

# ESE URWAYE COVID-19? ESE UKENEYE UBUFASHA?



Ese ni ngombwa ko  
nipimisha COVID 19?

- Waba waranduye COVID-19?
- Ese ufite ibimenyetso?
- Reba Amabwiriza ya Maine kuri interineti  
<https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing>

Wibuke kwirindira umutekano! Ambara agapfukamunwa, ha intera abandi,



Ipimishe!

- Ipimishirize ahagenewe gupima cyangwa ku bitaro
- Ugomba kwishyira mu kato cyangwa mu muhezo kugeza ubonye ibisubizo byawe
- Niba ukeneye ubufasha bwo kuguma mu rugo, saba kurangirwa **serivisi z'imibereho myiza y'abaturage**
- Ahagenewe gupima bazaguhamagara cyangwa bakoherereze ubutumwa bwanditse



Bigenda bite iyo  
basanze  
naranduye?

- CDC ya Maine izaguhamagra ikubaze:
  - Wanduriye he?
  - Ese ufite ibimenyetso?
  - Ni bande wahuye nabo mwegeranye?
- Bazahamagara abantu mwahuye wegereye kugira ngo barebe niba bafite ibimenyetso bikaba ari ngombwa ko bishyira mu kato cyangwa mu muhezo.
- Ugomba kwishyira mu kato, CDC yo muri Maine izakubwira igihe uzamara
- Bashobora kugufasha kugera kuri **serivisi zita ku mibereho myiza y'abaturage**



Serivisi zita ku  
mibereho myiza  
y'abaturage

Ushobora kubaza umuyobozi w'umuhana ubarizwamo, muganga, utanga serivisi z'ubuzima, umusosiyali, umuforomo w'ishuri, CYANGWA CDC ya Maine ukeneye ubufasha bwo kwishyira mu kato cyangwa mu muhezo.

Ranga biciye kuri imeyili [@DHHS.covidsocialsupport@maine.gov](mailto:@DHHS.covidsocialsupport@maine.gov) cyangwa kuri iyi fishi yo kuri interineti  
(<https://www.maine.gov/dhhs/form/covid-19-referral-form>)



# SERIVISI ZO GUFASHA ABATURAGE MU BIREBANA NA COVID-19



Ni ubuhe bufasha  
butangwa na  
serivisi z'imibereho  
myiza y'abaturage  
?

Serivisi zo kwita ku mibereho myiza y'abaturage ni serivisi ziboneka kuri buri muntu ukeneye ubufasha bwo kwiheza cyangwa kwishyira mu kato. Izi serivisi zitangwa n'imiryango ikorera mu baturage zikaba zikubiyemo:

- Ibiribwa (isoko ry'ibiribwa/amafunguro atetse/kugemura ibiribwa)
- Guhuza imico ndetse na serivisi z'ururimi
- Ubwirinzi bw'ubuzima no kohereza umuntu ahari ubuvuzi akeneye
- Kujyana abantu ku bigo bifata ibizami, ibigo nderabuzima n'aho kuba
- Gutwara ibikoresho n'imiti
- Serivisi z'ubuzima bwo mu mutwe
- Aho gutura hatekanye/aho kuba mu gihe cy'akato cyangwa cyo kwiheza
- Guhuzwa na serivisi nyinshi zifasha



Ni ryari nafashwa?

- Ufite ibimenyetso bya COVID-19 CYANGWA
- Utegereje ibisubizo by'ikizami cyawe CYANGWA
- Ufite ikizami kigaragaza ko wanduye COVID-19 CYANGWA
- Wahuye n'umuntu urwaye COVID-19 mwegeranye



Ni gute nabona izi  
serivisi?

- Umuyobozi w'umuhana ubarizwamo, muganga, utanga serivisi z'ubuzima, umusosiyali, umuforomo w'ishuri, CYANGWA CDC ya Maine bashobora kugufasha kuzibona
- Hashingiwe ku ruhushya rwawe, bashobora gukora inyandiko ikujyana kwivuriza ahandi binyuze kuri imeyili [DHHS.covidsocialsupports@maine.gov](mailto:DHHS.covidsocialsupports@maine.gov) cyangwa ukuzuzwa iyi fishi iri kuri interineti **the online form**  
(<https://www.maine.gov/dhhs/form/covid-19-referral-form>)

Ranga biciye kuri imeyili [@DHHS.covidsocialsupport@maine.gov](mailto:DHHS.covidsocialsupport@maine.gov) cyangwa kuri iyi fishi yo kuri interineti  
(<https://www.maine.gov/dhhs/form/covid-19-referral-form>)

