

Irinde. Rinda umuryango wawe. Ikingize.



Inkingo za COVID-19: SOBANUKIRWA

Inkingo n'UBUNTU kuri buri wese.

Inkingo zitangirwa ubuntu kuri bose, utitaye ku miterere yuko uri umunyagihugu cyangwe umushitsi cyangwe se ko ufite Irangamuntu cyangwe se ubwishingizi bwo kwivuza.

Urukingo rurizewe kandi rukora neza. Urukingo NTABWO rushobora kukwanduza COVID-19.

Ntarundi rukingo rwagerajwe cane kubwimpamvu z'ubuziranenge nkuru mumateka ya Leta Zunze Ubumwe za Amerika(U.S).

Ingaruka z'uru rukingo zirasanzwe.

Ingaruka z'uru rukingo ugira nyuma yo kwikingira bisobanura ko urukingo rurimo kwigisha umubiri guhangana na COVID-19.

Nubwo waba warakize COVID-19 ukwiriye kwiteze urukingo.

Komeza wirindi na nyuma yo guhabwa urukingo kandi ukomeze:

- Wambare agapfukamunwa.
- Irinde kugwerana n'abandi.
- Karaba intoki kenshi.
- Gutera imiti yica udukoko ahantu ukunda gukora cane.
- Gukingirwa byuzuye ku nk'inkingo za COVID-19, harimwo n'ishinge zo gushimangira mugihe uzemerewe.