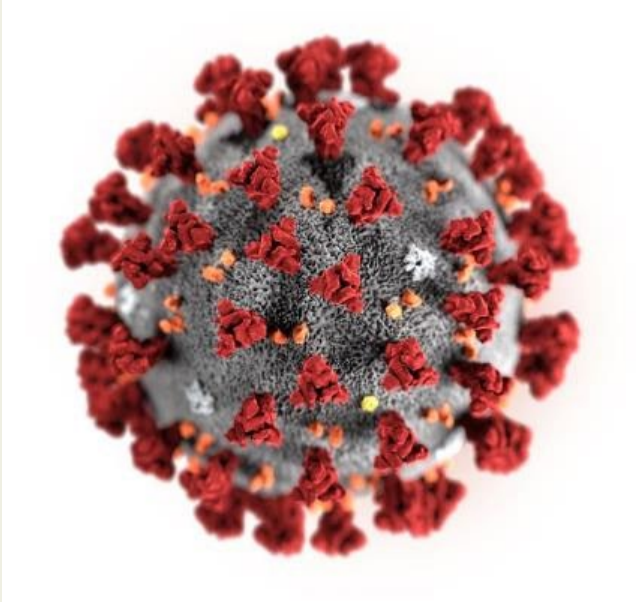

Insiguro: CDC / Alissa Eckert & Dan Higgins

Kurinda umutekano n’amagara y’abakozi

Indwara ya Coronavirus 2019 (COVID-19)

Hakoreshejwe inzira ya OSHA/CDC mu kurinda abakozi nko gushiraho ibibanza vyo gukoreramwo ku murongo w’ingurukanabumenyi

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Abakozi bose, harimwo n'abasanzwe bakora (kiretse abakora mu bijanye n'amagara y'abantu,imbanzaguseruka, n'abandi bamenyerejwe mu bijanye no kurwanya ikwirakwira ry'indwara, kwirinda kw'umwe umwe wese/ivyitonderwa vyo kwirinda vy'abantu bose) bategerezwa gukora, hanyuma abakoresha bategerezwa kubika, uwu mwimenyerezo hakurikijwe ibisabwa n'amagara n'umutekano, canke uwundi mwimenyerezo ungana canke uruta uwu mwimenyerezo wa VOSHA mu gihe cababa itariki 4 Rusama 2020.

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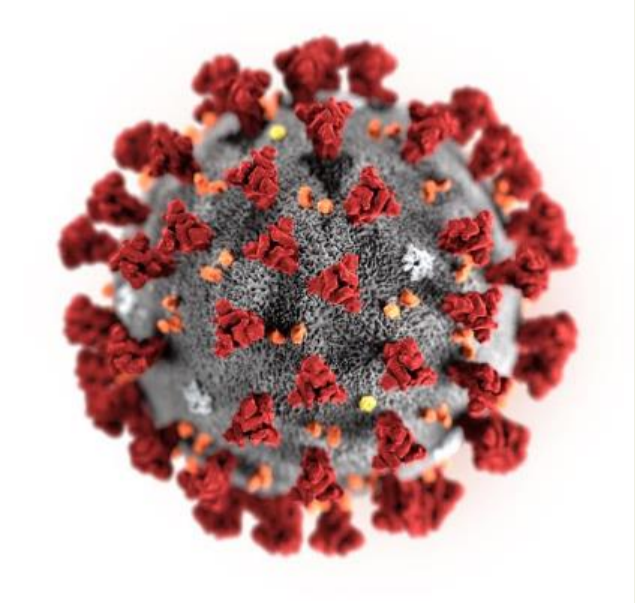
Coronavirus nshasha ni iki?

- Ama Coronavirus ni umuryango w'imigera itera indwara mu bantu. Ama Coronavirus agendagenda mu bikoko, birimwo ingamiya, ibitungwa n'inyabu.
- SARS-CoV-2, ni umugera ugira indwi uzwi ufata abantu, n'umugera wa COVID-19, yibazwa yuko yoba yarasimvye iva ku bikoko igatangura gufata abantu.



Insiguro: CDC / Alissa Eckert & Dan Higgins

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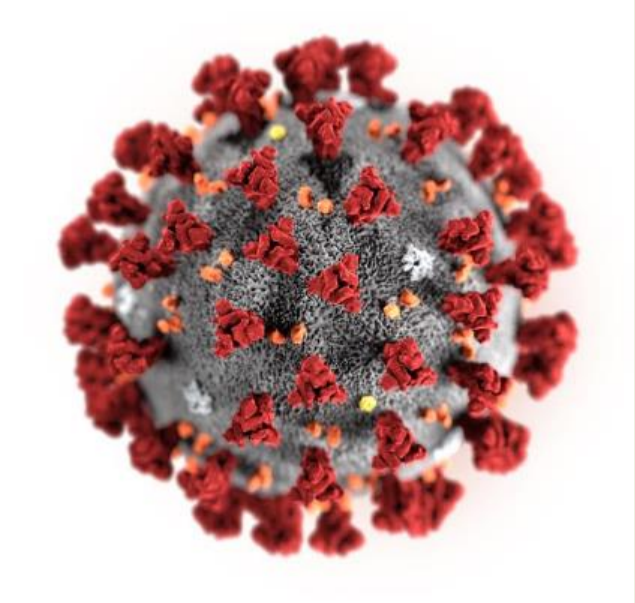
Indwara ya Coronavirus 2019 (COVID-19) ni iki?

- COVID-19 ni indwara yo mu bice vyo guhema yandukira ivuye ku muntu ija ku wundi. Umugera utera Coronavirus ni coronavirus nshasha wamenyekanye ubwa mbere mw'itohoza ry'ikiza muri Wuhan mu Bushinwa.

Isoko: CDC



Insiguro: CDC / Alissa Eckert & Dan Higgins

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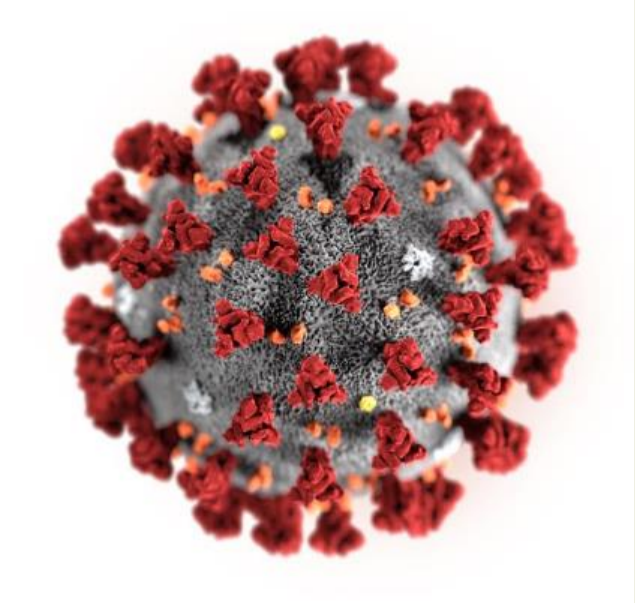
COVID-19 itandukaniye he n’izindi Coronavirus zizwi?

- Coronavirus nyinshi zitera ibicurane n’inkorora ariko ntizigeramiye ubuzima bw’abantu bakomeye.
- Izindi coronavirus zarateye Ibiza muri kahise, birimwo indwara yo guhema nabi cane izwi nka Severe Acute Respiratory Syndrome (SARS) n’indwara yo guhema nabi yo mu buseruko bwo hagati izwi nka Middle East Respiratory Syndrome (MERS)- imwe imwe muri izo ikaba iterwa n’imigera ya coronavirus itandukanye.
- SARS-CoV-2 ni uwundi mugera utandukanye n’iyo.



Insiguro: CDC / Alissa Eckert & Dan Higgins

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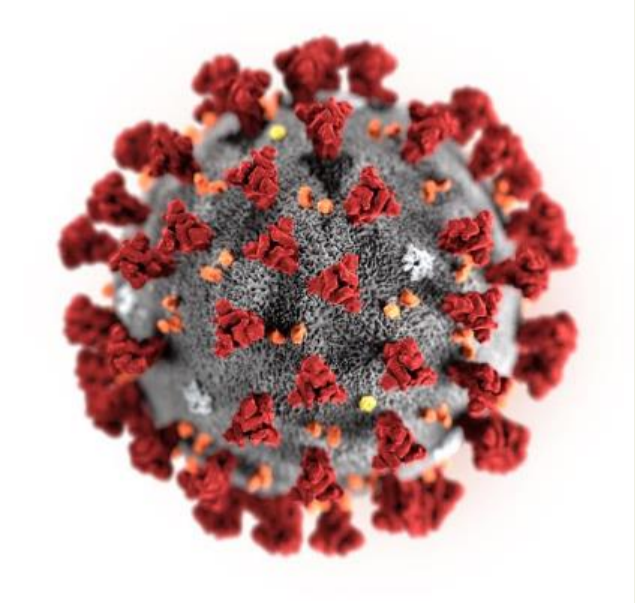
Coronavirus ikwirakwira gute?

- Uwo mugera wibazwa ko ukwirakwira uva ku muntu uja ku wundi.
- Uwo mugera ukwirakwira mu tuzi dusohoka iyo umuntu arwaye coronavirus akoroye, yasamuye canke avuze. Utwo tuzi dushobora kuja ku minwa canke amazuru y'abantu bari hafi canke bakaduhema tukinjira mu mahaha.
- Abantu banduye, kenshi ariko atari iminsi yose, bagira ibimenyetso vy'indwara. Abantu badafise ibimenyetso barashobora gukwirakwiza uwo mugera.
- Birashoboka ko umuntu yokwandura corovirus mu gukora ahantu canke ku kintu kiriko uwo mugera hanyuma akikora ku munwa wiwe, ku zuru canke amaso yiwe, ariko ibi ntivyibazwa yuko ari yo nzira nyamukuru uwu mugera ukwirakwiramwo.



Insiguro: CDC / Alissa Eckert & Dan Higgins

Isoko: CDC

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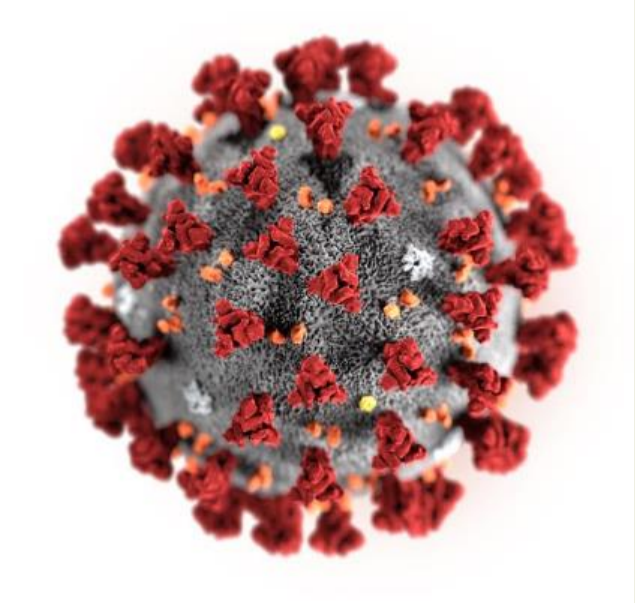
Ibimenyetso vyo kwandukirwa

- Si bose mu bandukiwe n'umugera wa COVID-19 berekana ibimenyetso. Ibimenyetso birimwo guhema nabi cane. Ibimenyetso bishobora gutangura mu minsi 2 gushika kuri 14 y'inyuma yo gufatwa n'uwo mugera.
- Ibimenyetso birimwo: Gushuha, Gukorora, guhemagirika canke guhema nabi, bigoranye, gususumira, kuguma ujugumira unasusumira, kubabara mu nyama,kumeneka umutwe, kubabara mu muhogo, no gutangura kutumva akanovera n'akamoto.
- Nimba ufise ibimenyetso vya COVID-19, terefona muganga wawe. Nimba ufise indwara yihutirwa, hamagara kuri 9-1-1 canke uje kwa muganga.



Insiguro: CDC / Alissa Eckert & Dan Higgins

CDC's Self Checker Tool:
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html

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Ikiza kiriho ubu

- Abarwaye barenga imiriyoni 2.7 kw'isi yose
- Ibice bitandukanye vya reta zunze ubumwe za Amerika, bifise ingero zitandukanye za COVID-19.
- Reta 50 zose zashikirije CDC ko zatoye abarwaye COVID-19.

Latest situation summary:
www.cdc.gov/coronavirus/2019-ncov/

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Ikiza kiriho ubu

Reta zunze ubumwe za Amerika, abarwaye COVID-19 barimwo:

- Abayinjiranye bavuye mu bindi bihugu
- Abarwaye bari abantu ba hafi y'uwuzwi ko ayirwaye.
- Abayirwaye barayanduriye mu banyagihugu ariko batazi aho bayanduriye.
- Reta nyinshi muri reta zunze ubumwe za Amerika zishikiriza yuko hari ikwirakwira mu banyagihugu rya COVID-19.

Latest situation summary:
www.cdc.gov/coronavirus/2019-ncov/

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Nimba warafashwe/Warandukiwe

- Imbere yo kwivuza, banza umenyeshe muganga wawe canke ivuriro rikwegereye nimba wibaza ko ushobora kuba urwaye COVID-19.
- Bwira muganga wawe nimba warahuye n'umuntu afise uwo mugera kandi akaba afise ibimenyetso vy'iyo ndwara, canke nimba uheruka gufata urugendo ahantu COVID-19 yakwirakwiye.
- Nimba ufise ikibazo co guhema, canke ikindi kimenyetso giteye amakenga hamagara 911 kugira bagufashe vyihuta.

Photo: CDC / Scott Housley

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Uko isuzumwa n’uko ivurwa

- Muganga wawe ashobora kumenya ko bikenewe ko usuzumwa COVID-19 agendeye ku bimenyetso ushobora kuba ufise n’ubuhambare bw’avyo.
- Ubu nta rucanco ruriho canke umuti nyezina wa COVID-19.
- Bamwe mu barwayi, cane cane abaremba, bashobora gukenera ubuvuzi bwo kubafata mu mugongo bwo mu bitaro.

Photo: CDC / Scott Housley

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Ivyago vyo gufatwa, bijanye n’akazi ukora

- OSHA itunganyiriza hamwe na CDC, harimwo n’ikigo c’igihugu kijejwe amagara n’umutekano bijanye n’akazi kizwi nka National Institute for Occupational Health and Safety (NIOSH), n’ayandi mashami; gukurikirana iki kiza kiriho ubu.
- Ivyago vyo gufatwa mu buzi bwinshi, vyerekana ivyago vy’abanyagihugu muri rusangi, aho ubwo buzi buri.
- Ivyago birashobora kwongerekana mu gihe abakozi bahura canke bakoranako cane n’abanyagihugu canke n’abakozi bakorana.

Photo: U.S. Navy / Seaman Rob Aylward

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Ivyago vyo gufatwa, bijanye n’akazi ukora

- Abakozi bo mu bisata bimwe bimwe bashobora kugira ivyago vyinshi bijanye n’akazi, vyo gufatwa na COVID-19; birimwo:
  - Ubuvuzi n’isuzumiro
  - Imbanzaguseruka ku baremvye
  - Igisata c’ibiziga n’abapfuye
  - Igisata c’ingendo zo mu kirere
  - Icungera ry’imipaka no gupima abari ku rugendo
  - Ibisata vya nkenerwa cane(u.t; amasoko y’ibifungurwa, utuguriro tw’imiti

Photo: U.S. Customs and Border Protection / James Tourtellotte

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Ibigenderwako vya OSHA mu kurinda abakozi gufatwa

- Kurikira ibigenderwako vya OSHA mu gufasha kurinda abakozi gufatwa na SARS-CoV-2 no kwandukirwa na COVID-19.
- Abakoresha bategerezwa kwibuka ko OSHA ishobora gukoresha itegeko rusangi ry'umurimo rizwi nka General Duty Clause, igice ca 5(a)(1), c'itegeko ry'amagara n'umutekano vy'akazi rizwi nka Occupational Safety and Health Act, mw'ishirwa mu ngiro ry'uko abakozi barindwa ibigeramiye amagara n'ubuzima bwa'abo bishobora kubagirira nabi.

Ibisabwa na OSHA

- Ibikoresho vyo kwirinda vy'umwe umwe wese (29 CFR 1910 subpart I), harimwo:
  - Ibisabwa rusangi vya PPE (1910.132)
  - Ivyo kurinda isura n'amaso (1910.133)
  - Ivyo kurinda ibice vyo guhema (1910.134)
  - Ivyo kurinda ibiganza (29 CFR 1910.138)
- Udukoko tuba mu maraso (29 CFR 1910.1030)
- Kuvugana ku bigeramiye ubuzima (29 CFR 1910.1200)
- Kubika ivyakozwe (29 CFR part 1904)

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Ibisata birimwo ivyago vyo gufatwa– BIRI HEJURU CANE

- Abakora mu buvuzi (u.t., abaganga, abaforomo, abaganga b'amenyo, abakora ibijanye no gufasha mu buvuzi, EMTs) bakora canke bari ahariko hatangirwa ubuvuzi bujanye n'ibice vyo guhema (u.t., gushira mu muhogo icuma gifasha umurwayi guhema, ubuvuzi butangwa hifashishijwe yuko umurwayi akorora, ubuvuzi bukoresha ivyuma biraba mu muhogo w'impemu, ubuvuzi bufasha umurwayi aremvye cane kugaruka mu buzima, ubuvuzi bw'amenyo n'isuzuma, ubuvuzi busaba kwinjiza ibikoresho bitandukanye mu mubiri w'umurwayi) ku barwayi bazwi canke bikekwa ko barwaye COVID-19.
- Abavuzi canke abakora mw'isuzumiro bafata canke batwara ibisuzumwa bivuye ku bazwi canke bikekwa ko ari abarwaye COVID-19.
- Abakora mu bijanye n'ahabikwa ibiziga bajejwe gusuzuma ibiziga ngo bamenye icabishe, ku bantu bari barwaye canke bikekwa ko bari barwaye COVID-19 mu gihe bapfiriye.

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Ibisata birimwo ivyago vyo gufatwa– BIRI HEJURU

- Gutanga ubuvuzi n'abakozi bajejwe gufata mu mugongo (u.t. abaganga, abaforomo n'abandi bakozi bo mu bitaro binjira mu vyumba vy'abarwayi) bahura n'abazwi canke bikekwa ko barwaye COVID-19. (Mu gihe ata ubuvuzi bujanye n'ibice vyo guhema buriko burahakorerwa.)
- Abakozi bunguruza abakora mu buvuzi (u.t., abakora muri ruseha abaniha) bunguruza abazwi canke abikekwa ko barwaye COVID-19 mu miduga yugaye.
- Abakozi bakora mu biziga bagira uruhara mu gutegura ibiziga vy'abantu bazwi canke bikekwa ko bari barwaye COVID-19 mu gihe bapfiriye.

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Ibisata birimwo ivyago vyo gufatwa– BIRI HAGATI

- Ubuzi busaba guhura cane (igihe kirenze iminota mikeya) no/canke kwegerana (feet 6) n'abantu bashobora kuba barandukiwe na SARS-CoV-2, ariko batazwi canke batikekwa ko barwaye COVID-19.
- Uturorero turimwo:
  - Abakora mu bintu vya nkenerwa cane nk'utuguriro tw'imiti n'amasoko y'ibifungurwa.
  - Abakora mu kwunguruza abantu nk'abatwara amabisi, abakozi bo mu nzira zica munsi y'amabarabara, n'abashoferi b'amatagisi.
  - Abandi bakozi mu bijanye n'iyunguruzwa ry'abantu.

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Ibisata birimwo ivyago vyo gufatwa– BIRI HASI (itonde)

- Ubuzi budasaba guhura n'abantu bazwi canke bikekwa ko bandukiwe na SARS-CoV-2, canke kwegerana cane (muri feet 6) n'abantu muri rusangi.
- Abantu bo muri iki gice basabwa guhura n'abantu kujanye n'akazi kuri hasi cane, n'abandi bakorana.

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IBISABWA BITEGETSWE VY'AMAGARA N'UMUTEKANO KU BUDANDAJI BWOSE, IBIDAKURIKIYE INYUNGU, N'IBIKORWA VY'UBUTEGETSI

Ubudandaji bwose butegerezwa gukurikiza insiguro z'igisata c'amagara ca Vermont na CDC n'ibigenderwako vya VOSHA

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Ibisabwa bitegetswe

- Abakozi ntibakwiye gushika, ntibanemerewe kuguma ku kazi barwaye canke bafise ibimenyetso (harimwo gushuha, gukorora, no/canke guhemagirika).
- Abakozi bafise COVID-19 badafise ibimenyetso ntibemerewe kuza ku kazi, kandi umukozi wese yahuye n'umukozi canke n'uwundi muntu afise COVID-19 asabwa kwikumira iminsi 14.

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Ibisabwa bitegetswe

- Ibimenyetso bitegerezwa kumanikwa ku bwinjiriro bwose, bisiguye, vyerekana ko atawokwinjira afise ibimenyetso vy’indwara yo mu bice vyo guhema.
- Mugihe cose bishoboka, imbere yo gutangura akazi, gupima canke kwihweza birasabwe ku mukozi wese mu kuraba ko ata bimenyetso vy’indwara y’ibice vyo guhema afise (gushuha, gukorora, no/canke guhemagirika), harimwo no gupima ubushuhe.

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Ibisabwa bitegetswe

- **Gupima ubushuhe**
- *– Ubushuhe bwa °F100.4/°C38 canke burenze aho, bufatwa nko gushuha, nk'uko bivugwa na CDC*
- Ubu ibipimisho vy'ubushuhe bidasaba gukora ku mubiri ni bike, ariko abakoresha bategerezwa guca babitumako vyihuta, hanyuma bagakora uko bashoboye kose kugira baronke ibipimisho vy'ubushuhe mu ntumbero yo gupima ubushuhe iminsi yose.

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Ibisabwa bitegetswe

- Abakozi bose bategetswe gukurikiza amategeko yo gutandukana bagasigaza feet 6 hagati y'abo mu gihe bari ku kazi, kandi bakirinda kwikora ku masura yabo.

- Nta bigwi vy'abakozi vyemewe.

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Ibisabwa bitegetswe

- Mu gihe bishoboka, kwinjira ahantu rusangi, ibibanza vyo kuruhukiramwo no kuriramwo bitegerezwa kwugarwa canke gukurikiranwa.
- Iyo ubwoko bw’akazi k’umukoresha, canke ahakorerwa hatorohereza abakozi kurira mu mutekano ku kazi, umukoresha ashobora gufata ingingo zo gushiraho ahantu rusangi canke icumba gishobora gufatirwamwo imfungurwa mu mutekano mu gihe amategeko yubahirijwe:

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Ibisabwa bitegetswe

- Ku bwinjiriro bw’ahantu rusangi canke ivyumba, umukoresha ategerezwa kumanika amategeko asiguye atangira ibiharuro bitarengwa vy’abakozi aho bakorera, n’amategeko yo gutandukana, gukaraba mu ntoki/gusukura intoki n’ibisabwa mu gusukura aho bakorera.

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Ibisabwa bitegetswe

- Umukoresha ategerezwa gushiraho ibiharuro vy’abakozi bitarengwa mu bibanza rusangi canke ivyumba kugira abahakorera bakurikize amategeko yo gutandukana kutari munsi ya feet 6 ku muntu wese. Umukoresha ategerezwa gukomeza amategeko y’ibiharuro bitarengwa vy’abakozi.

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Ibisabwa bitegetswe

- Abakozi bategerezwa guhanagura aho bakorera imbere yo kuhava – canke hategerezwa kubaho kugira isuku kwamaho kw'aho bakorera mu gihe kidahinduka ku munsi wose.
- Uburyo bwo gukaraba mu ntoki no/canke gusukura intoki bitegerezwa gushirwaho ubwo nyene ku bwinjiriro bw'ahantu rusangi canke ivyumba.

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Ibisabwa bitegetswe

- Mu gihe co gukora,ugurura amadirisha n’imiryango mu gufasha kwinjiza akayaga kenshi gashoboka no mu gutangira ibiharuro vy’abantu binjirira rimwe mu muryango umwe.
- Nta bantu barenze babiri bakwiye kugendera mu muduga umwe mu gihe bagiye ku kazi, kandi bategerezwa kwambara udukoresho dupfuka munwa mu gihe batwawe n’umuduga umwe.

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Ibisabwa bitegetswe

- Abakozi bategerezwa kwambara udukoresho dupfuka isura, dupfuka izuru n’umunwa mu gihe barikumwe n’abandi. Abakora mu bijanye n’ububitsi bw’amafaranga, hoshirwaho ibiyo vyo kwirinda mu kibanza c’udukoresho dupfuka izuru n’umunwa.

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Ibisabwa bitegetswe

- Ibibanza n’ibikoresho rusangi, harimwo ubwogero, ahantu hakunda gukorwa cane n’imiryango, ivyifashishwa n’ibikoresho, n’imiduga bitegerezwa kwozwa no gusukurwa ku ntango, hagati no kwiherezo ry’akazi, mu gihe bishoboka, n’imbere y’uko bitangwa biva ku muntu bije ku wundi.

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Ibisabwa bitegetswe

- Abakozi bategerezwa kuronka isabuni n’amazi canke ibisukura intoki mu gihe cose c’akazi, gukaraba mu ntoki no gusukura intoki birasabwa kenshi harimwo imbere yo kwinjira no gusohoka aho bakorera.

Ibisabwa bitegetswe

- Ubudandaji butegerezwa gusaba abakiriya, n'abantu muri rusangi, kwambara udukoresho dupfuka izuru n'umunwa umwanya wose bariko bavugana canke bakorana n'abo batabana mu nzu.

- Amakuru mashasha kuri New York Safe Additions to the Stay Home, Stay Safe Order: https://accd.vermont.gov/news/update-new-work-safe-additions-stay-home-stay-safe-order

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INSIGURO ZIGENDERWAKO KU BAKORESHA

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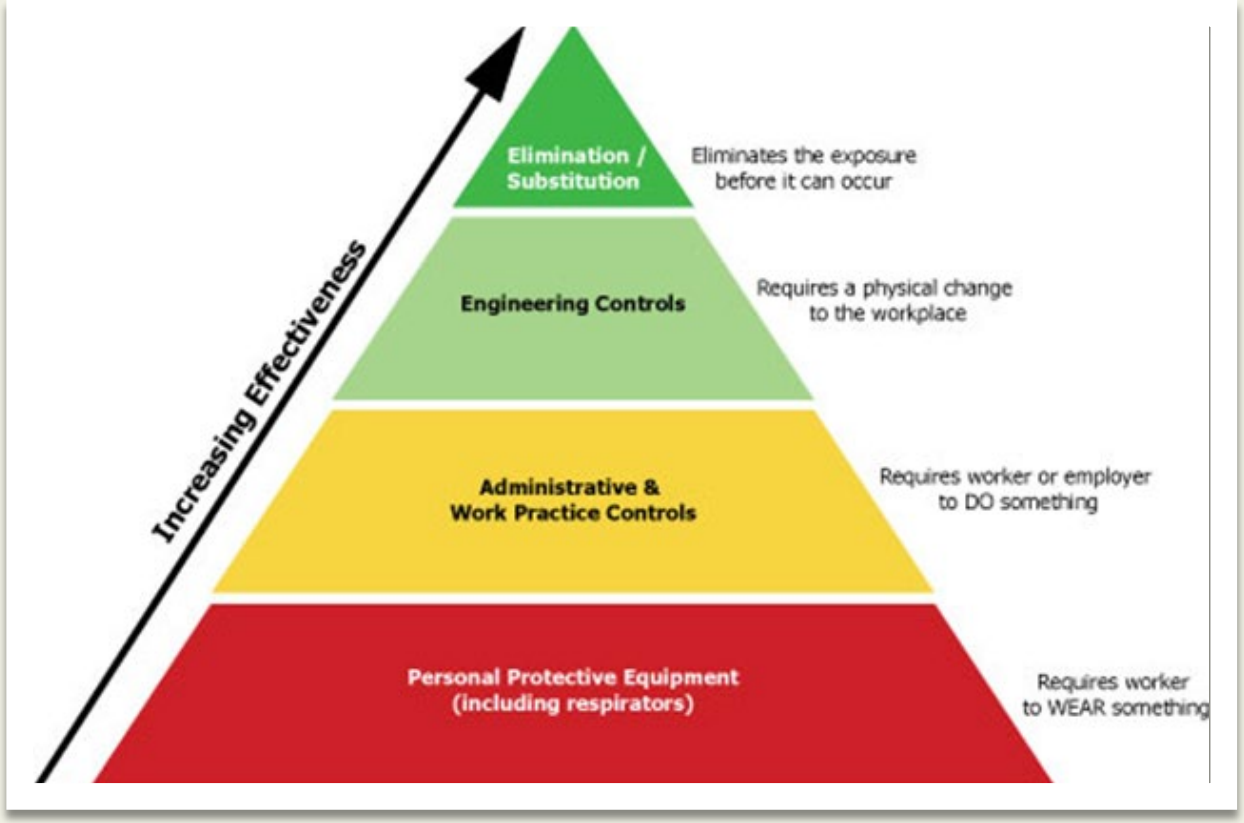
Gira integuro

- Banza wihweze ibigeramiye ubuzima aho ukorera.
- Nko mu bindi vyose bigeramiye ubuzima, “gukurikirana ubusumbane” ni ikintu gihambaye.



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Gukuramwo/Gusubiriza

- Ibikorwa bitegerezwa kwihwezwa mu kuraba ko akazi koshobora gukororerwa kure
- Inama/ibikorane n'imyimenyerezo bitegerezwa kubera ku mirongo y'ingurukanabumenyi/ kugereranya
- Umukiriya/umurwayi bofashwa hakoreshejwe umurongo w'ingurukanabumenyi/kugereranya
- Gukoranako kw'umukozi n'uwundi bitegerezwa gukurwaho mu gushiraho ibibanza bito bito vyo gukoreramwo
- Abakozi bakwiye guhimirizwa kuguma muhira mu gihe bumva barwaye mu buryo ubwa ari bwo bwose.
  IBI BITEGEREZWA GUTANGAZWA CO KIMWE
- Mu gihe bishoboka, gupima ubushuhe bw'abakozi vyari bikwiye gukorwa.

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Kwihweza kw’ubu enjeniyeri

- Shiraho amabariyeri mu kurinda ikwirakwira;
  - ni ukuvuga amabariyeri mu bibanza bito bito vyo gukoreramwo
  - ni ukuvuga ibiyo vyo kwirinda vy’abakora mu bijanye n’ububiko bw’amafaranga
- Gushira utuzi tumwe tumwe ukwatwo mu gihe bishoboka
- Uburyo bwo kwinjiza akayaga no kwinjiza no gusohora umwuka birashobora gufasha kugabanya kwandukirwa.

Kwihweza ubutegetsi n’uko akazi gakorwa

Kwihweza ugukorwa kw’akazi birashobora gufasha cane mu kurinda ikwirakwira rya COVID-19

- Gutahura imigambi nshingiro yo kwirinda:
  - **Gutandukana:** Gutandukana ni igihe abantu baba bashobora gusiga ikibanza gito gishoboka **feet 6 hagati y’abo.**
  - **Isuku ry’umwe umwe wese:** ibikoresho vyo ukaraba mu ntoki no gusukura intoki bitegerezwa gutangwa, kwama bihari n’ikoreshwa ry’avyo ritegerezwa guhimirizwa.
  - **Isuku ry’aho ukorera:** Abakoresha bategerezwa gushiraho ingingo zo kwoza no gusukura ahantu hakorakorwa cane aho bakorera.
    - Hanagura ahantu nk’aho imiryango yugururirwa, udukinga dufasha mu gusuma, ama mashini afasha mu gucuruza, intebe abarindiriye gufashwa bicarako, n’ahandi hantu abakiriya, abashitsi n’abakozi bakunda gukorakora

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Umwimenyerezo w’abakozi

- Menyereza abakozi bose ku bijanye n’ivyago vyo gufatwa na COVID-19 bijanye n’akazi, n’ivyo bategerezwa gukora mu gihe bafashe urugendo baja ahantu hashobora kuba haratowe abarwayi.
- Ku bakozi bafise ivyago vyinshi vyo gufatwa (u.t., mu bisata vy’ubuvuzi), ganira kuri:
  - Isoko ryoshobora gutera uwo mugera n’ibigeramiye amagara bijanye no gufatwa.
  - Uburyo bwiza bwo kurinda canke kugabanya ivyago vyo gushobora gufatwa, harimwo gukoresha ubu enjeniyeri no kwihweza kw’ubutegetsi, gukorwa kwa’akazi gutekanye, na PPE.
  - Bimwe mu bigenderwako vya OSHA (u.t., BBP, PPE) bisaba kumenyereza abakozi.

Ibikoresho vyo kwirinda vy'umwe umwe wese(PPE)

- Menya neza nimba hariho gutahura neza kw'icitwa PPE n'ikitari PPE
- Ibintu bigize PPE;
  - **Udukoresho two kwambara mu ntoki:** udukoresho dutandukanye two kwambara mu ntoki turinda ibintu vyinshi bigeramiye amagara, cane cane mu rwego rw'abaganga. Udukoresho two kwambara mu ntoki two mu bwoko bwa Nitryl canke latex dukoreshwa mu kwirinda udukoko dutera indwara.
  - **Kurinda umubiri;** kenshi ibikoresho bitandukanye vyo kwirinda vyambarwa mu kwirinda udukoko dutera indwara. Mu gihe co gukora ku bantu bazwi canke bikekwa ko barwaye COVID-19, ibikoresho birinda umubiri wose birashobora kwambarwa. Ariko icitonderwa nuko izo nyambaro zitegerezwa kuba zikoze ku buryo ziba zugaye, zizibiye ahantu hose.
  - **Kurinda amaso/isura;** mu kurinda amaso hategerezwa kwifashishijwe inyambaro yambarwa n'abagiye gukora ku bazwi canke bikekwa ko barwaye COVID-19. Kurinda amaso bitegerezwa gutanga ukwirinda kwiyongera ku kwirinda kwavuzwe. Ikiyo kirinda isura gitanga kwirinda gushemeye, cane cane iyo gikoresherejwe hamwe n'ukurinda amaso.
  - Menya itandukaniro riri hagati y'udukoresho dupfuka izuru n'umunwa n'ibikoresho vyo gucishamwo impemu hanyuma ubikoreshe uko bikwiye.

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INSIGURO ZIGENDERWAKO KU BAKOZI

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Menya integuro

- Umukoresha wawe akwiye kuba afise integuro ikurinda ikwirakwira rya COVID-19 kandi nk'umukozi utegerezwa kubaza no gutahura iyi nteguro.
- Iyo nteguro izoba ifise ingingo zigenderwako mu kurinda abakozi COVID-19;
  - Guhindura ahantu mukorera (ibikoresho vyo kwikingira/amabariyeri, ibibanza vyo gukoreramwo bito bito bishobora kunguruzwa)
  - Gutandukana
  - Isuku
  - Ibikoresho vyo kwirinda ku muntu umwe umwe wese (PPE)
  - Ibikoresho bipfuka isura

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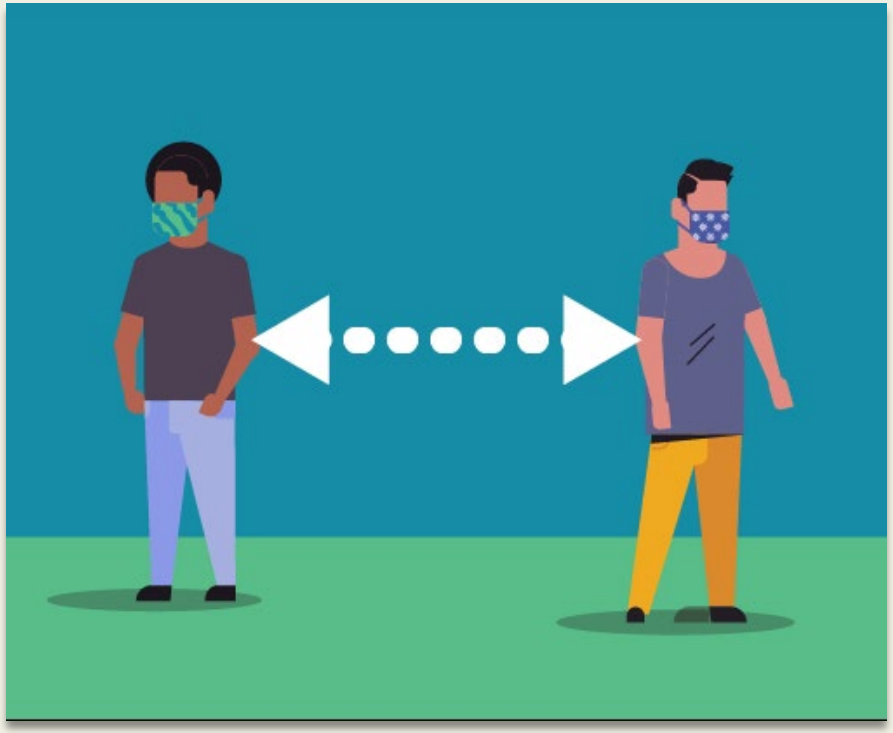
Gutandukana

Gutandukana vyitwa kandi “gutandukanya imibiri” bisigura kugumiza ikibanza hagati yawe n’abandi bantu mutabana, kandi ni bwo buryo butanga inyungu mu kurinda gufatwa no gukwirakwiza.

- Siga n’imiburiburi feet 6 hagati yawe n’abandi bantu.
- Ntuje mu bigwi vy’abantu.
- Kwegereza isura yawe n’iyuwundi muntu mu bwaguke budashikana feet 6 ntibifasha kandi mu gihe bikozwe, bikwiye gukorwa wambaye agakoresho gapfuka izuru n’umunwa.

Ibindi bijanye bijanye no gutandukana vyo muri CDC



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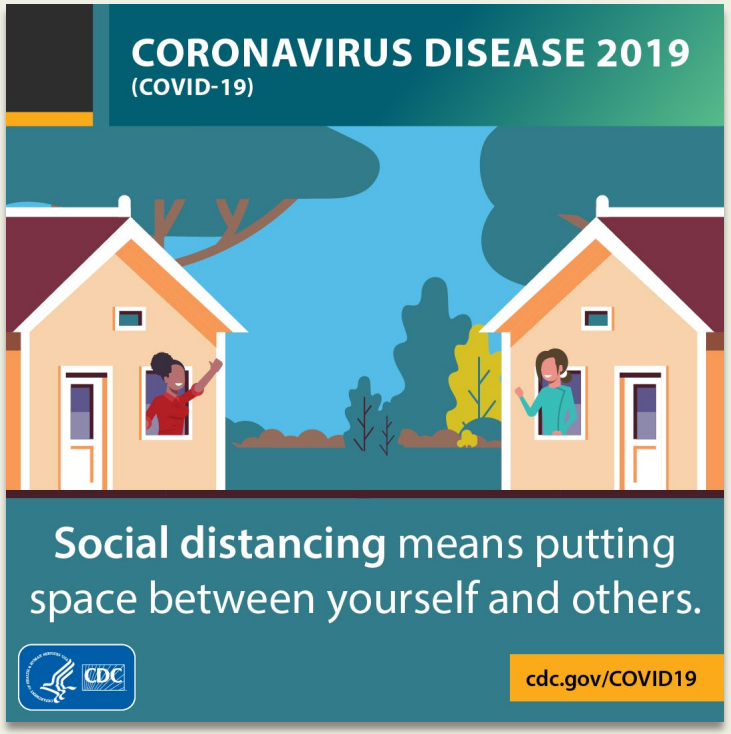
Guma muhira, Guma utekanye

- Abakozi ntibakwiye gushika, ntibanemerewe kuguma ku kazi barwaye canke bafise ibimenyetso (harimwo gushuha, gukorora, no/canke guhemagirika).
- Abakozi bafise COVID-19 badafise ibimenyetso ntibemerewe kuza ku kazi.
- Umukozi wese yahuye n'umukozi canke n'uwundi muntu afise COVID-19 asabwa kwikumira iminsi 14.



Ibindi bijanye no gutandukana vyo muri CDC

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Gukaraba mu ntoki/Gusukura intoki

Gukaraba mu ntoki ni bwo buryo bwa mbere bwiza bwo kwirinda no kurinda umuryango wawe kurwara.

Ku bakozi bose, utaravye ivyago vyo gufatwa vy'umwe umwe wese:

- Imenyereze kugira isuku ryo mu ntoki kenshi.
- Kurikiza impanuro nziza zijanye no gukorora/kwasamura
- Irinde gukora ku maso, izuru, canke umunwa utakaravye mu ntoki.
- Irinde kwegerana n'abandi bafise ivyago vyinshi vyo gufatwa.
- Koresha ibisukura intoki mu gihe udashoboye gukoresha isabuni n'amazi.

Photo: CDC

Ibindi bijanye no gukaraba mu ntoki vyo muri CDC

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Gukaraba mu ntoki/Gusukura intoki

Kurikiza ibice bitanu igihe cose:

- **Bombeka** ibiganza vyawe n'amazi meza yo mw'ibomba (y'akazuyazi canke akanye), ugara ibomba, isige isabuni.
- **Vuguta** ibiganza vyawe ikiganza kimwe ukinyukurisha ikindi ushirako n'isabuni. Vuguta n'inyuma y'ibiganza vyawe, no hagati y'intoki zawe no mu nzara zawe.
- **Tsirita** ibiganza vyawe kimwe ku kindi n'imiburiburi amasegonda 20. Ukeneye igiharuzo c'ayo masegonda? Hum indirimbo "Happy birthday" kuva ku ntango gushika ku mpera incuro zibiri.
- **Oza** ibiganza vyawe n'amazi meza yo mw'ibomba
- **Hanagura** ibiganza vyawe ukoresheje agatambara gasa neza canke ureke vyumutswe n'umuyaga.

Photo: CDC

Ibindi bijanye no gukaraba mu ntoki vyo muri CDC

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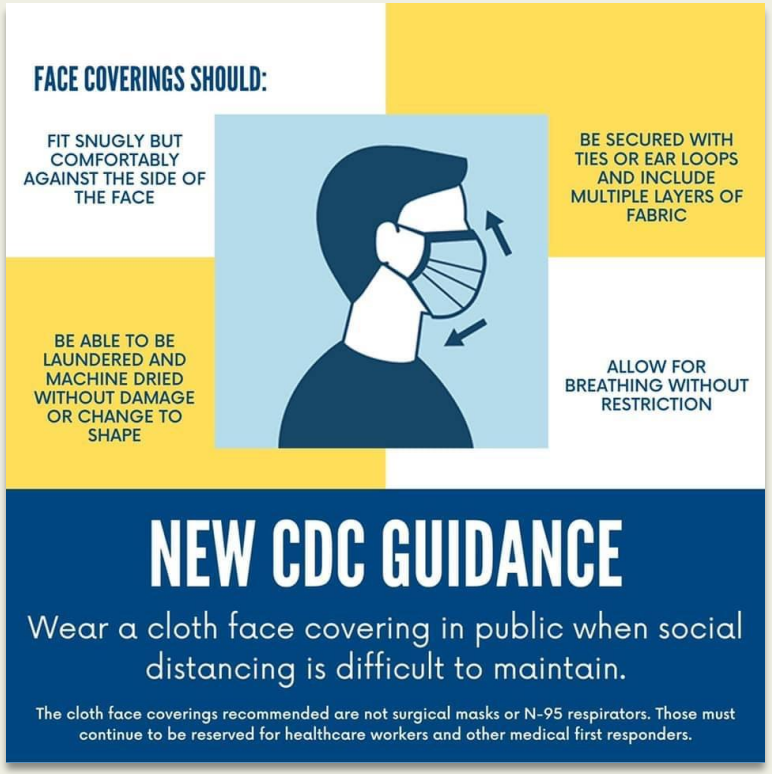
Udukoresho dupfuka izuru n’umunwa n’ibipfuka isura

Udukoresho dupfuka izuru n’umunwa ni igikoresho ngirakamaro mu kurinda ikwirakwira ry’umugera wa COVID-19. Iciyongera kw’itegeko ryo gushira mu ngiro rya Buramatari (Governor’s Executive Order), CDC ihanura ko hokwambarwa udukoresho dupfuka izuru n’umunwa dukozwe mu mpuzu ahantu ingingo zo gutandukana zigoye gukurikiza.Employees must wear face coverings over their nose and mouth when in the presence of others.

- Abakozi bategetswe kwambara ibipfuka isura, izuru n’umunwa mu gihe barikumwe n’abandi.
- Abakora mu bijanye n’ububitsi bw’amafaranga, hoshirwaho ibiyo vyo kwirinda mu kibanza c’udukoresho dupfuka izuru n’umunwa
- Udukoresho dupfuka izuru n’umunwa two kwa muganga dukwiye kubikirwa abakora mu buvuzi. Ushaka kwiga uko wokwikorera agakoresho kawe gapfuka izuru n’umunwa canke agapfuka isura, fyonda aha.



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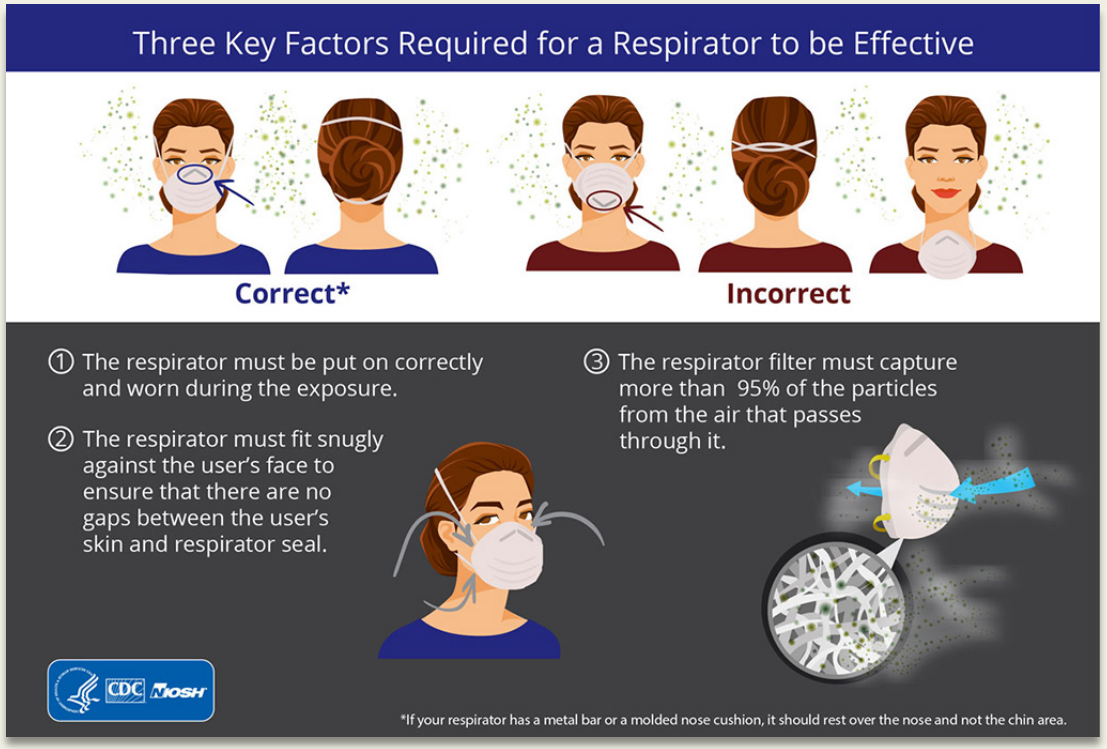
Agakoresho ko gucishamwo impemu

- Udukoresho two gucishamwo impemu turafata cane kandi dufatwa nk'udukoresho two kwirinda ku muntu umwe umwe wese.
- Iyo udukoresho two gupfuka izuru n'umunwa two mu bwoko bwa N95 dukoreshejwe ari uko abadukoresha babishaka gusa, ntibikenewe ko habaho kwihweza ko tubakwiye *((ariko harakenewe gutangwa agace k'insiguro D)* INZIRA YO KU RUBUGA
- Iyo udukoresho two gucishamwo umwuka dukenewe ku kazi, kwihweza ko tubakwiye bitegerezwa kubaho, kandi umukoresha ategerezwa gushiraho ingingo zisiguye zo kwirinda(1910.134)
- Udukoresho two gucishamwo umwuka dutegerezwa gukoreshwa mu gihe c'igikorwa c'ubuvuzi gisaba guhura n'imigera iri mu mwuka (gushira mu muhogo icuma gifasha umurwayi guhema, kuvura inkorora, n'ibindi.)



Inzira ija ku nsiguro zigenderwako za VOSHA ku bijanye n'udukoresho dupfuka izuru n'umunwa/Udukoresho two gucishamwo impemu

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Imbuga z'ibisomwa vyogufasha

- Ibigenderwako vya OSHA vy'umutekano w'abaakozi bo mu masoko y'ibifungurwa n'ibindi bidandazwa bitobito: https://labor.vermont.gov/document/osha-protecting-grocery-store-workers-covid-19
- Ibigenderwako vya OSHA vy'umutekano w'abakora mu bwubatsi: https://labor.vermont.gov/document/osha-protection-construction-workforce-during-covid-19
- Ibigenderwako vya OSHA vy'umutekano w'abakozi batura imizigo aho itegerezwa gushikirizwa: https://labor.vermont.gov/document/osha-covid-19-guidance-package-delivery-workforce
- Ibigenderwako vya OSHA vy'umutekano w'abakozi bo mu mahinguriro: https://labor.vermont.gov/document/osha-covid-19-guidance-manufacturing-industry-workforce
- Ibigenderwako vy'ishami ry'ubudandaji vy'igice ca mbere co gusubira ku kazi: https://accd.vermont.gov/news/update-new-work-safe-additions-stay-home-stay-safe-order

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Ushaka amakuru mashasha yamaho

- Raba urubuga kurihttps://www.osha.gov/SLTC/covid-19/
- Raba urbuga rwa CDC COVID-19 kuri https://www.cdc.gov/coronavirus/2019-ncov/index.html
- Raba Vermont Department of Health kuri https://www.healthvermont.gov/response/coronavirus-covid-19
- Raba Agency of Commerce and Community Development kuri https://accd.vermont.gov/covid-19
- Kurikira OSHA ku mbuga zitandukanye
  - Twitter: @OSHA_DOL
  - Facebook: Follow the Department of Labor page

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URUPAPURO RW'UMWIMENYEREZO

**Wujuje urupapuro rw'umwimenyerezo uba wemeje ko wahejeje uwu mwimenyerezo kandi ko utahura ingingo ngederwako z'umutekano zatanzwe.*

Uzuza urupapuro rw'umwimenyerezo rwuzuzwa, hanyuma uhe fotokopi umukoresha wawe. Nawe bika iyindi fotokopi mu mpapuro zawe.

Raba ku rupapuro rukurikira uko wobika urupapuro rwawe rw'umwimenyerezo ku mashini yawe

Kugira uronke urupapuro rwawe rw'umwimenyerezo rw'uwu mwimenyerezo, raba kuri: https://labor.vermont.gov/document/covid-19-training-certificate

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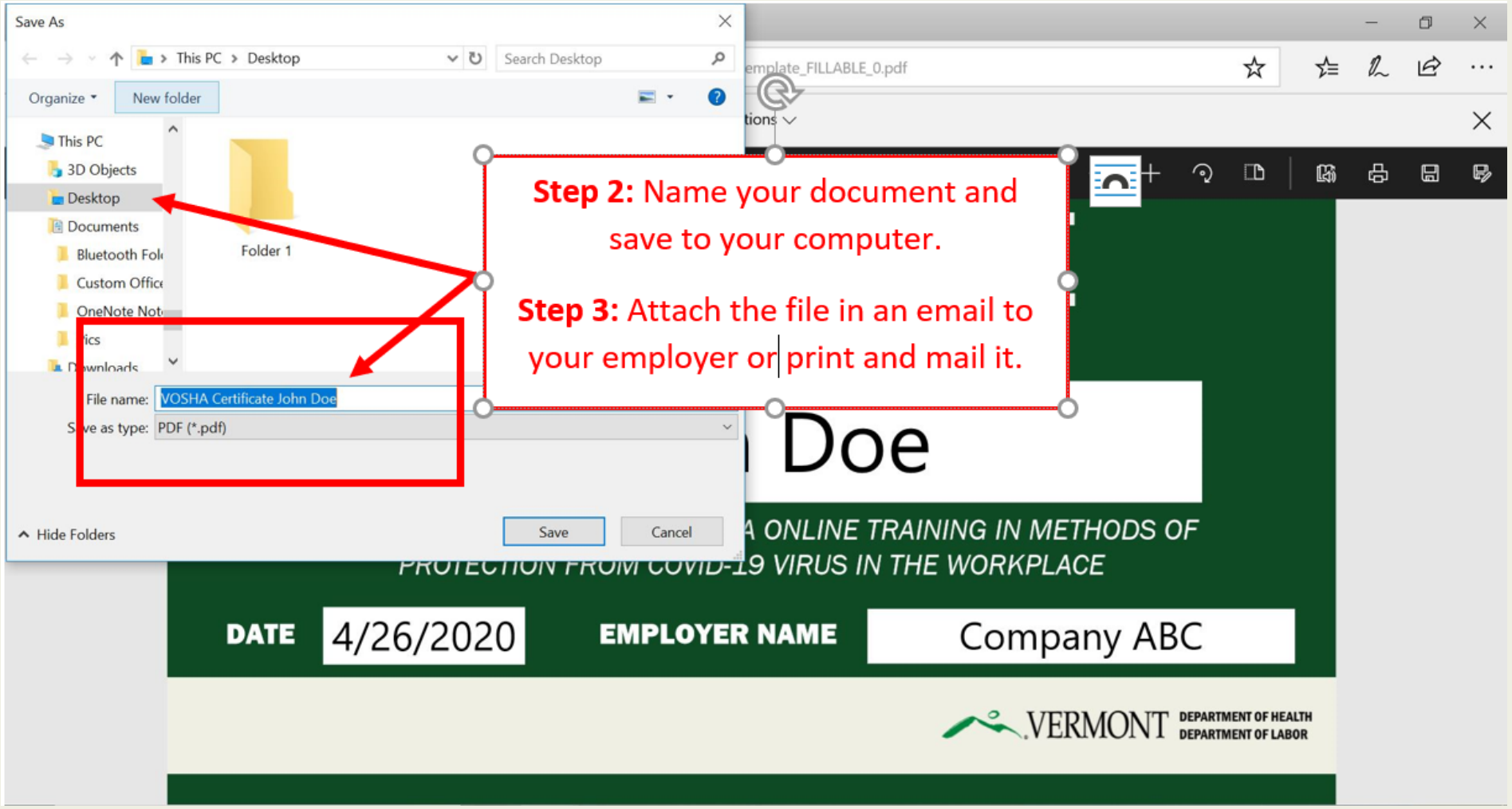

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