n'umuntu ufite COVID-19?

Abantu bakize COVID-19 bafite akaga gato ko kwongera kuyirwara mu byumweru 8 nyuma yukurekurwa kubera yuko abantu benshi bazana ubudahangarwa bw'umubiri (ubushozi bwo kurwanya indwara).

N'uhura n'umuntu ufite COVID-19 mu byumweru 8 nyuma yuko urekurwa, ntabwo uzakenera kwishira mu kato cyangwa gupimwa. N'uhura numuntu ufite COVID-19 ibyumweru birenga 8 nyuma yuko urekurwa, uzakenera kwishira mu kato, kwipimisha hanyuma ukurikire inama ziri mu mpapuro zamakuru yukuri [Information for people exposed to COVID-19 \(Amakuru ku bantu bahuye na COVID-19\)](#) n'inkuru zukuri [Get tested for COVID-19 \(Pimisha COVID-19\)](#).

Ngomba gukingirwa ryari hakirikare?

Kudohorerwa byagatenye ntukingirwe bikora igihe cyibwumweru bitandatu kuva itariki wabonye urwandiko rukumenyeshya ko wagizwe umwere. Uku kudohorerwa gukora muri NSW gusa. Niba ukeneye gukingirwa kubera akazi, ishuri cyangwa ibindi bikorwa mutundi turere, nyamuneka reba amategeko akora muri iyo state cyangwa territory.

Nimba ukwiriye guhabwa urukingo rwinyogera rukomeza (booster dose) urashobora kurufata umaze gukira neza nyuma tuko yuburwayi bwemejwe, kubantu benshi ibi ni hagati yibyumweru 4-6 nyuma yugutangira kurwara. Kuyandi makuru, [reba COVID-19 vaccines: Frequently asked questions \(inkingo za COVID-19: ibibazo bikunze kubazwa\)](#) kandi [NSW Health Booster vaccination: Frequently asked questions \(urikingo rukomeza rwa NSW Health: Ibibazo bikunze kubazwa\)](#).

Ubufasha buhari nubuhe igihe nishize mu kato?

Ubufasha ku magara yumumutwe

- NSW Mental Health Line – 1800 011 511
- Beyond Blue helpline – 1800 512 348
- Lifeline – 13 11 14
- Kids Helpline – 1800 55 1800
- Ibikoresho bya Service NSW [kubyere-keye amagara meza yumumutwe](#)

Ubufasha ku nduru mu rugo

- Umurongo ufasha murwego rwigihugu ku bantu bagize ihohoterwa ryibitsina na abahuye ninduru mu rugo kuri 1800 RESPECT (1800 737 732)

NSW Health yifataniye na [Sonder](#) itanga ibikorwa bifasha kubaho neza umuntu kugitice hamwe nugushyikira ikiganiro a mundimi zitandukanye 24/7 (amasaha 24 ku muni, iminsi irindwi mucyumweru) nugushyikira kuri terefone ibikorwa byubuvuzi bwamagara asanze namagara yumumutwe hamwe no kubaho neza.

Ubufasha mu rurimi rwawe

Niba ukeneye umusemuzi, nyamuneka hamagara **Translating and Interpreting Service (TIS National)** kuri **131 450**. Iyi serevisi niyubuntu kandi yibanga.