

## **OVERCOMERS COVID-19 UPDATE**

### **Ugomba kuguma murugo niba warigeze guhura numuntu ufite virusi**

Twamenye yuko abanu bamwe batari mugufata iritegeko ryo kuguma murugo nuburemere. Rino tegeko ryo gusigara murugo rifite uburemere cyane

Umubare waba rwayi ba coronavirusi muri New Hampshire uri kwiyongera cyane. Kuwa gatanu ushize Goverineri Sununu yongeye kuvugurura itegeko ryo kuguma murugo kugeza itariki 15 zukwa gatanu

Kwirinda gusabana ningombwa cyane kugira bidufashe guhagarika ino virusi. Ningombwa cyane gukurikiza amabwiriza yo kuguma murugo cyane cyane iyo ufite umuntu urwaye ino virusi cyangwa niba nawe uyufite ugomba kugumamurugo ntusohoke munzu kugira utanduza abandi.

Ushobora kwa nduza abandi niyo waba utararwara. Kandi ukaba ushize abandi bantu mubibazo byo kwandura ino virusi ya corona cyane cyane iyo ubana n'umuntu ufite corona warangiza ukagya gukora, cyangwa guhaha cyangwa gusurana. Uba ushize abandi bantu mukibazo

Usabwe kuguma murugo iminsi 14 iyo uziko wahuye n'umuntu ufite corona . Ugomba gumpima

2 kuminsi niba udafite umuriro. Wantangira kugaragaza ibimenyesto ugomba kuguma munzu indi minsi 7 nindi minsi 3 nyuma yogukira ibyo bimenyesto

Goverineri Sununu arashaka gukomeza rino tegeko ryo kuguma murugo kandi abata ryubarihiza bagashobora gufatwa cyangwa guhura nibi bazo nubuyobozi

Niba ukeneye gufashwa guhaha. Uduhamagare

Website: [www.Overcomers.NH.org](http://www.Overcomers.NH.org)

Facebook: Overcomers Refugee Services

Instagram: OvercomersNH

WhatsApp: "COVID19 Emergency" Group