

## **Uko bambara agapfukamunwa (amasegonda 53)**

Kwambara agapfukamunwa bifasha kurwanya ikwirakwiza rya COVID-19.

Kwambara agapfukamunwa neza:

- Karaba intoki ukoresheje isabune n'amazi meza nibura igihe kingana n'amasegonda 20 mbere y'uko wambara agapfukamunwa.
- Fatisha udushumi tw'agapfukamunwa ku matwi, kandi wizere neza ko gapfutse amazuru n'umunwa ndetse ko gafashe ku kananwa.
- Gerageza kukambara neza kagukwire ku buryo kegera umubiri.
- Reba neza ko ushobora guhumeka bikoroheye kandi ujye ukomeza wambare agapfukamunwa igihe cyose uri mu bantu.

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