

COVID-19: Ni iki utegerezwa gukora niwoba uri umukozi akora mu vy'ubuvuzi

COVID-19 iriko irakwiragira mu banyagihugu baba Vermont. Mu gihe abanyagihugu baba Vermont bafise ivyago vyo kwandura, turasavye dushimitse ko abakozi bakora mu vy'ubuvuzi bafata ingingo zibereye zijanye no kwikingira no gukingira abarwayi babo. Izi mpanuro zigenewe abantu bakora mu bijanye no kuvura kandi bafise ivyago vyinshi vyo guhura n'abarwayi canke ibikoresho vyanduye. Nico gituma, abakozi bakora mu masuzumiro y'amavuriro batarimwo.

Tohoza neza ko utarwaye imbere yo kuja ku kazi.

Bumwe mu buryo bwo kubimenya ni ukwifata ibipimo vy'umucanwa. Guma muhira nimba umucanwa ufise ushika ku bipimo vya 100° F canke birenga. Nimba nta mucanwa ufise, mugabo ukaba wumva ko urwaye, canke ukorora canke uhema bigoranye, guma muhira kandi uce uterefona umukoresha wawe. Mu buzi bumwe na bumwe barafise urutonde rwo gupimwa imbere yo gutangura ingunga; Suzuma hamwe n'umukoresha wawe ku vyerekeye urwo rutonde ngenderwako rwaho ukorera.

Menya ico gukora nimba utanguye kwunva ko urwaye mu gihe uri ku kazi.

Nimba utanguye kwumva ko urwaye mu gihe uri ku kazi, turaguhanura kwambara agatambara gapfuka umunwa n'amazuru ubwo nyene, uce ubimenyeshya umukoresha wawe, hanyuma uce witegura kuva ngaho vyihuse. Suzuma hamwe n'umukoresha wawe ivyerekeye urutonde ngenderwako rwaho ukorera.

Menya uburyo ukwiye kumenyeshya ko wahuye n'umuntu vyemejwe ko yanduye.

Igisata Kijejwe Amagara y'Abantu kiriko kirarondera gushikira amavuriro yavuye abantu bafise umugera wa COVID-19 kugira bayage ku ntambwe zizokurikira nkuko bitegekwa na CDC. Kurondera gushikira porogarama zijejwe gukingira abakozi indwara zandukira, porogarama zijejwe gukingira indwara, canke umurongozi abijejwe kugira bayage integuro y'ingene bamenyeshya abakozi mu gihe umwe mu bakozzi bakorana yoba yavuye umuntu afise umugera wa COVID-19. Kwihweza ibijanye no kubabaza integuro bafise zo guhagarika canke gusubiza mu kazi umukozi yahuye n'umurwayi n'ivyo asabwa kuba akwiye kugira asubire mu kazi.

Vyogenda gute niwoba warahuye n'uwurwaye uwo mugera ahandi atari ku kazi:

Yaga n'umukoresha wawe nimba wahuye n'umuntu agwaye canke wibaza ko woba wanduye. Mubaze ko utosubira ku kazi canke ko hari izindi ngingo zofatwa imbere yuko usubirayo.

Nimba ubandanya guhura n'abarwayi, nk'akarorero nimba wafashije canke wavuye umuntu arwaye COVID-19 ari mu bitaro:

Igihe cose kurikiza ingingo ngenderwako n'ingingo zifatirwako mu kwirinda kwandukirwa, harimwo gukingira amaso, igikoresho gikingira mu maso canke bahemeramwo , ikanzu yo kwikingira, n'udukoresho dukingira ibiganza. Ni nkenerwa cane kugenzura ubwawe ibimenyetso vyawe buri gihe no kuba kure n'abandi mu kutaja ku kazi mu gihe utanguye gukorora, kwumva umucanwa, canke guhema bigoranye.

Menya ko umukoresha wawe ashobora guhitamwo gusubiriza izi mpanuro.

Ukeneye kumenya vyinshi, ja kuri: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html na www.heathvermont.gov/COVID-19

COVID-19: What to do if you are a health care worker

COVID-19 is spreading in Vermont communities. While all Vermonters are at risk for exposure, we recommend that health care workers take specific precautions to protect themselves and their patients. This guidance is for people who work in health care settings and have the potential to be exposed to patients or infectious materials. For this purpose, clinical laboratory workers are not included.

Make sure that you are not sick before going to work.

One way to do this is by taking your temperature. Stay home if you have a temperature of 100° F and above. If you don't have a fever, but you feel ill, or have a cough or shortness of breath, stay home from work and call your employer. Some workplaces have symptom screening protocols before starting a shift; check with your employer about their protocols.

Know what to do if you start feeling sick while at work.

If you start feeling ill while at work, we recommend putting on a mask right away, notifying your supervisor, and making a plan to leave as soon as possible. Check with your employer about the specific protocol at your workplace.

Know how you will get notified if you have been exposed to a confirmed case.

The Department of Health is reaching out to health care facilities that have provided care to people with COVID-19 to discuss next steps as recommended by CDC. Reach out to your facility's occupational health program, infection prevention program, or the appropriate administrator to discuss their plan to notify employees in the event that staff at your facility provided care for someone with COVID-19. Consider asking about their plans for exposed employee exclusion from work or return to work criteria.

If you have been exposed somewhere other than the workplace:

Talk with your employer about your exposure and if you should stay out of work, or what additional measures to take before going to work.

If you have ongoing exposures, such as providing care for someone with COVID-19 who is hospitalized:

Always follow standard and transmission-based precautions, including use of eye protection, facemask or respirator, gown, and gloves. It's especially important to monitor yourself for symptoms regularly and to exclude yourself from work if you develop cough, fever, or shortness of breath.

Please note that your employer may choose to supersede this guidance.

For more information, visit: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html and www.healthvermont.gov/COVID-19