

Gupima COVID-19 mu mashuri ya Maine muri 2022

Amakuru agenewe Ababyeyi/Abakozi ku bikoresho byo kwipimira mu rugo

Ishuri nigaho ryampaye ibikoresho byo gupima COVID19.

Ibi bipimo nabikoresha nte?

Uburyo bwemejwe bwo gupima.

1. Ufite ibimenyetso bisa n'ibya COVID19:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
2. Kwegerana n'umuntu urwaye COVID19:
 - **Ipimire mu rugo kugira ngo ugume mu Ishuri:** gupima inshuro nyinshi bikorerwa abanyeshuri batagaragaza ibimenyetso kandi badakingiye hakoreshejwe ibikoresho byo kwipimira mu rugo baba baragaragaye nk'abegereye umuntu ufite umuntu byagaragaye ko [yanduye COVID-19](#). Ibi bipimo umuntu agomba kubyifata cyangwa bigafatwa n'umubyeyi cyangwa umwishingizi mbere y'uko uwo muntu ajya ku ishuri. Bimenyeshye ishuri riguhe amabwiriza yihariye ku nshuro zo gupima no gutangaza ibyavuye mu bipimo byafashwe.
 - **Hamwe no kwipimisha, abegereye uwanduye** bagomba kwambara agapfukamunwa gafashe enza igihe cyose mu gihe cy'iminsi 10 nyuma yo guhura n'umuntu wanduye COVID-19 mu gihe yegereye abandi mu nzu, keretse mu gihe ari kurya cyangwa kunywa.

Iyo ibipimo bigaragaje ko WANDUYE bimenyeshwa umuforomo w'ishuri cyangwa umuntu ishuri ryashyizeho vuba bishoboka.

Kurikiza amabwiriza ya CDC Maine akurikizwa mu kujya mu kato ku wanduye.

- **Imbonerahamwe igaragaza uko akato gakorwa ku wanduye -**
<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/COVID-19-Isolation-Flow-Chart.pdf>

Kurikiza neza amabwiriza akubiye mu gapaki kugira ngo ibisubizo bibe ari ukuri.

Bika ipimo kure y'abana.

Reba videwo ihuye n'ibisubizo byawe muni

- **Videwo igaragaza uko umuntu yipima | CDC** <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing-videos.html>

Tumiza ibindi bikoresho byo kwipima ku bandi bagize umuryango kuri aya mahuza:

Leta Zunze Ubumwe za Amerika: <https://www.covidtests.gov/>

Umushinga wa ACT wa Leta ya Maine: <https://accesscovidtests.org/>

Ku muntu ufite ibimenyetso bya COVID-19

1. Ibimenyetso byiyongereye ku ishuri

Iyo umunyeshuri/umukozi agaragaje ibimenyetso ari ku ishuri, yaba yarakingiwe cyangwa atarakingiwe, yipimishiriza ku ishuri iyo bikunda. Nubwo ibipimo byaba byagaragaje ko ari muzima, agomba kujya mu rugo. Igipimo cyo mu rugo gishobora gukoreshwa nyuma y'amasaha 48 ibimenyetso bikomeje. Iyo bigaragaje ko wanduye, ukurikiza amabwiriza. Iyo ibipimo bigaragaje ko ari muzima, umunyeshuri/umukozi agomba kuguma mu rugo kugeza ibimenyetso bishize kandi nta muriro afite mu gihe cy'amasaha 24 adakoresheje imiti igabanya umuriro.

2. Ibimenyetso byiyongereye uri ku ishuri

Iyo umunyeshuri/umukozi agaragaje ibimenyetso ari ku ishuri, yaba yarakingiwe cyangwa atarakingiwe, yipimishiriza ku ishuri iyo bikunda. Nubwo ibipimo byaba byagaragaje ko ari muzima, agomba kujya mu rugo. Igipimo cyo mu rugo gishobora gukoreshwa nyuma y'amasaha 48 ibimenyetso bikomeje. Iyo bigaragaje ko wanduye, ukurikiza amabwiriza. Iyo ibipimo bigaragaje ko ari muzima, umunyeshuri/umukozi agomba kuguma mu rugo kugeza ibimenyetso bishize kandi nta muriro afite mu gihe cy'amasaha 24 adakoresheje imiti igabanya umuriro.

3. Ibipimo bigaragaje ko Umunyeshuri/Umukozi yanduye

Iyo hari umwe muri bo ibipimo bigaragaje ko yanduyeyiyo COVID-19, kurikiza amabwiriza.

- **Amabwiriza yo kujya mu kato ukeka ko wegeranye n'umuntu wanduye n'amabwiriza yo kujya mu kato wanduye - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>**

Ku muntu ufite ibimenyetso wegeranye n'uwanduye

1. Iyo umunyeshuri/umukozi yegeranye n'umuntu ibipimo byagaragaje ko yanduye COVID-19

- a. Agomba kwipimisha ku munsu wa 5.
- b. Iyo ikizamini kigaragaje ko wanduye bivuze ko umuntu agomba kuguma mu kato.
- c. Ibimenyetso nibigaragara, ipimishe vuba bishoboka. Iyo ikizami kigaragaje ko uri muzima, gisubiremo mu masaha 48.

Amakuru yo kwipimira mu rugo - <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

- d. Guma mu rugo mu gihe urwaye - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

2. Ibipimo byagaragaje ko umuntu wo mu rugo rwanjye yanduye kandi ntibyashoboka ko atandukana burundu n'abandi bagize umuryango.

Iyo umunyeshuri/umukozi akomeza guhura n'abandura mu rugo:

- a. Ipimishe vuba bishoboka niba umukozi/umunyeshuri agaragaje ibimenyetso bya COVID-19
- b. Iyo nta bimenyetso ufite, ipimishe ku munsu wa 5 w'igihe uwanduye wo muri uwo muryango yagiriye mu kato.

- c. Abantu bashobora kongera kwipimisha mu minsi 5 nyuma yo kurangirwa kw'akato k'umuntu ibipimo wa nyuma ibipimo byagaragaje ko yanduye. Iyo mu rugo hari umuntu urenze umwe wanduye, bimenyeshe umuforomo w'ishuri aguhe amabwiriza yo kwipima.
- d. Iyo ikizamini kigaragaje ko wanduye bivuze ko umuntu agomba kuguma mu kato.

Amabwiriza yo kujya mu kato ukeka ko wegeranye n'umuntu wanduye n'amabwiriza yo kujya mu kato wanduye - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>