

Overcomers Covid-19 amatangazo 4.9.20

Nimbushaka kumenya amatangazo ya covid-19 Ushobora guhamagara kuri 2-1-1 (abasemuzi barahari)

Phone: 1-866-444-4211 TTY:603-6034-3388

Rinda amagara yawe nayabandi

Karaba intoki zawe akenshi: Intoki zawe zikwiza virusi ya corona

Oza ahantu ni bikoresha ukoresha buri muni - ino virusi ya corona isigara kubikoresha umwanya munini

Ntimusangire isahani, amasume cyangwa ibindi bikoresha - Kandi mubyoze kenshi

Twikira umunwa wawe na mazuru. Ambara masiki- kuko iyi virusi yandurira mu mwuka

Icyo wakora niwiyunva urwaye

Sigara murugo uhamagare kwa muganga ukurikize amabwirizwa ya baganga

Rinda umuryango wawe: ambara masiki, irinde kwicharana cyangwa kwegerana nabandi, oza burikimwe cyose ukozeho

Oza intoki zawe akenshi

. Intoki zikora ahantu henshi zigashobora gufata ino virusi ya corona

. Usabwa koza intoki zawe ukoresheje isabuni na mazi nibura mu masegonda 20 . Niba na sabuni na mazi koresha hand sanitizer nurangiza ukube intoki zawe mpaka intoki zawe zumye

. Ibi nigombwa cyane umaze kwifuna cg (Kwimyira) cyangwa gukorora cyangwa umaze gukoresha toleti nambere yo kurya cyangwa guteka

.wirinde kwi kora mu maso , kumazuru , kumunwa utoze intoki

. Umaze kwandura, intoki zawe zimura virus ku maso , amazuru, umunwa wawe. Aho virusi ika bona ikoyinjira mumubiri wawe bigatuma urwara

Oza ibikoresha ukoresha cyane buri muni

Koresha alcohol solution. Cyangwa woze neza ukoresheje amazi ni sabune

.Amaterefone Ameza Ibikoresha byomuri dushe

. Ama computer Imiryango Toilette

.Ama remoti ya TV Imiryango

Amatangazo Azakurikira : Ibyo gukora uramutse urwaye ino virusi

Amatangazo azaza vuba: Uburyo bwokwambara masiki & uko bazikora.

Na amakuru yiibarura rya Amerika