

Kuzuia COVID-19: Vidokezo au Shauri kwa Nyumba Zilizoa Watu Wengi au Familia Pana Zinazoishi katika Nyumba Moja



Ikiwa una vyumba vichache kwa kikundi cha watu, kuna njia za kujikinga mwenyewe na watu wanaoishi katika nyumba yako. Vidokezo hivi ni pamoja na ushauri wa kimsingi wa uzuiaji, mwongozo wa kujitenga, na mambo ya kufanya ikiwa mtu ni mgonjwa. Soma [Saidia Kuzuia Ugonjwa Usisambazwe, Jinsi ya Kujitenga mwenyewe ju ya COVID-19](#) na zaidi katika healthvermont.gov/covid19-translations.

Kinga watu walio katika nyumba

Jifanye kuwa uko katika hatari kubwa kama mtu aliye hatarini zaidi ya kuambukizwa katika nyumba yako. Watu ambao wana umri wa miaka 65 au zaidi wako kwenye hatari kubwa ya kupata ugonjwa mkali zaidi ikiwa wameambukizwa COVID-19. Watu walio na umri wowote na wana matatizo ya kiafya pia wako kwenye hatari kubwa ya kuambukizwa.

- Kaa nyumbani jinsi iwezekanavyo.
- Fuata ushauri wa jinsi ya kujizuia. Soma [Saidia kuzuia ugonjwa Usienee Usisambazwe](#).
- Usiruhusu wageni kuingia nyumbani kwako isipokuwa kama wanahitajika kuwa huko.
- Kaa mbali na wanamemba wa nyumba yako ambao wako kwenye hatari kubwa ya kuambukizwa.
- Watu walio kwenye hatari kubwa ya kuambukizwa wanapaswa kuepuka kuhudumiya watoto.

Ikiwa unahitaji kwenda nje ya nyumba:

- Kaa futi 6 (mita 2) mbali na watu ambao hawaishi katika nyumba yako.
- Epuka umati na mikusanyiko ya watu wengi.
- Vaa maski ya kitambaa. Soma [Kutumia maski za Kufunika Uso ili Kusaidia katika Kupunguza kusambazwa kwa COVID-19](#).
- Epuka usafiri wa umma au kusafiri katika gari lililo na watu kutoka nyumba tofauti.
- Usiguse mafasi zinazoguswa na watu mara kwa mara katika maeneo ya umma, kama vile vitufe vya lifti au vishikio vya ngazi.
- Ikiwa unahitajika kugusa kitu chochote kile kwenye maeneo ya watu wengi, epuka kugusa macho, pua na mdomo wako, na unawe mikono yako au utumie kisafisha mikono kilicho na kileo mara tu baada ya kugusa.
- Nawa mikono yako mara tu unapofika nyumbani.

Wakati mwanafamilia katika nyumba anapougua COVID-19

Watu wengi wanaougua COVID-19 watakuwa tu na maradhi madogo na wanapaswa kukaa nyumbani, mbali na wengine, ili wapate kupona. Pigia simu mtoa huduma wako wa afya ikiwa una wasiwasi yoyote. Soma [Mambo ya kufanya ikiwa unagunduliwa kuwa na COVID-19](#).

Zuia kusambazwa kwa virusi kwa watu wengine ndani ya nyumba:

- Linda angalau umbali wa futi 6 (mita 2) kati ya mtu ambaye ni mgonjwa na watu wengine nyumbani, zaidi watu walio katika hatari kubwa ya kuambukizwa.
- Ni mtu mmoja tu anayepaswa kumtunza mtu ambaye ni mgonjwa.
 - Mtunzaji hafai kuwa mtu aliye katika hatari kubwa ya kuambukizwa (umri wa miaka 65 au zaidi au mtu yeyote aliye na matatizo ya kiafya).
 - Mtunzaji anapaswa kuepuka kugusana na watu wengine katika nyumba.
 - Mtunzaji hapaswi kuwatunza wanafamilia wengine wa nyumba.
- Mtu aliye mgonjwa anapaswa kuvaa maski ya uso wakati wowote akiwa karibu na watu, isipokuwa kama ana matatizo ya kupumua au hawezi kuondoa maski ya uso peke yake.
- Usichangiye vifaa vya kibinafsi na mtu mgonjwa, kama vile simu, vyombo vya chakula, kitanda au vifaa vya kuchezea.
- Tenga chumba na bafuni tofauti kwa mtu mgonjwa kama inawezekana.

Ikiwa lazima ushiriki chumba na mtu mgonjwa:

- Hakikisha chumba kina mtiririko wa kutosha wa hewa. Fungua kidirisha au uwashe feni.
- Tengeneza nafasi tofauti kwa mtu ambaye ni mgonjwa iliyo mbali na watu wengine kwenye chumba jinsi iwezekanavyo.
- Weka pazia au kifaa halisi cha kugawanya kati ya nafasi ya mgonjwa na nafasi inayosalia ya chumba.
- Weka vitanda mbali iwezekanavyo, angalau umbali wa futi 6 (mita 2).
- Lala kichwa kwa miguu: wakati mnalala, kichwa cha mtu mmoja kiwe kinaelekea upande sawa na miguu ya mtu ule mwingine.

Ikiwa lazima ushiriki bafu na mtu mgonjwa:

- Mwombe mgonjwa asafishe na atumie dawa ya kuua viini vya maradhi kwenye eneo, vifundo vya milango na vishikio wakati wanapoondoka bafuni. Ikiwa afya yao haiwaruhusu kusafisha, mtunzaji anapaswa kutumia dawa ya kuua viini vya maradhi kwenye maeneo yanayotumiwa sana.
- Watu wengine nyumbani wanapaswa kusubiri muda mrefu iwezekanavyo kabla ya kutumia bafu baada ya mtu mgonjwa kuitumia. Wanapaswa pia kusafisha maeneo yanayoguswa sana kwa mikono kabla ya kutumia maeneo hayo.

Wakati wa kula

- Ni watu tu ambao sio wagonjwa wanaopaswa kuandaa chakula, kupanga meza, na kupakua chakula, baada ya kunawa mikono yao.
- Pakua chakula kwa mtu mgonjwa katika chumba tofauti. Ikiwa hili haliwezekani, wagonjwa wanapaswa kukaa futi 6 (mita 2) mbali na wanafamilia wengine nyumbani.
- Mtunzaji wa mgonjwa ndiye tu anayepaswa kuwapakulia milo yao na kuondoa na kuosha vyombo vyao.
- Mtu ambaye ni mgonjwa hapaswi kushiriki vyombo vya chakula na mtu mwingine yeyote. Mtunzaji anapaswa kuvaa glavu ili kushika vyombo, glasi na vifaa ikiwezekana.
- Nawa mikono yako baada ya kushika sahani , glasi na vyombo.

Kwa maelezo zaidi, tembelea www.healthvermont.gov/covid19-translations

Preventing COVID-19: Tips for Large Households or Extended Families Living in the Same Space

If you have few rooms for a group of people, there are ways to protect yourself and the people living in your household. These tips are in addition to basic prevention advice, guidance for isolation, and what to do if someone is sick. Read [Help Keep Illness from Spreading](#), [How to self-isolate for COVID-19](#) and more at healthvermont.gov/covid19-translations.



Protect the household

Act as if you are as much at risk as the most vulnerable person in your home. People who are 65 years or older are at high risk of getting a more severe illness if infected with COVID-19. People who are any age and have health problems are also at higher risk.

- Stay home as much as possible.
- Follow prevention advice. Read [Help Keep Illness from Spreading](#).
- Do not have visitors come to your home unless they need to be there.
- Stay physically distant from members of your home who are at high risk.
- People at high risk should avoid taking care of children.

If you need to go outside of the house:

- Stay 6 feet (2 meters) from people who do not live in your house.
- Avoid crowds and social gatherings.
- Wear a cloth mask. Read [Using Cloth Face Coverings to Help Slow the Spread of COVID-19](#).
- Avoid public transportation or riding in a car with people from a different household.
- Don't touch frequently touched surfaces in public areas, like elevator buttons or handrails.
- If you need to touch surfaces in public areas, avoid touching your eyes, nose, and mouth, and wash your hands or use hand sanitizer right after.
- Wash your hands as soon as you get home.

When a household member is sick with COVID-19

Most people sick from COVID-19 will have only a mild illness and should stay at home, apart from others, to recover. Call your health care provider if you have any concerns. Read [What to do if you are diagnosed with COVID-19](#).

Prevent the spread of the virus to other people in the house:

- Keep a distance of 6 feet (2 meters) between the person who is sick and other people of the household, especially those people at higher risk.
- Only one person should take care of the person who is sick.

- The caregiver should not be someone who is high risk (65 years or older or anyone with a health problem).
- The caregiver should limit contact with other people in the household.
- The caregiver should not take care of other members of the household.
- The person who is sick should wear a cloth face covering any time they are around people, unless they have trouble breathing or cannot remove the face covering on their own.
- Don't share personal items with the sick person, like phones, dishes, bedding or toys.
- Provide a separate room and bathroom for a person who is sick if possible.

If you must share a room with someone who is sick:

- Make sure the room has good air flow. Open a window or run a fan.
- Make a separate space for the person who is sick that is as far from the other people in the room as possible.
- Put a curtain or other physical divider between the sick person's space and the rest of the room.
- Place the beds as far apart as possible, at least 6 feet (2 meters).
- Sleep head to toe: when laying down, one person's head is facing the same direction as the other person's feet.

If you must share a bathroom with someone who is sick:

- Ask the sick person to clean and disinfect surfaces, doorknobs, and handles as they leave the bathroom. If they are not well enough to clean up, the caregiver should disinfect the commonly used areas.
- Other people in the home should wait as long as possible before using the bathroom after a sick person used it. They should also clean high touch areas before they use them.

Mealtimes

- Only people who are not sick should prepare food, set place settings, and serve food, after they wash their hands.
- Make a plate for the sick person to eat in another room. If this is not possible, they should stay 6 feet (2 meters) apart from the rest of the household members.
- The caregiver of the sick person should be the only person who serves them their meals and clears and washes their dishes.
- The person who is sick should not share dishes with anyone else. The caregiver should wear gloves to handle those dishes, glasses, and utensils, if possible.
- Wash your hands after handling dishes, glasses and utensils.

For more information, visit www.healthvermont.gov/covid19-translations