

Hamagara 211(abasemuzi barahari)

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Ibyo wakora niba umuntu munzu yawe arwaye?

Buri muntu wese agomba kuguma munzu : niyo waba utarwaye . Wikwanduza abandi

Ntujye kwa mungaga utabanje guhamagara . Kora ibyo bakubwiye

Niba umuntu atari guhumeka neza hamagara 911

Ambara mask rinda umuryango wawe . itandukanye. Oza ibintu byose

Ibimenyetso bya corona ni umuriro, umunanirwo, imbeho mu mubiri, kubabara mu mihogo, kuda humurirwa, gukorora, kutunva uburyohe cg uburure bwikintu

- Abantu benshi bagira bimwe muribi bimenyetso abandi ntibabigire
- Niba uziko wigeze guhura numuntu ufite ino virusi guma murugo niyo waba utara rwara cyangwa ngowerekane ibimenyetso

Uko wakirinda munzu iyo ufite corona ariko udashaka kwanduza umuryango wawe

- Guma murugo mucyumba kimwe niba bishotse ukoreshe na toileti yawe wenyine nimba bishobotse
- Ambara mask burigihe cyose nkeretse uri wenyine
- Niba witsamuye cyangwa ukoroye uge wifunika kandi ujye woga intoki.
- Ntukegere umuryango wawe cyane niba urwaye kandi ugire umuntu uzagya agufasha
- Uzagya agufasha ajye yambara mask ni kanzu ndende kandi ajye yoga intoki zee burikanya
- Umuryango wawe ujye woza ibintu byose cyane cyane ibikoresho muhuriyeho
- Usigare uvugana nu mungaga wawe kandi ukurikize amabwiriza yee

Ese nshobora gupimwa COVID-19?

- Gupimwa muri NH nibya bangaga cyangwa abantu barwaye cyane cyangwa abanu Bari hejuru yimyaka 60 cyangwa bafite uburwayi Bundi
- Hamagara umungaga wawe azakubwira niba ushobora gupimwa

Nigihe kingana iki ngomba gusigara murugo?

- Niba ufite ubona ko wahuye numuntu urwaye ariko idafite ibimenyetso guma munzu iminsi 14
- Niba ufite ibimenyetso guma munzu mpaka ibimenyetso byose bishize

Website: www.OvercomersNH.org

Facebook: Overcomers Refugee Services

Instagram: OvercomersNH

WhatsApp: "COVID-19 Emergency