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(Ubushikirangaji bwa Reta ya Maine bujejwe Amagara  
y'abantu n'ama Seruvisi yorohereza Kiremwa Muntu)  
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TTY (ubuhinga bwo kwandika ubutumwa bufasha abafise  
ingorane zo kwumva no kuvuga): Terefona kuri 711 (Maine  
Relay:ubuhinga butuma abantu bafise ingorane zo kwumva  
no kuvuga bashobora kuvugana n'abantu bakomeye)

## Amahera atangwa na Emmergency Mainecare (Umugambi wo gutegekaniriza ingwara muri bino bihe bidasanze) ariha ugupima hamwe n'ukuvura COVID-19 (koronavirusi)

*Itariki 19 Rusama, 2020*

COVID-19 ni izina ryahawe ingwara iterwa n'umugera mushasha wa koronavirusi. Abanyagihugu atari abanyamerika kandi ata mpapuro zo kuba muri Amerika bafise barashobora kuronswa ama seruvisi ajanye no gupimwa hamwe no kuvurwa COVID-19 ku buntu biciye mu mugambi wo gutegekaniriza ingwara muri bino bihe bidasanze witwa "Emergency MaineCare."

### Emergency MaineCare ni iki?

Umugambi wa Emergency MaineCare ufasha abantu ishirahamwe ryo gutegekaniriza ingwara MaineCare ritarihira vyose, kuronswa ama seruvisi yo kuvurwa ingwara zisaba kuvurwa n'ingoga. Ayo ma seruvisi ntategerezwa gutangirwa mu Gisata cakira indembe canke ku bitaro.

Muri rusangi, ingwara isaba kuvugwa n'ingoga (emergency medical condition) ni irya ngwara ifata bukumbi kandi ikamerera nabi umurwayi. Iyo umugwayi atavuwe n'ingoga, inkurikizi zishobora kuba izi zikurikira:

- Ingaruka mbi zishobora gushikira amagara yawe;
- Umubiri wawe urashobora gusinzikara cane; canke
- Umubiri wawe urashobora kudasubira gukora neza.

COVID-19 iri mu ngwara zikwiye kuvurwa mu maguru masha. Emergency MaineCare irarihira abantu amafaranga basabwa mu gupimwa no mu kuvurwa COVID-19 kuko ni ingwara ishobora kugirira ingaruka mbi amagara yawe kandi igasinzikaza umubiri wawe, ikanatuma umubiri utagikora neza.

### Emergency MaineCare yoba iriha amahera yo gupima no kuvura COVID-19?

Ego. Igipimo ca COVID-19 hamwe n'ayandi ma seruvisi bijanye n'iyi ngwara birateganirijwe, bikorwa ku buntu. Bimwe muvuyo umurwayi wa COVID-19 arihirwa ni ibitaro, ama seruvisi yo kumuvura akorerwa muhira, hamwe n'ibikenewe kugira avurwe ingorane zo guhema.

### Ibimenyetso vya COVID-19

Mu bimenyetso vya COVID-19 bitangura ku bisanzwe gushika ku bikomeye. Ibimenyetso bishobora kwibonekeza haciye hagati y'imisi 2 na 14 umuntu yanduye iyo virisi. Bimwe mu bimenyetso ni ibi:

- Inkorora
- Ukubura impwemu canke uguhema bigoranye
- Umucanwa
- Ukujugumira
- Ububabare mu mitsi
- Ukubabara mu muhogo
- Ugutakaza ubushobozi bwo kwumviriza uburyohe bw'ikintu ukoresheje ururimi hamwe n'ubushobozi bwo kumoterwa canke kunukirwa.

Ibindi bimenyetso bidakunda kwibonekeza ni kugira iseseme, kudahwa, canke gucibwamwo.

## Ukwiye gukora iki usanze ufise ibimenyetso vya COVID-19?

Iyo umuntu afise ibimenyetso bikomeye, bikwiye guca bimenyeshwa muganga mu maguru masha: Usabwe guca ubimenyeshwa muganga vyihuta, niwokwibonako ibi bimenyetso bikomeye vya COVID-19 canke ukabibona ku ncuti yawe:

- Uguhema nabi
- Ububabare budahera hamwe n'ukwumva uremerewe mu gatuza
- Gusubira kwijijanya umutima no kudashobora gucangamuka
- Iminwa no mu maso bigomba gusa n'ubururu

Ukaba ufise kimwe mu bimenyetso duhejeje kudondagura aho hejuru, usabwe guhamagara kuri 911 canke uterefone imbere y'igihe Igisata kijejwe kwakira abarwayi b'indembe ku bitaro vy'aho uherereye. Bwira uwuriko arahakorera ko ugomba ko bafasha umuntu arwaye canke ashobora kuba arwaye COVID-19.

**Ibimenyetso bisaba ko ubonana na Muganga akakuvura:** Nimba ibimenyetso vyawe bidakomeye nk'ivyo twadondaguye aho haruguru mugabo ukaba ubona ko atari ivyo guta mu nda nsa bikwiriye ko uja kwa muganga, **usabwe guhamagara ibiro vy'aho wivuriza** imbere yo kujayo. Kugira ntiwandukize abandi, bashobora kuguha impanuro z'uko wifata.

**Ibimenyetso bisanzwe:** Nimba ibimenyetso vyawe bisanzwe kandi bidasaba ko uja kwa muganga, ukwiye guca uja ahantu hawenyene ukuyugarana imuhira iwawe. Amakuru ajanye nuko wobigenza kugira witandukanye n'abandi bantu mubana [uyasanga ngaha](#).

## Ukwiye gukora iki nimba udafise muganga asanzwe agukurikirana?

Nimba urwaye ukaba ukeneye gupimwa COVID-19 mugabo ukaba udafise Muganga asanzwe akuvura akagukurikirana, ushobora kuja aho bavurira indembe canke ukaja kwipimisha no kwivuriza muri ya ma vuriro yakira abarwayi batari kuri gahunda bakagupima kandi bakakuvura. Ukaba utazi neza ahantu ushobora kwipimishiriza mu karere uherereyemwo, usabwe kwitura [ivuriro ry'abanyagihugu](#) riri hafi yawe canke uterefone ibitaro vyaho usanzwe uba.

Ibuka ko ubanza guterefone kugira ubaze ko bapima COVID-19 kandi kugira umenyeshe ibiro vy'ivuriro ko ugira uze.

## Emergency MaineCare irihira bande ?

Emergency MaineCare yagenewe abantu atari abanyamerika badafitiye uburenganzira uturusho twose twa asiranse ya MaineCare, kubera amategeko y'abimukira atarabibemerera canke kubera batanditswe. Si abimukira bose banditswe bemerewe kuronka asiranse ya MaineCare.

## Basaba gute kandi ryari Emergency MaineCare

Nimba ufise ingwara ya COVID-19, rondera kuvurwa mu maguru masha. Ivyo gusaba kurahirwa n'ishirahamwe ritegekaniriza ingwara uzobikora hanyuma.

Mu kuronswa asiransi ya Emergency MaineCare itegekaniriza ingwara, utegerezwa kubicisha mu biro vya DHHS, igisata gifasha imiryango kuba imiryango yifashije. Ushobora kubisaba umwanya wose ubishakiye, kandi ufise gushika ku mezi atatu uharuye guhera ku musu wavuriweko kugira ube wasavye kurahirwa n'ishirahamwe ritegekaniriza ingwara. Nk'akarorero, nimba wipimishije itariki 30 Ntwarante 2020, ikiringo co gusaba no kwemererwa kurahirwa ico gipimo kizohereza itariki 30 Ruheshi 2020.

Ushobora gusaba kurahirwa [ubicishije ku buhinga ngurukana bumenyi](#) canke [ugasohoza urupapuro rwo gusabirako](#) hama ukarwuzuzwa ugaca ururungika kuri [email](#), kuri fax (207-7788429) canke ukabirungika kuri posita (Office for Family Independence, 114 Corn Shop Lane, Farmington, ME 04938).

**Urashobora guterefone kw' Ishirahamwe rifasha abantu kuronka amakuru yerekeye amashirahamwe y'ugutegekaniriza ingwara azimbutse kuri 1-800-965-7476 kugira rigufashe gusaba kurahirwa.**

Ni wasaba kurahirwa hanyuma ukavyemererwa inyuma yo gupimwa COVID-19 canke yo kuvurwa nk'indembe, usabwe kumenyesha igisata kijejwe kurihisha ko wavuwe usanzwe waremerewe kurahirwa, kugira ico gisata gice kirihisha ishishirahamwe ryo gutegekaniriza ingwara MaineCare. Umaze kwemererwa kurahirwa, ntibiba bigikenewe ko wirihira iyo uvuwe uremve. Niyo vyashika bakihenda bakakurihisha, usabwe guca uterefone umuvuzi wawe.

### **Ugutegekaniriza ingwara gutangwa na MaineCare ku ndembe (Emergency MaineCare) hamwe n'ibijanye na ba Ntahnokora**

Igisata c'ama seruvisi y'ubwenegihugu nay'abimukira ca Amerika (USCIS) cemeje ko gupima, kuvura hamwe no kwirinda COVID-19 bitari mu ngingo zijanye n'izifatirwa ba ntahnokora. Ukeneye amakuru aramvuye usabwe gusoma neza uru [rwandiko](#), rwashizweho n'Urunani rurwanira agateka ka zina muntu k'abimukira muri Reta ya Maine (Maine Immigrants' Rights Coalition), Umugambi ufasha abimukira kuburana (Immigrant Legal Advocacy Project) hamwe n'Ishirahamwe rifasha ba ntahnokora (Maine Equal Justice).

### **Ibibazo?**

Urashobora guhamagara Igisata kijejwe ama seruvisi y'abanywanyi ba MaineCare kuri 1-800-977-6740. Abafise ibibazo vyo kwumva canke vyo kuvuga bakoresha ubuhinga bubafasha kwandika ubutumwa mu gihe bariko baravugana n'umuntu (TTY users) basabwe guhamagara kuri nomero 711. Abasobanuzi b'indimi barahari ni vyashika mukabakenera.

### **Ibintu vyogufasha**

- [Ibibazo bikunda kubazwa](#) Ikigo ca Reta ya Maine kijejwe Kurwanya no Gukingira Ingwara (Maine CDC)\_yerekeye COVID-19
- [Amakuru](#) yo muri rusangi atangwa n'Ibigo bijejwe Kurwanya no Gukingira Ingwara (Centers for Disease Control and Prevention) ajanye na COVID-19 (Indimi zitandukanye)
- [Urubuga ngurukana bumenyi rwa ILAP ruriko amakuru ya COVID-19](#)
- [Amakuru yerekeye COVID](#) atangwa n'ishirahamwe rifasha ba ntahnokora Maine Equal Justice
- [Ishirahamwe rifasha abantu kuronka amakuru yerekeye amashirahamwe y'ugutegekaniriza ingwara azimbutse](#)