

Amakuru kuri Coronavirus (COVID-19): Ibyo ukeneye kumenya



**Kubibazo byose
byubuzima
nibibazo muri
New Mexico,
hamagara
1-855-600-3453.**

1

Coronavirus ni iki?

Coronavirus nshya ya 2019 ni ubwoko bushya bwa coronavirus bwagaragaye nk'intandaro y'indwara y'ubuhumekero (igira ingaruka ku guhumeka) yitwa COVID-19.

2

Ni ibihe bimenyetso bya Coronavirus?

Ibimenyetso bikunze kuvugwa harimo umuriro, inkorora cyangwa gudahumeka neza.

Abantu benshi barwaye COVID-19 bazagira uburwayi bworoheje nk'ubukonje, ariko bamwe bazagira uburwayi bukomeye nk'umusonga.

3

Coronavirus ikwirakwira gute?

Virusi ishobora gukwirakwira kuva ku muntu no ku wundi muntu, hagati y'abantu begeranye cyane (muri metero zigera kuri 2) binyuze mu bitonyanga by'ubuhumekero bisohoka iyo umuntu wanduye akorora cyangwa yitsamuye.

4

Ninde ufite ibyago byinshi kuri Coronavirus?

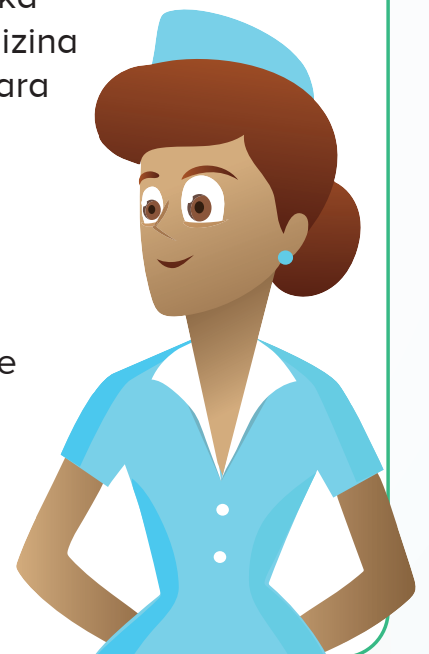
Umuntu wese arashobora kwandura coronavirus. Abantu bafite ibyago byinshi byo kurwara bikabije ni abasaza (bafite cyangwa barengeje imyaka 60) cyangwa bafite ibindi bibazo by'ubuzima nk'indwara y'ibihaha idakira, diyabete, cyangwa sisitemu (ubudahangwarwa) y'umubiri idakomeye.

Ni gute nakwirinda nkarinda n'abandi Coronavirus?

- **Karaba intoki zawe** cyane kandi kenshi ukoresheje isabuni n'amazi ashyushye byibuze amasegonda 20. Karaba hagati y'intoki no munsu y'inzara. Koresha umuti wo gukaraba mu ntoki urimwo arukoro (alcohol-based hand sanitizer) niba isabuni n'amazi bidahari.
- **Fuka umunwa n'amazuru** ukoresheje agatambaro cyangwa umwenda wo ku kuboko mugihe wipfuna cyangwa ukorora. Ntukoreshe ibiganza byawe.
- **Ntukore** mu maso, izuru cyangwa umunwa, cyane cyane n'amaboko adakarabye.
- **Ntukungute ibiganza byawe.** Ahubwo, zunguza inkokora, unamika amakoko, cyangwa ubyumutse m'umuyaga ushyushye.
- **Kurikirana ubuzima bwawe neza** kuruta uko bisanzwe ibimenyetso bw'ubukonje canke by'ibicurane.
- **Kuronka urukingo rw'ibicurane!** Urukingo rw'ibicurane ntirugukingira Covid-19, ahubwo rugabanya ibyago byo kurwara ibicurane, bifite ibimenyetso bisa n'ibya coronavirus. Rugabanya kanda ibyago byawe byo kuba mu bitaro cyangwa kugomba kujya kwa muganga, mu bitaro, cyangwa ku kigo nderabuzima abibanza byingnzi by'ubwandu bwa virusi. Abantu bafite cyangwa barenza imyaka 60 bagomba kutonka urukingo rw'umusonga kubera izo mpamvu zimwe.

Nakora iki iyo numva ndwaye?

- **GUMA URUGO!** Hamagara umuganga wawe niba ufite ibimenyetso bwubukonje cyangwa ibicurane nko gukorora, kudahumeka neza, umuriro cyangwa kubabara mu muhogo. Niba utazi izina cyangwa nomero ya terefone ya muganga wawe, hamagara NM ishami ryubuzima kugirango usuzumwe kandi wohererezwe. **Kubibazo byose byubuzima nibibazo muri New Mexico, hamagara 1-855-600-3453.** Niba ukeneye ubufasha bwo gusobanurirwa, hamagara.
- Niba utameze neza hagati y'amasaha 24 na 48, shaka ubufasha bwa muganga ariko menyesha umuganga wawe cyangwa ibiro by'ubuzima ko uriko uraza.
- Irinde gusohoka mu ruhame. Ntukajye ku ishuri cyangwa ku kazi kugeza igihe uzaba umaze byibuze amasaha 72 udakoresheje imiti nka Tylenol cyangwa Ibuprofen yo kugabanya umuriro.



Ishami ry'ubuzima rya NM (NM DOH) rishobora guhindura ibyemezo uko ibintu bigenda bihinduka.

- Hamagara NM DOH (1-855-600-3453) niba hari kimwe muri ibi bikurikira:
 - Warahuye n'umuntu uzwi ko ukufite COVID-19.
 - Warasuye Ubushinwa, Irani, Ubutaliyani, cyangwa Koreya y'Epfo mu minsi 14 ishize (niba ufite ibimenyetso cyangwa udafite).
- Niba utekereza ko ufite COVID-19 ukurikije ibimenyetso byawe na / cyangwa ibipimo byavuzwe haruguru, hamagara NM DOH kugirango uhuzwe n'umuforomokazi upima uzumva ibimenyetso byawe kandi akokwohereze kukwitaho utitaye kumiterere y'abinjira cyangwa ubushobozi bwo kwishyura.
- Abakozi ba NM DOH ntibazabaza ibibazo by'ubwimukira. Kuronka ubuvuzi ntabwo ari inyungu rusange igaragara nk'infashanyo za rubanda. **USCIS ntizita ku gupima, kuvura, cyangwa kwita ku gukumira (harimo n'inkingo, niba urukingo rubonetse) bijyanye na COVID-19 nk'infashanyo za rubanda kugira ngo abantu bareke kwemerwa.**
- Nibyiza guhamagara NM DOH kugirango isuzumwe mbere yo kujya mubitaro kugirango wirinde ubucucike kandi wirinde kwandura. Ariko rero, jya mu bitaro ako kanya niba ufite ikibazo cyo guhumeka.



Irinde amteraniro yose, naho ryoba ari iteraniro rito hamwe n'inshuti nke

- Nimba urwaye, guma mu rugo.
- **Nimba umerewe neza ariko ushobora kuguma mu rugo, ni byiza kuguma mu rugo.**
- Nimba urwaye indwara zikomeye z'ibihaha, indwara z'umutima, kanseri, diyabete, asima, cyangwa sisiteme y'umubiri idakomeye, irinde ibirori n'ibiterane bitari ngombwa.
- Nibyiza kujya mw'isoko no kubonana na muganga, ariko niba ari ngombwa. Niba ugomba rwose kujya ahantu runaka, kore isuku neza kandi ukomeze kuba maso k'ubuzima bwawe. Nibyiza guhagarara kuri metero 2 cyangwa zirenga kubantu kugirango wirinde ibitonyanga byanduye.
- Kujya mu kato kwabaturage mugihe kirekire birashobora kugira ingaruka mbi kubuzima bwo mumutwe. Komeza ubusabane nabantu hamwe nuwo ukunda mu guhamagara, kohereza ubutumwa bugufi, guhamagara ukoresheje uburyo bwa video, cyangwa binyuze mubikorwa bidateza akaga cyane nko kujya gutembera hamwe nabantu bake cyangwa guteka murugo hamwe nabantu babiri (v. Kurya muri resitora). Guhindura bike mubikorwa byacu bya buri munsu birashobora kugira ingaruka nini.

Nakora iki ubu abana banjye badafite ishuri ibyumweru bitatu?

- Leta ya New Mexico yafashe icyemezo cyo gufunga amashuri yose ibyumweru bitatu kugirango igerageze kugabanya ikwirakwizwa rya coronavirus. Ibi nibyingenzi rwose kuko ntihazabaho ubuvuzi buhagije niba buriwese arwaye icyarimwe rero gerageza kugumisha abana bawe murugo.
- Sobanurira abana bawe ko amashuri arafunze kugirango ugerageze kugabanya ikwirakwizwa rya virusi mu muryango mugari, ariko ko abana benshi batabonye ibimenyetso bibi cyane bya coronavirus. Ibi bizafasha abana bawe kudahangayikishwa cyane.
- Ifunguro rya mugitondo na sasita kubantu bizaboneka mumashuri y'abana bawe, kandi hazashyirwaho gahunda yo gushikana ibiryo kubantu badashobora kugera mumashuri. Hazabaho kandi n'ubufasha bwo kurera abana. Ibisobanuro birambuye bizaboneka vuba. **Hamagara 1-833-551-0518 kugirango ubone ubufasha bwo kwita kubana n'ibiryo cyangwa umenye amakuru ajyanye no gufata amafunguro yishuri kururu rubuga: www.aps.edu/news/coronavirus/aps-identifies-89-sites-for-student-meal-pick-ups.**
- Gerageza gukora gahunda iteganijwe ya buri muni kubana bawe. Ibi bibafasha kumva bafite umutekano, bahamye, kandi bishimye. Hitamo igihe uzakangura abana bawe, basabe kwambara no koza amenyo no koza mumaso, gerageza ubaha amafunguro mugihe gisanzwe, kandi ugerageze kubategurira ibikorwa nko gusoma, gukora puzzles, gukina imikino, gukora ubuhanzi, gucuranga cyangwa kuririmba, kuvuga inkuru, kudoda, cyangwa ikindi kintu cyose ushobora gutekereza.
- Niba ufite interineti na mudasobwa (cyangwa terefone cyangwa tableti), hari ibikoresho byinshi byo kwiga kumurongo kubana bawe. Imbuga zimwe nziza ni:
 - National Geographic Kids: kids.nationalgeographic.com
 - Khan Academy: www.khanacademy.org
 - Bill Nye the Science Guy: www.billnye.com
 - Code.org: www.code.org
 - BrainPOP: www.brainpop.com
- Niba abana bawe bashobora gukinira hanze batabaye hafi yabantu benshi, ibyo birashobora kuba inzira nziza yo gukoresha imbaraga zabo. Ariko menya neza ko hari umuntu mukuru ubakurikirana.
- Gerageza kutareka abana bawe bareba TV / koresha za mudasobwa / gukina imikino ya videwo igihe cyose. Ni ngombwa kuri bo gukora ibindi bintu usibye "televisiyo."



Ni iki kindi nshobora gukora?

- Fasha kugabanya ubucucike — gerageza kujya mw'isoko cyangwa ahandi ukeneye kujya mugihe hazaba hari abantu bake.
- Niba ufite umuryango cyangwa inshuti zifite ibibazo byuzima karande, ntuzabasure niba wumva urwaye.
- Hagarika ingendo zose zidakenewe ziva mu ntara cyangwa igihugu.
- Gura bike mubyo ukeneye witonze, buhoro buhoro kandi byingenzi. Ariko, ntabwo ari ngombwa guhagarika umutima no guhaha birengeje urugero. Gira icyumweru cyangwa bibiri bifite imiti wandikiwe.
- Gira inshuti igenzura buri gihe, cyane cyane niba ubana wenyine. Hamagara buri Yuma y'umunsi (cyangwa kabiri buri munsi niba urwaye) hanyuma utegure ibintu bitandukanye (urugero: niba umwe muri mwe arwaye, undi ashobora gutanga ibiryo cyangwa imiti ataguhamagaye muburyo butaziguye).
 - Niba udatuye wenyine, tegura icyumba hanyuma utegure mugihe umuntu wo murugo rwawe arwaye kandi akeneye kuba wenyine. Tekereza uburyo uwo muntu azabona ibintu akeneye (urugero: imiti, amazi, nibiryo) atabonanye nabandi.
 - Komeza inzu yawe isukuye, hanagura aho abantu bakunda gukora buri gihe ukoresheje imiti mponya migera.
 - Muri ibi bihe bigoye, ibuka kwishimira ibyiza mubuzima! Birahari. Mubyinire mu nzu yawe! Gusoma igitabo! Nimuhane agaciro kandi ube urumuri rwo guhinduka kwiza.



10 Mfite impungenge zo kugira amafaranga ahagije kumuryango wanjye.

Leta ya New Mexico iratanga ubwishingizi bw'ubushomeri (kwishyura buri cyumweru) ku bantu birukanwe, abashomeri, cyangwa badahamagarwa mu mirimo yo mu rugo, mu maresitora, no mu bundi bucuruzi bwibasiwe na coronavirus. New Mexico irahagarika icyifuzo cy'uko abashomeri (cyangwa abantu birukanwa ubu cyangwa batabona amasaha) bashaka akazi. Urashobora gusaba izo nyungu kuri www.dws.state.nm.us/COVID-19-Info.



Nakora iki kubyerekeye agatotezo cyangwa ivangura bifitanye isano na Coronavirus?

- Ni ngombwa gutandukanya ibintu n'ubwoba no kwirinda gupfobya. Amakuru menshi azenguruka kuri coronavirus kurubuga nkoranyambaga hamwe namakuru amwe amwe ntabwo ashingiye kubintu bifatika.
- Shigikira inshuti zawe, abaturanyi na bagenzi bawe mu kubarungikira iyi nyandiko kugirango birinde amakuru atariyo. Shakisha amakuru aturuka ahantu hizewe nka NM ishami ry'ubuzima cyangwa Ikigo gishinzwe kurwanya indwara (CDC).
- Mugirire neza kandi mwite ku mpungenge z'abandi! Umuntu wese n'ibitekerezo bye bifite akamaro.
- Niba utotezwa kubera ubwoko bwawe, igihugu ukomokamo cyangwa indi ndangamuntu, hamagara 311 kugirango utange amakuru y'ivangura cyangwa ihohoterwa mu biro bishinzwe uburenganzira bwa muntu.
- Niba ufite ibibazo cyangwa wumva uhangayitse, ushobora guhamagara ikigo cya Agora Crisis Centre kuri 505-277-3031 cyangwa 855-505-4505. Agora numurongo wibanga ufasha abakozi 24/7 nabajyanama b'abahanga bashobora gutanga ibikenewe no guhuza ubuvuzi bwimyitwarire mu cyongereza. Urashobora kandi guhamagara 1-866-GUFASHA-1-NM cyangwa Gahunda yubuzima bwimpunzi kuri 505-476-3076.

Nakura he amakuru menshi?

- Sura imbuga zikurikira kugirango ubone andi makuru:
 - cv.nmhealth.org
 - www.cdc.gov/coronavirus/2019-ncov
- Hamagara abayobozi b'umuryango mugari wawe nimba ifite ibibazo cyangwa hari ikidasobanutse hamwe nubufasha bwo gusobanurirwa:
 - Sara Afghani: 505-235-3204 (Dari, Pashto)
 - Mohammed Alkwaz: 505-235-1774 (Arabic)
 - Martin Ndayisenga: 505-225-4344 (Kirundi, Kinyarwanda, Swahili, French)
 - Margarita Galvis: 505-803-8020 (Spanish)
 - Norma Casas: 505-514-5273 (Spanish)
 - Ivette Miramontes: 505-600-1422 (Spanish)



Uru rupapuro rwahinduwe ruvuye mu ishami ry'ubuzima rya NYC (www1.nyc.gov/site/doh/index.page) na Julie McMurry, MPH (flattenthecurve.com)