

Inkuru ku bantu boba babangamiwe na COVID-19

Nomenya gute ko noba mbangamiwe na COVID-19

COVID-19 isanzwe iriho mu kibano. Dusaba abantu banduye COVID-19 kubibarira abantu bamaranye umwanya na bo guhera ku misi ibiri imbere yuko batangura kwumva ibimenyetso canke imisi ibiri imbere yuko bipimisha bagasanga baranduye (ico ari co cose coba caratunguye) COVID-19.

Nimba ubibariwe n'umuntu yuko wegeranye n'uwanduye COVID-19, koresha iyi mpanuro kugira ngo utahure akaga urimwo hamwe n'ico ushobora gukora kugira ngo wikingire, ukingire umuryango wawe n'ikibano cawe.

Ni nde ari mu kaga ko gushobora kwandura?

Kuba mu kaga ko gushobora kwandura COVID-19 kurongerekana:

- Bivanye n'ukugene umwanya wamaranye n'uwanduye COVID-19 ungana n'imigenderanire ya hagufi mwagiraniye nawe, n'ukugene mwegeranye
- Igihe muba muri ahantu imbere mu nzu (ako kaga karagabanuka iyo mwegeranye muri hanze)
- Igihe utaba wambaye agapfukamunwa n'amazuru (ako kaga ko kwandura karagabanuka cane igihe uwo muntu mwari kumwe yari yamabaye na we nyene agapfukamunwa n'amazuru).

Urukingo ruragabanura akaga ko kwandura COVID-19, ariko ukwo gukingirwa kugenda kuragabanuka kandi kurashobora gushika aho kutaba kukigukingira ku bundi bwoko bwa COVID-19, nk'akarorero Omicron. izindi dose zo gukabura zirafasha cane kugwiza ukwo gukingirwa, mbere naho hoba harimwo ubwo bwoko bwa Omicron. Urukingo vyongeye ni ngirakamaro mu gukinga ingwara zikomeye. Uwo ari we wese akwiriye kuronka iyo nkabuzo igihe ashitsweko.

Kugira ngo usabe isango ryawe ry'urukingo rwa COVID-19 usabwe kuja kuraba aha hakurikira [COVID-19 Vaccine Clinic Finder](#) (COVID-19 kubona ivuriro ritanga urukingo).

Ni igihe kingana iki nshobora kuba ndi mu kaga?

Inyuma y'uko umaze kwegerana n'umuntu yanduye COVID-19 uba uri mu kaga ko kuyandura mu misi 14. Abantu benshi bandura COVID-19 bayandura mu misi 7 ya mbere kandi aho ni ho uba uri mu kaga kanini ko kuyandura kurushiriza. Yamara, nk'ibice nka 25% vy'abayandura bazobonekako COVID-19 hagati y'umusi ugira 7 n'umusi ugira 14.

Nokora iki iyo negeranye n'umuntu yanduye COVID-19?

Akaga ko kwandura COVID-19 kazovana n'ukugene mwegeranye n'uwanduye COVID-19. Igihe uzoba uriko uriyumvira ku bisabwa mu kwipimisha no mu kwikumira, ibaza ivyo warimwo, harimwo n'akaga ko ushobora kwanduza abagendana ibirwara bashobora kwandura ningoga mubana canke abo mukorana.

Abantu bose begeranye n'uwanduye COVID-19 bategerezwa kuraba mu bwitonzi bwinshi [symptoms](#) (ibimenyetso). Iyo habayeho ibimenyetso, usabwe guca wipimisha ako kanya nyene. Raba ivyo dushize aho hepfo kugira ngo uronke izindi nkuru zirengeye izo ku vyo ushobora gukora mu nyuma yaho.

Nsabwa iki n'amategeko?

Iyo ubana n'umuntu yanduye COVID-19, aho nta nkeka uca utegerezwa gukurikiza [NSW Health Self Isolation Guidelines](#) (ingingo za NSW zijanye n'amagara y'abantu mu kwikumira) kandi ukikumira imisi 7. Utegerezwa kandi gukurikiza ingingo za NSW zijanye n'amagara y'abantu mu kwikumira imisi 7 igihe wamenyeshejwe ko ukwiye kubikora ubimenyeshejwe n'amagara y'abantu ya NSW.

Nimba waregeranye n’umuntu yanduye COVID-19 aba kure yo mu rugo rwawe, usabwe gusuzuma ingene wokoresha ibi biri ngaha hepfo. Raba neza ubwoko bw’ukugene mwegeranye n’uwanduye COVID-19 hamwe n’ivyo urimwo ubwawe, nk’ukugene ushobora kwanduza abo mubana canke abo mukorana, cane cane iyo bagendana ibirwara vyotuma bandura ningoga (nk’akarorero abagendana ingwara zidakira, canke bari kuri chemotherapy).

Ni nk’ubwahe burorero bw’abantu bari mu kaga kanini canke gato ko kwandura kubera begeranye n’uwanduye?

Koresha ibi biri aha hepfo kugira ngo usuzume akaga woba urimwo ko kwandura COVID-19, umenye ico ushobora gukora, nimba ubariwe yuko wegeranye n’umuntu yanduye COVID-19.

Kubijanye nawe	Akaga ko kwandura COVID-19	Nkeneye gukora iki?
<p>Mbana n’umuntu yanduye COVID-19 (Ndi umuntu wo mu rugo wanduye)</p>	<p>Akaga kari hejuru</p>	<p>Abantu bose bo muri iyo nzu bategerezwa:</p> <ul style="list-style-type: none"> • Gukurikiza impanuro zijanye n’ukwikumira kandi bakikumira imisi 7 guhera umusi umuntu aba muri iyo nzu yabonekeyeko ko yanduye COVID. • Girisha igipimo cihuta ca antigen (RAT) mu buryo bwihuta bushoboka kandi wongere wipimisha ku musi ugira 6. Usabwe kwongera kwipimisha hakoreshejwe RAT igihe ubonetseko ibimenyetso. • Nimba ufise ibimenyetso kandi ukaba uri at risk of severe disease* (akaga k’ingwara ikomeye) ikomoka kuri COVID-19, usabwe kugirisha igipimo ca PCR kubera gitanga inyishu itomoye kandi bisigura yuko ushobora gupimwa kugira ngo uvugwe ningoga. Iyo ivyo bipimo vyose bisanze utanduye, ushobora kuva aho wari wikumiriyeye inyuma y’imisi 7. • Akaga ko kwandura COVID-19 kari hejuru imisi 14 inyuma yuko wegereye wayanduye, ni co gituma, imisi 7 inyuma yuko uvuye mu kwikumira, utegerezwa: <ul style="list-style-type: none"> - Kwirinda kuja ahantu ushobora kwandura vyoroshe (kwa muganga, inzu z’abageze mu za bukuru, aharerewe abagendana ubumuga, ahantu hafungirwa abakoze ivyaha) - Amabara agapfukamunwa n’amazuru iyo uri mu nzu ahantu hataba abantu - Suzumira hagufi ibimenyetso maze uce wipimisha hakoreshejwe PCR ako kanya nyene wiyumviseko ibimenyetso - Irinde kuja ahantu hari abantu benshi kandi ugerageze gukorera muhira aho bishoboka • Ntukeneye gusubira kwikumira iyo uwundi muntu wo mu nzu mubamwo yasuzumwe agasangwa yaranduye mu misi 14 inyuma y’ikiringo c’ukwikumira kwawe • Iyo uwundi muntu wo mu nzu yawe asuzumwe agasangwa yaranduye COVID-19 inyuma y’imisi irenga 14 umaze kuva mu kwikumira, uzotegerezwa kwongera kwikumira kandi ukwirikize amategeko agenga abantu mubonana mwevgerana bo mu nzu barwaye COVID-19.

Kubijanye nawe	Akaga ko kwandura COVID-19	Nkeneye gukora iki?
		<p>Iyo uronse inyishu yerekana ko wanduye igihe ico ari co cose, utegerezwa kubandanya kwikumira kandi ukurikize Testing positive to COVID-19 and managing COVID-19 safely at home (gusanga waranduye COVID-19 no gutorera umuti COVID-19 ata ngorane uri i muhira) ibisabwa. Ku zindi nkuru zirengeye izo, raba Get tested for COVID-19 (ipimishe COVID-19).</p>
<p>Namaranye igihe kirekire n'uwanduye COVID-19 (akarorero. Namaze ijoro ryose mu nzu yabo canke namaze umugoroba ndi imbere mu nzu yabo) canke naregeranye cane n'uwanduye COVID-19 kandi nta dupfukamunwa n'amazuru twari twambaye (uburorero, twajanye mu muduga ikirere kirekire, narareze abana ubu banduye COVID-19.)</p>	<p>Akaga ko hejuru cane</p>	<p>Ikumire imisi 7 guhera ku mus iwa nyuma mwegeranye n'uwanduye COVID-19 ni yo nzira nziza ya mbere yo gukingira abandi.</p> <p>Usabwe kugirisha igipimo cihuta ca Antigen (RAT) ningoga na ningoga hashoboka kandi vyongeye uzobikore ku musu wa 6. Ukwiriye kwongera gukoresha (RAT) iyo ubonetseko ibimenyetso (canke igipimo ca PCR igihe uba uri at risk of severe disease*). Igihe ivyo bipimo vyose vyerekanye ko utanduye, ushobora kuva mu kwikumira inyuma y'imisi 7. Ku yindi misi 7 umaze kuva mu kwikumira, urashobora gufasha gukinga ukurandagata kwa COVID-19 mu gukurikiza ibisabwa hisunzwe How can we all help slow the spread of COVID-19? (ingene twese twashobora kugabanya ukurandagata kwa COVID-19?)</p> <p>Iyo uhawe inyishu yuko wanduye, utegerezwa guca wikumira imisi 7 inyuma yuko umaze kumenyeshwa yuko wanduye kandi ukurikize impanuro Testing positive to COVID-19 and managing COVID-19 safely at home.</p> <p>Ku zindi nkuru zirengeye izi, raba Get tested for COVID-19.</p>
<p>Namaranye igihe kanaka n'umuntu yanduye COVID-19 (akarorero. Twarasangiriye hamwe ivyo kurya canke twahuriye mu bunywero, aho batambira, canke mu zindi manza zo mu kibano)</p>	<p>Bidakomeye cane</p>	<p>Birasabwa yuko ugirisha igipimo cihuta ca antigen mu buryo bwihuta kandi ukwirikize impanuro zerekeranye n'ukwipimisha vyihuta hakoreshejwe antigen muri Getting tested for COVID-19 factsheet (kwisuzumisha COVID-19).</p> <p>Igihe ukwisuzumisha kwawe kwerekanye ko utarwaye kandi ukaba utagira ibimenyetso, ntukeneye kwikumira. Ahubwo ukwiriye kwipimisha ubugira kabiri hakoreshejwe antigen ku Musi ugira 6. Vyongeye uce wipimisha hakoreshejwe igipimo cihuta ca antigen inyuma yuko umaze kubona ibimenyetso (canke ukoreshe igipimo ca PCR igihe uri muri at risk of severe disease*).</p>
<p>I had brief or distanced contact with a person with COVID-19 (e.g. I dropped off shopping, or we went for a walk outdoors), or I received a case alert in the Service NSW App.</p>	<p>Bitoya</p>	<p>Gumiza ijisho ku bimenyetso.</p> <p>Iyo hari ibimenyetso vyibonekeje, koresha igipimo ca antigen cihuta (RAT) ako kanya nyene. Hamwe (RAT) yawe yerekanye ko utanduye, ikumire, maze uce ugirisha iyindi (RAT) mu masaha 24, canke naho wisuzumisha PCR kandi wikumire igihe uba urindiriye inyishu y'ico wipimishije. Iyo igipimo cawe ca kabiri cerekanye ko utanduye, guma aho wikumiriye kugeza ivyo bimenyetso biheze. Iyo uhawe inyishu ko wanduye, utegerezwa kuguma aho wari wikumiriye maze ukurikize impanuro zijanye n'ibi usanga ngaha Testing positive to COVID-19 and managing COVID-19 safely at home.</p> <p>Iyo ufise ibimenyetso kandi ukaba uri at risk of severe disease*, saba ugirirwe igipimo ca PCR.</p>

* Mu bantu baharurwa ko bari mu kaga gakomeye ko kwandura ingwara zikomeye harimwo abagore bibungenze, Abasangwabutaka n'aba Torres Strait (cane cane abagendana ingwara zidakira), abantu bo muri Pacific Islander, abantu baticandagishije (abafise imyaka 16 n'abayirenta) hamwe n'abantu bafise abasirikare bake b'umubiri bo kwikingira.

Nimba ukeneye gupimwa kandi ukaba udashobora gushikira aho basuzumira [testing clinic](#) (ivuriro ripima). Ku zindi nkuru zirengeye izi ku bijanye n'ahantu umuntu akorera ashobora kwandurira raba kuri [NSW Government - Guidance for businesses with a worker who tests positive for COVID-19](#) (NSW Reta – amategeko agenga ahakorerwa ibintu hariho umukozi yapimwe agasangwa yaranduye COVID-19).

Twashobora twese gufasha gute mu kugabanya irandagata rya COVID-19?

Hariho intambuko zoroshe dushobora twese gufata kugira ngo dufashe mu kugabanya irandagata rya COVID-19.

- Ntihagire ahantu na hamwe uja iyo urwaye. Ipimishe ako kanya nyene kandi wikumire kugeza uronse inyishu yerekana ko utarwaye.
- Nimba uri mu rwego rw'ibisanzwe canke mu rwego rw'abashobora kwandura cane, usabwe kudatemberera ahantu ushobora kwandura vyoroshe (kwa muganga, aho barabira abageze mu za bukuru, ahari abagendana ubumuga, ahapfungirwa aberwa n'ivyaha); nimba uri mu rwego rwo hasi rw'abashobora kwandura, kandi ukaba ukeneye kuja hamwe muri aho hantu duhejeje kuvuga, tuguhimiriza kwipimisha hakoreshejwe igipimo cihuta ca antigen imbere yuko ujayo kandi wambare agapfukamunwa n'amazuri igihe uzoba uriyo wabatembereye.
- Hana intambwe y'imetero 1.5 hagatiy'umuntu n'uwundi aho bishoboka kandi wirinde amagugu y'abantu
- Ambara gapfukamunwa n'amazuru
- Karaba amaboko yawe kenshi ukoresheje umuti wica imicafu canke isabuni n'amazi n'imiburiburi amasegonde 20
- Korera imanza hanze, kandi utumire abantu bake.
- Raba aho bibera ukoresheje code ya QR aho ivyo biboneka.

Ni hehe nshobora kuronka impanuro ku bushigikizi bushobora kuboneka igihe mba ndi aho nikumiriye?

Ku zindi nkuru zerekeranye n'ubushigikizi bushobora kuboneka, reba kuri [Self-Isolation Guideline](#) (amategeko agenga ukwikumira).

Gufasha mu rurimi rwawe

Nimba ukeneye ibikorwa vyo gusobanurirwa canke gusigurirwa, hamagara ku murongo wihuta wo gufasha abarwaye umugera wa corona kuri 1800 020 080 (kandi utore harya kuri 8). Iyo seruvisi ntirihishwa kandi ni iyo mw'ibanga.