

Ikingire ubwawe hamwe n'abandi

COVID-19 iriko irakwiragira ku rugero runini muri Vermont. Muri kino gihe, birahambaye ko wongera gusuzuma inzitizi zawe ubwawe hama ukaraba ko ukwiye gufata ingingo zo kwikingira, nko kwambara agafukamunwa kameze neza hanze mu bibanza bihuriramwo abantu benshi. Nimba ufise ibimenyetso na bimwe, ipimishe. Nimba igipimo cerekanye ko wanduye kandi ufise ivyago vyinshi vyo kwandura, iture umutangabufasha wawe mu vy'ubuvuzi ubwo nyene kugira uvurwe.

Umugera wa COVID-19 uzogumana natwe igihe kirekire. Abantu b'i Vermont bafise ibikoresho bikenewe vyo kwirinda kwandura ubwabo hamwe n'abandi canke gukwiragiza umugera.

Guma ukurikirana incanco zigezweho

Incanco nivyo bikoresho bikenewe dufise ubwacu bwo kwirinda COVID-19, cane cane indwara zikomeye, kuja mu bitaro hamwe no gupfa.

Abantu batacandazwe bafise ivyago vyinshi vyo kwandura no gukwiragiza umugera. Turahimiriza cane uwariwe wese akwije ibisabwa kwirinda ubwiwe mu kwicandagisha vuba cane hashoboka, kandi yiteze urushinge rukabura kugira ngo akingirwe bihagije igihe akwije ibisabwa. [Rondera aho ushobora kuronka urucanco.](#)

Ipimishe igihe bikenewe

Ushobora gukingira abandi mu kwipimisha nimba ufise [ibimenyetso vya COVID-19](#) canke wahuye n'uwurwaye COVID-19. Ni ngirakamaro cane kwipimisha nimba ufise [ivyago vyinshi vyo kwandura COVID-19](#) kugira ngo ushobore kuja kubaza umutangabufasha wawe ibijanye no kwivuzi. [Rondera aho uja kwipimishiriza.](#)

Guma muhira nimba urwaye

Nimba ufise ibimenyetso vya COVID-19, ibicurane canke iyindi ndwara yandukira, usabwe kuguma muhira igihe urwaye kandi uhamagare umutangabufasha wawe nimba bikenewe. Ibi bifasha kurwanya imigera gukwiragira, gukingira abashobora kuba bafise ivyago vyinshi vyo kurwara indwara zikomeye, kandi biguha amahirwe yo kumererwa neza.

Kwambara agafukamunwa hamwe n'izindi ngingo ushobora guhitamwo

Kubera urugero rw'indwara zikomeye ruri hasi mu kibano cacu, umuntu wese ashobora guhitamwo nimba ashaka gufata ingingo ubwiwe zifatiye ku rugero rw'ivyago vyo kwandura.

Amahitamwo yerekeye izindi ngingo zinyongera avana n'ivyago ufise

Amahitamwo yawe ashobora guterwa na:

- Imyaka yawe canke ukwo amagara yawe ameze
- Nimba ufise ingorane z'abasoda b'umubiri
- Nimba wirirwana n'abantu bafise ivyago vyinshi canke baticandagishije

Izi ngingo zitegerezwa kubamwo [kwambara agafukamunwa](#), ari nako gafasha kugukingira n'abandi bantu bari iruhande yawe kwandura no gukwiragiza COVID-19. Uturorero tw'udufukamunwa dukozwe neza ni N95 canke KN95, tumeze neza cane mu gukinga utuma tw'amate. Ushobora kandi kwambara agafukamunwa gafata neza gakoze mu dutambara tubiri canke agafukamunwa gafutswe n'impuzu kugira ngo vyongereze ubwirinzi.

Menya nimba ufise ivyago vyinshi vyo kwandura COVID-19

Nimba [ufise ivyago vyinshi vyo kwandura COVID-19](#), ushobora kwiyumvira gufata ingingo z'inyongera, kumenya neza ko uja kwipimisha ningoga, no kwitegura gushikira umutangabufasha wawe m'uvyubuvuzi kubw'ubuvuzi nimba igipimo cerekanye ko urwaye. Vugana n'umutanga bufasha wawe nimba ufise ibibazo ko ushobora kwandura.

Menya ivyo gukora [nimba igipimo cerekanye ko urwaye](#) canke [wegeranye n'uwanduye](#).

Protect Yourself and Others

COVID-19 is currently spreading at higher levels in Vermont. During these times, it is important to reassess your personal risk and strongly consider when to take prevention steps, such as wearing a high-quality mask in indoor public spaces. If you have any symptoms, get tested. If you test positive and are at higher risk, contact your health care provider right away to get treatment.

The COVID-19 virus will be with us for a long time. Vermonters have the tools needed to protect themselves and others from getting or spreading the virus.

Stay Up to Date on Vaccinations

Vaccines are the best tool we have to protect ourselves against COVID-19, especially from severe illness, hospitalization and death.

Unvaccinated people are at a much higher risk of getting and spreading the virus. We strongly encourage everyone who is eligible to protect themselves by getting vaccinated as soon as possible, and get their booster shot for full protection when eligible. [Find out where you can get your shot.](#)

Get Tested When Needed

You can protect others by getting tested if you have [COVID-19 symptoms](#) or an exposure to COVID-19. It's especially important to get tested if you are [at higher risk for COVID-19](#), so you can reach out to your health care provider to ask about treatment. [Find out where to get tested.](#)

Stay Home if Sick

Whether you have symptoms of COVID-19, the flu, or another contagious illness, please stay home if you are sick and call your health care provider if needed. This helps keep germs from spreading, protects those who may be at risk of serious illness, and gives you a chance to get well.

Masking and Other Precautions You Can Choose

As the level of severe disease is low in our communities, each person can decide if they want to take precautions based on their own personal level of risk.

Decisions about additional precautions depend on your risk

Your decisions might be influenced by:

- your age or health condition
- if you are immunocompromised
- if you spend time with people at higher risk or who are unvaccinated

These precautions might include [wearing a mask](#), which helps protect you and the people around you from getting or spreading COVID-19. Examples of high-quality masks are N95 or KN95 masks, which are very good at blocking droplets. You can also wear a well-fitting mask with at least two layers of tightly-woven fabric or layer a disposable mask under a cloth mask to increase effectiveness.

Know if you are at higher risk for COVID-19

If you are [at higher risk for COVID-19](#), you can consider taking additional precautions, make sure you have quick access to testing, and be ready to reach out to your health care provider for [treatment](#) if you do test positive. Talk to your health care provider if you have questions about your risk.

Learn what to do [if you test positive](#) or [are a close contact](#).