

- Kwambara mask niba ukorora canke usyemura.
- Masike ikora neza gusa mugihe ikoreshejwe nokugira isuku yintoki kenshikenshi ukoresheje isabune n'amazi arimwo umuti wica ubukoko butera umugera.
- Niba wambaye mask, ro ubwirizwa kumenya kuyikoresha no kuyibika neza


Nigute ukoresha mask?

- Imbere yo kwambara mask, sukura intokiukoresheje isabune n'amazi arimwo umuti wica udukoko dutera umugera.
- Gupfuka umunwa n'amazuru ukoresheje mask hanyuma urabe ko atamwanya uhacha hagati yawe na mask.
- Wirinde gukora kuri mask mugihe uriko urayikuyikoresha; sukura intoki ukoresheje isabune n'amazi arimwo umuti wica udukoko dutera umugera.
- Hindura mask imaze gukora niyindi nshansa hama iyamazegukoreshwa icitabwa ahagag newe guta imyanda.
- Gukura mask: urigukura mask uhera inyuma (udakorakoye imbere ya mask); guta mwako kanya msk mugisanduku ifunze; sukura intoki ukoresheje isabune n'amazi arimwo umuti wica udukoko dutera umugera.
- Mugihe uhuye nibimenyetso vyavuzwe haruguru, kandi ufise akahise ku muntu yamaze kwandura COVID-19 mumisi 2-14, tubasavye muhamagare kumanimero akwirikira
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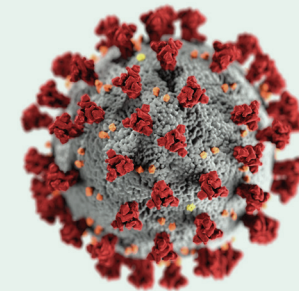
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Relief to Development Society
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*Gutahura vyinshi kubijanye na
corona virus (COVID 19)*



COVID-19 ni iki?

Indwara ya Corona (COVID-19) ni ndwara yandura itewe n'umugera uherutse gutorwa ariwobise COVID-19.

Coronavirus ni ndwara irimumiryango wiyin-dimigera itera izindi ndwara uherye kugukonja kugeza kuzindindwara zikomeye.

Nigute Corona virusi ikwiragira mu bantu?

Abantu bashobora kwandura COVID-19 kubandi bafise uwo mugera wa virusi biciye muguhumeka udutonyanga dutoduto kubantu banduye, bakorora, kwasamura canke ugwaye ibicurane, canke iyowikorakoye kumazuru, kumunwa canke mumaso. Nimuriyontumbero kizira kuramukanya, kuyambirana, nogusomana.

Ni ibihe bimenyetso vya COVID 19?

Abantu benshi banduye bokwiyumvamwo yuko arindwara isanzwe kandi ikira, ariko kuri bamwe ishobora gukomera. Ibimenyetso bitangura gukura inyuma yiminsi 2-14 inyuma yo kwigaragaza kuyo mugera.

Ibimenyetso vy'indwara zikunze kwibonekeza kandi zisanzwe:

Ibimenyetso bikunze kugaragara:



Ubushuhe



Inkorora yumye



Ingorane yoguhumeka



Kugira uburuhe burenze umubiri wose

Ibimenyetso bisanzwe:



**Ibicurane birenze
Ibicurane vyisesa**



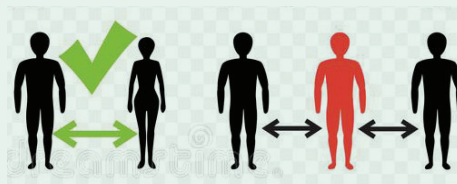
Kubabara cane mumuhogo



Gucibwamo/guharisha

Kwikingira COVID-19

- kwirinda kuja ahantu hari abantu benshi: kuja ku metero 1 hagati yawe nabandi, cane canye umuntu wese akorora canke agwaye ibicurane.



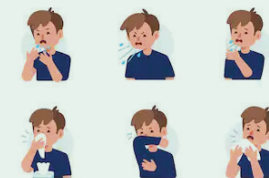
- Wirinde kwikora kumaso, kuzuru no kumunwa utabanje gukaraba intoki.



- Wirinde ingendo zose zidakenewe no kwirinda kuja mubantu benshi.



- Gukororera no kwisyemurira mu nkokora canke mugitambara, ntabwo arimubiganza vyawe.



- Igitambara ukoresheje ucugita nigonga ahantu imyanda yagenewe.



- Yoza intoki zawe ukoresheje isabuni n'amazi atemba niburiburi kumasekonda 20 canke ukoreshe imiti yica udukoko twanduza.



Igihe/ryari ukoresha mask (agakingirizo kokumunwa no kumazuru).

- Niba ufise amagara meza, ubwirizwa kwambara mask (agakingirizo) gusa niba umuntu uriko ufasha akekwo koyanduye COVID-19.

