ESE URWAYE COVID-19?
ESE UKENEYE UBUFASHA?

Ese ni ngombwa ko nipimisha COVID 19?

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

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

Ipimishe!

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

Bigenda bite iyo basanze naranduye?

- CDC ya Maine izaguhamagra ikubaze:
  - Wanduriye **he**?
  - Ese ufite **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**

Serivisi zita ku mibereho myiza y'abaturage

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

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

Department of Health and Human Services

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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 ubuvuzi 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**

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