

# MENYA UKURI.

## IMPINDUKA YA DELTA: IBYO UKENEYE KUMENYA

Virusi zihora zihinduka. Iyo impinduka nini ibaye, abahanga babyita impinduka nshya. Impinduka zimwe ntabwo zangiriza, mugihe izindi ziteza akaga.






Impinduka ya Delta nimwe abahanga bahangayikishijwe cyane kuko byoroshye gufata no gukwirakwira kubandi kandi bishobora gutera uburwayi bukabije.



Abantu benshi bo mu ngeri zitandukanye barwara ubwoko bwa Delta, harimwo abantu bakuru, ingimbi n'abana.

### INKINGO ZIRINDA DELTA ZITANDUKANYE

Uburyo bwiza bwo kwirinda wowe ubwawe, umuryango wawe, ndetse n'abaturage muri rusange ubwoko bwa Delta ni ugukingirwa byuzuye. Inkingo ni:

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**UMUTEKANO:** Urukingo rwagaragaje ko rufite umutekano ku bantu babarirwa muri za miriyoni, harimo n'amabara atandukanye, ubwoko ndetse n'imyaka. Birashoboka cyane ko warwara cyane bivuye kuri COVID-19 cyangwa muri Delta yayo kuruta urukingo.
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**RUKORA NEZA** Urukingo rukingira kuba wafatwa COVID-19 ndetse n'ubwoko bwa Delta yayo. Urukingo rukurinda kandi kurwara cyane ndetse no gupfa mu gihe warwaye.
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**UBUNTU:** Inkingo n'ubuntu ku bantu bose, utitaye ku miterere y'abimukira cyangwe se nimba ufite irangamuntu cyangwe se ubwishingizi bw'ubuzima.



Niba udakingiwe, birashoboka cyane ko wandura ubwoko bwa Delta, ukarwara cyane, ukayikwirakwiza kubandi.

## USHOBORA GUHAGARIKA UBWOKO BUKAZE UFATA INKINGO



Impinduka nyinshi zikaze nka Delta zaragaragaye kubera ko abantu benshi badakingiwe. Hashobora kubaho amoko yandi menshi nka Delta mugihe kizaza. Uburyo bwiza bwo kwirinda wowe ubwawe, umuryango wawe, ndetse n'abaturage muri rusange ni ugukingirwa vuba cyane bishoboka. Fasha guhagarika COVID-19.



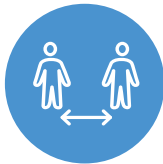
Inkingo zimwe zisaba guterwa inshuro ebyiri. Bifata ibyumweru bibiri nyuma yo guterwa urushinge rwa nyuma kugira ngo ubone uburinzzi buhagije.

## IRINDE URINDE N'ABATURAGE BAWE DELTA

Ubwoko bwa Delta bukwirakwira byoroshye kuruta izindi COVID-19. Nimba udakingiwe byuzuye, irinde urinde n'abaturage bawe u:



Wambara mask.



Utegerana n'abandi.



Wirinda guterana ahantu hari abantu benshi.



Guhanagura ahantu hakorwa cyane.



Ukaraba intoki inshuro nyinshi.

**Impunguke nyinshi m'ubuyubuzima basaba ko abantu bakingiwe ko bafata izi ngamba nabo, cyane cyane iyo bari mu bantu benshi cyangwe bateraniye ahantu hafunze.**



ushobora guhagarika ubwoko bukaze ufata inkingo.

**FASHA GUHAGARIKA COVID-19.**