









COVID-19: Gushyirwa mu muhezo, akato, no kwiytaho ubwawe bisobanuye iki?

*Byavuye mu ishami rishinzwe ubuzima rya Vermont

Ku bindi bisobanuro mwahamagara 2-1-1 cyangwa musure urubuga h <https://www.nh.gov/covid19/>

|  | Ikibazo? | Umuhezo | Akato | Kwiytaho ubwawe |
|--|---|---|--|--|
|  | Kuri bande? | Abarwayi ba COVID-19 cyangwa abasanzwemo COVID-19 ariko bakaba nta kimenyetso bagaragaje. | Abantu bose: • Bahuye n'abanduye COVID-19, cyangwa • Bavuye gutembera muri NH (uretse leta nkeya zo muri Northeast) ⁽²⁾ | Abandi baturage bose ba New Hampshire. |
|  | Nguma mu rugo? | Yego | Yego | Kuguma mu rugo ni uburyo bwiza mu kugabanya ibyago. Kurikiza amabwiriza yo kwirinda igihe usohotse mu rugo. |
|  | Nshobora kujya mu kazi? | Hoya. Korera mu rugo niba akazi kawe kabikwemerera. | Hoya. Korera mu rugo niba akazi kawe kabikwemerera. | Kurikiza amabwiriza y'ubuzima ku kazi. Korera mu rugo niba bishoboka. |
|  | Nshobora kujya hanze gutembera no gutwara igare? | Nyuma yo kwemezwa n'inzego z'ubuzima. Siga intera ya metero 2 hagati yawe n'abo mutabana kandi wambare agapfukamunwa. | Nyuma yo kwemezwa n'inzego z'ubuzima. Siga intera ya metero 2 hagati yawe n'abo mutabana kandi wambare agapfukamunwa. | Yego. Siga intera ya metero 2 hagati yawe n'abo mutabana. Ambara agapfukamunwa aho bidashoboka. |
|  | Nshobora kujya guhaha no kugura ibindi nkenerwa nk'imiti? | Hoya, kugeza igihe umaze gukira. ⁽¹⁾ | Hoya, kugeza iminsi 14 ishize kuba igihe wahuye n'uwanduye. | Yego. Siga intera ya metero 2 hagati yawe n'abo mutabana. Ambara agapfukamunwa ahobidashoboka. Karaba intoki kenshi. |
|  | Mba mu cyumba cya ngenyine mu rugo? | Igihe bishoboka, guma mu cyumba cya wenyine kugeza ukize. ⁽¹⁾ | Igihe bishoboka, guma mu cyumba cya wenyine kugeza iminsi 14 irangiye ndetse nta bimenyetso bikigaragara. ⁽²⁾ | Hoya |
|  | Niba ntangiye kumva ndwaye? | | Tangira umuhezo kandi ubimenyeshe inzego z'ubuzima. | Tangira umuhezo kandi ubimenyeshe inzego z'ubuzima. |

1. Gukira COVID-19 bisobanuye kumara A) Byibura iminsi 10 kuba ku muni ibimenyetso byagaragayeho bwa mbere NDETSE B) Byibura umunsi umwe (amasaha 24) agashira umuriro utakigaragara kandi hakaba hatagikoreshwa imiti igabanya umuriro NDETSE C) Ibindi bimenyetso bikaba byagabanyutse byibura umunsi umwe. Niba utarigize ugaragaza ibimenyetso igihe wasuzumwaga, gukira ni igihe hashize iminsi 10 uvuye ku itariki wasanzwemo COVID-19 ugakomeza kwiberaho nta kimenyetso ugaragaza.

2. **Guhura n'uwanduye:** Iminsi 14 uvuye ku muni uheruka guhura n'umurwayi wa COVID-19. Niba ubana n'umurwayi wa COVID-19, akato kamara iminsi 14 y'inyongera nyuma yuko uwo murwayi mubana akize. Ku baturage bagarutse: iminsi 14 uvuye igihe wagiriye ingendo hanze cyangwa hanze ya ME, NH, VT, CT, RI, MA, hatagendewe ku buryo bw'urugendo (rusange cyangwa bwihariye), cyangwa ubwato. Ku bindi sura <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/employee-travel-guidance.pdf> *Wanasuzumwaga igihe uri mu kato nubwo nta kimenyetso waba warigeze ugaragaza. Sura urubuga rwacu.