

## Gahunda y'Ingamba zikajijwe z'Imikorere ijyanye n'ubwirinzi bwa COVID

Ibigo by'amashuri ya Leta bya Albuquerque biri gukora ibishoboka byose kugira ngo abanyeshuri bagume barinzwe hamwe no ndtse bari no mu kigo n'ubwo umubare w'abandura COVID muri New Mexico ukomeje kuzamuka.



Ibigo by'amashuri ya Leta bya Albuquerque bizi ko ibijyanye n'izamuka ry'abanduye COVID-19 mu gihugu hose riteje impungenge, kandi turashaka kubizeza ko ifasi y'amashuri iri gukora ibishoboka byose mu kuguma kurinda abanyeshuri bacu n'abakozi, gukumira ikwirakwira ry'icyorezo, kugabanya ihagarikwa ry'ibikorwa, ndetse by'umwihariko cyane, gukomeza kwigisha no kwiga mu buryo bw'imbone nkubone.

Itsinda rya APS rishinzwe kurwanya COVID-19 rikomeje kugisha inama inzobere z'ibijyanye n'ubuzima. Ibukurikira hano hasi ni inshamake y'uburyo butondetse mu byiciro bwerekeye ubwirinzi bwa COVID ndetse n'ikigereranyo cy'ibigenderwaho n'ibigo by'amashuri mu gushyira mu bikorwa ingamba zo kugabanya icyorezo n'ifungwa ry'amashuri/ikigo, iyo bikenewe. Menya ko ibigereranyo bisabwa bibarwa by'umwihariko ku bari mu kigo igihe banduye.

- Igihe ikigo cy'amashuri kigeze ku kigereranyo cya 3% cyangwa kirenga cy'ababarirwa mu kigo (abanyeshuri & abakozi) banduye mu minsi 14 yatambutse, hasabwa kubahiriza ingamba zikajijwe z'imikorere ijyanye n'ubwirinzi bwa COVID-19. Abakozi b'ifasi y'amashuri bakora amasura yo ku ishami, bagahura n'ubuyobozi bw'ikigo cy'amashuri kugira ngo bizere neza ko ingamba z'imikorere zihari ziri gukurikizwa, ndetse bagatanga n'inama zijyanye n'ingamba zakajijwe zo kugabanya ubwandu.
- Ikigo cy'amashuri kigeze ku kigereranyo cya 5% cyangwa kirenga cy'ababarirwa mu kigo (abanyeshuri & abakozi) banduye mu minsi 14 yatambutse, basabwa kubahiriza ingamba zikajijwe z'imikorere ijyanye n'ubwirinzi bwa COVID-19. Abakozi b'ifasi y'amashuri bakora amasura yo ku ishami, bagahura n'abakozi b'ikigo cy'amashuri kugira ngo bizere neza ko ingamba z'imikorere zihari ziri gukurikizwa, bagatanga inama ndetse bakanagaragaza ingamba zikajijwe zo kugabanya ubwandu.
- Nyuma y'iminsi 7-14 ikigo cy'amashuri kimaze gusabwa gushyira mu bikorwa ingamba zikajijwe z'imikorere ijyanye n'ubwirinzi bwa COVID-19, hasuzumwa ikigero

cy'ubwandu COVID-19, kandi hagakorwa amasura yo ku ishami agamije ikurikirana kugira ngo hagaragazwe niba hakenewe izindi ngamba zigamije kugabanya ubwandu.

- Nyuma y'iminsi 14-21 ikigo cy'amashuri kimaze gusabwa gushyira mu bikorwa ingamba zikajijwe z'imikorere ijyanye n'ubwirinzi bwa COVID, hasuzumwa ikigero cy'ubwandu. Ingamba zikajijwe z'imikorere ijyanye n'ubwirinzi bwa COVID, ikurwaho igihe abakozi b'ifasi y'amashuri bemeje ko ubwandu bwa COVID-19 buhari buri muni ya 3% by'abari mu kigo cy'amashuri (abanyeshuri & abakozi) mu minsi 14-21 yatambutse.
- Izindi ngero z'ibigereranyo zigwaho iyo hakenewe kugaragaza niba amashuri/ibigo byafungwa (urugero: ibura ry'abakozi bo kurinda abanyeshuri bato ugereranyije n'umubare wabo, igaragazwa ry'ikwirakwira ry'icyorezo mu kigo, ndetse n'izindi mpamvu zibitera).

Iyi gahunda, hamwe n'ubundi buryo busanzwe bwifashihwa buriho kandi bukoreshwa, nko kwikingiza, gupima, gupima abahuye n'uwanduye, kwambara agapfukamunwa, guhana intera, ndetse n'iyongerwa ry'umwuka n'isukura, bishobora gufasha mu kwirinda virusi ikiriho.