

# COVID-19 UKURI K'URUKINGO KINYARWANDA

# MAMBU MATALI MANGWELE YA COVID-19 LINGALA



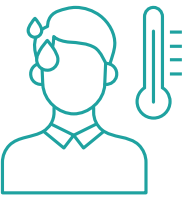
Urukingo rufite umutekano kandi rukora neza. Rwagerajwe ku bihumbi byinshi byabantu bishoboka uherye mu moko atandukanye, haba igitsina gore cyangwa igitsina gabo, n'imyaka kuva kubato kugeza kubakuru.

Mangwele ezangi likama pe ezali malamumu. Emekamaki naba nkoto zomi ya bato, na lopo ndenge na ndenge, na bikolo ndenge na ndenge, basi pe mibali, na mibu nyonso.



Urukingo ntirushobora kukwanduza COVID-19.

Mangwele ekoki kopesa yo COVID-19 te



Kugira ingaruka (ibimenyetso bisa n'ibicurane) nk'umisi umwe cyangwa imisi ibiri n'ibisanzwe kandi bisobanura ko urukingo ruri gukora.

Koyoka mikakatano na sima yakozua mangwele (ndakisa bokono ya mopepe to pe grippe) PONA MOKOLO MOKO TO MIBALE ezali normal pe elingi kolakisa ete mangwele ezali kosala mosala.



Iyo wujuje ibisabwa, ushobora kubona urukingo. Ubwishingizi hamwe n'abimukira ntabwo bisabwa/singombwa

Soki oponami, okoki kozwa mangwele. Assurance medical pe mibeko ya mikanda ezali kokipe te.



Urukingo ntiruhindura umyubakire y'umubiri wawe (DNA).

Mangwele ebongolaka ADN nayo TE



Urukingo ni Halal.

Mangwele ezali oyo endimami na eyamba ya bamuzulmani



Komezwa wirinde na nyuma yo gukingirwa wambara agapfuka munwa n'amazuru, guma hagati nundi muntu intera ya metero 2, ndetse no gukaraba intoki inshuro nyinshi.

Mibatela na sima yakozwa mangwele na kolataka masque, kozala makolo motoba (mètres mibali) na bato mosusu, pe nakosokolaka maboko mbala mingi

**IRINDE WOVE UBWAVE, NDETSE N'ABO UKUNDA. JYA GUKINGIRWA. MIBATELA. BATELA BATO NAYO OYO OLINGAKA. ZWA MANGWELE.**