

Kaweeda G. Adams, *Umuyobozi mukuru w'amashuri*

Tariki ya 3 Werurwe 2020

Babyeyi dufatanyije kurera,

Iki gihe k'ibicurane cyabangamiye bikomeye amafasi y'amashuri n'abaturage hirya no hino mu murwa mukuru. Mbandikiye iyi baruwa ngira ngo mbamenyeshe ingamba dukomeje kugenda dufata mu Ifasi y'amashuri yo mu mugwi wa Albany mu rwego rwo kurinda ubuzima bw'abanyeshuri n'abakozi bose ndetse no kubizeza ko dukurikirana ibijyanye na virusi ya COVID-19, izwi cyane ku izina rya koronavirusi.

Nk'uko dusanzwe tubigenza igihe cyose hari ibibazo byugarije ubuzima, dukurikiza inama tugirwa n'Ikigo cy'Amerika Gishinzwe Kurwanya no Kwirinda Indwara, Amashami y'Ubuzima ya Leta ya New York n'Intara y'Albany ndetse n'Ishami ry'Uburezi rya Leta ya New York. Ntabwo virusi ya COVID-19 iragaragara mu ifasi y'amashuri yacu kandi kugeza kuri tariki ya 2 Werurwe, amakuru yavugaga ko umuntu umwe gusa ari we umaze kugaragaza ubwandu bwa virusi ya COVID-19 muri Leta ya New York.

Ingamba twafashe muri iki gihe cy'ibicurane zirimo gutera imiti yica udukoko ahantu hose abantu bakora nko kuri serire z'inzugi, aho bafata bamanuka esikariye, mudasobwa zitagendanwa, amariba y'amazi n'ahandi hantu hatandukanye. Dukomeje gukurikiza aya mabwiriza kandi tukanabashishikariza kubikora namwe aho mutuye.

Twifuzaga kandi kubaha amakuru ajyanye n'ibikorwa mushobora gukora mu rugo mu rwego rwo kugabanya ikwirakwizwa ry'indwara zitandukanye zirimo ibicurane na virusi ya COVID-19 ndetse no gufasha umuryango wanyu gukomeza kugira ubuzima bwiza.

- Koga akenshi intoki zanyu mukoresheje isabune n'amazi mu gihe kigera byibuze ku masegonda 20. Igihe isabune n'amazi ntahari, mukoreshe umuti wica udukoko two mu ntoki. Twasabye abayobozi b'ibigo by'amashuri byacu ko bakora uko bashoboye maze abanyeshuri bose bakabona aho bakarabira intoki buri muni mbere yo gufata amafunguro ya saa sita kandi mu byumweru bike biri imbere tuzashyira ibikoresho byabugenewe bibamo imiti yica udukoko two mu ntoki ahantu hose hanyura abantu benshi muri buri shuri.
- Mumenye kureba ibimenyetso by'ibicurane, birimo umuriro, inkorora, akayi, kurwara ibicurane cyangwa gufungana, kubabara umubiri wose, kurwara umutwe no kumva umuntu ananiwe cyane. Hari abantu bashobora no kugira isesemi cyangwa bakanaruka.
- Igihe mwebwe cyangwa undi muntu wo mu muryango wanyu mugaragaje kimwe muri ibi bimenyetso, cyane cyane ibijyanye n'indwara y'ubuhumekero, mugomba kubimenyesha ubaha serivisi z'ubuvuzi.
- Mwigishe umwana wanyu gupfuka umunwa akoresheje umushwari cyangwa aho ahinira ukuboko cyangwa ukuboko aho gukoresha ibiganza igihe akorora cyangwa yitsamuye.
- Mureke umwana agume mu rugo igihe agaragaza ibimenyetso by'ibicurane ndetse muhamurekere mu gihe cy'amasaha 24 igihe yahindaga umuriro ukikiza nta miti afashe.
- Mwigishe umwana wanyu kwirinda gusangira n'abandi ibintu birimo uburoso bw'amenyo, ibyo kunywa, ibiryo cyangwa ibyo barisha.
- Igihe umwana wanyu afite ibibazo by'uburwayi budakira maze akagaragaza ibimenyetso by'ibicurane, mwihutire kubimenyesha utanga serivisi z'ubuvuzi.

(murebe inyuma)

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Flu-COVID-19 reminders 3-30-KINYARWANDA

IKEREKEZO

Amashuri y'Akarere yo mu mugwi wa Albany azaharanira kuba indashyikirwa mu karere yita ku banyeshuri bose kandi anabaha uburezi buboneye ndetse n'amahirwe angana kugira ngo babashe kwibyaza umusaruro.

INTEGO

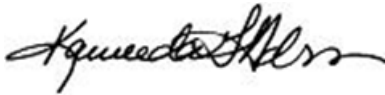
Tuzafatanye n'abantu b'ingeri zitandukanye batuye aho dukorera kugira ngo tubashe gushyiriraho buri munyeshuri gahunda z'uburezi ziboneye zimuha ubumenyi bwose akeneye kugira ngo azagire ejo hazaza heza.

Twashyizeho kandi aha hantu handi hatangirwa ubufasha muribusange ahakurikira ndetse mukaba mwanasura [igice cya Serivisi z'ubuzima](https://www.albanyschools.org/healthservices) kuri [albanyschools.org/healthservices](https://www.albanyschools.org/healthservices).

- Ikigo cy'Amerika Gishinzwe Kurwanya Indwara: <https://www.cdc.gov/flu/prevent/index.html>
 - Ibicurane: Imfashamyumvire igenewe ababyeyi: bit.ly/familyfluguide
 - Ibikorwa by'Ikigo cy'Amerika Gishinzwe Kurwanya Indwara: Gutegura abaturage kwirinda ikwirakwiza rya virusi ya COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/php/preparing-communities.html>
- Ishami Rishinzwe Ubuzima muri Leta ya New York: <https://www.health.ny.gov/>
- Umurongo utangirwaho ubufasha bujyanye na virusi nshya ya koronavirusi muri Leta ya New York: 888-364-3065

Dushyira imbere ubuzima n'umutekano by'abanyeshuri bacu bose. Abakozi bacu bashinzwe ubuzima bazakomeza gukorana bya hafi n'amashami y'ubuzima yo mu ntara no muri leta kugira ngo bakurikirane iby'indwara y'ibicurane ndetse n'amakuru ajyanye na virusi ya COVID-19. Niba hari ibindi bibazo mufite, mwavugana n'umuyobozi cyangwa umuforomo b'ikigo umwana wanyu yigaho.

Murakoze!



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