

Leta ya New Hampshire COVID-19 Amabwiriza y'Umukoresha ku bijyanye n'Ingendo, Kwipimisha, ndetse no Gushyira mu Muhezo 3 Ukuboza 2020

COVID-19 ishobora gukwirakwira aho abantu bakorera kandi igatera ingaruka zikomeye ku bakozi ndetse no ku bikorwa bya bizinesi. Yewe n'umuntu umwe ashobora kuba intandaro yo kuzana COVID-19 aho abantu bakorera ndetse bigatuma abantu batari bake bakenera kwishyira mu kato mu rugo, aribyo bishobora kudindiza ibikorwa bya bizinesi. Bizinesi n'abakoresha bashobora gukumira ndetse bakanagabanya ikwirakwira rya COVID-19 aho abantu bakorera bubahiriza amabwiriza atangwa n'inzego z'ubuzima agamije kurandura COVID-19. Rimwe mu mabwiriza rikomeye ryo gukumira ko COVID-19 yagera aho abantu bakorera ni ugupima abakozi ndetse no gushyira mu muhezo mbese bakaba bahagaritse ku kazi abagaragaza [ibimenyetso bya COVID-19](#) bishya cyangwa bidasobanutse cyangwa se abashobora kuba barahuye n'abanduye, mu ngendo bagize.

Amabwiriza Areba Abakoresha ku Bijyanye n'Ingendo

Ibice byinshi by'isi, harimo n'ibiri muri Leta Zunze Ubumwe, bikomeje kugira imibare iri hejuru y'ubwandu bwa COVID-19 aribyo bishyira mu kaga gakomeye abahaba cyangwa abahatemberera. Ingendo ndetse n'ibikorwa bitandukanye (urugero, gutwarwa mu buryo rusange, ingendo zo mu bwato, gushyikirana n'itsinda rigari ry'abantu, n'ibindi.) nabyo byongerera umuntu ibyago byo guhura n'ubwandu bwa COVID-19, hatitawe k'uri buhure nabwo bwa nyuma ubwandu burakwirakwira. Ku bw'iyi mpamvu, abakoresha bagomba gukurikiza ingamba zikurikira mu rwego rwo kugabanya ibyago byo kuba umukozi wahuye n'ubwandu bwa COVID-19 yazana ubwandu aho abantu bakorera:

- Irinde ko habaho ingendo z'akazi zitari ngombwa mu gihugu no hanze yacyo, cyane cyane ingendo zigamije ibikorwa bihuza amatsinda manini ndetse n'amahuriro (urugero, amahugururwa, inama).
- Irinde ko habaho ingendo z'abantu ku giti cyabo hanze y'igihugu
- Irinde ko habaho ingendo z'abantu ku giti cyabo mu gihugu mu duce two hanze ya New England (Maine, New Hampshire, Vermont, Massachusetts, Rhode Islands, Connecticut)
- Irinde ko habaho ingendo z'abantu ku giti cyabo mu buryo bwa rusange (urugero, bisi, indege, gali ya moshi, ingendo zo muni y'ubutaka, n'ibindi).
- Irinde ko habaho ingendo zo mu bwato.
- Irinde ko habaho amahuriro y'abantu ku giti cyabo cyangwa imiryango aho abantu badafite isano rya hafi n'umuryango, cyangwa badasanzwe babana bya hafi n'umuryango, bahurira mu rugo kandi begeranye.

Gusuzuma Uburwayi n'ibyago byo Kwandura

- Abafasha gusuzuma ndetse na bizinesi bagomba kubaza ibibazo suzuma kugira ngo basuzume ibyago byo kwandura COVID-19 buri muni mbere yuko umukozi yemererwa kwinjira mu kazi:
 - Waba ufite [ibimenyetso bya COVID-19](#) cyangwa ufite umuriro wa dogere Farenayiti 100.4 cyangwa hejuru yaho ku buryo ari bishya kuri wowe? Ibimenyetso bya COVID-19 birimo:
 - Umuriro, cyangwa kugira ibimenyetso by'umuriro;

- Ibimenyetso by'indwara zo mu buhumekero harimo nk'ibicurane, kumva amazuru yafunganye, kubabara mu muhogo, inkorora, cyangwa guhumeka bigoranye;
- Ibimenyetso by'umubiri muri rusange harimo kubabara imikaya, gusesa urumesa cyangwa gutitira, ndetse n'umunaniro ukabije;
- Ibimenyetso byo ku gifu n'amara harimo isesemi, kuruka, cyangwa impiswi, ndetse
- Impinduka z'uburyo umuntu aryohereza/abihirwa cyangwa ahumurirwa/anukirwa.
- Hari aho waba warigeze uhurira n'umuntu wanduye COVID-19 mbere y'iminsi 10? (Icyitonderwa: abakozi bo mu nzego z'ubuzima bita ku barwayi ba COVID-19 bambaye imyambaro y'ubwirinzi bagomba gusubiza "no" kuko ntabwo bafatwa nk'abahuye n'uwanduye COVID-19)
- Waba waragirize ingendo zitari ngombwa mbere y'iminsi 10,* hanze ya New Hampshire, Maine, Vermont, Massachusetts, Rhode Islands, cyangwa Connecticut, ingendo zo mu gihugu(muri Leta Zunze Ubumwe), ingendo zo mu mahanga (hanze ya Leta Zunze Ubumwe) cyangwa mu bwato?

** Ingendo za ngombwa harimo iz'akazi, ku ishuri, umutekano, ubuvuzi, kwita ku bandi, inshingano za kibyeyi, z'ubuvuzi, ndetse n'amafunguro cyangwa ibinyobwa (ingendo zo hafi zo guhaha ibyo kujyana mu rugo ndetse no mu maduka gusa). Ingendo za ngombwa kandi zirimo iz'abanyeshuri n'ababyeyi babo cyangwa abishingizi basura amashuri makuru cyangwa ayisumbuye ategura abanyeshuri kuzajya mu mashuri makuru, harimo no kubemerera kurara ku ishuri.*

Guhagarikwa k'Umukozi Bitewe n'Ibimenyetso (Amabwiriza yo "Gushyirwa mu Kato")

Abantu bafite ibimenyetso bya COVID-19 bishya cyangwa bidasobanutse (nubwo byaba ari ibimenyetso bidakanganye) ntabwo bemerewe kuza mu kazi. Abantu bagaragaza ibimenyetso bategetswe kwitabaza abaganga babo kugira ngo babasuzume COVID-19 ndetse bakihutira kwishyira mu kato mu rugo. Ku bantu badafite muganga cyangwa umujyanama w'ubuzima, cyangwa se abaganga/abajyana b'ubuzima batazi/badashobora gupima umuntu, murasabwa gusaba gupimwa COVID-19 kuri hamwe mu hantu henshi hapimirwa COVID-19 muri Leta ya New Hampshire. Umukozi yemerewe "kwishyira mu kato" hanyuma akagaruka ku kazi igihe:

- Iyo yujuje ibi byose bikurikira:
 1. Ibipimo by'umukozi bigaragaza ko atanduye hakoreshajwe igipimo kibasha guhita kibona ubwandu bwa COVID-19 buri mu mubiri (harimo uburyo bwa (PCR) bwo kubona akanyangingo kanzinyu katagaragara, yo ikagakuza kakaza kagaragara neza – ndetse n'ibipimo bishingiye ku gusuzuma ubudahangarwa bw'abasirikare).
 2. Bakamara amasaha 24 nta bimenyetso by'umuriro bakigaragaraza batanagifata imiti igabanya umuriro, ndetse n'ibindi bimenyetso bitakigaragara.
 3. Badafite ibyago byo kwandura COVID-19 mbere y'iminsi 10 (urugero, guhura n'uwanduye COVID-19 cyangwa yaragize ingendo runaka) aribyo bibasaba kumara byibura iminsi 10 mu kato yewe na nyuma yo gusanga utaranduye (reba hano munsu amabwiriza yo kwishyira mu kato ndetse "irengayobora ku bisabwa umuntu uri mu kato").

CYANGWA

- Umukozi yujuje ibisabwa n'Ibigo Bishinzwe Kurwanya icyorezo (CDC) ku bijyanye no guhagarika igihe cyo kwishyira mu muhezo (ibi bireba abantu batanduye COVID-19 nyuma y'isuzuma, cyangwa abafite

ibimenyetso batapimwe COVID-19). Iri bwiriza risaba ko abantu bishyira mu muhezo byibuze mu gihe cy'iminsi 10 nyuma yuko ibimenyetso bigaragaye, ishobora no kwiyongera bitewe nuko ibimenyetso byakomeje kugaragara.

Guhagarikwa k'Umukozi Bitewe no Kuba Harabayeho Guhura n'Ubwandu ku Buryo Buzwi (Amabwiriza yo "Kwishyira mu Muhezo")

Abantu bizwi ko bahuye n'uwanduye COVID-19, cyangwa abagiriye ibyago byo kwandurira mu ngendo (nkuko bigaragara hejuru mu bibazo suzuma) **ntabwo** bemerewe kuza mu kazi kereka babyemererwa "irengayobora ku bisabwa umuntu uri mu kato" nkuko bigaragara hepfo aha, ndetse bategetswe [kwishyira mu kato](#) mu rugo.

Umukozi yemerewe kuva mu "kato" ndetse agasubira mu kazi igihe iminsi 10 yashize kuva igihe aherukira guhura n'uwanduye cyangwa avuye ku rugendo. Bizinesi n'ibigo bitanga serivise z'ubuvuzi ku bantu bafite ibyago biri hejuru cyangwa baba ahantu hafite ibyago byinshi byo gukwirakwiza ubwandu (urugero., ibigo byita ku bakeneye ubufasha bw'igihe kirekire, gereza, n'ahandi.) bashobora gusabira abaturage ndetse n'abakozi gushyirwa mu kato k'iminsi 14 mu rwego rwo kugabanya ingaruka za COVID-19 ku bantu bafite ibyago biri hejuru byo kwanduzanya. Mu gihe bibaye ngombwa ko umukoresha ashiraho amategeko akarishye ku ngamba zo gushyira mu kato (ni ukuvuga iminsi 14 y'akato), abakozi bagomba gukurikiza amabwiriza y'umukoresha.

Abantu bagaragajwe ko bafite ibyago byinshi bakorera ingendo hanze ya New England (nkuko bigaragara hejuru mu bibazo suzuma) bashobora kugabanya igihe bamara mu kato bakipimisha ku minsi wa 6-7 w'akato kugira ngo bisuzumishye ubwandu SARS-CoV-2 (SARS-CoV-2 ni virusi nshya ya corona itera COVID-19); iri suzuma rigomba gukorwa ku duce dutoya cyane (urugero, PCR – uburyo bwo kubona akanyangingo kanzinye katagaragara, yo ikagakuza kakaza kagaragara neza.) ibipimo bishingiye ku gusuzuma ubudahangarwa bw'abasirikare ntabwo byemewe ku bw'iyi mpamvu. Igihe ibipimo bifashwe ku minsi wa 6-7 w'akato (ni ukuvuga amasaha 48 mbere yuko igihe cy'akato kirangira nyuma y'uminsi wa 7), akaba nta bimenyetso agaragaza, isuzuma rikaba rigaragaza ko atanduye, ashobora guhita asozwa igihe cy'akato nyuma y'iminsi 7, ariko basabwa gukomeza [kwikurikirana](#) ku bijyanye n'ibimenyetso bya COVID-19, ndetse no gukaza ingamba zo guhangana na COVID-19 (guhana intera, kwirinda kujya ahateraniye abantu benshi, kwambara agapfukamunwa/mazuru, gukaraba intoki kenshi, n'ibindi.) mu minsi yose y'akato uko ari 14 uvuye ku minsi wa nyuma baherukira mu ngendo. [Ibimenyetso bya COVID-19](#) bishya bihita bituma umuntu yishyira mu muhezo kandi agasaba kongera gupimwa (nubwo yaba aherutse kuva mu kato). Ubu buryo bw'iminsi 7 y'akato bureba GUSA abashyirwa mu kato bitewe n'ingendo bakoze (ntabwo ari uko bishyize mu kato kuko bafite ibyago byinshi batewe no guhura n'uwanduye COVID-19).

Abantu byagaragajwe neza ko bahuye n'uwanduye COVID-19 bagomba kwishyira mu kato iminsi 10 yose kandi bakipimisha, ariko kwipimisha COVID-19 ntabwo byemerera "uwahuye" n'uwanduye guhagarika akato mbere y'iminsi 10 itarangiye; gupima bigamije gusa kubona ubwandu hakiri kare kugira ngo inzego z'ubuzima zihutire gushyirwa abandi bantu bahuye n'uwanduye bari mu byago bikomeye byo kwandura COVID-19. Umuntu byagaragaye neza ko yahuye n'uwanduye, warangije igihe cy'akato nyuma y'iminsi 10 agomba gukomeza kwikurikiranaho buri minsi ibimenyetso bya COVID-19 ndetse no gukaza ingamba zo guhangana na COVID-19 (guhana intera, kwirinda kujya ahateraniye abantu benshi, kwambara agapfukamunwa/mazuru, gukaraba intoki kenshi, n'ibindi.) mu minsi yose y'akato uko ari 14 nyuma yo guhura n'uwanduye. Uwagira [ibimenyetso bya](#)

[COVID-19](#) bishya arakangurirwa guhita yishyira mu muhezo kandi akihutira kwisuzumisha nanone (kabone nubwo yaba aherutse guhagarika igihe cy'akato).

Irengayobora ku Bisabwa Umuntu uri mu Kato

Irengayobora ku bisabwa umuntu uri mu kato rireba uwahuye n'uwanduye COVID-19, cyangwa nyuma y'ingendo umuntu yahuriyemo n'ibyago byinshi byo kwandura, ntabwo ari ubwo kwisukira. Hagomba gukoreshwa imbaraga zose abakozi bakemererwa gukorera mu rugo mu gihe cy'akato. Irengayobora rizakoreshwa gusa niba habaye **kimwe** muri ibi bikurikira:

1. Ibyago bishoboka byo kwandura COVID-19 ku mukozi ni ugukora ingendo (ni ukuvuga ko, ntaho yahuriye n'uwanduye COVID-19), nta bimenyetso agaragaza bya COVID-19, **NDETSE** uwo muntu yakoze ingendo ku mpamvu ziri ngombwa. "Ingendo za ngombwa" harimo iz'akazi, ku ishuril, umutekano, ubuvuzi, kwita ku bandi, inshingano za kibyezi, z'ubuvuzi, ndetse n'amafunguro cyangwa ibinyobwa (ingendo zo hafi zo guhaha ibyo kujyana mu rugo ndetse no mu maduka gusa). Ingendo za ngombwa kandi zirimo iz'abanyeshuri n'ababyeyi babo cyangwa abishingizi basura amashuri makuru cyangwa ayisumbuye ategura abanyeshuri kuzajya mu mashuri makuru, harimo no kubemerera kurara ku ishuri. Abakozi bakorerwa ingendo zitari ngombwa mu bice bifite ibyago byinshi by'ubwandu bwa COVID-19 ku mpamvu zabo bwite cyangwa zigamije kwishimisha ntabwo bafite ubu burenganzira, bizinesi n'abakoresha bagomba gukaza ingamba zica intege cyangwa zikumira abakozi b'ingenzi kugirira ingendo mu bice bifite ibyago byinshi by'ubwandu ku mpamvu zitari iz'ingenzi. Nubwo umukozi yemerewe gukora "ingendo ziri ngombwa", uwo mukozi agomba kwambara agapfukamunwa/mazuru, agasiga intera y'intambwe byibura 6 hagati ye n'abandi bakozi ndetse n'ababagana, kugira uruhare mu isuzuma buzima rya buri muni, ndetse no kwipima ibimenyetso.

CYANGWA

2. Umukozi ukorerwa mu [inzego zifite ibyago by'ubwandu](#) (reba kandi iri [Itangazo rya CISA](#) ku bisobanuro birambuye hamwe n'ingero) **NDETSE** afatwa nk'uw'ingenzi kugira bizinesi ikorwe ("umukozi w'ingenzi"). Abakozi b'ingenzi bemerewe gukora mu gihe bari mu kato niba bujije ibi byose bikurikira:
 - Nta bimenyetso bya COVID-19 umukozi ari kugaragaza;
 - Umukozi nawe yahuye nawe mubababana byemejwe ko yanduye COVID-19;
 - Umukozi afatwa n'uw'ingenzi mu bikorwa bya bizinesi kandi hari icyuho gikomeye cyagaragara igihe umukozi atageze mu kazi;
 - Umukozi ntashobora gukorera inshingano ze z'ingenzi mu rugo;
 - Ntawasimbura uwo mukozi;
 - Umukozi yishyira mu kato ku zindi mpamvu zose zishoboka ariko akaba ari ku kazi;
 - Umukozi yambara agapfukamunwa/amazuru, agasiga intera y'intambwe byibura 6 hagati ye n'abandi bakozi ndetse n'ababagana, kugira uruhare mu isuzuma buzima rya buri muni igihe ari mu kazi nkuko bigaragara mu [amabwiriza](#) y'Ibigo Bishinzwe Guhangana n'Ibyorezo (CDC)

Abakozi bo mu nzego z'ubuzima ndetse n'abakoresha bagomba gukurikiza [amabwiriza](#) y'umurimo agenga inzego z'ubuzima atangwa n'Ibigo Bishinzwe Gukumira no Guhangana n'Icyorezo (CDC), ndetse bagomba kugendera ku mabwiriza y'ishami rya Leta ya New Hampshire Rishinzwe Serivise z'Ubuzima Rusange arebana n'[Ibisabwa mu Kugaruka mu Kazi ndetse no Kugabanyuka kw'Abakozi ku Mibereho Myiza Yabo Irambye](#) bishobora gukoreshwa no mu zindi nzego z'ubuzima mu guhangana n'ibibazo byo kugabanyuka kw'abakozi.

Ariko kandi, niba bizinesi runaka iri guhura n'ikibazo kigaragara cy'ubuke bw'abakozi ku mpamvu zuko bagiye mu kato bigatuma ibikorwa by'ikigo bihungabana, ikigo gishobora guhitamo gupima abakozi b'ingenzi, hafatwa ibipimo by'utunyangingo duto twa SARS-CoV-2 mu rwego rwo gusozza igihe cy'akato nyuma y'umunsi wa 7 niba ibi bikurikirwa byakurikijwe:

- [Urugero rukwiye rw'igipimo cy'ubuhumekero](#) rwafashwe ku munsi wa 6-7 w'akato (ni ukuvuga mu minsi 48 mbere yo kurangiza igihe cy'akato nyuma y'umunsi wa 7)
- Urugero rwafashwe rwasuzumye koronavirusi ya SARS-CoV-2 hifashishijwe utunyangingo duto cyane (urugero PCR – uburyo bwo kubona akanyangingo kanzinya katagaragara, yo ikagakuza kakaza kagaragara neza.) kandi igisubizo cyabaye hoyu. Gusuzuma ubudahangarwa ntabwo byemewe kuri iyi nshuro.
- Nta bimenyetso agaragaza
- Akurikirana ibimenyetso bye bya COVID-19 buri munsi mu minsi yose y'akato uko ari 14 nyuma yo guhura n'uwanduye
- Akurikiza inama ahabwa n'inzego z'ubuzima atari farumasi gusa, zo guhangana na COVID-19 (guhana intera, kwirinda kujya ahateraniye abantu benshi, kwambara agapfukamunwa/mazuru, gukaraba intoki kenshi, n'ibindi.) mu minsi yose y'akato uko ari 14 nyuma yo guhura n'uwanduye
- Igihe agaragaje ibimenyetso bya COVID-19, agomba guhita yishyira mu muhezo kandi akihutira kwisumisha, kabone nubwo yaba aherutse kwipimisha agasanga nta COVID-19 afite.

Abakozi b'abanyamwuga n'inararibonye baza muri Leta ya New Hampshire bavuye mu bindi baje gukora mu nzego zifite ibyago by'ubwandu bemerewe kurara muri hoteli za New Hampshire batabanje gushyirwa mu kato muri leta z'iwabo mbere yuko bahagera. Bagomba gukurikiza andi mabwiriza nkuko bigaragara hejuru bita cyane mu kwambara agapfukamunwa/mazuru kandi bagasiga intera igihe bari mu kazi n'igihe bari ahateraniye abantu benshi (urugero, igihe bajya/bava muri hoteli, bajya guhaha amafunguro batahana, n'ibindi.), ndetse bagomba kujya mu kato kandi bakitarura abantu benshi igihe batari gukora.

Incamake y'Umuhezo n'Akato

Ikimenyetso umukozi agaragaza/Ubwandu	Uwo babana mu rugo yahuye (ibyago biri hejuru) n'uwanduye COVID-19 mu minsi 14 ishize	Uwo batabana ariko wa hafi yahuye n'uwanduye COVID-19 mu minsi 14 ishize	Yagiriye ingendo mu mahanga, mu bwato, cyangwa mu gihugu hanze ya New England	Yagiriye Ingendo muri New England cyangwa Nta Ngendo Yagize
Ikimenyetso Gishya cyangwa Kidasobanutse cya COVID-19	Ishyire mu muhezo kandi wihutire kwipimisha. Niba ataranduye Yishyire mu kato mu gihe cy'iminsi 10 kuva ku munsi wa	Ishyire mu muhezo kandi wihutire kwipimisha. Niba ataranduye Yishyire mu kato mu gihe cy'iminsi 10 kuva ku munsi wa	Ishyire mu muhezo kandi wihutire kwipimisha. Niba ataranduye ashobora gusubira mu buzima bwe busanzwe igihe amaze byibura amasaha 24 nta muriro (nta miti igabanya umuriro afashe) n'ibindi bimenyetso bitakigaragara, NDETSE kimwe muri bitatu bikurikira byuzuye:	Ishyire mu muhezo kandi wihutire kwipimisha. Niba ataranduye ashobora gusubira mu buzima bwe

	<p>nyuma aheruka guhura n'uwanduye</p> <p>Reba “ubudahangarwa ku bisabwa” ngo umukozi wo mu nzego z’ubuzima ajye mu kato kandi “anakavemo” uburyo bureba gusa abakozi b’ingenzi bakora mu kigo cyagize ubuke bukabije bw’abakozi</p>	<p>nyuma aheruka guhura n'uwanduye</p> <p>Reba “ubudahangarwa ku bisabwa” ngo umukozi wo mu nzego z’ubuzima ajye mu kato kandi “anakavemo” uburyo bureba gusa abakozi b’ingenzi bakora mu kigo cyagize ubuke bukabije bw’abakozi</p>	<ol style="list-style-type: none"> 1. Umukozi yarangije igihe cyo kwishyira mu kato mu gihe cy’iminsi 10 kuva ku muni wa nyuma w’urugendo 2. Urugendo rwari “ingenzi” 3. Umukozi ahagarika igihe cy’akato nyuma y’umunsi wa 6-7 nta bwandu bwa SARS-CoV-2 afite ku muni wa 7 w’akato (isuzuma rigomba gukorwa hifashishijwe uduce dutoya cyane kugira ubwandu bugaragare, harimo nk’ibipimo bya PCR) (Icyitonderwa: Niba umukozi yarapimwe mbere y’umunsi wa 6-7 w’akato kubera ibimenyetso kandi ibipimo bikagaragaza ko atarwaye, rero kwipimisha bwa kabiri ku muni wa 6-7 birakenewe kugira ngo igihe cy’akato kirangire nyuma y’iminsi 7.) <p>Niba ukora ingendo (umugenzi) afatwa nk’umukozi w’ingenzi ukora mu nzego zifite ibyago by’ubwandu, ashobora kugaruka ku kazi niba amaze amasaha 24 nta muriro (nta miti igabanya umuriro) ndetse n’ibindi bimenyetso bitakigaragara, ariko bagomba kujya mu kato ku zindi mpamvu zitari iz’akazi hakurikijwe amabwiriza yo kujya mu kato.</p>	<p>busanzwe igihe amaze byibura amasaha 24 nta muriro (nta miti igabanya umuriro afashe) n’ibindi bimenyetso bitakigaragara</p>
--	--	--	---	---

Incamake y’Umuhezo n’Akato, Birakomeza

Ikimenyetso umukozi agaragaza/Ubwandu	Uwo babana mu rugo yahuye (ibyago biri hejuru) n'uwanduye COVID-19 mu minsi 14 ishize	Uwo batabana ariko wa hafi yahuye n'uwanduye COVID-19 mu minsi 14 ishize	Yagiriye ingendo mu mahanga, mu bwato, cyangwa mu gihugu hanze ya New England	Yagiriye Ingendo muri New England cyangwa Nta Ngendo Yagize
Nta bimenyetso (Ibimenyetso ntibigaragara)	<p>Ishyire mu kato mu gihe cy'iminsi 10 kuva ku muni wa nyuma aheruka guhura n'uwanduye Isuzumisha</p> <p>Ipimishe</p> <p>Reba "ubudahangarwa ku bisabwa" ngo umukozi wo mu nzego z'ubuzima aje mu kato kandi "anakavemo" uburyo bureba gusa abakozi b'ingenzi bakora mu kigo cyagize ubuke bukabije bw'abakozi</p>	<p>Ishyire mu kato mu gihe cy'iminsi 10 kuva ku muni wa nyuma aheruka guhura n'uwanduye</p> <p>Ipimishe</p> <p>Reba "ubudahangarwa ku bisabwa" ngo umukozi wo mu nzego z'ubuzima aje mu kato kandi "anakavemo" uburyo bureba gusa abakozi b'ingenzi bakora mu kigo cyagize ubuke bukabije bw'abakozi</p>	<p>Ishyire mu kato mu gihe cy'iminsi 10 kuva ku muni wa nyuma w'urugendo (kereka ingendo ziri ngombwa)</p> <p>Umukozi yemerewe guhagarika igihe cy'akato nyuma y'umunsi wa 7 nta bwandu bwa SARS-CoV-2 afite ku muni wa 6-7 w'akato (isuzuma rigomba gukorwa hifashishijwe uduce dutoya cyane kugira ubwandu bugaragare, harimo nk'ibipimo bya PCR)</p> <p>Niba ukora ingendo(umugenzi) afatwa nk'umukozi w'ingenzi ukora mu nzego zifite ibyago by'ubwandu, ashobora kugaruka ku kazi niba amaze amasha 24 nta muriro (nta miti igabanya umuriro) ndetse n'ibindi bimenyetso bitakigaragara, ariko bagomba kujya mu kato ku zindi mpamvu zitari iz'akazi hakurikijwe amabwiriza yo kujya mu kato.</p>	Ntacyo abujijwe
Ibipimo bigaragaza ko nta bwandu bwa COVID-19	Ishyire mu muhezo	Ishyire mu muhezo	Ishyire mu muhezo	Ishyire mu muhezo

Ingendo za ngombwa harimo iz'akazi, ku ishuri, umutekano, ubuvuzi, kwita ku bandi, inshingano za kibyezi, z'ubuvuzi, ndetse n'amafunguro cyangwa ibinyobwa (ingendo zo hafi zo guhaha ibyo kujyana mu rugo ndetse no mu maduka gusa). Ingendo za ngombwa kandi zirimo iz'abanyeshuri n'ababyeyi babo cyangwa abishingizi basura amashuri makuru cyangwa ayisumbuye ategura abanyeshuri kuzajya mu mashuri makuru, harimo no kubemerera kurara ku ishuri. Abakozi batari ab'ingenzi bakoreraga ingendo mu bice bifite ibyago by'ubwandu ku mpamvu zabo bwite cyangwa zo kwishimisha ntabwo bafite ubu burenganzira.

Ni irihe tandukaniro riri hagati y'Umuhezo n'Akato?

Umuhezo bikoreshwa ku bantu barwaye cyangwa banduye virusi ya corona ariyo itera COVID-19; hanyuma akato kagakoreshwa ku bantu bahuye n'abanduye kandi bakaba bafite ibyago biri hejuru byo kwandura. Aya magambo yombi asobanura ko umuntu aba agomba kuguma mu rugo kure y'abandi, ariko igihe bamara muri bino bihe kiratandukanye. Reba incamake y'itandukaniro ku [rubuga](#).