

Amabwiriza yagufasha kwirinda Covid19 mugihe uri murugo

Ibintu icumi ushobora gukora kugirango ubashe kwiyitaho mugihe wanduye COVID-19 cyangwa ufite ibyago byinshi byo kuyandura:

1. Guma murugo ureke kujya ku kazi, ku ishuri, ndetse wijya ahantu hose ushobora guhura n'abantu benshi. Niba ari ngo mbwa ko ujya hanze, wikoresha uburyo ubwo aribwo bwose bwo gutwara abantu rusange (public transportation) nko kugenda muri benshi mumodoka imwe, cyangwa taxis.
2. Genzura ibimenyetso byayo neza. Niba ukomeje kumererwa nabi, hamagara umuganga wawe vuba na bwangu.
3. Ruhuka neza, Nywa amazi kandi ukoreshe Tylenol kugirango ugabanye umuriro.
4. Ipfuke agatambaro igihe ukorora, witsamura cyangwa upfuna.
5. Karaba intoke zawe kenshi ukoresheje isabune n'amazi byibuze amasegonda 20 kuzamura cyangwa wihanaguze amazi yabugenewe yitwa alcohol-based hand sanitizer afite 60% ya Alkoli.
6. Kora uko ushoboye kose, Guma mu cyumba kimwe kizwi kandi kitegereye ahantu hahurira abantu benshi aho mu nzu. Nanone kandi, ugomba gukoresha ubwiherero bwawe wenyine, niba Buhari. Niba wifuza kuba ahari abanda munzu cyangwa hanze ambara agapfukamunwa.
7. Irinde guhanahana ibintu byawe bwite n'abantu mubana munzu, nko gukoresha isume imwe, amasahani, n'uburiri.
8. Hnagura ahantu mukunda gukorakora kenshi, nko kurugi mufungura cyangwa mukinga, amadirishya, akabati, ameza n'ahandi. Koresha umuti wo gupompa mu nzu cyangwa uhanagure ugendeye ku mabwiriza ari ku muti. .
9. Subika randevu zose zo kwa muganga zitari ngomwa. Niba ufite gahunda iri ngombwa cyane kuburyo utayisubika hamagara muganga wawe umubwire ko wanduye cyangwa ushobora kuba waranduye COVID-19.
10. Kubundi bufasha bwihutirwa wahamagara 911 kandi umenyeshye abakozi bo kwa muganga ko ufite cyangwa ushobora kuba ufite COVID-19.

***Niba warasuzumwe COVID-19 hanyuma ukaba ugitegereje igisubizo, komeza wiheze kandi utegereze amabwiriza ya muganga wawe.**

Kubindi bibazo bijyanye n'ubuzima bwawe wahamagara muganga wawe.

Kentucky COVID-19 Hotline 1-800-722-5725

Kubindi bisobanuro: kycovid19.ky.gov | www.louisvilleky.gov/covid19

**Komeza uhabwe
amakuru yizewe
kandi agezweho
kuri Korona Virusi.
Kuva kuri CDC
na WHO**

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