

# MENYA UKURI.

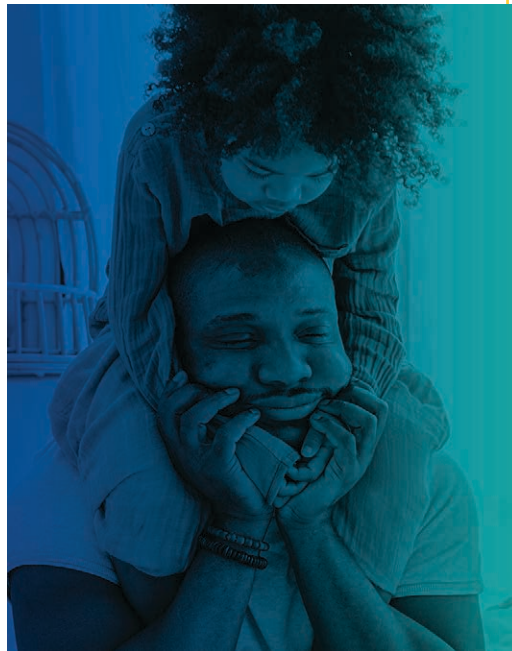
## INKINGO N'UBUNTU KURI BURI WESE.



- Ntawe ushobora kwangirwa urukingo nimba badashoboye kwishyura.
- Inkingo zitangirwa ubuntu kuri bose, utitaye ku miterere yuko uri umunyagihugu cyangwe umushitsi cyangwe se ko ufite Irangamuntu cyangwe se ubwishingizi bwo kwivuza.

## Uru rukingo rukurinda kwandura COVID-19.

- Nyuma yo kwiteza urukigo, wongeye ukarwara COVID-19 urukingo watewe rukurinda kuremba.
- Ugomba kwiteza urukingo nubwo waba warigeze kurwara COVID-19.
- Fata inkingo zose za COVID-19, harimwo n'ishinge zo gushimangira mugihe uzemerewe.



## Inkingo za COVID-19 zirizewe kandi zirakora. Urukingo NTABWO rushobora kukwanduza COVID-19.

- Kwiteza urukingo biruta kugwara COVID-19.
- Miliyoni z'abantu bamaze guhabwa uru rukingo ata kibazo.
- Ntarundi rukingo rwasuzumwe kimwe nkarwo mu mateka ya Leta zunzubumwe z'Amerika(U.S) kubwo intego z'ukwizerwa.
- Urukingo rumaze kugaragaza ko ari rwiza kubihumbi byinshi by'abantu rutarobanuye uruhu, ubwoko ndetse n'imyaka.
- Urukingo ntabwo ruhindura uturemangingo twawe twa DNA.



# INGARUKA Z'URU RUKINGO ZIRASANZWE.

## Ingaruka z'uru rukingo NTI zisobanura ko ufite COVID-19.

- Ingaruka z'uru rukingo ugira nyuma yo kwikingira bisobanura ko urukingo rurimo kwigisha umubiri guhangana na COVID-19.
- Zimwe mu ngaruka ushobora kugira mu mubiri harimo:
  - Uburibwe cyangwa kubyimba ku kaboko aho baguteye urukingo.
  - Kurwara umutwe,ubukonje cangwa ubushyuhe.
- Mu gihe wumva utameze neza, ushobora gufata iminsi y'ikiruhuko kugeza ubwo uzumva umeze neza.
- Nyuma yo kwiteza urukingo tegereza iminota hagati ya 15 na 30 kugira umenye ko rutagutera areriji.



### Urukingo rwa COVID-19 ntacyo rutwara ubwagavu cyangwe uburumbuke buzaza.

Inkingo zirizewe ku bantu bifuza kuzagira abana ndetse n'abatwite cyangwe barimo konsa.

## Inkingo NTABWO zifite

- Ibibungabunga
- Amagi
- Ibikomoka ku ngurube
- Geratini
- Rategisi
- Virusi ayariyo yose ya COVID-19

### Fata inkingo zose zawe.

- Inkingo za COVID-19 zirinda kurwara cyane, kujya mu bitaro ndetse n'urupfu.
- Kuba warabonye inkingo zose za COVID-19 ni byingenzi kugira ngo uhabwe ubwirinzi buhagije.
- Kuba wararangije bisobanuye ko wabonye idoze zombi z'inkingo ebyiri, ndetse ugahabwa ni urwo gushimangira igihe kigeze.
- Mu gihe utarabona ibikwiye, uba ufite amahirwe menshi yo kwandura COVID-19, kurwara ukaremba cyangwe gupfa, hamwe no kuyikwirakwiza mu bandi.

## KOMEZA KWIRINDA NYUMA YO GUKINGIRWA.

kugeza ubu, abahanga ntibazi igihe runo rukingo ruzakurinda. Ndetse na nyuma yoguhabwa urukingo, komeza ku:



**Ambara agapfukamunwa.**



**Irinde kugwerana n'abandi.**



**Karaba intoki kenshi.**



**Gutera imiti yica udukoko ahantu ukunda gukora cane.**



**NRC-RIM**

National Resource Center for  
Refugees, Immigrants, and Migrants

Ku bindi bisobanuro: [cdc.gov/coronavirus](https://cdc.gov/coronavirus)