Uburyo 10 bwo gucunga ibimenyetso byo mu myanya y'ubuhumekero uri mu rugo

NC

KINYAMULENGE

Niba ugize umuriro, inkorora, cyangwa ugorwa no guhumeka, hamagara muganga wawe. Ashobora kukubwira uko witwara uri mu rugo. Ubahiriza izi nama:

1. Kuguma mu rugo nibura:
- Kugeza nyuma y'iminsi irindwi uhereye igihe ibimenyetso byagaragariye **KANDI**
- Nta muriro wagize mu minsi 3 udafata imiti y'umuriro **N'IGIHE**
- Ibimenyetso byagabanyutse

2. Gukurikirana ibimenyetso witonze. Mu gihe ibimenyetso bikabije, usabwe guhita uhamagara muganga wawe.

3. Gufata umwanya wo kuruhuka kandi ugafata ibyo kunywa byinshi.

4. Mbere yo kujya kwa muganga, banza umuhamagare umubwire ko urwaye cyangwa ukekako urwaye COVID-19.

5. Mu gihe byihutirwa, hamagara 911. Babwire ko urwaye cyangwa ukekako urwaye COVID-19.

6. Mu gihe ukorora cyangwa witsamura, **shyira ku munwa wawe** agatambaro maze ukajugunye.

7. Karaba intoki zawe kenshi ukoresheje amazi meza n'isabune nibura mu gihe kingana n'amasegonda 20.

8. Kora uko ushoboye **ugume kure y'abantu,** ube mu cyumba cyawe wenyine kandi ukoresho ubwogero bwihariye. Ambara agapfukamunwa igihe uri hafi y'abandi.

9. Irinde gukoresha ibikoresho bimwe n'abo mubana, harimo no kwirinda gusangira ibyo kurya.

10. Ahantu ukora kenshi **hagomba gukorerwa isuku buri munsi.**

NC Department of Health and Human Services (Ishami ritanga serivisi z'ubuzima no kwita ku bantu mu majyaruguru ya Karorina) – www.ncdhhs.gov/covid19

Ukeneye andi makuru, hamagara 211 cyangwa usure urubuga nc211.org.

Byakuwe mu nyandiko yamamaza ya CDC yitwa "10 ways to manage respiratory symptoms at home"

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