

Inama zo kwirinda COVID-19 mu kiruhuko

Uko ugenda uhura n'abantu benshi bo mu ngo zitandukanye mu mahuriro, **niko murushaho** kwegerana, kandi uko mumarana **igihe kirekire, niko hiyongera** ibyago by'uko umuntu urwaye COVID-19 ashobora kuyikwirakwiza mu bandi, yaba agaragaza ibimenyetso cyangwa atabigaragaza.

Ahantu wahurira n'abantu mu biruhuko ukaba utekanye ni hamwe n'abo mubana mu rugo. Nuhitamo guhura n'abantu, tekereza uburyo wagabanya ikwirakwira rya COVID-19 ku bakunzi bawe mutabana. Ibitekerezo bimwe birimo:



Gutegura guhura:

- Guhura muri bake. Gabanya umubare w'abashyitsi kandi ushishikarize abandi guhurira kuri interineti.
- Kora ku buryo abantu barwaye, abari mu kato kuko barwaye, abishyize mu muhezo cyangwa abategereje ibisubizo by'ibizami batitabira.
- Saba abashyitsi kwambara udupfukamunwa mu gihe guhana intera bitashoboka, cyane cyane imbere mu nzu.
- Tegura aho kwicara mu buryo butuma abantu bahana intera. Niba bishoboka, shaka uko wakwicaza buri muryango ku meza atandukanye n'ay'undi.
- Tegura igihe cyo guhura kigufi.
- Jya uba ufite urutonde rw'abashyitsi ruriho numero wahamagara mu gihe bibaye ngombwa ko hari umenyeshwa ko habayeho guhura n'uwanduye mu itsinda.



Aho mwahuriye:

- Saba abashyitsi guhana intera no kwambara udupfukamunwa.
- Muhurire hanze, igihe bishobotse.
- Ongerera umwuka mwiza winjira igihe muri mu nzu, cyane cyane igihe murimo kurya (fungura amadirishya, cana vantirateri umwuka ukwire hose, n'ibindi.).
- Karabe intoki kenshi kandi wirinde gukora ahantu henshi cyane.
- Kuba ufite umuti usukura intoki uhagije abashyitsi bawe bakoresha.



Mu gihe cyo gutegura ifunguro/kugabura:

- Buri muntu uri mu bategura ibyo kurya agomba kwambara agapfukamunwa.
- Gabanya umubare w'abantu bari ahategurirwa amafunguro.
- Irinde uburyo bwo kwizanira ibyo kurya cyangwa kureka abashyitsi bakazana ibyo kurya biteguriye iwabo.
- Shaka umuntu umwe agabure ibyo kurya byose, aho kugira ngo abantu biyarurire.
- Gerageza gukoresha ibikoresho bikoreshwa rimwe gusa



Nyuma yo guhura:

- Umuntu wese urwaye agomba kujya mu kato kandi agapimwa.
- Mu gihe hagize umushyitsi urwara, abashyitsi bose bagomba guhamagarwa bagasabwa kwishyira mu muhezo, kugenzura ibimenyetso byabo, no gupimwa mu gihe bagaragaje ibimenyetso.