

Ibihe by'ingenzi mu gusiga intera hagati yawe n'abandi (amasegonda 55)

Gusiga intera hagati yawe n'abandi bifasha mu kugabanya ikwirakwiza rya COVID-19.

Siga intera ya metero 2 hagati yawe n'abandi.

- Igihe uri mu rugo hari umuntu wanduye cyangwa akeka ko yaba yaranduye COVID-19, **no**
- Hanze yo mu rugo, ahantu hafunze cyangwa ahafunguye, igihe uri hamwe n'abo mutabana mu rugo.

Igihe wishimisha n'abandi, ujye wibuka:

- Gusiga intera ya metero 2 hagati yawe n'abandi,
- Kwambara agapfukamunwa,
- Gukaraba intoki kenshi cyangwa gukoresha umuti wagenewe gusukura intoki, **no**
- Kwirinda ahantu huzuye abantu uko bishoboka.

Ukeneye kumenya ibindi, wasura urubuga [cdc](https://www.cdc.gov) akadomo gov agakwego coronavirus.