

Iyo wakorewe ikizamini cya koronavirusi (ikizami cya COVID-19)

Iyo upimwe COVID-19 bishobora gufata iminsi mike mbere y'uko ubona igisubizo. Bimenyeshe umuganga ukuvura niba urwaye cyangwa ukeneye kuvurwa mju gihe utegereje ibisubizo byawe.

Umuntu wese ukeka ko ashobora kuba yaranduye koronavirusi agomba kwipimisha vuba bishoboka. Ibimenyetso bikunze kugaragara ni umuriro, inkorora, kuribwa umutwe, kuribwa mu muhogo, ibibazo byo guhumeka, kutaryohereza cyangwa kudahumurirwa. Abantu bamwe na bamwe bashobora kugira ibimenyetso bikomeye kurushaho kandi bamwe muri bo bashobora kutamenya ko banduye.

Ugomba kwipimisha niba uri mu kato, niba warabimenyeshejwe na porogaramu ya Smittestopp cyangwa niba warahuye n'ubwandu.

Ni iki ugomba gukora mu gihe utegereje igisubizo cyawe?

Abantu benshi bakorewe ikizami bagomba kuguma mu rugo cyangwa bakajya mu kato mu gihe bategereje igisubizo cy'ikizami. Ugomba kutajya ku kazi cyangwa ku ishuri, ugomba kudatega imodoka itwara abantu mu buryo rusange kandi ugomba kutajya ahantu hahurira abantu benshi. Ugomba gusiga intera hagati yawe n'undi uwo ari we wese, harimo abantu bakuru n'abana bakuze mubana. Abana bato bagomba kwitabwaho uko bisanzwe.

- **Niba warapimwe kubera ko ufite ibimenyetso bya koronavirusi**, ugomba kuguma mu rugo kandi ugasiga intera hagati yawe n'abandi mu gihe utegereje ibisubizo by'ikizami.
- **Niba warapimishije kubera ko wigeze kwegera umuntu wanduye cyangwa warabimenyeshejwe na porogaramu ya Smittestopp**, ugomba kuguma mu rugo mu gihe utegereje igisubizo cy'ikizami.
- **Niba uri mu kato gategetswe kubera ko wanduye**, ugomba gupimwa yaba mu gihe akato gatangiye na none mbere y'uko karangira. Akato gasabwa n'amategeko kandi ushobora gucibwa amande iyo utabyubahirije. Abo mubana bagomba kuba bari mu kato gategereje kugeza igisubizo cy'ikizami kigaragaje ko utanduye mu kizamini cya mbere. Ugomba gukomeza kujya mu kato muri iki gihe. Ugomba kongera gupimwa mu minsi 7 nyuma y'aho uherukira guhura n'umuntu wanduye. Iyo ukorewe ikizamini mu minsi 7 bagasanga utaranduye, ushobora kuva mu kato. Iyo utakorewe ikizamini, akato kamara iminsi 10 nyuma y'aho uhuriye n'umuntu wa nyuma wanduye. Iyo ufite ibimenyetso, ugomba kongera gukorerwa ikizamini.
- **Iyo utangiye akato umaze kugera muri Noruveje**, ugomba gupimwa yaba ukihagera na nyuma y'iminsi 7. Gukorerwa ikizamini n'akato bisabwa n'amategeko kandi ushobora gucibwa amande iyo utabyubahirije. Iyo ukorewe ikizamini mu minsi 7 bagasanga utaranduye, ushobora kuva mu kato. Iyo ubana n'abandi kandi ukaba utabasha gusiga intera hagati yawe na bo, bagomba kuguma mu rugo mu gihe uri mu kato. Iyo ugaragaje ibimenyetso, ugomba kongera gukorerwa ikizamini.
- **Iyo utegetswe kujya mu kato kandi ukaba warapimwe kubera ko wari ufite ibimenyetso bya koronavirusi**, ugomba kubahiriza amategeko agenga akato kubera ko bishoboka ko ufite COVID-19. Amategeko agenga kujya mu kato aba akomeye kurusha ayo kwiheza. Abantu

ubana na bo bagomba kujya mu kato kugeza ubonye ibisubizo byo mu kizamini cya mbere wakorewe. Abantu mubana bashobora kuba na bo bagomba gupimwa.

- **Niba wapimwe n'ubwo utari ufite ibimenyetso bya koronavirusi kandi ukaba utarigeze ugira aho uhurira n'ubwandu**, ntabwo ugomba kuguma mu rugo kugeza ubonye ibisubizo. Urugero: Binareba niba warapimwe kubera ko uri kwitabira umushinga w'ubushakashatsi, ugiye gusura ikigo cyangwa warapimwe kugira ngo ukore urugendo.

Ni gute wabona igisubizo cy'ikizamini wakorewe?

Nyuma hafi y'iminsi 1-2, uzabasha kubona ibisubizo by'isuzuma rya koronavirusi wakorewe kuri Helsenorge.no (<https://www.helsenorge.no/en/test-results/>). Rimwe na rimwe bishobora gufata igihe kirekire.

Buri wese ufite nomero y'indagamuntu ya Noruveje cyangwa nomero ya D ufite nomero ya telefone yanditse cyangwa aderesi imeyiri hakurikijwe ibya aderesi (“Kontaktinformasjon”) kuri helsenorge.no amenyeshwa hakoreshejwe ubutumwa bugufi cyangwa imeyiri iyo igisubizo kibonetse. Iyo udafite nomero y'indagamuntu ya Noruveje cyangwa nomero ya D, ugomba kumenyesha ikigo gikorerwamo ikizamini aho wapimishirije cyangwa umurongo wa telefone utangirwaho ubufasha mu bya koronavirusi wo mu muji ubamo kugira ngo ubone ibisubizo byawe.

Niba ufite koronavirusi, igisubizo cyerekana ko wanduye cyangwa byemejwe (“positivt/påvist”). Niba udafite koronavirusi, igisubizo cyerekana ko utanduye cyangwa bitemejwe (“negativt/ikke påvist”).

Iyo ibisubizo bigaragaza ko ufite koronavirusi (ibisubizo biba byagaragaje ko urwaye)

Iyo ikizamini cyerekana ko ufite COVID-19 (koronavirusi), ugomba kujya mu kato. Itsinda rishinzwe gukurikirana abahuye n'abanduye mu muji utuyemo riraguhamagara.

Gukurikirana abahuye n'abanduye ni ingenzi kugira ngo hahagarikwe ikwirakwira ry'ubwandu. Abo mukunda kuba mwegeranye (buri wese mubana na buri wese wigeze kwegera) agomba kujya mu kato. Anagomba gupimwa.

Umujyi ufite inshingano zo kugira ibanga. Ni ingenzi ko mwumvikana, rero ugomba kubaza igihe utazi neza ikintu runaka. Ushobora gusaba umusemuzi niba ubonye ugowe no kumva ururimi. Ni ubuntu guhabwa umusemuzi.

Umujyi ushobora kugufasha kubona ahandi hantu waba niba udashobora kutegera abantu mubana mu gihe uri mu kato.

Inama n'amabwiriza byerekeye kujya mu kato no kwiheza

- Inama n'amabwiriza byerekeye akato no kwiheza: <https://www.fhi.no/en/op/novel-coronavirus-facts-advice/facts-and-general-advice/social-distance-quarantine-and-isolation/>

- Inama n'amabwiriza bijyanye n'akato no kwiheza byasemuwe mu ndimi nyinshi <https://www.fhi.no/en/op/novel-coronavirus-facts-advice/information-material/informasjon-different-languages/>
- Hakurikijwe itegeko riri gukurikizwa, bishobora kuba icyaha mpanabyaha kwica amategeko yo kwiheza n'akato.