

OVERCOMERS COVID-19 UPDATE 4.22.20

Hamagara 211(abasemuzi barahari)
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Ambara Agafukamunwa - irinde unarinde ubuzima bwa bandi

Nibyiza kuguma murugo. Iyo wirinze guhura nabandi babu bihagarika ikwirakwizwa rya Virus

Niba ukeneye gusohoka munzu:

- Ipfuke akanwa na mazuru
- Ugendere Kure yabanu(intambwe 6

Abakuru bu buzima bemeza yuko kwambara agapfuka munwa gafasha guhagarika ikwirakwizwa rya COVID-19. Mukoreshe agapfuka munwa gakozwe mu mwenda naho izindi zaba ngaga muzirekere abangaga bara zikeneye cyane.

Ugomba kwambara agapfuka munwa buri uko usohotse munzu. Umunu uwari we wese ashobora kuba afite ino virusi. Kandi ushobora kuba ufite ino virusi nubwo utaba werekana ibimenyetso

Niba nta agapfuka munwa ufite koresha ifurari cyangwa bandana ishobora gufurwa

Buri uko ukoresheje agapfuka munwa yawe ujye uyifura na mazi ashyushye ni sabuni. Ujye uyambara utayihindurijye kuko inyuma hashobora kuba hari virus.

Niba urwaye ugomba kwambara agapfuka munwa burigihe cyose kugira ngo utanduza abandi cyangwa umuryango wawe.

Niba ukeneye agapfuka munwa.

- Overcomers Refugee Services ifite udufuka munwa hanze yibirobyayo (kuri 90 Airport Rd #25 concord NH) niba umuryango ukeneye nyinshi zirihagati ya 4-8 hamagara mbere yuko uza
- Niba ukeneye udufuka munwa ariko udashobora kuza kuyifata, ubinyujijye kuri Facebook cyangwa WhatsApp cyangwa udu hamagare.

Ihangire agapfuka munwa wenyine

- Hari ingeri nyishi zo kwikorera agapfuka munwa wenyine udodesheje cyangwa utadosheje . Bishakire kuri YouTube

Ushobora gukora agapfuka munwa mu mwenda wakera ukoresheje imakasi

[w.youtube.com/watch?v=KQZPhj_erhg](https://www.youtube.com/watch?v=KQZPhj_erhg)
<https://www.youtube.com/watch?v=gVmilweCgFU>

Website: www.overcomersNH.org

Facebook:Overcomers Refugee Services

Instagram: OvercomersNH

WhatsApp : “ COVID-19 Emergency” group