

Ni iyihe ntera ukwiye gusiga hagati yawe n'abandi?

Gusiga intera ifatika hagati yawe n'abandi, bigufasha kugabanya umuvuduko w'ikwirakwira rya koronavirusi (COVID-19)

Wagiye wegerana n'abantu cyangwa ugarutse mu rugo uvuye ku rugendo kandi ugomba kujya mu

KATO

- Ntujye ku ishuri cyangwa ku kazi.
- Ntukoreshe imodoka zitwara abagenzi mu buryo rusange.
- Irinde gusura abandi kandi nawe ntiwemere ko hari abaza kugusura.
- Ushobora gutembera n'amaguru, ariko ugomba kuguma mu ntera ya metero 1 witaruye abandi bantu.
- Ushobora kujya mu iduka ry'ibiribwa cyangwa farumasi niba ari ngombwa cyane.
- Abana bashobora kuganira n'abandi baba mu rugo nk'uko bisanzwe, ariko bagashyira intera igaragara hagati yabo n'abantu bakuru.
- Abantu ubana nabo ntibajya mu kato.
- Nugira ibimenyetso by'ubwandu bwo mu buhumekero, ugomba kujya mu gato no kwisuzumisha.
- Iyo upimwe bagasanga waranduye bivuze ko ugomba kujya mu kato mu rugo.

Inama igenewe buri wese

- Kurikiza uburyo bwiza bwo kugira isuku y'intoki n'amabwiriza agenga gukorora.
- Wowe n'abo mu muryango n'inshuti ba hafi mushobora gusabana mu buryo busanzwe.
- Musige intera ifatika hagati ya buri wese keretse abo mu muryango n'inshuti ba hafi, byibuze usigamo metero 1.
- Niba ufite ibimenyetso by'ubwandu bwo mu nzira y'ubuhumekero, ugomba kuguma mu rugo.
- Niba ufite ibimenyetso bya COVID-19, ugomba kwipimisha.

Iyo upimwe bagasanga waranduye COVID-19 kandi ugomba KUJYA MU KATO KO MU RUGO

- Kuguma mu rugo.
- Siga intera ifatika hagati yawe n'abandi mu rugo rwawe.
- Koresha ikindi cyumba n'ubundi bwogero niba bishoboka.
- Hanagura ahakorwaho kenshi.
- Saba undi muntu kujya kuguhahira.
- Emeranya na muganga wawe uko ugomba gukurikirana ubuzima bwawe.
- Abantu ubana nabo mu rugo bagomba kujya ku kato.