

# AGATABO GAKUBIYEMO AMAKURU KURI COVID-19

## **Babyeyi/Barezi,**

Tunejewe no kubagezaho agatabo k'amabwiriza y'ibigo by'amashuri ya leta bibarizwa mu mugi wa Grand Rapids (GRPS) kuri COVID-19.

Aka gatabo k'amabwiriza ni ifashayobora ryihuse ku babyeyi n'abarera abana barerera mu bigo by'amashuri ya leta bibarizwa mu mugi wa Grand Rapids (GRPS) bakwifashisha mu gihe tugihanganye n'icyorezo cya COVID-19.

Iyi ni inyandiko izahora ivugururwa igihe habonetse impinduka cyangwa amakuru mashya.

Niba hari ibibazo ushaka kubaza cyangwa hari amakuru ukeneye, turagusaba kuvugisha ubuyobozi bw'ishuri urereraho.

Murakoze,

Leadriane Roby, Ph.D.

Umuyobozi w'ibigo by'amashuri mu ifasi

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# IBYO KWITEGA KU MUTEKANO W'UBUZIMA BW'ABAKOZI N'ABANYESHURI KURI COVID-19

Banyeshuri, Babyeyi, Bishingizi namwe Bakozi,

Mbere na mbere turabashimira umurava wanyu, ubwitange no kwihangana muri bihe by'amage kandi bihindahurika cyane.

Nanditse ngira mu rwego rwo kwibutsa ibyo kwitega ku mutekano w'ubuzima bw'abanyeshuri n'abakozi.

- 1. Mu gihe uri mu nyubako z'ifasi, kwambara agapfukamunwa ni ngombwa igihe cyose.**
- 2. Usabwe kuguma mu rugo mu gihe ugaragaza ibimenyetso bikurikira hatitawe ku kuba warakingiwe cyangwa utarakingiwe:**
  - Umuriro uri ku gipimo cya 38°C (100,4°F) cyangwa hejuru yawo
  - Inkorora idasanze cyangwa impinduka ku nkorora
  - Kugorwa no guhumeka
  - Kutumva icyanga cyangwa impumuro
  - Kubabara mu muhogo
  - Kubabara umubiri
  - Impiswi, kuruka cyangwa iseseme
  - Kuribwa umutwe bikabije
  - Umunaniro ukabije
  - Gufungana amazuru cyangwa kurwara ibicurane

### **Usabwe kuguma mu rugo kandi mu gihe utakingiwe UKABA:**

- Uherutse guhura cyangwa ubana n'umuntu wapimwe agasanganwa ubwandu bwa COVID-19
- Ubana n'umuntu wagaragaje ibimenyetso bya COVID-19, yarapimwe ategereje ibisubizo

- 3. Amabwiriza yo kwirinda mu gihe uri mu nyubako:** Mu gihe bishoboka, siga intera ya metero 2 hagati yawe n'abandi kandi UHORE wambaye agapfukamunwa kaboneye gafunga amazuru n'umunwa igihe cyose. Ubahiriza amabwiriza yo gukaraba intoki n'ingamba zo kwirinda indwara z'ubuhumekero.





Dukeneye ko buri wese akomeza gutekana no kugira ubuzima buzira umuze. Bityo, tugomba kuba maso mu byo dukora.

Murakoze,

Leadriane Roby, Ph.D.

Umuyobozi w'ibigo by'amashuri mu ifasi

# IMBONERAHAMWE Y'IBIPIMO COVID-19

IGIPIMO	INTEGO	IBISOBANURO BY'URUGERO RW'IBYAGO BYO KWANDURA RUGAMIJWE	AHAKUWE AMAKURU
<b>IGIPIMO CY'UBWANDU MU NTARA</b> Impuzandengo y'iminsi 7	 <b>IBYAGO BIKE BYO KWANDURA &lt; 5%</b> Fata ko ari 5-10%	<b>URUGERO RW'IBYAGO BYO KWANDURA</b> Urugero rwo hasi = < 5% Urugero rwo hagati = 5-8% Urugero rwo hejuru = 8-10% Urugero ruruta izindi = > 10%	<a href="#">Ishami rishinzwe ubuzima mu ntara ya Kent</a>
<b>IBIPIMO BYA BURI NTARA KU BANTU 100.000</b> Iminsi irenze 7	 <b>INTEGO &lt; abanduye 9/100K</b> Fata ko ari > abanduye 10/100K	<b>ABANDUYE/100.000:</b> Urugero rwo hasi = < 9 Urugero rwo hagati = 10-49 Urugero rwisumbuye = 50-99 Urugero ruruta izindi = > 100	<a href="#">Ishami rishinzwe ubuzima mu ntara ya Kent</a> <a href="#">Ikigo gishinzwe kurwanya no gukumira indwara</a>
<b>IGIPIMO CY'ABAKINGIWE MU NTARA</b> Impuzandengo y'iminsi 7	 <b>INTEGO &gt; 70%</b>	<b>Ijanisha (%) ry'abaturage bemerewe bahawe doze zose z'inkingo*</b>	<a href="#">Ishami rishinzwe ubuzima mu ntara ya Kent</a>
<b>IGIPIMO CY'ABAKINGIWE HASHINGIWE KURI KODE ZA GRPS</b> Impuzandengo y'iminsi 7	 <b>KODE ZA GRPS</b> <b>INTEGO &gt; 70%</b>	<b>Ijanisha (%) ry'abaturage bemerewe bahawe doze zose z'inkingo*</b>	<a href="#">Ishami rishinzwe ubuzima mu ntara ya Kent</a>

Imbonerahamwe y'ibipimo kuri COVID-19 ku bigo by'amashuri ya leta bibarizwa mu mugwi wa Grand Rapids (GRPS) izajya yuzuzwamo amakuru kandi ivugururwe buri cyumweru ku rubuga rw'ifasi. Imbonerahamwe y'ibipimo izafasha Ifasi mu gufata ry'ibyemezo yitabaje Ishami rishinzwe ubuzima mu ntara ya Kent.

\*Abahawe doze zose z'inkingo = nibura nyuma y'ibyumweru 2 bafashe doze ya kabiri y'urukingo rugizwe na doze 2 (Pfizer/Moderna), cyangwa urukingo rugira doze imwe (Johnson & Johnson)

# KWIBUKA KUGENZURA IBIMENYETSO BYA COVID-19 KU MUNYESHURI

Mbere yo kuva ku ishuri, banza usuzume umunyeshuri wawe ibimenyetso bya COVID-19.

**Gumisha umwana wawe Mu rugo mu gihe agaragaje bimwe mu binyetso bikurikira Hatitawe ku kuba yarakingiwe cyangwa atarakingiwe:**

- Umuriro uri ku gipimo cya 38°C (100,4°F) cyangwa hejuru yawo CYANGWA kumva umuntu ashushye cyane igihe umukozeho
- Inkorora idasanzwe cyangwa impinduka ku nkorora
- Kugorwa no guhumeka
- Kutumva icyanga cyangwa impumuro
- Kubabara mu muhogo
- Kubabara umubiri wose
- Impiswi, kuruka, cyangwa kugira iseseme
- Kuribwa umutwe bikabije
- Umunaniro ukabije
- Gufungana amazuru cyangwa kurwara ibicurane

**Usabwe kandi kugumisha umwana wawe mu rugo mu gihe atakingiwe KANDI:**

- Aherutse guhura cyangwa kubana n'umuntu wapimwe agasanganwa ubwandu bwa COVID-19
- Umunyeshuri cyangwa umwe mu bagize umuryango wese utegereje ibisubizo by'ibipimo bya COVID-19

**Mu gihe wizeye ko ibimenyetso umunyeshuri wawe agaragaza ari iby'ubundi burwayi, usabwe kubanza kuvugisha umuforomo/kazi w'ikigo mbere yo kohereza umwana wawe ku ishuri.** Ushobora gusabwa kugaragaza ibihamya iri suzuma ry'indwara.

Mu gihe umwana wawe agaragaje bimwe muri ibi bimenyetso ari ku ishuri, ishuri rizamushyira mu kato kure y'abandi kandi riguhamagare kugira ngo harebwe uko wajya kumufata. Mu gihe tutabashije kukubona, tuzahamagara imirongo isabirwaho ubufasha bwihuse iri ku rubuga ruhuriweho n'ibigo. Ni ingenzi cyane guhora uvugurura imirongo wavugishirizwaho ku rubuga ruhuriweho n'ibigo.

# COVID-19

## icyo gukora mu gihe Abanyeshuri basanganywe Ubwandu cyangwa bashyizwe mu Kato

Ifasi izakurikiza ibisabwa ndetse n'amabwiriza bya MDHHS OSHA mu gihe hari umuntu usanzwe yanduye COVID-19, harimo gutanga raporo no kubika amakuru hubahirizwa ibisabwa. Ifasi kusanya amakuru yose y'umuntu wese wahuye n'ubwanguywe ubwandu mu minsi ibiri mbere y'uko agaragaza ibimenyetso uhereye igihe aherukira ku ishuri.



**Mu gihe ugaragaza ibimenyetso bifite aho bihuriye na COVID-19 hatitawe ku kuba warakingiwe cyangwa utarakingiwe, ugomba:**

- 01** Kuguma mu rugo
- 02** Kumenyesha ishuri wigaho



**Igihe uje ku ishuri maze ukagaragaza ibimenyetso ku minsi wo kwiga, ugomba:**

- 01** Kumenyesha umwarimu wawe/umuforomo/kazi w'ikigo
- 02** Kwihutira kuva mu kigo k'ishuri

**Mu gihe usanganywe ubwandu cyangwa ushyizwe mu kato bitewe n'uko wahuye n'uwanduye:**

- 01** Guma mu rugo cyangwa wihutire kuva mu kigo.
- 02** Vugana n'umuforomo/kazi w'ishuri wigaho. Umuforomo/kazi w'ishuri wigaho azashakisha abo mwahuye maze aguhe amabwiriza akurikizwa n'abari mu kato.

Guhura n'uwanduye bisobanuye kuba waregereye uwanduye muri metere 2 mu gihe kirenga iminota 15 cyangwa hejuru yacyo mu masaha 24.

## COVID-19 UBURYO BW'AGAPFUKAMUNWA

Nk'uko biteganytwa n'Ikigo gishinzwe kurwanya no gukumira indwara (CDC), amabwiriza ya Leta ya Michigan, n'Iburo bishinzwe uburenganzira bwa muntu (OCR), kwambara agapfukamunwa ni ngombwa ku banyeshuri, abakozi n'abashyitsi bose mu nyubako z'ifasi zose. icyakora, CDC na OCR isobanukiwe ko hari umubare muto w'abantu badashoboye kwambara agapfukamunwa bitewe n'ubumuga cyangwa cyangwa ubundi burwayi. Abantu bari muri ibi byiciro badashobora kubahiriza amabwiriza yo kwambara agapfukamunwa ateganywa na CDC, ntabwo basabwa kukambara.

Nubwo bimeze bityo, mu gihe umunyeshuri ufite ubumuga atabasha kwambara agapfukamunwa, bagomba gusiga intera hagati yabo n'abandi, cyangwa bakazirikana andi mabwiriza y'ubwirinzi, kandi umunyeshuri agakomeza kwemererwa gahunda igenerwa abafite ubumuga ya FAPE. Kwaba kwitabira ishuri mu buryo bw'iyakure cyangwa ubw'imbonankubone, abanyeshuri batabasha kwambara agapfukamunwa ku mpamvu z'ubumuga bafite ntibagomba kwimwa serivisi cyangwa ngo bashinjwe kutubahiriza amabwiriza yo kwambara agapfukamunwa kandi bagakomeza kwiga hadashingiwe ku ivangura.

Ibyakwifashishwa birimo, ariko atari byo gusa:

- Ingabo yo mu maso (shield)
- Amoko anyuranye y'udupfukamunwa Uburyo bukoreshwa
- Ibirahuri bitandukanya abantu
- Impinduka muri gahunda
- Uturuhuko twa hato na hato
- Ibyongerera umuntu imbaraga
- Uko ishuri ringana
- Ni byo/Ntibihindagurika Kwambara agapfukamunwa n'ibindi Ibikoresho by'ubwirinzi ku bandi bakorana cyangwa bigana n'umunyeshuri ibicurane

\* Kwiga hifashishijwe iyakure bishobora kwitabwaho mu gihe nta byifashishwa bishobora gukoreshwa neza no ku banyeshuri bafite ubumuga, uburezi rusange buboneye kandi butishyurwa babuhabwa uko bwakabaye.

Ku busabe bw'udupfukamunwa ku **munyeshuri**, wavugisha umuforomo/kazi w'ikigo.

Ku busabe bw'udupfukamunwa ku **mukozi**, wakwandikira umukozi ushinze abakozi kuri [HumanResources@grps.org](mailto:HumanResources@grps.org).

## IMBONERAHAMWE Y'ITANGWA RY'UDUPFUKAMUNWA MU IFASI

**Abanyeshuri n'abakozi, bitewe n'ubumuga cyangwa uburwayi buzwi, ntibashoboye kwambara agapfukamunwa cyangwa se ntikabagwa neza kuri ubu.**

Gusuzuma amakuru yatanze no gushyiraho ibyashyirwaho ku kwihanganira kutambara agapfukamunwa

Gusuzuma amakuru no kugaragaza ibyakwifashishwa mu kwihanganira umunyeshuri no KWIGISHA uburyo bwo kwambara agapfukamunwa

Gusuzuma amakuru buri cyumweru ku bwiyezwe bw'abasaba kwihanganirwa ahantu hatandukanye

Gukoresha ibyifashishwa

Gusuzuma amakuru buri byumweru 3 kugurira ngo hatahurwe izindi nama

**AHAKUWE AMAKURU:**

<http://bit.ly/covid-19-civil-rights-Q-and-A>

# IBYIBUTSA GUKORA ISUKU MU GUHANGANA NA COVID-19

## IBISOBANURO BY'AMAGAMBO

Guhanagura bikura udukoko twanduza, umwanda, n'indi myanda ahantu cyangwa ku bintu hakoreshejwe isabuni n'amazi meza. Iki gikorwa ntikica gusa udukoko twanduza ahubwo kinagabanya ibyago byo gukwirakwiza ubandu.

**Gusukura na arukoro** bigabanya umubare w'udukoko twanduza ahantu cyangwa ku bintu ku rugero rwemewe hakurikijwe amabwiriza y'ubuzima rusange, kandi bituma ku bikoresho hagabanuka ibyago byo gukwirakwiza ubwandu.

**Gukoresha imiti yica udukoko** byica udukoko twanduza twaba turi ahantu cyangwa ku bintu hakoreshejwe imiti yabigenewe ariko si ko bisukura ahantu hari umwanda. Ni ngombwa ko usukura ahantu n'ibintu ukoresheje isabuni n'amazi meza mbere yo gukoresha imiti yica udukoko.

## Ubuzima bw'abanyeshuri n'abakozi buza ku isonga.

Kwambara agapfukamunwa, gukaraba intoki no guhana intera n'abandi uko buri wese abishoboye ni byo bizaba igisubizo cyo gutuma tugira umwaka w'amashuri utekanye.

Gusukura bigabanya ibyago byo gukwirakwiza ubwandu binyuze mu guhanagura no kwica udukoko twanduza twaba turi aho abantu bakunda gukora. Ishuri umwana wawe yigaho riteguwe hakurikijwe uburyo bwo kurinda abantu.

Imiti y'isukura yakoreshejwe yujuje ibisabwa n'ikigo gishinzwe kugenzura no gukumira indwara (CDC), n'ikigo gishinzwe kurinda ubuzima bw'abantu no kubungabunga ibidukikije (EPA) n'amabwiriza y'akarere.

- Amashuri arasukurwa buri joro.
- Gahunda yo gukora isuku ku buryo buhoraho buri muni cyangwa buri uko bikenewe ku muni.
- Kurinda abantu gusangira ibikoresho byarateguwe.
- Ubwogero n'ubwiherero rusange n'ahantu abantu bose bakoresha hasukurwa kenshi mu muni yose y'amasomo.

# AMAKURU KU NGENDO ZA BISI MU GIHE CYA COVID-19

**NNOMERO YA TELEFONI NSHYA  
Y'IBIJYANYE NA SERIVISI Z'INGENDO  
(616) 819-6100**

## **SERIVISI Z'INGENDO ZA BISI Y'UMUHONDO AMABWIRIZA Y'UBWIRINZI:**

- Kwambara agapfukamunwa ni ngombwa
- Kwicara mu myanya yagenwe bizaba ari ngombwa ku biga mu mashuri y'inshuke kugeza mu mwaka wa 1
- Imyanya ibiri ya mbere muri buri ruhande rwa bisi ntiyicarwamo
- Abagenzi bose barashishikarizwa guhana intera
- Abavukana bashobora kwicarana



# AMAKURU MASHYA YEREKEYE COVID-19

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Babyeyi/Barezi,

Bitewe no guhindagurika kudasanzwe kw'ibintu ndetse n'ifatwa ry'ibyemezo bijyanye na COVID-19 ndetse n'amashuri yacu, ni ingenzi cyane ko ifasi n'ibigo by'amashuri bigira aderesi za vuba n'inyandiko zitanga uburenganzira ku bushake z'ababyeyi n'abishingizi.

Ababyeyi n'abishingizi bagomba guha uburenganzira ifasi n'ibigo by'amashuri binyuze mu kohereza imeyiri, ubutumwa bwabanje gufatirwa amajwi n'ubutumwa bwanditse. Ababyeyi n'abarera abana babona inyandiko zitanga uburenganzira zuzuzwa banyuze kuri konti yabo yo ku rubuga rwa ParentVue. Ukenera numero iranga umunyeshuri wawe kugira ngo wuzuze inyandiko itangirwaho uburenganzira ku bushake, na yo iboneka ku rubuga rwa ParentVue.

Turagira inama ababyeyi n'abarera abana bose ko bahitamo bumwe cyangwa uburenze ubumwe muri ubwo buryo bw'itumanaho.

Ukeneye kuzuzanya inyandiko zitangirwaho uburenganzira ku bushake zo kuri murandasi, wasura urubuga <https://bit.ly/grps-contact-consents-form>.

Turashishikariza ababyeyi n'abarera abana kandi gukanda 'like' kuri paji y'akarere n'iy'ikigo cy'ishuri umwana yigaho kuri Facebook no gusura urubuga rw'akarere kuri [grps.org](http://grps.org) kugira ngo babone amakuru y'ingenzi.

Igihe hari ibibazo ushaka kubaza, turagusaba kuvugisha ubuyobozi bw'ikigo umwana wawe yigaho. Ndabashimiye!

Murakoze,

Leadriane Roby, Ph.D.

Umuyobozi w'ibigo by'amashuri mu ifasi