**Inama ya 201 ku rukingo rwa COVID19**

Byakozwe n’ishami ry'ubuzima mu ntara ya Multnomah, ku wa 27/9/2001. Niba ufite ibibazo, vugisha Beth Poteet kuri beth.poteet@multco.us cyangwa 503-314-3136.

**Igihe**: Amasaha 2

**Intego z’inyigisho**: Inama nirangira, abayitabiriye bazaba bashobora:

* Gusobanura ibintu by'ibanze ku nkingo za COVID19: uko zikora, inzira kwemeza urukingo bicamo, kwinjirira k'uburwayi n'inkingo zo kongera imbaraga
* Kumenya ibijyanye no kwipimisha COVID19 n'igihe cyo kujya mu kato ku banduye cyangwa abakeka ko banduye
* Kumenya ingamba n'ubutumwa byo gukora ubukangurambaga byihariye ku baturage hagamijwe kubamara impungenge bafite ku nkingo za COVID19
* Gukora gahunda y'uburyo bazatanga aya makuru

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingingo n’*****uburyo bwo kuzikoraho*** | **Inzira bikorwamo** | **Ibikoresho** | **Uyoboye ikiganiro n’****igihe akoresha** |
| Gutanga ikaze bisanzwe | * *Tangiza inama habura iminota 10 ngo itangire neza. Emerera abantu guhura no gusuhuzanya bisanzwe.*
 |  | Iminota 10 mbere y'uko inama itangira |
| Gutanga ikaze no kwibwirana*Ikiganiro mu itsinda rinini* | * *Tanga ikaze ku bitabiriye inama ya 201 ku rukingo rwa COVID19.*
* *Abayoboye ikiganiro baribwira abandi.*
* *Tangira uha agaciro ubutaka n'umurimo muri PPT agace nyerekana ka 2. Kugira ngo ubimenye, reba* [*Guha agaciro ubutaka*](https://native-land.ca/resources/territory-acknowledgement/)*.*
	+ Leta zunze ubumwe z'Amerika zubatswe n'abanyafurika bazanywe bunyago ku butaka bwanyazwe abasangwabutaka. Ubu bujura n'ubucakara byakozwe n'abimukira b'abazungu bafashijwe na leta. Intara ya Multnomah iri ku butaka bwanyazwe aba Tualatin Kalapuya; Molalla; amatsinda avuga ururimi rwa chinookan Multnomah, Kathlamet na Clackamas; n'abandi benshi batuye ku ruzi rwa Columbia. Abenshi muri aya moko n'imico yayo baracyariho, bahanyanyaza nubwo abantu bakomeje kugerageza kubatsemba ku rwego mpuzamahanga babigambiriye. Amoko yo muri aya matsinda babaye bamwe mu miryango yunze ubumwe ya Grand Ronde, imiryango ihuriweho n’abahinde ba Siletz, kimwe n’abo ku butaka bwa Chinook na Cowlitz muri leta ya Washington. Twubaha iyi miryango n'abagize imiryango irenga 400 batuye kuri ubu ituye mu ntara ya Multnomah.
* *Yobora abitabiriye inama ku rubuga rw'ikoranabuhanga urimo gukoresha. Urugero: ukoresheje uburyo amajwi atumvikana, videwo, ubutumwa bwanditse n'ibikorwa.*
* **Vuga uti**: Turifuza kumenya umuntu uri mu nama. Ndagusaba kutubwira amazina yawe, ikinyazina ngenera-ngenga ukoresha (niba gihari) n'aho ukorera.
	+ *Uyoboye ikiganiro arahamagara amazina y'abitabiriye atari ay'ibanze akurikije uko akurikirana hitawe ku nyuguti ziyagize (koresha akadirishya ka Participants kugira ngo ubone urutonde).*
* *Ongera unyure mu ntego n'umurongo w’ibyigwa muri PPT agace nyerekana ka 3-4.*
* Mu nama zacu, dukoresha uburyo bwitwa guhugura binezeza benshi. Guhugura binezeza benshi biha agaciro ubuhanga n'uburambe bw'abantu bagize itsinda. Turabashishikariza kuvuga muri iyi nama.
* Kugira ngo mudufashe gukorana neza mu masaha make ari imbere, turashaka kubagezaho uburyo bwacu bwo kwita ku bantu. *Subiramo uburyo bwo kwita ku bantu muri PPT agace nyerekana ka 5.*
	+ Haba hari amasezerano abura tugomba kongeramo?
	+ Hari umuntu ufite ikibazo kuri aya masezerano? Niba ari yego, oherereza uyoboye ikiganiro ubutumwa bwanditse mu gikari.  *[Tegereza umunota urebe niba hari ufite ikibazo].*
	+ Niba wemeranya n’ubu buryo bwo kwita ku bantu, koresha buto yo "kuzamura igikumwe".
* Hari ibibazo bihari mbere y'uko twimukira ku gikorwa cyacu gikurikiraho?
* Birashoboka ko muza kugira ibibazo byinshi. Bashyire ku murongo w'ubutumwa bwanditse. Turakora uko dushoboye kose ku musozo dusubize ibibazo byanyu. Igihe nikidushirana, tuzatanga igisubizo nyuma n’/cyangwa igihe turaba tutabizi. Ntituri abahanga mu by’ubuzima.
 | * PPT: Umutwe w’inama
* PPT: Guha agaciro ubutaka n'umurimo
* PPT: Intego
* PPT: Umurongo w’ibyigwa
* PPT: Uburyo bwo kwita ku bantu
 | Iminota 15 |
| Dinamica/Icebreaker*Tekereza, ihuze n’undi, muganire* | * *Uyoboye ikiganiro - shyiraho ibyumba by'amatsinda ya babiri babiri.*
* **Vuga uti**: Uyu munsi turinjira ku buryo bwimbitse muri COVID19 n'urukingo rwayo. Turashaka gutangira twibanda ku mbaraga dufite nk'umuryango. Turaza kwicamo amatsinda ya babiri babiri bahurira mu cyumba mu minota igera kuri 3-4 kugira ngo tuganire kuri iki kibazo:
	+ **Ukora iki mu muryango utuyemo kugira ngo buri muntu yite kuri mugenzi we?**
* *Beth arakingura ibyumba by’amatsinda mato. Tanga iminota 3-4 yo kuganira. Garura abantu bose mu itsinda rinini.*
* **Vuga uti**: Turifuza kumenya ibyo mwaganiye. Babwire mu butumwa bwanditse.
	+ *Soma ubutumwa bw’ikiganiro mu ijwi riranguruye.*
* **Vuga uti**: Mwese mbashimiye uruhare rwanyu.
 |  | Iminota 10 |
| Inkuru n’impungenge zivugwa ku rukingo rwa COVID19*Ubushakashastsi* | * **Vuga uti**: Mbere y'uko twinjira byimbitse ku rukingo rwa COVID19, twashakaga kuvuga kuri zimwe mu nkuru n'impungenge twumvanye abakozi bashinzwe ubuzima mu baturage kugira ngo turebe niba namwe mubyumva aho mutuye.
* *Koresha iperereza kuri Zoom. Umuntu wese namara kuzuza ibibazo by'iperereza, utangarize itsinda ibyavuye mu iperereza.*
	+ 1. Urukingo rwa COVID19 ruhindura ADN yawe. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
	+ 2. Iyo umaze gukingirwa, ntushobora kwandura COVID19. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
	+ 3. Mfite ubudahangarwa karemano ku buryo nta rukingo nkeneye. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
	+ 4. Abasaza ni bo bonyine bicwa na COVID - Ndi muto, mfite ubuzima bwiza none sinkeneye kwikingiza. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
	+ 5. Ushobora gukingira umwana w'imyaka 11 ufite uburebure/ibiro by'umwana w'imyaka 12. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
	+ 6. Urukingo rwarihutishijwe, ntirwizewe. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
	+ 7. Urukingo rukora mu buryo udashobora gusama. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
	+ 8. Iyo wamaze guterwa urukingo, ntugomba kwambara agapfukamunwa. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
	+ 9. Uko byagenda kose nakwirakwiza virusi naho naba narakingiwe, niyo mpamvu kuba nakingirwa cyangwa ntakingirwa ntacyo bivuze. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
	+ 10. Urukingo ni intandaro y’ubwoko bushya. Ibi wigeze ubyumva mu gace utuyemo?
		- Igisubizo: Yego/oya
* **Ibindi mwumva abaturage bavuga ku mpungenge bafite zijyanye no kwikingiza ni ibiki?**
* *Shimira buri wese uruhare rwe. Sobanura ko tuza gukora kuri izi nkuru mu gikorwa cyacu gikurikiraho.*
 | * Iperereza: Inkuru n’impungenge zivugwa ku rukingo rwa COVID19
 | Iminota 15 |
| Urukingo rwa COVID19, 201*Umukino w’akaga* | * **Vuga uti**: Kugira ngo dusubiremo amwe mu makuru aheruka yerekeye COVID19 n'urukingo rwayo, tugiye gukina umukino w’akaga!
* Shyira abitabiriye mu makipe ukurikije uko amazina yabo akurikirana hitawe ku nyuguti (abitabiriye 5-6 muri buri kipe). Saba buri kipe guhitamo icyiciro n'ikibazo. Baraba bafite amasegonda 30 yo gusubiza iki kibazo. Igihe cy'ikipe yabo nikigera, ubasabe gucecekura amajwi yabo yumvikane.
* *Kina umukino w’akaga. [Reba indi PowerPoint y'akaga ya COVID19 ku kibaho cy'umukino. Ibibazo n'ibisubizo mwabisanga hano* [*hasi*](#e06ui0rtizyt)*. Ushobora gukenera kuvugurura amakuru.]*
* **Vuga uti**: Mbashimiye uruhare rwanyu.
 | * PPT: Umukino w’akaga
 | Iminota 40 |
| Kumara abaturage impungenge*Amatsinda mato* | * *Uyoboye ikiganiro arashyiraho ibyumba by'amatsinda y'abaturage.*
* **Vuga uti**: Turabizi ko twese turimo gusenyera umugozi umwe. Umwanzi dushaka gutsinda ni virusi, si ukwinjira mu mitekerereze ya narakingiwe na sinakingiwe.
* Tuzi kandi ko kumara abaturage impungenge bafite kuri iyi virusi ari ukubaha amakuru. Bisaba ubushobozi bwo gutega amatwi no gushyikirana mu buryo bwiyubashye, bugendanye n’umuco.
* *JerMichael arabwira abandi urugero rw'ikiganiro yagiranye na nyirasenge/nyina wabo.*
* **Vuga uti:** Ubu noneho mufite iminota igera kuri 20 yo gukorana mu matsinda y'abaturage kugira ngo muganire ku **bwoko bw'ingamba n'ubutumwa by'ubukangurambaga bizafasha cyane mu kumara abaturage/abantu mukorana impungenge ku nkingo.** Murashobora kwihitiramo amatsinda mwifuza kujyamo. Ubu noneho mwakwinjira mu byumba by'amatsinda yanyu. Mu minota 20 turabagarura mu itsinda rinini. Niba hari icyumba cy'itsinda kirimo uwitabiriye 1 gusa, turamwimurira mu cyumba gihuriwemo n'imico myinshi.
* Birashoboka ko ushaka gutekereza ku byagenze neza n'ibitagenze neza mu gihe mwaganiraga n'abaturage ku byerekeye urukingo. Ushobora kandi kuvuga ku bwoko bw'uburyo bwiza bwo guhugura abantu buberanye n'aho mutuye - urugero nk’umuyobozi w'abaturage utanga amakuru, uyobora amanama, gahunda zo gutangiramo amakuru zirimo abanyamwuga mu by'ubuzima n'ibindi.
* *Niba hari itsinda ririmo umuntu 1 gusa, abayoboye ikiganiro barajya muri iryo tsinda.*
* *Mujye mu matsinda mu minota 20.*
* *Garura abitabiriye mu itsinda rinini. Saba abitabiriye gutanga inama cyangwa kuvuga ibikorwa by'ingirakamaro mu kugira ibi biganiro.*
* Kwikingiza ni icyemezo umuntu yifatira. Tutitaye ku cyemezo cyafashwe, turimo gusenyera umugozi umwe. Tubashimiye ibyo mukora byose kugira ngo mwigishe kandi mufashe abaturage muri ibi bihe bitoroshye.
 |  | Iminota 35 |
| Intambwe zikurikiyeho*Akazi k’umuntu ku giti cye* | * **Vuga uti**: Buri wese turamuha kopi ya gahunda y'amasomo n'amashusho ya PowerPoint twakoresheje uyu munsi.
* Mu gihe turangiza, fata iminota mike yo gutekereza kuri ibi bibazo. Niba ubishaka, isanzure wandike bimwe na bimwe ukeneye kubika. Ufite iminota igera kuri 5.
* *Erekana kuri chat bagaruke kugukurikira:*
	+ **Gahunda yawe y'uburyo uzatanga aya makuru aho utuye ni iyihe? Tekereza ku bantu runaka ushaka kwegera cyangwa ibikorwa byo kwigisha ushaka gukoresha.**
* *Niba igihe kibibemerera, saba abantu 2-3 kugira icyo bavugaho.*
* Mwese mbashimiye uruhare mwagize uyu munsi!
 |  | Iminota 5 |

**Akaga ka COVID19**

**Indwara**

* 10: Abantu barwaye indwara zidakira nka diyabete cyangwa indwara y'ibihaha bafite ibyago \_\_\_\_\_\_\_\_\_\_\_\_ byo kurwara bakaremba iyo banduye virusi ya COVID19 ubwayo.
* a. nta byago
* b. bike cyane
* **c. byinshi cyane**
* Amakuru: Indwara zikomeye z'umutima, indwara z'impyiko idakira, kanseri, indwara iterwa na proteyine yo mu nsoro zitukura itameze neza, diyabete yo mu bwoko bwa 2, indwara y'ibihaha, abanywi b'itabi cyangwa ababyigeze, ndetse no kugira ubudahangarwa bw'umubiri budakomeye byose bituma umuntu ashobora kurwara COVID19 akaremba. [Reba urutonde rwuzuye](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html).
* 20: Iyo wigeze kurwara COVID19, ntushobora kongera kuyirwara.
	+ A.  Ni byo
	+ B. **Si byo:**
	+ Amakuru: [Ibimenyetso biriho](https://www.nih.gov/news-events/nih-research-matters/lasting-immunity-found-after-recovery-covid-19) bivuga ko kwandura virusi ya COVID19 bidasanzwe mu mezi 6-8 akurikira ubwandu bwa mbere. Ariko, inzobere ntizizi neza igihe ubwo burinzi bumara kandi birashoboka kongera kurwara COVID inshuro zirenze imwe. Kuba umuntu ashobora kongera kwandura biriyongera ku badakingiye.
* 30: Ibimenyetso bya COVID19 bishobora kumara ibyumweru ndetse n'amezi.
	+ **A.  Ni byo**
	+ B. Si byo
	+ Amakuru: [COVID itinze](https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html) igira ibimenyetso byinshi bishobora kumara ibyumweru cyangwa amezi nyuma yo kuyandura ubwa mbere. Ibimenyetso bishobora kubamo umunaniro, kumva umuntu adatekereza neza, kudahumurirwa, guhinduka kw'ibyiyumvo no kubabara mu ngingo cyangwa imikaya.
* 40: Abasirikare b'umubiri bo mu turemangingo tw'ubwoko bumwe bashobora kuboneka nk'umuti wa COVID19 ku bantu ibizami byagaragaje ko bayirwaye kandi bakaba:
	+ A. Barengeje imyaka 12 n’ibiro 40
	+ B. Bafite ibimenyetso bya COVID byoroheje cyangwa biringaniye
	+ C. Bafatwa nk'abafite ibyago byinshi byo gushyirwa mu bitaro kubera COVID
	+ **D. Ibimaze kuvugwa byose**
	+ Amakuru: [Ubuvuzi bukoresha abasirikare bo mu turemangingo tw'ubwoko bumwe](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3897.pdf) bwigana imyitwarire y'ubushobozi bw'umubiri wacu kuri virusi itera COVID19. Uretse gukoreshwa ku bantu ibizami byagaragaje ko barwaye COVID, abasirikare b'umubiri bo mu turemangingo tw'ubwoko bumwe bashobora no gukoreshwa ku bantu bafite imyaka 12 gusubiza hejuru, bahuye cyangwa bafite ibyago byinshi byo guhura n'abanduye (nko mu materaniro), bakaba: batarakingiwe cyangwa bataratewe inkingo zose zisabwa CYANGWA baratewe inkingo zose ariko batitezweho ubudahangarwa bufite ubushobozi buhagije kubera uburwayi runaka cyangwa ubuvuzi bariho bugabanya ubudahangarwa.

**Uko inkingo zikora**

* 10: Urukingo rwa COVID19 rurimo:
	+ A.  virusi
	+ b.  Ingurube n’ibizikomokaho
	+ c.  Utwuma dutuma umuntu agenzurwa aho ari
	+ D.  A, B na C
	+ **E.  Nta na kimwe mu bimaze kuvugwa**
	+ Amakuru: [Urukingo](https://www.multco.us/novel-coronavirus-covid-19/how-covid-19-vaccines-protect-you) ntirurimo ingurube, ibikomoka ku nyamaswa, utwuma dutuma umuntu agenzurwa aho ari, uturemangingo tw'impinja zitaravuka cyangwa virusi nzima. Ntirugutera COVID19 cyangwa ngo ruhindure ADN yawe.
		- * 20: Ubwoko bw’urukingo ukingirwa rimwe gusa ukaba ukingiye neza ni ubuhe?
				+ **A. J & J**
				+ b. Pfizer
				+ c. Moderna
				+ Amakuru: [J&J](https://www.multco.us/novel-coronavirus-covid-19/how-covid-19-vaccines-protect-you) isaba guterwa urukingo rumwe gusa. Pfizer/Comirnaty na Moderna zisaba guterwa urukingo rwa kabiri nyuma y'ibyumweru 3 cyangwa 4 kugeza kuri 6 utewe urwa mbere.
* 30: Ntibisanzwe kuba virusi ya COVID19 ifite ubundi bwoko bwinshi butandukanye bugenda bwaduka.
	+ a. Ni byo
		- * **B. Si byo**
			* Amakuru: Virusi zihora zihinduka uko zihinduye imiterere. Rimwe na rimwe [ubwoko](https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html) bushya buravuka hanyuma bukazimira. Ikindi gihe, ubwoko bushya bugakomeza kubaho. Uburyo bwiza bwo gutinza ivuka ry'ubwoko bushya ni ukugabanya ikwirakwizwa ry'ubwandu, harimo kwikingiza.
* 40: Kimwe n'izindi nkingo, urukingo rwa COVID19 rwigisha imibiri yacu uburyo bwo\_\_\_\_\_\_\_\_\_\_\_ no \_\_\_\_\_\_\_\_\_ virusi itera COVID19.
	+ a. gukora/korora
	+ b. kumenya/kongera
	+ **c. kumenya/kurwanya**
	+ Amakuru: [Inkingo zigisha umubiri wawe](https://www.multco.us/novel-coronavirus-covid-19/how-covid-19-vaccines-protect-you) gukora poroteine zitagira ingaruka zisa na poroteyine iba muri virusi ya COVID19. Umubiri wawe usubiza iyi poroteyine, ugakora uturemangingo turwanya indwara n'abasirikare bashobora kumenya no kurwanya virusi ya COVID19.

**Gukorwa**

* 10: Urukingo rwa Johnson & Johnson rushingiye ku myaka mirongo y'ubushakashatsi bwakozwe ku nkingo zikozwe muri \_\_\_\_\_\_\_\_\_\_\_\_.
* **A. adenovirus**
* b. mRNA
* c. kororoka
* Amakuru: Urukingo rwa J&J rushingiye ku bushakashatsi bwakozwe kuri adenovirus, naho inkingo za Pfizer/Comirnaty na Moderna zigashingira ku [bushakashatsi](https://www.multco.us/novel-coronavirus-covid-19/how-covid-19-vaccines-protect-you) bwakozwe kuri mRNA.
* 20: Inkingo za COVID19 zanyuze mu ntambwe zose z’igerageza no kugenzura ko zizewe, nta ntambwe yasimbutswe.
* **A. Ni byo**
* b. Si byo
* Amakuru: Ubushakashatsi bw'ahashize, inkunga ya leta n’umubare munini w'abaturage barwaye COVID19 byatumye inkingo zikorwa mu buryo bwihuse. Inkingo zikimara kunyura mu igerageza ry'ubuvuzi, zoherejwe mu kigo gishinzwe imiti n'ikoreshwa ryayo (FDA) kugira ngo kizemeze. [Nta ntambwe yasimbutswe](https://www.multco.us/novel-coronavirus-covid-19/vaccine-safety-and-development) mu gukora, gusuzuma ubwizerwe cyangwa uburyo bwo kwemeza inkingo.
* 30: Hakozwe ibishoboka mu gushaka \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bo kwitabira aya magerageza y'ubuvuzi.
* **A. abantu batari abazungu**
* b. Abakozi ba leta
* c. abakora mu by’ubuzima
* Amakuru: Ku nkingo za Pfizer/Comirnaty, Moderna na J&J, hafi ⅓ cy'[abitabiriye ubushakashatsi muri Amerika bari abantu batari abazungu](https://www.multco.us/novel-coronavirus-covid-19/diversity-vaccine-studies).
* 40: FDA yatanze ikintu cyitwa \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cyo gukoresha kuri buri rukingo.
* A.  Uruhushya rwihuse
* b. Uruhushya rwo gukoresha rutanzwe mu buryo busanzwe
* **c. Uruhushya rwo gukoresha mu gihe cy’ubutabazi**
* Amakuru: Ubu [Pfizer/Comirnaty](https://www.fda.gov/news-events/press-announcements/fda-approves-first-covid-19-vaccine) ifite uruhushya rusesuye rwa FDA rwo gukoreshwa ku bantu bafite imyaka 16 gusubiza hejuru. Iracyafite uruhushya rwo gukoreshwa mu gihe cy'ubutabazi ku rubyiruko rw'imyaka 12-15 no ku rukingo rwa 3 ku bantu bafite ubudahangarwa budakomeye.

**Igihe cyo kwikingiriza**

* 10: Ushobora guterwa urukingo rwa COVID19 mu gihe uyirwaye.
* a. Ni byo
* **b. Si byo**
* Amakuru: Niba urwaye COVID, ugomba gutegereza ukabanza ugakira kandi ukaba utagikeneye kuba mu kato, ukabona kwikingiza. Ntushobora guterwa urukingo rwa COVID19 mu gihe uri mu bitaro uyirwaye. Mu gihe uri mu kato ku mpamvu zizwi zo kwegera umurwayi wa COVID19, ugomba gutegereza ukakavamo [ukabona kwikingiza](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html).
* 20: Ku bantu batwite n'abonsa, ntimugomba kwikingiza.
* a. Ni byo
* **b. Si byo**
* Amakuru: CDC [yasabye ikomeje ko abantu batwite bakwikingiza](https://www.multco.us/novel-coronavirus-covid-19/pregnancy-and-breastfeeding-and-covid-19-vaccine). Kuri ubu nta kimenyetso cyerekana ko inkingo, harimo n'iza COVID-19, zitera ibibazo bijyanye n'uburumbuke (ibibazo byo kugerageza gusama) ku bagore cyangwa abagabo. Turashishikariza umuntu wese kugisha inama umuha serivisi z'ubuzima kugira ngo baganire ku bibazo cyangwa impungenge yaba afite.
* 30: Ubu tuvuga, nta rukingo rw’abana bari munsi y’imyaka 12 ruhari.
* **a. Ni byo**
* b. Si byo
* Amakuru: Nubwo nta gihe kizwi, OHA irateganya ko bishoboka ko FDA na CDC zigatanga uruhushya rwo gukoresha mu rwego rw'ubutabazi (EUA) [urukingo rwa COVID ku bana bafite imyaka 5-11](https://www.npr.org/sections/coronavirus-live-updates/2021/09/20/1038832951/pfizer-and-biontech-vaccine-trials-for-kids-show-the-shots-are-safe-and-effectiv) mu Kwakira n'abafite amezi 6 kugeza ku myaka 4 mu Gushyingo cyangwa Ukuboza.
* 40: Umuntu wese ubishaka yakwiteza urukingo rwo gukarishya iza mbere.
	+ A.  Ni byo
	+ **B. Si byo**
	+ Amakuru: Bisabwa ko [urukingo rwa Pfizer rwo kongera imbaraga](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3898B.pdf) rutangwa hashize amezi atandatu urukingo rwa kabiri rutanzwe ku bantu bahawe Pfizer, bafite (a) imyaka 65 gusubiza hejuru, (b) baba mu bigo byita ku barwayi by'igihe kirekire, (c) bafite imyaka 18 gusubiza hejuru, bafite uburwayi bwaba imvano, (d) bafite imyaka 50-64 kandi bafite ibyago byinshi kubera ubusumbane mu mibereho, cyangwa (e) abafite ibyago byinshi kubera akazi kabo (abarimu, abakozi bo mu maduka y’ibiribwa, abakora mu bijyanye n'ubuzima, n'abandi). Vugisha uguha serivisi z'ubuzima, farumasi cyangwa uhamagare 2-1-1 kugira ngo uhabwe gahunda y’urukingo rwo gukarishya.

**Nyuma yo gukingirwa**

* + - * 10: Ibimenyetso bikunze kugaragara nyuma yo kwikingiza ni ibihe?
1. Gukorora no kwitsamura
2. Kugira ibimyira byinshi
3. **ububabare n'umunaniro**

Amakuru: [Abantu bashobora kugira](https://www.multco.us/novel-coronavirus-covid-19/you-were-vaccinated-covid-19-what-now) ububabare aho batewe urushinge cyangwa kugira umunaniro nyuma yo guterwa urukingo. Gukorora, kwitsamura no kugira ibimyira byinshi ni ibimenyetso bisanzwe by'ubwandu bwa COVID19.

* 20: Usabwa gukora iki nyuma yo gukingirwa?
1. Kunywa amazi menshi
2. **Kuguma aho iminota 15 nyuma yo guterwa urukingo**
3. gukora imyitozo mu minota 10

Amakuru: [Igihe cyo gukurikiranwa](https://www.multco.us/novel-coronavirus-covid-19/you-were-vaccinated-covid-19-what-now) mu minota 15 umaze gukingirwa gituma abakozi bashinzwe ubuzima bizera ko nta bwivumbure bw'umubiri ugira ku rukingo.

* 30: Buri wese agomba gukora ibi, yaba yarakingiwe cyangwa atarakingiwe:
1. Kuguma mu nzu ku manywa
2. **gukaraba intoki, kwambara agapfukamunwa no guhana intera n'abandi**
3. gukomeza kubaho nk'uko bisanzwe kuko icyorezo cyarangiye

Amakuru: [Ubwoko bwa Delta](https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html) burandura cyane. Amakuru amwe n'amwe avuga ko ubwoko bwa Delta bushobora gutera uburwayi bukomeye ku bantu batakingiwe. Abantu batewe inkingo zisabwa zose ubwandu bwa Delta bwinjiriye bashobora gukwirakwiza iyi virusi mu bandi, ariko mu gihe gito ugereranyije n'abatarakingiwe. [Uburyo bwo guhagarika ikwirakwira](https://multco-web7-psh-files-usw2.s3-us-west-2.amazonaws.com/s3fs-public/Keeping%20Students%20Healthy%20%281%29.pdf) burimo kwambara agapfukamunwa, guhana intera n'abandi, gukaraba intoki no kwikingiza.

* + - * 40: Niba warakingiwe, nta byago ufite byo kwandura COVID19.
				+ A.  Ni byo
				+ **B. Si byo**
				+ Amakuru: [Kwinjirira](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/why-measure-effectiveness/breakthrough-cases.html) bibaho iyo abantu bakingiwe COVID19 bayanduye. Urukingo rukora neza cyane mu kurinda indwara zikomeye, kujya mu bitaro no gupfa, ariko nta rukingo rukora 100%.

**Kwipimisha no kujya mu kato**

* 10: Mu bizami bikurikira ni ikihe kigomba gukoreshwa kugira ngo hamenyekane ubwandu bwa COVID19?
	+ A.  Ikizami cy’abasirikare b’umubiri
	+ B.  Gusuzuma
	+ C.  Kwipima ubwawe uri mu rugo
	+ **D.  B na C**
	+ Amakuru: [Gusuzuma](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html) bishobora kwerekana niba ufite ubwandu bwa COVID19 bukora, ukaba ugomba kujya mu kato cyangwa kwiheza. [Gukoresha ibikoresho byo kwipima ubwawe](https://www.multco.us/novel-coronavirus-covid-19/home-self-testing-covid-19) uri mu rugo bya BinaxNOW ni ugusuzuma. Ibizami by'abasirikare b'umubiri bireba abasirikare umubiri wawe washoboye gukora mu guhangana na virusi itera COVID19. Ibizamini by’abasirikare b’umubiri ntibigomba gukoreshwa mu gusuzuma ubwandu bwa COVID19.
* 20: Ni iki wakora niba warakingiwe, ukaba warahuye n'umuntu urwaye COVID19 ku kazi/mu itorero/umuntu wo mu muryango n'abandi?
	+ A. Kwipimisha mu minsi 3-5 nyuma yo guhura n'uwanduye
	+ B. Kuguma mu rugo nubwo waba udafite ibimenyetso
	+ C. Kwambara agapfukamunwa igihe uri kumwe n'abandi bantu mu nzu mu minsi 14 nyuma yo guhura n'uwanduye cyangwa kugeza igihe ikizami kigaragarije ko utanduye
	+ **D.  A na C**
	+ Amakuru: Niba utarakingiwe, ukaba warahuye n'umuntu urwaye COVID19, ugomba [kujya mu kato](https://www.multco.us/novel-coronavirus-covid-19/how-long-should-you-quarantine) mu minsi 14 mu rugo nyuma yo guhura nawe bwa nyuma no kugenzura ibimenyetso byose bishobora kuvuka. Niba bishoboka, irinde kwegera abantu mubana, by'umwihariko niba bafite ibyago byinshi byo kurwara COVID19 bakaremba. Ushobora kwipimisha hashize iminsi 5 uhuye bwa nyuma n'uwanduye.
* 30: Niba warakingiwe, ikizami kikaba cyagaragaje ko wanduye COVID19, ugomba kujya mu kato mu rugo nubwo waba nta kimenyetso ufite.
	+ **A.  Ni byo**
	+ B. Si byo
	+ Amakuru: Waba ufite ibimenyetso cyangwa utabifite, niba warakingiwe ikizami kikaba cyagaragaje ko wanduye COVID19, ugomba [kujya mu kato](https://www.multco.us/novel-coronavirus-covid-19/how-long-should-you-quarantine) mu minsi 10 mu rugo. Ku bantu batakingiwe, bagomba kujya mu kato mu minsi 10 uhereye igihe ibimenyetso byatangiriye cyangwa igihe ibizami byagaragarije ko barwaye COVID19.
* 40: Ni iki wakora niba umwana wawe azana ibimyira byinshi, afite n'inkorora?
	+ Saba umwana wawe kuguma mu rugo niba yarahuye n'umuntu wanduye COVID19 begeranye cyane mu minsi 14 ishize, hanyuma umusuzumishe kwa muganga kandi/cyangwa umupimishe
	+ Saba umwana wawe kuguma mu rugo niba atarahuye n'umuntu wanduye COVID19 begeranye cyane mu minsi 14 ishize, umupimishe. Niba ikizami kigaragaje ko atanduye, ashobora gusubira ku ishuri nubwo yaba agifite ibimenyetso.
	+ Niba ikizami kigaragaje ko yanduye, agomba kujya mu kato mu rugo mu minsi 10 uhereye igihe ibimenyetso byagaragariye, ibimenyetso bikaba byagabanutse kandi nta muriro afite mu masaha 24 atafashe imiti
	+ **D.  A na C**
	+ Amakuru: Niba umwana atarigeze ahura n'umuntu wanduye COVID-19 mu minsi 14 ishize: [nagume mu rugo](https://www.multco.us/novel-coronavirus-covid-19/how-long-should-you-quarantine) ntajye ishuri, umupimishe
		- Niba ikizami kigaragaje ko atanduye: nasubire ku ishuri nyuma y'uko ibimenyetso bigabanutse kandi atagifite umuriro mu masaha 24 atafashe imiti
		- Niba ikizami kigaragaje ko yanduye: najye mu kato mu rugo mu minsi 10 uhereye igihe ibimenyetso byagaragariye, ibimenyetso bikaba byagabanutse kandi nta muriro afite mu masaha 24 atafashe imiti
	+ Niba umwana yarahuye n'umuntu wanduye COVID-19 mu minsi 14 ishize
		- Nakomeze kuguma mu rugo; musuzumishe kwa muganga kandi/cyangwa umupimishe
	+ Niba udafite umuganga cyangwa ivuriro, wahamagara 2-1-1 cyangwa amavuriro atanga ubuvuzi bw'ibanze mu ntara ya Multnomah kuri 503-988-5558
	+ [Andi makuru](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/COVID-19%20Exclusion%20Summary%20Chart.pdf)