

# Uburyo 10 bwo guhangana n'ibimenyetso by'indwara z'ubuhumekero mu rugo

# NC

KINYARWANDA

**Niba ufite umuriro, ukorora, cyangwa uhumeka nabi, hamagara muganga ukuvura. Ashobora kukubwira uko wakwiyitaho uri mu rugo. Kurikiza izi nama:**

## 1. Guma mu rugo kugeza:

- Umaze iminsi 10 utangiye kubona ibimenyetso **KANDI**
- Umaze amasaha ma kumyabirinane (24) ufite umuriro kandi nta miti igabanya umuriro wafashe **KANDI**
- Ibimenyetso ufite byatangiye koroha.



## 6. Iyo ukorora cyangwa witsamura, **upfuka umunwa wawe** ukoresheje agatambaro maze ukakajugunya.



## 2. Gukurikirana ibimenyetso ufite **witonze**. Iyo ibimenyetso ufite bikaze, uhita uhamagara muganga ukuvura.



## 7. **Karaba intoki** kenshi ukoresheje isabune n'amazi byibuze amasegonda 20.



## 3. Kurughuka no kunywa ibisubika byinshi.



## 8. Uko bishoboka, **irinde kwegera abandi bantu**, guma mu nzu mu kindi cyumba kandi ukorershe ubundi bwihereho. Ambara agapfukamunwa igihe wegereye abandi.



## 4. Mbere yo kujya kwa muganga, muhamagare maze umubwire ko urwaye cyangwa ushobora kuba urwaye COVID-19.



## 9. Irinde gusangira ibikoreho byo mu **rugo**, harimo n'ibiribwa.



## 5. **Ku barembye**, bahamagara 911. Babwire ko urwaye cyangwa ushobora kuba urwaye COVID-19.



## 10. Ahantu ukunda gukora **hagomba guhanagurwa buri munsu**.



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Hamagara 211 cyangwa ujye kuri [nc211.org](http://nc211.org) kugira ngo ubone ibindi wifashisha.

Byanditswe hagendewe ku gatabo k'ikigo gishinzwe kugenzura no gukumira indwara cyo muri Leta Zunze Ubumwe z'Amerika (CDC) kitwa "10 ways to manage respiratory symptoms at home"



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