

AMATSINDA YA COVID-19

YO 'GUSABANA' BIDATEYE IKIBAZO

Itsinda ryo gusabana ni iki?

Itsinda ryo gusabana ni itsinda rihuriramo inshuti cyangwa abo mu muryango bemera guhurira mu gikorwa cyo kwishimisha aribo bonyine, kandi bakubahiriza intera hagati yabo n'undi muntu utari uwo mu itsinda. Kuba mu itsinda ryo gusabana bituma abarigize bashobora kubonana n'abandi bantu batari abo mu nzu ari nako birinda ibyago byo gukwirakwiza COVID-19.

Ibyo wakora

- ✓ **Kwemeranya mbere ku bagize iryo tsinda.** Kurekera isinda ku batararenze 10, kandi badaturuka mu rundi rugo rurenze rumwe.*
- ✓ **Kuganira uko abagize itsinda bashobora kugerwaho n'ibyago byo kwandura COVID** (ibibazo by'ubuzima, kugira hejuru y'imyaka 65).
- ✓ **Kwemeranya uko abarigize bese bazagabanya ibyago** (urugero., kudasura batari abo mu itsinda keretse abambaye udupfukamunwa hanze,, kudakorera ku kazi cyangwa kujya ku ishuri kwiga imbone nkubone). Itsinda ryose ryirengera ingaruka zo kwandura k'urigize.
- ✓ **Kwemeranya kubwizanya ukuri hagati yabo ku bikorwa bitandukanye.**
- ✓ **Kuguma hanze uko bishoboka, n'ubwo mwaba muri mu itsinda ryo gusabana.**
- ✓ **Guhana amakuru y'uko hari umuntu ugaragaza ibimenyetso cyangwa yaranduye COVID-19.** Itsinda ryose ryo gusabana rigomba kureka guhita rihurira hamwe, kandi umuntu ugaragaza ibimenyetso bya COVID-19 agomba guhita yipimisha

Ibyo kudakora

- ✗ **Gusabana n'abandi bantu batari abo mu itsinda ryanyu,** keretse abambaye udupfukamunwa, hanze, kandi harimo intera ya metero 2
- ✗ **Itsinda ryo gusabana rigizwe n'abantu barenze 10 cyangwa ingo ebyiri.**
- ✗ **Kuba mu itsinda ryo gusabana rirenze rimwe.**
- ✗ **Gushyiramo abantu mu itsinda ryanyu bishoye mu bikorwa by'imyitwarire yateza ibibazo**
- ✗ **Kureka gukurikiza amabwiriza y'ingenzi y'inzenzo z'ubuzima** (gukaraba intoki buri gihe, guhana intera, kwambara agapfukamunwa).
- ✗ **Kwemerera abo mu rugo kujya mu matsinda atandukanye yo gusabana.**
- ✗ **Kujya mu gikorwa kitemeranyijweho mu itsinda,** nk'urugendo.
- ✗ **Kuguma mu itsinda ryo gusabana niba abandi bari kwishobora mu bikorwa by'imyitwarire yatera ikibazo** (urugero., kujya mu birori binini cyangwa amateraniro).

* Ingo bivuze itsinda ry'abantu babana mu icumbi bahuje igikoni cyangwa ubwogero.

Ku yandi makuru yerekeye aya mabwiriza, sura [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus).
Ibibazo cyangwa impungenge bishobora koherezwa kuri imeyili kuri COVID19@michigan.gov.