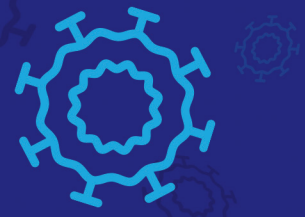


# COVID-19

**ALIGHT IRI GUKORA IKI?** Alight iri mu b'imbere – gukumira ikwirakwira rya coronavirus mu bihugu 19 byose dukoreramo. Intego yacu ni ukurinda abantu – imiryango migari tubarizwamo, abakozi bacu n'abagenerwa bikorwa. Dore amwe mu mabwiriza y'Umuryango mpuzamahanga wita ku buzima (WHO).



## NI GUTE TWAKWIRINDA NEZA?

Kwirinda nib wo buryo bwiza kuruta ibindi – virusi ishobora gukwirakwira n'ubwo haba ari nta bimenyetso bigaragara. Kugira ngo ugire uruhare mu gukumira ikwirakwira ryayo:

- Karaba intoki buri gihe (byibura hagati y'amasegonda 40 na 60).
- Koresha umuti usukura intoki (urimo arukoro ingana na 70% cyangwa irenga).
- Siga intera ingana na metero imwe hagati yawen'abandi igihe uri mu bantu benshi.
- Irinde kwikora mu gahanga cyangwa gukora ku bandi.
- Korora cyangwa witsamure ukinzeho udutambaro tw'isuku cyangwa uhine inkokora ukingeho akaboko.

## IBIMENYETSO BYAYO NI IBIHE?

Ibimenyetso rusange birimo:

- Umuriro
- Umunaniro
- Inkorora idacika

Ndetse rimwe na rimwe

- kuryaryata k'umubiri
- Gushongonoka kw'amazuru
- Kubabara mu muhogo
- Impiswi

Abantu bamwe ntibagaragaza ibimenyetso ndetse ntibumva batameze neza.

## NI GUTE TWARINDA NEZA IMIRYANGO MIGARI TUBARIZWAMO?

Dukwiriye guhana intera, harimo kugabanya umubare w'abantu tumarana umwanya – nidukora ku bantu bake ni ko abashobora kwandura bazaba bake.

- Wijya mu nama zitari ngombwa.
- Karaba intoki kandi wirinde kwikora mu gahanga cyangwa gukora ku bandi.
- Mu bantu benshi, gerageza gusiga intera ya metero imwe hagati yawe na mugenzi wawe.
- Irinde cyane by'umwihariko igihe wegereye abantu bafite ibyago byo kuyandura.
- Ikiruta byose, komeza kugira isuku kandi niwumva urwaye uhamagare umukozi ushinze ubuzima!

## NI NDE UKWIRIYE KWIRINDA KURUSHA ABANDI?

Muri rusange, ibimenyetso bigira ubukana buke. Umurwayi 1 kuri 5 agaragaza ibimenyetso bikabije (bisaba kwitabwaho kwa muganga).

COVID-19 ishegesha cyane:

- Abantu bakuze
- Abantu barwaye izindi ndwara nk'iy'umutima, diyabete, indwara zo mu myanya y'ubuhumekero n'agakoko gatera SIDA.
- Ababyeyi batwite na bo bagomba kugira amakenga.

## WAKORA IKI UMUNTU ARAMUTSE ARWAYE?

- Hamagara umukozi ushinze ubuzima aguhe inama n'ubufasha, bibaye byiza ukoreshe terefoni.
- Niba bishoboka, irinde kujyana umuntu urwaye kwa muganga cyangwa ahandi hahurira abantu benshi.
- Niba uri gufasha umuntu ufite ibimenyetso byayo, kora ku buryo ukaraba intoki kandi wambare akarindamunwa n'aturindantoki niba bihari.

## MBESE IGIRA URUKINGO?

Nta rukingo ruraboneka; gusa abashakashatsi barimo gukora urukingo, rushobora kuzaboneka nyuma y'umwaka urenga. Hagati aho, kwirinda ni yo mahitamo aruta ayandi.