Australian Government

Department of Health

Kwitwararika amagara yawe yo mu mutwe

Umugera wa Corona ufise ingaruka ku bantu bose. Waragize ingaruka ku bantu bose bo muri Australia mbere no mw'isi yose. Abantu bo mu bihugu vyose, imico yose n'aho bakomotse hose baragize impinduka mu buzima bwabo bwa misi yose kugira ngo bafashe guhagarika ukurandagata kw'umugera kandi kugira ngo ntibanduze ibibano vyabo.

Ingaruka za coronavirus zatumye benshi muri twebwe bumva ko bafise ubwoba, barengewe canke bumva ko bari bonyene. Urashobora kandi kuba urajwe ishinga n'umuryango wawe n'abagenzi bawe bo mu gihugu wakomotsemwo. Ni ngirakamaro ko twese dukwiye kwiyubara no kwitwararika ubuzima bwacu bwo mu mutwe n'ukumererwa neza kwacu kwo mu mutwe, co kimwe n'amagara yacu yo ku mubiri, muri ibi bihe bigoye.

Urashobora kuba warabonye ibintu vyahindutse mu kugene usigaye umeze no mu bigumbagumba vyawe canke ukabona ko hari ivyahindutse ku wundi muntu, nka:

- Kwumva yuko urengewe canke ufise ubwoba, uhagaritse umutima.
- Kwumva yuko ata kigenda, ushavuye, canke ko utameze uko wahoraumeze.
- Ufise ibibazo vyo gutora itiro canke kuguma usinziriye.
- Impinduka mu biro usigaye ufise canke mu kayabagu.
- Kwumva yuko urengewe kandi no kubona ko ubuzima bwawe bwa misi yose bugoye.

Abantu bamwe barashobora kwumva ko bafise ubwoba bwo kuvuga ku bigumbagumba vyabo bafise babivugana n'abandi kubera ubwoba bwo kwitwa ko bafise ingorane zo mu mutwe. Ukuri ni uko ivyo bigumbagumba babisangiye n'abandi kandi ari ibisanzwe kandi ko abantu benshi mu kibano na bo nyene ari ko biyumva kandi bariko baraca mu bihe nk'ivyo nyene.

Ubahuka uvugane n'abantu wizera. Kugumana imigenderanire no hagufi y'umuryango n'abagenzi kuri telephone, video, canke no ku buhinga nkoranyambaga birashobora gufasha ubuzima bwawe bwo mu mutwe. Sangira n'abandi uko wiyumva, ibigumbagumba vyawe kandi na bo ubasabe bakubarire ingene biyumva.

Kugumana amagara meza ni vyiza ku bwenge bwawe no mu mutwe hawe hamwe no ku mubiri wawe. Gerageze kugumana ivyo wari umenyereye uburyo bwose bushoboka. Gerageza kuguma hari utwo uriko urakora mu kuja gutembera hanze, kugorora intege aho abantu baruhukira, canke kugirira imyimenyerezo y'umubiri i muhira. Fata umwanya uhagije wo gusinzira, urye ivyokurya vyiza bizana ingoga n'inguvu zihagije nk'ibibogaboga, ugabanye inyama kandi ugabanye n'ibinyobwa birimwo isukari nyinshi.

Hariho abashobora kubigufashamwo

Ni vyiza gusaba imfashanyo nimba wumva ko ukwiye gushigikirwa kugira ngo ushobore gutorera umuti ibibazo vy'ubuzima birengeye ivyo wahora ufise muri iki gihe, canke nimba

ubona ko ubuzima busigaye bugoye butagishoboka. Vugana n'uwo mu muryango, umugenzi, canke umuganga wawe akuvura vyose (GP) canke umuganga karuhariwe wizeye ku vyerekeranye n'ingorane zawe wisangije hamwe n'intambuko zikwirikira ushobora gufata.

Urashobora vyongeye kuvugana n'umuhanuzi igihe ico ari co cose ata mahera urinze gutanga mu guhamagara ibikorwa vyo gushigikira ukumererwa neza kwo mu mutwe kuvanye na Coronavirus kuri 1800 512 348. Kugira ngo uronke Umusobanuzi n'umusiguzi wo ku buntu, hamagara kuri 131 450 kandi uce uvuga ururimi wipfuza ko bagusobanuriramwo. Urashobora rero guca usaba umusobanuzi kugira ngo agushire ku murongo w'ibikorwa bijejwe gushigikira ubuzima bwo mu mutwe bitewe na Coronavirus.

Si abantu bose banezerezwa no kuvugana n'uwundi muntu amaso mu yandi, kandi ivyo ni vyiza nta ngorane biteye. Urashobora kuronka imbuga bugezweho zifise inkuru zogufasha, urashobora gukoresha apps, n'intonde kugira ngo wubake ubuhinga kandi urabe ivyawe aho bigeze, ukavugana n'abandi inkuru n'ivyo uriko uracamwo ku mahwaniro yo ku mirongo bugezweho, canke ukavugana n'uwabimogoreye kuri telephone, mukavuganira ku buhinga bugezweho/ mu kurungikiranira ubutumwa buto buto, canke murungikiranirana ubutumwa kuri email.

Ronderera kuri Health website headtohealth.gov.au ushaka inkuru, impanuro, kandi kugira ngo ushobore gushikira amatelephone y'ubuntu canke azimbutse hamwe no ku bikorwa bikorerwa ku buhinga ngurukanabumenyi vyerekeranye n'amagara yo mu mutwe hamwe n'imfashanyo. Vyongeye birafatanye n'inkuru n'ubundi butunzi mu rurimi rwawe rwa kavukire.