

Uburyo 10 bwo gucunga ibimenyetso byo mu myanya y'ubuhumekero uri mu rugo

Niba ugize umuriro, inkorora, cyangwa ugorwa no guhumeka, hamagara muganga wawe.
Ashobora kukubwira uko witwara uri mu rugo. Ubahiriza izi nama:

1. Guma murugo byibuze:

- Kugeza nyuma y'iminsi 10 uhereye igihe ibimenyetso byagaragariye KANDI
- Nta muriro wagize mugihe camasaha 24 udafata imiti y'umuriro N'IGIHE
- Ibimenyetso byagabanutse



6. Mu gihe ukorora cyangwa witsamura, shyira ku munwa wawe agatambaro maze ukajugunye.



2. Gukurikirana ibimenyetso witonze.

Mu gihe ibimenyetso bikabije, usabwe guhita uhamagara muganga wawe.



7. Karaba intoki zawe kenshi ukoreshheje amazi meza n'isabune nibura mu gihe kingana n'amasegonda 20.



3. Gufata umwanya wo kuruhuka kandi ugfata ibyo kunywa byinshi.



8. Kora uko ushoboye ugume kure y'abantu, ube mu cyumba cyawe wenyine kandi ukoresho ubwogero bwhihariye. Ambara agapfukamunwa igihe uri hafi y'abandi.



4. Mbere yo kujya kwa muganga, banza umuhamagare umubwire ko urwaye cyangwa ukekako urwaye COVID-19.



9. Irinde gukoresha ibikoresho bimwe n'abo mubana, harimo no kwirinda gusangira ibyo kurya.



5. Mu gihe byihutirwa, hamagara 911. Babwire ko urwaye cyangwa ukekako urwaye COVID-19.



10. Ahantu ukora kenshi hagomba gukorerwa isuku buri munsi.



NC Department of Health and Human Services (Ishami ritanga serivisi z'ubuzima no kwita ku bantu mu majyaruguru ya Karolina) – www.ncdhhs.gov/covid19

Ukeneye andi makuru, hamagara 211 cyangwa usure urubuga nc211.org.

