

ESE URWAYE COVID-19? ESE UKENEYE UBUFASHA?



Ese ni ngombwa ko
nipimisha COVID 19?



Ipimishe!



Bigenda bite iyo
basanze
naranduye?

- Waba **waranduye** COVID-19?
- Ese ufile **ibimenyetso**?
- Reba Amabwiriza ya Maine kuri interineti

Wibuke kwirindira umutekano! Ambara agapfukamunwa, ha intera abandi, kandi ukarabe intoki cyangwa ukoreshe umuti usukura intoki

- Ipimishirize ahagenewe gupima cyangwa ku bitaro
- Ugomba kwishyira mu kato cyangwa mu muhezo kugeza ubonye ibisubizo byawe
- Niba ukenye ubufasha bwo kuguma mu rugo, saba kurangirwa **serivisi z'imibereho myiza y'abaturage**
- Ahagenewe gupima bazaguhamagara cyangwa bakohereze ubutumwa bwanditse



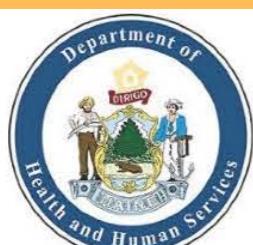
Serivisi zita ku
mibereho myiza
y'abaturage

- CDC ya Maine izaguhamagra ikubaze:
 - Wanduriye **he**?
 - Ese ufile **ibimenyetso**?
 - Ni bande **wahuye** nabo **mwegeranye**?
- Bazahamagara abantu mwahuye wegereye kugira ngo barebe niba bafite ibimenyetso bikaba ari ngombwa ko bishyira mu kato cyangwa mu muhezo.
- Ugomba kwishyira mu kato, CDC yo muri Maine izakubwira igihe uzamara
- Bashobora kugufasha kugera kuri **serivisi zita ku mibereho myiza y'abaturage**



Ushobora kubaza
umuyobozi
**w'umuhanan
ubarizwamo,**
muganga, utanga
serivisi z'ubuzima,
umusosiyali,
umuforomo
w'ishuri, CYANGWA
CDC ya Maine
ukenye ubufasha
bwo kwishyira mu
kato cyangwa mu
muhezo.

Ranga biciye kuri imeyili @DHHS.covidsocialsupport@maine.gov cyangwa kuri iyi [fishi yo kuri interineti](#)



SERIVISI ZO GUFASHA ABATURAGE MU BIREBANA NA COVID-19



Ni ubuhe bufasha
butangwa na
serivisi
z'imibereho myiza
y'abaturage ?

Serivisi zo kwita ku mibereho myiza y'abaturage ni serivisi ziboneka kuri buri muntu ukeneye ubufasha bwo kwiheza cyangwa kwishyira mu kato. Izi serivisi zitangwa n'imiryango ikorera mu baturage zikaba zikubiyemo:

- **Ibiribwa (isoko ry'ibiribwa/amafunguro atetse/kugemura ibiribwa)**
- **Guhuza imico ndetse na serivisi z'ururimi**
- **Ubwirinzi bw'ubuzima no kohereza umuntu ahari ubuvazi akeneye**
- **Kujyana abantu ku bigo bifata ibizami, ibigo nderabuzima n'aho kuba**
- **Gutwara ibikoresho n'imiti**
- **Serivisi z'ubuzima bwo mu mutwe**
- **Aho gutura hatekanye/aho kuba mu gihe cy'akato cyangwa cyo kwiheza**
- **Guhuzwa na serivisi nyinshi zifasha**



Ni ryari nafashwa?

- Ufite **ibimenyetso** bya COVID-19 CYANGWA
- **Utegereje** ibisubizo by'ikizami cyawe CYANGWA
- Ufite ikizami kigaragaza ko **wanduye COVID-19 CYANGWA**
- **Wahuye** n'umuntu urwaye COVID-19 **mwegeranye**



Ni gute nabona izi
serivisi?

- Umuyobozi w'umuhana ubarizwamo, muganga, utanga serivisi z'ubuzima, umusosiyali, umuforomo w'ishuri, **CYANGWA CDC ya Maine** bashobora kugufasha kuzibona
- Hashingiwe ku ruhushya rwawe, bashobora gukora inyandiko ikujyana kwivuriza ahandi binyuze kuri imeyili **DHHS.covidsocialsupports@maine.gov cyangwa** ukuzuza **iyi fishi iri kuri interineti**

Ranga biciye kuri imeyili DHHS.covidsocialsupport@maine.gov cyangwa kuri iyi fishi yo kuri interineti

