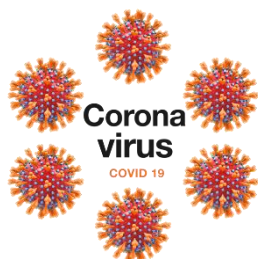


What to do if you think you have COVID-19

Icyo wakora mugihe utekerezako ufite icyorezo cya COVID-19

16 March 2020 update



People who are sick with COVID-19 may:

Abantu barwaye COVID-19 baba:

- have a cough: Bafite inkorora
- have a fever - this is when you get really hot and have a temperature of 38 degrees or more: Bafite umuriro, bafite ubushyuhe buri kuri kigero cya degere 38 cyangwa zirenga.
- find it hard to breathe.: Bibakomerera guhumeka



Some people with COVID-19 may not get sick.: Abantu bamwe na bamwe bafite COVID-19 bashobora kutarwara.



But they can still pass the virus to another person.: Ariko bakaba bakwanduza abandi iki cyorezo.



It is important you know what to do if you:

Ni ngombwa kumenya icyo wakora nib :

- **have been in close contact** with someone in the last 14 days who has been told they have **COVID-19:**
 - * **Waregereye cyangwa warahuye n'umuntu mu minsi 14 ishize waba warumvise ko bafite COVID-19**
- are waiting for your **COVID-19 test results.**
 - * **Bategereje ibipimo by'ibizami byawe bya COVID-19**



There are **2 things** you need to do if you think you have COVID-19:



*Hari ibintu bibiri(2)ukeneye gukora niba uterezako ufite COVID-19:

1. You need to stay at home and **self-isolate**.

1. Ugomba kuguma murug kandi wiheje (mukato)

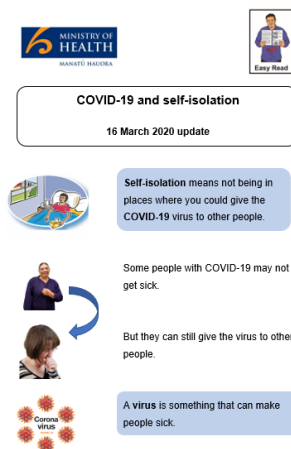
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Self-isolate means not being in places for 14 days where you could give the COVID-19 virus to other people.

*Kwishyira mukato bivuze kutajya ahantu ushobora kwanduza abandi bantu icyorezo cya COVID-19 mugihe cy'iminsi cumi n'ine(14)

There is an Easy Read factsheet called **COVID-19 and self-isolation**.

See page 5 for more information about this factsheet.





2. You need to call **Healthline** on:
Ugomba guhamagara umurongo
w'ubuzima:



0800 358 5453



It will not cost you any money to
call Healthline.

*Ntakiguzi cy'amafaranga ariyo
yose muguhamagara uyu murongo.



Healthline is open all the time –
day and night.

Umurongo wa telephone
w'ubuzima urafunguye igihe cyose
-amanywa n'ijoro



If you are **not sure** if you should self-isolate you can call **Healthline** on:

Niba utabyumva neza niba wakwishyira mukato ushobora guhamagara umurongo wa telephone w'ubuzima kuri :

0800 358 5453

If you think you might have COVID-19 it is important that you do **not** go to:

Niba wumva ushobora kuba ufite COVID-19 ni ngombwa ko udahita ujya ku:

- your Doctor: muganga wawe
- the hospital.: kubitaro



Going to see your Doctor or hospital could give the COVID-19 virus to other people.: Kujya kureba umuganga wawe cg kubitaro bishobora guha abandi bantu COVID19



Instead **call Healthline** as they will tell you what to do if you need to be tested for COVID-19.

*Ahubwo hangars kumurongo w'ubuzima barakubwira icyo gukora kugira ngo upimwe COVID-19.