

## Kuba Umurongozi Mubihe Vya Koronavirisi

Musabwe kuraba ibishikirijwe muri bimwe mu vyiyumviro bishobora kubafasha, nk'abayobozi, kubandanya mukwiragiza inkuru nyazo mu ntumbero yo kwikingira no kumererwa neza aho mubaye. Muri inkongi zumuryango munini muserukira n'ivyitegererezo abandi barabirako akarorero, gerageza rero mukurikize bino **vya bgebderwako kandi mubishire mungiro** mubihe muriko mukorera aho murongoye.

- **Raba bino bimenyetso:** Ubushuhe, inkorora, kubura impweemu, kumeneka umutwe, kugira uburuhe, kubabara mumitsi. **Guma i muhira** muje ahihereye iminsi ishika 14 mugihe ivyo bimenyetso bibonetse. Mwumva ikibabakiye, hamagara umuntu araba ivyamagara yabantu bishobotse.
- **Karaba amaboko** neza kandi kenshi bishoboka mukoresheje amazi nisabuni, mubikore amasegonda 40-60 (raba isanamu).
- Korora canke wasamuye ukoresha inkokora mukwifuka.
- Bibaye ngombwa ko musohoka, fuka n'agatambara amazuru n'umunwa, mwongere mugume musiga ca kibanza c'imetero 2 hagati yanyu n'abandi.
- Gerageza kutikora mumaso.
- **Siga ikibanza cimetero 2** hagati yanyu n'umuntu mutabana munzu. Irinde ahari imigwi y'abantu. Murashobora kuyaga kandi musiga ico kibanzac'imetero 2 hagati yanyu. Koresha telephone uko mubishoboye (whatsapp, SMS, nibindi). Ntimukore kuwundi muntu mugihe muriko murayaga.
- Bishobotse, **hanagura** ibibanza vyakozweko n'abantu ndetse n'ibikoresho bindi mukoresheje amazi n'isabuni.

**Ingingo Zo Kiwikingira Mukibano:** Menya ibihanugwa mu gutegura abo muserukira kubijanye nikiza ca Koronavirisi (COVID-19). **Harageze ko tugira ico dukoze.** Saba abo muserukira:

- **Kuguma mungo:** Ibigo mubayemwo vyagenewe uwo wese abiruhukiramwo. Birakenewe ko mwebwe n'uwundi wese abibamwo mutegerana mu gihe mutarara mu nzu imwe naho mwoba musangiye umuryango canke muri abagenzi. Musabwe gusiga ikibanza c'imetero 2 nimiburiburi hagati yanyu n'umuntu wese mutabana munzu imwe, Hagize ichutirwa co gukora, barari umuntu umwe akuze wo muri ico kigo kugikora. Uwo muntu asabwa **kwambara agatambara gapfuka izuru n'umunwa. Ibuka gusiga ca kibanza c'imetero 2** kibatandukanya n'abandi hama mukarabe kenshi gashoboka. Abantu bose bakwiye kuguma munzu kenshi gashobotse. **Mwibuke kandi ko ibi bikurikira bihambaye cane kubera bikingira abanyu, bikanafasha kudakwiragiza ico kiza murabo ba magaramake bo mukibano.**
- **Kingira abamagara make:** Koronavirisi ishobora gukarira abantu begereye za bukuru. Birakenewe cane kuraba neza ukwo mwifata iyo mugire mwegere abantu bashitse muza bukuru. Ivyo bisigura kudasangira ivyo kurya, amasahani, ibikombe n'ibindi bikoresho. Vyongeye, musige ca kibanza cimetero 2 kibatandukanya nabandi.
- **Hitamwo abarongozi:** Shiraho umuntu umwe munzu yose ashobora kuraba neza ko abo mwiyo nzu arimwo bariko barashira mungiro ibi vyangenderwako. Bahe rwa rupapuro rw'irekeye Koronavirisi n'ingingo zo kwikingira. Kurikirana abo barongozi b'ibigo.
- Mugume mwizeye ivyiza mwongere mufashe uko mushoboye. iACT irabashimiye k'ukwitanga kwanyu m'ugukingira ikibano canyu. Murabatware bahambaye. Gira amahoro n'amagara meza bagenzi.

