

Indwara nshya ya coronavirus (COVID-19)

Indwara nshya ya coronavirus yitaweho cyane. Indwara ya Coronavirus igaragaza ibimenyetso bidakanganye gusa. Abantu bamwe na bamwe, cyane cyane abasheshe akanguhe n'abandi basanzwe barwaye, nibo bashobora kuremba. Ni ngombwa rero ko buri wese yakwifatanya n'abandi mu guhagarika ikwirakwira ry'iyi ndwara mu baturage.

Niba warayanduye, bifata iminsi kuva kuri 0 kugeza kuri 14 kugira ngo ibimenyetso byayo byigaragaze. Ubusanzwe bifata hagati y'iminsi 5 kugera kuri 6. Abantu banduza cyane abandi mu gihe cyo kugaragaza ibimenyetso. Umuriro, gukorora no kugira ingorane zo guhumeka ni byo bimenyetso biboneka kurusha ibindi. Abantu bamwe na bamwe bafatwa n'umusonga, bakagira ingorane zo guhumeka cyangwa bagafatwa n'izindi ndwara zikomeye.

Inama zikurikizwa kugira ngo umuntu yirinde kwandura:

Gushyira intera hagati yawe n'abandi!

- Kuguma imuhira niba wumva urwaye.
- Kuguma imuhira niba warabwiwe ko (ugomba kuguma mu kato cyangwa kutegera abandi).
- Niba bishoboka, gerageza gusiga metero imwe hagati yawe n'undi muntu.

Girira isuku nziza intoki zawe!

- Karaba intoki kenshi kandi utajenjetse
 - igihe wari kumwe n'abandi
 - igihe uvuye ku musarani
 - mu gihe wakoroye, witsamuye cyangwa wipfunnye
 - mbere yo guteka cyangwa mbere yo kurya.
- Koresha umuti wica udukoko dutera indwara niba nta mazi n'isabune bihari.

Humeka umwuka mwiza!

- Kwirinda gukororera cyangwa kwitsamurira ku bandi bantu.
- Gukororera mu gapapuro k'isuku warangiza ukakajugunya ahashyirwa imyanda. Gukaraba intoki nyuma y'aho!
- Niba nta gapapuro k'isuku ufite hafi, ipfuke ukororera mu ihiniro ry'inkokora yawe.

Niba utekereza ko wanduye:

- Niba wikeka ko wanduye, Ugomba kuguma mu rugo.
- Niba ukeneye ubufasha bwa muganga, ugomba mbere na mbere kugerageza kuvugana na muganga wawe kuri telefoni. Niba bidashobotse, hamagara kuri serivisi yita ku ndembe kuri numero 116 117.

Hora ushaka ubwawe amakuru mashya!

- Abategetsi barasaba buri wese utuye cyangwa uri muri Noruveje gusoma amakuru y'ingenzi n'inama abantu bagirwa zerekeranye na coronavirus ku rubuga rwa enterinete rwa www.fhi.no na www.helsenorge.no. Izi nama zigenda zivugururwa buri gihe. Amakuru aboneka mu kinoruveje no mu cyongereza. Niba ufite ingorane zo gusobanukirwa n'ikintu icyo ari cyo cyose, nyamuneka saba umuntu uzi agufashe.