

# SOBANUKIRWA.

KOMEZA KWIRINDA NYUMA YO GUKINGIRWA.  
RINDA UMURYANGO WAVE.



Ntabwo ukingiwe bihagije COVID-19 kugeza ibyumweru bibiri nyuma yo guterwa urushinge rwa nyuma!



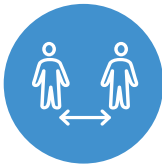
- Nimba warabonye urukingo rwa **kabiri**, ugomba gutegereza **ibyumweru 2** nyuma yo gukingirwa bwa kabiri.
- Nimba warabonye urukingo ukeneye urukingo rumwe, ugomba gutegereza ibyumweru 2 **nyuma yo gukingirwa**.

## GUMANA KWIRINDA NYUMA YO GUKINGIRWA.

Abahanga ntibazi igihe urukingo rushobora kumara rukurinda COVID-19 cyangwa se nimba ushobora kuba wakomeza gukwirakwiza COVID-19 nyuma yo gukingirwa. Nubwo waba wararangije inkingo komeza:



Wambare agapfukamunwa.



Irinde kugwerana n'abandi.



Irinde kujya ahantu hateraniye abantu benshi.



Karaba intoki kenshi.



Hanagura ahantu hakunze gukorwa cyane

Nubwo waba wararangije inkingo zose, isuzumishe COVID 19 nimba:



Nimba warabaye hafi y'umuntu ufite COVID-19 kandi ukumva utangiye kurwara. Guma mu rugo kandi ntiwegere abandi.

Wowe ubana n'abantu benshi kandi wabaye hafi y'umuntu ufite COVID-19. Nubwo waba wumva utarwaye, gerageza. Guma mu rugo kandi ntiwegere abandi.

# NYUMA Y'IBYUMWERU BIBIRI URANGIJE INKINGO ZOSE, USHOBORA:



Guma mu nzu hamwe n'abandi bakingiwe **inkingo zose** mutambaye mask



Guma mu nzu hamwe n'abandi kuva **umwe urundi rugo** badafite **badakingiwe** batambaye mask.



**Ariko**, ugomba kwirinda gusura abantu bafite ibyagoibyago byinshi byo kurwarwara cyane COVID-19 ukabarinda. Nimba ugomba kubasura,

**ugomba gukomeza kubarinda wambara mask, kuguma kuri metero 6 no gukaraba intoki.**

Abantu bashobora guhura nibyago iyo:

- Bafite izindi ndwara nka Kanseri, diyabete, umuvuduko myinshi w'amaraso
- Abafite ibiro byinshi
- Banywa itabi
- Abatwite
- Abafite hejuru y'imyaka 65

## TURACYARIKO TWIGA



- Igihe urukingo rumara rukingira abantu kutandura COVID-19.
- Nimba inkingo zikingira abantu badakwirakwiza indwara.
- Ubushobozi urukingo rufite mu kurinda kwandura ubwoko bushya bwa COVID-19.

## Irinde mugihe ukora urugendo



Iyo uri murugendo, irinde ndetse urinde n'abandi:

- Ambara mask hejuru y'izuru n'umunwa mugihe uri mu bantu benshi.
- Irinde kujya ahantu hateraniye abantu benshi ndetse ugume nibura ku mikono 6/ metero 2 kure igihe ugendana n'umuntu utazi.
- Karaba intoki kenshi.



## Irinde mugihe ugenda muri Amerika

- Ntabwo ari ngombwa ko wipimisha mbere yuko ugenda.
- Igihe ugarutse, ntukeneye kwipimisha cyangwa kujya mukato keretse wumva urwaye.



## Irinde mugihe ugenda mu mahanga

- Suzuma hamwe n'abashinzwe indege ndetse n'abashinzwe ubuzima baho aho ugiye murebe nimba ukeneye kwipimisha cyangwa kujya mu kato mbere y'uko ugenda.
- Ipimishe iminsi 3 mbere yuko usubira muri Amerika (U.S).
- Nyuma y'urugendo rawe:
  - Ipimishe hagati y'iminsi 3-5.
  - Guma murugo kandi ntiwegere abandi nimba wumva urwaye.
  - Reba hamwe n'abashinzwe ubuzima kugirango urebe nimba hari ikindi ukeneye gukora.