

Inama zo kurwanya COVID-19:

Muri rusangi, inama zikurikira zirashobora kugufasha kugabanya ivyago vyo kwandura no gufasha kwirinda kwandura:

- Gukaraba intoki zawe kenshi ukoresheje isabuni n'amazi n'imiburiburi amasegonda 20;
- irinde gukora ku maso, ku zuru canke ku munwa n'amaboko adakaravye;
- irinde guhura cane n'abantu bagwaye;
- Igihe ushaka gukorora canke kwasamura,
 - Ugomba gupfuka umunwa n'amazuru ukoresheje agatambara kabigenewe canke ushireko ukuboko .
 - Ugomba gukaraba intoki zawe kandi ugata ikintu cose wukoresheje
- Ugume muhira niwaba ugwaye kugirango wirinde kwanduza abandi.
- Ingingo n'uburyo vyo gufasha kwirinda gukwiragiza COVID-19 mu banyagihugu. Ibi bisigura kugabanya imigenderanire yo hafi n'abandi.
 1. Mugihe co kuramukanya muhane umwanya w' imitero 2-3 hagati y'abantu
 2. Kubavyeyi sivyiza kujana abana gusuma.
 3. Umuntu umwe kumuryango arakwiye mu kuja gusuma

Gufata umugambi!

umugambi wawe ugomba kuba urimwo ingene wohindura imigenderanire no kugabanya kuja ahantu hakoranira abantu benshi akarorero:

- Gura indya mugihe mu masoko hatari abantu benshi.
- Kwirinda gutembera mu mabarabara mu masaha aba arimwo abantu benshi.
- Mugihe co kunonora imitsi nivyiza gukorera munzu iwawe aho kuja hanze aho abantu bahurira ari benshi.

Umugambi wawe ugomba kandi gushiramo ivyo uzokora mugihe usanze ugwaye. Niba uri umwigisha w'abana canke abandi bantu, Ugomba kwiyumvira hakiri kare abazogusubirira mugihe usanze ugwaye.

Ugomba kandi kwiyumvira kuvywo uzokora mugihe umwe mubagize umuryango wawe agwaye kandi akeneye kwitabwako. Vugana n'umukoresha wawe kuvyerekeye gukorera i muhira niba ukeneye kwita kumuryango .

Niba wewe, ubwawe, ugwaye, guma muhira kugeza igihe utakigaragaza ibimenyetso. Abakoresha ntibagomba gusaba ikiruhuko c'ubugwayi kuko bishobora gutuma umukozi atitwararika kwivuza neza ahubwo akitwararika akazi.

umugambi wawe ugomba gushiramo kugura **ibikoresho utegerezwa kuba ufise mukuboko igihe cose**. Ibi bizotuma udakenera kuva muhira iwawe mugihe ugwaye canke ushatse kwitwararika ku bagize umuryango bagwaye. Umugambi wawe ugomba gushingira kubikoresho wateguye vyo gutabara vuba na vuba. Kubindi bisobanuro vyingene witegura wowe n'umuryango wawe mugihe habaye ikibazo cihutirwa, woraba kuri **GetPrepared.ca**.

Rondera imiti yawe

Rondera imiti yawe kugira ntukenera kuja mwiguriro ry imiti (pharmacie) igihe irimo abantu benshi mugihe urwaye. Rondera abaganga bakujejwe hakiri kare barabe ko ufise imiti yose ikwiriye .

Gura imiti yagombwa canke ikenewe ariko wirinde kugira ubwoba

Muri iki gihe, birumvikana ko wuzuza utubati twawe indya zidashobora kwononekara, kugirango udakenera kuja gusuma mugihe urwaye.

Biroroshe kubantu bagura indya nyinshi icarimwe bakabika muhira. Kugirango ukore ibi, urashobora kongeramo ibindi bintu bike. Guhitamo neza biroroshe-gutegura indya nka:

- dried pasta and sauce
- prepared canned soups
- canned vegetables and beans

Nivyiza kandi kugira ububiko bwinyongera bwa:

- Indya z' amatungo
- impapuro zo mu musarani
- udutambara two kwihanagura mu maso
- ibicuruzwa vy' isuku y'umugore
- diapers (if you have children who use them)

Impamvu yo kugira ibi bikoresho vyose muhira ntibivuga ko ugomba kwigunga muhira iwawe . Kugira ibi bikoresho muhira bizotuma udakenera kuva muhira mugihe iki corezo ca COVID 19 cugarije isi canke kuva muhira mugihe ugwaye.

Izi nizo soko nziza:

-Ku makuru kuri Coronavirus n'ingaruka kuri New Brunswickers raba kuri www.gnb.ca/coronavirus kugirango ukomeze kumenyeshwa.

-Urubuga rwa PHAC kumakuru nyamakuru agezweho.

-Niba ufise ibibazo vyinyongera bidasubizwa kurubuga rwacu:

hamagara kuri 1-833-784-4397 (gusobanura biraboneka mu ndimi nyinshi) canke inimeru kuri phac.info.aspc@canada.ca