

Kurwanya agahinda



Nk'uko naho Vermont yuguruye kandi, ikiza ca COVID-19 kirabandanya gukora no kugira ingaruka k'ubuzima bwacu bwa minsi yose. Benshi baratora mitende kubw'amagara, ubutunzi hamwe n'ibindi bibazo. Kujana n'amabwirizwa canke amategeko mashasha mu kazi kacu hamwe n'ubuzima bwite bishobora kuba bigoye, kandi inyishu kuri bwo ziratandukanye.

Inyuma y'igihe kirekire co kutabonana imbona nkubone, birahambaye ko dukanura kubijanye n'ingaruka z'izo ngorane twahuye nazo hamwe no mu kibano cacu. Mugihe ubuhinga bwadufashije kuguma turi hamwe ku murongo, ukuryoherwa no kubabara kwacu kwo gusubira guhura imbona nkubone bishobora gutandukana. [Igisata c'amagara y'abantu c'i Vermont citaho indwara zo mu mutwe \(Umuhora uri mu Congereza\)](#) caregeraniye ibintu bishobora kudufasha kubandanya mu nzira yo gukiza ikibano cacu hamwe. [Ronka urutonde rutahuritse rw'ibikenewe \(Umuhora uri mu Congereza\)](#).

Ronka ukuri

Ivyo tuzi kuri COVID-19 bibandanya gukura, nk'uko ukuri nakwo kubandanya gukura kujanye [ukwizerwa n'ubukomezi bw'incanco \(umuhora uri mu Congereza\)](#). Igisata c'amagara y'abantu c'i Vermont hamwe n' [Ibigo bijejwe kugenzura indwara \(umuhora uri mu Congereza\)](#) biratanga amakuru y'ibiharuro yizewe, ari ku gihe, kandi ashobora kuboneka vyoroshe. Inkomoko y'ibimenyeshamakuru rimwe na rimwe bitanga raporo y'amakuru ya COVID-19 avuga ukuri kudapimwe canke amakuru atuzuye bishobora gutuma haba amakuru adatomoye akwiragizwa kandi adafise ingaruka mbi zitateguwe. Kumenya uko dukoresha imbuga ngurukanabumenyi zacu bishobora gutuma haba ukudakwiragira cane kw'amakuru y'ibinyoma, kandi bigafasha ukuntu dukabura ubwenge bugakora neza.

Ibibazo vyo guca bugufi

Ugutera kw'ikiza ca COVID-19 kwakoze k' ubuzima bwacu bwa minsi yose kandi guhindura hafi uko tubaho. Nk'uko tubandanya gukira no kugaruka mu kibano, birahambaye ko twicisha bugufi k'ubwacu no ku bandi. Agahinda rw'ikiza hamwe n'ukubandanya kw'igihuhusi ni ivy'ukuri. Birasanzwe kugira ishavu, ubwoba, hamwe n'ububabare nk'ibintu bibandanya kuja hejuru. Twicishe bugufi nk'uko twese turiko dutahura iyo tuja hakurikira.

[Ukwibabara ubwawe \(umuhora uri mu Congereza\)](#) bishobora kudufasha kuguma twiyitaho hamwe n'abandi. Ibikorwa nko kumenyeshya amakuru, kwintonora imitsi, no gufungura imfungurwa zikwiye ibisabwa nk'uko bikenewe, hamwe n'ibindi bishobora gukoreshwa nk'uko dutera tuja imbere. No kwibukanya ubwacu hamwe n'abandi bijanye n'ivyo twaranguye binini canke bito uyu mwaka bishobora kugira ingaruka nziza k'ukubaho kwacu.

[Ni gute tuguma i muhira dukingiyeye \(amasanamu ari mu Congereza\)](#)

Kugira ikibanza co gukiriramwo

Mugihe amakenga yacu kubijanye n'ingaruka ya COVID-19 ku magara bikiriho, rero ugushavura k'ukuntu gushasha uko twotera tuja imbere, kuri iki kintu cose gishasha kibonetse, ikintu gisanzwe, n'ukuri. Kumenya aho bitugorera hamwe n'ibibazo bitomoye bizodufasha. Umwe umwe muri twebwe ashobora kugira uko yiyumva hamwe no kwigirira icizere ku rugero rutandukanye. Gufata umwanya wo kumenya uko binjira n'ukuntu twiyumva, biduha amahirwe yo kwubaka ubumenyi bukomeye cane. None nohangana gute? Ni gute twobandanya hamwe n'imitwari iremereye y'uyu mwaka. Twoba turi twenyene muri ubu butame bw'ingorane? Gukoresha [uburyo bworoshe \(umuhora uri mu Congereza\)](#), no kuvugana n'abandi, birashobora kudufasha kwumva ko turemurutse kandi dushigikiwe cane.

Kahise keza kadushira hamwe

Mu kumenya ibiduhanze hamwe no kuvuga ibijanye n'ivyo dukeneye gufashwa, dushobora gusangira n'abandi ibihe vy' umubabaro , ukwiheba, hamwe no kugira icizere ca kazoza. Hoba hari ikintu wipfuzaga gukira kandi ushaka kugisangiza abandi? Rondera umugwi mwiruke canke muvomere amashurwe hamwe bishobora gutwenda no kwiryohera nk'inzira ihuza abandi hanze, mu gihe co kugira ahantu ho gusangiza kahise kacye. Ntiwiteguye guhura imbonankubone? Guma ukoresha ubuhinga bwa none mu gutumatanako amakuru hamwe no kuvuga ingene dutera imbere.

Shira ukwiyitaho ubwa mbere

Gufata umwanya k'ubwacu biragoye mu gihe muhuye n'ingorane zihuta zibandaniye. Bisa nk'uko hasigaye ikintu kimwe co gukora. Ariko kugendagenda, kwononora imitsi [uburyo bwo kugabanya agahinda \(umuhora uri mu Congereza\)](#), nka yoga canke no kwiyitaho, canke ugusoma igitabo gitwenga canke ikinyamakuru gishobora kuhindura uko twiyumva. Iyo migirwa yabonetse ko ikomeza abasoda b'umubiri wacu.

Ubaka uko ubayeho n'amagara meza

COVID-19 hamwe n'ingorane zo kurwara vyarahinduye uko tubaho buri muni. Kubona imigirwa ya buri muni yarahagaritswe canke igahungabana mu gihe bishobora kwongera ishavu ryacu. Ukwubaka uko kera twabaho bishobora guteza iyindi ngorane. Guhera uno muni, dushobora kurema, canke tugashiraho uko tubayeho bifasha ukubaho neza kwacu. Tangura umuni mu kugendagenda hanze, canke gutembera bishobora gutuma amagara yacu amera neza ku gihe. Guhitamwo ibikorwa vyo ku mugoroba nko kuraba tereviziyo, kwandika mu kinyamakuru, kuvuza icuma c'umuziki canke urukino, cane cane, kuvugana n'abagenzi n'incuti bishobora kudufasha kugira ibihe vyiza. Kugaruka ku bikorwa vy'imigwi, kuguma dufise inguvu zo gukora, hamwe no kugira ahantu dushigikiranira n'urufunguruzo rwo kubandanya tubaho neza.

Aho kujana agahinda no kubura

Abantu benshi baracafise agahinda no kubura biturutse ku kiza. Ushobora kuba wabuze uwo ukunda kandi bikaba bitakunze ko uhaba igihe apfa. Canke ushobora kuba utashoboye kugandarira urupfu rw'umuntu mu bagenzi canke umuryango. Naho woba utabuze uwo ukunda, bamwe muri twebwe baratakaje ubuzi, amagara canke umwanya hamwe n'abagenzi n'umuryango. Agahinda n'ikintu gishika uko nyene.

Ukubura hamwe n'agahinda birakomeye kandi bifata umwanya kugira bihere. Kwumva ufise agahinda canke kubaho wumva warabuze bishobora kuza utavyiteguriye -- cane cane igihe ivyo bigumbagumba bitahavuye. Uko umwe wese muri twebwe agandara canke yerekana ibigumbagumba vyo kubura biba vyisangije. Bifatanye n'ibi bibazo, ivyo kugaruka busha no kwivugurura bishobora kuboneka nabi.. Kubimenya, hamwe no kuvugana ibijanye n'ibishobisho bizoguma biza bishobora kudufasha gukirira hamwe.

- [Iga vyinshi bijanye n'uko agahinda gahera \(umuhora uri mu Congereza\)](#)
- [Nimba warabuze uwo wakunda muri iki kiza ca COVID-19 \(umuhora uri mu Congereza\)](#)
- [Nimba ufise ibigumbagumba vyo kubura bivanye no guhindura uko wari ubayeho hamwe n'inzira z'ubuzima \(umuhora uri mu Congereza\)](#)

Ikigo ca reta co gukurikirana vyihutirwa (FEMA) kiriko gitanga ubufasha bw'uburyo kubijanye na COVID-19 no gufuba. Iga vyinshi bijanye n' [uburyo bwo gufasha gufuba bujanye na COVID-19 \(umuhora uri mu Congereza\)](#).