

Umuntu wese babwiye ko agomba kuguma imuhira

Indwara nshya ya coronavirus yitaweho cyane. Abantu benshi bafatwa n'indwara ya coronavirus (COVID-19) bagaragaza gusa ibimenyetso bidakomeye, ariko abantu bamwe na bamwe bararemba. Iyi ni yo mpamvu turimo tugerageza guhagarika ikwirakwira ry'iyi ndwara mu gihugu.

Abantu bamwe basabwe n'abaganga babakurikirana kuguma imuhira. Umuntu wese basuzumye bagasanga arwaye COVID-19 agomba gushyirwa ahantu hawenyine ku buryo bwuzuye ntiyegerane n'abandi bantu agashyirwa aho bita 'inzu ya wenyine'. Umuntu wese basuzumye bagasanga atarwaye COVID-19, ariko wagize aho ahurira n'iyi ndwara, agomba gushyirwa aho bita 'mu kato'.

'Inzu ya wenyine' bisobanura iki?

Niba muganga wawe yarakubwiye ko wanduye COVID-19 cyangwa akakubwira ko ategereje ibisubizo by'ibizami byawe, ugomba kwirinda kwegera abandi bantu kugira ngo utabanduzwa.

Inzu ya wenyine bivuga ko ugomba kuba uri wenyine nta wundi muntu ukwegera, habe n'abantu mubana. Ntugomba kujya hanze, ugomba kuguma mu cyumba uri wenyine, ukarira muri icyo cyumba ntihagire n'uwo musangira isume.

Iyo uburwaye bwawe burushije kugukomerera, vugana na muganga wawe kuri telefoni. Umuganga kandi ashobora gufata ikemezo cy'uko ukeneye gushyirwa ahantu hawe wenyine mu bitaro. Gushyirwa ahantu hawe wenyine birangira iyo muganga ugukurikirana akubwiye ko indwara yakize cyangwa kugeza igihe ibizami byerekaniye ko nta COVID-19 ugifite.

'Akato' gasobanura iki?

Niba muganga ugukurikirana akubwiye ko utarwaye, ariko ukaba waragize aho uhurira n'iyi ndwara, ugomba kujya mu kato. Ugomba kuguma imuhira, ariko akato k'imuhira ntabwo gakaze nko kuba mu nzu ya wenyine.

Kujya mu kato imuhira bisobanura ko ugomba kugabanya guhura n'abandi uko bishoboka kose, ariko ntushyirwa ahantu hawe wenyine ku buryo bwuzuye. Ntugomba kujya ku ishuri cyangwa ku kazi, cyangwa ngo ube wagira ibindi bikorwa ukora, kandi ntugomba gukora urugendo mu modoka itwara abagenzi (bisi, tram, tram igenda muni y'ubutaka, gari ya moshi, indege cyangwa ubwato), ariko ushobora gutembera uri wenyine.

Informasjon til deg som har fått beskjed om å holde deg hjemme

Språk: Kinjarwanda

Opprettet: 03/2020 Oppdatert:



Norwegian Institute of Public Health

Niba utangiye gukorora, kurwara mu muhogo cyangwa uguhinda umuriro cyangwa ukagira ingorane zo guhumeka, hamagara muganga kuri telefoni. Kujya mu kato imuhira bimara iminsi 14 nyuma y'uko ugize aho uhurira n'iyi ndwara.

Hora ushakisha amakuru mashya!

Leta irasaba buri wese uba muri Noruveje gusoma amakuru y'ingenzi n'inama abantu bagirwa zerekeranye na coronavirus ku rubuga rwa enterinete rwa www.fhi.no and 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.