

Igihe Umugera wa Korona ushitse aho Ubaye

Mu gihe Umugera wa Korona ushitse aho Ubaye, ushobora guteza ingorane zikomeye. Umugera wa Korona ukwiragira vyihuta kandi mw'ibanga. Bifata hagati y'umusi 1 na 14 kugira ngo umuntu yanduye Umugera wa Korona yerekane ibimenyetso vy'ubwandu (agakorora katagira ibikororwa, inyonko, uguhema nabi, ukumeneka umutwe, uburuhe, n'ukuribwa mu mitsi). Muri kino gihe, uwo muntu yamaze kwandura, arashobora gukwirakwiza uwo mugera ku bandi bantu no ku bintu nk'impapuro, ibiti vyumye, ibintu vy'amashashara, ibingorongoro, ivyuma n'ibindi.

Nihaba hari Umuntu arwaye iwanyu:

Abantu bahanurwa kuguma mu mazu iwabo aho hose bishoboka. Hategekanywe umuntu umwe canke babiri bo kwama begeranya inkwi, amazi, imfungurwa, hamwe n'ibindi bikoresho nkenerwa. Abo bakwiye kuba atari abantu bashaje canke bibungenze. Abo bantu bakwiye kuguma muhira.

- Mu gihe hari umuntu waho tubaye yerekanye ibimenyetso, mugerageze kumushira kure y'abandi bantu imuhira ukwo bishoboka kwose. Abarwayi n'abakomeye mu muryango ntibakwiye kwigera basangira ibitanda, ivyombo, amasahani, ibirengeti canke ibindi bikoresho. Umugera wa Korona urandukira cane.
- Umurwayi ntakwiye kuva muhira na rimwe atagiye kwa muganga.
- Igihe cose bishoboka, abagize umuryango bese bakwiye kwambara udupfukamunwa, impuzu, canke isikafu ku munwa no ku zuru. Abagize umuryango bese bakwiye gukororera no kwasamurira mu nkokora.
- Umwe wese mu muryango akwiye gukaraba intoki akanasukura kandi ibikoresho bikoreshwa kenshi.
- Umwe wese mu muryango akwiye kwirinda kwikora mu maso, ku zuru, ku munwa, hamwe no mu maso.
- Mu gihe hariho imipira yambarwa ku maboko (gants), abatarwaye mu muryango bakwiye kuyambara mu gihe bariko barafasha abarwayi kandi bagaca bayikura ubwo nyene bahejeje kubafasha. Witwararike kutikora mu maso canke ikindi kintu igihe wambaye iyo mipira yo ku maboko (gants).

Urashobora kuva muhira mu gihe ibi bintu bimaze gushika:

1. Uramaze amasaha 72 utagize ubushuhe (iyo ni iminsi itatu ikwiye udakoresheje imiti igabanya ubushuhe) KANDI
2. Ibindi bimenyetso vyakomeye kurusha(nk'akarorero, gukorora no guhema nabi nabi vyarakomeye gusumba) KANDI
3. Hoba haheze n'imiburiburi iminsi indwi kuva aho utanguriye kubona ibimenyetso vya mbere.

Mu gihe utari lwanyu

Ku bagize Umuryango kanaka baza baraja hanze bagaruka, mukwiye gukurikiza izi ngingo:

- **Mwitwararike kuba ku metero 2 hagati y'umuntu n'uwundi.** Ahari amazi canke mu mironko aho mwakirira imfungurwa, ugume ku metero 2 uvuye ku bandi bantu barindiriye nabo nyene.
- Pfuka umunwa wawe n'izuru ukoreshaje agapfukamunwa, impuzu, canke isikafu. **Ariko ivyo ntibisubirira kuba ku metero 2 uvuye ku bandi bantu. Mukwiye kuguma mwubahiriza kuba kure na kure muri iki gihe.**
- Ukororere canke wasamurire mu nkokora.
- Hora mukoresha indamukanyo y'amahoro buri gihe mu kuramukanya mu cimbo co guhana ibiganza, gusomana, no kurwana mu nda.
- Mu gihe wibonyeko na kimwe mu bimenyetso. **Guma muhira.**
- **Ni uhite ukaraba mu ntoki igihe ugarutse muhira imbere y'ukwo ugira uwo canke ico ukoze muhira** Niwaba hari ikintu ico arico cose uvanye hanze uzanye muhira gishobora kwozwa canke guhanagurwa, gerageza ubikore ukwo.
- **Niwitabire imigirwa ya buri muni y'aho ubaye kugira ngo werekane ubumwe.** Mu bibanza bimwe bimwe mu gihe kanaka ku muni, abantu bama baririmba ubutumwa bw'ubumwe bavyina canke bavuzza ibicurarangisho. Ibi birerekana ko duha agaciro ikibano n'aho twoba tutegeranye.

Ukwo imetero 2 ziba ziboneka:

- Uburebure muri rusangi bw'indogoba ikuze buri hagati y'imetero 1 n'igice n'imetero 2.
- Rambura amaboko kure y'umubiri wawe. Ni uce umuzingi hasi ufatiye aho ukuboko kwawe kugera ukurambuye. Niwiyumvire uburebure bukuyeye incuro zitatu ukuboko kwawe. Izo ziba ari nk'imetero 2.

