

Kurera muri COVID-19

Ubusugire bw'umuryango mu rugo

Iyo twitoza kuba abanyamahoro no kugira imibanire ishingiyeye ku rukundo, abana bacu bumva batekanye kandi bakunzwe. Kuvuga neza, gutega amatwi, no kumva ibyiyumvwo bya bandi bifasha mu kugira amahoro n'umunezero mu muryango muri ibi bihe bigoye aho abana cyangwa ingimbi basaba ibintu bishobora gutera impaka. Ariko twakora ibintu byatuma tubasha guhangana n'ihungabana ry'ubukungu.

Turi urugero kubana bacu

- Uko tuvuga nuko twitwara imbere ya bandi bigira uruhare muko nabo bitwara!
- Gerageza kuvugana ubugwaneza igihe uvugana n'abo mu muryango, abakuze n'abana.
- Kuvugana nabi hagati y'abakuze mu rugo bishobora kugira ingaruka mbi ku bana bacu.
- Uko duharanira kugira amahoro, n'imibanire ishingiyeye ku rukundo kubw'abana bacu niko barushaho kumva batekanye kandi bakunzwe.

Sangiza abandi ibikuvuna

- Kwita ku bana n'abandi bo mu muryango biragoye, ariko biroroshye cyane iyo hariho gusaranganya inshingano.
- Gerageza gusaranganya imirimo, kwita ku bana n'ibindi bikorwa abo mu muryango bose.
- Shyiraho imbata y'ibikorwa igaragaza igihe cyo gukora n'icyo kuruhuka ufatanije n'abandi bakuze bo mu muryango wawe.
- Ntacyo bitwaye gusaba kunganiwira igihe wumva urushye kugirango ufate akaruhuko.

Urumva unanire cyangwa urakaye?

- Ihe amasegonda-10 yo kuruhuka. Humeka winjiza umwuka uwusohora inshuro eshanu. Noneho ugerageze gusubiza mu buryo butuje. Miliyoni z'ababyeyi bavugaga ko ibi bifasha- CYANE
- Iyemeze gufata ikiruhuko cyo kudatongana igihe havutse intonganya, nuko ujye mu kindi cyumba cyangwa hanze niba ubishobora.
- Reba urupapuro ruvunga ngo "Iyo turakaye" n'uruvuga "Tuza kandi ugenzure guhangayika."

Koresha imvugo nziza. Birakora?

- Bwira abandi ibyo ushaka ko bakora kuruta kubabwira ibyo udashaka ko bakora: aho kuvuga ngo "Mureke gusakuza," gerageza kuvuga ngo "Nyabuneka muvuge mutuje."
- Gushima bituma abandi bumva neza kandi bishimiwe. Amagambo yoroshye nka, "Urakoze gukura masahani ku meza," cyangwa "wakoze kurera umwana" ashobora kuzana itandukaniro rinini mu muntu ushimira.

Ibintu byiza byo gukorera hamwe nk'umuryango

- Reba buri muni umwe mu bagize umuryango agire uruhare mu kugena ibirakorwa umunsi wose.
- Shaka umwanya wo kubana nuwo mwashakanye n'abandi bakuze bo mu muryango!

Ba umuntu witeguye gutega amatwi

- Tega amatwi abandi mu gihe bavugana nawe.
- Bohoka kandi ubereke ko uri kumva ibyo bavugaga.
- Kugerageza kuvuga mu inshamake ibyo bavuze mbere yo gusubiza bishobora kugufasha: "Ibyo numvise uvugaga ni..."



Kanda HANO ku makuru yagufasha niba uhura ni hohoterwa mu rugo

Ku makuru menshi kanda links ziri hasi:

[Tips za WHO](#)
[Tips za UNICEF](#)
[Izindi ndimi](#)
[EVIDENCE-BASE](#)
