

Covid-19

INAMA ZIGENEWE ABANTU BARWAYE HAMWE N'ABO BARIKUMWE

INAMA ZIGENEWE ABANTU BARWAYE

URARWAYE ? RINDA ABO MURI KUMWE !



Koga intoki inshuro nyinshi zishoboka, ukoresheje amazi n'isabune. Gukaraba igihe cyose umaze gukorora, kwitsamura no kwipfuna.



Gukoresha buri gihe udutambaro dukozwe mu mpapuro. Buri gatambaro gakoreshwa inshuro imwe gusa kandi kagomba kujugunwa ahabigenewe muri poubelle ifunze.



Igihe ukoroye cyangwa witsamuye, **pfuka umunwa** ukoresheje agatambaro cyangwa inkokora y'ukuboko.



Kugumamu rugo no kutabonana n'abantu akenshi gashoboka: hamwe n'abo mu muryango wawe, naho byaba kuryama. Wange ko abantu bagusura mu gihe bitari ngombwa kandi wirinde guhura n'abantu ubwawe. Ntujye ku ishuri, cyangwa ku kazi cyangwa se n'ahantu hahurira abantu benshi.

VIGILE SUS SÍNTOMAS

Niba ibimenyetso byawe bikomeje kwiyongera (urugero: guhumeka nabi, umuriro mwinshi), hamagara muganga ukuvura. Niba ugomba kujya ku bitaro, manza utelephone uvuge ko urwaye kandi ko ukeka ko ufite Covid-19. Ibyo bituma ibitaro byitegura kugira ngo bidashira abandi bantu mu kaga ko kwandura.

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INAMA ZIGENEWE ABANTU BABANA N'ABANTU BARWAYE

- ✓ Kwirinda ku buryo bushoboka bwose guhuza umubiri n'umuntu urwaye.
- ✓ Mu gihe bishoboka, Umuntu umwe gusa niwe wita ku murwayi. Kwirinda ku buro bwose ko abantu barwaye indwara y'ubuhumekero hamwe n'abageze mu za bukuru aba ari bo bita ku murwayi.
- ✓ Gufungura madirisha : Kuyafungura inshuro nyinshi ku munsu iminota 30 mu cyumba kirimo umurwayi.
- ✓ Gukaraba intoki kenshi no kwirinda kwikora mu maso, mu mazuru no mu kanwa ukoresheje intoki zidakarabye.
- ✓ Kwirinda gusaranganya ibikoresho byo mu gikoni, ibyo ku buriri hamwe n'umuntu urwaye. Ntimusangire na we ibyo kurya.
- ✓ Guhanagura neza ahantu hose (ameza, ku buriri, amapata y'inzugi, ku misarani aho bicara) rimwe ku munsu ukoresheje amazi arimo 1% y'amazi ya javel (Gushira ikiyiko gito cy'amazi ya javel muri litro imwe y'amazi).

Igihe ibyo bimara ni ukukivugana ho na mu ganga ariko ni ukugeza nibura igihe ibimenyetso birangiriye.

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