

MENYA UKURI.

COVID-19 N'IBICURANE

COVID-19 n'indwara ikaze. Kurwara ibicurane bishobora guteza akaga umwanya uwariwo wose, ariko cyane cyane uyu mwaka kubera ko:

- ✓ Abantu barwaye ibicurane na COVID-19 icyarimwe bashobora kuba bafite ibyago biri hejuru byo kugira ingaruka zikomeye ndetse n'urupfu.
- ✓ Mu gihe urwaye cyane ibicurane birashobora kugorana kubona ubufasha mu buvuzi. Abaganga ndetse n'ibitaro bashobora kutita nkuko bikwiriye ku barwayi b'ibicurane kubera umubare munini w'abarwayi ba COVID-19.



IPIMISHE KUGIRA NGO UMENYE NEZA

Ibimenyetso bya COVID-19 n'ibimenyetso by'ibicurane by'ibihe runaka(ibicurane) birasa cyane:

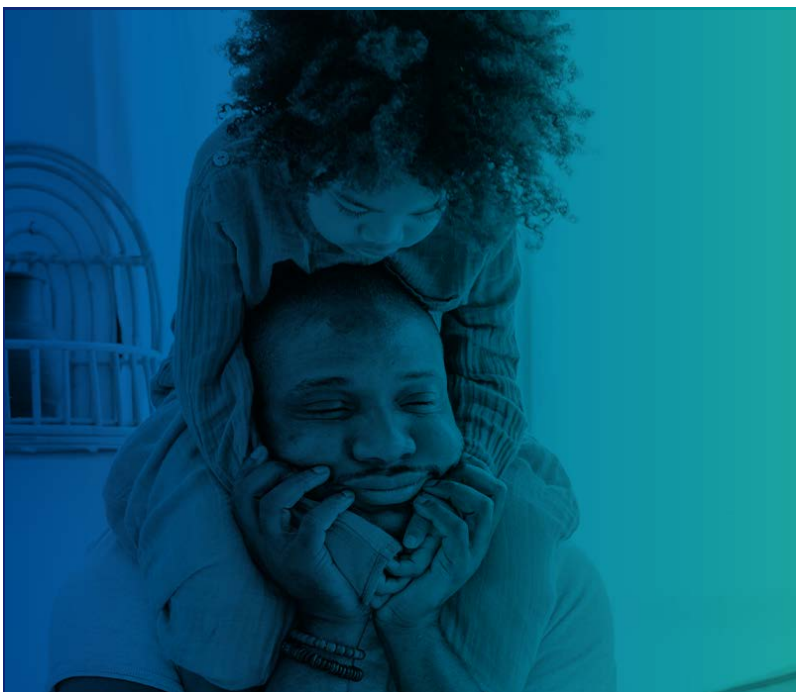
- Umuriro
- Gukorora
- Kubura umwuka
- Umunaniro (gucika intege)
- Kubabara mu muhogo
- Gufunga amazuru cyangwe kugira ibimyira
- Kubabara imitsi cyangwe kubabara umubiri
- Kubabara umutwe
- Kuruka no gucibwamo

Inzira yonyine yo kumenya neza niba ufite COVID-19 cyangwa ibicurane nukwipimisha.



Fata urukingo rwa COVID-19 hamwe nurwibicurane kugirango wirinde kurushaho

- Urukingo rw'ibicurane hamwe nurwa COVID-19 birakurinda wowe, umuryango wawe ndetse n'abaturanyi bawe.
- Inkingo zombi zituma udashobora kurwara no gukwirakwiza mu bandi uburwayi. Birakurinda kandi kuremba cyane mu gihe warwaye.



INKINGO Z'IBICURANE NI ZA COVID-19 ZIRIZEWE

- Ni byiza kandi ningira kamaro gufata urukingo rwa COVID-19 hamwe n'urukingo rw'ibicuranye icyarimwe.
- Abana batarageza igihe cyo gufata urukingo rwa COVID-19 bashobora guhabwa urukingo rw'ibicurane.



IRINDE, RINDA UMURYANGO WAWO IBICURANE NDETSE NA COVID-19



Guma murugo uvuye ku kazi, kw'ishuri cyangwa mu bikorwa bihuza abantu benshi mu gihe cyose wumva urwaye.



Fata urukingo rwa COVID-19 hamwe nurwibicurane



Ambara agapfukamunwa, nubwo waba warakingiwe.



Itoze guhana intera hagati yawe n'abandi.



Karaba intoki no mu maso kenshi.