

Ni gute ugomba gusiga intera hagati yawe n'abandi?

Siga intera hagati yawe n'abandi kugira ngo ufashe mu kugabanya ikwirakwira ry'icyorezo cya COVID-19

Wegereye umuntu wanduye cyangwa uje mu rugo uvuye mu rugendo rwo mu mahanga bisaba ko

UJYA MU KATO

- Ntujye ku ishuri cyangwa ku kazi.
- Ntukoreshe imodoka zitwara abagenzi mu buryo rusange.
- Irinde kugira abo usura.
- Ushobora gutembera, ariko ugomba gusiga intera ya metero 2 witaruye abandi.
- Ushobora gutuma abandi bakaguhahira.
- Niba bidashoboka, ushobora kujya guhaha iby'ingenzi, ariko ugasiga intera hagati yawe n'abandi ukanambara agapfukamunwa.
- Siga intera ikwiye hagati yawe n'abandi bantu bakuru n'abana bakuru bari mu rugo. Ubusanzwe, abantu mubana ntibajya mu kato.
- Ipimishe ako kanya na nyuma y'iminsi 7.
- Niba ufite ibimenyetso by'ubwandu bwo mu nzira y'ubuhumekero, ishyire mu kato maze wipimishe.
- Iyo upimwe bagasanga waranduye bivuze ko ugomba kujya mu kato mu rugo.

INAMA IGENEWE BURI WESE

- Kurikiza amabwiriza akwiye igihe uri gukorora no kugira isuku nziza.
- Wowe n'abo mubana mushobora kuba muri hamwe uko bisanzwe.
- Siga intera byibuze ya metero 1 witaruye buri wese ariko atari abo mubana.
- Niba ufite ibimenyetso by'icyorezo cya COVID-19 ugomba gusigara mu rugo no kwipimisha.

Wemeje cyangwa birashoboka ko ufite icyorezo cya COVID-19 kandi uri mu

KATO MU RUGO

- Guma mu rugo.
- Siga intera hagati yawe n'abo mu bana mu rugo.
- Niba bishoboka, koresha icyumba cyawe n'ubwiherero bwawe.
- Hanagura ahakorwaho kenshi.
- Saba umuntu agufashe mu byo guhaha ibiribwa.
- Ganira n'umuganga wawe uko ugomba gukurikirana ubuzima bwawe.
- Abo mubana mu rugo bari mu kato.