



Australian Government



Ingaruka z'igihe kirekire za COVID-19

27 Ruheshi 2022

Abantu benshi bandura COVID-19 bagira ibimenyetso v'igihe gito kandi bagakira mu myayinga makeya. Umwanya bifata kugira ngo bakire COVID-19 uratandukanye umuntu ku wundi kuko bivane n'abantu. Ibi bivane n'ukugene wari urwaye iyo COVID-19. Birashobora kuvana n'ukugene woba wari ufise ibindi bigwara mu mubiri.

Hariho abantu bagira ingorane z'amagara igihe kirekire inyuma yuko bahejeje kwandura COVID-19. Rimwe na rimwe COVID-19 ituma umuntu yumva ko atamerewe neza amezzi menshi ahejeje kurwara iyo ngwara ubwa mbere. Ibi ni vyo twita 'COVID y'igihe kirekire. COVID y'igihe kirekire ishobora kumara amayinga menshi n'amezi menshi, mbeee n'igihe umuntu aba atagifise umugera.

COVID ndende irashoboka cane kubantu bari bafise COVID-19. Ariko, nabantu barwaye COVID-19 yoroheje kandi badakeneye kujya mubitaro barashobora kwandura COVID ndende.

Ibimenyetso vya COVID y'igihe kirekire

COVID ndende irashobora gutera ibimenyetso byinshi kandi ntibishobora kugira ingaruka kubantu bose muburyo bumwe. Ibimenyetso birashobora gukomeza nyuma yo kwandura, canke birashobora kugaruka nyuma yuko umuntu amaze kugira COVID-19.

Ibimenyetso nibisanzwe bikunze kuvugwa harimo:

- Kuruha, gucoka
- Guhema bigoranye
- Inkorora idacika
- Kubabara mu gikiriza
- Kubabara mu ngingo
- Kutagira inguvu nyinshi zo kwimenyereza
- Umururumbo
- Kubabara mu mutwe
- Kwibagira no kutiyumvira neza ('igipfungu mu bwonko')
- Kurengerwa canke guhagarika umutima.

Gukingira COVID ndende

Inzira nziza yo kwirinda COVID ndende ni ukwirinda kwandura virusi ya COVID-19.

Inkingo ninzira nziza yo kugabanya ingaruka za COVID-19.

Ubushakashatsi bwerekana ko abantu bakingiwe COVID-19 badakunze kwerekana ibimenyetso birebire bya COVID kurusha abantu badakingiwe.

Ku zindi nkuruzirengeye izi

Niba wipimishije yuko urwaye COVID-19 hashize ivyumweru bike, ukaba ukumva umerewe nabi, vugana na muganga wawe.

Ku zindi nkuru, raba kuri health.gov.au/covid19-vaccines-languages, canke uhamagare kuri telefone yigihugu ya Coronavirus kuri 1800 020 080. Fyonda kuri 8 kugira uronke ubusobanuzi kubuntu.