

MENYA UKURI.

AMOKO YA COVID-19: ICYO UKENEYE KUMENYA

Za virusi zihora zihindagurika. iyo habaye impinduka nini, abahanga babyita ubwoko bushya. Amoko amwe ntabwo akomeye, mugihe ayandi ateza akaga.



Abahanga bahangayikishijwe ni ubwoko bworoshye kwandura ndetse no gukwirakwira mu bandi, cyangwe se butera uburwayi bukomeye.



Abantu benshi b'ingeri zose barwara amoko ya COVID-19, harimwo abakuru, ingibi ndetse n'abana.

INKINGO ZIKINGIRA AMOKO ATANDUKANYE YA COVID-19

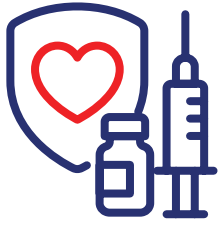
Uburyo bwiza bwo kwirinda wowe, n'umuryango wawe, ndetse n'abaturage bawe ni uguhabwa inkingo zose za COVID-19. Inkingo:

- ✓ **KWIZERWA:** Urukingo rwagaragaye ko rwizewe kuri miriyoni y'abantu, harimwo amoko ndetse n'imyaka itandukanye. Birashoboka cyane ko wagira ibibazo bikomeye bituruka kuri COVID-19 kuruta urukingo.
- ✓ **RUKORA NEZA:** Urukingo rukurinda kuba wakwandura amoko ya COVID-19. Urukingo kandi rukurinda kurwara cyane ndetse no gupfa mu gihe warwaye.
- ✓ **UBUNTU:** Inkingo zitangirwa ubuntu kuri bose, utitaye ku miterere yuko uri umunyagihugu cyangwe umushitsi cyangwe se ko ufite Irangamuntu cyangwe se ubwishingizi bwo kwivuzza.



Mu gihe utarabona ibikwiye, uba ufite amahirwe menshi yo kwandura COVID-19, kurwara ukaremba cyangwe gupfa, hamwe no kuyikwirakwiza mu bandi.

USHOBORA GUHAGARIKA UBWOKO BUKAZE WIKINGIZA



Kuba dufite abaturage bacu bose bakingiwe ni bumwe mu buryo bwo gukumira izindi mpinduka zitera akaga ziza ku mwanya wa mbere.

Uburyo bwiza bwo gukomeza kwirinda ubundi bwoko wowe ubwawe, umuryango wawe, ndetse n'abaturage bawe ni uguhabwa inkingo zose za COVID-19.



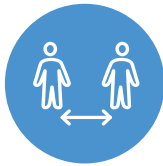
Bifata igihe cy'ibyumweri bibiri nyuma y'urushinge rwa nyuma kugira ngo ubone uburinzi bwose inkingo zitanga.

IRINDE HAMWE N'UMURYANGO WAVE AMOKO YA COVID-19

Amoko amwe ya COVID-19 aroroshye kuyandura ndetse no kuyakwirakwiza mu bandi. Irinde wowe n'umuryango wawe mwikingiza kandi:



Wambara Agapfukamunwa.



Guhana intera hagati yanyu.



Mwirinda guterana hamwe muri Abantu benshi.



Hanagura ahantu hakunze gufatwaho cyane.



Karaba inshuro nyinshi Intoke.



Ushobora guhagarika ubwoko bukaze wikingiza.

FASHA GUHAGARIKA COVID-19.