



Australian Government

Department of Health

Imfashanyo ku vyerekeranye n'amahera n'amagara yo mu mutwe

Coronavirus yazananye n'ibibazo vyinshi. Ivyo bibazo vyaragize ingaruka ku bijanye n'amahera hamwe no ku magara yo mu mutwe co kimwe n'ukubaho neza. Urashobora kuba uriko uraca mu ngorane zo kuronka itiro, gusinzira, uguhinduka mu vyo mu vviyumviro, ukagira intege nke, canke mbere ukagira n'ingorane mu migenderanire mugiranira n'abantu. Mu bihe nk'ibi, ni ngirakamaro kumeya aho ushobora kuronka imfashanyo.

Ibikorwa bishigikira abari mu bibazo nk'ivyo

Kubera impinduka zikomeye zabaye mu buzima bwawe bwa misi yose birasanzwe yuko wumva ko uhagaritse umutima, ufise ubwoba kand wiganyira. Birafasha iyo uvuganye n'umuryango, incuti canke ukitura uwujewe amahgara y'abantu yabimogoreye. Hariho ibikorwa bitari bike bifasha abantu bumva ko bafise ubwoba kandi bahagaritswe umutima canke mbere bakarengerwa, muri ivyo bikorwa harimwo:

Kwerekeza ku magara meza

Ku nkuru, impanuro, hamwe n'ahantu henshi hafasha ibikorwa nk'ivyo ronderera kuri www.headtohealth.gov.au.

Umurongo wo guhamagarako

Kugira ngo ufashwe hamwe n'akagohe twokuvunira ku kugene wizigama ugakingira amagara yawe yo mu mutwe muri iki gihe c'ikiza ronderera kuri www.lifeline.org.au canke uhamagara kuri 13 11 14.

Kure cane (Beyond Blue)

Kure cane harashizeho ibikorwa vyo gufasha abashikiwe na Coronavirus ushobora gukoresha mu guhamagara kuri 1800 512 348. Urashobora kandi kuronderera kuri www.coronavirus.beyondblue.org.au

Umurongo wo gufasha abana

Uwo murongo utanga ibikorwa bitarihishwa ku bana no ku bakiri bato. Ku zindi nkuru woba ukeneye kumenya ronderera kuri www.kidshelpline.com.au canke uhamagara kuri 1800 551 800.

Ikibanza co mu mutwe

Urashobora kuronderera kuri www.headspace.org.au ku bikorwa vyo gushigikira urwaruka .

Umurongo w'abagabo muri Australia

Umurongo w'abagabo utanga imfashanyo ku buntu n'ibikorwa vyo kugira inama abagabo. Hamagara kuri 1300 789 978 canke uronderere kuri www.mensline.org.au ku zindi nkuru zirengeye izi tughaye.



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Nimba wewe canke uwundi muntu uzi yoba ari mu kaga kandi akaba akeneye imfashanyo muri ako kanya nyene usabwe kumutabariza mu guhamagara kuri **000**.

Imfashanyo mu vyerekeranye n'amahera

Reta ya Australia iratanga imfashanyo y'amahera ku bantu, ku rudandazwa hamwe no ku bacuruzi bagize ingorane zavuye kuri Coronavirus.

Ibi birahari biciye mu bikorwa vya Australia kandi bigizwe n'ugushigikirwa mu bijanye n'ivyo umuntu yinjiza nk'umushahara ku kwezi hamwe n'ugushigikira ababa mu rugo. Shakisha ibindi birengeye ibi ku bijanye n'ivyo bikorwa kuri www.servicesaustralia.gov.au/covid19 cnke hamagara kuri 131 202.

Ikigo kijejwe kwanduza imbugu kiratanga imfashanyo harimwo gutanga kare amahera y'ukwezi kwa cumi na gatatu hamwe n'amahera ushobora gukurayo udafise kuri konte yawe ku bakukurutse. Imfashanyo vyongeye irashobora kuboneka ku vyashara vyemewe harimwo no gutanga amahera hamwe n'imishahara ku basigaranye akazi nubwo bataba bariko barakora. Urashobora kuronka ibindi vyinshi birengeye ibi tuvuze ngaha kuri www.ato.gov.au/coronavirus.

Urashobora kandi kugirwa inama ku bijanye n'ubutunzi ku buntu uhabwa n'uwazobereye ivy'ubutunzikandi yigenga ataho ahengamiye. Urashobora gushikira ivyo uciye ku murongo w'igihugu wo gufasha abafise amadeni kuri 1800 007 007.

Ibikorwa vyo gusigura no gusobanura

Nimba utari umuntu avuga Ikingereza urashobora kurondera abakora ivyo gusobanura n'ugusigura kuri **131 450**.

Bazoguhereza umusiguzi agusigurira mu rurimi rwawe. Bazokubaza rero izina n'inomero za telephone z'ishirahamwe ushaka kuja kuraba.

Guma ku murongo igihe uwujwe kuguhereza umusiguzi azogushira hamwe n'uwo mutegerezwa kuvugana wo mw'ishirahamwe.

Izindi nkuru

Ni ngirakamaro kumenya no kuronka inkuru zivuye ku babifitiye uburenganzira. Ronderera kuri www.australia.gov.au ku mpanuro za nyuma zigezweho, hamwe n'aho wokwitura mu gihugu cose no mu karere kose. Utegerezwa kandi kwiyumvira gupakurura COVIDSafe app kugira ngo bigufashe gukingira umuryango wawe, abagenzi n'ikibano bagume mu mutekano.