

IBINTU 10 WAKORA KUGIRA NGO UHANGANE N'IBIMENYETSO BYA COVID-19 MU RUGO | COVID-19 |

Igihe ushobora kuba urwaye cyangwa byaremejwe ko urwaye COVID-19

1. **Guma mu rugo** uretse igihe ugiye gushaka serivisi z'ubuvuzi.



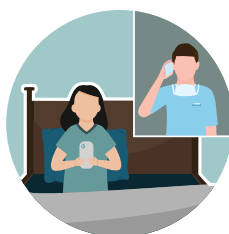
2. **Hangana n'ibimenyetso byawe** mu bushishozi. Niba ibimenyetso byawe birushijeho kuba bibi, ihutire guhamagara muganga wawe.



3. **Ruhuka kandi unywe amazi menshi.**



4. Niba ufite randevu yo kwa muganga, **banza uhamagare muganga** umubwireko urwaye cyangwa ushobora kuba ufite COVID-19.



5. Mu gihe ukeneye ubufasha bwihutirwa bwerekeye serivisi z'ubuvuzi, hamagara 911 **maze umenyesheshe umukozi wo muri serivisi zihutirwa ko ushobora kuba urwaye cyangwa ufite COVID-19.**



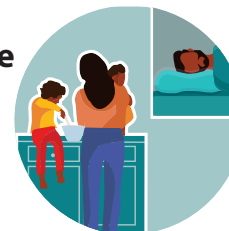
6. **Ifashishe agatambaro upfuke umunwa n'izuru** cyangwa wifashishe mu mpine y'ukuboko.



7. **Karaba intoki zawe kenshi ukoresheje** isabune n'amazi meza nibura mu gihe kingana n'amasegonda 20, cyangwa ukoreshe imiti yagenewe gusukura intoki igizwe nibura na 60% bya arukoro.



8. Buri uko bishoboka, **guma** mu cyumba cyawe wenyine no **kure y'abandi bantu** mubana mu rugo. Ukwiye ndetse no kugira ubwihereho bwawe ukoresha wenyine, mu gihe bishoboka. Niba bibaye ngombwa ko waba uri hamwe n'abandi bantu mu rugo cyangwa hanze yo mu rugo, ambara agapfukamunwa.



9. **Iringe gutuma abandi bakoreha** ibikoresho byawe bwite mu rugo, nk'ibyo gufatiraho amafunguro, amasume n'ibiryamirwa.



10. **Sukura ahantu hose** hakunda gukorwaho, nko kuri za kontwari, ku meza, no ku mapata y'inzugi. Koresha imiti yabugenewe iterwa mu rugo cyangwa uhanagure ibikoresho ukurikije amabwiriza.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)