



# Gira umuco wo gukaraba intoki buri gihe, wirinde Koronavirusi (Covid-19) n'izindi ndwara ziterwa n'umwanda

## Ni ibihe bihe by'ingenzi byo gukaraba intoki?

Igihe cyose ugeze mu rugo, mbere yo kugira ikindi kintu ukora

Igihe cyose wakoze ku muntu, ku bintu cyangwa ahantu

Mbere yo gutegura amafunguro

Mbere na nyuma yo gufata amafunguro

Mbere yo konsa umwana

Igihe cyose uvuye mu bwihereho cyangwa umaze gutunganya umwana witumye



### Ikitonderwa:

- Igihe ukaraba intoki, zirikana gusukura imbago zawe, inkoni cyangwa indi nyunganirangingo wifashisha
- Niba mu mibereho yawe ukenera ugufasha, saba umuntu ugiye kugufasha kubanza gukaraba intoki n'amazi meza n'isabune nawe kandi ukarabe mbere na nyuma yo gufashwa nawe