

Inama rusange kuri **Coronavirus**

- 1. Kurikiza inama uhabwa n'abayobozi** kandi wibuke ko izi nama zishobora kugenda zihinduka. Amakuuru arebana na virusi ujye uyakura ahantu hemewe gusa; Reba www.helsenorge.no.
- 2. Imyitwarire yacu ishobora gukiza ubuzima** Ubahiriza inshingano kandi utange ubufasha mu guhagarika ikwirakwira ry'ubwandu. Gusukura ibiganza byawe ni ingenzi cyane, no guhana intera ya metero n'abandi bantu. Kubahiriza amategeko y'umuhezo.
- 3. Kumenya no kwemera ibyiyumvo byawe n'iby'aby'abandi** Twese twitwara mu buryo butandukanye ku bihe by'umuhangayiko ukabije. Ni ibintu bisanzwe kumva ubabaye, ibitekerezo bitari ku murongo, ufite urujijo, uhangayitse cyangwa urakaye mu gihe cy'ibibazo.
- 4. Ntugakoreshe arukoru cyangwa ibisindisha nk'uburyo bwo kurwanya umuhangayiko** Ibyiyumvo wiyumvamo ujye ubishakira igisubizo mu buryo bwiza kandi butekanye.
- 5. Komeza kuvugana n'umuryango n'inshuti** kuri telefone, imeyiri cyangwa imbuga nkoranyambaga mu gihe guhura imbonankubone bidashoboka.
- 6. Ereka ko ubwitayeho** no kuvugisha abantu wumva bashobora kuba bigunze. Ntugasure abantu bari mu kato cyangwa mu muhezo.
- 7. Iyi virusi ishobora gufata uwo ariwe wese** Ntukabe umwe mu bakwirakwiza inkuru zitera ubwoba bwa virusi, zishobora gutuma abantu bamwe cyangwa amatsinda batisanga mu muryango mugari.
- 8. Jya wiyitaho** Rya indyo yuzuye, kora akazi kandi usunzire neza nubwo waba uri gukorera mu rugo cyangwa mu muhezo. fata umwanya wo kuruhuka no gutuza ureba filime, usoma ibitabo n'ibindi. Ntugakoreshe umwanya wawe wose ugenzura amakuru ku buryo corona ihagaze.
- 9. Ntukishyire cyangwa ngo ushyire abandi ahantu hatuma bakenera ubufasha budasanzwe** buta ngwa n'abashinzwe ubuzima cyangwa ibigo byita ku ndembe bikorera hanze y'aho utuye. Irinde kumara umwanya ahantu uruhukira mu mpeshyi cyangwa mu rugo rwa kabiri, ndetse no gutembera. Ibi bishobora gukwirakwiza ubwandu bikanaca intege ibigo byita ku buzima by'aho utuye cyangwa ibivura indembe.