

## Ingamba/inama zo guhangana na COVID-19

Muri rusange, ingamba/inama zikurikira, zishobora kugufasha kugabanya ibyago byo kwandura ndetseno kwirinda ikwirakwira ry'ubwandu bwa COVID-19:

- Koga intoki kenshi ukoresheje amazi n'isabune mu gihe nibura cy'amasegonda 20,
- Kwirinda kwegera abantu barwaye,
- Igihe ukorora cyangwa witsamuye ugapfuka umunwa n'amazuru ukoresheje ukuboko cyangwa umushwali hanyuma mukoga intoki ndetse no kujugunya mushwali mumaze gukoresha ahagenewe imyanda,
- Kuguma mu rugo niba murwaye mu kwirinda ikwirakwira ry'ubwandu mu bandi bantu,
- Kutegerana mu bantu benshi ni kimwe mu bifasha kugabanya ikwirakwira rya COVID-19 muri rubanda. Ibi bisobanuye ko ari ukugabanya uko bishoboka guhura n'abandi bantu.
  1. Kutegera abantu bisaba nibura umwanya ungana na metero ebyiri (2) kugera kuri metero eshatu (3) hagati y'umuntu n'undi
  2. Imiryango ntigomba kujyana abana muri gahunda zo guhaha cyangwa izindi,
  3. Umuntu umwe mu muryango niwe ukora gahunda zo guhaha cyangwa izindi.

## Mukore igenamigambi

Igenamigambi ryanyu rigomba kuba ririmo uburyo mushobora guhindura imibereho yanyu isanzwe ya buri muni mu rwego rwo kugabanya kujya mu bice bihuriramo abantu benshi.

Urugero, mushobora:

- Gukora gahunda zanyu (guhaha n'ibindi) mu masaha adahurirwaho na benshi,
- Gukoresha imodoka rusange mu masaha adahurirwaho na benshi,
- Guhitamo gukora imyitozo ngororamubiri hanze aho gukurikira isomo ngororamubiri mu nzu imbere.

Igenamigambi rigomba kandi kuba rigaragaza icyo mwakora mu gihe mwaba murwaye. Niba mwita ku bana cyangwa abandi bantu, mugomba kuba mwarabitekerejeho mbere kugirango muhe akazi ubasimbura.

Mugomba kandi gutekereza kucyo mwakora igihe umwe mu muryango wanyu arwaye kandi akeneye kwitabwaho.

Muvugane n'umukoresha wanyu uburyo mwakorera akazi mu rugo igihe mugomba kwita kuri umwe mu muryango wanyu muri mu rugo.

Niba kandi ari mwe murwaye, mugume mu rugo kugeza igihe mutacyumva/mutakibona ibimenyetso bya COVID-19, abakoresha ntibagomba gusaba urupapuro rwa muganga ry'umurwayi kuko byakongera igitutu kuri serivisi z'ubuzima.

Igenamigambi ryanyu rigomba kugira igura ry'ibikoresho mugomba kugira hafi yanyu igihe cyose. Ibi bizabarinda gusohoka mu rugo igihe muzaba murwaye cyangwa mufite umurwayi mugomba kwitaho mu rugo.

Igenamigambi ryanyu rigomba gushingira ku miti y'ibanze mwateguye yo gukoresha mu bindi bihe by'ibuvuzi bwihuse. Ku yandi makuru y'uburyo mwakwiteguramo cyangwa mugategura umuryango wanyu mu bihe by'amage, mwasura urubuga [GetPrepared.ca](https://www.getprepared.ca).

## Mwuzuze impapuro rw'imiti

Mwongereshe urupapuro rwanyu rw'imiti kugirango bitazaba ngombwa ko mujya kuri farumasi igendwa cyane igihe mwaba murwaye.

Mutekereze kwegera umujyanama wanyu mu buzima kugirango mwongereshe urupapuro rw'imiti mbere.

Mugire ibikoresho nkenerwa bihagije, ariko mwirinde kugura mu mparagara.

Uko bihagaze ubu, birumvikana kugura ibiribwa bihagaje kugirango murazakenera gusohoka igihe mwaba muhuye nuburwayi.

Urukurikirane rwo kugemura rurafasha iyi abantu bubatse mu ruhererekane ububiko bw'ibiribwa aho kugurira rimwe ibiribwa byinci ako kanya. Ku bw'izo mpamvu, mushobora kongera umubare w'ibyo musanzwe mugura buri gihe uko mugiyeye mu ihahiro. Ibiribwa byoroshye mu kubitegura nibyo byiza byo guhitamo:

- Umutsima wumye n'isosi
- Isosi iteguye yo mu bikopo
- Imboga n'ibinyampeke byo mu bikopo

Ni ngombwa kandi kugira ububiko bw'inyongera bw'ibi bikurikira:

- Ibiryo by'amatungo
- Impapuro z'isuku
- Impapuro zagenewe guhanagura isura
- Ibikoresho by'isuku ku abari n'abategarugoli
- Ibikoresho by'isuku by'abana bato (niba mu bafite).

Impamvu ituma mukora muteganya ibyo byose ntago ari ukugirango gusa mubasha kwiheza abandi. Igitera kugira ibiribwa by'ibanze hafi yanyu ni ukugirango bibarinde kuba mwasohoka mu ngo zanyu mu gihe icyorezo cyaba gikomeye cyangwa igihe mwaba murwaye.

Dore aho gukura amakuru hizewe:

➤ Ku makuru kuri coronavirus n'ingaruka yayo kuri Neo-brunswickois, mwasura urubuga ([https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory\\_diseases/coronavirus.html](https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus.html))

) maze uhorane amakuru.

➤ Urubuga rwa:

( <https://www.canada.ca/fr/sante-publique/services/maladies/2019-nouveau-coronavirus.html>

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