



INTAMBUKO ZITANDATU ZO GUHAGARIKA UKURANDAGATA KW'UMUGERA KU MIRYANGO NO KU BASHITSI

Murakoze cane mwese imiryango n'abakunzi b'abageze mu za bukuru bo muri Australia ku mfashanyo hamwe n'ugukorera hamwe. Ni ngirakamaro cane muri ibi bihe bikomeye.

Turazi ko COVID-19 ifise ingaruka mbi zikomeye ku bageze mu za bukuru. Turika turakora tutiziganya kurusha uko twahoze dukora kugira ngo turabe neza ko abakunzi banyu bari mu mutekano mu bikorwa vyabo bakorerwa kugira ngo babandanye babaho neza.

Umutekano n'ukubaho neza kw'abari mu kaga hamwe n'abageze mu za bukuru bo muri Australia ni co kintu ca mbere twitwararika.

Izi nkuru zikurikira zizogufasha gukingira abageze mu za bukuru bo muri Australia kugira ngo ntibandure COVID-19.

Izindi nkuru zirahari ku muhora ngurukanabumenyi kuri [health.gov.au](https://www.health.gov.au) website uravye kuri "ikigabane c'amasoko" ("resources section"). Vyongeye nogusaba gusoma Industry Code ku bashitsi bagendera mu ngo z'abageze mu za bukuru muri iki gihe ca COVID-19 kuri <https://www.cota.org.au/policy/aged-care-reform/agedcarevisitors/>.

Dutegerezwa kubandanya gukingira uburenganzira bw'abantu baronka ibikorwa bijanye nuko bageze mu za bukuru, hisunzwe itegeko rikingira uburenganzira bw'abageze mu za bukuru. Urashobora gusanga iryo tegeko ku muhora ngurukanabumenyi wa <https://www.health.gov.au/news/charter-of-aged-care-rights>.

INTAMBUKO ZITANDATU ZO GUHAGARIKA COVID 19:

Urashobora guhagarika ukurandagata kandi ukaba mu mahoro n'umutekano ukwirikije izi ntambuko zitandatu

1. Wumva umerewe neza?

Utegerezwa kuguma I muhira kandi ntutemberere umuntu n'umwe igihe wumva ko utamerewe neza. Utegerezwa kuvyubahiriza mbere naho ibimenyetso vyawe vyoba bidakaze. Ibimenyetso vya COVID-19 birashobora kuba nko gushuha, canke ibicurane kandi bishobora kuba birimwo 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. Mbega wararonse *urucanco rwawe rugezweko rugukingira ibicurane?*

Iyo ushaka gutemberera ahantu bafashiriza abageze mu za bukuru utegerezwa kuba warakingiwe ibicurane. Utegerezwa gutanga ivyemezo vyerekana ko wakingiwe ibicurane. Iyo udashobora gukingirwa utegerezwa kwerekana ibimenyetso vy'uko muganga yaguhaye uruhusa. Vyongeye tugutegeka ko wokwicancisha nimba utemberera abageze mu za bukuru n'abagenzi mu micungararo yabo

3. Urazi ingene ukugendera abantu kwawe kwoba mu *mutekano* ntangere ?

Kugira ngo dufashe kugabanura ukurandagata kwa COVID-19, tugusavye ibi bikurikira:

- Karaba amaboko yawe ukoresheje isabuni n'amazi n'imiburiburi imisegona 20 canke na ho ukoreshe umuti wica imigera uri mu gacupa urimwo alcohol:
 - » Mu ntango y'urugendo rwawe niyo uhejeje kugendera uwo muntu
 - » imbere n'inyuma yuko uhejeje guhura n'uwuba ngaho, nk'igihe uhejeje kumufashisha ivyo kurya
 - » mu biha bitandukanye vy'umusi
- Werekane ivyemezo vy'uko wewe n'abashitsi bawe baronse urucanco rwa 2020 rubakingira ibicurane
- Gukororera canke kwasamurira mu nkokora y'ukuboko canke mu gakaratasi koroshe, maze uhejeje ubite aho vyagenewe kandi uce ukaraba ubwo nyene
- Nta bashitsi barenga babiri bashobora kugendera uwuba ngaho mu mwanya umwe
- Gendera umubanyi wawe umusanze mu cumba ciwe, mu kibanza co hanze categuriwe kwakira abashitsi
- Irinde kuja ahantu hahurira abantu benshi
- Aho bishoboka hose mukoreshe guhana inta hagati y'umuntu n'uwundi

Ntushobora kugendera abantu iyo mu misi iheze 14:

- Wagarutse uvuye hanze y'igihugu canke
- Wigeze kwegerana n'uwanduye COVID-19

Utegerezwa kuba mbere uri aho wakumiriwe canke wikumiriye ubwawe ntugire umuntu n'umwe utemberera.

Abakozi bose n'abashitsi bategerezwa gutanga ido n'ido z'aho babarizwa bakaziha abajejwe gufasha abageze mu za bukuru.

4. Hariho abana mujanye gutemberera uwo ageze mu za bukuru?

Ukwiye kuraba nimba abana bashobora kujana nawe imbere yuko uja kuri RACF. Nimba abo bana bevyemerewe, ukwiye gucungera abo bana muri kumwe kandi urabe neza yuko bakwirikiza uguhana inta hamwe n'amategeko y'isuku.

5. Mbega urazi amategeko akwirikizwa aho abakunzi bawe baba?

Abakozi bose bakorera aho hantu basabwa kuvugana n'abahaba n'imiryango ivyerekeranye n'amategeko agenga abaza kubatemberera. Bategerezwa kukumenyeshya impinduka izo ari zo zose zishobora kuba zarabaye. Ukwiriye:

- Gutanga inkuru z'ukuri ku bibazo ubazwa vyerekeranye n' akaga ka COVID-19
- Kwerekana ivyemezo vy'uko wakingiwe ibicurane mu mwaka wa 2020
- Ukwirikize amategeko agenga abaza gutemberera abo bageze mu za bukuru

Utegerezwa gusuzuma no kuraba impanuro zitangwa na Reta y'igihugu hamwe n'intara kubera ibisabwa bishobora gutandukana ku bijanye n'ibikorwa bikorerwa abageze mu za bukuru n'abandi bantu basanzwe.

6. Urazi ingene ushobora kugumana imigenderanire n'abakunzi bawe iyo kubonana amaso mu yandi bigoranye?

Rimwe na rimwe uwitwararika abageze mu za bukuru ashobora kubuza abantu ko batemberera uwugeze mu za bukuru. Nk'akarorero, iyo habaye ikiza aho abo bantu baba canke mu micungararo.

Duhimiriza abatanga imfashanyo canke abitwararika abageze mu za bukuru n'incuti ko bakwiriye gukorera hamwe kugira ngo bagufashe kugumana imigenderanire n'abakunzi bawe.

Nimba urajwe ishingira n'abagutemberera canke umwitwarariko w'umugenzi canke uwo mu muryango, usabwe kuvugana na:

- Urunani ruvugira abageze mu za bukuru (OPAN) kuri 1800 700 600 canke
- Kuronderera ku rubuga ngurukanabumenyi rwabo kuri www.opan.com.au.

OPAN rurashobora gukorana na we hamwe n'abatanga ubufasha ku bageze mu za bukuru. Ivyo bikorwa bitangwa ku buntu kandi bikorwa mw'ibanga. Canke na ho, urashobora kurondera umurwi ujejwe akanovera k'ibikorwa abageze mu za bukuru (ACQSC) kuri 1800 951 822 canke kuri agedcarequality.gov.au.

Nimba ufise ikibazo ico ari co cose ku vyerekeranye n'amagara yo mu mutwe y'umugenzi canke umuntu wo mu muryango usabwe guhamagara ku buntu umurongo wo gufasha kuri COVID-19 ku bageze mu za bukuru bo muri Australia kuri 1800 171 866.

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