

Ibyavuguruwe kuri COVID-19 bigenewe abakozi

Isosiyete/Uruganda [Company/Facility]: _____

Umubare w'abanduye muri uru ruganda [# cases at this plant]: _____

Itariki iri vugurura ribereyeho [Date of this update]: _____

Izina ry'ikigo nderabuzima gifata ibizamini [Local health center]: _____

Nomero ya telefone y'ikigo nderabuzima [Tele# of health center]: _____

COVID-19 iri kugira ingaruka ku duce twinshi two muri Karorina y'amajyaruguru, mu gihugu no ku isi. Hari abakozi baherutse gutangazwa ko banduye bakorera uru ruganda. Ubuzima bwawe budufitiye akamaro kanini. Twakoze impinduka mu bikorwa byacu n'amabwiriza tugenderaho kugira ngo hagabanywe ibyago byo guhura na virusi mu gutuma ukomeza kugira ubuzima bwiza n'umutekano.

Uruganda rwacu ruri gukorana n'abashinzwe ubuzima ku nzego z'ibanze na leta mu gufasha kwita ku banduye vuba bishoboka kugira ngo hagabanywe ikwirakwira rya virusi. Ishami rishinzwe ubuzima cyangwa ikigo nderabuzima gishobora gukurikirana n'abo bakorana, imiryango n'inshuti babonanye n'abakozi bapimwe bagasanga barwaye mu rwego rwo gusuzuma niba bafite ibimenyetso. Umuntu wese ufite ibimenyetso ashobora gusabwa gukorera ibizamini.

Ikigo nderabuzima cyavuzwe haruguru gitanga isuzuma ry'ubuvuzi kikanakorera ibizamini umukozi wese ugaragaje ibimenyetso bya COVID-19 nko **kuribwa umutwe, kubabara mu muhogo, umunaniro, inkorora cyangwa umuriro**. Umuntu wese **ufite ibindi bimenyetso bikomeye nko kubura umwuka cyangwa kutabasha kugenda adafashishwe** ahita asuzumwa n'umuganga ukurikirana abakozi cyangwa akajyanwa ahatangirwa serivisi z'ubuvuzi bwihuse.

Turagushishikariza kuvuga ko urwaye ukaguma mu rugo igihe wumva ufite ibimenyetso bya COVID-19, n'ubwo byaba ari ibimenyetso byoroheje. Ni ingenzi cyane ko buri wese wumva afite ibimenyetso bya COVID-19, n'ubwo byaba byoroheje nko kubabara umutwe no kuribwa mu muhogo, ahamagara ikigo nderabuzima cyavuzwe haruguru cyangwa umuganga umuvura kugira ngo asuzumwe anafatwe ibizamini. Gukora iki gikorwa bifasha kugabanya ikwirakwira rya virusi aho ukorera kandi binafasha kurinda ko ikwirakwira aho utuye. Iyo uvuze ko ufite ibimenyetso, bishobora gufasha gukumira ikwirakwira rya virusi mu muryango wawe n'aho utuye. Unashobora kuba ukijije ubuzima bw'undi muntu ushobora kuba afite imbaraga nke kukurusha, nk'umuntu ugeze mu za bukuru cyangwa umurwaye indwara idakira.

Abakozi barwaye bashobora koherezwa mu rugo cyangwa ntibemererwe kwinjira mu ruganda cyangwa mu modoka zitwara abakozi bagiyeye ku ruganda. Abakozi bafite ibimenyetso kandi by'umwihariko bapimwe bagasanga barwaye COVID-19 bashishikarizwa kwishyira mu kato ntibegere abandi mu gihe bari gukora indwara iterwa na virusi mu kwirinda kwanduza virusi abagize imiryango yabo, abo bakorana cyangwa abandi.

Niba ufite impungenge zo gusiba akazi, vugana n'umugenzuzi wawe ku byerekeye amabwiriza tugenderaho cyangwa ubundi bufasha bwose ushobora kuba wemerewe (urug.: ikiruhuko cy'uburwayi). Vugana n'ikigo cy'ubwishingizi bw'ubuzima mukorana, kuko bimwe byatangiyeye gusomera amafaranga atangwa mu gusuzuma cyangwa kuvura COVID-19. Niba udafite ubwishingizi bw'ubuzima, bimenyeshe ikigo nderabuzima cyavuzwe haruguru.

Uburyo bwo kwirinda virusi ubwawe:

- Irinde kwegera abandi usiga intera ya metero 2.
- Karaba intoki neza (byibuze amasegonda 20 ukoresheje isabune n'amazi).
- Irinde kwikora mu maso utakarabye intoki.
- Korora cyangwa witsamure ukoresheje igice cy'inkokora yawe cyangwa ukoresheje agatambaro aho gukoresha intoki zawe kugira ngo wirinde ubwawe n'abandi ntimwandure udukoko dutera virusi. Ntiwongere gukoresha udutambaro twakoreshejwe.
- Koresha udupfukamunwa cyangwa umwenda upfuka amazuru yawe n'umunwa wawe igihe wegereye abandi.

