



Australian Government

Department of Health

Kudatakaza imibonano yo kwa muganga

Mu gihe c'umugera wa Corona, ni ngirakamaro ko udatakaza umubonano n'umwe mwari mwapanganye na muganga cane cane igihe ufise ingwara zidakira canke ziguma zisubiriza.

Ni vyiza kuraba uwuguha ibijanye n'amagara. Igihe ugiye ku mubonano, ukwiye gukwirikiza impanuro uhabwa. Muri ivyo hashobora kuba harimwo kwambara agapfukamunwa (uwujejwe kugiuha ibijanye n'amagara ashobora kukaguha), gukoresha umuti wica imigera igihe ushitse n'igihe winjiye ahantu hatandukanye n'aho wari uri.

Nimba ufise ibimenyetso vya COVID-19, reka uwuguha ibijanye n'ivy'amagara amenye ko wasavye umubonano. Vyongeye ubabarire ivyerekeranye n'ingendo uherutse gufata canke n'imba waregeranye n'umuntu yanduye COVID-19. Wambare agapfuka munwa n'amazuru igihe uyiye mu mubonano na muganga kandi wibuke guhana inta ingana na 1.5 m n'abantu bose igihe cose. Ukorerere kandi wasmurire mu kwaha.

Imibonano na muganga yerekeranye n'amagara itaba imbona nkubone

Imibonano na muganga yerekeranye n'amagara itaba imbona nkubone ni ukwitwararika ugusuzuma amagara kugirirwa kuri telephone canke ku bikorane vyo kuri video. Barakwemerera guterefone no kuvugana n'umuganga wawe utarinze kuva muhira aho uri. Nta kindi gikoresho kidasanzwe ukeneye kandi urashobora gukoresha iterefone yawe canke imashini nyabwonko. Wewe n'uwukuronsa ivyo ukeneye mu bijanye n'amagara ni mwebwe muzohitamwo uburyo mukoresha bubabereye kurusha ibindi vyose.

Abaganga, abaforomo, n'abakora ivyerekeranye n'amagara y'abantu barashobora gutanga imibonano batarinze kubonana amaso mu yandi. Uwo ari we wese afise ikarata yo kwa muganga aremerewe gukoresha ibikorwa vyo kwa muganga bitangwa ku murongo wa telephone. Muganga wawe arashobora vyongeye kukwandikira imiti biciye ku kugusuzuma hakoreshejwe ivyo umubariye kuri telephone.

Mu mubonano na muganga biciye kuri telephone, umuganga wawe arakwiriye kukwandikira imiti. Abaganga bashobora kuguha urukaratasi rwanditseko imiti canke bakakurungikira ikopi yanditsweko iyo miti mw'idandarizo ryawe uguriramwo imiti bivanye n'ivyo muganga yakwandikiye biciye kuri telephone.

Kurungikirwa imiti i muhira.

Urashobora kurungikirwa imiti yawe muhira aho uba. Kurungika imiti i muhira ni ikintu ciza nimba cane cane uri mu bakumiriwe canke uri mu bantu bashobora kwandura vyoroshe kubera ingwara z'ivyuririzi, canke nimba wipfuzaga kuguma muhira.

Hamara idandarizo ry'imiti wama uguriramwo imiti canke urabe ku rubuga ngurukanabumenyi rwabo nimba batanga bashobora kukuzanira imiti i muhira kandi nimba bafise iyo miti mu bubiko bwabo. Urashobora kubisabira ku buhinga ngurukanabumenyi canke kuri telephone.

Nimba ufise imiti yanditswe ku rukaratasi, utegerezwa kurungika muri posita canke uruhe uwundi muntu arukujanyire mw'idandarizo ry'imiti imbere yuko bakuzanira iyo miti.

Iyo muganga arungitse ikopi y'imiti yakwandikiye ku buhinga ngurukanabumenyi, idandarizo ry'imiti rizoca rikurungikira imiti kuri aho ushobora gutorwa handitswe kuri ubwo buhinga ngurukanabumenyi muganga yakwandikiyeko umuti.

Gushigikira ibijanye n'amagara yo mu mutwe

Umugera wa corona uriko urahindura uburyo twahozeho tubaho n'uburyo tumarana imyanya n'abo dukunda. Ico kiza kizotegerezwa kubana natwe amezi menshi ari imbere, kandi ni nkenegwa ko twibuka gukingira amagara yacu yo mu mutwe co kimwe n'amagara yacu yoko mu mubiri.

Gumana imigenderanire n'abagenzi, umuryango, n'ikibano kuri telephone no ku murongo ngurukanabumenyi.

Nimba wumva urengewe, uhagaritse umutima, ushavuye, urushe, ubuze icyo ufata n'icyo ureka, uzazaniwe, menya yuko icyo ari ibisanzwe kandi ntugire ubwoba bwo gusaba uwobigufashamwo.

Izindi nkuru ku vyerekeranye na COVID-19

Ni ngirakamaro kuguma uzi ibiriko biraba ubikuye ku babifitiye uburenganzira. Ronderera kuri [health.gov.au](https://www.health.gov.au), hamagara ku murongo wo gufasha abafise Coronavirus kuri 1800 020 080 canke ku bikorwa vyo gusobanura no gusigura kuri 131 450