Coronavirus
COVID-19

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Staff health
advice

COVID-19 ni iki kand ububi bwayo ni ubuhe?

Novel coronavirus (COVID-19) Novel coronavirus (COVID-19)ni uburyo bwa virusi nshya yandulira kuva ku muntu ijya ku wundi. Mu bihugu byinshi halimo na leta zunze ubumwe za Amerika. Abahanga mu by'ubuvuzi bahangikishijwe n'uko batazi byinshi kuli iyi virusi nshya.

Muli iki gihe hamaze kugaragara abantu bake yafashe. Abagiye bafatwa bavuga ko itangira ari nk'ibicurane bikeya hanyuma ikazakura ikagera ku musonga utuma umuntu ajyanwa mu bitaro.Mu bafashwe batubwira ko harimo abitabye Imana ariko cyane abageze muza bukuru n'abandi bari bafite izindi ndwara.

Izi ni ingamba ebyili zagombye kugufasha kwirinda COVID-19 cyangwa se ngo uyikwirakwize ku bandi. Zagombye gukorwa n'abantu ba IRC aho bari hose na buli gihe Cyose.

Gukaraba

Intoke zawe hato na hato ,ukoresheje amazi n'isabune cyangwa ukihanaguza ka alcol kagenewe guhanagura intoke.wirinde kwikora ku munwa keretse wizeye ko intoke zawe zisukuye neza.

gukinga

Umunwa n'amazuru igihe cyose ugiye gukorora cyangwa kwitsamura kandi ibyo wihanaguje byose ugahita ubijugunya vuba

Kwirinda

Kwegerana n'umuntu wese ukorora cyangwa uhinda umuliro byibuze usigemo metero imwe hagati yawe n'uwo muntu.

Kuguma mu rugo

Niba wumva uhinda umuliro cyangwa se ufite inkorora.Ukulikize amabwiliza ya muganga kandi ubimenyeshe umuyobozi wawe.

Umenye Ko

- Masiki zitemerewe keretse gusa ku bantu bamaze gufatwa cyangwa se abaganga babitaho.
- Ugomba gukulikiza inama ugiriwe n'abaganga: Abakozi ba IRC bagombye gukulikiza inama z'abaganga bakemera n'ibyo babujijwe.Aho Batali ukulikize amabwiliza y'abakozi ba IRC.

Ibimenyetso

- Inkorora
- Kubura umwuka wo guhumeka
- Guhumeka ku buryo bugoranye
- Guhinda umuliro mwinshi