

COVID-19 impanuro ku miryango

Aho ibintu bigeze mu kwezi kwa Ruheshi 2021

Turiko turakorana hafi cane n'umurwi mukuru wo muri Australia ujejwe gukingira amagara y'abantu witwa Cominote (Australian Health Protection Principal Committee (AHPPC)), NSW Amagara n'ayandi mashirahamwe kugira ngo turabe neza yuko amashuri yacu abandanya akora mu buryo bw'umutekano nta ngere mu gihe tubangamiwe na COVID-19.

Impanuro zigezweho zivuye mu gisata c'amagara y'abantu NSW

Ibigezweho ku nkuru zijanye na COVID-19 biguma bitangwa uko bikenewe kwose. Imiryango ihimirizwa gukurikiranira hagufi inkuru NSW zigezweho zicishwa ku muhora ngurukanabumenyi wa Reta ([NSW Government website](#)).

Iyo bibaye ngombwa ko umuntu aguma muhira amategeko akurikizwa yatanzwe n'igisata kijejwe amagara y'abantu NSW kubera ukwaduka kwa COVID-19 harashobora kubaho impinduka ku kugene amashuri akora. Usabwe rero kubaza ishuri ryawe impinduka zishobora kuba zarabayeho ku bikorerwa ho kandi ukurikize impanuro zose uhabwa n'abakozi b'iryo shuri ryawe, harimwo no kutegera no kudahonyoza ikirenge ku kibuga c'ishuri ku mpavu zishobora kwirengagizwa iyo bisabwe.

Kwigira i muhira

Abanyeshuri bazoshigikirwa [mu kwigira muhira](#) muri ibi bihe bikurikira:

- Nimba bisabwe ko bikumira kubera begeranye n'umuntu bikeka ko yanduye COVID-19.
- Aho ishuri ihabwa impanuro zivuye mu gisata c'amagara y'abantu ko ikwiye kwigishiriza kw'ishuri abana bikoze n'abakozi ntahara gusa kubera hadutse COVID-19.

Kwigira muhira bikorwa mu buryo bwinshi, harimwo no kwigira ku murongo ngurukanabumenyi hamwe no kurondera ibikoresho bitarinda kuja ku murongo ngurukanabumenyi hamwe n'ivyanditswe nk'ibikorera ku nkaratasi n'ibironderwa mu bubiko kanaka.

Impanuro ku bigira i muhira

Dufatiye ku mpanuro zikomoka mu gisata c'amagara y'abantu NSW, abavyeyi n'abarezi bibutswa **kutarungika** abana babo kw'ishuri iyo bumva batameze neza, mbere naho boba bafise ibimenyetso bidakaze vy'ibicurane.

NSW igisata c'amagara y'abantu carasavye ko amashuri yohimiriza uwo ari we wese yumva ko atameze neza canke afise ibimenyetso naho vyoba bidafashe vy'ibicurane, ko bategura ingene bopimwa biciye ku muganga wabo wo mu micungararo canke ku mavuriro asuzuma COVID-19 ([COVID-19 clinics](#)).

Abanyeshuri n'abakozi bafise ibimenyetso nk'ivy'ibicurane bakwiriye kwipimisha kandi bagatanga kopi y'igisubizo c'ivyo bipimishije ko batarwaye COVID-19, kandi kugeza baterekanye ibimenyetso imbere yuko bemerera gusubira kw'ishuri.

Impanuro ku bigira i muhira (kubandanya).

Abanyeshuri batipimishije COVID-19 ntibazokwemererwa gusubira kw’i shuri imisi ishika 10. Hejuru y’ivyo, bategerezwa kuba badafise ibimenyetso n’imiburiburi imisi itatu imbere y’uko basubira kw’ishuri.

Abanyeshuri bafise allergy ya rhinitis, canke iyindi ngwara yerekana ibimenyetso vy’ibicurane basabwa kwipimisha COVID-19, maze bakerekana inyishu itanzwe na muganaga ko batagwaye. Igihe ibimenyetso bibandaniye inyuma y’imisi 10, abanyeshuri bategerezwa kwerekana ivyemezo bivuye kwa muganga wabo vyemeza ko ibimenyetso bafise bivanye n’iyindi ngwara. Iyo umunyeshuri abonetseko ibindi bimenyetso bishasha canke vyahindutse, bategerezwa kwisuzumisha COVID-19. Rondera izindi nkuru zerekeranye n’ibimenyetso vya COVID-19. ([COVID-19 symptoms](#)).

Gusuzumisha COVID-19 ku banyeshuri bafise ibirwara vyinshi bisobanye canke bagendana ubumuga birashobora kugorana. Mu bihe nk’ivyo rero amashuri azosaba umuvyeyi canke umurezi gusuzumisha umwana wabo ku muganga yabimogoreye. Aho umuganga asanzwe abikora avuze yuko kwisuzumisha COVID-19 bidakenewe, ivyemezo n’amakaratasi bitegerezwa kwerekana no gutangwa kw’ishuri kugira ngo hemezwe yuko uwo munyeshuri adafise ibimenyetso vyotuma yipimisha COVID-19. Ico cemezo gitegerezwa vyongeye kwerekana yuko uwo munyeshuri ashobora gusubira kw’ishuri.

Ukwibutsa amashuri yose n’imiryango yose

Ni ngirakamaro ko amashuri n’imiryango babandanya gukwirikiza ibisabwa kuri COVID-19. Mu buryo budasanzwe, twipfuzaga guca akarongo kuri ibi bikurikira:

- Amashuri ategerezwa kubandanya:
 - Gukurikiza isuku ku muntu wese, guhana intambwe hagati y’umuntu n’uwundi, gukaraba hamwe n’ibindi bintu bisabwa.
 - Aho bishoboka, koresha hanze, igihe ibirere bibikunze, ahantu huguruye kugira ngo guhana intambwe hagati y’umuntu n’uwundi bikunde.
 - Kuraba yuko abashitsi baza kw’ishuri batarwaye kandi batagira ibimenyetso, bagakurikiza ibisabwa kugira ngo bemerewe kwinjira harimwo no kwemeza yuko bazokwisunga ibisabwa vyose kuri [COVID-19, abasinye amasezerano hamwe n’abatanga ivya nkenerwa](#), igihe cose baje kw’ishuri. Abashitsi bese bategerezwa vyongeye kwinjira bakoresheje Service NSW QR code. Abavyeyi n’abarezi bashikanye abana kw’ishuri canke baje kubatora kw’ishuri ntibakeneye kubanza kwiyandikisha canke gukoresha Service NSW QR code.

Kwambara udupfukamunwa n’amazuru hamwe n’ukwisuzumisha ubushuhe.

Uwo ari we wese yipfuzaga kwambara agapfukamunwa n’amazuru kabo ntibazobuzwa gukora gutrye.

Mu bihe igisata c’amagara y’abantu categetse ko hambarwa agapfukamunwa n’amazuru igihe biyungururiza mu miduga yunguruza abantu muri rusangi, abanyeshuri bamaze imyaka 13 n’iyirenga bategerezwa gukurikiza iryo tegeko. Abakozi na bo nyene bategerezwa gukurikiza iryo tegeko igihe biyunguruje bakoresheje imodoka zunguruza abantu benshi, co kimwe n’igihe bagiye kwiherereza bakoresheje imodoka zitwara abantu benshi canke izindi modoka z’inkotano.

Gusuzuma abanyeshuri ubushuhe ntibisabwa canke ngo bitegekanywe, bihanurwe ko vyokorwa ku mashuri.

Kwigira kw'ishuri n'ugutanga ibijanye n'ibikoresho vy'isuku

Ishuri yanyu izobandanya kuronswa ibijanye n'isuku hisunzwe ibisabwa na AHPPC, n'impanuro ziva mu gisata c'amagara y'abantu NSW. Ahantu hokwitabwaho kurusha ahandi ni ahantu abantu benshi bakunda gukorako, hamwe n'ahandi hantu bakunda kwishimukiza, nk'ibitasha vy'imiryango, aho bugarira, amakufiri, aho bakiriza canke bazimiriza amatara, aho bishimikiza ku ngazi ziduga canke zimanuka, hamwe n'ahantu hakunze guca abantu benshi. Hazobaho kwongererezwa gusukura ubuzu bwa surwumwe, hamwe n'ukwongereza amasabuni.

Amashuri azobandanya gutanga ibikoresho bijanye n'isuku harimwo n'isabuni y'amazi, imiti yica imigera, imishwara ikozwe mu mpapuro, ibintu vyo gusukura ahantu hamwe no gukura imigera aho ishobora kuba yakwiragiye.

Gutorera umuti abarwaye COVID-19

Hariho integuro igaragara yashizweho ku mashuri kugira ngo hatorerwe umuti ku muntu yikekwako yanduye canke vyemejwe ko yanduye COVID-19 mu mashuri yacu. Turiko turakorana hafi n'igisata c'amagara y'abantu NSW kandi tuzovugana n'abavyeyi iyo hari icadutse. Soma ibindi vyinshi ku vyo twategekanije ku barwaye COVID-19 ([Response protocols for COVID-19 cases](#)).

Ukwiunguruza

Imodoka zijana abantu kw'ishuri zikongera zikabavanayo zizobandanya gukora nk'uko vyari bisanzwe. Ku bijanye n'impanuro ku kwiunguruza mu kuja kw'ishuri no mu kuvayo, fatira ku kwiunguruza gutangwa NSW ([Transport for NSW](#)).

Ibikorwa vyerekeranye n'ugusigura ururimi mu rundi

Nimba ukeneye izindi nkuru zirengeye izi usabwe guhamagara umuyobozi w'ishuri ryawe. Nimba ukeneye umusobanuzi, umusiguzi kugira ngo agufashe mu gushikiriza ico ukeneye gusaba usabwe guhamagara ibikorwa vyerekeranye n'ugusobanura kuri 131 450 kandi usabe umusiguzi mu rurimi rwawe. Ntuzorihishwa kuri ivyo bikorwa vy'ugusobanura.