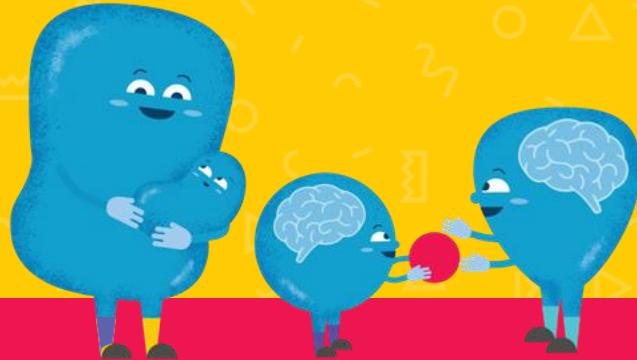


Kurera muri COVID-19 Iyo turakaye

DDukunda abana bacu n'ingimbi zazu, ariko imihangayiko ikomoka ku kubitaho, amafaranga, na COVID-19 byatuma turakara. Dore uko wa kwirinda umujinya kugirango udakomeretse abandi.

Hagarikira umugezi ku isoko

- > Ikintu kimwe akensi nicyo kidutera guhangayika no kugira umujinya buri gihe.
- > Ni iki kigutera umujinya? Kiba ryari? Ese ubusanze witwara gute?
- > Irinde ko wa rakara . Sinziraho cyangwa uruhuke mugihe unaniwe. Gerageza kugira icyo urya mugihe ushonjiye. Saba ubufasha umuntu mugihe uri wenyine lyiteho. Gerageza 'gufata akaruhuko' kandi 'ugenzerre guhangayika' shakisha ibitekerezo byanditse ahantu nko kudutabo.



Sayasi y'ubwonkwo igaragaza ko iyo ugenzura umujinya wawe cyangwa ugakora ikintu cyiza, wongera gukura kubwenge bw'umwana wawe.

Ibi nibwo butsinzi bw'ukuri!

Fata akaruhuko

- > Niba utangiye kumva urakaye, fata amasegonda-20 uruhuke. Humeke winjiza umwuka kandi uwusohora hanze inshuro 5 buhoro buhoro mbere yo kuvuga cyangwa kugira aho ujya.
- > Reba ahantu ujya nk'iminota icumi kugirango wongere wisunganye ubashe kugenzura amarangamutima yawa. Niba hanze hatekanye, jya hanze.
- > Niba uri kurakazwa nuko umwana adahagarika kurira, ntacyo bitwaye kumusiga aryamye ahantu hatekanye, nko mugatanda, ukagenda gato. Genzura umwana buri minota 5-10.

Iyiteho.

- > Twese dukenera kugira abo tugirana umubano. Vugana n'insuti, umuryango, n'abandi bashobora ku gufasha buri munsi.
- > Gabanya kunywa, cyangwa ubirike cyane cyane igihe abana badasinziiriye.
- > Ufite intwaro cyangwa ibantu byakoreshwa mu kubabaza abandi, bikingirane ahantu, cyangwa ubihishe cyangwa bivane murugo.
- > Nibyiza ko abana bawe baba bari ahantu hatekanye cyangwa kubajyna ahantu babona ubufasha. .

COVID-19 ntabwo izabaho iteka- dusabwa kuyinyuramo ubu... umunsi ku wundi.

Ku makuru menshi kanda kuri links ziri hasi:

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


Maestral.



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