



Ibimenyetso rusangi vy'umugera w'ingwara yo mu buhumekero nk'ibicurane, COVID-19 canke RSV harashobora kubamwo umuriro, kumerereza ku mubiri, kwunva urushe cane, inkorora, ibicurane hamwe no kumeneka umutwe. Kurikiza amabwirizwa kugira ugabanye ivyago vyo kwandukiza abandi bantu kandi umenye igihe utegerezwa gukenera kwivuzza. Izi mpanuro ntiziraba abajejwe amagara y'abantu.

## Mu gihe Ufise Umugera w'Ingwara yo mu Buhumekero

- **Irinde gukora ku bantu** harimwo n'abo mubana batagwaye. Mu gihe udashobora kwirinda kubakorako, kurikiza intabwe zagenwe hepfo mu kugabanya ivyago vyo kwanduza abandi.
- **Iyumvire ibijanye no kwipimisha COVID-19** kugira bigufashe gufata ingingo zo kumenya nimba ukeneye gukurikiza izindi ntambwe mu kwikingira no mu gukingira abandi.
- **Yaga n'abajejwe amagara y'abantu ku vyerekeye ukwivuzza** buno nyene mu gihe ufise ivyago vyo kuremba bikomeye canke mu gihe ibimenyetso vyawe bitera bikomera. Mu bantu bafise ivyago bikomeye vyo kuremba cane harimwo abana bakiri bato, abantu bashaje, abantu badafise abasoda b'umubiri bakomeye, abantu bibungenze, hamwe n'abantu bagendana ubumuga.
- Ukwivuzza bitegerezwa gutangura mu gihe c'imisi mike inyuma yo kugwarira ku kazi. Uyu muti urashobora kugabanya ivyago vyo kuremba cane canke gukenera kwinjizwa ibitaro.

## Kugaruka mu Bikorwa vya Misi Yose

- Urashobora kugaruka mu bikorwa vya misi yose n'imiburiburi inyuma y'umusi umwe (amasaha 24) **Mu gihe wunva umeze neza muri rusangi kandi utigeze ugira umuriro n'imiburiburi amasaha 24** utakoresheje imiti igabanya umuriro.
- **Inyuma yo kugaruka mu bikorwa vya misi yose, kurikiza izi ntambwe zisabwa mu gihe c'imisi 5 ikurikira.** Uko ukurikiza intambwe zisabwa, niko ugabanya ivyago vyo kwandukiza abandi.
  - Karaba intoke n'isabune hamwe n'amazi canke ukoreshe umuti wo gusukura intoke kenshi.
  - Siga umwanya hagati yawe n'abandi ku buryo bushoboka bwose.
  - Ambara agapfuka munwa kagukwiye neza kandi kujuje ubuziranenge.
  - Ongereza ubwiza bw'impwemu mu kwugurura idirisha, mu gukoresha akayunguruzo k'impwemu, canke mu gukoranira hanze.
  - Sukura kandi uhanagure n'umuti wabigenewe aho abantu bifadikiza uko ushoboye kwose.
- Urashobora kubandanya gukwiragiza umugera ku bandi, naho woba wunva umeze neza. Mu gihe ugize umuriro canke utanguye kwunva ko urembye, irinde guhura n'abandi gushika ukize.
- Aho ukorera, kw'ishure canke k'umugambi wo kwitaho umwana barashobora kugira poritike itandukanye yo gusubira mu bikorwa vya misi yose inyuma yo kuba ugwaye. Urasabwa kurondera amakuru wewe ubwawe kw'ishirahamwe kugira umenye vyinshi.



Symptoms of common respiratory viruses-like flu, COVID-19 or RSV-may include fever, chills, feeling very tired, cough, runny nose and headache. Follow these recommendations to lower the risk of getting other people sick and to know when you might need treatment. This guidance does not apply to health care workers.

## If You Have Respiratory Virus Symptoms

- **Avoid contact with other** people-including those you live with who are not sick. If you can't avoid contact with others, follow the extra steps below to lower the risk of getting others sick.
- **Consider testing for COVID-19** to help you decide if you need to take more steps to protect yourself and others.
- **Talk to a health care provider about treatment** right away if you are at higher risk of getting very sick or if your symptoms get worse. People at higher risk for severe illness include young children, older adults, people with weakened immune systems, people who are pregnant, and people with disabilities.
- Treatment must be started within a few days of getting sick to work. These medicines can make it less likely you will get very sick or need to go to the hospital.

## Returning to Normal Activities

- You can go back to normal activities after at least one day (24 hours) **if you are feeling better overall and have not had a fever for at least 24 hours** without using fever-reducing medicines.
- **After returning to normal activities, take these extra steps for the next 5 days.** The more steps you take, the lower your risk of getting others sick.
  - Wash your hands with soap and water or use hand sanitizer often.
  - Keep a physical distance from other people as much as possible.
  - Wear a face mask that fits well and is high quality.
  - Improve the air quality by opening a window, using an air filter, or gathering outside.
  - Clean and disinfect surfaces as much as possible.
- You can continue to spread the virus to others, even if you're feeling better. If you develop a fever or start to feel worse, avoid contact with others again until you feel better.
- Your workplace, school or child care program may have different return policies after being sick. Please check with the organization directly to learn more.