



Urukaratasi ruriko inkuru

Nta ngorane kwitererwaho i Muhira

Coronavirus
(COVID-19)

Amagara yanyu ni wo mwitwarariko wa mbere wa Reta ya Australia. Muri ivyo harimwo kubakingira coronavirus (COVID-19).

Umukozi akuze akora mu vyo kwitwararika no kwitaho abantu bari mu mihira afata ingingo zose zikenewe kugira ngo abone ko muri mukingwiwe bikwiye.

Muri ivyo harimwo gukurikiza impanuro zitangwa umuyobozi mukuru ajejwe amagara y'abantu muri Australia ku bijanye n'igihe co gukoresha ibikoresho vyo kwikingira.

Umukozi wawe agufasha mugihe ugeze mu za bukuru agomba kwambara ibikoresho birinda umuntu birimo masike, amaglovusi, amakanzu, hamwe n'impuzu zikingira niba bikenewe mu karere kanyu.

Ibikoresho vyo gukingira umukozi akuze abitwararika bitegerezwa kwambarwa igihe:

- Wapimwe ugasangwa waranduye COVID-19
- Igihe wikekwa ko woba waranduye COVID-19
- Igihe kuri wewe hariho ibimemyetso vy'uko woba waranduye COVID-19

Umukozi wese akuze yitwararika abantu abonetseko ibimemyetso vya COVID-19 ntiyenerewe gukora – kugira ntibihende, abakozi bafise ivyo bimenyetso bariko barapimwa.

Abakozi bakuze bitwararika abandi bakurikiza impanuro nziza za mbere zo kwa muganga kugira ngo bagukingire kandi na bo bikingire kwandura COVID-19.

Izindi mpanuro

Kugira ngo umenye ibindi vyinshi kuri COVID-19 usabwe guhamagara kuri National Coronavirus Helpline kuri **1800 020 080** canke uje ku buhinga ngurukanabumenyi [health.gov.au](https://www.health.gov.au)

Nimba ukeneye kumenya ibindi vyinshi ku bijanye n'ibikorwa vy'ugushigikira, injira mu migenderanire na Kwitwararika mu myaka yanje ikuze (My Aged Care) mu guhamagara kuri **1800 200 422**.

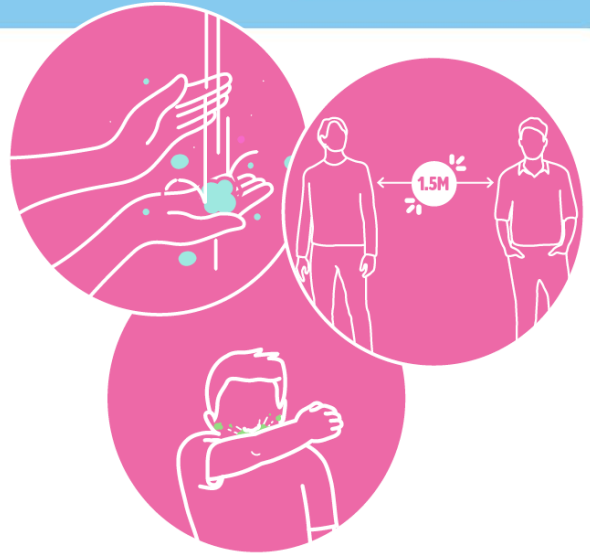
Nimba ufise ibindi bikubakiye ku bijanye n'ibikorwa vyerekeranye n'ukukwitwararika, canke uwukwitwararika, usabwe kwinjira mu migenderanire n'abatanga ibikorwa vyawe vyitwararika abakuze.



Kwikingira Coronavirus

Isuku ryiza hamwe n'ukwiyubara igihe uriko uravugana canke ukorana n'abandi bantu nib wo buryo bwiza bwa mbere bwo kwikingira no gukingira umuryango wawe coronavirus. Muri ivyo harimwo:

- Gukororera mu kwaha n'ukwasamurira mu kwaha canke ukoresheje agakaratasi koroshe
- Guta udukaratasi tworoshe wasamuriyemwo canke wakororereyemwo mu gaseke kagenewe kwakira umucafu uhejeje gukorora canke kwasamura maze ako kanya nyene ugaca ukaraba amaboko
- Gukraba amaboko yawe kenshi gashoboka ukoresheje isabuni n'amazi, harimwo imbere y'ukurya n'inyuma y'ukurya, n'inyuma yuko uvuye mu kazu ka surwumwe, n'igihe uvuye ku maduka gusuma ibintu canke uvuye ahandi hantu
- Gukoresha amazi arimwo alcohol mu gukaraba amaboko (60% alcohol), aho biboneka
- Kwoza no gushira umuti wica imigera kenshi gashoboka ku hantu hakorwako n'ibintu bikorwako kenshi
- Kuguma i muhira kandi no kwirinda gukoranako n'abandi bantu, kiretse igihe ukeneye imfashanyo canke ukeneye kwitabwaho
- Wirinde gufata ingendo igihe bitari ngombwa
- Urabe ko abadandaza imiti boyikuzanira i muhira
- Raba yuko ibisumwa n'ibindi bintu vya nkenerwa bobikuzanira i muhira
- Gumiza hagati y'umuntu n'uwundi imetero 1.5 — amaboko 2 uciriye mu nkokora — hagati y'abandi bantu, igihe cose bishoboka



Witwararike amagara yawe

Ukwiriye kuguma witwararika ukwitwararikirwa muhira hamwe n'amagara yawe. Ibi ni ngirakamaro co kimwe n'ukwikingira coronavirus.

Gumana imigenderanire n'umuganga wawe kandi umuhamagare nimba hari ikintu na kimwe kitagenda neza mu magara yawe. Barashobora kukuvura no kukumenyesha ingene wobigenza kuri telephone canke kuri tele-conference, kandi no kwitwararikwa amaso mu yandi biracashoboka.

