

Coronavirus (COVID-19)

Ibibazo Abantu Bakunze Kubaza (FAQs)

Ikibazo: Ni nde afise ivyago vyo kwandukizwa uyu mugera?

Abantu baba, bakora, canke bagendera mu turere COVID-19 iriko irakwiragira bafise ivyago vyo kwandukizwa iyi ndwara. Abantu bahumuye kandi basanzwe barwaye, akarorero abarwayi ba diyabete n'abarwayi barwaye umutima, bibonekeza kugira ivyago vyinshi nibogira aho baturira n'uyu mugera.

Ikibazo: Ni ibihe bimenyetso ntegerezwa kugira ninokwandukizwa indwara ya COVID-19?

Haheze iminsi kuva kuri 2 gushika kuri 14 wagize aho uhurira n'indwara ya COVID-19, utangura kugira:

- umucanwa
- inkorora na/canke ingorane zo guhema

Ikibazo: Nokwirinda gute kwandukira uwo mugera?

Ubu nyene nta rucanco ruhari rwo gukingira COVID-19. Kugira ukwingire ko uyu mugera ukwiragira:

- Utegerezwa kwirinda kwegera abantu barwaye.
- Niwoba urwaye, utegerezwa kuguma imuhira.
- Ukoroye canke wasamuye utegerezwa kwipfuka n'agatambara k'isuku, canke ukoroye be wasamuye ipfuke ukoresheje izingiro ry'ukuboko/inkokora.
- Sukura kenshi ahantu n'ibintu abantu bama bakorakora kandi uhatere umuti wica udukoko dutera indwara .
- Wirinde kwikorakora mu maso, ku munwa, ku mazuru, canke ku maso. Uwo mugera urashobora gukwiragira niwokora ahantu wandukije ugaca ukora kuri kimwe muri ivyo bihimba.

- CDC nta mpanuro iha abantu bafise amagara meza yo kwambara udutambara dupfuka amazuru n'umunwa kugira bikingire indwara ifata ibihimba vyo guhema, harimo n'indwara ya COVID-19. Udutambara dupfuka amazuru n'umunwa twambarwa n'abantu batanguye kugaragaza ibimenyetso vya COVID-19 kugira bikingire ikwiragira ry'indwara mu bandi bantu.
- Karaba intoki kenshi n'amazi n'isabuni umare n'imiburiburi imisegonda 20, canecane uvuye kwa sugumwe; imbere yo kurya; nyuma yo gukora ahantu akarorero nko kuri buto za asanseri na telephone; na nyuma yo kwimyira, gukorora, canke kwasamura.
- Isabuni n'amazi nivyoba bitari hafi naho, koresha umuti usukura n'imiburiburi urimo arukoro 60%. Wame buri gihe ukaraba intoki n'isabuni n'amazi niwobona ko intoki zicafuye.

Ikibazo: Niyumvira ko negereye umuntu yandukijwe indwara ya COVID-19. Ni iki nokora none?

Terefona muganga agukurikirana harya woba ufise umucanwa n'ibimenyetso vy'indwara ifata ibihimba vyo guhema, akarorero inkorora canke ingorane zo guhema, kandi waregereye umuntu afise aho yahuriye n'indwara ya COVID-19 canke niba uheruka gukora urugendo mu karere iyo ndwara iriko irakwiragiramwo.

Ikibazo: Noronka gute ayandi makuru?

- Terefona muganga agukurikirana ubwa mbere (PCP)
- Ugurura umuhora wo ku ngurukanabumenyi w'Ibigo Bicungera kandi Bigakingira Indwara wa [CDC.gov](https://www.cdc.gov) uce urondera “COVID-19.”
- Ugurura umuhora wo ku ngurukanabumenyi wa [UPMC.com](https://www.upmc.com).



Amakuru yatunganyijwe avuye kuri CDC.gov no kuri Healthwise, Inc. Bayatunganyije bamaze kuronka uruhusha rwa UPMC. Niwoba ufise akakubakiye wifuzaga guserura karaba indwara canke aya mabwiriza, wame iteka ubaza umuhinga mu buvuzi. Healthwise, incorporated yishingiye canke ikaba ari yo ibazwa ikoresheya ry'aya makuru.

Urondera gusubira kurungikirwa aya makuru koresha ifishe ya # UPMC-2544 PATEX_MS/BH 03/20 © 2020 UPMC