



Australian Government



Nigute novugana nabana kuvyerekeye n'inkingo za COVID-19

Bisubiwemwo: 8 Myandagaro 2022

Inkingo zirasabwa kandi ku bana bamwe bafise kuva ku mezi 6 kugeza ku myaka 4 badafise ubudahangarwa bukabije, canke bafise ubumuga, kimwe n'abafise ibibazo bikomeye kandi/canke ibibazo vyinshi vy'ubuzima vyongera ivyago vyo kwandura COVID-19. Ni ibisanzwe ko umwana wawe agira amatsiko kandi akagira ibibazo vyinshi bijyanye n'inkingo za COVID-19. Hano hari inama zo kuvugana nabana imbere no inyuma yo kuronka urukingo.

Ni ngombwa guhorana amakuru ninama zubuvuzi zigezweho ziboneka kuri [Urwego rushinzwe Ubuzima no Kwita ku bageze](#) mu za Bukuru.

Urashobora kandi kuganira kubibazo canke ibibazo ufise kuvyerekeye urukingo rwa COVID-19 hamwe nuwagukingira canke umuganga mbere yuko umwana wawe aronka urukingo.

Ni ngombwa kumva ibisubizo vyabo no kumenya ubwoba bafise bwo gukingirwa.

- Mbwira ibyo uzi kugeza ubu kuvyerekeye urukingo rwa COVID-19.
- Woba warigeze ugira urukingo mbere?

Amahirwe nuko umwana wawe yagize urukingo mbere kandi birashobora kuba atari bibi cane.

Sobanura ubunyangamugayo kandi muburyo bukwiranye nico uzi ku rukingo rwa COVID-19.

Wibuke ko abana bafata amarangamutima kubantu bakuze, kubwibyo ubwoba bukabije ntibishobora kubaka kandi bishobora gutuma umwana wawe yumva atamerewe neza.

Sobanura yuko umuganga canke inzobere mu buvuzi azabaza umwana wawe ibibazo bimwe na bimwe, ko umwana wawe azahabwa urushinge mu kuboko (canke kukuguru niba ari amezi 6 kugeza munsu yimyaka 5) ko bazumva akantu gato n'aho urushinge rwagiye birashobora kuba ububabare buke inyuma. Humura umwana wawe ubabwira ko ari ibisanzwe ko ubabara gato aho urushinge rwinjiye, kandi bivuze ko imiti ikora.

Niba umwana wawe asa naho ahangayikishijwe no gukingirwa, gerageza ushake ivyiyumvo vyabo canke ushake izindi nama kwa muganga nibiba ngombwa.

Subiza ibibazo vy'umwana wawe

Gira ibisubizo vyiza vyabana vyiteguye kuja kubibazo vyose umwana wawe ashobora kuba afise. Ngaha harimwo bimwe mubibazo vyingenzi nibisubizo vyofasha muriki kiganiro:

Koresha ingero zifatika, nko kurinda ba sekuru na nyirakuru wumwana, no gushobora gukomeza gukora ibintu nko kuja mwishuri na siporo yamakipe niba wiyumvira yuko bizafasha.

Muri Ausitaralia, vyapimwe neza n'ikigo cemeza ko imiti yose ifise umutekano. Ntabwo bari guhabwa abantu iyo bidafise umutekano.

Niba umwana wawe atinya inshinge, uburyo bwiza bwo gutekura no kurangaza ni ngombwa kubaho.

Kubana bafise imyaka 5 nayirenga, birashobora gufasha kwitabira ahantu hato, tumenyereye, nka farumasi yaho canke imyitozo rusange. Imbuga nini zo gukingira zishobora kuba nyinshi kandi zirahuze kandi vyongera umubabaro.

Zana ibikinisho canke ibitabo umwana wawe akunda kugirango ubone uburambe bwiza no kurangaza.

Menyesha uwaguhaye amakuru mbere niba umwana wawe atinya inshinge kugirango bashobore gutekanya umwana uhagije kandi barebe ko inzira itihuta canke ngo ihatwe.

Urashobora kuraba kuri **Urwego rushinzwe Ubuzima no Kwita ku bageze** mu za Bukuru e kuri www.health.gov.au kubindi bisobanuro bijanye n'inkingo.

Urashobora guhamagara umurongo wa National Coronavirus na N'inkingo za COVID-19 kuri **1800 020 080**. Fyota kuri 8 kugira uronka serivisi zo gusobanura kubuntu.

Niba uri igipfamatwi, canke ufise ubumuga bwo kutumva canke kutavuga, urashobora guhamagara Ikigo C'igihugu Gishinzwe gutanga amakuru kuri **133 677**.