

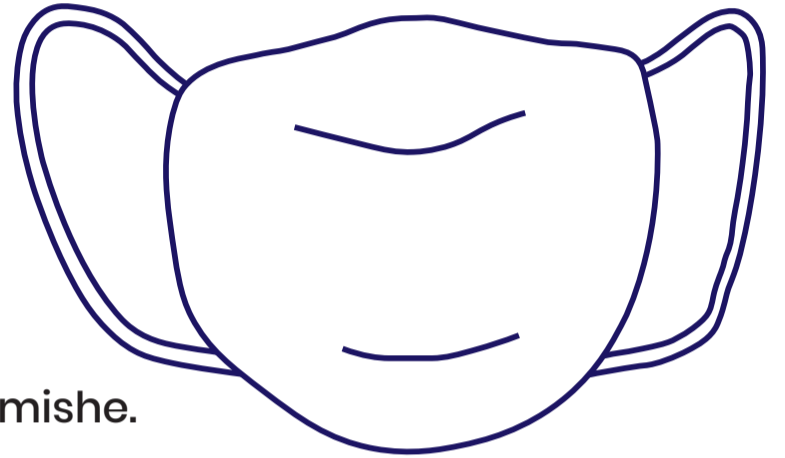


# NI NGOMBWA KO NAMBARA AGAPFUKAMUNWA?

Udupfukamunwa ni imwe mu ngamba zindi zo kwirinda COVID-19 mu duce turimo ubwandu buturuka mu baturage ubwabo. Reba inama z'ubuyobozi bw'Intara cyangwa agace utuyemo ziyanye n'udupfukamunwa bagusaba gukoresha n'ibyo tugomba kuba twujuje. Mu gihe uri ahantu gusiga intera n'abandi bigoye nko mu rugendo wifashishije uburyo rusange bwo gutwara abantu, ushobora guhitamo kwambara agapfukamunwa.

## Kugira ngo wirinde COVID-19, kora ibi 3:

1. Karaba intoki cyangwa uzisukure n'umuti wabugenewe
2. Ubahiriza intera hagati yawe n'abandi (m1,5)
3. Tunga porogaramu ya COVIDSafe.

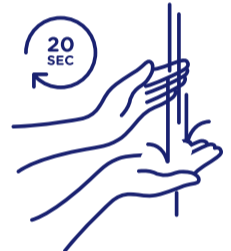


Guma kandi mu rugo niba wumva utameze neza, unipimishe.

Niba uhisemo kwambara agapfukamunwa, ni byiza:



Gukaraba intoki mbere yo kukambara.



Kureba neza ko gapfutse amazuru n'umunwa kandi kanyuze neza munsi y'akananwa, ku mutonzi w'izuru, kandi kageze ku mpande.



Kudakora ku gice k'imbere cyako mu gihe cyo kukambara cyangwa kugakuramo. Niba ugakozeho, hita ukaraba intoki cyangwa uzisukure n'umuti wabugenewe. Ntugatume agapfukamunwa kanagana ku ijosi.



Gukaraba intoki cyangwa kuzisukura n'umuti wabugenewe umaze kugakuramo.



**\*Udupfukamunwa twagenewe gukoreshwa inshuro imwe gusa ntitugomba kongera gukoreshwa, tugomba guhita tjugunywa.**

**NI NGOMBWA:** Abantu bagira ibibazo bya karande byo guhumeka bagomba kugisha inama abaganga mbere yo kwambara agapfukamunwa.

Andi makuru, sura [www.health.gov.au](http://www.health.gov.au)