

Igisata Kijejwe Amagara y'Abantu muri Vermont gihurutse gushira ahabona ubuyobozi bugenewe ibigo vy'ukwitaho abana bato n'ibigo vy'ukwitaho abana bafise imyaka yo gutonda kw'ishure abavyeyi babasigamwo mu gihe bagiye mu bikorwa, ivyo bigo bitegekanya gutangura gukora mu mpeshi z'uyu mwaka wa 2020 muriki gihe cikiza ca COVID-19. Izintumbero ngenderwako n'ayandi makuru birashoboka kuboneka ku muhora ngurukanabumenyi wikigisata ukurikira healthvermont.gov/covid.

Amakuru akurikira n'imfunyafunyo idondora ivyo utegerezwa kubona muri porogarama y'ikigo usigamwo umwana wawe muto canke ikigo kigenewe abana bafise imyaka yo gutonda kw'ishure abavyeyi babasigamwo mu gihe bagiye mu bikorwa. Intumbero ngenderwako zikurikira zishigikira izi porogarama kugira zigume zikora kandi [zishobore guha umwana wawe ikibanza aba arimwo ata nkomanzi](#), [mumagara meza](#), [anezerewe kugira abana banyu bakure](#), [baronke inyigisho](#), [bongere bakine](#). Ukeneye ayandi makuru naho, egera abajejwe porogarama y'ibigo vy'ukwitaho abana bato n'ibigo vy'ukwitaho abana bafise imyaka yo gutonda kw'ishure.

Abana Bashobora Gutonda

Abana bafise amagara meza n'abana bafise ibimenyetso bikurikira barashobora gutonda mu porogarama z'ibigo vy'ukwitaho abana bato n'ibigo vy'ukwitaho abana bafise imyaka yo gutonda kw'ishure

- Ibimenyetso vy'uguhurirwa, ata mucanwa bafise utuma bakorora n' *abafise ibicurane bidafunga amazuru* barashobora kuhaguma niboba barasuzumwe indwara yo guhurirwa kandi bakaba bafata imiti mu buryo bwo kwivura
- Abasuzumwe bagasanga nta COVID-19 barwaye, nta mucanwa bagize mu kiringo c'amasaha 72 kandi ata bimenyetso vy'indwara bafise bigaragara biri muri rutonde hasi

Abana Badashobora Gutonda

Abana ntibashobora gutonda mugihe boba:

- Barabaye hafi y'umuntu arwaye COVID-19 mu kiringo c'iminsi 14 iheze
- Bafise ibimenyetso, babapimye COVID-19, kandi barindiriyeye inyishu
- Bashobora gutera isanganya ikomeye kubera uburwayi bw'amagara bwinyegeje mu mubiri wabo
- Barwaye ku mvo iyo ari yo yose

Abana kandi ntibashobora gutonda bafise bimwe mu bintu bikurikira:

- Inkorora, umucanwa, ukubura impwemu, guhema bigoranye, ukujugumira canke gutetemera, ububabare mu mitsi, kumeneka umutwe, ukubabara mu muhogo, kudasoserwa canke kutamoterwa
 - Umucanwa (ubushuhe buja hejuru y'ibipimo 100.4 vya Fahrenheit/38 vya Celcius)
 - Ububabare bukaze bwo mu muhogo bumara amasaha arenga 48, canecane buzananye n'umucanwa
 - Ibiturika vyinshi ku mubiri, na canecane iyo ibindi bimenyetso vy'indwara bihari
 - Uruziruzi rwinshi rw'ibicurane mumazuru
 - Ukubabara cane mu matwi
 - Inkorora
 - Gucibwamo
 - Kudahwa
 - Kumeneka umutwe cane, canecane bizananye n'umucanwa
 - Ibindi bimenyetso vy'indwara
- Ibimenyetso bitanguye kwibonekeza k'umwana muto ari mu kigo c'ukumwitaho canke mukigo c'ukwitaho umwana afise imyaka yo gutonda kw'ishure, umwana azoca arungikwa imuhira ako kanya
- Abana bafise ibipimo vy'umucanwa birenga 100.4 F/ 38C bazoca barungikwa imuhira gushika batagifise umucanwa amasaha 72 aheze ata muti ugabanya umucanwa bafashe (akarorero, ibuprofen (Advil) canke acetaminophen (Tylenol))

Kubashikana/Kuza kubatora

Porogarama y'ukwitaho umwana wawe mutwo canke umwana wawe afise imyaka yo gutonda kw'ishure ifise ingingo ngenderwako zerekeye kumushikana no kuza kumutwora ishingiyeye kunyifato ijanye n'amagara, zikaba ari:

- Gufata ibipimo vy'abana n'abakozi babitaho buri muni (kubaza ibibazo vy'ugusuzuma: uwegereye umuntu arwaye COVID-19 n'ibimenyetso be no gupima umucanwa)
- Ingingo ngenderwako zishasha zokubashikana no kuza kubatora (gushirako amasaha yo gushika no gusaba umuvyeyi canke umuntu yagenewe gushikana umwana no kuza kumutwora buri muni)
- Gukaraba intoke ugishika ku bantu bose baje muri porogarama, n'abakuzwe bose

Udutambara dupfuka amazuru n'umunwa ku bana: Birasabwe muga si itegeko

- Abana batarashika ku myaka 2 ntibatagerezwako kwambara udutambara dupfuka umunwa n'amazuru
- Fasha abana bawe gutahura akamaro ko kwambara udutambara dupfuka umunwa n'amazuru mu gukingira ikwiragira ry'imigera
- Udutambara dupfuka umunwa n'amazuru dukorwa dufatiye ku myaka y'abana igihe bashobora kutwambara uko bikwiye, kutwiyambura, no kutadukorako canke kutatununuza
- Abana bafise imvo z'amagara zituma badashobora kwambara udutambara dupfuka umunwa n'amazuru ntibatagerezwako kutwambara
- Abana ntibatagerezwako kwambara udutambara dupfuka umunwa n'amazuru baryamye, bariko barafungura, bariko baroga, canke mu bindi bihe aho batagerezwako gutota
- Udutambara dupfuka umunwa n'amazuru abatwambaye barashobora kudukura bari mu bikorwa vyohanze aho abana n'abakozi bashobora gusiga ikirere hagati y'umuntu n'uwundi; batagerezwako kudushira hafi kugira bace batwambara igikorwa gihagaze.

Ku Murango

Muri porogarama y'ikigo usigamwo umwana wawe canke kigenewe abana bafise imyaka yo gutonda kw'ishure bazokora vyinshi ku murango kugira abana banyu bagume mumutekano:

- **Abakozi batagerezwako kwambara udutambara dupfuka umunwa n'amazuru umunsi wose**
- Gukaraba cane kandi kenshi buri muni
- Ntibatagerezwako kurenza uturwi dutoduto tw'abantu 25 mwisomero rimwe—abakozi n'abana
- Abana batagerezwako kutegerana mu mashure kandi ntibasabikanye ibibanza
- Nta bikorwa vy'uruhurirane rw'imirwi rutagerezwako kubaho
- Nta bashitsi bo hanze canke abakoranabushake bemewe
- Umukozi atagerezwako kugumana n'umurwi wiwe buri muni
- Gukaraba intoke kenshi ku muni n'isabuni n'amazi n'imiburiburi mu kiringo c'amasegonde 20
- Udukinisho tudashobora kwozwa n'umuti wica imigera ntizokoresha

Ahavuye aya makuru

- Igisata Kijejwe Amagara muri Vermont: healthvermont.gov/covid
- Ishirahamwe rya "Dukuzwe Abana": letsgrowkids.org/coronavirus
- Kumenya Gukungira Abana: info.childcareaware.org/coronavirus-hub/families
- Umuhora ngurukanabumenyi wabavyeyi w'Ishirahamwe "Abana bafise amagara meza" w'Urwego ntahinyuzwa mubijanye amagara y'abana rwa leta zunze Ubumwe bwa Amerika (APP) : healthychildren.org/; healthychildren.org/