



Ubutumwa kuri COVID 19



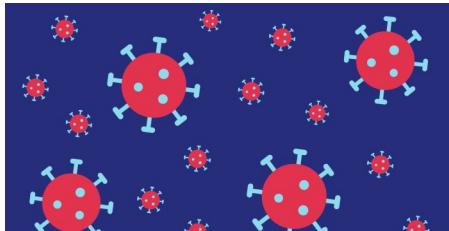


Ndabasuhuza, izina ryanje ni Fatima.

Nibajije ko mushobora gukunda kumenya bike ku ndwara ya Coronavirusi abantu bose barimo kuvuga.



Hari amakuru menshi kurubuga rwa internet kubyerekeye kuri yo bishobora gutera urujijo, Hari amakuru menshi kurubuga rwa internet kubyerekeye kuri yo bishobora gutera urujijo.



Coronavirusi iri mu muryango wa gakoko. Gatera indwara zitandukanye ushiremo izihurira n'ibirurane.



Aka gakoko karimo gutera indwara ahantu kw'isi hose muri ayamezi ashize. Kandi bayihaye izina ridasanzwe "COVID 19"



COVID ni mumagambo ahinye y'indwara "coronavirus na 19 kubera yatangiye



abantu banduye COVID19 ubusanze bagira umuriro buri munsi, nyuma inkorora yumye ku bantu bamwe bagira guhumeka nabi.



Kuburyo bikomera bikaba ngobwo ko barya kwamugunga. Hari n'abantu batonekera mumuhogo no mugakaraza



Most people have mild symptoms and recover after a few days, especially children

Hari n'abantu batonekera mumuhogo no mugakaraza

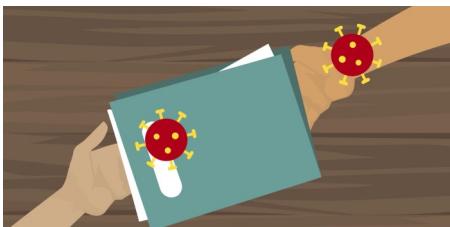


Ariko abantu bashaje, abantu bafite imbaraga zike mumubiri, nabantu barwaye asthma n'igituntu bashobora kugira ibimenyetso bikomeye. Ni ngombwa ko tugerageza gukora uko dushoboye togahagarika ikicyorezo gikomeza

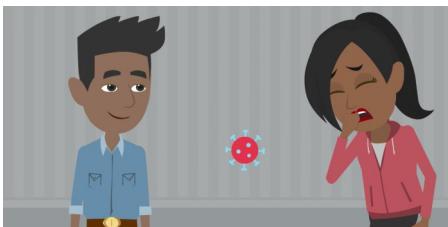


So far people living with HIV don't seem to be more affected than other people, but we need to learn more about this

Aho bigeze abantu babana nagakoko gatera SIDA ntabwo bagaragaza ko bako babangamiwe gusumba abanda, ariko ni ngombwa ko twiga cyane kuri bi.



Abantu batagira ibimenyetso by'ubwandumu bashobora gukwirakwiza agakoko gayitera arinacyo gituma dukwiye kwirinda no kurinda abanda buri kanya.



uUhobora kwandura agakoko kayitera iyo harumuntu afite agakoko akoroye cyangwa yitsamuye ari hafi yawe.



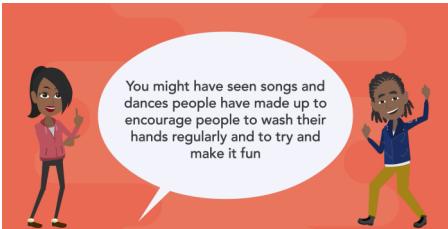
Iyo wegereye cyane n'umuntu afite ubwandum niyo ukoze kukintu bakoze ho ubundi iyo wikoze mu maso .



Hari ibuntu byinshi ushobora gukora muburyo bwo kwirinda agakoko kanduza ubundi akurinda abantu bari hafi yawe.



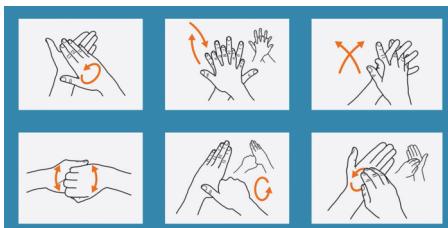
Icyambere cyingirakamaro ni gukaraba amabako.



Birashoboka ko mwaba mwarumvise indirimbo n'imbyino abantu bakoze kugira ngo bakangurire abantu gukaraba amaboko buri kanya bagerageja kubinyuza murwenya.



Usabwa gukaraba intoke ukoresha iminota makumyabiri



Ubundi gerageza ubikore kumpande ebyiri z'amaboko yawe, mu inzara zawe no hagati y' intoki zawe.



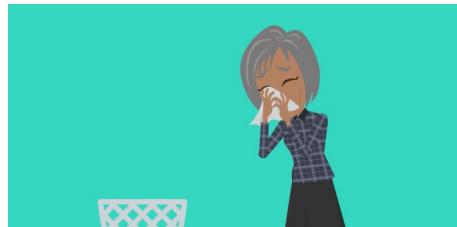
Ushobora guhitamo indirimbo ukunda n' ugukoresha uburyo bw'imyitoza



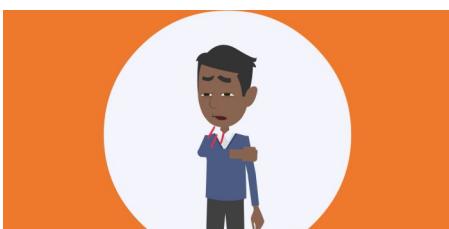
Ushobora gukoresha isabune yagenewe intoke ariko gukoresha isabuni nib-woburyo bwambere



Birakenewe ko utikora mu maso, kw'i-zuru no kumunwa . Cyane iyo uri hanze ka karubanda n'iyo uhuye n'abantu banduye y'ivirusi, ari murubu buryo yin-jira mu m'ubiri.



Iyo ukoroye cyangwa witsamuye koresha agatambara ubundi uhite ukajugunya ubwo nyine.



Cyangwa ukororere mu nkokora kuko udashobora kwikora mumaso n'inkokora.



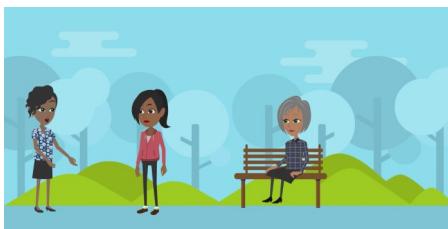
Abantu benshi bamaze guhagarika gukorana muntoke cyange guhoberana n'abantu iyo bahuye



Bishobora kumvikana ko ataribisanzwe kudakora ku bantu ariko mushobora kwihimbira uburyo bwanyi mwasuhuzanya. Mushobora kukubitana inkokora, mu gapepera cyangwa mukabyina gato.



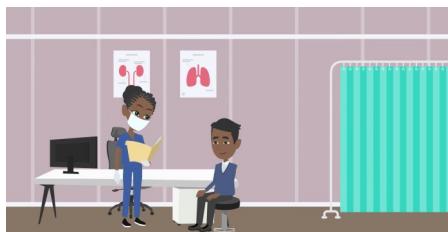
N'ibyambere kwurengagiza kugenda ahantu hari abantu bensi muri iki gi-henubwo bashobora kugaragara nka bakomeye, birashoboka ko umuntu aba yanduye kandi kwanduza



Nubwo bashobora kugaragara nka bakomeye, birashoboka ko umuntu aba yanduye kandi kwanduza



Ufite ibimenyetso bya COVID19-utegerezwa kuguma murugo ukarinda abandi



Abakozi bo kwamuganga bazaguha impanuro z'icyo wakora, abakozi bo kwamuganga bazaguha impanuro z'icyo wakora.



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Ariyo mpamvu hari inkuru nyinshi kuri TV namakuru



Buri munsi abashakashatsi nabashinzwe gufata ingamba barimo bagerageza gushakira uburyo bwo kurinda abantu ndetse no kugabanya gukwiragira kw'iyo virusi



Harimo byose birimo guhinduka ni bindi byinshi bibazo tudashobora kubonera inyishu uko abantu mbese bumva bi-yumva. Ushobora kumva ntacyahindutse. Ari ibisanzwe kwiyumva uko



Icyangombwa kwibuka muri byinshi na byinshi n'abantu barimo bafasha kubarinda- abaganga, abaforoma, abarimu, abatangiraabandi, abashakashatsi.



Har'abantu barimo bakora kwisi yose kugira ngo bakore imiti n'urukingo



Kubera tutazi ibintu biryanye niyi virusi abantu bari kugira uwwoba aho yako-motse, n'isoko ryayo ikintu cy'an-gombwa twa kwibandaho nuko COVID 19 ishobora gufata uwari we wese nahari hose, other nanone singombwa aho abantu bakomoka.



Turazi uko gutererana akato umuntu bibabaza abantu no kubarekera mubwigunge. Turakeneye gufashanya twese.



Ariyo mpamvu mwakomeza mukaraba amaboko, mwumve impanuro zuko mwakwirinda no kwishigikira no mu-gashigikira abandi



Kandi mukomeze mugire ubumuntu

**Byanditswe kandi byakozwe naby
Zvandiri Youth**