

MENYA UKURI.

KWIPIMISHA COVID-19 BIRINDA ABATURAGE

Nubwo wakingiwe, urashobora kwandura COVID-19 kandi ntushobora kubimenya kuko ushobora kutumva na gato uburwayi. Iyo wipimishije urinda abo ukunda, umuryango wawe ndetse nawe ubwawe

Abantu barimo kwipimisha batitaye ko bakingiwe kandi batitaye ko bumva barwaye kuko bituma abaturage bacu bagira umutekano. Buri muntu wese yakwipimisha, harimwo abakuze, abana ndetse n'impinja.



NI RYARI UGOMBA KWIPIMISHA

- Mu gihe ufite ibimenyetso
- Nimba warabaye hafi y'umuntu wanduye
- Mbare na nyuma y'urugendo
- Mbare na nyuma yoguterana mu nzu hamwe n'abantu benshi
- Niba bisabwa n'ishuri cyangwa akazi



IBIMENYETSO

- Umuro
- Gukorora
- Kunanirwa guhumeka
- Umunaniro
- Kubabara mu muhogo
- Amazuru atemba cyangwa yuzuye
- Kubabara imitsi cyangwa umubiri
- Kubabara umutwe
- Kuruka cyangwa gucibwamwo
- Gutakaza uburyohe cyangwa impumuro

Kubera ibimenyetso bya COVID-19, ibicurane (ibicurane) hamwe nubukonje busanzwe birasa cyane, inzira yonyine yo kumenya niba ufite COVID nukwipimisha.

NIHE WAKWIPIMISHIRIZA

Ahantu henshi barapima

Urashobora kwipimisha kwa muganga, ahakorerwa umuganda, ku kazi, kw'ishuri, cyangwa farumasi. Farumasi nyinshi nazo zitwara ibizamini murugo ushobora kwipima wenyine.

Kwipimisha n'ibanga

Urashobora kwipimisha mw'ibanga hatitawe ku bwenegihugu bwawe cyangwa niba ufite ubwishingizi bwubuvuzi cyangwa indangamuntu.

KWIPIMISHA BIRIZEWE KANDI BIRANYARUKA

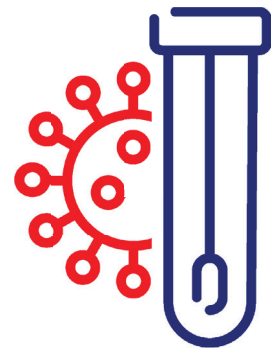
Hariho uburyo bwinshi bwo kwipimisha

Wowe cyangwa inzobere mu by'ubuzima urashobora gufata igipimo muzuru, mu muhogo cyangwa amacandwe.

Ibizamini bimwe bisaba amafaranga naho ibindi kibaka ubuntu. Hamagara ishami ry'ubuzima kugirango umenye amakuru.

Mu gihe utegereje ibisubizo

Ibizamini bimwe biguha ibisubizo ako kanya, ibindi bizamini birashobora gufata umunsi cyangwa myinshi. Rinda abandi niba wumva urwaye uguma murugo, wambaye mask, kandi ntiwegere abandi.



NIBA IGIPIMO KIGARAGAZA KO URWAYE

Guma murugo ku kazi, kwishuri, cyangwa mubikorwa bihuza abantu benshi niba wipimishije ugasanga urwaye cyangwa igihe icyo ari cyo cyose wumva urwaye nikimwe mubintu byingenzi ushobora gukora kugirango urinde umuryango wawe.

Ifatire ingamba uruhuka, unywa amazi menshi, no guhamagara muganga niba ibimetso byawe bikabije.

Niba utarakingiwe cyangwa utaraterwa urwogushimangira, urashobora guterwa umaze gukira. Baza muganga wawe igihe ushobora guhabwa urukingo.



NIBA WIPIMISHIJE UGASANGA URI MUZIMA

Komezwa wirinde wambaye agapfukamunwa, wirinda kujya mu bantu benshi, kandi ugume murugo mugihe wumva urwaye.

Ongera wipimishe niba ibimenyetso bitarigushira ubikore kenshi bikenewe kugirango umenye neza ko ukomeje kurinda umuryango wawe.

Niba utarakingirwa, fata urukingo vuba cyane. Niba warakingiwe, ungera ufate urwogushimangira kugirango wikingire ndetse ukingire n'abandi.



IRINDE RINDA UMURYANGO WAVE FATA URUKINGO