Akato ni iki?

Byavuguruwe: 22/07/2020

Ni itegeko ko abatuye muri Iowa bishyira mu kato k'iminsi 14 iyo habayeho ibikurikira:

- Niba warakoreye ingendo hanze ya Iowa mu bikorwa by'ubucuruzi cyangwa mu biruhuko mu minsi 14 ishize.
- Niba warakoreye ingendo zo gutemberera mu bwato mu minsi 14 ishize.
- Niba warigeze wegera umuntu ufite ibimenyetso bya COVID-19 cyangwa baramusuzumye bagasanga arwaye COVID-19.

Kwishyira mu kato bisobanura iki?

- Kuguma mu rugo ntakujya ku ishuri, ahantu hahurira abantu benshi cyangwa kwitabera amateraniro.
- Ntukoreshe imodoka zitwarira abantu mu buryo rusange, gukodesha imodoka cyangwa tagisi.
- Subika ingendo zose.
- Karaba intoki kenshi kandi ugire isuku.
- Subika amarandevu yo kwa muganga yose atari ngombwa kugeza umaze iminsi 14 wishyize mu kato. Niba ufite randevu yo kwa muganga ya ngombwa muri iki gihe, korana n'uguhe serivisi z'ubuvuzi n'abaganga bakora mu nzego z'ubuzima rusange bakwegereye uko bikenewe kugira ngo hashakwe uko wabonana na muganga.

Ni ibihe ngombwa kugenzura muri iki gihe ndi mu kato?

- Fata ibipimo by'ubushyuhe inshuro ebyiri ku munsi. Genzura ko ufite umuriro.
- Genzura ko ufite inkorora cyangwa ufite ibibazo byo guhumeka.

Abantu tubana bo bimeze bite?

- Abagize umuryango cyane abandi baba mu rugo bashobora kuhaguma, ariko ugomba kuguma mu cyumba cya wenyine gitandukanye n'icy'abandi baba mu rugo kandi ukanakoresha ubwiherero butandukanye (iyo buhari).
- Igihe cyose ukomeje kugira ubuzima bwiza, abandi bantu baba mu rugo bashobora gukomeza ibikorwa byabo bya buri munsi nk'uko bisanzwe (bo ntakibabuza kugenda).
- Ntugomba kwegera mu buryo butaziguye amatungo (ni ukuvuga imbwa, injangwe, ingurube, inka, intama n'ihene) utabanje kwirinda bihagije. Shaka uburyo amatungo yawe yitabaho kandi ajyanwe kuba hanze y'inzu ubamo, niba bishoboka.

Nakora iki ngize umuriro, ndwaye inkorora cyangwa ngizi ibibazo byo guhumeka?

Abatuye muri Iowa barwaye bagomba kuguma mu rugo kandi bakirinda kwegera abandi babana mu nzu. Hafi 80% by'abatuye muri Iowa banduye COVID- 19 bagira uburwayi kuva ku bworoheje kugeza ku budakomeye. Abatuye muri Iowa barwaye byoroheje ntibakenera kujya kubavura cyangwa ngo basuzumwe kugira ngo byemezwe ko bafite COVID-19.

Niba urwaye, ugume mu rugo kugeza:

- Kugeza utongeye kugira umuriro byibuze mu masaha 24 (umunsi umwe wuzuye neza udafite umuriro utanyoye imiti igabanya umuriro), N'
- ibindi bimenyetso byaroroshye (urugero: gukorora cyangwa kubura umwuka byaroroshye), KANDI
- byibuze iminsi 7 ikaba yarashize ubwo hagaragaraga ibimenyetso byambere.

Niba utekereza ko ukeneye ubuvuzi, banza uhamagare. Uguhe serivisi z'ubuvuzi ashobora kugenzura niba ukeneye kujya kwa muganga cyangwa niba ushobora gukirira mu rugo. Kandi, hari uburyo bwinshi wagenewe wavugana n'utanga serivisi z'ubuvuzi uri mu rugo ukoresheje ikoranabuhanga.