UGWAYE COVID-19?
URAKENEYE GUFASHWA?

Ndakeneye gupimwa COVID-19?

- Woba **waregereye** umurwayi wa COVID-19?
- Urafise **ibimenyetso vy'iyo ngwara**?
- Raba **intumbero ngenderwako zo muri Leta ya Maine kuri internet**

Ibuka kwama wirinda! Ambara agapfukamunwa, usigaze ikirere hagati yawe n'abandi, no gukaraba iminwe canke ukoreshe umuti wica imigera ku minwe

Ipimishe!

- Ipimishe mu kibanza bipimisha canke kwa muganga
- Utegerezwa kwiyugarana canke wihererereye gushika uronse inyishu z'ibipimo
- Nimba ukeneye gufashwa kugira ugume muhira, saba urukaratasi rukurungika ku **kigo c'Ikibano citaho ibiraba Seruvise Zo gufashanya Mu Kibano**
- Ikibanza co kwipimisha kizoguhamagara canke kikurungikire ubutumwa ku vyerekeye inyishu z'ibipimo

Ikigo c'Ikibano citaho ibiraba Seruvise zo Gufashanya mu Kibano

Nsanze ngwaye naho vyogenda gute?

- Ikigo kijejwe kurwanya no kurinda ingwara ca Maine kizoguhamara kandi kikubaze:
  - **Aho** wandukijwe?
  - Urafise **ibimenyetso vy'iyo ngwara**?
  - Abo mumaze **kwegerana**?
- Bazohamagara abantu mwegeranye kugira bamenye nimba bafise ibimenyetso vy'iyo ngwara kandi bihweze nimba bakeneye kujanwa mu mwiherero canke kwiyugarana.
- Utegerezwa kwiyugurana, Ikigo kijejwe kurwanya no kurinda ingwara ca Maine kizokubwira umwanya uzomara
- Barashobora kugufasha gushikira **Ikibano citaho ibiraba Seruvise zo gufashanya mu Kibano**

Ushobora kubaza **umurongozi w'ikibano aho uba**, **umuganga, uwutanga uburyo bwo kuvurwa, umukozi ajejwe ibikorwa vy'ukubaho neza, umuforoma wo kw'ishuri,** CANKE **Ikigo Kijejwe Kurwanya no Kurinda Ingwara ca Maine** kugira bagufashe kwiyugarana canke kuja mu mwiherero.

Koresha iyi email @DHHS.covidsocialsupport@maine.gov canke uce kuri internet wuzuze impapuro ku ngurukanabumenyi

Department of Health and Human Services

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IKIBANO CITAHO IBIRABA SERUVISE ZO GUFASHANYA MU KIBANO KUVYA COVID-19

Ni iki Ikibano citaho ibiraba Seruvise zo gufashanya mu kibano?

Ikibano citaho ibiraba Seruvise zo gufashanya mu kibano ni ama seruvise aboneka ku muntu wese akeneye uwumufasha kwikumira canke kwiyugarana. Seruvise zitangwa n'ikibano caho uba kandi zirimwo:

- **Imfungurwa (ivyo gusuma/indya zitetse/imfungurwa zikurungikirwa zivuye hanze)**
- **Seruvise z'uguhuza imico no gusobanura indimi**
- **Gukingira amagara no kurungikwa kwa muganga**
- **Kwunguruzwa ku bigo bapimiramwo, amavuriro naho batanga indaro**
- **Kugutorera utuntu nutundi hamwe n'imiti**
- **Seruvise zijanye n'amagara yo mu mutwe**
- **Aho uba/uhawe indaro hari umutekano mu gihe wiyuguranye canke uri mu mwiherero**
- **Uburyo bwo kuronka ama seruvise afasha yandi**

Ni ryari bashobora kunfasha?

- Ufise **ibimenyetso** vya COVID-19 CANKE
- **Urarindiriye** inyishu ku bipimo vyakozwe CANKE
- Baragutoye **ko urwaye COVID-19** CANKE
- **Waregeranye** n'umuntu agwaye COVID-19

Nshobora kuronka gute izi seruvise?

- **Umurongozi w'ikibano aho uba**, **umuganga, uwutanga uburyo bwo kuvurwa, umukozi ajejwe ibikorwa vy'ukubaho neza, umuforoma wo kw'ishuri, CANKE Ikigo kijejwe kurwanya ingwara co muri Leta ya Maine** bashobora kukurungikayo kugira bagufashe
- Utanze uruhusha, barashobora kurungika ubutumwa kuri **DHHS.covidsocialsupports@maine.gov** canke uje kuri internet wuzuze **impapuro ku ngurukanabumenyi**

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