



**March
2020**

Ese urumva urwaye?

amakuru yerekeye irwara ya COVID-19

Ese niyihe ntabwe ngomba gufata mugihe numva rwaye?

Ugume murugo kandiwirinde ishyikirano n'abandi bantu cyeretse nibiba ngobwa ko ubunana na muganga. Uburyo byo kurinda abandi bantu:

- Ipfuke mugihe ukoroye cyangwa witsamure
- Ukarabe amaboko igihe cyose biri ngobwa
- Ukorere isuku ibikoresho cyangwa ubuso ukoresha cyane

Ese n'ikihe gihe kwiw kwihutira kubona na muhanga?

Baza abavuzi bo kwamuganga mugihwe ibimenyetso by'iyirwara cyangwa ukaba ubarirwa mu bantu bafatwa niyi rwara byoroshye . mugehe ukigera kwa muganga usabe baguhe masque yo kwipfuka mu kumunwa.

Ese niryari nkeneye kujya mucyumba (cy'ihutirwa) cyangwa cya urgence ?

Ibimenyetso bikaze kubantu bakuze:

- Ububabare byo mugatuza cyangwa munda
- Ingorane zo guhumeka
- Kuzungera bitunguranye
- urjijo
- kuruka bitunguraye



IDAHO DEPARTMENT OF
HEALTH & WELFARE

www.coronavirus.idaho.gov



Ibimenyetso bya COVID-19:

- Umuriro
- inkorora
- Ingorane z'ubuhumekero

Abantu bakwandura iyi rwara ya COVID-19 byoroshye:

- Abantu bafite kuva kumyaka 60 kuzamuka
- Abantu bafite uburwayi budakira nka diyabete , irwara z'umutima , ibihaha cyangwa impyiko

Abantu benshi basanganwe COVID-19 babasanganwe ubundi burwayi bworoshye.