







# COVID-19 Menya Inzitizi

Uturorero tw'ibikorwa vya minsi yose hamwe n'urugero rw'inzitizi.

Igihe cose n'igikorwa bifise ibituma bitandukanye vyongera canke bigabanya inzitizi. Ntidushobora gukuraho inzitizi zose, ariko dushobora kugabanya inzitizi. Dushobora guhitamwo ibikorwa bikingiye, canke tugakingira ibikorwa vy'inzitizi mukwicandagisha, kwambara agafukamunwa, gukaraba muminwe, gutandukana ibirenge 6 n'abandi hamwe no kuguma muhira mugihe tugwaye. Hano muni hari uturorero tumwe tw'ibikorwa hamwe n'urugero rusangi rw'inzitizi.

	Inzitizi ntoya			Inzitizi	
	Gutwara umuduga uri wenyene	Gutwara canke gutwarwa muri benshi	Gutwarwa mw ibisi	Kugenda n'indege	Kugenda n'ubwato
	Gutora imfungurwa utwara	Kwicara mugasham ba gato	Gufungurira mukabaraza k'inzu y'uburiro	Gufungurira munzu y'uburiro	Gufungurira ahari abantu benshi
	Kuronda imfungurwa zigusanga aho uri	Gutora imfungurwa hafi y'ibarabara	Gusumira kw'isoko yuguruye	Gusumira mw'iduka	Gusumira mw'iduka ry'abantu benshi
	Kwitabira ikirori co k'ubuhinga ngurukanabumenyi	Kuraba uwuvuza igitari	Kuja mumuziki mugashamba gato	Kwitabira ikirori c'ahantu hugaye	Kuja gutamba
	Guterefona umugenzi	Gutambuka n'umugenzi	Kuraba abagenzi bake hanze	Kuraba abagenzi bake indani	Kuja kukabare hari abantu benshi
	Gukina amakarata mugashamba gato	Gukina k'uruvuma	Gukina aho binonorerwa imitsi	Kuryoherwa n'abagenzi indani	Gusimba mu mipira hari abantu benshi

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Menya ayandi makuru kuri [healthvermont.gov](http://healthvermont.gov)

Kirundi

# COVID-19 Know the Risks

## Examples of everyday activities and level of risk.

Every situation and activity has different factors that increase or decrease risk. We can't get rid of all risk, but we can lower the risk. We can choose safer activities, or make risky activities safer by getting vaccinated, wearing a mask, washing our hands, staying 6 feet away from others and staying home when we're sick. Below are some examples of activities and their general risk level.

