

# N'ibiki ukeneye kumenya kuvyerekeye Virusi ya Corona (COVID-19) Ndamukiza 13, 2020



## Virusi ya Corona 2019(COVID-19) n'iki?

Amavirusi ya Corona n'imigwi minini y'amavirusi ashobora gutera indwara mu gutangura gukorora gusanzwe bikavamwo indwara zikomeye zo guhema nk'indwara y'amahaha, umusonga canke indwara yo guhema ikomeye cane(SARS).

Virusi ya Corona 2019(COVID-19) itera indwara yo guhema yagaragaye ubwambere mu ntara Hubei(Wuhan) mu gihugu c'Ubushinwa.

Mu ntumbero yo kumenya vyinshi kuri Virusi ya Corona 2019(COVID-19) , ifashishe runo rubuga [healthvermont.gov/COVID19](http://healthvermont.gov/COVID19).

## Ibimenyetso n'ivyaha?

Nk'inkorora hamwe n'izindi ndwara zo guhema zisanzwe,ibimenyetso biba bisanzwe hama bikaza gukomera kandi bigizwe:

- No gushuha
- Gukorora
- Guhema nabi

Ububabare buterwa na Virusi ya Corona 2019(COVID-19) bugizwe n'indwara zikomeye, nk'umusonga canke gukora nabi hamwe n'igitigu, rimwe na rimwe, urupfu.

## Ni gute iyo Virusi yandukira?

Virusi za Corona zandukira ahanini biciye kubantu babiri baba begeranye cane, nk'akarorero, mu nzu imwe, ku kazi canke nko kw'ivuriro.

## Iyegerana rya cane risigura iki?

Kwegerana kwa cane bisigura kuba uri mu karera k'ingero zitandatu (ku metero zibiri) z'uwundi muntu igihe kirekire. Ibi biba igihe mwitanaho, mufashanya cane,mubana, mugenderanira canke muri kw'ivuriro rimwe aho murindirira. Mu gihe uzi ko mwahuye n'umuntu basanze afise Virusi COVID-19: guma muhira, gabanya kwegera abandi,kandi hamagara Igisata c'Amagara kijejwe Indwara Zandukira kuri 802-863-7240 muvugane ko ukeneye kubona umuganga kandi n'uko wosuzuma ibimenyetso.

Kwegerana cane NTI bisigura: kuba uri mu karere karenza ingero zitandatu mu gace kamwe igihe kirekire, wahaciye,canke kuba mu cumba kimwe n'umuntu bansanze afise COVID-19. Muri ibi bihe, utegerezwa gusuzuma ibimenyetso. NTukeneye guhamagara Igisata Kijejwe Amagara.

Iyo basanze ufise COVID-19, Igisata c'Amagara kirakurondera hamwe n'ababonanye n' uwo muntu.

## Nokwikingira gute Virusi ya Corona 2019?

Nta rucanco ruhari rwo gukinga Virusi ya Corona 2019.

Hari ibikorwa vya buri muni bishobora gufasha gukinga iyandukira ry' imigera itera indwara z'ihema.

- Irinde kwegera cane abantu bagwaye.
- Irinde gukora ku maso yawe, izuru, n'umunwa.
- Guma muhira igihe urwaye.
- Ntukororere hafi y'abandi canke wasamurire muri muswara, hama uce uwuta aho wagenewe.
- Oza kandi woze kenshi ibintu vyakozweko kenshi n'ahantu ukoresheje umuti wabigenewe cane igikoropesho.
- Karaba amaboko yawe kenshi n'isabuni n'amazi n'imiburiburi mu masekonda mirongo ibiri, cane cane uvuye mu kazu kasugumwe;imbere yo gufungura; uhejeje kwimyira, gukorora cankwe kwasamura.
- Mugihe isabuni n'amazi bitahari, koresha umuti wabigenewe urimwo ubumara bungana na mirongo itandatu kwijana. Karaba igihe cose n'isabuni n'amazi mugihe iminwe icafuye.

## Nokora iki mugihe nibaza ko mfise iyo virusi?

Mugihe ushushu, ukorora, uhema nabi kandi ugakorora nkuko umenga n'inkorora isanzwe kandi ukaba waragiye mu gice kirimwo iyo ndwara mu minsi cumi n'ine, hamagara Igisata c'Amagara ca VermontIndwara zandukira kuri 802-863-7240.

Mugihe woba warabaye mu kibanza cabafise Virusi ya Corona 2019, uri mu rugendo, uri muhira kandi kugabanya kubana nabo bizogabanya iyandukira.

Mu gihe urwaye canke ufise impuhwe ku magara yawe, hamagara umuganga wawe **na telephone**. Wirinde kuja kubitaro, kiretse wagize ubwoba ko urwaye.

## Abantu bakuze n'abantu bagwaye izindi ndwara

Abantu bamwe barakarigwa cane no kugwara cane iyi ndwara, harimwo abantu bakuze n'abantu basanze bafise izindi ndwara (zimaze igihe kirekire) nk'indwara y'umutima, igisukari canke amahaha. Twisunze CDC, kuva ku mwaka mirongo itandatu, hari ukwiyongera kw'indwara kandi iyo ndwara yiyongera bivanye n'imyaka. Iyo ndwara ikarira cane abafise imyaka irenga mirongwinani.

Abantu bakuze n'abafise izindi ndwara bategerezwa gukora ibi:

- Gutegekanya ivyo bakeneye
- Kwirinda abantu
- Kwirinda kuba mu ngendo no kufata ingendo z'indege zitakenewe cane.
- Ugume kure y'abandi barwaye

Soma icagenewe kugufasha ca CDC [Abantu babangamiwe n'indwara ikomeye ya Virusi ya Corona COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html) kuri runo rubuga: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

## **Ntegerezwa kureka kuja mu bibanza bimwebimwe?**

Soma impanuro ziriyanye no gufata ingendo kuvya corona 2019: [www.cdc.gov/coronavirus/2019-ncov/travelers](https://www.cdc.gov/coronavirus/2019-ncov/travelers)

# What you need to know about Coronavirus (COVID-19)

## March 13, 2020



## What is the 2019 novel coronavirus (COVID-19)?

Coronaviruses are a large group of viruses that can cause illnesses ranging from the common cold to more serious respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS).

The 2019 novel coronavirus (COVID-19) causes a respiratory infection that originated in Hubei province (Wuhan), China.

To learn more about the 2019 novel coronavirus, visit [healthvermont.gov/COVID19](https://healthvermont.gov/COVID19).

## What are the symptoms?

Like the flu and other common respiratory infections, symptoms range from mild to severe and can include:

- fever
- cough
- difficulty breathing

Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

## How does the virus spread?

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care center.

## What does close contact mean?

Close contact means being within six feet (2 meters) of someone for a long time. This happens when caring for, being intimate partners with, living with, visiting, or sharing a health care waiting area. If you have been in close contact with someone who has tested positive for COVID-19: stay home, limit your contact with others, and call Health Department Epidemiology at 802-863-7240 to discuss whether you need to see a provider and how you will monitor yourself for symptoms.

Close contact does NOT mean: being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room with someone who has tested positive for COVID-19. In these situations, you should observe yourself for symptoms. You do NOT need to call the Health Department.

When someone tests positive for COVID-19, the Health Department gets in touch with the close contacts of the individual.

## How can I protect myself against the 2019 novel coronavirus?

There is no vaccine available to protect against the 2019 novel coronavirus.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home if you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

## What should I do if I think I have the virus?

If you have fever, cough, difficulty breathing and your symptoms feel worse than a common cold and you have travelled to an affected area within 14 days of symptom onset, call Vermont Department of Health Epidemiology at 802-863-7240.

If you have been exposed to the 2019 novel coronavirus, including during travels, staying home, and limiting contact with others will help prevent further spread.

If you are sick or concerned about your health, contact your health care provider **by phone**. Please avoid going to the hospital, except in a life-threatening situation.

## Older Vermonters and people with chronic conditions

Some people are at higher risk of getting very sick from this illness, including older adults and people with chronic (long-lasting) medical conditions like heart disease, diabetes or lung disease. According to the CDC, starting at age 60, there is an increasing risk of disease and the risk increases with age. The highest risk of serious illness is in people older than 80 years.

Older adults and people with chronic conditions should take extra precautions including:

- Stock up on supplies
- Avoid crowds
- Avoid cruise travel and non-essential air travel
- Stay away from others who are sick

Read the CDC's full guidance on [People At Risk for Serious Illness from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html) at this address: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

## **Should I avoid travel to some places?**

Learn about travel advisories related to the 2019 novel:  
[www.cdc.gov/coronavirus/2019-ncov/travelers](https://www.cdc.gov/coronavirus/2019-ncov/travelers)