

Uko wakwirinda ubwawe

KORONAVIRUSI 2019 (COVID-19)

Inama k'Ukwirinda



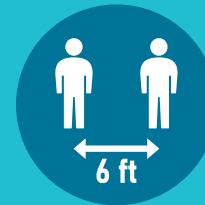
Karaba intoki kenshi ukoresheje isabune n'amazi mu gihe byibuze cy'amasegonda 20



Irinde gukora ku maso yawe'izuru n'umunwa



Ambara agapfukamunwa cyangwa akantu gapfuka isura



Jya kure y'ahantu hari abantu benshi kandi ugumye gusiga intera ya metero n'igice hagati yawe n'abandi



Ipfuke uko ukoroye cyangwa witsamuye hamwe n'agatambaro, hanyuma ukajugunye mu myanda



Sukura kandi wice udukoko twanduza inshuro nyinshi ahantu wakoze



Irinde kwegera cyane abantu barwaye



Guma mu rugo mu gihe urwaye, cyeretse igihe ugiye kwivuza

Menya Ibimenyetso

- Gukorora
- Kubura umwuka cyangwa kunanirwa guhumeka
- Umuriro
- Imbeho
- Kuribwa mu mikaya
- Kubabara mu muhogo
- Gutakaza kumva uburyohe cyangwa impumuro

Ku yandi makuru, sura spectrumhealth.org/covid19