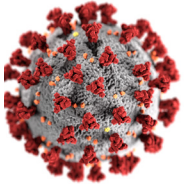


Ibyo ukwiye kumenya kuri COVID-19 byagufasha kwirinda no kurinda abandi



Kumenya ibyerekeye COVID-19

- Koronavirusi (COVID-19) ni indwara iterwa n'agakoko gashobora gukwirakwira kavuye ku muntu umwe kakajya ku wundi.
- Agakoro gatera COVID-19 ni agakoko gashya ka koronavirusi kamaze gukwirakwira ku isi.
- Ibimenyetso bya COVID-19 bishobora gutangira umuntu agaragaza ibimenyetso byoroheje (cyangwa nta bimenyetso agaragaza) kugeza ubwo arembye.



Menya uko COVID-19 ikwirakwira

- Ushobora kwanduzwa bitewe n'uko wegereye (muri metero 2 cyangwa ahantu hareshya n'ukuboko inshuro 2) umuntu urwaye COVID-19. COVID-19 ikwirakwizwa cyane no kuva ku muntu ijya ku wundi.
- Ushobora kwanduzwa n'udutonyanga duto two mu mwuka wahumetswe n'umuntu urwaye mu gihe akorora, yitsamura cyangwa avuga.
- Ushobora kandi kwandura wakoze ahantu cyangwa ku kintu kiriho ako gakoko maze ukikora ku munwa, ku zuru cyangwa ku maso.



Irinde kandi urinde n'abandi COVID-19

- Kugeza ubu, nta rukingo rwa COVID-19 ruraboneka. Uburyo bwiza bwo kwirinda ni ukitegera ahari agakoko gatera COVID-19.
- Guma mu rugo uko bishoboka kose kandi wirinde kwegera abandi.
- Mu gihe uri ahantu hari abantu benshi, ambara agapfukamunwa.
- Sukura kandi utere umuti wica udukoko kenshi ku bikoreho n'ahantu hakunda gukorwaho.
- Oga intoki zawe kenshi ukoresheje isabune n'amazi meza nibura mu gihe kingana n'amasegonda 20, cyangwa ukoreshe imiti yisigwa mu ntoki igizwe nibura na 60% bya arukoro.



Imenyereze gusiga intera hagati yawe n'abandi

- Haha ibiribwa n'imiti, itabaze muganga, kandi serivisi za banki uzisabire kuri interineti aho bishoboka.
- Mu gihe bibaye ngombwa ko ugombwa kuba uhari, siga intera nibura ya metero 2 hagati yawe n'abandi kandi utere imiti ibyo wakozeho.
- Koresha uburyo bwo kugusangisha ibyo ukeneye aho uri cyangwa igemura kandi wirinde kugira uwuhura na we uko bishoboka.



Irinde gukwirakwiza COVID-19 niba urwaye

- Guma mu rugo igihe urwaye, uretse igihe ugiye gushaka serivisi z'ubuvuzi.
- Irinde serivisi z'ingendo rusange, gutwarana ku binyabiziga cyangwa tagisi.
- Itandukanye n'abandi cyangwa amatungo mubana mu rugo.
- Nta muti uzwi uvura COVID-19, ariko ushobora kwitabaza serivisi z'ubuvuzi kugira ngo bagufashe guhangana n'ibimenyetso.
- Mu gihe ukeneye serivisi z'ubuvuzi, hamagara.



Kumenya ibyago byawe byo kuremba

- Buri wese afite ibyago byo kwandura COVID-19.
- Abantu bakuru n'abandi bantu bafite imyaka y'ubukure iyo ari yo yose ariko bafite ibibazo bikomeye by'ubuzima bafite ibyago byinshi byo kuremba.

