URUKARATASI RURIKO INKURU Z'UKURI - Kirundi

Coronavirus (COVID-19)

GUSUZUMA UBUTUMWA NYAMUKURU KU KIBANO CO MURI CALD

Kubera iki nokwipimisha?

Umuntu uwo ari we wese afise ibimenyetso vy'ibicurane n'ibisa na vyo, mbere naho vyoba ari ibimenyetso bitoya, ategerezwa COVID-19 kwipimisha, vyihuta bishoboka.
Mu bimenyetso vya COVID-19 harimwo:

- Ugushuha, uburorero, gukanya, ivyuya vyo mw'ijoro.
- Ibimenyetso vyo guhema nabi nko gukorora, kuvyimba mu mihogo, kwiyagaza mu mihogo, ibiseru, kubura impwemu, gutakaza ukumoterwa, gutakaza ukumenya ko ibintu biryoshe.
- Mu bindi bimenyetso harimwo ukubabara mu nyama no mu ngingo, gucibwamwo, gusesemwa, kuyorwa hamwe no kubura akayabagu.

Wokwitega iki iyo upimwe?

- Kwipimisha ni ku buntu, biroroshe kandi biranyaruka.
- Nimba wararungitswe kw'ivuriro ripima, usabwe kujana ivyo bakurungikanye.
- Abakozi b'aho bapimira hamwe n'amavuriro avura ibijanye n'uguhema bazoba bambaye ivyo kwipfuka ku munwa, amakanzu, amagahamwe n'ibikingira mu maso.
- Ivyo gupimwa bifatwa mu mazuru hakoreshejwe akantu k'ipampa hamwe n'ibindi biva mu muhogo.

Haba iki mpejeje kwipimisha?

- Utegerezwa kuguma I muhira (kwikumira) gushika uronse inyishu y'ibipimo wipimishije kandi ukumva yuko umerewe neza.
- Ntushobora kuva muhira I wawe kiretse ubanje kubaza muganga canke igihe bikomeye cane. Ntiwemerewe kwakira abashitsi.
- Iyo ibimenyetso vyawe bibaye ibikomeye (uburorero guhema bigoranye), usabwe guhamagara kuri (000). Barira abakozi bo muri rusehabaniha ko wapimwe COVID-19.
- Nimba mu nzu ubamwo hariho abandi bantu utegerezwa kwitandukanya na bo ukaja mu kindi cumba. Wambare akantu kagukingira mu maso igihe uri mu cumba kirimwo abandi bantu kandi ukwiye kugumizaho intambwe y'imetero 1.5 hagati y'umuntu n'uwundi.
- Kwirikiza amategeko y'isuku. Karaba amaboko kenshi. Pfuka ibikororwa vyawe n'ivyo wasamuye ukoresheje mu nkokora kandi ukoreshe agakaratasi koroshe.

Mbana n'uwundi muntu akeneye kwikumira. Noronka hehe izindi nkuru zerekeye ukwikumira?

https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx

- Nimba waregeranye n'umuntu yanduye COVID-19, ukwiriye kuguma I muhira imisi ingana na 14 inyuma yuko uhejeje kwegerana n'uwo muntu. (kwegerana n'umuntu harimwo kuba mu cumba kimwe na we canke kugumana na we iminuta irenga 15 mubonana amaso mu yandi canke mumaranye amasaha 2 muri mu cumba kimwe cugaye, muri kumwe n'umuntu yanduye COVID-19, amasaha 48 imbere yuko barwara).
- Kwikumira I muhira bikoreshwa ku bantu bawe ba hagufi, mbere naho woba wumva ko umeze neza kandi canke woba wararonse inyishu yerekana ko utagwaye.

Nzoronka inyishu gute?

- Mu bisanzwe uzohabwa inyishu y'ivyo wipimishije mu masha 24-48 ariko usabwe kurindira gushika ku masaha 72.
- Nimba waripimishije mu gisata bapimiramwo indembe canke mu bitaro bisanzwe vya Reta COVID-19 urashobora kubwirwa ko utanduye COVID-19 biciye ku butumwa butoya SMS igihe wiyandikishije kuri Pathology COVID-19 SMS Results Service (ibitagenda neza inyishu ku bikorwa vya COVID-19 SMS). Niyo utiyandikisha uzokwakurwa kuri telephone n'umuganga ajejwe amagara y'abantu wo mu karere kajejwe amagara y'abantu.
- Nimba wipimishije ku muganga wawe avura vyose canke ku zindi mbuga ngurukanabumenyi, umuganga wawe azoguha inyishu y'ibipimo wipimishije.

NSW GOVERNMENT

COVID-19 Testing

Nokwipimishiriza hehe?

- Hamagara muganga wawe CANKE
- Uje kw'ivuriro rya COVID-19: uru rutonde rw'aho hepfo ni rwo rukurikizwa guhera italiki 28 Rusama 2020-rondera ibigezweho ngaha https://www.health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx

Suburb	Location	Opening hours	Phone	Referral needed?
Wollongong				
Wollongong	Wollongong Hospital Heart Health Clinic, Loftus St	8:30 am-5:00pm 7 days a week	4222 5078	
Wollongong	Southern IML (Pathology) 37 Denison St (Drive through available)	9:00am-5:00pm Mon-Fri	4224 7474	Yes
Wollongong	4Cyte (Pathology) 406 Crown St (Drive through only)	8:00am-5:00pm Mon-Fri 11:00am-2:00pm Sat-Sun	0466 806 074	Yes
Balgownie	Laverty (Pathology) Shop 5/145 Balgownie Rd	12:30pm-4:00pm Mon-Fri	4283 5427	Yes
Dapto	Laverty (Pathology) Dapto Leagues Club Cnr Osborne St & Bong Bong Rd (Drive through only)	8:30am-2:00pm Mon-Fri		Yes
Helensburgh	Helensburgh Respiratory Clinic 129 Parkes St	8:30am-11.50am Mon-Fri (Appointment only)	4294 1400	
Shellharbour				
Mt Warrigal	Shellharbour Hospital Ambulatory Care Centre, 15-17 Madigan Blvd	8:30am-5:00pm 7 days a week	4295 2862	
Warilla	Southern IML (Pathology) 109a Shellharbour Rd	9:00am-5:00pm Mon-Fri	4224 7474	Yes
Shoalhaven				
Nowra	Shoalhaven Hospital 2 Scenic Drive, Hospital in the Home (HITH) area, entry via Shoalhaven St driveway	8:30am-4:30 pm 7 days a week	1300 002 108	
Nowra	Southern IML (Pathology) 57 Junction St	9:00am-5:00pm Mon-Fri	4423 3111	Yes
Sanctuary Point	Sanctuary Point Respiratory Clinic 195 Kerry St	8:300am-5:30pm Mon-Fri (Appointment only)	4443 0955	
Ulladulla	Ulladulla Respiratory Clinic 114 Princes Hwy	12:00pm-4:00pm Mon-Fri (Appointment only)	4455 5422	

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