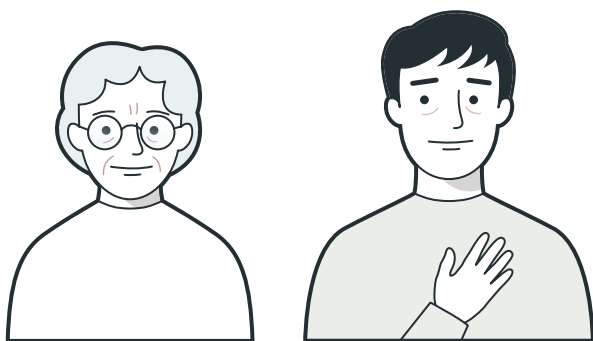


# Agatabo kagufasha byihuse kumenya urukingo rwa koronavirusi

Amakuru make yerekeye urukingo rwa COVID-19 atangwa na yo mu Norwegian Institute of Public Health (Ikigo cya Norvege gishinzwe kwita ku buzima rusange)

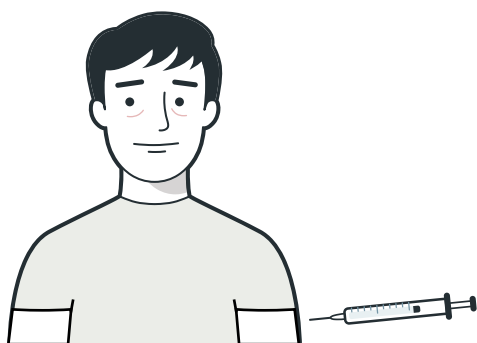


## Ibyerekeye gutanga urukingo rwa koronavirusi

Urukingo ruzahabwa buri wese wagiriwe inama yo kurufata.

Ruratekanye.

Urukingo rukurinda COVID-19.

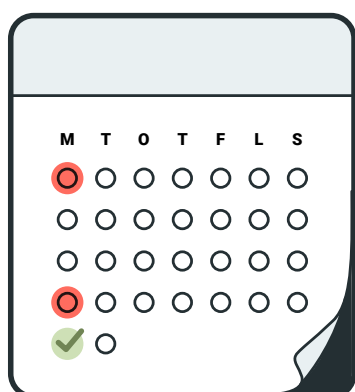


## Ni gute uterwa urukingo?

Urukingo barutera ku kaboko.

Zimwe mu nkingo zitangwa nk'inkingo ebyiri haciyemo ibyumweru byinshi.

Bimenyeshe niba utwite, ufite ubwivumbure bw'umubiri, ufata imiti, urwaye cyangwa warigeze kurwara COVID-19.



## Urukingo rukora neza rute?

Abantu benshi barindwa kwandura COVID-19 mu byumweru 1-2 nyuma yo guhabwa inkingo zose.

Kurikirana iby'inama yo kwirinda kwandura nubwo waba warahawe urukingo.

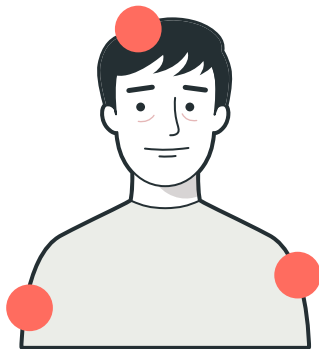


## Urukingo rukora neza rute?

Urukingo rwigisha umubiri kumenya no kwirinda koronavirusi.

Urukingo ruhita ruva mu mubiri wawe.

Ariko, umubiri wibuka uko wirinda iyi virusi.

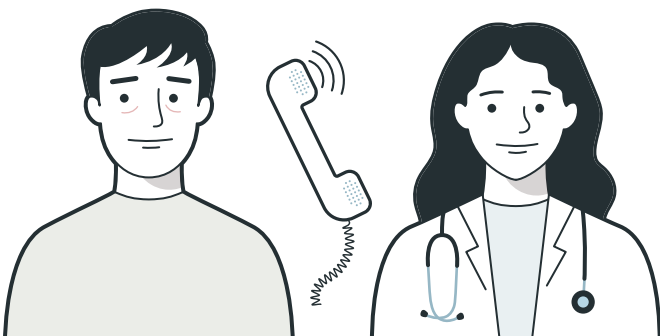


## Ingaruka

Urukingo rwakorewe isuzuma mu nyigo zagutse ku bihumbi by'abantu. Ingaruka zikunze kugaragara ni:

- ububabare aho bateye urukingo
- kunanirwa
- kurwara umutwe
- kubabara mu mubiri
- umuriro no gutenguhwa

Izi ngaruka zituma umuntu yumva atameze neza, ariko nyuma y'iminsi mike ziragenda.



## Ingaruka zidakunze kugaragara

Hamagara muganga cyangwa abandi banyamwuga mu by'ubuzima niba ufite ibimenyetso utari witeze, bikabije cyangwa bimara igihe kinini nyuma yo guterwa urukingo.