

Koronavirusi/ COVID-19

Ivyu Keneye Kumenya:

Source: <https://www.cdc.gov/coronavirus>



Guma Muugo - Ikigombero cya Guverineri wa New York State
Kwirinda kwegerana na bandi bantu - Wirinde ahantu habantu banshi
Nta birori, cyangwa fete, nta kujya mu masengero, nta kujya mubitaramo
Siga Kilometelo 2 (1.8) csyanga 6ft hagati yawe nabandi bantu
Nta kugina basiketi, umupira wa maguru (football) cyange izindi nkino nabandi
bantu mu ekipe



Guma murugo niba wumva urwaye, ukorora cyangwa ufite umuriro
Hamagara muganga mbere yuko ujya kumavuriro, cyangwa kuri urgent care
cyangwa emergency
Hamagara COVID-19 Itangazamakuru kuri 315-798-5431 niba ifite ikibazo
Saba umusobanuzi agufashe niba utazi ururimi
Hamagara 911 ufite ubuwrayi cyangwe ikibazo bwihutirwa.



Kororera cyangwa witsamurire muri tissue (isume) maze uhite ukaraba muntoki
Cyangwa
Ukororere cyange witsamurire mu nkokora
Terera tissue (isume) aho muta mwanda



Karaba intoki kenshi ukoresheje isabuni n'amazi mu masegonda 20
Cyangwa
Ukoreshe imiti isukura intoki kenshi



Sukurura ahantu hose munzu ukoreshe imiti yogusukuru (imeza, umukondo
wurugi, hejuru yiziko, telephone , remote ya Tv, keyboards, kuri wese, kuri
robine

Mu shirikanye kumva amaku mashya avurwa

www.thecenterutica.org

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Ushaka Ubufasha hamagara Center kuri (315) 738-1083
Abakozi ba Centre baracyakora kandi bazagufasha

Kinyarwanda