

**COVID-19**

*Twarunze ubumwe*

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**Guverinoma yasabye abari muri  
New Zealand bose kuguma mu rugo  
(kwiheza cyangwa kwishyira mu kato)  
Ibi bizarokora ubuzima.**

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**Kuba mu kato ni ikintu kiruta byose twakora kigaharika ikwirakwizwa  
ry'ubwandu bwa COVID-19 Ubu nta bashyitsi wakongera kugira,  
ndetse n'inshuti magara n'imiryango**



**Buri wese agomba kuguma murugo. Ugirana gusa  
imibanire n'abo ubana nabo mu rugo  
Ushobora kuva mu rugo gusa:**

- Ukora ibintu by'ingenzi, nko kujya kugura ibiribwa cyangwa kujya ku muganga
- Ujya ku kazi, niba ukorera muri serivisi ya ngombwa
- Ujya gutembera, cyangwa gukora imyitozo ngorora mubiri no kwishimira ibidukikije.
- Niba uvuye mu nzu yawe, ugomba gusiga buri gihe intera ya metero ebyiri (2) zigutandukanya n'abandi bantu

**metero ebyiri(2)**



### **Karaba intoki zawe**



- Isabune yica udukoko(virusi) kuruhu rwawe, ituritsa utubyimba iyo virusi yihishamo.
- Karaba intoki zawe buri masegonda 20 cyangwa arenga ukoresheje isabune cyangwa umuti wica mikorobe mu kiganza
- Bikore buri gihe - urugero: nk igihe ugeze murugo, mbere na nyuma yo kurya, umaranye umwanya n'abarwayi cyangwa abatishoboye.

**Ku zindi nama zijyanye no kuguma murugo reba [covid19.govt.nz](https://www.covid19.govt.nz)**

# GUMA MU *ruغو*

**Kuguma murugo bishobora kuba impinduka nini kuri bamwe muri twe.**

**Hano hari ibintu byoroshye wakora ugakomeza kumera neza muri iki gihe:**

Niba ukeneye amakuru ajyanye na COVID-19, menya neza ko uyakura ku isoko y'ubutegetsi bwa leta bwizewe - [health.govt.nz](https://health.govt.nz) cyangwa [covid19.govt.nz](https://covid19.govt.nz)

Irinde guhora ureba amakuru agezweho kuri COVID-19.  
Gerageza kugenzura isoko yizewe y'amakuru rimwe k'umunsi.

Genzura ibintu ushobora kugenzura, Urugero: komeza gahunda zawe bisanzwe, kurya neza, gusinzira kandi ukomeze gukora ibintu wishimira.

Komeza wihuze n'abantu bagufitiye akamaro, urugero terefone, interineti, cyangwa wandike ibaruwa.

Icyitonderwa: Iyibutse ko nta kibazo kumva uhangayitse muri ibi bihe.  
Ni ibisanzwe rwose kumva uhagayitse muri ibi bihe bidasanze

Igirire neza wowe ubwawe ugirire neza n'abandi, urugero: uririmba, useka, usoma cyangwa ureba firime nziza.

**IBIMENYETSO?** Niba utekereza ko ufite ibimenyetso hamagara ku murungo w'ubuzima kuri **0800 358 5453** ocyangwa uhamagare umuganga waho utuye. Ibimenyetso nyamukuru ni: umuriro (38 °C), gukorora, guhumeka nabi, kwitsamura cyangwa kuva mu izuru.

**COVID-19**  
*Turunze ubumwe*



NEW ZEALAND  
**RED CROSS**  
RIPEKA WHERO AOTEAROA