

UMUGERA KORONA –ICO UTEGEREZWA KUMENYA KU VYEREKERANYE N’ UKO VYIFASHE UBU MURI KENYA. (UMUGERA KORONA – COVID ---19)

1. Hari umuntu n’umwe amaze kuboneka afise uugera Korona muri Kenya?

Ego. Hamwe woceka ko wewe canke umuntu uwariwe wese mu bo mufitaniye ubucuti bwa hafi yoba yarabonye ni umuntu yavuye mu bihugu vyazahajwe n’uwo mugera , mu misi 14 iheze , bimenyeshe ubushikiranganji bw’amagara y’abantu ukoresheje 0800721316 (utarishe) ; 0732353535 ; 0748592558.

2. Umugera Korona wandukira gute? Umugera Korona wandukira abantu amaso ku yandi biciye mu gukorora amate agatarukira ku muntu . Kuri ivyo, kusiga umwanya hagati yanyu ungana nk’imetro imwe no kudakorana mu ntoki birafasha kwirinda kwandura umugera Korona.

3. Wokora iki wewe kugira ngo wirinde kwandura canke ngo wanduze abandi?

- Kugabanya kuja kw’irigara.

-Kwimenyereza gukaraba mu kanya, mu kanya,ukoresheje isabune n’amazi atemba

- Ifuke ku munwa no ku mazuru ukoresheje agatambara keza canke umuswala mu gihe ukororye canke wasamuye.

4. Nomenya gute ko nanduye umugera Korona? Ibimenyesto bisanzwe ku muntu yanduye harimwo ukwandura kw’ibihimba bifasha guhema, kugira umuriro ,gukorora , guhema udashikana, no kugira ingorane zo guhema . Menya ko kenshi umuntu yarembye , ashobora kugwara umusonga , akagira ingorane zikomeye mu bihimba bifasha guhema , amafyigo akandurukiramwo no gupfa .

5. None nokora iki mu gihe nibaza ko noba mfise kimwe muri ivyo bimenyetso ? Mu gihe ubonye ko ufise na kimwe mu bimenyetso twavuze aho hejuru ,reka kuja aho abandi bantu bari ; Hamagara kuri 0800721316 (utarishe) ,hanyuma guma mu hira gushika uronse ayandi mabwiriza .

6. Nshobora gutembera hanze ya Kenya muri iki gihe? HCR ntiyoguhamura kugira urugendo urwarirwo rwose haze ya Kenya.

Karaba intoke

Karaba intoke ukoresheje isabuni n' amazi atemba mu gihe intoke zawe ziboneka ko zisa nabi.



Mu gihe intoki zawe **zitaboneka ko zisa nabi** zihanagure buri kanya ukoresheje alkol isanzwe ihanagura mu ntoki canke isabuni n'amazi



Ikingire kandi kingira abandi kurwara

Karaba intoki



- uhejeje gukorora canke kwasamura
- mu gihe ufasha umurwayi
- Imbere, mu gihe, kandi uhejeje guteka
- imbere yo gufungura
- uhejeje gukoresha umusarani
- mu gihe ubonye intoke zisa nabi
- umaze gukorakora Igitungwa canke Umwavu w'ibitungwa.



Kingira abandi kurwara

Uriko urakorora canke wasamura **fuka umunwa n'izuru** n'inkokora wayikunje canke agatambara keza.



Ute ako gatambara mu ndobo ifundikira yagenewe imyanda buno nyene umaze kugakoresha

Hanagura intoke ukoresheje alkol isanzwe ihanagura mu ntoke canke isabuni n'amazi uhejeje gukorora canke kwasamura canke iyo ufasha umurwayi



Kingira abandi kurwara



Irinde kwegera abandi mu gihe ugwaye inkorora n'inyoko

Irinde gucira mu bantu



Mu gihe ugwaye inyoko, inkorora kandi vyanka ko uhema, genda kwa muganga bwango kandi usobanurire muganga ingendo uheruka gukora.

