Fasha gutuma ingwara idakwiragira

Fata ingingo iminsi zo gufasha guhagarika igwirirana ry’imigera y’ingwara zo guhema nabi nka coronavirus, inkorora n’ibicurane:

Karaba kenshi ku ntoke n’isabuni n’amazi n’imiburiburi imisegunda 20 – cane cane uhejeje gukoresha akazu ka surwumwe canke kwimyira hamwe n’imbere yo gufungura.

Iyo udafise isabuni n’amazi, koresha umuti wica imicafu harimwo n’imiburiburi 60% vy’umuti wica imicafu.

Iyo wasamuye canke ugakorora, fuka n’imfuruka yukuboko canke igitambara.

Ntiwikore ku maso, ku mazuru canke ku munwa n’intoke zidakaravye.

Siga imetero 6 hagati yawe n’abandi bantu.

Guma I muhira mu gihe ugwaye.

Amabara agafukamunwa iyo uri mu bantu.

Hanagura wongere utyorore ibikoresho n’ahantu buri gihe.

Kirundi
Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like coronavirus, cold and flu:

- Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your cough or sneeze into your elbow or a tissue.
- Don’t touch your eyes, nose or mouth with unwashed hands.
- Stay 6 feet away from other people.
- Stay home when you are sick.
- Wear a mask around other people.
- Clean and disinfect objects and surfaces regularly.