

UMUGERA WA KORONA – IBYO UKENEYE KUMENYA BYEREKERANYE N’UKO IBINTU BYIFASHE UBU MURI KENYA (UMUGERA WA KORONA- COVID-19)

1. Hari umuntu wari wagaragarwaho n’umugera wa Korona muri Kenya? Yego. Niba ukeka ko wowe cyangwa uwo mwegeranye yaba yarahuye n’umuntu wakoze urugendo mu bihugu byagaragawemo n’uwo mugera nibura mu minsi 14 ishize, bimenyeshe minisiteri y’ubuzima ukoresheje izi numero 0800721316 (ku buntu); 0732353535; 0748592558.

2. Umugera wa Korona wandura gute? Umugera wa Korona wandura uva ku muntu ujya ku wundi binyuze mu ducandwe dutaruka umuntu arimo gukorora. Kubera iyo mpamvu, kuba ku ntera ya metero nibura imwe n’undi muntu no kwirinda kuramukanya mu ntoki byafasha kwirinda kwandura umugera wa Korona.

3. Wakora iki kugira ngo wirinde kuwandura cyangwa kuwanduza abandi ?

- ✓ Kugabanya ku buryo bushoboka amateranirwa y’abantu
- ✓ Gufata umuco wo gukaraba intoki buri gihe ukoresheje isabuni n’amazi atemba
- ✓ Gupfuka umunwa n’amazuru ukoresheje agatambaro k’isuku cyangwa umuswari igihe ukorora cyangwa witsamura.

4. Nabwirwa n’iki ko nanduye umugera wa Korona? Ibimenyetso rusange by’ubwandu birimo iby’ubuhumekero, guhinda umuriro, inkorora, guhumekera hejuru no kudahumeka neza. Umenye kandi ko iyo bikomeye, ubwandu bushobora gutera umusonga, uruhurirane rw’indwara z’ubuhumekero mu gihe gito, impyiko zinanirwa gukora neza ndetse bikaba byavamo no gupfa.

5. Nakora iki mu gihe nkeka ko mfite kimwe muri ibyo bimenyetso? Ugaragaje kimwe mu bimenyetso twavuze haruguru, irinde guhura n’abandi, hamagara kuri 0800721316 (ku buntu) kandi ugume mu rugo kugeza igihe uherewe andi mabwiriza.

6. Ese muri iki gihe nshobora gukora urugendo hanze ya Kenya? UNHCR ntiyaguhana gukora urugendo urwo ari rwo rwose hanze y’igihugu.

Karaba mu ntoki

Karaba mu ntoki ukoresheje isabune n'amazi atemba igihe intoki zawe ziboneka ko zanduye.



Igihe intoki zitagaragara zisukure kenshi ukoresheje ukoresheje arukoro isukura intoki cyangwa isabuni n'amazi.



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Irinde kandi urinde n'abandi uburwayi

Karaba mu ntoki

- Nyuma yo gukorora cyangwa kwitsamura
- igihe wita ku murwayi
- mbere, mu gihe na nyuma yo gutegura ibiryo
- mbere yo kurya
- umaze gukoresha umusarani
- igihe intoki zigaragara ko zanduye
- umaze gukora ku matungo cyangwa ku myanda yayo



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Rinda abandi uburwayi

Igihe ukorora cyangwa witsamura ipfuke umunwa n'amazuru ukunje inkokora cyangwa ukoresheje agatambaro K'isuku



Jugunya ako kanya ako gatambaro wakoresheje ahagenewe guta imyanda hafundikiye

Sukura mu ntoki ukoresheje arukoro isukura intoki cyangwa isabuni n'amazi umaze gukorora cyangwa kwitsamura ndetse n'igihe wita ku murwayi.



World Health Organization

Rinda abandi uburwayi



Irinde kwegerana n'abandi igihe ufite inkorora cyangwa uhinda umuriro

Irinde guciragura mu ruhame



Igihe uhinda umuriro, ukorora kandi udahumeka neza ihutire gushaka ubufasha bwa muganga kandi usobanurire umuvuzi ingendo Uheruka gukora.



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