

Gushika kw'Ivuriro mu Kiringo ca 2, 3 ni ca 4 c'ikiza karanda korona virusi

Ni gute twokwikingira tugakingira n'abandi mu KIRINGO CA KABIRI 2 c'ikiza karanda korona virusi?

1. **Mwitware neza. 'Igice ca kabiri n'igice kitagira inkomanzi ugereranyije n'ibice tuvuyemwo**
2. Bandanya gukaraba intoke amasegonda **20**, iyasamurire kandi ukororere m'ukuboko wapfunye munkokora
3. Koresha umuti mponyamigera ahantu rusange hakunzwe gukoreshwa muhira no ku kazi
4. Guma muhira nimba urwaye
5. Ipimishe ikiza karanda ca korona virusi nubwo woba ufise kimwe mu bimenyetso bikurikira:
 - ✓ Inkorora
 - ✓ Kubabara m'umuhogo
 - ✓ Ibicurane
 - ✓ Kuba utakimoterwa
 - ✓ Umuriro/Inyonko
 - ✓ Kubura impwemu. (Ibi bishobora kuba ibimenyetso vy'umusonga ugomba gutabaza abaganga vyihutirwa).

Ja Mubigo Bishinzwe Gusuzuma abanyagihugu icyorezo cya COVID-19 (CBAC):

Auckland DHB, raba [hano](#)

Counties Manukau Health, raba [hano](#), Manuka hasi k'urupapuro

Waitematā DHB, raba [hano](#), Manuka hasi k'urupapuro.

6. Siga imetero **2** hagati yawe n'abandi bantu mugihe bishoboka
7. Abantu ugendana nabo **bashobora kwiyongera** ariko ukavyitwaramwo neza
8. Igitigiri ntarengwa c'abantu **100** gusa nico cemerewe mu makoraniro y'imbere munyubakwa canke hanze
9. Gerageza kwibuka aho wagiye buri muni – Ibi bizofasha mugushakisha abo wahuye nabo.



1**UMUGANGA W'UMURYANGO/AHO BAGURISHA IMITI**

Kuburwayi bwihutirwa, ariko bidahambaye cane

- Hamagara canke uje kwa muganga w'umuryango(GP)
- Saba impanuro,ubaze n'umuhinga mu vy'imiti wo mu gace ubamwo umuti wofata ku ndwara zisanzwe zidahambaye
- Ukimara gusama, iyandikishe mu maguru masha k'umwakirizi

2**IMPANUKA & N'UBUVUZI BUSANZWE (IVURIRO RYITWARARIKA ABARWAYI VUBA NA VUBA)**

Kuburwayi bwihutirwa, ariko budahambaye cane iyo udashoboye kubonana n'umuganga w'umuryango wawe canke abavura nyuma y'amasaha y'akazi

- Hamagara muganga w'umuryango wawe kugira ngo utohoze ahoba ivuriro ry'impanuka n'ubuvuzi busanzwe rikwegereye (Ivuriro Rytwararika Abarwayi vuba na vuba)

3**IGISATA C'IVURIRO CAKIRA INDEMBE**

Urarwaye cane kandi ukeneye kuvugwa vyihutirwa

- Ja kw'ivuriro ku gisata cakira indembe canke uhamagare inomeru111

Ukeneye guhabwa impanuro kuri terefone kubuntu igihe icari co cose (24/7), ukazihabwa n'abaforomo bahawe inama nkarishabwenge kandi babizobereyemwo? Terefona kuri **0800 611 116**

Ushaka kumenya umuganga w'umuryango wawe, aho bagurisha imiti canke Ivuriro ry'impanuka n'ubuvuzi busanzwe (Ivuriro Rytwararika Abarwayi vuba na vuba) canke umwakirizi hafi yaho uba, raba kuri www.healthpoint.co.nz.

Ku makuru y'ikiza karanda korona virusi COVID-19, raba kuri www.arphs.health.nz/covid-19-information-for-our-communities.



www.yourlocaldoctor.co.nz

www.covid19.govt.nz

Kubungabunga amagara – N’iki ukora mu KIRINGO CO KWIRINDA CA GATATU (3)?

1. Umeze neza?

- **Guma** muhira iwawe igihe cose utari kukazi, kw’ishure, gusuma canke gukora ikarashishi.
- **Kurikiza** amabwirizwa ajanye n’ikiringo ca 3.
- **Hamagara** Umuganga w’Umuryango wawe (GP) kugira ngo:
 - ✓ Incanco z’umwana wawe zishirwe kugihe.
 - ✓ Kora k’uburyo urucanco rwawe rw’ibicurane/influenza uruhabwa m’uburyo bwiza (umuhinga mu vy’imiti wo mugace ubamwo, arashoboye nawe kubigufashemwo). Raba k’umurongo w’ihuriro [hano](#) kuyerekeranye n’ivyapa biri mundimi nyinshi bavugamwo incanco z’ibicurane/influenza

2. Wumva ugwaye? Urashaka gupimwa canke ubundi bufasha/kwivuzza?

Ibimenyetso vy’ikiza karanda COVID-19 bisa n’ivyizindi ndwara (nki ibicurane/influenza) ntibisigura vyanse bikunze ko ufise ico kiza karanda COVID-19.

Ibimenyetso birashobora kubamwo:

- ✓ Inkorora
- ✓ Kubabara m’umuhogo
- ✓ Ibicurane
- ✓ Umuriro/Inyonko
- ✓ Kuba utakimoterwa
- ✓ Kubura impwemu. (Ibi bishobora kuba ibimenyetso vy’umusonga ugomba gutabaza abaganga vyihutirwa).

Nimba ufise [kimwe](#) muri ibi bimenyetso?

- ✓ **Hamagara** Umuganga w’Umuryango wawe (GP) / uwufasha muvyerekeranye n’amagara, CANKE
- ✓ **Hamagara** Umurongo wa terefone uraba ivy’amagara, **0800 358 5453** kugira ngo bakugire inama (**kanda kuri #1** nimba ushaka umusobanuzi), CANKE
- ✓ **Ja** Mubigo Bishinzwe Gusuzuma abanyagihugu ikiza karanda ca COVID-19 (CBAC):
 - Auckland DHB**, raba [hano](#)
 - Counties Manukau Health**, raba [hano](#), Manuka hasi k’urupapuro.
 - Waitematā DHB**, raba [hano](#). Manuka hasi k’urupapuro.

Nimba ushaka kubonana n’abandi bavuzi, **hamagara** kwa muganga wawe mbere ya vyose

- **Abaganga b’imiryango (GPs)** barakora nkuko vyama
 - ✓ Bahamagare nimba urwaye canke ufise izindi ngorane z’amagara
- **Itegurwa ryo gufasha abarwayi** mu bitaro
 - ✓ Ingingo zikwiye zo gufasha abarwayi m’umutekano mubitaro vyacu zarateganijwe. Imibonano myinshi izokomeza gukorwa kuri terefone na videwo. Abarwayi bafise isango yo kuja kubitaro bagomba kuyitabira kiretse tubahamagaye tukababarira yuko hari ukundi vyagenze.
 - ✓ Raba k’umurongo ngurukana bumenyi wa (DHB) canke kuri Facebook kuyerekeranye n’amakuru ya:
 - Auckland DHB**, raba [hano](#)
 - Counties Manukau Health**, raba [hano](#)
 - Waitematā DHB**, raba [hano](#)

3. Ni ivyihutigwa?

- **Hamagara kuri 111**, CANKE **Ugende** kw'ivuriro rikwegereye Igisata cakira indembe (ED). Igisata cakira indembe (ED) kiruguruye.

Kubungabunga amagara – N'iki ukora mu KIRINGO CO KWIRINDA CA 4?

1. Wumva umeze neza?

- **Guma** muhira
- **Kurikiza** amabwirizwa ajanye n'ikiringo ca 4.

2. Wumva ugwaye? Urashaka gupimwa canke ubundi bufasha/kwivuza?

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Ibimenyetso birashobora kubamwo:

- ✓ Inkorora
- ✓ Kubabara m'umuhogo
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- ✓ Kuba utakimoterwa
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Nimba ufise kimwe muri ibi bimenyetso?

- ✓ **Hamagara** Umuganga w'Umuryango wawe (GP) canke uwufasha muvyerekeranye n'amagara, CANKE
- ✓ **Hamagara** Umurongo wa terefone uraba ivy'amagara, **0800 358 5453** kugira ngo bakugire inama

Ufatiye ku bimenyetso ufise, ingendo wakoze mugihe ca vuba canke waregeranye n'abandi bantu bafise ibimenyetso vy'ikiza karanda COVID-19, umuganga w'umuryango wawe (GP), Umurongo wa terefone uraba ivy'amagara canke uwufasha muvyerekeranye n'amagara bokugira inama nimba ugomba **kuva** mu nzu kugira ngo wipimishe mu buryo bwiza.

- Nimba ukeneye kuja kuyandi mavuriro, **hamagara** umuganga wawe imbere ya vyose. Abaganga b'imiryango (GPs) barakora nk'uko vyama.
- Nimba ukeneye urucandago rw'ibicurane/influenza, **hamagara** umuganga w'umuryango wawe (GP) canke umuhinga mu vy'imiti wo mugace ubamwo imbere ya vyose, kugirango babigufashemwo mu buryo butunganye. Raba igituro c'ihuriro **hano** (kuri intereneti) kuvyerekeranye n'ivyapa vyo gukingira ibicurane/influenza.

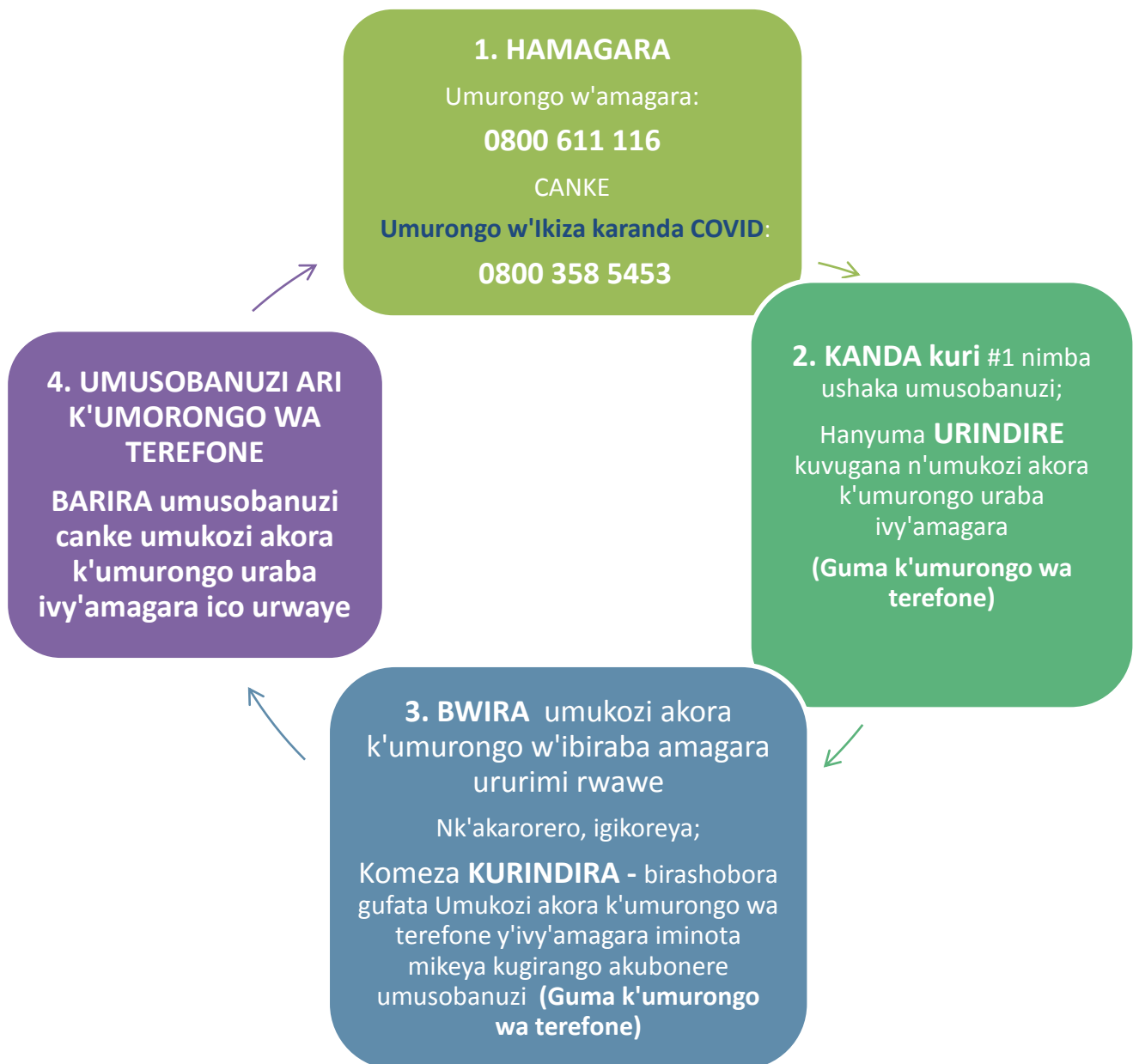
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UMURONGO WA TEREFONE URABA AMAGARA Y'ABANTU

Wumva urwaye canke abantu bo m'umuryango wawe bararwaye?

Urakeneye umusobanuzi nuhamagara Umurongo wa terefone uraba amagara y'abantu canke umurongo ushikiriza ivy'ikiza karanda COVID-19?



IBITURO VY'ITUMATUMANAKO VY'INGIRAKAMARO MU BUHINGA BUHANITSE

Kuvyerekeranye n'ibisobanuro vy'amagara n'imibereho myiza raba amakuru kuri:

- Auckland Regional Public Health Service (kubireba imirwi): <https://www.arphs.health.nz/covid-19-information-for-our-communities>
- Unga ubumwe mukugwanya ikiza karanda COVID-19: <https://covid19.govt.nz>
- Belong Aotearoa: <https://www.belong.org.nz/covid19-resources>
- Amakuru yerekeranye n'ubwambukira bwa Nuvele Zelande , Abimukira n'Impunzi : <https://www.immigration.govt.nz/about-us/covid-19/migrant-information>

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15. Siga imetero **2** hagati yawe n’abandi bantu mugihe bishoboka
16. Abantu ugendana nabo **bashobora kwiyongera** ariko ukavyitwaramwo neza
17. Ikiza c’akaranda korona virusi COVID-19 gikunda ‘isinzi ry’abantu’ – Igitigiri ntarengwa c’abantu **10** gusa nico cemereye mu makoraniro y’imbere munyubakwa canke hanze, kiretse gushingura abitavye Imana n’ikigandaro.
18. Gerageza kwibuka aho wagiye buri muni – Ibi bizofasha mugushakisha abo wahuye nabo.

For COVID-19 info Ku makuru y’ivyerekeranye n’akaranda ka Korona Virus COVID- 19