

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 bibyerekanwa.
- 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'uwu 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 byerekanwa 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.



