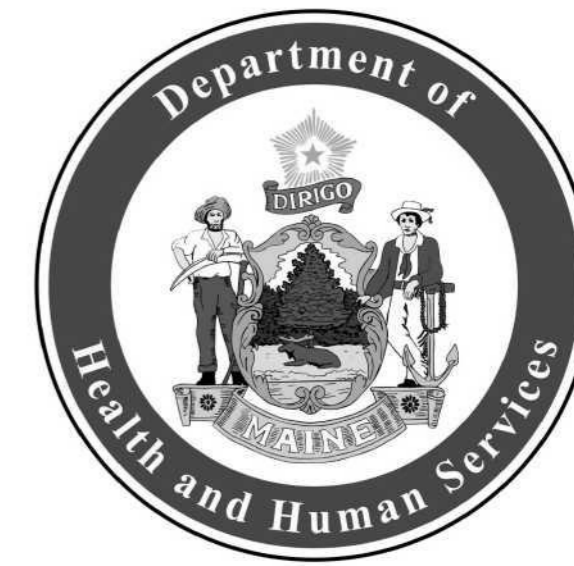
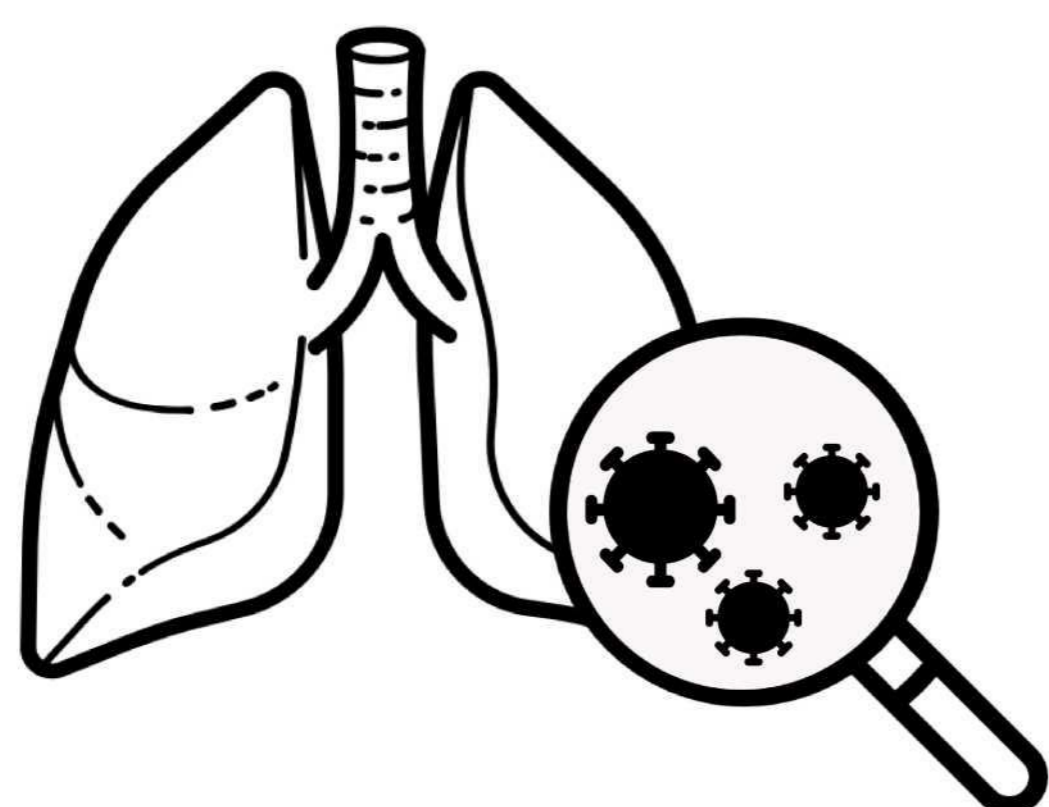


Ikigo c'i Maine kijejwe Kurwanya no Gukinga Ingwara Umugera Mushasha wa Koronavirusi wo mu 2019 (COVID-19)



Urwandiko rutanga amakuru nkenerwa



Umugera Mushasha wa Koronavirusi (COVID-19) ni ingwara yo guhema nabi. Iyo ngwara iterwa n'umugera wa koronavirusi. Ikiza ca COVID-19 catanguye gutera mu gisagara ca Wuhan mu Bushinwa hanyuma gica gikwiragira mu bindi bihugu vyinshi.

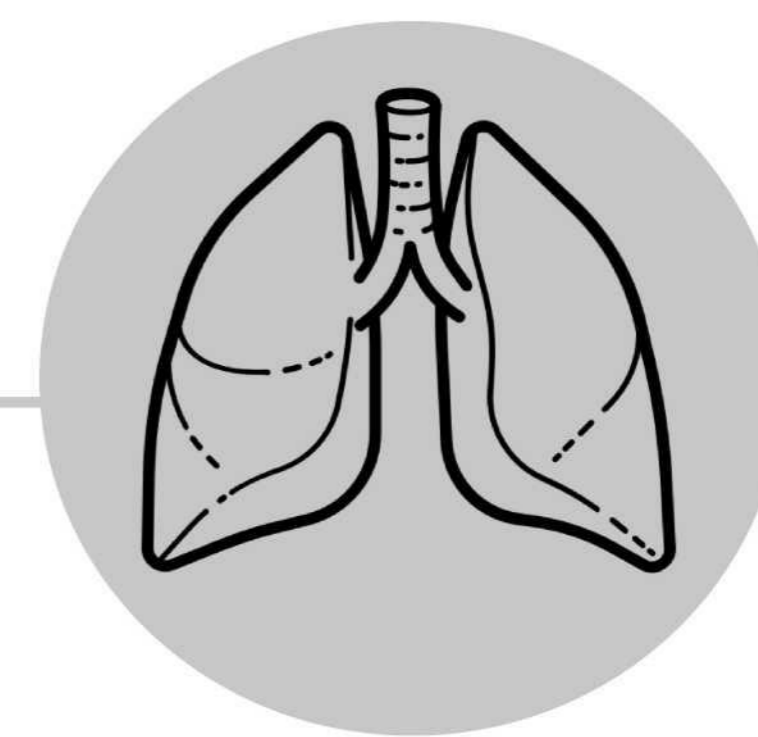
Ibimenyesto vy'iyi ngwara bikunda kwibonekeza



Ubushuhe

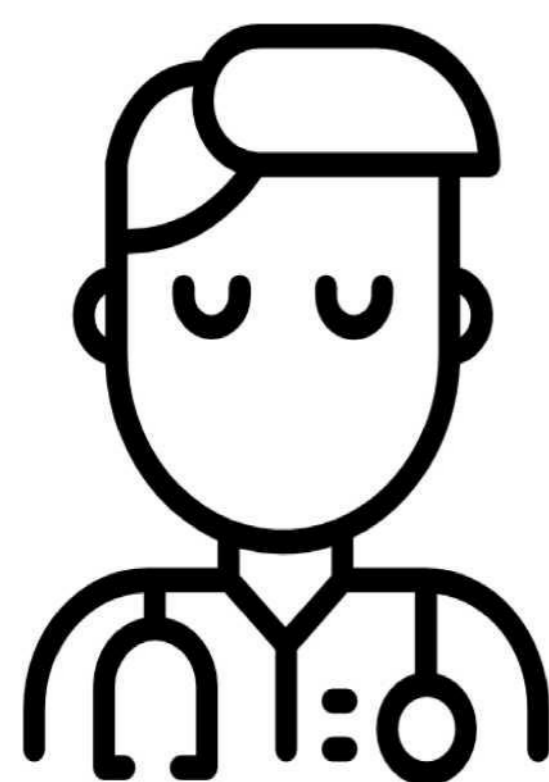


Inkorora



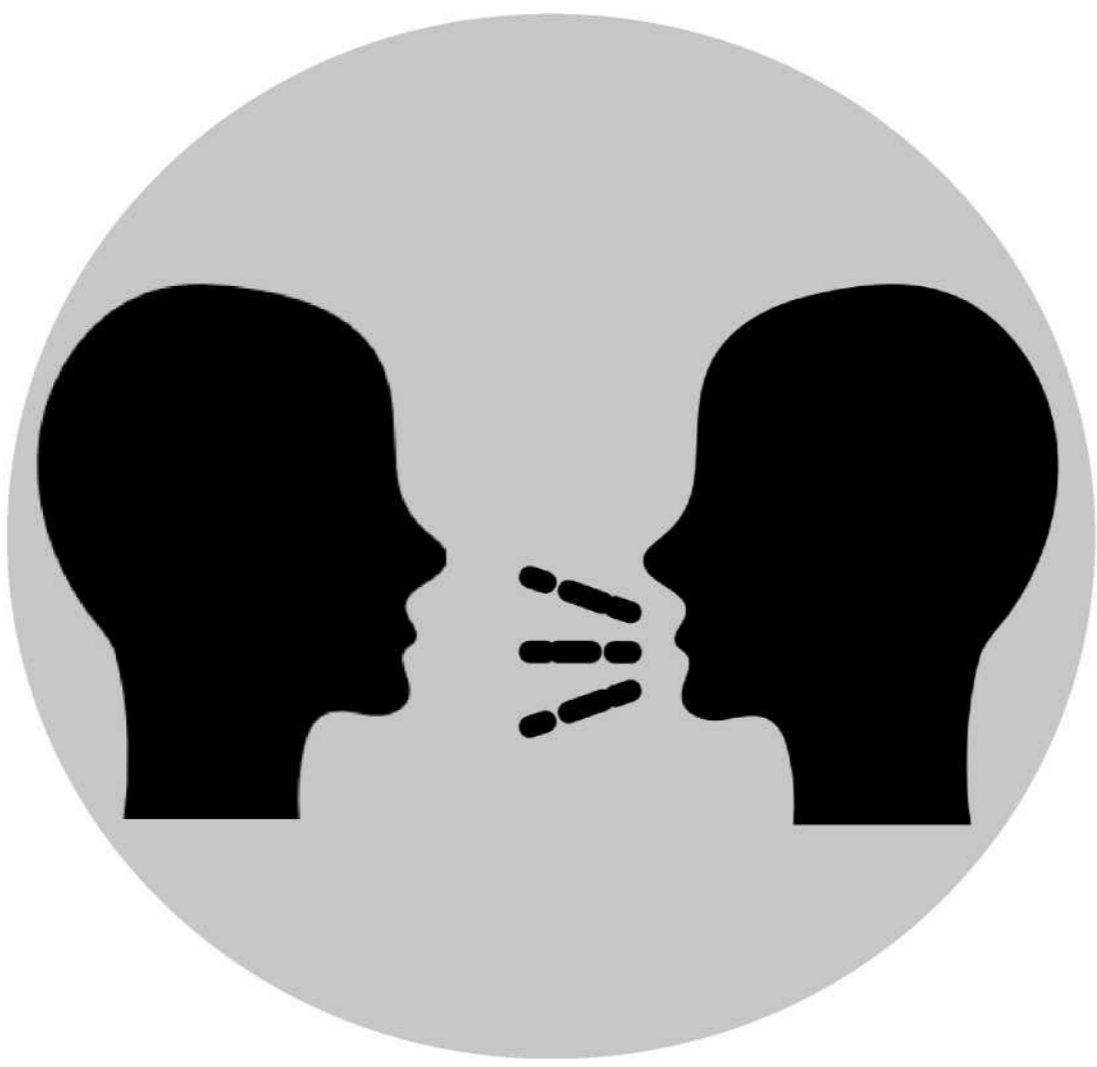
Ingorane zo guhema nabi kandi bigoranye

Ibimenyetso vy'iyi ngwara bitangura kwibonekeza haciye hagati y'imisi 2 na 14 umuntu yandukiwe. Mu bwoko bw'iyi ngwara bumaze kumenyekana, harimwo ubukaze hakaba n'ubudakaze. Iyo umuntu agwaye ubwoko bukaze bw'iyi ngwara ashobora kugira ingorane ikomeye yo guhema, yo kugwara amafyigo kandi arashobora no gupfa.



Niyo wabona ibimenyetso vy'iyi ngwara usabwe guca uhamagara muganga agukurikirana. Mubwire ingendo uheruka kugira. Nimba waregereye umuntu agwaye iyi ngwara usabwe navyo nyene kubibwira muganga. Ukaba ukeneye kuvurwa, usabwe guterefona ivuriro ugiye kwivuzamwo IMBERE yuko ushikayo.

Ikwiragira ry'ingwara ya COVID-19



- Kenshi uyu mugera wandukira uva ku muntu uja ku wundi. Ivyo navyo biba iyo umuntu awurwaye akoroye canke yasamuye bigatuma ashobora kwandukiza abantu bari iruhande yiwe gushika ku metero 1,8.
- Mu gihe umuntu akoze ahantu canke ku kintu uwo mugera uriko hanyuma agaca yikora ku munwa, ku mazuru, canke mu maso; arashobora guca yandura ingwara ya COVID-19. Yamara ubwo SIBWO buryo iyo ngwara ikunda gucamwo mu gufata umuntu.

Uko ingenzi zikwiye kwikingira ingwara ya COVID-19



Wirinde kwegera abantu barwaye.



Irinde kwegera ibikoko (vyaba ibikoko bizima canke ibikoko bipfuye) kandi wirinde n'ibiva murivyo. Muvyo tuvuga harimwo inyama idatetse.



Karaba ukoresheje amazi n'isabuni.

Ukwiye kumara n'imiburiburi imisegonda 20 uriko urakaraba. Mu gihe ubuze amazi n'isabuni vyo gukaraba, koresha umuti wo gukaraba urimwo n'imiburiburi ibice 60% vya arukore. Ukaba ufise ibimenyetso vy'iyongwara vyavuzwe hejuru, usabwe guca uhamagara muganga.

Nta muti wo kuvura vy'umwihariko ingwara ya COVID-19 uraboneka. Abantu benshi bakirira muhira.

For More Information, Visit:



1. www.maine.gov/dhhs/coronavirus
2. www.cdc.gov/coronavirus/2019-ncov/index.html
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (amakuru yerekeye amagara y'ingenzi atangwa n'ikigo kijejwe Kurwanya no Gukinga Ingwara co muri Reta Zunze Ubumwe bwa Amerika)

Urashobora kandi guhamagara ikigo c'i Maine kijejwe Kurwanya no Gukinga Ingwara kuri 1-800-821-5821.