



# Intambuko zitandatu zo guhagarika ukurandagata

## Urashobora guhagarika ukurandagata ukaguma mu mutekano mu gukurikiza izi ntambuko zitandatu ZOSE

### 1. Wumva umerewe neza?

Utegerezwa kuguma muhira wumvise yuko utamerewe neza, mbere naho ibimenyetso vyawe vyoba ari bito. Rondera muganga canke uje kw'ivuriro rivura ivy'uguhema nabi maze urabe impanuro baguha. Babwire yuko uri umukozi akorera abageze mu za bukuru. Ugusuzuma no gupima COVID-19 kurahari ku bakozi bakorera abageze mu za bukuru. Ibimenyetso vya COVID-19 birashobora kuba nk'ibicurane canke ugushuha harimo n'ibi bikurikira:

- Ugushuha
- gukorora
- Kubura impwemu ugahema bigoranye
- Kuvyimba mu muhogo
- Kubabara mu mutwe
- Kuba utagishobora kwimotereza
- Kuba utacumva ko ibintu biryose mu kanwa
- Ibiseru bitemba mu zuru
- Kubabara mu nyama zo ku mubiri
- Kubabara mu ngingo
- Gucibwamwo
- Gusesemwa /kudahwa
- Kubura akayabagu

### 2. Warabaye kure y'abantu bamerewe nabi?

Utegerezwa kuguma muhira nimba mu misi iheze 14, woba:

- Waregeranye n'umuntu yanduye COVID-19 kandi ukaba utari wambaye PPE canke nimba
- Wagarutse uvuye hanze y'igihugu.

Utegerezwa gushirwa ahantu ha wenyene canke kwikumira ubwawe. Usabwe kuvugana n'umukoresha wawe canke umuyobozi wawe. Ntuye ku kazi. Nimba ufise

ibimenyetso, naho vyoba ari bito cane, rondera muganga agire ico abikubariye ko. Babarire ko uri umukozi yitwararika, akorera abageze mu za bukuru.

### 3. Mbega urucanco rwo gukingira ibicurane ni urugezweho?

Nimba ukorera ahantu haba abageze mu za bukuru bitwararikwa utegerezwa guhabwa urucanco rikingira ibicurane. Turahimiriza cane abantu bakora mu mazu abamwo abageze mu za bukuru kuronka urucanco rwo kwikingira ibicurane rwo mu mwaka wa 2020.

### 4. wakaravye amaboko?

Utegerezwa gukaraba amaboko yawe ukoresheje isabuni n'amazi n'imiburiburi ikipfikinyura isegonda 20. Iyo amaboko yawe atagaragara ko acafuye, urashobora gukaraba ukoresheje umuti uri mu gacupa urimwo Alcohol yo kwica imigera. Urakwiriye gukaraba ukifyikinyura:

- Imbere yuko utangura akazi
- Imbere n'inyuma yuko ubonanye n'umuntu wariko ufasha witwararika
- Inyuma yuko ukoze ahantu wibaza ko handuye canke ibintu bishobora kuba vyanduye
- Mu bihe bitandukanye vy'umusi

### 5. warahejeje icirwa cerekeranye na COVID-19 ku bakozi bakorera abageze mu za bukuru?

Hariho inyigisho ku buntu ziri ku buhinga ngurukanabumenyi zateguriwe kandi zishobora kugufasha:



- Gutahura COVID-19
- Kubona vyihuta ibimenyetso n'ivyemezo
- Kwirinda kutandura no kutanduza abandi

Urashobora kuronka izo nyigisho uciye ku buhinga ngurukanabumenyi aha hakurikira: <https://covid-19training.gov.au>

Utegerezwa kuguma wiyibutsa kandi wiga ivyerekeranye n'ugukinga ukwandura n'ingingo zo kwicungera.

## **6. Urazi ingene bakoresha PPE**

### **n'igihe co kuyikoresha?**

Ibintu vyo kwikingira ubwawe (PPE) ni ngirakamaro kugira ngo ntiwandure igihe uba uriko urakora.

Ukwiriye gukurikiza impanuro n'amategeko hamwe n'ivyategekaniye n'igihugu hamwe n'intara mu gukoresha PPE.

PPE itegerezwa gukoreshwa igihe uba uriko uritwararika ukorera uwundi:

- Bizwi yuko yanduye COVID-19 canke yikekwako yoba yaranduye COVID-19
- Ni nde yakumiriwe

Ambara PPE imbere yuko winjira mu cumba c'uwu ujejwe gufasha canke i mu nzu iwe, muhira iwe. Vugana n'umukoresha wawe canke umuyobozi wawe nimba utabizi neza. Ihweze video ya PPE kandi usome kirya cerekanwa ku kugene bakoresha PPE ikoresha ku bantu bakorera abageze mu za bukuru, kuri COVID-19 amasoko kuri [health.gov.au](https://health.gov.au).