



IBYO ABAFITE UBUMUGA BAKORA NGO BIRINDE INDWARA YA KORONAVIRUSI (COVID-19)

*Aka gatabo kagenewe abafite ubumuga bwo
mu mutwe mu kwirinda icyorezo cy'indwara
ya Koronavirusi (COVID-19)*



*Indwara
ya Koronavirusi
ni iki?*

*Muraho?
Ese mwatangiye
gahunda yo
kwirinda indwara ya
Koronavirusi*

?

*Indwara
ya Koronavirusi
yandura ku buryo
bwihue kandi kugeza
ubu ntirabonerwa
umuti*



*Indwara
ya Koronavirusi
yandura ite?*

*Indwara ya
Koronavirusi
yandura binyuze
mu matembabuzi
aturuka mu guhumeka,
gukorora, kwitsamura
cyangwa mu guhana
ibiganza n'umuntu
wayanduye*



*Wakwandura
kandi ukoze ahantu
cyangwa ku bintu byakozweho
n'umuntu urwaye
Koronavirusi*



*Ibimenyetso
biranga indwara
ya Koronavirusi
ni ibihe?*

*Guhinda
umuriro*

*Kubabara
mu muhogo*

Gukorora



*Umunaniro
ukabije*

*Kugira
ibicurane*



*Guhumeka
bigoranye*



*Kugira
umusonga*

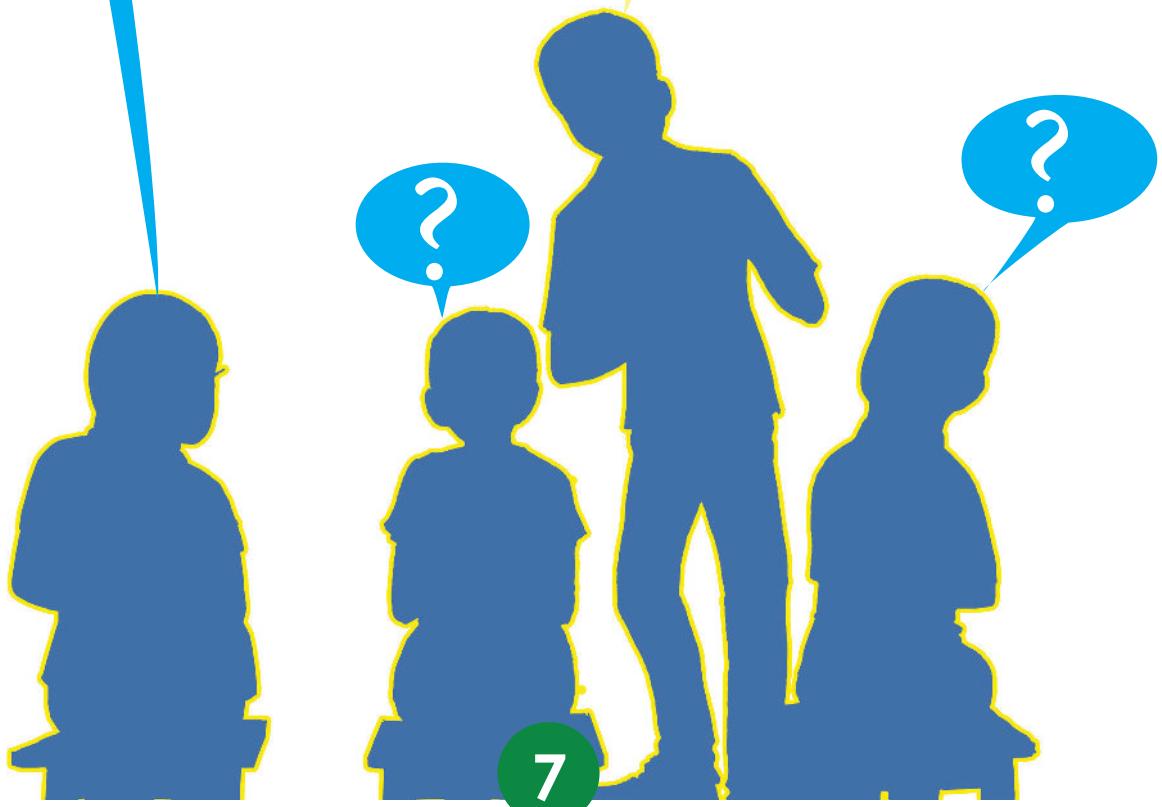


*Ubonye mugenzi wawe cyangwa se
wowe ubwawe wumvise ufite kimwe
muri ibi bimenyetso; ihutire kubime-
nyesha umubyeyi, umwarimu cyangwa
undi ukwitaho kugirango ahamagare
umurongo wa telefoni utishyurwa
114 cyangwa yohereze ubutumwa
kuri whatsapp 0788202080 uhabwe
ubufasha*

*Indwara
ya Koronavirusi
nayirinda nte?*



*Gukaraba intoki n'amazi
meza n'isabune. Ni byiza
gufata umwanya uhagije
igihe ukaraba intoki.*



**Karaba
intoki buri
gihe cyose:**

*Uvuye mu
bwiherero*

*Ugiye
gutunganya
amafunguro*



*Igihe cyose
ugeze mu rugo*



*Ugiye
kurya*

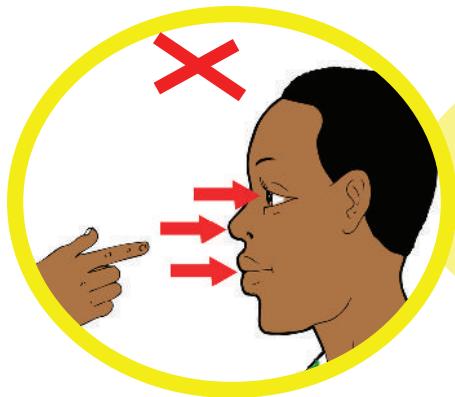


*Niba ukoresha
inyunganirangingo
(akagare, imbago, inkoni
y'umweru, ...) nayo ibuka
kuyisukura kugirango
imyanda iriho itakwanduza.
Niba ukenera ugufasha
mwibutse ko agomba
kubanza gukaraba*



*Irinde kuramukanya
ukoressheje ibiganza
cyangwa guhoberana
Peperana gusa*





Irinde kwikora ku munwa ku zuru no mu maso utakarabye intoki utiyanduza



Igihe ukoze ku muntu cyangwa ku bintu, igihe ugeze mu rugo, ni igihe uvuye mu bwiherero ni ngombwa gukaraba intoki n'amazi meza n'isabune kugira ngo utikora mu maso, ku munwa cyangwa mu mazuru ukaba wakwandura.



*Irinde kujya
ahantu hari abantu
benshi kuko ushobora
kuhandurira*



*Niba ugiye
kwitsamura
cyangwa
gukorora*



*Niba ushatse
gukorora cyangwa
kwitsamura, bikorere
mu ihiniro ry'inkokora.
Ni bibi: Gukororera
cyangwa kwitsamurira
mu biganza*



*Kwambara
agapfukamunwa*



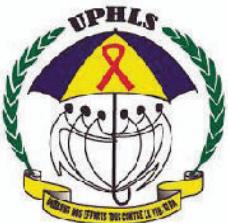
*Ambara agapfukamunwa
igihe cyose uvuye mu rugo
n'igihe usohotse mu nzu iri
mu gipangu kirimo imiryango
myinshi*



Niba uketse ko wanduye Koronavirusi

*Ambara
agapfukamunwa.
Menyesha umuntu mubana
cyangwa uwo muri kumwe.
Irinde guhura n'abantu.
Guma mu rugo utegereze ko
ababishinzwe baguha
ubufasha*





**Umbrella of Organizations of Persons with Disabilities
in the fight against HIV/AIDS and For Health promotion
(UPHLS)**

P.O BOX 1493 KIGALI
Tel +250 788344552 / 3
Email: infos@uphls.org
Website: www.uphls.org



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