

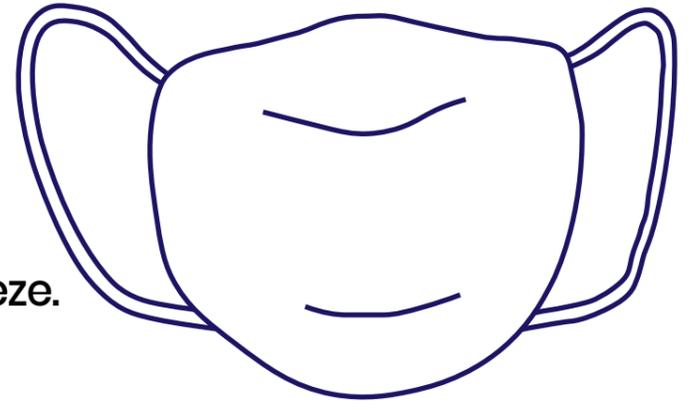


# NOBA NKENEYE KWAMBARA MASIKE?

Masike niyindi mfashanyo yo kwirinda COVID-19 mubice vyanduza mubabanyi tubana. Raba aho utuye hamwe nintara kuvyerekeye n'impanuru zijanye no kwambara masike n'ibisabwa. Niba uri mubihe bisabwa yuko mutegerana hafi nabandi bantu nko mumodoka rusange, urashobora guhitamo kwambara masike.

## Kubaho tudafise COVID:

- Karaba canke usukure amaboko yawe
- Komeza ushiraho intera y'umubiri (1.5m)
- Komeza uronka inkingo za COVID-19 zigezweho
- Guma murugo niba utameze neza hanyuma ugerageze.



Niba uhisemo kwambara masike:



Karaba intoki imbere yo kwambara masike



Raba neza yuko itwikiriye izuru n'umunwa kandi bihuye neza munsi y'urwasaya, hejuru yikiraro c'izuru no kuruhande rwuruhanga rwawe.



Ntugakore imbere ya masike mugihe uyambaye canke mugihe uyikuyemo. Niba ukoze kuri masike, oza canke usukure amaboko ako kanya. Ntukemere ko masike y'imanika ku matama canke ku izosi.



Karaba canke usukure amaboko inyuma yo gukuramo masike.



Oza masike inyuma yo gukoreshwa, canke buri munsi bishoboka vyose.



**\*Gukoresha masike imwe ntigomba kongera gukoreshwa kandi bigomba gutabwa inyuma yo kuyikoresha.**

**ICANGOMBWA:** Abantu bafise ibibazo vyubuhumekero budakira bagomba gushaka impanuro zubuvuzi imbere yo gukoresha masike.

Nimba ukeneye izindi inkuru hamagara National Coronavirus Helpline kuri **1800 020 080**, hanyuma utore **tora inumero 8** kuronka serivise y'ubusobanuzi, canke raba kuri **www.health.gov.au**