

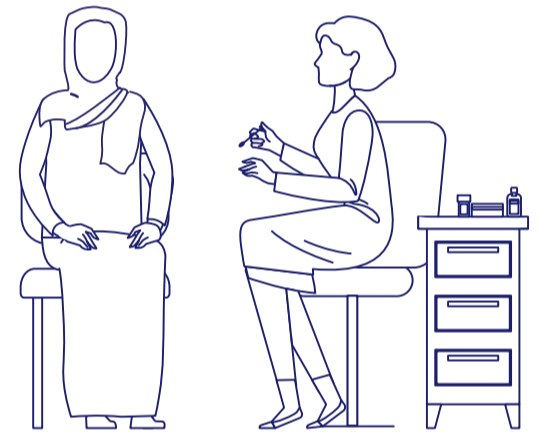


## Ni ngirakamaro gusuzumwa COVID-19 nimba ufise ibimenyetso.



Nimba ushushu, ukorora, ufise mu muhogo havyimve, canke uhema bigoranye, ukabura impwemu, usabwe kwisuzumisha. Mbere naho ivyo bimenyetso vyoba ari bito bito.

Gusuzumwa COVID biranyaruka. Ntibibabaza. Birashobora gutuma utiyumva neza, ariko ivyo bimara amasegonda makeya cane.



Umaze kugirirwa isuzuma, utegerezwa guca uja muhira ata handi hantu na hamwe uciye kandi ukaguma muhira kugeza uronse inyishu y'isuzuma wagiriwe, mu bisanzwe mu mpera y'iyinga rikurikira.

Kwisuzumisha bifasha guhagarika ukurandagata kw'umugera kandi bizogufasha, bifashe umuryango wawe no'abagenzi bawe kutandura.

