Umuntu wese babwiye ko agomba kuguma mu kato cyangwa kuguma imuhira

Abantu benshi bafatwa n'indwara ya coronavirus (COVID-19) bagaragaza gusa ibimenyetso bidakomeye, ariko abantu bamwe na bamwe bararemba. Iyi ni yo mpamvu turimo tugerageza guhagarika ikwirakwira ry'iyi ndwara mu gihugu. Abantu bamwe basabwe n'abaganga babakurikirana kuguma imuhira.

- Umuntu wese basuzumye bagasanga arwaye COVID-19 agomba gushyirwa ahantu hawenyine ku buryo bwuzuye ntiyegerane n'abandi bantu agashyirwa aho bita 'inzu ya wenyine'.
- Umuntu wese basuzumye bagasanga atarwaye COVID-19, ariko wagize aho ahurira n'iyo ndwara, agomba gushyirwa aho bita 'mu kato'.
- Abantu baje muri Noruveje bavuye mu bindi bihugu nabo bagomba kujya 'mu kato'.

'Inzu ya wenyine' bisobanura iki?
Niba muganga yarakubwiye ko wanduye COVID-19 cyangwa akakubwira ko ategereje ibisubizo by'ibizami byawe, ugomba kwirinda kwegera abandi bantu kugira ngo utabanduza.

Inzu ya wenyine bivuga ko ugomba kuba uri wenyine nta wundi muntu ukwegera, habe n'abantu mubana. Ntugomba kujya hanze, ugomba kuguma mu cyumba uri wenyine, ukarira muri icyo cyumba ntihagire n'uwo musangira isume.

Iyo uburwaye bwawe burushije kugukomerera, vugana na muganga kuri telefoni kuri 116 117. Umuganga kandi ashobora gufata ikemezo cy'uko ukeneye gushyirwa ahantu hawe wenyine mu bitaro. Gushyirwa ahantu hawe wenyine birangira iyo muganga ugukurikirana akubwiye ko indwara yakize cyangwa kugeza igihe ibizami byerekaniye ko nta COVID-19 ugifite.

'Akato' gasobanura iki?
Niba muganga akubwiye ko utarwaye, ariko ukaba waragize aho uhurira n'iyo ndwara, ugomba kujya mu kato. Ni kimwe iyo ugeze muri Noruveje uvuye mu bindi bihugu. Ugomba kuguma imuhira cyangwa ahandi hantu haboneye, ariko akato k'imuhira ntabwo gakaze nko kuba mu nzu ya wenyine.

Kujya mu kato bisobanura ko ugomba kugabanya guhura n'abandi uko bishoboka kose, ariko ntushyirwa ahantu hawe wenyine ku buryo bwuzuye. Ntugomba kujya ku ishuri cyangwa ku kazi, cyangwa ngo ube wagira ibindi bikorwa ukora. Ntugomba gukora

urugendo mu modoka itwara abagenzi (bisi, tram, tram igenda munsi y'ubutaka, gari ya moshi, indege cyangwa ubwato), ariko ushobora kugenda uri wenyine.

Niba utangiye gukorora, kurwara mu muhogo cyangwa ugahinda umuriro cyangwa ukagira ingorane zo guhumeka, ni ngombwa ko uhamagara muganga kuri telefoni kuri 116 117. Gupimwa COVID-19 ni ubuntu muri Noruveje

Kujya mu kato bimara byibuze iminsi 10 umaze kugera muri Noruveje cyangwa uheruka kugira ho uhurira n'iyo ndwara.

Hora ushakisha amakuru mashya!

Leta irasaba buri wese uba muri Noruveje gusoma amakuru y'ingenzi n'inama abantu bagirwa zerekeranye na koronavirusi ku rubuga rwa www.fhi.no na www.helsenorge.no. Izi nama zishobora guhinduka. Amakuru aboneka mu kinoruveje no mu cyongereza. Niba ufite ingorane zo gusobanukirwa n'ikintu icyo ari cyo cyose, nyamuneka saba umuntu uzi agufashe.