



INTAMBUKO ZITANDATU Z'UGUHAGARIKA UKURANDAGATA KWA COVID KU BITWARARIKA ABAGEZE MU ZA BUKURU

Urakoze gufasha kwirinda no kwicungera, kurinda ababanyi bawe hamwe n'abandi bantu bose bakwitwararika. Turazi yuko rimwe na rimwe ari ibibazo bikomeye, kandi ko bategerezwa guhindura ibintu bitari bike kugira ngo bashobore kumenyera.

Umutekano wawe n'ukumererwa neza kwawe ni co kintu ca mbere twitwararika. Ingingo twafashe zabaye izo kugukingira kugira ngo ntihagire ico uba.

Ni ngirakamaro ko tubandanya twese gukora ibishoboka vyose dushoboye kugira ngo dukingire ababanyi b'abageze mu za bukuru n'abakozi bahora babakorera ivyo bikorwa ntibandure COVID-19. Izi nkuru zikurikira ni izo kugufasha kugira ngo ugume mu mutekano, ukingiwe kandi ube amahoro.

Nimba ufise impungenge izo ari zo zose canke wibaza ko ukeneye kumenya izindi nkuru zirengeye izi tuguhaye usabwe kuvugana n'abagize umuryango, abakwitwararika canke abakozi bo mw'ishirahamwe rigufasha. Twese turi hamwe muri urwo rugamba rukomeye.

Izindi nkuru turazisanga kuri muhora ngurukanabumenyi [health.gov.au](https://www.health.gov.au) website canke urashobora guhamagara ku murongo w'igihugu ujejwe gufasha abafise ibibazo vya Coronavirus kuri 1800 020 080.

INTAMBUKO ZITANDATU ZO GUHAGARIKA UKURANDAGATA:

1. Reka umukozi wawe yitwararika amagara yawe amenye nimba utamerewe neza

Utegerezwa kumenyeshya ibimenyetso vyose vyerekanana ingwara, naho vyoba umengo ntaco bitwaye umukozi wawe yitwararika ubuzima n'amagara vyawe. Barashobora kubisuzuma kandi barashobora kugupima ko woba wanduye COVID-19. Ibimenyetso vya COVID-19 birashobora kuba ibicurane canke ibiseru kandi hashobora kubaharimwo:

- 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.

Gusuzuma COVID-19 biriho ku bantu bose babana n'abageze mu zabukuri bakurikiranwa n'abakozi bo mu mashirahamwe mu kubitwararika.

2. Karaba kenshi amaboko

Urakeneye gukaraba amaboko yawe ukipfikinyura. Ukwiriye kwama ubikora igihe cose uhejeje kubonana imbere n'inyuma n'uwundi mubanyi uwo ari we wese, yaba umushitsi, canke umukozi. Ukwiriye gukaraba amaboko yawe ukoresha isabuni n'amazi n'imiburiburi isegonda 20. Nimba amaboko yawe ataboneka yuko yanduye, urashobora gukaraba ukoresha agacupa karimwo umuti wa alcohol wo kwica imigera.

3. Kwikingira, kwiyubara no gukingira abashitsi

Kugira ngo dufashe kugabanya akaga k'ukurandagata kwa COVID-19, tugusavye gukora ibi bikurikira:

- Gusaba abashitsi bawe kutakugendera igihe barwaye canke bumva batameze neza
- Kwibutsa abashitsi bawe ko bakwiye gukaraba amaboko yabo kandi ubereke aho bashobora gukarabira
- Wakire rimwe abashitsi batarenga babiri
- Ubonanire n'abashitsi bawe mu cumba cawe, hanze, canke ahandi hantu hagenywe n'umuryango wawe
- Irinde n'abashitsi bawe kuja ahantu hakoranira abantu benshi
- Imisi yose witwararike guhana inta n'abandi bantu (turazi yuko ibi bigoye, cane cane iyo ari abuzukuru bawe)
- Raba nimba abashitsi bawe bategeranye n'uwanduye COVID-19 mu misi 14 iheze.

4. Mbega urazi amategeko agenga abashitsi baza aho uba?

Ibikorwa bitanga ubufasha ku bageze mu za bukuru biba mu kibano no mu micungararo bategerezwa gukurikiza ibisabwa n'igihugu hamwe n'intara. Igikorwa

cose co mu micungararo gifasha abageze mu za bukuru kirafise amategeko yo gufasha guhagarika ukurandagata kw'umugera. Raba neza ko wewe n'umushitsi wawe muzi neza ayo mategeko. Amategeko arashobora guhinduka iyo hariho abantu banduye COVID-19 mu karere ubamwo.

Imbere yuko yinjira aho uronkera imfashanyo ijanye no kuba mu za bukuru kwawe, umushitsi wawe akwiriye:

- answer questions to help the staff assess their COVID-19 risk
- kwerekana yuko yaronse urucanco rwo gukingira ibicurane mu mwaka wa 2020
- yemera gukurikiza amategeko agenga abashitsi.

ubaze abo bashitsi bawe yuko bishuye mu kuri ata buryarya ivyo bibazo kugira ngo ntibahave basanga bariko barakwiragiza umugera wa COVID-19.

5. Mbega urazi ingene ushobora kugumana imigenderanire n'abo ukunda igihe badashobora kukugendera canke gusohoka?

Birashobora gushika yuko ibijanye n'ugufashwa kwawe kubera ugeze mu za bukuru bishobora kubuza abantu ko badakwiye gusubira kukugendera muhira I wawe. Nk'akarorero, iyo hadutse ikiza muhira iwawe canke mu gice ubamwo.

Duhimiriza abatanga ibikorwa vy'ukwitwararika abageze mu za bukuru n'abagenzi gukorera hamwe kugira ngo mugumane imigenderanire. Nubwo abakunzi bawe badashobora kukugendera amaso mu yandi, hariho ubundi buryo bwinshi mushobora kugum imigenderanire yanyu.

Baza abagize umuryango wawe canke abakozi bo muri ico kigo gitanga iyo mfashanyo yo kwitwararika abageze mu za bukuru bakwereke ingene ushobora kugumana imigenderanire ukoresheje uguhamagarana umuntu muri telephone mubonana nkaho mwoba muri kumwe. Basabe bakwereke ingene ubigenza n'aho ushobora kuja ku muhora ngurukanabumenyi.

6. Urazi yuko ushobora gusaba kubana n'umuryango mu gihe gitoya mu gihe COVID-19 ibica bigacika?

Iyo wumva yuko ata ngorane ushobora kubana n'umuryango ushobora kukwitwararika, urashobora gusaba uruhusha ukahava bivanye na Covid 19. Ico kiza ni ikiza kibica bigacika kandi cihutirwa. Gusaba kuhava birakunda gushika italiki 30 Ruheshi 2021.

Vugana n'ishirahamwe rikwitwararika mu busaza nimba wipfuzaga gufata akaruhuko ukava muhira aho wahora witwararikira uwo muntu.

Turakeneye imfashanyo yawe

COVIDSafe app ni ku bushake nta gitsure na gitoya ushirwako. Gupakurura iyo app, ubwo buhinga ni ikintu ushobora gukora kugira ngo ufashe gukingira umuryango wawe, abagenzi bawe n'ikibano. Urashobora gufasha kurokora ubuzima bw'abandi bantu. Uko abantu benshi bo muri Australia bakoresha COVIDSafe app, bica vyihuta cane gutora uwo mugera.

Ku nkuru z'ukwizerwa zemewe, amasoko, n'umuyobora, ronderera kuri www.health.gov.au.