



Australian Government

Department of Health

Kurinda ikibano Coronavirus (COVID-19)

Uko dutera twinjira mu kuba ahantu hatagira COVID, COVIDSafe, ni ngirakamaro ko uguma muhira wumvise ko utameze neza. Nimba ufise ibimenyetso vy'ibicurane utegerezwa kuja kubaza muganga akubarire yuko ukeneye kwipimisha COVID-19. Abantu bafise utumenyetso duto duto barashobora gukwiragiza no kwandukiza abandi uwo mugera.

Kwipimisha COVID-19

Kwipimisha gutuma bimenyekana ko abagwayi barwaye COVID-19 kandi bifasha abajewe amagara y'abantu gukurikirana ukugene uwo mugera urandagata.

Kwipimisha hakiri kare bisigura yuko ushobora gufata intambuko zo kubuza gukwiragiza uwo mugera ku bagenzi bawe canke mu muryango wawe. Nimba ushushe, ukorora, ufise mu muhogo havyimvye, canke ubura impwemu, ni ngirakamaro ko wipimisha.

Kwipimisha ni ngombwa kurushiriza igihe wumva yuko utameze neza, kandi:

- Igihe umaze imisi utahutse uuye hanze ya Australia. Ingenzi zose zivuye hanze zirakumirwa zigashirwa aha zonyene imisi 14 zishitse muri Australia;
- Igihe wegeranye n'umuntu yanduye COVID-19 mu misi 14 iheze;
- Igihe uri umuntu akorana n'abarwaye, umuntu afasha abashaje canke uri umukozi afashiriza abantu aho baba canke uri umukozi aguma abonana canke yegerana n'abarwayi.

Nokwisuzumishiriza hehe?

Urashobora kurondera umuganga wawe kugira ngo agupangire ukugupima canke urashobora kuja mw'ivuriro risuzuma ivyo guhema. Iyo ugiye kwa muganga wawe, ni ngirakamaro kubanza kuja mw'ivuriro ubwa mbere maze ukababarira ibimenyetso ufise. Iryo bizobafasha gutegura ukuza kwawe hamwe no gukingira abanda bantu bari kuri iryo vuriro.

Amavuriro ajejwe ivyerekeranye n’uguhema ni ibigo bijejwe amagara y’abantu biri mu gihugu cose bishingira cane ku gupima abantu bafise ibimenyetso vy’uko banduye ingorane zo guhema neza. Kugira ngo uronke ivuriro rijanye n’ugusuzuma ingwara zo guhema nabi riri hagufi yawe, ronderera kuri www.health.gov.au/covid19-clinics. Igihugu ubamwo canke intara birashobora kuba bifise ayandi mavuriro ushobora gusuzumirwamwo. Ushobora kuyasanga ku mbuga nkoranyambaga zerekeranye n’amagara zo mu gihugu canke intara ubamwo gihugu ubamwo.

Iyo wipimishije umugera, ukwiriye kuguma i muhira kandi wirinde kwegerana n’abandi bantu. Bishobora gufata umusi canke imisi ibiri kugira ngo uronke inyishu z’ivyo wipimishije.

Iyo ufise ibimenyetso bikomeye nk’uguhema bibanje kugorana, ukwiriye guca uhamagara kuri 000 kugira ngo bihute kugushikira babone kukuvura vyihutirwa.

Fasha guhagarika ukurandagata kw’uwo mugera

Kugira ngo dukingire ibibano vyacu, uwo ari we wese ategerezwa kubandanya gukurikiza uguhana inta hagati y’umuntu n’uwundi hamwe no kugira isuku. Raba neza ko hagati yawe n’uwundi muntu hariho inta ingana na 1.5 kandi ugume muhira iyo wumvise ko utamerewe neza. Karaba amaboko yawe ukoresheje isabuni n’amazi kandi ukororere mu kwaha no kwasamurira mu nkokora y’ukuboko. Turashobora twese kugira uruhara mu gufasha guhagarika irandagata rya COVID-19.

Pakurura COVIDSafe App

Nimba utarabikora, pakurura COVIDSafe app kugira ngo bigufashe gukingira umuryango wawe, abagenzi bawe hamwe n’ikibano. Iyo app ishigikira abakozi bajejwe amagara y’abantu kumenyesha abantu begeranye n’abanduye coronavirus.

Izindi nkuru zerekeranye na COVID-19

Ni ngirakamaro ko uguma ufise inkuru zikomoka ku babifitiye uburenganzira. Ronderera kuri www.australia.gov.au, hamagara ku murongo washiriweho gufasha abarwaye Coronavirus kuri 1800 020 080 canke ku bikorwa vy’abasobanuzi canke abasiguzi kuri 131 450.