

# Impanuro z'Ukwikingira COVID-19 mu Karuhuko ko mu Mpera z'Umwaka

Uko **abantu benshi** bava mu mihana itandukanye umuntu aca ahura n'abandi mu ikoraniro, **ingene kwegerana** bigenda birashika, n' **ingene bimara igihe kirekire** uguhura birateba, **urugero runini** rurongerekana ko umuntu afise COVID-19 ayikwiragiza mu bandi, yoba afise canke adafise ibimenyetso vy'iyi ndwara.

Ikoraniro ry'abantu bahura ata nkomanzi ni iry'abantu mubana mu rugo iwanyu. Nimba uhisemwo kugira ikoraniro n'abandi, iyumvire ingene wogabanya ikwiragira rya COVID-19 mu bagenzi bawe hanze y'imuhira. Muri ivyo vyiyumviro bimwebimwe harimwo:



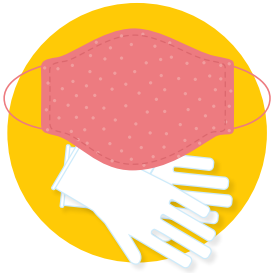
## Gutegura ikoraniro ryanyu:

- Kwama muri bake. Kugabanya igitigiri c'abashitsi, no guhimiriza abantu kwitaba ikoraniro bisunze ubuhinga bwa none bw'ingurukanabumenyi.
- Uraraba neza abantu barwaye, abantu biyugaranye kubera bapimwe bagasanga barwaye, abantu bashizwe mumwihereho, canke abantu barindiriyeye inyishu z'ibipimo ntibatonde mw'ikoraniro.
- Saba abashitsi kwambara udupfukamunwa igihe badashobora gusigaza ikirere hagati yabo n'abandi, na canecane bari mu nzu indani.
- Tegura aho bicara kugira usigaze ikirere hagati y'abantu. Nimba bishoboka, raba ingene abantu bava mu ngo zitandukanye baja ku meza atandukanye.
- Tegura ikoraniro ritamara igihe kirekire.
- Andika urutonde rw'abashitsi n'ingene wobatora bishitse ko hari ukenewe kumenyeshwa ko yahuye n'umuntu arwaye yari mu murwi wanyu.



## Mw' ikoraniro ryanyu:

- Saba abashitsi gusiga ikirere hagati yabo no kwambara udupfukamunwa.
- Mukoranire hanze, nimba bishoboka.
- Gutuma akayaga kinjira mu nzu kurushiriza, na canecane muriko murafungura (mwugurure amadirisha, mwugurure uburyo butuma akayaga gatembera, n'ibindi.).
- Mukarabe iminwe kenshi, kandi mwirinde gukorakora ahantu henshi.
- Muronderere abashitsi imiti yica imigera myinshi yo gusukura iminwe.



## Mu gihe muriko murategura/murahereza imfungurwa:

- Uwo wese ariko atategura imfungurwa ategerezwa kwambara agapfukamunwa.
- Igitigiri c'abantu bari atategurirwa imfungurwa gitegerezwa kuba gito.
- Wirinde imfungurwa zateguriwe i muhira canke abashitsi umwumwe yazanye imfungurwa yateguriye mu rugo rwiwe.
- Wihweze gushinga umuntu umwe wenyene ategerezwa kugabura imfungurwa zose, uko abantu benshi bigaburira bonyene.
- Gerageza gukoresha ibikoresho baca bata mu mwavu bihejeje gukoreshwa.



## Nyuma y'ikoraniro ryanyu:

- Uwo wese arwaye ategerezwa kwiyugarana kandi agaca yipimisha.
- Nimba hari abashitsi boba basanze barwaye, abashitsi bose bategerezwa kuronderwa bakabarirwa gushirwa mumwihereho, gukurikirana ibimenyetso vyibonekeza, no kwipimisha niboba bafise ibimenyetso.