



## **Australian Government**

### **Department of Health**

#### **Umurongo wa COVID-19 wo gushigikira abageze mu za bukuru**

Ni ngirakamaro gushigikira abageze mu za bukuru muri iki gihe c’umugera wa corona. The Umurongo wa COVID-19 wo gushigikira abageze mu za bukuru ufasha abageze mu za bukuru, abakunzi babo n’ababitaho kugira ngo bagumane imigenderanire n’ubucuti kandi bakabandanya bakorerwa ibikorwa bakeneye muri iki gihe c’ikiza. Uwo murongo wo kubashigikira utanga imfashanyo zifadika n’impanuro zifadika.

Urashobora kumenya ivyerekeranye n’ibibuzanijwe ku mugera wa corona, ukaronka inkuru zerekeranye n’ibikorwa vyo gushigikira abageze mu za bukuru canke ukavugana n’umuntu ku bijanye n’amagara yo mu mutwe. Abantu bahagaritse umutima, umugenzi canke umuntu wo mu muryango afise uburwayi, arashobora kuvugana n’umuhanuzi yize ibijanye na dementia wo muri Australia ku murongo wo gushigikira.

Uwo murongo wo gushigikira urahari kugira ngo ufashe abageze mu za bukuru, incuti zabo, babaitaho, abagenzi n’ababashigikiye. Iterefone y’ubuntu iruguruye guhera ku wa mbere gushika ku wa gatanu, ndetse ku misi mikuru y’akaruhuko, guhera isaha 8:30am gushika 6pm. Urashobora guhamagara ku murongo wo gushigikira kuri **1800 171 866**.

Nimba wipfuzaga kuvugana mu rundi rurimi ndetse lkingereza, umusobanuzi arashobora kugufasha. Hamagara abajejwe ibikorwa vy’ugusigura n’ugusobanura kuri **131 450** maze usabe ururimi ugomba ko bagusiguriramwo. Mu rurimi rwawe, urashobora gusaba ko bagushira ku murongo wo gushigikira abageze mu za bukuru wa Covid-19.

#### **Urutonde rw’abashitsi bo mu kibano**

Urutonde rw’abashitsi bo mu kibano rutanga ubucuti n’abageze mu za bukuru bo muri Australia, abaherekeza abandi hamwe no kuba uri mu migenderanire n’ikibano. Rufatanya abantu n’abakorera bushake ko bamarana umwanya na bo, igihe cose. Muri iki gihe c’umugera wa corona, ibi bishobora kuba biciye kuri telephone canke video aho ukugenderanira amaso mu yandi kudashoboka kubera uguhana inta.

Kugumana n’abakorera bushake birashobora gufasha abantu kugira ngo bumve ko batezwe ugutwi, bumvirijwe, kandi bigashigikira abo bumva ko bahebwe, batawe canke ko bari bonyene. Urutonde rw’abashitsi bo mu kibano ni ibikorwa bitangwa k ubuntu ku bageze mu

za bukuru ubu bariko barashikira canke bariko barasaba ko bitwararikirwa muhira bashigikiwe na Reta canke ahantu baba.

Abageze mu za bukuru bashobora kwishikana k'urutonde rw'abashitsi bo mu kibano. Ugushikanwayo gushobora kandi kuva ku bahoze bitwararika abageze mu za bukuru kubo mu muryango no ku bagenzi. Kugira ngo umenye vyinshi kuri ivyo, ronderera kuri [www.health.gov.au/community-visitors-scheme](http://www.health.gov.au/community-visitors-scheme)

#### **Ukumererwa neza kwo mu mutwe**

Umugera wa Corona watumye habaho impinduka nyinshi mu buryo twahora tubaho. Kuvugana n'umuryango n'abagenzi canke na muganga wawe birashobora gufasha nimba wumva ufise ubwoba, nimba wumva ko uri wenyene, nimba wumva ko uhagaritse umutima canke uzazaniwe, canke ufise ubwoba. Ugomba izindi nkuru, impanuro, canke abandi benshi batanga ibikorwa vy'ugushigikira, ronderera kuri [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

#### **Izindi nkuru**

Ni ngirakamaro ko uronka inkuru zivuye ku masoko y'ababifitiye uburenganzira. Ronderera kuri [www.health.gov.au/resources/translated](http://www.health.gov.au/resources/translated) canke uhamagare ku murongo w'ugufasha abafise umugera wa Corona kuri **1800 020 080**.

Pakurura ubuhinga bwa COVIDSafe app kugira ngo bigufashe kutanduza umuryango wawe, abagenzi, n'ikibano. Hejuru y'Ikingereza, COVIDSafe app ubu irahari mu Carabu, mu gishinwa coroheje ca kera, mu ki Vietnamese, mu gi Korea, mu gitaliyano, mu Kigiriki, Punjabi no mu giturukiya. Ubwo buhinga App bushobora gupakururwa buvuye ku ho bwabitswe kuri Apple App store canke kuri Google Play store. Urashobora gusaba umuryango canke incuti canke umukozi akorera abageze mu za bukuru kugufasha gupakurura ubwo buhinga, iyo app.