

Kumenya ibiranga icyorezo cya 2019 (COVID-19) no guhagarika gukwirakwiza ibihuha.

## UKURI KWA

# 1

**Indwara zishobora kwanduza buri wese hatitawe ku**

Abakomoka muri Aziya, harimo Abashinwa b'Abanyamerika, sibo bandura icyorezo cya COVID-19 kurusha abandi banyamerika. Anga ubufasha bwo guhagarika ubwoba bw'abantu ubamenyesha ko abakomoka muri Aziya badafite ibyago byinshi byo kwandura no gukwirakwiza COVID-19.

## UKURI KWA

# 2

**Abantu bamwe bafite ibyago byinshi byo kwandura COVID-19.**

Abantu bigeze kwegerana n'umuntu wanduye COVID-19 cyangwa abantu baba cyangwa bageze ahantu hageze ubwandu kandi ibyago byo kwandura bikaba ari byinshi.

## UKURI KWA

# 3

**Umuntu wavanywe mu muhezo cyangwa yaravanywe mu muhezo ntiyakwanduza abandi bantu.**

Ku makuru agezweho, sura uurubuga rwa CDC ku makuru ya coronavirus disease 2019 web page.

## UKURI KWA

# 4

**Ushobora gufasha guhagarika COVID-19 mu kumenya ibimenyetso byand symptoms:**

- Umuriro
  - Inkorora
  - Kubura umwuka
- Saba inama za muganga nugaragaza
- Ibimenyetso ibiranga NA
  - Warahuye n'umuntu urwaye COVID-19 cyangwa niba utuye ahantu cyangwa waragiye ahantu hari ubwandu bwa COVID-19 bukomeje.

## UKURI KWA

# 5

**Hari ibintu byoroheje wakora ukirinda ukanarinda abandi.**

- Sukura ibiganza byawe kenshi ukoresheje isabune n'amazi byibuze mu masegonda 20, 20, cyane cyane umaze kwitsamura, gukorora cyangwa kwitsamura; kujya mu bwihereho; ana mbere yo yo kurya cyangwa gutegura ibyo kurya.
- Kwirinda gukoresha ibiganza bidasukuye ku maso yawe, izuru, n'umunwa.
- Kuguma mu rugo igihe urwaye.
- Kwitsamura upfutse ku zuru cyangwa koreshehe igitambaro, ukagishyira aho

