



Leta ya New Hampshire COVID-19 Amabwiriza ku Bijyanye n'Ingendo 3 Ukuboza 2020

Icyorezo cya (COVID-19) giterwa na virusi nshya ya corona yavutse mu 2019, gikomeje gukwirakwira ku isi yose ndetse no muri Leta Zunze Ubumwe by'umwihariko. Ibihugu byinshi, harimo Leta Zunze Ubumwe (reba [amakuru ya leta zose](#)), bikomeje kugira umubare munini w'ubwandu bwa COVID-19, ndetse n'ibice byinshi byagerageje guhangana no kugabanya imibare yabo imibare y'abanduye COVID-19 yongeye kuzamuka. Henshi mu hantu hakunze kugendwa ku rwego mpuzamahanga bakomeje gusohora [Itangazo ry'Ubuzima ku Bijyanye n'Ingendo](#) rigaragaza ibyago biri hejuru byo kwandura COVID-19, no kubabuzza gukora ingendo zitari ngombwa. Nyamara, zaba ingendo mpuzamahanga cyangwa izo mu gihugu zongera ibyago byo kwandura no gukwirakwiza ubwandu bwa COVID-19; kuguma mu rugo nibwo buryo bwiza bwo kwirinda ukarinda n'abandi kuba bakwandura.

Ibigo Bishinzwe Guhangana n'Icyorezo (CDC) biratanga amabwiriza ngenderwaho ku bantu [bakorera ingendo muri Leta Zunze Ubumwe z'Amerika](#). Kubera ko gukora ingendo byongerera umuntu ibyago byo kwandura COVID-19 binyuze mu guhura n'abandi cyangwa gukora ku bikoreho byanduye, umuntu wese ukora ingendo agomba kwirinda gukoresha uburyo rusange, yirinda amahuriro n'abantu batabana mu rugo bya hafi, siga intera byibura y'intambwe 6 hagati yawe n'abandi, ambara agapfukamunwa/mazuru igihe uri ahantu hateraniye abantu benshi, kandi basukure intoki zabo.

Leta ya New Hampshire irashishikariza abatuye ndetse n'abasura NH gukurikiza amabwiriza y'ingendo no gushyirwa mu kato mu rwego rwo gukumira ubwandu bushya no gukwirakwiza COVID-19 mu baturage bacu iturutse hanze ya NH bafite ubwiyongere buri hejuru bw'ubwandu bwa COVID-19. Hari amabwiriza atandukanye ku bakoresha/abakozi ajyanye n'ingendo no gushyirwa mu kato akubiye mu [Mabwiriza Mpuzamahanga](#) ndetse n'[amabwiriza](#). ya Leta ya New Hampshire Ishami rya Serivise z'Ubuzima Rusange zijyanye n'ingendo, gupima ndetse no guhagarika umukozi. Ibindi bigo n'abantu ku giti cyabo aho aya mabwiriza ya bizinesi adashobora gukora (urugero., ibigo by'amashuri ya leta) bagomba gukurikiza aya mabwiriza, cyangwa bakareba uko bahuza aya mabwiriza n'inzego zabo ndetse n'ibyabakenera bashimangira ingamba zafashwe ku ngendo n'ishyirwa mu kato byibanda ku ngendo z'ingenzi zikorwa igihe habayeho kurinda abantu ku giti cyabo, imiryango, ndetse n'abaturage kuzana ubwandu bushya no gukwirakwiza COVID-19.

Amabwiriza y'Ishyirwa mu Kato ku Wakoze Ingendo

Abatembera/Abashyitsi ku **NDETSE** n'**abaturage** ba New Hampshire bagomba [kwishyira mu kato](#) mu gihe cy'iminsi 10 ikurikiye itariki ya nyuma iheruka yakoreweho urugendo rufite ibyago by'ubwandu buri hejuru, hari ingendo zo mu mahanga (harimo izijya/iziva muri Canada); mu bwato; cyangwa mu gihugu imbere hanze ya leta za New England Maine, Vermont, Massachusetts, Connecticut, cyangwa Rhode Island ku mpamvu zitari ngombwa.

Abantu byagaragaye ko bahuye n'ibyago biri hejuru bw'ubwandu mu ngendo bashobora kurangiza igihe bamara mu kato nyuma y'umunsi wa 7 bakipimisha ku munsi wa 6-7 w'akato kugira ngo bisuzumisha 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 akanyangango kanzinyo katagaragara, yo ikagakuza kakaza kagaragara neza); ibipimo bishingiye ku gusuzuma ubudahangarwa bw'abasirikare ntabwo byemewe ku bw'iyi mpamvu. Igihe ibipimo bifashwe ku munsi wa 6-7 w'akato, akaba nta bimenyetso agaragaza, isuzuma rikaba rigaragaza ko atanduye, ashobora guhita asoza igihe cy'akato nyuma y'iminsi 7, ariko basabwa gukomeza [kwikurikirana](#) ku



Ibiro Bishinzwe Kurwanya Indwara Zandura

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 muni 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 abagiye mu kato bitewe n'ingendo bakoze (ntabwo ari uko bishyize mu kato kuko bafite ibyago byinshi batewe no guhura n'uwanduye COVID-19).

Abatemberera/abashyitsi baja muri Leta ya New Hampshire bemerewe kwishyira mu kato muri leta baturukamo mu gihe cy'iminsi 10 mbere yuko bahagera bapfa kuba bataraje muri NH bifashishije uburyo bwa rusange. Ikindi na none, abatemberera/abashyitsi muri NH bemerewe kwishyira mu kato iwabo muri leta baturukamo mu gihe cy'iminsi 7, hakaboneka ibipimo hifashishijwe uduce dutoya cyane(urugero., PCR – uburyo bwo kubona akanyangingo kanzinya katagaragara, yo ikagakuza kakaza kagaragara neza) kugira ngo hasuzumwe ubwandu bwa SARS-CoV-2 mbere yo kugera muri NH, hanyuma iyo ibipimo bigaragaje ko atanduye umugenzi/umushyitsi ntabwo asaba kujya mu kato ageze muri NH apfa kuba mu kuza atarakoresheje ingendo za rusange, ndetse nta n'aho yahuriye n'uwanduye COVID-19. Ibipimo bishingiye ku gusuzuma ubudahangarwa bw'abasirikare ntabwo byemewe ku bw'iyi mpamvu. Akato bivuze ko umuntu aba atemerewe kuva mu rugo, yewe no kujya ku kazi, ku ishuri, cyangwa indi mirimo y'ingenzi, ikindi umuntu ujya muri Leta ya NH ntabwo agomba guhagarika igihe cy'akato mbere yuko abona ibisubizo ku bipimo bye ndetse na mbere yo kujya muri New Hampshire (bivuze ngo., kuva igihe umuntu abonyeye yuko atanduye COVID-19 kugeza igihe izagerera muri NH, nta buryo buryo bwo guhura n'abantu benshi bukwiye kubaho).

Irengayobora ku Ishyirwa mu Kato k'Uwakoze Ingendo

Ibigo birasabwa gushyiraho uburyo bwabo bw'ingendo kandi bigafata ingamba zo guhagarika abakozi amabwiriza rusange y'inzeho z'ubuzima (iri bwiriza ndetse [amabwiriza](#) ya Leta New Hampshire Ishami Rishinzwe Serivise z'Ubuzima Rusange arebana n'Ingendo, Kwipimisha ndetse no Guhagarikwa) hamwe n'[Amabwiriza Mpuzamahanga](#). Irengayobora ku mabwiriza agenga ishyirwa mu kato k'uwakoze ingendo rigaragara hano, rishobora gukorwa na bizinesi, ibigo, amashuri, n'ibindi, ku bantu bakora "ingendo ziri ngombwa" ku mpamvu z'ingenzi. "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. 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 (reba amabwiriza ya Leta ya New Hampshire Ishami Rishinzwe Serivise z'Ubuzima Rusange arebana n'Ingendo, Kwipimisha ndetse no Guhagarikwa ku bindi bisobanuro birebana no guhitamo ndetse n'amabwiriza agenga "umukozi w'ingenzi").

Irengayobora ku mabwiriza agenga ishyirwa mu kato rikurikiza ibyago biri hejuru k'uwakoze ingendo, nyamara ariko, ntabwo rigomba kuba ihame kandi imbaraga zose zigomba gukoreshwa mu gufasha abantu ku giti cyabo gukora, kwiga, cyangwa gukorera akandi kazi k'ingenzi mu rugo mu gihe bari mu kato. Abantu bemerewe gukora cyangwa kujya ku ishuri tutirengagije ibyago biri hejuru k'uwakoze agomba kujya mu kato ku zindi mpamvu zitari akazi n'ishuri, kandi ntagomba kujya ahakorera imirimo rusanze cyangwa amahuriro mu gihe bari mu kato.

Incamake ku Ishyirwa mu Kato k'Uwakoze Ingendo

Ikimenyetso/Icyo ibipimo bigaragaza	Yagiriye ingendo mu mahanga, mu bwato, cyangwa mu gihugu hanze ya New England	Yagiriye Ingendo muri New England cyangwa Nta Ngendo Yagize
<p>Ikimenyetso Gishya cyangwa Kidasobanutse cya COVID-19</p>	<p>Ishyire mu muhezo kandi wihutire kwipimisha.</p> <p>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:</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 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) (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 7 birakenewe kugira ngo igihe cy'akato kirangire nyuma y'iminsi 7.) 	<p>Ishyire mu muhezo kandi wihutire kwipimisha.</p> <p>Niba ataranduye ashobora gusubira mu buzima bwe busanzwe igihe amaze byibura amasaha 24 nta muriro (nta miti igabanya umuriro afashe) n'ibindi bimenyetso bitakigaragara.</p>
<p>Nta bimenyetso (Ibimenyetso ntibigaragara)</p>	<p>Ishyire mu kato mu gihe cy'iminsi 10 kuva ku muni wa nyuma wakoreyeho urugendo (cyereka niba ari urugendo ruri 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>Ntacyo abujijwe</p>
<p>Ibipimo bigaragaza ko nta bwandu bwa COVID-19</p>	<p>Ishyire mu kato</p>	<p>Ishyire mu kato</p>

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. Abakozi batari ab'ingenzi bakorerera 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](#).