

FIVE RIVERS HEALTH CENTERS



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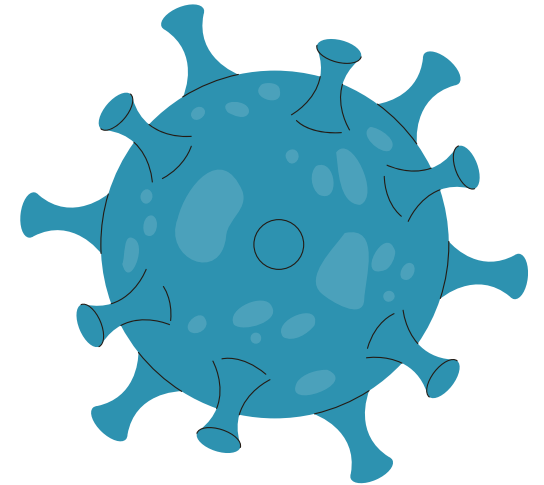
2261 Philadelphia Dr.,
Dayton, OH 45406

TEGANYA URUKINGO RWA COVID-19:

Wasura urubuga rwa:
[www.vaccines.gov/
search/](http://www.vaccines.gov/search/)



Ukeneye andi makuru wasura urubuga rwa
www.cdc.gov/coronavirus



AMAKURU YEREKEYE COVID-19

Yatanzwe ku bufatanye na:



Wright State Physicians



Five Rivers
HealthCenters



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Urabe maso ku birebana n'ubuzima bwawe



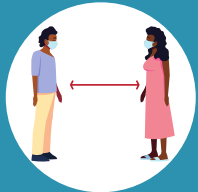
Usabwe kuguma mu rugo uko bishoboka kose, mu gihe cy'iminsi 10 nyuma yo kuva mu rugendo.

Genzura ibimenyetso bya COVID-19 kandi wipime umuriro niba wumva urwaye.



Ambara agapfukamunwa mu gihe utari mu rugo. Agapfukamunwa kagomba kuba gapfuka umunwa n'amazuru kandi kandi gafashe neza impande zombi.

Mu gihe uri hafi y'abandi bantu, siga nibura intera ya metero 2 (6ft) hagati yawe n'abandi bantu mutabana.



Karaba intoki zawe kenshi cyangwa wifashishe umuti wagenewe gusukura intoki wiganjemo arukoro iri ku kigero cya 60%.

Irinde kwegera abantu bafite ibyago byinshi byo kuba bazahazwa na COVID-19.



Mu gihe urwaye ukagaragaza ibimenyesto bya COVID-19, banza uhamagare mbere yo kujya kubonana na muganga.

Kurikirana Ibimenyetso



Inkorora, kubura umwuka cyangwa guhumeka bigoranye



Kutumva icyanga cyangwa impumuro



Kubabara imikaya cyangwa gutonekar a umubiri



Inkorora, kubura umwuka cyangwa guhumeka bigoranye Umuriro cyangwa gutengurwa



Kuruka cyangwa guhitwa

Genzura ibimenyetso bya COVID-19 kandi wipime umuriro niba wumva urwaye.



Igipimo cy'umuriro ni 38°C cyangwa ukarenga.

***Hita witabaza serivisi z'ubuvuzi niba hari umuntu ugaragaje ibimenyetso biburira byihutirwa bya COVID-19.**

- Guhumeka bigoranye
- Ububabare cyangwa kokerwa bidashira mu gitsuza
- Gutakaza ubwenge
- Kutabasha kubyuka ngo weguke cyangwa gukanguka
- Uruhu, iminwa cyangwa uruhu inzara zifasheho byahindutse ubururu, ikigina cyangwa byahinduye ibara muri rusange, bitewe n'uko uruhu rumeze

Icyo Wakora Uramutse Urwaye

Mu gihe urwaye ukumva ufite umuriro, inkorora cyangwa ibindi bimenyetso bya COVID-19:



Guma mu rugo. Irinde guhura n'abandi bantu kugeza igihe kuba wava mu rugo bitagira icyo byangiza. **Ushobora kuba urwaye COVID-19;** abenshi bashobora no gukirira mu rugo hatabayeho gukenera serivisi z'ubuvuzi. **Hamagara umukozi ushinze dosiye yawe w'ikigo gishinzwe serivisi zo gutuza abimukira** mu gihe ukeneye ubufasha, nk'igihe ukeneye umusemuzi kugira ngo uvugane na muganga.

Jya ukomeza uvugane na muganga. Niba

uhangayikishijwe n'ibimenyetso ufite, hamagara cyangwa woherewe ubutumwa mbere y'uko ujya aho muganga akorera cyangwa mu cyumba bakiriramo indembe.



Niba ufite ibimenyetso biburira bigaragaza ko urembye (birimo guhumeka bigoranye), hamagara 911 maze usabe serivisi z'ubuvuzi ako

kanya. Mubwire ibyerekeye urugendo rwa vuba uheruka gukora n'ibimenyetso ufite.



Niba uba muri karitsiye za bugufi hamwe n'abandi, hari ibindi usabwa kwitondera. kugira ngo ubarinde.