

14 Z'ukwicenda 2020

Udukingamunwa muri Queensland

Agakingamunwa gashobora guhagarika gukwirakwira k'umugera wa Korona(Covid-19) cane cane mu bibanza bidashobora ko usiga intambuko imwe n'igice hagati yawe n'abandi bantu. Uburorero bw'ibi bibanza harimwo

- isinzi ry'abantu
- mu nzu habamwo abantu benshi
- mu miduga itwara abagenzi canke mw' itreni

Urashobora gukenera kwambara agapfukamunwa n'amazuru I Queensland igihe:

- Winjiye mu kigo c'ibitaro
- Igihe utemebereye, ugendeye ahantu bafashiriza abageze mu za bukuru ahantu bagenewe kuba
- Igihe ugendeye, utemebereye ahantu haba abantu bagendana ubumuga bagenewe kuba
- Muganga wawe canke umuforomo barakubariye ko ukwiye kukambara
- Igihe uba uriko urasuzumwa ko woba waranduye COVID-19.

N'ivyigenzi gukaraba intoke no gusiga intambuko zibiri nini hagati yawe n'abandi bantu. Gerageza kutarwana mu nda, kutagumbirana, kudasomana canke kutaramukanya muhanye amaboko n'abandi bantu.

Ingene agapfukamunwa n'amazuru kambarwa



1. Karaba amaboko yanyu n'isabuni n'amazi canke uresheshe akantu kica imigera ku maboko imbere yuko wambara ako gapfukamunwa n'amazuru.



2. Fata ako gapfukamunwa n'amazuru kuri burya bugozi, maze upfungire ako gapfukamunwa n'amazuru ku mutwe canke utwo tugozi dufate ku matwi.
3. Urabe neza ko ako gapfukamunwa gapfutse neza umunwa n'amazuru. Raba neza yuko ata myanya iriho hagati yo mu maso n'ako gapfukamunwa n'amazuru. Nimba ukoresha agapfukamunwa gakoreshwa n'ababaga abantu, fyondera ako kaja ku zuru ku zuru ryawe.

Ntiwikore ku maso yawe, ku zuru canke ku munwa canke imbere y'ako gapfukamunwa n'amazuru igihe uba ukambaye. Igihe uzoba uhejeje kwambara ako gapfukamunwa n'amazuru, ca ugata mu gaseke batamwo umucafu. Nimba bishoboka, ta ako gapfukamunwa n'amazuru mu mupfuko wugaye. Karaba amaboko yawe ako kanya nyene uhejeje guta ako gapfukamunwa n'amazuru mu gaseke gatabwamwo umucafu.

Ubwoko bw'udukingamunwa twemewe canke ibindi wakoresha mu gupfuka mu maso

Agakingamunwa keza n'agakoreshwa n'abantu bakora kwa muganga mu kuvura kandi gakoreshwa rimwe gusa-ushobora kukagura mu maduka y'imiti. Bitagushobokeye kubona agakingamunwa gakoreshwa kwa muganga, agakingamunwa k'urupapuro canke impuzu nako karabaye. Udukingamunwa tw'impuzu tugumye cane n'udukozwe mu bitambaro bitatu bigerekeranye. Udashoboye kubona agakingamunwa k'impuzu, ushobora gukoresha igitambaro co kwambara mw'ijosi upfa kuba wapfutse izuru n'umunwa bikwiye.

Kora agakingamunwa k'impuzu wowe ubwawe

Ushobora gukora agakingamunwa wowe nyene. Wareba ayandi makuru yagufasha hano, [Australian Government's helpful resource \(PDF\)](#) urondera kumenya uburyo bwiza bwo kwambara agakingamunwa.

Kumesura agakingamunwa k'impuzu wakoresha kenshi

Udukingamunwa tw'impuzu bironderwako tumesurwa nyuma yo gukoreshwa.

Dushobora kumesurwa mu mashine imesura n'izindi mpuzu canke ukakamesura ukoresheje intoke n'isabuni hamwe n'amazi ashushwe cane yagenwe k'impuzu. Umutsa agakingamunwa k'impuzu mu mashini yumutsa impuzu canke ukanike k'umugozi wanikaho impuzu mbere yuko usubira kugakoresha.

Naba intoke n'isabuni n'amazi canke ukoreshe umuti wica imicafu nyuma yo gukora ku udukingamunwa twakoreshejwe.

Nikangahe wahindura agakingamunwa

Nta kongera gukoresha agafungamunwa gakoreshwa n'abakozi bo kwa mu ganga igihe gahejeje gukoreshwa

Ushobora kumesura kandi ugasubira ukoresha agakingamunwa k'impuzu. Nibyiza nimiburiburi kugira tubiri kugirango ube ufite kamwe gasukuye umwanya wose.

Igihe utembera canke ugenderera ahandi hantu uvuye imuhira, birashobokako utasiga intambuko imwe n'igice hagati yawe n'abandi bantu, ubwo bisabako wambara agakingamunwa. Hari igihe uba ushoboye kugumya intambuko ikwiye hagati yawe n'abandi bantu, aho ntutegerezwa kwambara agakingamunwa. Nimba wambaye agakingamunwa ugiye kukazi, bitegerezwako utakambara ugarutse imuhira.

Jugunya agakingamunwa gakoreshwa kwa muganga mw'iyarara canke ubike agakingamunwa k'impuzu mw'ishashi yugarwa kugeza ukamesuye.

Kongera gukoresha agakingamunwa k'impuzu utakamesuye bishobora kwanduza COVID-19 ku bandi bantu canke kuri wewe ubwawe kabaye kanduye igihe wakambaraga bwa nyuma. Buri kanya ugezemo, ambara agafungamunwa gasukuye. Twara agafungamunwa mw'ishashi yugarwa canke w'impapuro kandi kagume gafite isuku.

Woba ukeneye izindi nkuru zirenze izi tukubariye?

Akura iyi nimeru 13HEALTH (13 43 25 84) unasabe umusiguzi nimba ugomba ubufasha bw'ururimi. Ni gusa.

Ugufasha amagara yo mu mutwe

Nimba wumva uhagaritse umutima, ufise ubwoba canke utinya canke ushavuye kubera COVID-19 urashobora guhamagara kuri 1300 MH uhamagare kuri (1300 64 22 55) canke winjire mu migenderanire n'ikigo c'i Queensland cerekeranye n'imico kama itandukanye ku magara yo mu mutwe (kiba cuguruye guhera ku wa mbere gushika ku wa gatanu, guhera 8.30 zo mu gitondo gushika 4.30 z'inyuma y'umutaga) kuri 1800 188 189. Ushobora gusaba umusiguzi nimba umugomba.