



iby'ibanze byo
Gupima COVID
Urupapuro
rw'Amakuru #1

Ni irihe tandukaniro riri hagati y'ikizami cya PCR n'ikizami Cyihuse cya Antigen? Ni ikihe kizami nakoresha?

Ikizami cya PCR (cyoherejwe muri labo)

Ikizami cya Cyihuse cya Antigen (ikizami cyo mu rugo)

- **Agace gafite amakuru fatizo** = Koresha agakoresho kariho ipamba kugira ngo ubone amakuru fatizo (Akanyangingo Fatizo) ya virusi ya COVID
- **Labo** = Bigomba gukorerwa muri labo kandi bishobora gufata iminsi 3 kugira ngo ubone ibisubizo
- **Bikabije cyane** = Ikizami gishobora kubona virusi na mbere y'uko ugaragaza ibimenyetso, mu gihe ingano ya virusi mu maraso ari nto. "Ingano ya Virusi mu Maraso" ni ingano ya virusi mu mu biriri wawe.
- **Ushobora kubona virusi ariko ukaba utacyanduzwa** = Umuntu ashobora gukomeza kugagaza ko yanduye mu kizami cya PCR kugera ku minsi 90. Ibi bivuze ko ikizami bya PCR gishobora kubona virusi mu gihe utacyiyanduzwa kandi waranivuje.

- **Uturango (antigens)** = Koresha agakoresho kariho ipamba kugira ngo ubone ibimenyetso bya poroteyine (uturango (antigens)) mu gice cya virusi ya COVID
- **Mu rugo/ubwawe** = Bishobora gukorerwa aho bafatira ibizami cyangwa bigakorwa nawe ubwawe mu rugo; ibisubizo ni mu minota 10 kugeza kuri 20
- **Bikabije buhoro** = Ikizami ntigishobora kubona virusi mu gihe cya mbere cyo kwandura, ariko ni iby'ingenzi kumenya igihe wakwanduzwa (ushobora gukwirakwiza virusi).
- **Kubona virusi mu gihe wakwanduzwa** = Umuntu arashobora gukomeza kugaragaza ko yanduye mu kizami cyihuse mu minsi 5 kugeza 7, no kugera ku minsi 14. Niba ugaragaza ko uri pozitifu mu kizami cyihuse cya antigen, bivuze ko ushobora kuba ucyanduzwa.

NI IKIHE KIZAMI NAKORESHA?

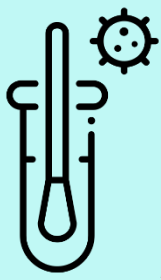
Ikizami cya PCR (Labo) = Niba ushaka kumenya neza ko utakirwaye COVID kandi **ukaba** utagifite ibimenyetso, koresha ikizami cya PCR.

Ikizami Cyihuse cya Antigen (Ikizami cyo mu rugo) = Niba ushaka kumenya niba urwaye COVID kandi ufite **ibimenyetso** cyangwa warahuye n'umuntu urwaye COVID, koresha Ikizami Cyihuse cya Antigen. *Kugira ngo ubone ibisubizo byizewe, koresha ibizami BIBIRI Byihuse bya Antigen nyuma y'amasaha 48.

Byashyizwe ku gihe: August 2023

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

<https://www.bewellyarmouth.org/pcr-or-antigen-test>



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Ni he nabona CY'UBUNTU mu rugo ibikoresho byo gupima COVID?



Gumana ibikoresho cyo gupima 2 kugeza kuri 3 kugira ngo ubashe koresha ikizami igihe cyose wumva ufite ibimenyetso, waba wahuye n'umuntu wakwanduzwa, cyangwa ushaka gusura umuntu ushaje cyangwa ufite ibyago byinshi byo kwandura.

Aho ushobora kubona KU BUNTU ibikoresho byo gupima COVID mu rugo:

Koresha urubuga cyangwa imbuga zose kugira ngo ubone ibyo gupima KU BUNTU.

(1) Ibigo nderabuzima bya leta

Ibikoresho by'ubuntu byo gupima mu rugo biri ku bigo nderabuzima bya leta byujuje ibyangombwa. Shakisha ikigo nderabuzima kikwegereye hano:

<https://findahealthcenter.hrsa.gov/>

(2) Abanyamuryango ba MaineCare na CubCare

Abanyamuryango ba MaineCare n'ababyeyi b'abana barebwa na CubCare bashobora kubona ibikoresho byo gupima mu rugo ku buntu muri farumasi zikorana na MaineCare. Zana icyangombwa cy'ubwishingizi kuri farumasi.



Byashyizwe ku gihe: August 2023

<https://www.maine.gov/covid19/testing>

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests?>

MaineHealth RADXUP



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Gupima COVID

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rw'Amakuru #3

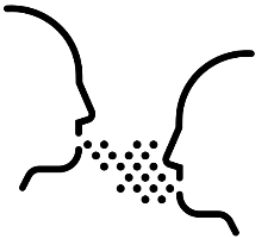
Ni ryari nafata ikizami cya COVID?

Koresha ikizami cya COVID niba ...



Ufite **ibimenyetso** → ipimishe ako kanya. Ibyo bimenyetso bishobora kuba ari nka giripe cyangwa ibicurane.

- ✓ Kubabara mu muhogo, gufungana amazu cg kugira ibimwira byinshi
- ✓ Inkorora
- ✓ Kubura umwuka cyangwa kugira ibibazo mu guhumeka
- ✓ Kugira umuriro cyangwa gukonja
- ✓ Umunaniro, kubabara imikaya cyangwa umubiri
- ✓ Kurwara umutwe
- ✓ Gutakaza ubushobozi bwo kumva icyanga cyangwa guhumurirwa
- ✓ Kugira isesemi cyangwa kuruka, gucibwamo



Wahuye **n'umuntu ufite COVID** → ariko **NTIWAHITA** wipimisha ako kanya. Koresha ikizami cya COVID nyuma y'iminsi 5 uhuye n'umuntu uyirwaye.

Kugira ngo umenye umunsi ugomba gukoresha ikizami cya COVID, jya kuri iri kuza hanyuma ukoreshe "Exposure Calculator":

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

Ushobora kandi gufata umwanzuro wo kwipimisha mbere:

Gusura umuntu ufite ibyago byinshi byo kwandura COVID → ibi bikubiyemo abantu bakuru, abarwayi ba asima, abantu badafite ubudahangarwa, n'abantu bafite uburwayi runaka.



Kwitabira ibirori birimo abantu benshi, nk'igitaramo cyangwa ubukwe.



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Ni gute nafata agakoresho kariho ipamba kugira ngo nkore ikizami cya COVID?

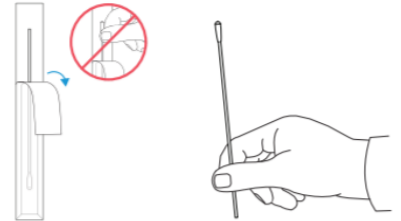
1. Soma amabwiriza ku gikoresho cyo gupima hanyuma ukurikize intambwe witonze. Iyipimo ngero byo mu zuru byafashwe nabi bishobora gutanga ibisubizo bipfuye.



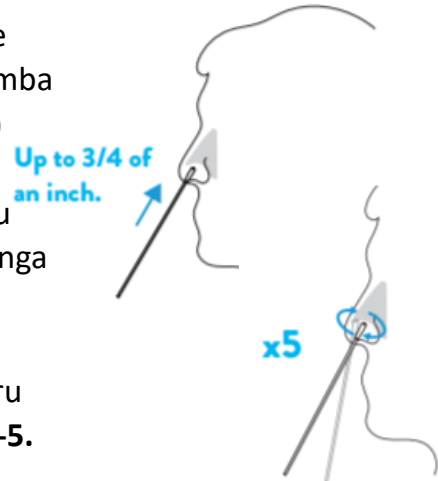
2. Karaba intoki zawe n'isabune n'amazi byibuze amasegonda 20 cyangwa ukoreshe umuti usukura intoki kugira ngo usukure ibiganda, wusigirize neza mu biganza no ku ntoki kugera byumutse.



3. Fungura ipaki irimo agakoresho kariho ipamba ku mpera. Kuramo agakoresho kariho ipamba. Ntukore ku ipamba cyangwa ngo utume kagira ahantu gakora aho ari ho hose.



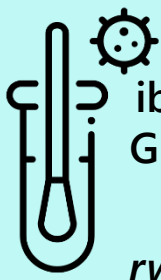
4. Gumisha umutwe wawe ureba imbere. Shyira agace kose gafata amatembabuzi k'agakoresho kariho ipamba mu zuru igice cy'ibumoso (**nko muri santimetero 2**)
5. Zengurutse neza agakoresho kariho ipamba mu zuru ryawe *mu buryo* bw'uruziga **inshuro 5** cyangwa zirenga mu **masegonda 15**
6. Kuramo agakoresho kariho ipamba, gashyire mu zuru iburyo, maze **usubiremo intambwe bikorwamo # 4-5.**



7. Shyira agakoresho kariho ipamba mu gacupa cyangwa ikarita iriho umuti, ukurikije igikoresho cyo gupima. Witonze ukurikize amabwiriza asigaye kuri buriya gikoresho cyo gupima.

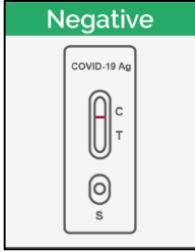
Byashyizwe ku gihe: August 2023

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests?>



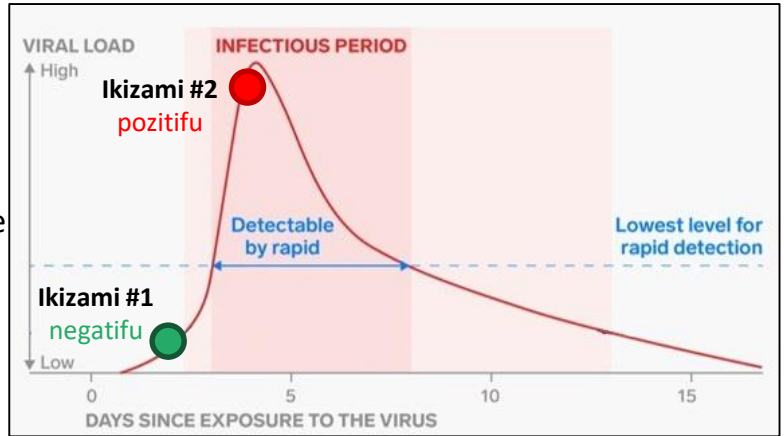
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Ikizami cyanjye ni negatifu – impamvu nkeneye kwipimisha **NANONE?**



Ku bijyanye n' ikizami cyihuse cya antigen, igisubizo cya negatifu cy'ikizami cyerekana gusa **UMURONGO UMWE** ku ikarita y'ikizami ku ruhande rwa "C" (genzura).

Igisubizo cya negatifu kivuze ko ikizami kitabonye virusi. **ARIKO**, ibi **ntibibuza ko ushobora kuba ufite COVID**. Ushobora kuba waripimishije virusi itaragaragara. Urugero, igishushanyo cyerekana kwandura COVID kuva umunsi wayanduye kugera ku munsi wa 15. Ikizami ku munsi wa 2 cyerekana igisubizo cya negatifu. Ariko ikizami cya kabiri cyakozwe ku munsi wa 4, cyerekana igisubizo cya pozitifu.



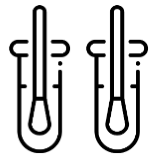
Ni ibizami byo mu rugo byihuse bingaha nkwiye gukoresha mu gihe kingana iki?

Niba ufite ibimenyetso...

Isuzumisha nanone **Amasaha 48** nyuma yo kubona igisubizo cya negatifu, ku **giteranyo cy'ibizami BIBIRI**.

Niba ubonye igisubizo cya negatifu ku kizami cya kabiri kandi ufite impungenge ko ushobora kuba ufite COVID-19, ushobora:

- koresha ikindi kizami mu rugo nyuma y'amasaha 48 nyuma y'ikizami cya kabiri
- gukoresha ikizami cya PCR cyangwa ugahamagara umuganga wawe

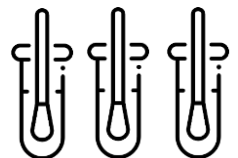


Niba NTA bimenyetso, ariko wari ahashobora kwandurirwa COVID-19...

Ongera wipimisha **amasaha 48** nyuma y'ikizami cya negatifu cya mbere, hanyuma **amasaha 48** nyuma y'ikizami cya negatifu cya kabiri, ku **giteranyo cy'ibizami BITATU**.

Niba ubonye igisubizo cya negatifu ku kizami cya gatatu kandi ukaba ufite impungenge ko ushobora kuba ufite COVID-19, ushobora

- gukoresha ikindi kizami cyo mu rugo amasaha 48 nyuma y'ikizami cya gatatu
- gukoresha ikizami cya PCR cyangwa ugahamagara umuganga wawe



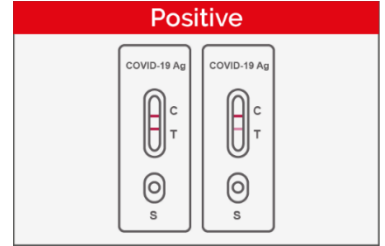
Byashyizwe ku gihe: August 2023

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

Ikizami cyanyje ni pozitifu – mbigenze nte ubu?

Ku kizami cyihuse cya antigen, igisubizo cya pozitifu cyerekana **IMIRONGO IBIRI** ku ikarita y'ikizami.

IBUKA: Umurongo wa kabiri ushobora utagaragara neza. Kandi **ntukeneye** gukoresha ikindi kizami ngo wemeze igisubizo



Icyo gukora mu gihe usanze wanduye COVID:

- ✓ **AKATO:** Guma mu rugo kugera ku **minsi 5** byibura. BURI WESE agomba gukora ibi, yaba yarakingiwe cyangwa atarakingiwe.
- ✓ **KURINDA ABANDI:** Gerageza kwiha akato ntuhure n'abandi mu rugo iwanyu uko ushoboye kose. Ntugasangire ibikoresho byawe bwite n'abandi. Ambara agapfukamunwa neza mu gihe uri kumwe n'abandi mu rugo (kandi abo mu rugo iwanyu na bo bagomba kwambara agapfukamunwa). Nyuma y'akato kawe k'iminsi 5 karangiye, ushobora kuva mu rugo ariko ukambara agapfukamunwa mu gihe uri mu bantu benshi n'igihe uri hafi y'abandi kugeza k'umunsi wa 10.
- ✓ **HITAMO UBUVUZI:** Witegereza! Umuti wa COVID uraboneka, nk'ibinini bita "Paxlovid" bishobora gufasha koroshya ibimenyetso byawe. ARIKO, Kuvurwa bikwiye gutangira mu minsi 5 hakigaragara ibimenyetso. Menyesha inzobere mu buzima kugira ngo urebe niba ugomba kwivuzza.
- ✓ **SHAKA UBUFASHA:** Ukeneye aho kuba, ibiryo cyangwa izindi nkunga mu gihe urwaye COVID? Ubufasha burahari! Ushobora **guhama** **gari 2-1-1**, ukatwandikira kuri DHHS.COVIDSocialSupport@maine.gov, cyangwa **wuzuze ifishi ya taransiferi ya COVID-19** (<https://www.maine.gov/dhhs/form/covid-19-referral-form>).

Ni gute nabara iminsi 5 y'akato?

Niba ufite ibimenyetso: Umunsi wa 1 ni umunsi wa mbere wose nyuma ibimenyetso byawe bitangiye.

Niba NTA bimenyetso: Umunsi wa 1 ni umunsi wa mbere wose nyuma yo kubona igisubizo cya pozitifu. Niba ibimenyetso biri kwiyongera mu minsi 10 nyuma yo kwipimisha, uzashyirwa mu kato mu minsi 5 nanone (n'Umunsi 1 ari wo munsi wose nyuma ibimenyetso byawe bitangiye).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Symptoms Start** Day 0
2 Day 1	3 Day 2	4 Day 3	5 Day 4	6 Day 5	7 Leave Isolation	8
9	10	11	12	13	14	15