



URUKARATASI RURIKO IVYO UKWIYE KUMENYA IVYO UKENEYE KUMENYA KU VYEREKEYE CORONAVIRUS (COVID-19)

12/05/2020

COVID-19 ni ingwara ituma umuntu ahema nabi iterwa n'umugera mushasha. Mu bimenyetso harimwo ubushuhe, ugukorora, kuvyimba mu muhogo hamwe n'ukubura impwemu. Umugera urashobora kwandukira uvuye ku muntu ukaja ku wundi, ariko isuku ryiza rirashobora gutuma abantu batawandura. Rondera kumenya umuntu ari mu kaga ko kwandura n'ico ukwiriye gukora nimba wibaza ko woba waranduye COVID-19.

COVID-19 ni igiki?

Imigera ya Corona ni umuryango munini w'imigera itera ingwara z'uguhema nabi. Zishobora kuva ku bicurane bisanzwe bigashika ku ngwara zikomeye.

COVID-19 ni ingwara iterwa n'ubwoko bw'umugera mushasha wa coronavirus. Uwo mugera watanguye kuboneka muri Kigarama 2019 i Wuhan mu gisagara co muri China.

Ibimenyetso vya COVID-19

Ibimenyetso vya COVID-19 bishobora kuva ku ngwara ntoya igashika ku musonga ukomeye cane. Abantu bamwe bamwe barakira ningoga kandi vyoroshe, abanda na bo bagashobora kurwara vyoroshe.

Mu bimenyetso vya COVID-19 harimwo:

- Ugushuha
- Ugukorora
- Ukuvyimba mu muhogo
- Kubura impwemu

Nimba wibaza ko ushobora kuba waranduye COVID-19:

- Aushobora gushikira ivyerekana ibimenyetso ku rubuga ngurukanabumenyi rw'amagara
- Saba impanuro za muganga mu kuronderera ku murongo w'igihugu wa ufasha abanduye Coronavirus kuri **1800 020 080**. Uyu murongo uriko izi nkuru ukora amasaha 24 ku musu, ugakora imisi 7 mw'iyinga. Igihe uba utavuga ururimi rw'ikigereza, ushobora gukoresha ibikorwa vy'ugusobanura n'ugusigura mu guhamagara kuri **131 450**
- call ahead of time to book an appointment with your doctor or hospital
- find out about testing by contacting your local state or territory health department

Irindagata gute?

COVID-19 irindagata ivuye ku muntu ikaja ku wundi biciye:

- Mu kwegerana n'umuntu yanduye uwo mugera (harimwo n'amasaha 48 imbere yuko uwo muntu abonekako ibimenyetso)
- Biciye mu gukororerwako canke kwasamurirwako n'umuntu yanduye umugera wa Coronavirus
- Mu gukora ku bintu canke ahantu (nko gukora kirya bakoresha mu kwugurura canke gukora ku meza) hari udusigarizwa tw'ibikororwa canke ivyo umuntu yasamuye arwaye coronavirus, maze ukikora ku munwa canke mu maso

Kubera yuko COVID-19 ari ingwara nshasha, nta n'umwe igera umutwe mu kibano cacu. Ibi bisigura yuko ishobora kurandagata gushika kure kandi yihuta cane.

COVIDSafe app ni iyo iki?

COVIDSafe app ni ikigize igikorwa ca Leta yo muri Australia co kugabanura ugukwiragira kwa COVID-19. Dufise ubushizi bw'amanga yuko dushoboye guhagarika ukurandagata kwihuta kw'iyongera ngwara maretu arashobora gukuraho no kugabanya ingingo zari zafashwe ariko abengihugu ba Australia bakaguma mu mahoro no mu mutekano. COVIDSafe app nib wo buryo bwonyene bwemewe na Reta ya Australia bwo gukurikirana no kumenya abegeranye n'abanduye iyo ngwara.

Ubwo buhinga bushasha bwa COVIDSafe app ni ikintu umuntu yinjiramwo iyo avyigombeye ata gahato. Gupakurura iyo app ni ikintu ushobora gukora kugira ngo wikingire, ukingire umuryango wawe n'incuti zawe kandi kugira ngo urokoze ubuzima bw'abenegihugu bandi bo muri Australia. Uko abenegihugu ba Australia benshi bemera kuja kuri ubu buhinga bwa COVIDSafe app, ni ko abajejwe amagara y'abantu mu gihugu n'intara bashobora gutora uwo mugera n'abantu begeranye n'abanduye uwo mugera wa COVID-19.

Ubuhinga bwa COVIDSafe app bwihutisha ukugene vyahora bigenda ubu mu kurondera abantu begeranye cane n'umuntu yanduye COVID-19. Ibi bisigura yuko uzoshikirwa vyihuta kuruta nimba uri mu kaga ko gushobora kwandura uwo mugera. Ibi bigabanya akaryo k'uko ushobora kwanduza no gukwiragiza uwo mugera ku muryango wawe, abagenzi canke abanda bantu mu kibano.

Abajejwe amagara y'abantu mu gihugu no mu karere bashobora gushikira inkuru iri muri ubwo buhinga bwa app igihe conyene umuntu yasuzumwe agasanga yaranduye umugera wa COVID-19 akemera ko inkuru iri muri telephone yiwe ipakirwa, yaburwa. Abajejwe amagara y'abantu bashobora gukoresha izo nkuru zo muri ubwo buhinga bwa app kugira ngo bagabishe abo bose vyoya vyiza ko bikumira canke bakeneye kwipimisha.

None ubwo buhinga bwa COVIDSafe app bukora gute?

Igihe upakuruye ubwo buhinga bwa app utanga izina ryawe, inomeru za telephone ngendanwa, hamwe na postcode maze ugaca uvuga urwego rw'imyaka ugezemwo. Uzorungikirwa ubutumwa butoya bwemeza ko ubwo buhinga wabushize muri telephone yawe. Ubwo buhinga rero buca bushiraho inomeru wisangije wenyene ikoresha kugira ngo bashobore kugushikira.

COVIDSafe app iremeza ubundi buhinga bukoresha app bwashizwe muri Bluetooth. Igihe ubwo buhinga bwa app bwemeza uwundi muntu akoresha ubwo buhinga, bwerekana italiki, umwanya, inta n'ikiringo bamaranye n'uwanduye hamwe n'ibindi uwundi muntu akoresha. Ubwo buhinga bwa COVIDSafe app ntibuvuga aho uba.

Kugira ngo ubwo buhinga bushobore gukora, utegerezwa kuba ufise ubwo buhinga bwa COVIDSafe app bukora uko ugenda urakora ibikorwa vyawe vya misi yose ariko ukegerana n'abandi bantu. Abakoresha ubwo buhinga bazoguma baronka agakuru umusi ku musi kerekana ko ubwo buhinga bwa COVIDSafe app buriko burakora.

Inkuru izoba iri imbere muri iyo telephone kandi uwo muntu yatowe ko yanduye aca aguma abitswe mu buryo budatakara muri iyo telephone yawe. Mbere na wewe ubwawe ntushobora kumumenya. Iyo nkuru yuko mwegeranye ibitswe mu ma telephone ngendanwa y'abantu ica ifutwa inyuma y'imisi 21. Ico kiringo gifatira ku mwanya COVID-19 ishobora kuba yibitse, yinyegeje mu muntu itaramenyekana n'umwanya bifata kugira ngo umuntu asuzumwe, apimwe.

Ni nde abangamiwe cane na COVID-19?

Muri Australia, abantu baba bari mu kaga kurusha abandi ko kwandura uwo mugera ni:

- Ingenzi ziba zije zivuye hanze ya Australia
- Abantu begeranye cane n'umuntu yasuzumwe agasangwa yaranduye COVID-19
- Abantu bari aho bafungirwe kugira ngo bikosore bihanure
- Abantu baba mu kigwi c'aho abantu benshi baba

Abantu bari, canke bazoba, bari mu kaga gakomeye ko kwandura ingwara zikomeye iyo banduye uwo mugera ni:

- Abantu bafise imyaka 70 n'abayirengeje
- Abantu bafise imyaka 65 canke bayirenza ariko bakaba bafise ibirwara bidakira
- Imvukira n'aba Torres Strait Islander bamaze imyaka 50 canke bayirenza bagendana ingwara zidakira
- Abantu bari basanzwe bafise ingorane mu mubiri mu bijanye n'uko batakingiwe

Mu bana ni bake gushika ubu bamaze gusanga barwaye canke baranduye COVID-19, hagereranjwe n'abantu bose bamaze kwandura uwo mugera.

Umurwi ujejwe gukingira amagara y'abantu mu gihugu ca Australia (AHPPC) wavuze ko ubona ko ata ngorane ubona yo kurungika abana ngo basubire kuja kw'ishuri.

Nta cemezo tubona muri iki gihe cemeza ko abagore bibungenze bari mu kaga ko kwandura uwo mugera.

Shakashakira ku rubuga ngurukanabumenyi bw'igisata c'amagara kugira ngo urabe impanuro zerekeranye n'abantu bashobora kwandura uwo mugera.

Ingene ushobora kwikingira no gukingira abandi COVID-19

Uwo ari we wese arafise uruhara mu guhagarika ukurandagata kwa COVID-19. Ni ngirakamaro gukora ibi bintu bikurikira kugira ngo ugabanure ukurandagata kwa COVID-19 kandi ugakingira abo bose bashobora kwandura.

Gerageza guhana inta (vyongeye vyitwa guhana inta mu kibano) hamwe n'ugukurikiza isuku.

Ibi bisigura:

- Guhana inta n'abandi ingana na metero 1.5
- Kuguma muhira igihe ufise ibicurane canke ibintu bisa n'ibimenyetso vy'ibiseru
- Kwirinda kuramukanya mukoranyeko mu guhana amaboko, kugwana mu nda hamwe n'ugusomana
- Kudakoresha gukora ku mahera aho bishoboka hose
- Gukororera mu nkokora no kwasamurira mu nkokora canke gukoresha agakaratasi koroshe
- Gushira mu giseke gitererwamwo umucafufu udukaratasi wihanaguje canke wakororeyemwo hamwe no gukaraba
- Karaba amaboko kenshi ukoresheje isabuni n'amazi, imbere y'ukurya n'inyuma y'ukurya hamwe n'inyuma yo kuja mu kazu ka surwumwe
- Koresha agacupa karimwo alcohol gakoreshwa mu kwica imigera
- Irinde gukora mu maso ku zuru no ku munwa
- Hanagura kandi ukure imigera ahantu hose hakoreshwa kenshi nkaho kwicara, ku ntebe hamwe na harya bakora mu kwugurura umuryango
- Hanagura kandi ukure imigera kenshi ku bintu bikoreshwa kenshi nk'amatelephone ngendanwa, imfunguruzo, imipfuko igenderamwo amahera hamwe na mureke arengane y'ibikorwa
- Gwiza umuyaga mushasha mu nzu mu kwugurura amadirisha canke mu kurwiza umuyaga uzanwa n'ubuhinga bwashizwe mu nzu

Kwirikiza impanuro zerekeranye n'amakoraniro zitangwa n'igihugu urimwo canke abategetsi b'akarere urimwo ibihe vyose.

Kwerekeza kuri Australia itagiramwo COVID

Australia yaragerageje ‘kugabanya mu buryo bugaragara uburwayi bw’uwo mugera’ kandi igitigiri c’abandura bushasha COVID-19 mu gihugu cose muri iki gihe ari bake cane. Ubu rero turashobora gutangura gufata intambuko zihwejwe neza kugira ngo dutazure ingingo zimwe zimwe zari zafashwe zadufashije guhagarika igwiririkana n’irandagata ry’uwo mugera.

Reta ya Australia yaratanze integuro y’ibiringo 3 bitanga inzira ikoreshwa mu ma reta n’intara izoshikana ku kurandura burundu COVID mu bibano. Ibihugu n’intara bizoca muri izo ntambuko n’ivyo biringo bishikana ku kuzorandura burundu COVID mu bihe bitandukanye, bivanye n’ukugene amagara y’abantu yifashe aho hantu no muri abo bantu bo mu micungararo barimwo.

Urashobora kuguma umenyeshwa ingingo zigenda zirahindagurika zafashwe mu gihugu cawe no mu ntara yawe urondereye ku mbuga ngurukanabumenyi za COVID-19. Yamara, muri izo ntambuko canke ivyo biringo vyose, ni ngombwa ku bantu ko baguma bahana inta kandi bakomeza isuku, bakaguma muhira iyo barwaye kandi bakipimisha iyo bumva bafise ibimenyetso vya COVID-19.

Norondera gute muganga?

Ni ngirakamaro ko ubandanya kubonana na muganga nk’uko vyahora – cane cane iyo ufise ingwara ngendanwa zidakira zikenera kenshi kubona muganga.

Nimba urwaye kandi ukibaza yuko ufise ibimenyetso vya COVID-19, ni ngombwa ko uja kubaza muganga. Nimba ugomba kuvugana n’uwundi muntu ku vyerekeranye n’ibimenyetso wibonako, ushobora guhamagara ku murongo wo gufasha w’igihugu washiriweho Coronavirus baguhe impanuro kuri **1800 020 080**. Uwo murongo utanga izo nkuru ukora amasaha 24 ku musu, imisi ndwi mw’iyinga, bisigura ko igihe cose wama wuguruye.

Igihe utari umuntu avuga lkingereza, ushobora gukoresha ibikorwa vyo gusigura no gusobanura mu guhamagara kuri **131 450**.

Kugira ngo uronke imfashanyo iva ku muganga canke ku bitaro, usabwe guhamagara hakiriho igihe kugira ngo ubamenyeshe ko ugiye gushika mu kanya. Uzosabwa gufata ingingo z’ukwiyubara igihe uzoba uje kwa muganga. Kwirikiza ayo mategeko uhawe.

Iyo ufise ibimenyetso vy’ingwara y’uguhema nabi, usabwe kwipfuka ku munwa no ku mazuru kugira ngo ukingire abandi igihe uriko urarondera kuvugwa. Igihe udafise ivyo gupfuka ku munwa n’amazuru, usabwa kumenyesha umuganga wawe kugira ngo akuronderere ico gupfuka ku mazuru no ku munwa.

Gumiza inta ingana n’imiburiburi na metero 1.5 hagati yawe n’abandi bantu igihe cose. Pfuka ibikororwa vyawe mu gukororera mu nkokora canke mu kwasamurira mu nkokora no mu kwaha.

Bwira muganga ivyerekeranye:

- N'ibimenyetso vyawe
- Ahantu hose ushobora kuba waragiye mu misi iheze
- Umuntu wese mushobra kuba mwaregeranye yari yaranduye COVID-19

Ibitaro (GP)-bijanye n'ingwara zo guhema nabi

Urashobora kandi ku bitaro bapima ingwara zijanye n'uguhema nabi. Hariho amavuriro avura ingwara z'uguhema nabi mu gihugu cose no mu karere kose. Ushaka kumenya ibirenze ibi ku mavuriro ari mu micungararo ubamwo, ronderera kuri: <https://www.health.gov.au/about-us/contact-us/local-state-and-territory-health-departments>

Kwisuzumisha amagara uri kure hamwe n'ukuzanirwa imiti muhira

Abaganga, abafomoro hamwe na ba karuhariwe mu kuvura ingwara zo mu mutwe barashobora gutanga ibikorwa bitari bike biciye mu kwisuzumisha amagara uri kure gushika kw'italiki ya 30 Nyakanga 2020 biciye kuri telephone canke conference yo kuri video.

Uwo ari we wese afise ikarata yo kwa muganga aremerewe ku bikorwa vyo kwisuzumisha ari kure. Umuganga wawe vyongeye arashobora kuguha impanuro n'ukugusuzuma biciye mu mubonano wo kwisuzumisha amagara uri kure yiwe.

Umuganga wawe azoshiraho urukaratasi rwerekana ivyo yatoye igihe yagusuzumiye kure. Barashobora gushiraho ikopi yerekana neza ivyo bagutegetse gukora (ishusho igaragara nka photo canke pdf) izorungikirwa idandarizo wahisemwo ry'imiti biciye ku buryo bwa email, ubutumwa buto canke fax kugira ngo iryo dandarizo ry'imiti ribikuzanire i muhira. Hamwe ubishatse, umuganga wawe arashobora kugutumira urwo rukaratasi rwanditseko imiti yakwandikiye abicishije mu gasandugu ka posita.

Rondera kumenya vyinshi uciye kuri:

<https://www.health.gov.au/resources/publications/covid-19-national-health-plan-prescriptions-via-telehealth-a-guide-for-patients>

Gushigikira abagendana ingwara zo mu

Mutwe coronavirus iriko irahindura uburyo n'ingene tubayeho n'umwanya tumarana n'abo dukunda. Ico kiza kizogumana natwe amezi Atari make ari imbere azoza, kandi ni ngirakamaro kwibuka ko dukwiye kwirinda n'ukizigama amagara yacu yo mu mutwe co kimwe n'amagara yacu yok u mubiri wose.

Gumana imigenderanire n'incuti zawe, n'umuryango, hamwe n'ikibano ubicishije kuri telephone canke ku huhinga ngurukanabumenyi canke kuri internet.

Wibuke ko ata ngorane iyo hariho agahaze. Nimba wumva ko uremerewe, urushe, ushavuye, uhagaritse umutima, menya yuko ivyo ari ibisanzwe kandi ntugire ubwoba bwo gusaba impanuro n'impashanyo.

Ronderera kuri www.headtohealth.gov.au ibijanye na:

- Ibifatanye n'amagaray o mu mutwe ku buhinga ngurukanabumenyi hamwe n'amatelephone ashigikira abagendana uburwayi bwo mu mutwe
- Ibifasha n'ibikorwa bishobora gufasha igihe ufise ingorane z'ingwara zo mu mutwecanke igihe uba uriko uragerageza gufasha uwundi muntu arwaye ingwara nk'izo

Nokwipimisha gute COVID-19?

Umuntu wese afise ibimenyetso vya COVID-19 ategerezwa kwishikana aho bapima, ategerezwa kwipimisha.

Ibimenyetso vya COVID-19 ni ubushuhe, ugukorora hamwe no kuvyimba mu mihogo. Ni ngirakamaro kwipimisha naho woba ubonekako ibimenyetso bitoya.

Kwipimisha COVID-19 bifasha kumenya abarwaye bose kugira ngo bakurwe mu bandi, bakumirwe kandi abo begeranye bamenyekane kugira ngo ntihabe ukurandagata kw'uwo mugera mu kibano.

Ibi bizofasha akigoro k'abajejwe amagara y'abantu mu kugabanura ukurandagata kwa COVID-19 n'aho umuntu ashobora gushira inguvu nyinshi n'uburyo bwinshi bwo kwitararika abantu.

Amareta n'intara bishobora kuba bifise ivyo barabirako n'ivyo bakorerako mu gupima, kubw'ivyo usabwe gusuzuma ibisata bijejwe amagara y'abantu mu kartere urimwo.

Kurindira inyishu z'ibipimo vyagizwe

Ivyo bipimo birashobora gufata imisi mikeya kugira ngo ushobore kuronka inyishu.

Iyo ufise ibimenyetso bikomeye urashobora kugumizwa mu bitaro kandi ugakurwa mu bandi, ugakumirwa kugira ngo uwo mugera nturandagata.

Iyo muganaga wawe akubwiye ko ukomeye ata ngorane ko ushobora kuja muhira igihe urindiraye inyishu y'ibipimo vyakozwe, utegerezwa:

- kwikumira i muhira
- kwikingira no gukingira abandi mu gukwirikiza isuku hamwe no guhamna inta

None COVID-19 ivugwa gute?

Muri iki gihe nta muti canke urucanco rwa COVID-19. Ukwitwararika kwa muganga gushobora kuvura vyinshi muri ivyo bimenyetso. Imiti bita Antibiotics igira akamaro ku kwandura kwavuye ku ku ma bacteria kandi iyo miti ntikora ku migera.

Hariho ivyegeranyo bimwe bimwe bivuga yuko ibinini bimwe bimwe, harimwo na hydroxychloroquine, birashobora gukoreshwa mu kuvura COVID-19. Nta binini vyemejwe na Therapeutic Goods Administration (TGA) mu kuvura COVID-19.

Iga vyinshi birengeye ivyo ku bijanye na hydroxychloroquine mu kuronderera ku rubuga ngurukanabumenyi rwa TGA:

<https://www.tga.gov.au/alert/new-restrictions-prescribing-hydroxychloroquine-covid-19>

Izindi nkuru zirengeye izi

Ronderera kuri www.health.gov.au

Rondera inyishu ku [bibazo bikunda kubazwa ku vyerekeranye na COVID-19](#).

Rondera kuri COVID-19 [English COVID-19 resources](#) na [translated COVID-19 resources](#)

ku bijanye na Leta ya Australia ni ugukingira abenegihugu ba Australia COVID-19, genda kuri www.australia.gov.au