

**Amabwira y'uburyo bwo kwishyira mu  
kato ku ndwara ya Koronavirusi 2019  
(COVID-19)**

**Niba warapimwe ugasanga waranduye COVID-19, cyangwa ugaragaza ibimenyetso bya COVID-19, urasabwa gukurikiza aya mabwiriza yo kwishyira mu kato.**

**Kwishyira mu kato** - Ugomba kuguma iwawe mu rugo kandi ukirinda guhura n'abandi bantu harimo n'abo mubana. Ntugomba kujya ahahurira abantu benshi- yewe, ntugomba no kujya mu isoko cyangwa guhaha. Ntugomba no gusura abandi bantu mutabana, cyangwa se gutumira abandi bantu iwawe.

**Igihe ufite ikibazo cy'ubuzima kihutirwa, hamagara 911. Ubamenyeshe ibimenyetso ugaragaza kandi ubabwire ko wari mu kato kubera COVID-19.**

**Igihe ugaragaza ibimenyetso bya COVID-19 ugomba kuguma mu rugo kugeza:**

- Nibura hashize iminsi 10 nyuma yuko ikimenyetso cya mbere kigaragariye

**KANDI**

- Nibura hashize amasaha 24 (umunsi 1) nyuma yuko umaze gukira (gukira umuriro utifashishije imiti igabanya umuriro **kandi** utangiye gukira ibimenyet i)



**Igihe utagaragaza ibimenyetso bya COVID-19 (ariko warapimwe ugasanga waranduye COVID-19) ugomba kuguma mu rugo kugeza:**

- Nibura hashize iminsi 10 nyuma yuko upimwe ku nshuro ya mbere ugasanga waranduye COVID-19, kugeza utakigaragaza ibimenyetso guhera nyuma yuko upimwe ugasanga waranduye.

**Kwigenzura:** Kuguma uhana amakuru n'ikigo gishizwe ubuzima ni ngobwa mu gihe uri mu kato. Umwe mu bakozi bo mu kigo gishinzwe ubuzima azajya aguhamagara buri munsi kugira ngo amenye uko umerewe kandi no kumenyako ubufasha ukeneye bugufasha kuguma mu kato wabuhawe. Igihe umukozi wo mu kigo gishinzwe ubuzima atabashije kukuvugisha, uburyo bwo kwisuzuma ko umeze neza uri mu rugo bugomba gukorwa. Igihe cyo kuguma mu kato kirangiye, uzakira ibaruwa igaragaza imyitwarire yawe no kurangiza akato. Ibi ni byiza kuko bigufasha mu kumenyeshya umukoresha wawe ko ushobora gusubira mu kazi.

Urasabwa gusuzuma no gukurikiza ibi bikurikira kugira ngo bigufashe kugumana isuku iwawe no kurinda abandi:

- [Kwifashisha agapfukamunwa gakoze mu mwenda mu kugabanya ikwirakwiza rya COVID-19](#)
- [Ni iki wakora mu gihe urwaye](#)
- [Kwiyitaho mu rugo iwawe](#)
- [Kwirinda gukwirakwiza COVID-19 mu ngo](#)
- [Gukurikiza amabwiriza y'isuku no kwica mikorobe](#)