

## Ikiza ca Koronavirisi (COVID-19) Twikingire mukuguma i muhira.

### Kuyagira abana ibijanye nikiza ca Koronavirisi-Ukuntu umuryango wogumana amagara meza:

- Sigura mu majambo yoroshe ko Koronavirisi itera ingwara nshasha ishobora gusinzikaza abantu mukibano.
- Ibutsa abana gukaraba intoke ubudasiba kandi mubereke uko bobigenza (raba kwisanamu). Mushobora kwigisha abana kuririmba indirimbo imara hagati y'amasegonde 40-60, kugire bakarabe umwanya ukwiriye.
- Ibutsa abana kuba kure yabo batabana murugo, basige ikibanza hagati yabo c'imetero 2. Erekanako uko imetero 2 zishakira kungana - Zigereranywe n'uburebure bw'umuntu akuze.
- Kwibutsa abana kutikora mumaso.
- Kwibutsa abana gukororera canke kwasamurira mu nkokora.
- Kubaza abana uko bamereye, muvuyumviro no mumubiri, mubibutsa ko mukora ibishoboka vyose kugire bagume bakingiwe.

Muminsi iza, birakenewe kuzogira ibishoboka kugira mwebwe n'abo mubana munzu mutokwegerana g n'umuntu wutabana, nigihe yoba uwo m'umuryango canke umugenzi. Ikibanza c'imetero 2 nico gikwiye kubatandukanya n'umuntu wese atarwemo murugo rwanyu, bisigura ko abana n'abakuzwe bagiyeye kumarana umwanya munini hamwe gusumba uko vyahora. Amashuri n'ibindi bikorwa bizohagarikwa. Kugire mugume muruko kwikingira muri no m'umunezero, gerageza gutegura ibikorwa vya minsi yose. Ikaba irimwo

- **Gutangura no gusozera umunsi** n'igikorwa cama ari kimwe, nk'indirimbo canke igikorwa gisaba kwiyumvira.
- **Kuririmba:** Kuririmba indirimbo ziryohere abana n'abakuzwe. Kwongerako intambo canke umudiho kuriyo ndirimbo.
- **Guca imigani:** Abantu batandukanye m'urugo bashobora kuyagira umugani abandi. Saba abana gutera inkuru canke guca umugani, yaba ariyo canke iyo biyumviriye.
- **Kwiga:** Saba abana kubigisha ico boba barize kw'ishuri. Saba abana bakiri bato gufasha guharura nokuvuga amazina yibikoresho biri munzu. babaze amabara y'ibintu. Vuga, vuga wongere ubavugishe. Abana bigira kuvyo bumva, bakigira no ku biyago bamye baragira.
- **Kina:** Bamenyereze gutwenge no kuryohere mu kibanza co muhira.
- Imenyereze ibi **bikorwa** biryoshe birimwo **kwiyumvira:**

### Tuza/ Iruhutse

1. Icara wisanzuye ugororotse canke ugaramye
2. Humiriza wongere ushire amaboko kunda.
3. Injiza impwemu wongera uzisohora buke buke, ushire umutima kukuduza ibiganza wongera ubimanura nkuko inda iduga yongera imanuka. Bikore incuro 5 zindi, ushize umutima kukuduza ibiganza wongera ubimanura nkuko inda iduga yongera imanuka.
4. Ubu, hema bisanzwe incuro 3.
5. Wumva umereye gute? Nigiki uciye wiyumvira?

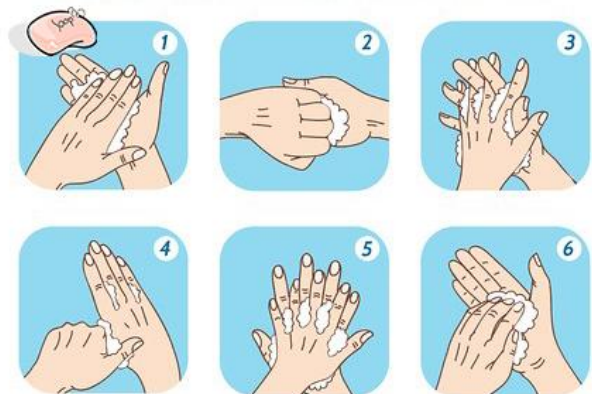
2. Duza amaboko mukirere hanyuma koresha amaboko canke intoke mukwerekana amama y'imvura ariko aragwa, buke buke, gushika hasi, gushika ukorakore kumaguru canke hasi.
3. Imenyereze murico gikorwa utandukanya uko twumva imvura nke yutunyanzazi igwa n' imvura nyinshi y'isegenya.
4. Ongereza umurindi w'imvura hanyuma m'uwugabanye, mubikorera hamwe m'umugwi, gushika kukavura gake kavuga ngo "je je je", mukomeze gushika gaheze.
5. Icara utekereje wumve uko uca umererwa.

### Uko niyumva m'umubiri, uko numva m'umutwe

1. Icara hamwe umuryango wose. Mushobora kwicara k'umuzingi.
2. Barira umwe umwe m'umuryango avuge ikintu kimwe ariko ariyumvira mumutwe, nico ariko arumva kumubiri. Akarorero, "umubiri wanje numva uruhutse, ivyiyumviro vyanje birahimbawe".
3. Kundira uwundi wese muruwo muzingi kuvuga ico yiyumvira nuko umubiri wiwe yumva umeze.
4. Hagarika mufate akanya ko kwiruhutse mubikorera hamwe.

### Kugwisha imvura.

1. Icara wisanzuye kandi ugororotse.



**Imuhira hakingiwe kandi haryoshe, abana bazokwiga kandi banezerwe.**