

Amakuru ku bantu bahuye na COVID-19

Nabwirwa n'iki ko nahuye na COVID-19?

COVID-19 irasanzwe mubaturage. Turasaba abantu barwaye COVID-19 kumenyesha abantu bamaranye igihe kuva muminsi 2 mbere yuko batangira kugira ibimenyetso cyangwa iminsi 2 mbere yuko bapimwa bagasanga bafite uyu mugera (icyaje mbere yikindi) ko bafite COVID-19.

Niba ubwiwe numuntu ko wigeze guhura numuntu ufite COVID-19, koresha iyi nama kugirango wumve ibyago byawe nicyo wakora kugirango wirinde, umuryango wawe nabaturage.

Ninde ufite ibyago byo kwandura?

Ibyago byo kwandura COVID-19 byiyongera:

- numwanya umarana numuntu ufite COVID-19 nuburyo usabana nawe bya bugufi
- iyo uri munzu (ibyago biri hasi niba uri hanze)
- iyo utambaye mask (ibyago biri hasi cyane niba uwo mubana nawe yambaye mask).

Urukingo rugabanya ibyago byo kurwara COVID-19, ariko ubwo burinzi buragabanuka mugihe kandi bushobora kudakora neza kurwanya impinduka (variants) zimwe na zimwe za COVID-19, nka Omicron. Ama dozi akomeza (booster doses) arafasha cyane kongera ubwo burinzi, harimo na variant Omicron. Urukingo narwo ni ngombwa mu kurinda uburwayi bukomeye. Umuntu wese agomba gufata dozi ye ya booster akimara kwuzuzwa ibisabwa.

Gusaba isango ryuguhabwa urukingo rwa COVID-19 nyamuneka sura [COVID-19 Vaccine Clinic Finder](#) (igituma umenya ahari kiliniki batangiraho urukingo rwa COVID-19).

Mfite ibyago kugeza ryari?

Nyuma yo guhura numuntu ufite COVID-19 ufite ibyago byo kuyirwara muminsi 14. Abantu benshi batangira kugira COVID-19 bazayirwara muminsi 7 yambere bityo rero nigihe ufite ibyago byinshi. Nyamara, hafi 25% yabafashwe bazatangira kugira COVID-19 hagati yumunsi wa 7 na 14.

Nakoriki niba narahuye numuntu ufite COVID-19?

Ibyago byawe byo kurwara COVID-19 bizashingira kubwoko bwimishikirano wagiranye numuntu ufite COVID-19. Mugihe utekereza kubipimo byawe no kwigunga, tekereza kubibazo byawe, harimo n'uko ushobora kwanduza abantu batishoboye mubana cyangwa mukorana.

Abantu bose bahuye numuntu ufite COVID-19 bagomba kureba neza [symptoms](#) (ibimenyetso) Niba ibimenyetso bigaragara, kora igipimo ako kanya. Reba imbonerahamwe ikurikira kugirango ubone ibisobanuro birambuye kubyo wakora ubutaha.

Nibihe bisabwa n'amategeko?

Niba ubana numuntu ufite COVID-19 ubwo ugomba gukurikira [NSW Health Self Isolation Guidelines](#) (Imirongo ngenderwaho yo Kwigunga ya NSW Health) kandi wigunge umare iminsi 7. Kandi ugomba gukurikira Imirongo ngenderwaho yo Kwigunga ya NSW Health mugihe cya iminsi 7 niba wasabwe kugira gutyo na NSW Health.

Niba warahuye numuntu ufite COVID-19 hanze yurugo rwawe, nyamuneka suzuma ibyago byawe ukoresheje imbonerahamwe ikurikira. Reba imiterere yimikoranye yawe numuntu ufite COVID-19 hamwe nubuzima bwawe bwite, nka ibyago yuko ushobora kwanduzwa abantu mubana cyangwa mukorana, cyane cyane niba bafite indwara zatumye bafatwa (urugero, indwara zidakira, cyangwa uri kuri chimiotherapie (umuti wa kanseri)).

Ni zihe ngero zimwe zerekana ibyago byinshi n'ibito by'uguhura numuntu wanduye?

Koresha iyi mbonerahamwe kugirango umenye ibyago bya COVID-19, nicyo wakora, niba bakubwiye ko ufite umubonano numuntu ufite COVID-19.

Kuri wewe	Ibyago bya COVID-19	Icyo ugomba gukora
<p>Ndabana numuntu ufite COVID-19 (Mba munzu imwe numurwayi)</p>	<p>Hejuru</p>	<p>Abantu bose babana numurwayi:</p> <ul style="list-style-type: none"> • Kurikiza imirongo ngenderwaho yo kwigunga mugihe cyiminsi 7 kuva igihe umuntu wambere ufite COVID murugo rwawe yakoze igipimo. • Kora igipimo cya rapid antigen test (RAT) ningoga bishoboka kandi wongere ku minsi ugira 6. Kora ikindi gipimo cya RAT nugira ibimenyetso. • Niba ufite ibimenyetso kandi uri at risk of severe disease* (mu kaga kukugira indwa ikomeye) kubera COVID-19, nyamuneka kora igipimo cya PCR kubera gitanga ibisubizo byukuri kurusha kandi bisobanura yuko ushobora gusuzumwa barebe yuko ukwiriye kuvurwa byihuta. Niba ibipimo byose ari byiza, ushobora kuva mu bwigunge nyuma yiminsi 7. • Ibyago byo kwandura COVID-19 ni byinshi muminsi 14 nyuma yo guhura, kubwiby, muminsi 7 nyuma yo kuva mu bwigunge ugomba: <ul style="list-style-type: none"> - Irinde ahantu hari ibyago byinshi (ibigo nderabuzima, ibigo byita kudasaza, kubimuga, gereza) - Ambara mask munzu ahantu udatuye - Kurikira ibimenyetso kandi uhite ukora igipimo cya PCR niba utangiyeye kumva ibimenyetso - Irinde ahantu hari imbaga kandi ukorere murugo aho bishoboka • Ntabwo ugomba gusubira mu bwigunge niba undi muntu murugo rwawe apimye agasanga yanduye mu minsi 14 nyuma yukurangira kw'igihe cyawe cyubwigunge • Niba undi muntu murugo rwawe yipimishije agasanga afite COVID-19 nyuma yiminsi irenga 14 nyuma yigihe cyawe cyo kwigunga kirangiye, ugomba kongera kwigunga hanyuma ugakurikiza amabwiriza yabantu babana numuntu wumurugo urwaye COVID-19. <p>Nugira ibisubizo bibi igihe icyo aricyo cyose, ugomba gukomeza ubwigunge bwawe kandi ukurikize inama Testing positive to COVID-19 and managing COVID-19 safely at home (Ugupima ugasanga ufite COVID-19 na ukuyobora COVID-19 mu buryo butekanye murugo). Kuyandi makuru, reba Get tested for COVID-19 (Pimisha COVID-19).</p>

Kuri wewe	Ibyago bya COVID-19	Icyo ugomba gukora
Namaranye igihe kinini numuntu ufite COVID-19 (urugero: naraye murugo rwe cyangwa nagumye munzu kumugoroba muri urwo rugo) cyangwa nakoranye cyane numuntu ufite COVID-19 kandi ntitwari twambaye mask (urugero: twagize urugendo rurerure hamwe, cyangwa nareze abana bakaba bamaze kurwara ubu.	Hejuru	<p>Kwigunga muminsi 7 uherye igihe uheruka guhura numuntu ufite COVID-19 nuburyo bwiza bwo kurinda abandi.</p> <p>Kora igipimo cya rapid antigen test (RAT) ningoga bishoboka kandi wongere ku munsi ugira 6. Kora ikindi gipimo RAT nugira ibimenyetso (cyangwa igipimo PCR niba uri at risk of severe disease*). Iyipimo byose nibiba byiza, ushobora kuva mu bwigunge nyuma yiminsi 7. Mugihe cyindi minsi 7 nyuma yukuva mu bwigunge, ushobora gufasha kubuza ikwirakwiza rya COVID -19 nukurikiza ibi bisabwa munsi ya How can we all help slow the spread of COVID-19? (Nigute twese twafasha kugabanya ikwirakwiza rya COVID -19?)</p> <p>Nugira ibisubizo bibi, ugomba kwigunga ukamara iminsi 7 nyuma yugokora igipimo cyawe kandi ukurikize inama Testing positive to COVID-19 and managing COVID-19 safely at home.</p> <p>Niba ushaka amakuru arenze, reba Get tested for COVID-19.</p>
Namaranye igihe numuntu ufite COVID-19 (urugero: twasangiyeye amafunguro yanimugoroba hamwe cyangwa twahuriye muri kabare, club cyangwa mubindi birori byabaturage.)	Hagati	<p>Birasabwa ko ukora igipimo cya rapid antigen byihuse kandi ugakurikiza inama yerekeye gukora igipimo cya rapid antigen testing muri Getting tested for COVID-19 factsheet (Kwipimisha COVID-19 amakuru yukuri).</p> <p>Niba igipimo cyawe ari kyiza kandi ukaba udafite ibimenyetso, ntukeneye kwigunga. Ugomba gukora igipimo cya kabiri cya rapid antigen ku Munsi ugira 6. Kandi uhite ukora igipimo rapid antigen ibimenyetso nibigaragara (cyangwa igipimo PCR niba uri at risk of severe disease*).</p>
Nagiranye imishyikirano migufi cyangwa ya kure numuntu ufite COVID-19 (urugero: nagiye guhaha cyangwa nagiye gutembera hanze), cyangwa nabwiwe ko hari umuntu wafashwe muri Service NSW App.	Hasi	<p>Kurikira ibimenyetso</p> <p>Ibimenyetso nibigaragara, kora igipimo rapid antigen test (RAT) ako kanya. Niba RAT yawe ari nzinza, wigunge kandi ukore iyindi RAT mu masaha 24, cyangwa ukore igipimo PCR kandi wigunge igihe urindiriyeye ibisubizo. Igipimo cyawe cya kabiri nikiba kyiza, guma mu bwigunge kugeza ibimenyetso byawe birangiye. Nugira ibisubizo bibi, ugomba gukomeza kwigunga kandi ukurikize inama Testing positive to COVID-19 and managing COVID-19 safely at home.</p> <p>Niba ufite ibimenyetso kandi uri at risk of severe disease*, kora igipimo PCR.</p>

* Abantu bafatwa nkaho bafite ibyago byinshi byukugira indwara ikomeye harimo abagore batwite, Aba Aboriginal nabantu ba muri Torres Strait Island (cyane cyane abafite indwara zidakira), abantu bo mu birwa bya Pasifika, abantu badakingiwe (imyaka 16 nirenga) hamwe n'abantu bafite ubudahangarwa bwumubiri budakora neza.

Niba ukeneye kwipimisha kandi udashobora kubona rapid antigen test, ushobora gupimwa kuri [testing clinic](#) (kiliniki ipima). Kuyandi makuru kubyerekeye guhura nurwaye mukazi reba kuri [NSW Government - Guidance for businesses with a worker who tests positive for COVID-19](#) (Reta ya NSW- Ubuyobozi ku bucuruzi bufite umukozi wipimishije agasanga arwaye COVID-19).

Nigute twese dushobora kugabanya ikwirakwiza rya COVID-19?

Hari intambwe zoroshe twese dushobora gufata kugira ngo dufashe kugabanya ikwirakwiza rya COVID-19

- Ntukajye ahantu hose niba urwaye. Wipimishe ako kanya hanyuma wigunge kugeza ubonye ibisubizo byiza.
- Niba uri mu cyiciro giciriritse cyangwa kinini cabantu bahuye numurwayi, ntusure ahantu hashobora kwibasirwa cyane (ibigo byubuvuzi, ibigo byita kubasaza n' ibimuga, gereza); niba uri murwego rwo hasi rwerekana ko wahuye numuntu urwaye kandi ukeneye gusura kimwe muribi bice, turagutera inkunga yo gukora igipimo cya antigen test mbere yuko ujya aho hantu kandi wambare mask mugihe usuye.
- Guma kuri metero 1.5 uvuye kubandi bantu aho bishoboka kandi wirinde imbaga
- Ambara mask
- Oza intoki zawe buri gihe ukoresheje gel alcholiqye (hand sanitiser) cyangwa isabune n'amazi atemba mumasegonda 20
- Kora ibirori byo gusabana hanze, hamwe numubare muto
- Kora check in igihe ugeze kuri sale ukoresheje kode za QR aho ziri.

Nihehe nakura inama zerekeye ubufasha buriho igihe ndi mu bwigunge?

Kuyandi makuru yerekeye ubufasha buriho, reba [Self-Isolation Guideline](#) (Imirongo ngenderwaho yo Bwigunge).

Ubufasha mu rurimi rwawe

Niba ukeneye amaserevisi ahindura cyangwa asemura, hamagara National Coronavirus Hotline kuri 1800 020 080 (kandi uhitemo 8). Iki gikorwa gitangirwa ubuntu kandi kiguma mwibanga.