



Kugera kuri serivisi z'ubuzima mugihe cy'iburirwa ry'urwego rwa gatatu(3) n'urwa kane(4)

Accessing Health Services During Alert Level 3 & 4 (Kinyarwanda)

: Kwita k'ubuzima- Ni iki nakora?

Kwita k'ubuzima- Ni iki ukora mu gihe uburiwe urwego rwa kane(4)?
<p>1. Wumva umerewe neza?</p> <ul style="list-style-type: none"> • Guma mu rugo • Kurikiza amabwiriza ajyanye n'iburirwa ry'urwego rwa kane (4)
<p>2. Urumva utameze neza? Ukeneye kwipimisha cyangwa kwitabwaho?</p> <p>Ibimenyetso bya COVID-19 bisa n'izindi ndwara nyinshi (nk' ibicurane) kandi bidasobanuye ko ufite COVID-19. Ibimenyetso bishobora kubamo:</p> <ul style="list-style-type: none"> ✓ Inkorora ✓ Kubabara mu muhogo ✓ kugira ibicurane ✓ Gutakaza impumuro ✓ kugira Umuriro ✓ Guhumeka bigoranye. (Iki gishobora kuba ikimenyetso cy'ibihaha kandi ugomba kwihutira gushaka ubuvuzi) <p>Niba ufite bimwe muri ibi bimenyetso?</p> <ul style="list-style-type: none"> ✓ Hamagara umuganga w'umuryango wawe (GP) cyangwa utanga serivise y'ubuzima, CYANGWA ✓ Hamagara umurongo w'ubuzima, 0800 358 5453 kugirango ubone inama z'ubuzima. <p>Ushingiye ku bimenyetso byawe, ingendo zihuruka cyangwa guhura n'abandi bafite ibimenyetso bya COVID, umuganga w'umuryango wawe (GP), umurongo w'ubuzima cyangwa utanga serivise z'ubuzima bazakugira inama niba ukeneye kuva murugo kugira ngo wipimisha neza.</p> <ul style="list-style-type: none"> - Niba ukeneye kubona ubundi buvuzi, banza uhamagare serivisi yubuzima. GPs zirafunguye k'ubucuruzi - Niba ukeneye urukingo rwawe rw'ibicurane, banza uhamagare GP cyangwa umufarumasiye w'ibanze kugira ngo bitegurwe gukorwa neza. Reba ihuriro hano * riri mu ndimi nyinshi ku bisobanuro by'urukingo rw'ibicurane muri 2020 ku bafite imyaka 65 no hejuru yayo.
<p>3. Birihutirwa:</p> <ul style="list-style-type: none"> • Hamagara 111, cyangwa • : JYA ku bitaro bikwegereye ishami ryihutirwa (ED). Iryo shami ryakira abarwayi bihutirwa rirakinguye.

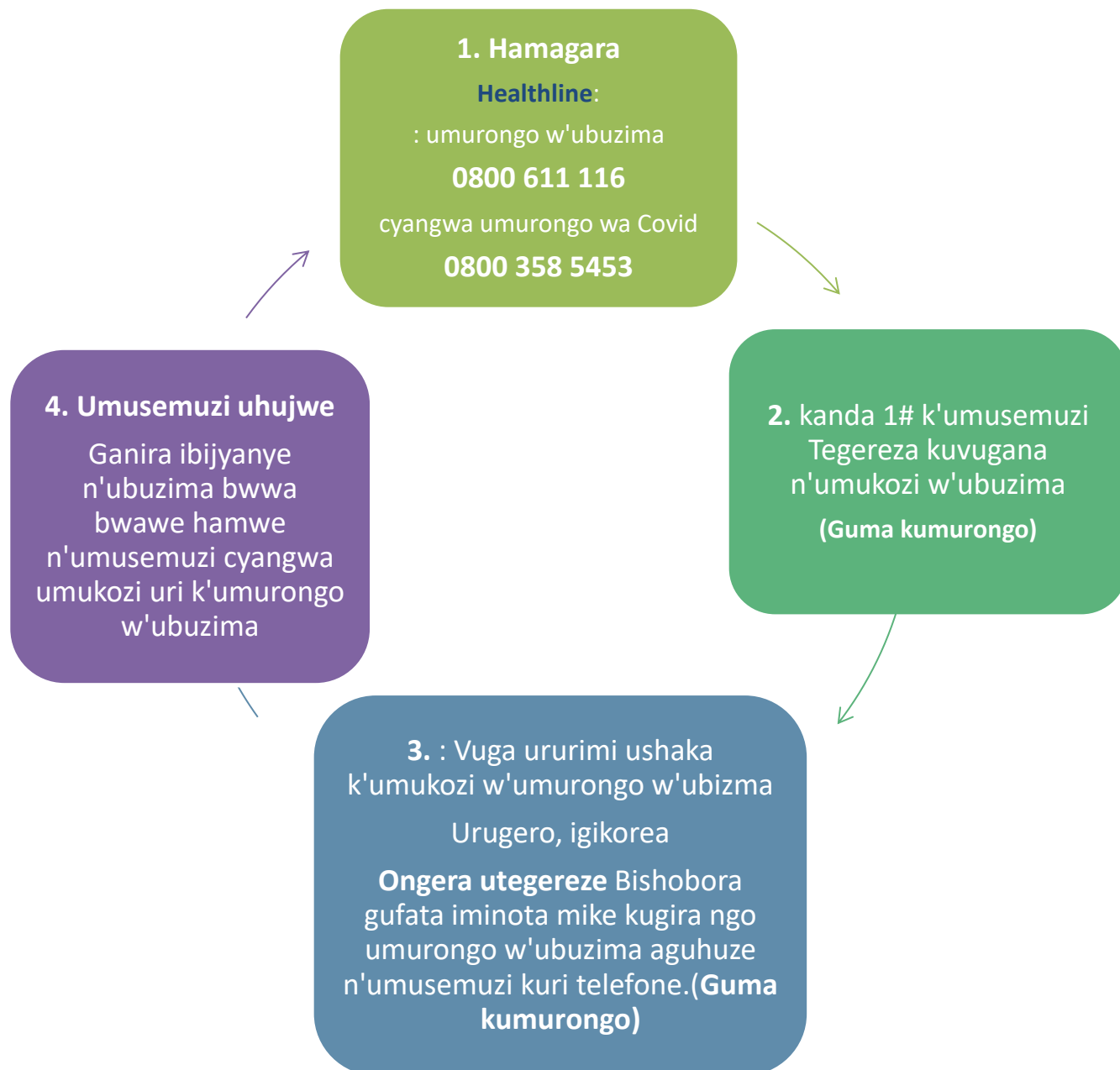
HEALTHLINE: Umurongo w'ubuzima

Wowe cyangwa Umuryango ntimumeze neza?



Ukeneye kubona umusemuzi mugihe uhamagaye

Umurongo w'ubuzima cyangwa umurongo wa COVID-19 wabigenewe?



HELPFUL WEBSITES: Imbuga zifasha

For translated health & welfare information visit: Kubusemuzi bw'iby'ubuzima n' amakuru y'imibereho wasura:

- Unite Against COVID-19: <https://covid19.govt.nz>
- New Zealand Red Cross: <https://www.redcross.org.nz/stories/new-zealand/learn-prepare-and-take-action-covid-19/>
- Auckland Region Public Health Service: <https://www.arphs.health.nz/home/covid-19>
- Auckland community COVID-19 testing centres: <http://www.adhb.health.nz/about-us/news-and-publications/latest-stories/covid-19-community-testing-network/>
- RASNZ: <https://rasnz.co.nz/covid-19-resources/>
- Belong Aotearoa: <https://www.belong.org.nz/covid19-resources>
- Immigration New Zealand, Migrant and refugee information: <https://www.immigration.govt.nz/about-us/covid-19/migrant-information>
- Pegasus Health, Community Based Assessment Centre (CBAC) Videos in translated languages: <https://vimeo.com/pegasushealth>

Helplines:

- RASNZ Support & Information Line, **0800 472 769**
- Need to talk? Call **1737**
- Asian Family Services, Asian Helpline **0800 862 342**