

3-8-20 Kinyarwanda

Umuyobozi w'umujyi Linda Gorton na komiseri w'ubuzima Dogiteri Kraig Humbaugh batangaje umuntu wa mbere muri Lexington wafashwe n'indwara ya koronavirusi, COVID -19 (2019 novel coronavirus). Abashinzwe ubuzima barimo gukorana n'ishami ry'akarere ka Kentucky rishinzwe ubuzima bwa rubanda (KDPH) kugira ngo bamenye kandi bavugane n'abantu bose bashobora kuba barabaye hafi y'uwo muntu. Abo bantu bazabakurikiranaho ibimenyetso by'umuriro n'ibijyanye n'ihumeka. Hamaze kwemezwa abantu 4 muri Kentucky.

Ibisobanuro birambuye kuri uwo umuntu ntibishobora gutangwa kubera amategeko yerekeye ubuzima bwite.

Umuyobobozi w'umujyi, Gorton yavuze ati: "Turashoboye, tuzabishobora ,tuzabigeraho." Tugomba kwita ku bageze mu za bukuru, kwita ku isuku y'ibanze, kandi twibuke ko nta mpamvu yo guhagarika umutima. Koresha ubwenge gusa kandi witegure. Tuzareba neza ko muzakomeza kumenyeshwa amakuru. "

Ishami ry'ubuzima ryatanze inama zo gukumira ikwirakwizwa rya COVID-19:

- Karaba intoki zawe kenshi n'isabune n'amazi, cyane cyane nyuma yo kujya mu bwihereho; mbere yo kurya; na nyuma yo kwimya (kwipfuna), gukorora, cyangwa kwitsamura.
- Irinde kwegerana cyane n'abantu barwaye.
- Irinde gukora ku maso yawe, izuru n'umunwa.
- Guma murugo mugihe urwaye.
- Gukorora upfutse umunwa cyangwa kwitsamura mu gatambaro (tishu), hanyuma ukakajugunya mu myanda.
- Sukura kandi wice udukoko inshuro nyinshi ku bintu n'ahantu handujwe ukoresheje spray isanzwe yo murugo cyangwa uhanagura.

Bivugwa ko ahanini virusi ikwirakwira iva ku muntu ijya k'undi muntu:

- Hagati y'abantu begeranye cyane (nko muri fiti 6)
- Binyuze mu bitonyanga by'ubuhumekero byakozwe mu gihe umuntu wanduye akorora cyangwa yitsamura.
- Ibi bitonyanga bishobora kugwa mu kanwa cyangwa mu mazuru y'abantu bari hafi aho cyangwa bigashobora guhumekwa byinjira mu bihaha.

Abantu bageze mu za bukuru n'abafite indwara z'igihe kirekire bafite ibyago byinshi byo guhura n'ibibazo bya COVID-19. CDC irasaba ibi bikurikira ku bantu barengeje imyaka 60, n'umuntu wese ufite ibibazo by'umutima, ibihaha cyangwa impyiko, kanseri cyangwa diyabete:

- Kuguma mu rugo uko bishoboka kwose
- Kumenya neza ko ufite imiti n'ibikoresho wakoresha mu gihe waba ugiriwe inama yo kuguma mu rugo.
- Iyo usohotse ugiye mu bantu benshi, gerageza kuguma kure y'abantu barwaye, ugabanye ibyo kuba hafi ya bo kandi ukarabe intoki kenshi.
- Kwirinda kuba mu mbaga y'abantu benshi.

COVID-19 ni indwara irimo kwigaragaza kandi ishami ry'ubuzima rirakomeza kugezwaho amakuru yayo masha.

Mu gufasha gusubiza ibibazo by'abaturage kuri COVID-19, ishami ry'ubuzima rya Lexington-Fayette ryashyizeho ikigo abaturage bashobora guhamagara. Ibibazo bishobora kubazwa mu guhamagara 859-899-2222 cyangwa ukandikira COVID19@lfchd.org Amakuru y'inyongera harimo n'ibibazo bikunze kubazwa, bishobora kuboneka kuri lfchd.org no ku mbuga za LFCHD. Mwadushakira kuri Facebook kuri www.facebook.com/LFCHD, cyangwa mukadukurikira kuri Twitter kuri www.twitter.com/LFCHD, no kuri Instagram kuri [@lexpublichealth](https://www.instagram.com/lexpublichealth).

