

# Yaga n'abagenzi bawe be n'abo mu

Imigenzo usabwa gukurikiza yogufasha gutohoza ingorane zogushikira be no gutegekanya imigambi ufatiye kuri iyvo

Kuguma mu rugo bwama ari bwo buryo bwiza gusumba ubundi bwo kugabanura ingorane zo kwandukizwa COVID-19, mugabo abantu benshi muri twe ntibazi kurindira gutera udutambwe duto kugira basubire kubonana n'abagenzi ba hafi ata nkomanzi. Izi mpanuro zirashobora kubafasha gutohoza ingorane zobashikira zifatiye kuri COVID-19 no guhagarika kongerekana ningoga kw'abarwayi bashasha be n'indwara zikomeye.

## Mutegerezwa kwiyubara cane ku biraba amagara n'umutekano

Izo ntambwe zizobafasha kwikingira no gukingira abandi kandi zizobuza COVID-19 gukwiragira.

- ✓ Mugume mutandukanye nk'imetero zibiri zingana n'ikirere ca 6 feet hagati yanyu n'abandi.
- ✓ Mwambare agatambara gapfuka ku munwa no ku mazuru canke agatambara gapfuka mu maso.
- ✓ Mukarabe intoke n'amazi n'isabuni canke mukoreshe umuti wagenwe gusukura iminwe.
- ✓ Nimwoba murwaye naho canke nimwoba muheruka kwegerana n'umuntu yanduye COVID-19 mugume mu rugo. Muterefone muganga yama abavura kugira murabe ko mutegerezwa gupimwa.



## Mugabanye cane umugwi w'abagenzi mubonana

Ivyo bizobafasha gutahura ku buryo bworoshe uwundi muntu mwabonye kandi nawe ategerezwa kwiyugarana niyorwara.

- ✓ Muhitemo urundi rugo mwizigiye narwo abantu bahaba biyubara cane mu biraba amagara n'umutekano. Ushobora kuba ari undi muryango canke abantu bo mu muryango wawe baba mu rundi rugo.
- ✓ Igitigiri c'abantu mubonana ntikirenge abantu 25 canke badashika.

## Mugume hafi iwanyu

Guhitamo gukorera ibikorwa hafi y'iwanyu bigabanura ivy'ugushobora guhagarara mu nzira aho mushobora guhurira n'abandi bantu banduye indwara canke mugakora ahantu handukijwe indwara.

- ✓ Mugerageza kugabanura kwiyunguruza mugenda ahantu bidakenewe ngo mushike ku kirere kingana na km 16 uvuye imuhira.
- ✓ Wiyumvire usohotse uje hanze n'ahantu huguruye hatari abantu isinzi kandi vyoroshe kugumiza ikirere hagati yawe n'abandi bantu.
- ✓ Muhitemo gukora ibikorwa aho mudategerezwa gusangira inrya canke gukora ku bintu musabikanya canke gukora ahandi hantu.

## Mukingire abantu bahakwa guhitana n'indwara gusumba abandi

Abantu bafise imyaka 65 canke irenga n'abantu bafise ingorane z'amagara zihishe bahakwa kwandura indwara yobahitana.

- ✓ Abantu bahakwa kwandura indwara yobahitana bategetswe kuguma mu rugo.
- ✓ Muyage n'abagenzi kuri telefone, ku nyabwonko canke kuri videwo.

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# Safely Connect with Friends and Family

## Recommended practices to help you weigh the risks and plan accordingly

Staying home is still the best way to lower our risk of COVID-19, but many of us are eager to take small steps to safely see our friends and family again. This guidance helps you weigh the risks to prevent new cases and serious illness from quickly increasing.

### Take health & safety precautions

These steps will help protect you and others and keep COVID-19 from spreading.

- ✓ Keep a 6-ft distance from other people.
- ✓ Wear a face mask or cloth face covering.
- ✓ Wash your hands with soap and water or use hand sanitizer.
- ✓ Stay home if you are sick or have recently been exposed to someone who has COVID-19. Call your doctor to see if you should be tested.



### Keep your social circle small

This will make it easier to know who else may have been exposed and needs to self-isolate if someone gets sick.

- ✓ Choose one other trusted household that is also taking health and safety precautions. This could be another family, or members of your own family who live in a separate household.
- ✓ Limit your group to 25 people or fewer.
- ✓ Keep a list of who you have been in close contact with each day.

### Stay close to home

This lowers the chance of having to stop along the way where you may be in close contact with others or exposed to contaminated surfaces.

- ✓ Limit non-essential travel to short distances.
- ✓ Consider outdoor spaces and open areas where it is not too crowded and easier to keep a physical distance.
- ✓ Choose activities that do not require sharing food or touching shared objects or other surfaces.



### Protect those at higher risk

People age 65 and over and people with underlying medical conditions are more likely to develop more severe illness.

- ✓ Those at higher risk for serious illness should continue to stay at home.
- ✓ Connect with one another by phone, computer or video.