

# Novel Coronavirus (COVID-19)

## Kwirinda



### Ifuke k'umunwa mugihe cyose ukoroye no mugihe cyose witsamuye

Mugihe ugiye gukorora cyangwa kwitsamura ushireho agatambaro kabigenewe cyangwa umwenda, jugunya ako gatambaro mu ngarani hanyuma ukarabe intoke amasegonda 20 (Urangije kumyira abana nabwo ugomba gukaraba mu ntoke).



### Mukarabe intoke igihe cyose

Karaba intoke buli gihe ukoresheje isabune n'amazi nibula amasegonda 20, cyangwa ukoresheje umuti wagenewe guhanagura ubucafu ku ntoke. Isuku ryiza ry'intoki rifite agaciro gahambaye kuruta kwifuka mu maso n'agakingirizo.



### Kwihereza akato

Jya k'urubuga rwa Minisitere y'Ubuzima coronavirus ([www.health.govt.nz](http://www.health.govt.nz)) kubyerekeranye n'amakuru ali kugihe y'uburyo bwo kwiha akato. Nimba ukeneye kwiha akato iminsi 14 kubera yuko vuba aha ng'aha uherutse mu gihugu cyangwa ahantu hali icyo cyorezo, cyangwa niba waregereye umuntu wemejwe ko yanduye icyo cyorezo cya COVID-19, bisobanura ko :

- Murugo iwanyu, gabanya kwegerana n'abantu bo mu muryango wawe/n'abandi bantu baba iwanyu, ukirinda kwegerana nabo imbonankubone muli metero 2 mugihe kirenga iminota 15. Abandi bantu bo m'umuryango wawe/n'abandi baba iwanyu ntabwo ali ngombwa ko bihereza akato mugihe cyose bakurikiza ibyingenzi bisanzwe byitonderwa nka :
  - ✓ Gufuka ku mazuru cyangwa ku munwa mugihe ugiye gukorora cyangwa kwitsamura
  - ✓ Gukaraba intoke buli gihe
  - ✓ Kwoza no guhanagura umuti wabigenewe ahantu hose n'ibikoresho byose bili gukorwaho cyane.
  - ✓ Mwirinde gukoresha ibyombo bimwe, kunywera ku birahure bimwe, ibikombe by'icyayi, ibikoresho murisha, eswime, imisego canke ibindi bintu byose mukoresha murugo. Iyo murangije gukoresha ibyo bintu, musabwe kubyoza neza n'isabuni hamwe n'amazi, mukoresheje imashini yagenewe kwoza ibyombo cyangwa mugakoresha imashini yagenewe gufura imyenda.
  - ✓ Mwirinde kwegerana imbonankubone muli metero 2 mugihe kirenga iminota 15 n'abantu bo mu muryango wawe/n'abandi bantu baba iwanyu baba barwaye.
  - ✓ Mwirinde kuryama mugitanda kimwe cyangwa ahantu rusange n'abantu barwaye
  - ✓ Mufungure amadirishya kandi mureke umwuka mwiza winjire igihe cyose mubyumba.

Andikisha imyirondoro yanyu k'umurongo wabashinzwe ubuzima (Hamagara nimeru zikurikira **0800 358 5453** cyangwa **+64 9 358 5453** ku SIM mpuzamahanga).

**Ese nakora iki mugihe numva ntameze neza ?**

Mugihe utameze neza ufite ibimenyetso **byorohereje** nk'ibicurane no kwitsamura :

- Hamagara muganga wawe w'umuryango (GP), cyangwa
- Ukeneye kuvugana n'umuntu wahamagara k'umurongo w'ubuzima amasaha 24 iminsi 7 nukuvuga igihe icyari cyo cyose ku nimeru **0800 358 5453**.

Nimba utameze neze ufite ibimenyetso **bihambaye** nko kudahumeka neza wajya kubonana n'umuganga byihutirwa. Wahamagara inimeru **111** ugashiraho n'amateka y'urugendo wagize cyangwa umuntu mwahuye.

. Wajya kurubuga rwa Minisitere y'Ubuzima([www.health.govt.nz](http://www.health.govt.nz)) kubw'amakuru yose ali kugihe halimo n'inama zo kwihereza akato n'uburyo bwo kwirinda.

[www.covid19.govt.nz](http://www.covid19.govt.nz)