

MENYA UKURI.

KWAMBARA AGAPFUKAMUNWA



BURI GIHE NI BYIZA KWAMBARA AGAPFUKAMUNWA

COVID-19 iracyanduzza ibihumbi by'abantu harimo abasaza, abakuze, ingimbi hamwe n'abana. **utitaye ko agapfukamunwa ari itegeko mu karere kawe, wowe n'umuryango wawe muzagira umutekano mu gihe mwambaye masike.**

Agapfukamunwa karinda COVID-19

Kuberako COVID-19 ikwirakwira byoroshye, kwambara agapfukamunwa karakurinda, inshuti zawe n'umuryango wawe, hamwe nabaturanyi bawe.

- ✓ Iyo wambaye agapfukamunwa, ntibishoboka ko uzarwara bivuye kuguhumeka niba virusi iri mu kirere.
- ✓ Birashoboka kurwara COVID-19 ntubimenye kuko ntabwo abantu bose bumva barwaye. Muri iki gihe, kwambara masike bituma bidashoboka ko wakwirakwiza virusi kubandi.



AGAPFUKAMUNWA KAGOMBA KWAMBARWA NEZA KUGIRA NGO GAKORE NEZA.

- Wambare masike hejuru y'izuru n'umunwa
- Menya neza ko nta myuka uva hejuru cyangwa impande
- Ambara kandi wambure masike ukoresheje intoki zisukuye
- Ntukore ku gapfukamunwa ukambaye
- Sukura buri muni agapfukamunwa kawe gakoreshwa inshuro nyinshi
- Koresha rimwe masike ikora rimwe gusa



Inkingo zitanga uburinzi cyane

- Gukingirwa ni intambwe yingenzi kuri wewe ugomba gutera kugirango wirinde hamwe n'umuryango wawe.
- Nyuma yo gukingirwa byuzuye ntibishoboka ko uzarwara COVID-19, kandi niyo byaba, urukingo ruzakurinda kurwara cyane.

NDETSE ABANTU BAKINGIWE BAFITE UMUTEKANO IYO BAMBAYE MASIKE

Ntibisanzwe ko abantu barwara COVID-19 nyuma yo gukingirwa, ariko birashoboka.

Kubona urukingo no kwambara agapfukamunwa ninzira nziza zo kwirinda kurwara no gukwirakwiza COVID-19 kubandi.