



IBYO UKWIRIYE GUKORA AGAKOKO KA KORONA (COVID-19)

IBYO UKWIRIYE GUKORA NO KUDAKORA KU NDWARA YAGAKOOKO KA KORONA [COVID-19]

INKOMOOKO YA GAKOOKO KA KORONA

iki cyorezo cyagakooko (covid_19) yamamajwe na reta ya chaina kuri 31st mu kwezi kwa cumi nabiri 2019.

Iki cyorezo kimaze gukwira kwisi hose.

Hari amahirwe menshi ko na Uganda iterwa naka gakooko. Ni byiza ko abaturage bose baba maaso kandi bagashira mubi korwa uburyo bwo kwirinda gufatwa nagakooko ka korona (covid-19)

Igitongore gishinzwe ubuzima cyashizeho amabwiriza yibyo abaturage bafite gukurikiza kugira ngo badafatwa nagakooko. Dore ibyo ukwiriye gukora no kudakora.

INDWARA ITERWA NAGAKOOKO KA KORONA NIKI?

Korona (COVID -19) ni indwaala yandura vuba. Iva kumuntu igafata undi inyuze mugikorwa nudutarukira twibimwira, nogufata ahantu handuye.

IBIMENYETSO BYA KORONA (COVID-19)

- Umuliro mwinchi
- Inkorora
- Kubabara mumihogo
- Kunanirwa guhumeka
- Senyiga, intege nke mumubiri no gupfuna kenshi.

NI IKI UGOMBA GUKORA NGO WIRINDE

1. Guhora ukaraba intoke ukoreshye amazi nisabune.

2. Pfuka umunwa namazuru ukoreshaje udupapuro twabigenewe, agatambaro mugihe ukorora cyangwa upfuna yewe no kwiyatsamura. Karabisha isabune namazi. Agatambaro kameheshe isabune ukagorore. Muri ubu buryo uzarinda abandi kwandura agakoko .
3. Wirinde kwegerana n'umuntu urigupfuniza akana korora. (nibura haceho umwanya ungana nindwara ya metero ebyiri hagati yanyu)
4. Irinde kwifata mumaso, kumazuru numunwa. Akenshi ibiganza bifata ahantu handuye ushobora kwiyanduza agakooko.
5. Nuramuka ugize umuriro urenze, inkorora no kunanirwa guhumeeka, Ihutire kujya kurwariro. Niba bishoboka hamagara umusaho umumenyeshe uko ufashwe. Ubahiriza amabwiriza muganga wawe aguha.
6. Abagaragara ho senyiga no gukorora , barasabwa gukoresha udukoresho dupfuka amazuru nimirwa. Kandi barasabwa kuguma murugo bakaguma munzu ifite ubuhumekero bwiza.
7. Niba urwajije cyangwa urikureberera umurwayi ufite ibimenyetso nko**gukorora, umutwe numunaniro mwinchi, Urasabwa kwambara udutambaro dupfuka amazuru nimirwa kugirango utandura.
8. Sukura ahantu abantu bakunze gufatafata nko kuminyururu yinzugi, iyimodoka, za lifuti amapesi nahandi. Koresha isabune namazi nimiti yica udukoko dutera indwara.
9. Abagenzi bese baturuka mu bihugu byamaze gufatwa naga kooko ka korona, Barasabwa kubahiriza amabwiriza atangwa nabashinzwe ibyubuzima ku kibuga cy, indege no ku mipaka.

IBYO USABWA KUDAKORA

1. **IRINDE KURAMUKANYA no GUHOBERANA**
2. Irinde kwegerana numuntu wese ugaragara ho ibimenyetso bya senyiga (gukorora, umuriro, numutwe)
3. Nufatwa nibicurane , wirinde kujya mu myanya ihurirwamo nabantu benshi. Ugume murugo wirinde kwanduza abandi.
4. Ntukwiye kwambara udutambaro dupfuka amazuru numunwa niba udafite ibimenyetso bya senyiga.
5. Reka gupfa kumira imiti
6. Reka guciira aho ubonye hose. Shaka aho guciira nko mucoroni
7. Ba uretse kujya mu bihugu byagaragayemo abarwayi benshi bafashwe nagakooko ka korona. Nibiba ngombwa ko ujayo, kurikiza amabwiriza yo kwirinda avuzwe haruguru
8. Reka gukora ingendo niba ufite ibimenyetso bya senyiga

Abaturage mwese murasabwa gutanga amakuru no kuripotinga umuntu, numwanya indwara yagaragayemo. Ihutire kumenyesha idwariro rikuri hafi nangwa uhamagare ku simu zitishuzwa Kuri

0800203033 na 0800100066 USHOBORA GUHAMAGARA NABA ;

Mr ATEK KAGIRITA 0782909153, Dr ALLAN MURUTA 0772 460297