

Ambara agakingamunwa kugira ngo COVID-19 ntikwiragire

Udukingamunwa turakenewe mu bibanza vyose vya Vermont bihurirwamwo n'abantu benshi.

Kuva kw'igenekerezo rya 1 Myandagaro 2020, muri Vermont, urasabwa kwambara agakingamunwa mu bibanza vyose bihurirwamwo n'abantu benshi, mu gihe cose bidashoboka ko usiga intambuko 6 hagati yawe n'abandi bantu batari abo mu rugo iwawe. Muri ibi harimwo ibibanza vyo mu nzu canke hanze hamwe n'ibibanza tubamwo (nk'akarorero, ibibanza vyo kuvuriramwo umwanya muremure, kwa muganga, amazu abamwo abantu benshi hamwe n'amazu yegukira abantu benshi).



Agakingamunwa gafasha gukingira abandi bantu bari iruhande yawe mugihe wanduye kandi ukaba utabizi. Abantu ata kimenyetso na kimwe bafise barashobora gukwiragiza umugera biciye mu tuma iyo bariko barahema, bavuga canke bikokomora. Agakingamunwa ni kimwe mu kwitwararika guhambaye dushobora gukora kugira ngo dufashe kugabanya igwirirana rya COVID-19 - kandi ntigasubirira kutegerana n'abandi n'izindi ngingo zose zo kwikingira.

Uburorero bw'igihe agakingamunwa gasabwa:

- Iyo ugiye mu bubiko bw'ibintu, mu bubiko bw'imiti, kwa dogiteri canke mu bitaro
- Iyo uhuriye mu gituro c'imiduga n'abagenzi canke umuryango bataba mu rugo iwawe
- Mu birori bibereye mu nzu canke hanze nk'ikoraniro, imyiyerekano, isoko ry'abarimi canke imyiyamamazo
- Kunyonga ibisi, itagisi canke atanya nabandi kunyonga
- Kugenda mw'ibarabara ririmwo abantu benshi
- Imbere canke inyuma y'ivyigwa vya yoga canke kwintonora imitsi

Uburorero bw'igihe bidasabwa kwambara agakingamunwa canke kadategerezwa kwambarwa:

- Gutembera mw'ishamba canke mu babanyi
- Kugira imyimenyerezo canke ibikorwa biruhisha cane nko kwiruka, kunyonga ikinga, canke icigwa ca yoga
- Abana badashikana imyaka 2
- Umuntu wese afise ingorane zo guhema
- Umuntu wese adashobora kugakura atawubanje kumufasha
- Umuntu wese afise imvo y'indwara canke inyifato bituma atambara agakingamunwa.

Iyo urwaye canke ufise ingorane zo guhema, ntutegerezwa kwerekana ivyemeza canke impapuro z'ingene umerewe.

Gute hoho kwambara agakingamunwa mu bibanza canke ahantu vyo mw'ibanga?

Turasaba ko abantu bambara agakingamunwa iyo bari mu bibanza canke ahantu vyo mw'ibanga hamwe n'abantu bataba muri iyo nzu kandi bikaba bidashoboka gusiga intambuko 6 hagati yabo.

Nk'akarorero, gukoranira hamwe n'umuryango hamwe n'abagenzi mu kigo iwawe canke kujana mu muduga n'umuntu ataba mu nzu iwawe. Iyo urwaye, ambara agakingamunwa mu gihe ufise abandi bantu baba mu nzi iwawe.

Agakingamunwa bakambara gute:

Agakingamunwa gategerezwa kwambarwa neza kugira ngo kagire ikimazi kandi gatume imigera y'indwara idakwiragira:

- Karaba imbere yo kukambara.
- Raba neza ko wafutse izuru n'umunwa.
- Cisha utuguzi ku mwatwi yawe canke ubohe cane.
- Ntugakoreko canke ngo ukamanure mu gihe uri mu bantu.
- Guma ukambaye gushika ushike i muhira.
- Gakure utabanje kwikora ku maso, ku mazuru canke ku munwa hanyuma uce ukaraba ubwo nyene.

Iyo wumva ufise ubushuhe bwinshi canke uhema nabi kubera ko ahantu uri hashushe, utegerezwa gukura agakingamunwa kawe, ukanywa amazi, ukaruhuka kandi ukarondera ahantu hafutse. Ni ngombwa ngo usige intambuko 6 hagati yawe n'abandi bantu cane cane iyo utambaye agakingamunwa.

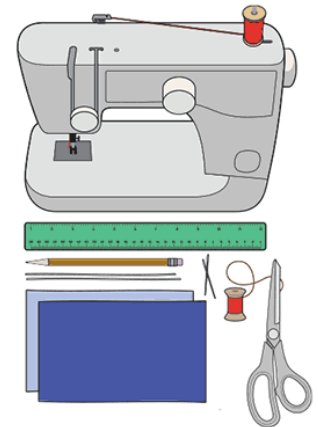
Sukura agakingamunwa buri muni, n'intoke canke n'imashini, ukoresheje isabuni.

Imashini yo kumesa irahagije kugira ngo umesure neza udukingamunwa twawe. Urabe neza ko kumye neza imbere yo kugakoresha. Utegerezwa kugira nyinshi kugira ngo uze urakuranya mu kumesa.

Kora iyawe.

CDC irafise [insiguro z'ingene wokwikorera udukingamunwa twawe](#) mu buryo bwinshi butandukanye harimwo no kubarira n'imashini canke n'iminwe, uburyo butari ubwo kubarira ukoresheje agapira ko muni n'umukasi, hamwe n'umutamana.

Ukeneye kumenya ayandi makuru, ca ku muhora wa www.healthvermont.gov/COVID-19.



Wear a Face Mask to Keep COVID-19 from Spreading

Face masks are required in Vermont public spaces.

Effective August 1, 2020, in Vermont, you are required to wear a face mask in public spaces, any time it is not possible to keep a 6-foot distance from others who are not part of your household. This includes both indoor and outdoor spaces and group living settings (for example, long-term care facilities, nursing homes, apartment and condo complexes).

A mask helps protect others around you if you are infected and don't know it. People without any symptoms may be able to spread the virus through droplets produced when breathing, speaking, or clearing your throat. A face mask is one more precaution we can take to help slow the spread of COVID-19 – and is not a substitute for physical distancing and other prevention measures.



Examples of when a face mask is required:

- Trips to any store, pharmacy, doctor, or hospital
- At a gathering in the park with friends and family who do not live in your household
- At any indoor or outdoor public event, such as a rally, protest, farmer's market, or campaign event
- Riding the bus, taxi, or ride share
- Walking on a busy and crowded street
- Before and after a yoga or exercise class

Examples of when face mask is not required or should not be worn:

- Going for a walk in the woods or in your neighborhood
- Doing strenuous exercise or activities, such as during a run, bike ride, or yoga class
- Children under the age of 2
- Anyone who has trouble breathing
- Anyone who can't remove it without assistance
- Anyone who has a medical or behavioral reason for not wearing a mask.

If you have a medical or developmental condition, or have trouble breathing, you do not have to show evidence or documentation of your condition.

What about wearing a mask in private spaces and settings?

We recommend that people wear masks when they are in a private setting or space with people who live outside of their home and it is not possible to stay 6 feet apart. For example, at a gathering with family and friends in your backyard or riding in the car with someone outside of your home. If you are sick, wear a mask at home if you have other people living in the home.

How to wear a face mask:

A face mask or covering must be worn properly to be effective and avoid the spread of germs:

- Wash your hands before putting it on.
- Be sure your mouth and nose are covered.
- Hook loops around your ears or tie it snugly.
- Do not touch it or pull it down while in public.
- Keep it on until you get home.
- Remove it without touching your eyes, nose or mouth, then wash your hands immediately.

If you feel like you are overheating and are having trouble breathing because it is hot where you are, you should take off your mask, drink water, rest and seek a cool place. It is important that you keep a 6-foot distance from others whenever possible, especially when you are not wearing a mask.

Clean face masks daily, by hand or machine, using detergent.

A washing machine should suffice to properly wash your face masks. Make sure it's completely dry before using. You should have a few on hand so you can rotate for washing.

Make your own.

CDC has [instructions on making your own coverings](#) in several different methods, including machine or hand-sewn, a no-sew method with a t-shirt and scissors, and a no-sew method with a bandana.

For more information, visit www.healthvermont.gov/COVID-19.

