

**Iburira ryo mu cy'iciro cya 4 – ibyo ugomba gukora ngo wirinde kandi utekane**

1. Guma mu rugo hamwe n'abo mubana



2. Abana bigira mu rugo; abakozi bakorera mu rugo(usibye abakozi b'ingenzi)



3. Siga metero 2 hagati yawe n'undi niba ugiye ahantu h'ingenzi, urugero nko kujya guhaha cyangwa ugiye kuri farimasi



4. Ambara agapfukamunwa/masike niba uvuye mu rugo-ibi ugomba kubikora ku cy'iciro cy'urwego rwa 4



5. -Ipimishe niba ufite kimwe mu bimenyetso by'icyorezo COVID-19. Bishobora kuba :

- inkorora, umuliro mwinshi (byibura 38°C)
- guhumeka nabi, kubabara m'umuhogo
- kwitsamura no kugira ibicurane
- kudahumilirwa



Niba ufite ibi bimenyetso hamagara 0800 358 5453 cyangwa muganga wawe bakugire inama.

6. Koresha iki kirango QR kigufasha kwibuka aho wagiye



7-Ibiterane byose birabujijwe



8. Karaba intoki zawe kenshi



Kororera cyangwa witsumulire hagati y'ukuboko( mu nkokora)



9.Ushobora kugendagenda kenshi hafi yaho utuye\_