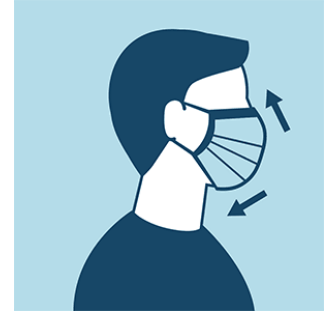


Gukoresha Udutambara two Gufuka mu maso Dukozwe mu Myenda mu Gufasha Kugabanya Ikwiragira rya COVID-19

Nimba bibaye ngombwa ko uva mu rugo, ambara igitambara gifuka mu maso.

Igisata cya NH cya Serivisi z'Ubuzima n'Abantu kirasaba abaturage bo muri Granite State [New Hampshire] kwambara udutambara dufuka mu maso igihe batari mu rugo kugira ngo bafashe kugabanya ikwiragira ry'icyorezo cya COVID-19. Iyi mpanuro ifatiye ku makuru mashya y'ukungene COVID-19 ishobora gukwiragira mbere y'uko umuntu uyifite agaragaza ibimenyetso. Agafukamunwa karafasha gukingira abanda bari hafi yawe mu gihe waba umaze kwandura ariko utarabimenya.

Agatambara gafuka mu maso ni kimwe cyiyongeye ku by'ingenzi twakora mu gufasha kugabanya ikwiragira rya COVID-19 – kandi ntabwo gisimbura kugumiza umwanya hagati y'abantu n'izindi ngingo zo gukinga ingwara. Urasabwa cyane kuguma kure y'abandi bantu byibura kuri futi 6 [metero 2], ndeste no mu gihe waba wambaye agatambara gafuka mu maso.



udutambara dufuka mu maso usabwe kwambara ntabwo ari udufukamunwa abaganga Bambara bari kubaga abarwayi cyanye udufukamunwa N-95 two guhumeka. Udufukamunwa tw'ubu bwoko ni ibikoresho by'ingenzi bitegerezwa kurekerwa abaganga n'abandi baseruka ku barwayi ubwa mbere. Mwakoze udutambara two gufuka mu maso mukoresheje ibyo musanga mu mazu yanyu (reba inyuma kuri uru rupapuro).

Ingero z'igihe wakwambara agatambara gafuka mu maso	Ingero z'igihe bitari ngombwa kwambara agatambara gafuka mu maso
Inzinduko mu maduka agurisha ibiryo, farmasi, kwa muganga cyange ku bitaro	Mu rugo, nimba nta muntu uri kugaragaraho ibimenyetso [by'ingwara]
Abakozi ba ngombwa bakora mu maduka agurisha ibiryo, farumasi, cyange ibindi bibanza bidashoboka kwubahiriza umwanya wa futi 6 [metero 2] hagati yabo n'abandi	Ugiye kugendagenda mu ishamba cyange aho utuye. Ariko uzane imwe nko mu gihe byoshika ugahura n'abandi ukagomba guhagarara ngo muganire
Mu rugo nimba urwaye hakaba hari abanda bantu mu rugo	Ugiye kwirukanga mu nzira inyramo amagari, mu gihe ata bantu benshi bahari
Abakozi bo mu mazu bafasha abantu bafite amagara make	Ni nde aadategerezwa kwambara agafukamunwa: <ul style="list-style-type: none"> Abana bafite musu y'imyaka 2 Umuntu wese ufite ikibazo cyo guhumeka, cyange watakaje ubwenge Umuntu wese utabasha kwiyambura agafukamunwa ata wumufashije
Igihe ugendera muri basi, tagisi, cyange ujyana n'abandi mu modoka	
Iyo ugendagenda mu mihanda irimo abantu benshi cyane	

Agatambara gafuka mu maso gakoze mu myenda ni iki?

Agatambara gafuka mu maso gakoze mu myenda ni agatambara gafashe ku mubiri (nka bandana, igitambara cyo mw'ijosi, cyange agafukamunwa gakorewe mu rugo) gafuka umunwa n'amazuru. Ntabwo gakingira byuzuye uwukambaye, kandi ntabwo gasimbura kugumizaho umwanya hagati y'abantu, ariko gashobora gukingira abanda mu gihe uwukambaye yanduye COVID-19 ataragaragara ibimenyetso. Udutambara dufuka mu maso dutegutse turafasha kuzigama ibikoresho byo kwikingira bikorehwa n'abakozi bo kwa muganga baza gufasha ubwa mbere. Kubw'amakuru arambuye ku kungene wambara no gukora udutambara two gufuka mu maso, reba [urubuga rwa CDC \[CDC website\]](#)

Kubera iki mutegetse ibi ubu?

Haracyari byinshi turi kumenya kuri COVID-19. Nubwo biri uko, hari ibigaragaza ko abantu batagaragara ibimenyetso bashobora gukwiza umugera, kandi ko utuma tw'amate tuza igihe abantu bahumeka, bavuga cyange bikoroza dushobora gukwiragiza COVID-19 ivuye ku muntu ikajya ku wundi. Turakomeza gutekereza ko kuguma mu nzu no kwitwaza kugumizaho umwanya hagati y'abantu n'isuku ry'amaboko ari inzira zikomeye cyane mu guhagarika ikwiragira rya COVID-19. Mu gutegeka abatuye muri reta ya Granite [Granite State - New Hampshire] gukoresha udutambara dufuka mu maso, twongeyeho kimwe mu bidufasha guhagarika ikwiragira.

Uko wakwambara agatambara gafuka mu maso gikoze mu myenda

- N'amaboko asukuye reba igicye kijya inyuma cy'agatambara gafuka mu maso kandi icyo kirareba inyuma ntabwo kigukora ku isura.
- Fata agatambara gafuka mu maso ku migozi inyura nyuma y'amatwi maze uyishyire nyuma ya buri gutwi.
- Reba neza ko agatambara gafuka mu maso gafutse umunwa NA izuru.
- Reka gukora imbere mu gatambara gafuka mu maso igihe ukambaye.
- Nimba gacafuye, nugasubirize (nugasimbure).
- Nimba ukoze ku gatambara gafuka mu maso, karabya amaboko yawe.



Kwambara agatambara gafuka mu maso

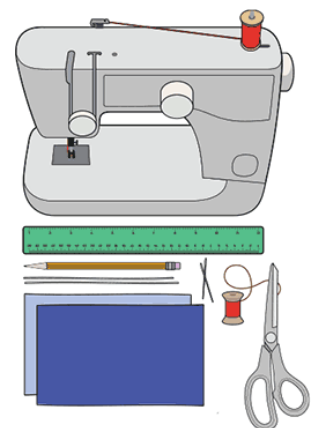
- Fata utugozzi tunyura nyuma y'amatwi maze ukurure uzana imbere hejuru y'amatwi.
- Reka kwikora ku maso, ku izuru no ku munwa igihe ukiyambura
- Zinga agatambara gafuka mu maso ku buryo igicye cyako kireba inyuma ukizingira imbere, cyikoraho ubwacyo.
- Shyira agatambara gafuka mu maso mu gikapo cya kamwanya kirimo ibyo kumesura, ukore ku buryo udakora nyuma ku gikapo cya kamwanya.
- Kura kandi ubike neza agatambara ko gufuka mu maso.
- Ukirangije kukivanaho, karabya amaboko yawe.

Sukura udutambara two gufuka mu maso buri musu n'amaboko cyange imashini ukoresheje isabuni.

Imashini yo kumesura irahagije kugira ngo usukure neza agatambara ko gufuka mu maso. Raba neza ko kumye neza imbere yo kwongera kugakoresha. Byiza waba ufite ututari duke hafi kugira ngo ubashe guhindura no kutumesura.

Wakoze akawe.

CDC yatanze ibyo gukurikiza mu gukora agatambara kawe ko gufuka mu maso [\[instructions on making your own coverings\]](#) mu nzira zitandukanye, harimo gushonsha imashini cyange amaboko, uburyo budasaba gushona bwo gukoresha umupira wo kwambara n'umukasi, n'uburyo budasaba gushona ukoresheje igitambara [bandana].



Kubw'amakuru yandi, jya kuri: <https://www.nh.gov/covid19/>

**Byahinduwe bivanywe ku Gisata cy'Ubuzima cya Vermont*