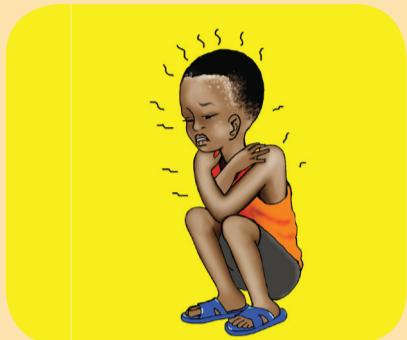




ABAFITE UBUMUGA TWIRINDE TURINDE N'ABANDI ICYOREZO CYA KORONAVIRUSI (COVID -19)

IBIMENYETSO BIRANGA KORONAVIRUSI (COVID-19)

Indwara ya Koronavirusi ni indwara yandura ku buryo bwihere, binyuze mu matembabuzi aturuka mu gukorora, kwitsamura cyangwa ari mu biganza by'umuntu wayanduye



Guhinda umuriro



Gukorora



Kubabara mu muhogo



Guhumeka nabi



Umunaniro ukabije



Kugira ibicurane



Kugira umusonga

DORE UKO TWAKWIRINDA KORONAVIRUSI (COVID-19)



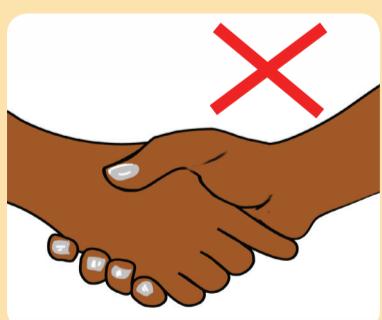
Kwambara agapfukamunwa igahe cyose uvuye mu rugo n' igahe usohotse mu nzu iri mu gipangu kirimo imiryango myinshi



Gukaraba intoki buri gihe ukoreshje amazi meza n'isabune cyangwa alukoro yagenewe gusukura intoki (hand sanitizers)



Kwirinda kujya ahantu hateraniye abantu benshi



Kwirinda kuramukanya ukoreshje ibiganza



Kwirinda kwegera abandi igahe cyose warwaye ibicurane, inkorora cyangwa ufite umuriro mwinshi kandi ugakoresha agapfukamunwa



Kwirinda kwikoraho mu maso, ku mazuru no mu kanwa utakarabye intoki n'amazi meza n'isabune



Kwirinda gukororera cyangwa kwitsamurira iruhande rw'abandi, waba ushatse kubikora, ukibuka kubikorera mu ihiniro ry'inkokora

Ikitonderwa: Umuntu wese ugaragaje ibi bimenyetso asabwa kwihutira guhamagara umurongo utishyurwa 114 cyangwa akohereza ubutumwa bwa WhatsApp kuri + 250788202080