

# Gupimwa ugasanga waranduye COVID-19 no gutorera umuti COVID-19 mu mahoro uri muhira

## Iyo upimwe hakoreshejwe antigen yihuta ugasanga waranduye, utegerezwa:

1. Kwandikisha igipimo cawe cerekana ko wanduye ngaha hakurikira Kuri [Service NSW website \(serevisi yo ku muhora ngurukanabumenyi ya NSW\)](#) kugira ngo ushirwe ku rutonde rw'ugushigikirwa n'ukwitwararikwa gukuru kw'igisata c'amagara y'abantu n'impanuro hisunzwe ko ushobora kuba uri mu kaga ka COVID-19. Iyo wewe canke uwundi muntu mu muryango wawe adashoboye kwiwandikisha ku murongo ngurukanabumenyi, usabwe guhamagara Kuri serevisi ya NSW kuri 13 77 88.

## Iyo upimwe hakoreshejwe PCR canke hakoreshejwe antigen yihuta ugasanga waranduye, utegerezwa:

1. Kwikumira ako kanya nyene imisi 7. Abo mu nzu yawe bose na bo nyene bategerezwa kwikumira imisi 7. Nimba ufise mu muhogo havyimvye, ibiseru mu zuru, ukorora canke ukabura impwemu inyuma y'imisi 7, usabwe kuguma wikumiriye gushika inyuma y'amasaha 24 inyuma yuko ibimenyetso vyawe vyaheze.
2. Bwira abantu mwamaranye igihe imisi 2 imbere yuko utangura kubona ibimenyetso canke imisi 2 imbere yuko wipimisha ugasanga waranduye (icoba cose caje ubwa mbere) cerekana yuko wanduye COVID-19. Muri ivyo harimwo abantu bose bo mu kibano bakwegereye, aho ukorera kandi/canke ishuri.
3. Kwirikiranira hagufi ibimenyetso vyawe. Nimba ufise impungenge hamagara umuganga wawe asanzwe akuvura ibintu vyose, NSW Health COVID-19 Care at Home Support Line (Amagara y'abantu NSW ku murongo wo kwitwararikira abantu i muhira barwaye COVID-19 kuri 1800 960 933 canke uhamagare Kuri National Coronavirus Helpline (umurongo w'igihugu ufasha abarwaye umugera wa Corona) kuri 1800 020 080. Iyo ibimenyetso bikomeye cane hamagara kuri 000.

## Mbega COVID-19 izogenzwa gute?

Igihe wandikishije ko inyishu ya RAT yerekanye ko wanduye kumurongo canke kuri terefone, uzosabwa kwishura ibibazo bidufasha kuraba nimba uri mu kaga ko kurwara cane. Nimba ufise inyishu yuko urwaye wapimwe hakoreshejwe PCR, uzoca utumwa ihuriro kubibazo bisa hakoreshejwe ubutumwa butoya buciye kuri telephone ngendanwa yawe. Usabwe rero kwishura ibibazo ako kanya nyene bishobotse.

Uzorungikirwa vyongeye impanuro z'uko ukwiye kwikumira n'ingene ukwiye kwivuriza i muhira. Niba ufise ivyago vyindwara zikomeye, NSW Health izokubaza ibindi bibazo. Nukugenzura niba wemerewe umutiurinda virusi canke ubundi buvuzi hakiri kare kubijanye COVID-19. Uzakenere gutanga izina ryimyitoto ya GP canke GP kugirango abaganga ba NSW Health yubuzima abashe kubabaza kubijanye no kukwitaho.

Nimba uri musu y'inyaka 65, kandi ukaba warahawe doses zibiri z'urukingo rwa COVID-19, kandi ukaba utarwaye ingwara n'imwe ngendanwa kandi ukaba utibungenze, urashobora kwikingira uri muhira, no kwicungera uri muhira. Abantu benshi barwaye COVID-19 bashobora kwumva ko barwaye buke buke kandi bakazokira mu misi mikeya, kandi hakabaho n'abandi batagira ibimenyetso na gatoya. Urashobora kwegera NSW Health kugirango ikwiteho canke iguhe inama igihe cose urwaye.

Ibimenyetso vyinshi bishobora gutorwa umuti biciye muri ubu buryo bukurikira:

- Gupimirwa ku gitanda
- Gufata paracetamol kenshi na ibuprofen kugira ngo ukureho ububabare n'ubushuhe
- Gufata umuti wo kuvyimbura mu muhogo ku bavyimvye mu mihogo
- Kudatakaza amazi mu kuguma unywa amazi menshi.

Bandanya gufata imiti wandikiwe nk'uko bisanzwe. Igihe utazi neza ko ukwiriye kubandanya gufata imiti wandikiwe canke kuvurwa nk'uko wandikiwe, canke ukaba ufise impungenge izo ari zo zose ku bijanye n'amagara yawe, hamagara umuganga wawe.

Usabwe guhamagara umuganga wawe asanzwe agukurikirana mu ngwara zawe zose canke uhamagare **NSW Health COVID-19 Care at Home Support Line kuri 1800 960 933** iyo wumva ko uri mu kaga gakomeye k'uko ingwara yawe ikomeye. Abantu baharurwa ko bari mu kaga gakomeye k'ingwara zikomeye ni nk'aba:

- Abagore bibungenze (raba [What if I am pregnant and have COVID-19? \(Bigenda gute iyo nibungenze kandi nkaba nanduye COVID-19?\)](#))
- Abasangwabutaka n'aba Torres Strait Islander (cane cane abasanzwe bagendana ingwara)
- Abantu b'aba Islander bo muri Pacific
- Abantu batahawe urukingo (abafise imyaka 16 n'abayirenta)
- Abafise ubushobozi buke bw'abasoda b'umubiri bwo kwikingira ingwara

Ubusaza ni ibintu bishobora gutera uburwayi bukomeme, cane cane iyo bihujwe nubuzima bukomeme bwibanze. Hariho uburyo bwo kuvura abantu bari mu kaga k'ingwara zikomeye zikomoka kuri COVID-19.

## **Kurikirana ibimenyetso vyawe**

Ibaze ibi bibazo incuro zitatu buri muni (mugitondo, nyuma ya saa sita na no mwijoro):

<b>Ikibazo</b>	<b>Igisubizo oya</b>	<b>Igisubizo ego</b>
Mfise ikibazo co kurya no kunywa?	Komeza kurya no kunywa bisanzwe.	Fata amazi menshi, Hydralyte canke Gastrolyte. <b>Niba ubandanya utameze neza, hamagara 1800 960 933 canke GP yawe.</b>
Noba ndiko ndacisha umwanda mutoyi kurenza ibisanzwe?	Komeza kuguma unywa amazi.	Kunywa amazi menshi, Hydralyte canke Gastrolyte. <b>Niba ubandanya utameze neza, hamagara 1800 960 933 canke GP yawe.</b>

<b>Ikibazo</b>	<b>Igisubizo oya</b>	<b>Igisubizo ego</b>
Numva ndumiwe canke noroheje mugihe nzunguruka icumba?	Komeza ukurikize impanura NSW Health zo gucunga COVID-19 murugo.	Kunywa amazi menshi, Hydralyte canke Gastrolyte. <b>Niba ubandanya utameze neza, hamagara 1800 960 933 canke GP yawe.</b>
Numva ndumiwe cane, ndasinziriye canke ndumiwe?	Komeza ukurikize impanura NSW Health zo gucunga COVID-19 murugo.	<b>Hamagara Triple Zero (000) ako kanya ubwire abakozi ba ambulance ufise COVID-19.</b>
Mfise ikibazo co guhuma canke kumva kubabara mugituzza canke ububabare bumara iminota irenga 10?	Komeza ukurikize impanura NSW Health zo gucunga COVID-19 murugo.	<b>Hamagara Triple Zero (000) ako kanya ubwire abakozi ba ambulance ufise COVID-19.</b>
Numva nshobora gucika intege iyo mpagaze?	Komeza ukurikize impanura NSW Health zo gucunga COVID-19 murugo.	<b>Hamagara Triple Zero (000) ako kanya ubwire abakozi ba ambulance ufise COVID-19.</b>

Nimba ukeneye ubundi bufasha bwo kwa muganga canke ukaba ufise ibindi bibazo bitihuta ariko bijanye n'ivyo kwa muganaga igihe uba warikumiriye, hamagara **Amagara y'abantu NSW COVID-19 kuvurirwa muhira ku murongo wo gushigikira Kuri 1800 960 933.**

## **Nkwiriye gukora iki?**

### **Wewe n'abo mu nzu yawe bose bigeze kwegerana nawe bategerezwa kwikumirira i muhira**

Utegerzwa kwikumirira i muhira imisi 7 guhera ku musi wapimirwako, mbere naho woba warakingiwe vyuzuye. Kwikumira bisigura kuguma i muhira i wawe canke aho ucumbikiwe kandi ukaguma utandukanye n'abandi. Usabwe kuraba [Self-Isolation Guideline \(ibisabwa mu kwikumira\)](#) ku zindi nkuru zerekeranye n'ukugene wokwikumira n'ivyogushigikira biriho nimba woba ubikeneye.

Utegerezwa kubwira abantu mubana yuko wanduye COVID-19. Abantu bose bo mu nzu yawe mwabonanye na bo nyene bategerezwa kwikumira ikiringo c'imisi 7, kandi bipimishe hakoreshejwe igipimo cihuta ca antigen (RAT) mu buryo bwihuta kandi vyongeye basubire bipimishe ku musi ugira 6 (raba [Information for people exposed to COVID-19 \(Inkuru ku bantu babaye aho bashobora kwandura COVID-19\)](#) kandi [Get tested for COVID-19 \(bipimishe ko barwaye COVID-19\)](#)).

Umurongo wo gushigikira abikumiriye w'amagara y'abantu wa NSW urahari kugira ngo ufashe mu kiringo c'ukwikumira uhamagara kuri 1800 943 553.

### **Bwira abantu bose bo mu kibano mwegeranye ko wapimwe ugasanga ko wanduye**

Kuba warapimwe COVID-19 ugasanga waranduye bisigura ko ushobora kuba warandukije abandi COVID-19. Ushobora kuba warashobora kwandukiza abandi imisi ibiri imbere yuko utangura kubonekako ibimenyetso, canke imisi ibiri imbere yuko upimwa ugasanga waranduye nimba ata bimenyetso wari bwumve.

Utegerezwa kubwira umuntu wese mu kibano mwegeranye mukamarana umwanya igihe washobora kwanduza yuko wapimwe ugasanga waranduye. Muri abo harimwo abagenzi n'abandi bantu mwahwanye mu kibano, nk'abagenzi mwasangiye ivyo kurya, abantu mwahuriye mu kabari kandi aho abantu batambira, abo mugendana canke abantu mwahuriye mu bikorwa kanaka vyo mu kibano nko mu misi mikuru, abagenzi canke umuryango wabatemebereye i muhira.

Bwira abantu bose mwegeranye ko bakwiye kwisuzumisha kandi barabe intambuko zikurikira bakoresheje [Information for people exposed to COVID-19 \(Inkuru ku bantu boba baregeranye n'uwanduye COVID-19\)](#) kandi bace bipimisha hakoreshejwe igipimo ca antigen cihuta.

## Bwira abaho ukorera canke ikigo c'igisha ko wapimwe ugasanga waranduye

Ukwiriye kandi kubwira umukoresha wawe canke umuyobozi mukuru w'ishuri/abakozi babijewe ko wapimwe ugasangwa waranduye COVID-19 nimba waragiye aho hantu uja waranduye kandi ushobora kwanduza.

Babwire italiki wapimiweko, italiki warwariyeko (nimba ufise ibimenyetso), n'imisi wari ku kazi/kw'ishuri kandi ushobora kwanduza. Bazokoresha iyo nkuru kugira ngo basuzume akaga abakozi bagenzawe bashobora kuba barimwo canke abanyeshuri. Abakozi baho ukorera canke ishuri bashobora kubabarira yuko begeranye n'uwanduye COVID-19, n'ico bashobora gukora.

Ushobora kubwira umuyobozi wawe ucishije kuri telephone canke ku butumwa butoya umurungikiye canke ugasaba umukozi mugenzawe akabibabarira. Igihe ushobora kuba waragiye ahantu bigishiriza abantu, ushobora guterefone ku nomero nkuru y'aho hantu mu kibanza c'irerero wagiyemwo.

## Bigenda gute iyo nibungenze kandi nkaba nanduye COVID-19?

Abagore bibungenze, bakaba imbanyi yabo imaze amayinga 14 n'ayarenga, baba bari mu kaga gakomeye k'uko ibintu bishobora kwunyuka no kugorana bikomotse kuri COVID-19.

Iyo upimwe ugasangwa ufise COVID-19 kandi ukaba ufise imbanyi irengeje amayinga 14, ni ngirakamaro ko ubabarira umuntu ajejwe gukurikirana ivyawe w'aho uzovyarira. Uyo ashobora kuba ari muganga akuvura ingwara zose, umwakirizi, umuntu wo mw'ivyariro canke seruvisi zo mu micungararo z'aho abantu bashobora kuvyarira.

Abagore benshi bibungenze bashobora kuguma muhira ata ngorane igihe baba baranduye COVID-19. Muri ico gihe, ni ngirakamaro;

- Kunywa ibintu vyinshi, nkuko usabwa kubikora iyo urwaye ibicurane bisanzwe canke agahiri. Iyo wumvise utamerewe neza, urashobora gufata vyongeye paracetamol kugira ngo igufashe muri ivyo bimenyetso. Ibuprofen ntiyemewe gukoreshwa igihe uba wibungenze. ni ngirakamaro kuguma ugendagenda kenshi kugira ngo ugabanure ukuvura kw'amaraso.
- Ni ngira kamaro kugumiza ijisho ku vyo umwana wawe akora. Hamagara uwuguha ibijanye n'ukuba aho uvyarira ako kanya nyene **ubonye ko hari igihindutse ku kugene umwana ariko arigenza** canke nimba ubonye ibi bikurikira:
  - Ukuva amaraso mu gihimba c'irondoka
  - Kubabara mu gikiriza
  - Kubona ibintu bimeze nk'uruziruzi biva mu gihimba c'irondoka
  - Ibise igihe cose biza imbere y'amayinga 37 usanzwe wibungeze
  - Inyonko idahera
  - Kubabara mu mutwe
  - Kuvyimba giturumbuka mu maso no ku maboko

- Igihe uri ku bise
- Igihe ufise uruhagarara rudasanze ku vyerekeye imbanyi yawe.
- Iyo ufise ingorane z'uguhema, ukumva ko ubabara mu gikiriza, ukaba ubabara mu mutwe cane canke ibizunguzungu ukwiriye guhamagara vyihuta kuri 000. Urabe neza ko ubamenyesheje ko urwaye COVID-19 kandi ko wibungenze.
- Umaze gukira COVID-19 ni ngirakamaro ko ubandanya kwitwararika gukora ibisabwa imbere yuko uvyara. Nimba hari umusi wari kuja ku gipimo c'imbere yuko uvyara ukaba waragisivye kubera wari wikumiriye, ongera usabe uwundi mubonano mu buryo bwihuta.

## Nofasha gute uruyoya canke umwana afise COVID-19?

Abana benshi bapimwe bagasangwa baranduye COVID-19 barashobora kwitwararikirwa ata ngorane i muhira bitwararikwa n'abari basanzwe babarera i muhira, mbere naho boba bataronkejwe urukingo. COVID-abantu barwaye bagomba gutandukana nabandi murugo rwabo uko bashoboye. Guhuza urugo rudashobora kwitandukanya numuntu mwiza wa COVID, bigomba kwigunga hamwe kugeza igihe barekuriwe kwigunga no gukurikiza ibizamini muri [Information for people exposed to COVID-19 \(Amakuru kubantu bahuye nabantu barwaye COVID-19\)](#). Igihe uba uriko uritwararika umwana wawe afise COVID-19 ukamwitwararika i muhira:

- Ambika umwana wawe impuzu zikwiriye, kugira ngo yumve ko ameze neza, atariko arabira ivyuya canke ko atariko arajugumira
- Ha umwana wawe ivyo anywa vyinshi. Bashobora kwumva ko batagomba kunywa vyinshi aho rero ni ho bakenerewe imfashanyo yawe kandi ubahimirize.
- Nimba wonsa canke ukoresha ubundi buhinga bwo kwonsa umwana wawe arashobora gusaba kugaburirwa kenshi. Kwonsa nta ngorane gutera ku mwana naho wewe canke/umwana wawe mwoba mwaranduye COVID-19.
- Bahimirize kuruhuka kandi ntibavyirengagize
- Koresha paracetamol canke ibuprofen, igihe coyene wibaza yuko umwana wawe ariko arababara canke asa n'uwutamerewe neza afise ubushuhe. Kwirikiza ibiri ku gakaratasi karimwo uwo muti, kandi ntutange myinshi muri iyo miti irengeye ibisabwa mu masaha 24, nk'uko ibi bishobora kugirira nabi abana.
- Gumiza ijisho ku mwana wawe uraba ibimenyetso ko ingwara yabo iriko irunyuka.

Gumiza ijisho ku mwana wawe n'ingene ameze kandi **uhamagare umuganga wawe asanzwe akuvura ingwara zose canke NSW Health COVID-19 Care kuri Home Support Line kuri 1800 960 933 (8:30am to 8:30pm) canke kuri National Coronavirus Helpline kuri 1800 020 080 (24/7) iyo ubonye:**

- Ubushuhe budahera (>39°C) naho aba ari ku miti
- Naho yoba abura impwemu gatoya
- Iyo anywa ibiri musu y'ivyo yategerezwa kunywa mu bisanzwe
- Iyo asoba mu bisanzwe amasobe ari musu y'inusu yayo yahora asoba, kandi amasobe yiwe akaba yirabura
- Naho yoba adahwa bisanzwe canke acibwamwo bisanzwe
- Adashobora guhagarara canke gutambuka.

**Nimba ufise impungenge yuko umwana wawe arwaye cane, akaba afise ingorane mu guhema, akaba yatakaje amazi menshi kandi akaba ashaka kuraba, canke kwikubita hasi usabwe guhamagara ku busa butatu (000) ako kanya nyene kandi ubimenyeshe uwuriko arakoresha iyo mashini ko umwana wawe arwaye COVID-19.**

## Ni ryari nzova mu kwikumira

### Iyo udafise ibimenyetso ku musi ugira 7

Utegerezwa kwikumira imisi 7 guhera ku musi wipimishirijeko. Ushobora kuva mu kwikumira inyuma y'imisi 7 iyo mu muhogo hatavyimvye, iyo ata biseru vyisesa, iyo udakorora, canke ngo ubure impwemu. Iyo wakoresheje igipimo ca PCR canke ukaba warandikishije ko wanduye hakoreshejwe igipimo cihuta ca antigen, uzoroka ubutumwa butoyi bukomotse mu gisata c'amagara y'abantu NSW inyuma y'imisi 7 guhera ku musi wapimiweko. Nk'akarorero, nimba wapimwe isaha cine zo mu gitondo ku wa Kabiri, ushobora kuva mu kwikumira isaha cine zo mu gitondo ku wundi musi wa kabiri ukurikira iyo udafise na kimwe muri ibi bimenyetso. Ntukeneye kwongera kwipimisha imbere yuko uva mu kwikumira muri NSW.

Ambara agapfukamunwa n'amazuru igihe uri hafi y'abandi bantu canke uriko uravugana n'abandi bantu kandi wirinde kuja ahantu hari abantu benshi ushobora kwanduza (ahantu bavurira abantu, ahantu haba abageze mu za bukuru, abagendana ubumuga canke ahantu hapfungiwe abantu) iyindi misi itatu. Nimba ukora hamwe muri aho tuvuze vugana n'umukoresha wawe imbere yuko usubirayo. Nimba ufise ubushobozi buke bw'umubiri bwo kwigwanira (nk'iyobo baragushizemwo ikindi gice c'umubiri bamaze gukuramwo icawe canke ukaba uriko urahabwa chemotherapy) utegerezwa gufata ukundi kwiyubara kudasanzwe kw'iyindi misi 4 (igitigiri c'imisi 7 inyuma y'ukurekurwa uvuye mu kwikumira).

### Iyo ufise ibimenyetso ku musi ugira 7

Iyo uvyimvye mu muhogo, uyo ufise ibiseru mu mazuru, iyo ukorora canke ubura impwemu zo guhema mu masaha ya nyuma 24 y'ukwikumira kwawe, usabwe kuguma wikumiriye gushika amasaha 24 aheze ivyo bimenyetso biheze. Nimba ufise impungenge, hamagara umuganga wawe asanzwe akuvura ibintu vyose.

Ambara agapfukamunwa n'amazuru igihe uri hafi y'abandi bantu canke uriko uravugana n'abandi bantu kandi wirinde kuja ahantu hari abantu benshi ushobora kwanduza (ahantu bavurira abantu, ahantu haba abageze mu za bukuru, abagendana ubumuga canke ahantu hapfungiwe abantu) iyindi misi itatu umaze kuva mu kwikumira. Nimba ukora hamwe muri aho tuvuze vugana n'umukoresha wawe imbere yuko usubirayo. Nimba ufise ubushobozi buke bw'umubiri bwo kwigwanira (nk'iyobo baragushizemwo ikindi gice c'umubiri bamaze gukuramwo icawe canke ukaba uriko urahabwa chemotherapy) utegerezwa gufata ukundi kwiyubara kudasanzwe kw'iyindi misi 4 (igitigiri c'imisi 7 inyuma y'ukurekurwa uvuye mu kwikumira).

Nimba ufise ibindi bimenyetso inyuma y'imisi 7 (akarorero umururumbo, kubabara mu mutwe) bitariko bitera bija imbere ngo bikire urashobora kuva mu kwikumira ariko utegerezwa guca urondera umuganga wawe akuvura ingwara zose.

Nimba ufise umurwi w'abaganga bo kwa muganga ugukurikirana ukuvura, uwo murwi uzokubwira igihe kigeze co kurekurwa ukava mu kwikumira.

### Ndacakeneye kwipimisha inyuma yo kurekurwa kuva muri kw'ikumira?

Kwipimisha igihe cose COVID-19 (nk'ahantu ho gukorera no gupima ishuri) ntibisabwa indwi 8 inyuma yo kwikumira wenyene. Vugana hamwe numuyobozi wawe.

## Bigenda gute nimba nongeye kwegerana n'umuntu arwaye COVID-19?

Abantu bakize COVID-19 bafise akaga gato ko kwongera kuyandura mundwi 8 inyuma yuko barekuriwe kuva mu kwi-kumira kubera yuko abantu benshi ngaho baca baronka ububasha bw'umubiri bwo kwigwanirira (ubushobozi bw'umubiri bwo kurwanya ingwara).

Iyo wegeranye n'umuntu arwaye COVID-19 mundwi 8 inyuma yuko warekuwe ukava mu kwikumira, mu bisanzwe ntuzokenera kwikumira canke kwipimisha. Iyo wegeranye n'umuntu arwaye COVID-19 mu misi irenga indwi 8 inyuma yuko uvuye mu kwikumira, uzokenera kwikumira, kwipimisha kandi ukurikize impanuro ziri kuri [Information for people exposed to COVID-19 \(Inkuru ku bantu bashobora kwandura COVID-19\)](#) kandi [Get tested for COVID-19 \(bipimishe ko barwaye COVID-19\)](#) inkaratasi ziriko ibigezweho.

## Ni mu gihe ki nzoronswa urukingo?

Kurekurwa vy'agateganyo gukingirwa bikurikizwa ivyumweru bitandatu uhereye igihe wabimenyesheje. Uku kurekurwagufise agaciro muri NSW gusa. Niba ukeneye gukingirwa kubera akazi, amashuri, canke ibindi bikorwa mubundi bubasha, usabwa kuraba amategeko akurikizwa muri leta canke intara.

Niba wemerewe gukingirwa kwa booster, aba kuyibona umaze gukira neza inyuma yo kwandura, kubantu benshi ibi biba inyuma yamayinga 4-6 inyuma yo kwandura. Ku zindi nkuru zirengeye izi, raba kuri [COVID-19 vaccines: Frequently asked questions \(Urukingo rwa COVID-19: Ibibazo bikunze kubazwa\)](#) hamwe no [NSW Health Booster vaccination: Frequently asked questions \(NSW Health Booster: Ibibazo bikunze kubazwas\)](#).

## Ni izihe imfashanyo ziboneka mugihe ndi mu kwikumira?

### Inkunga y'ubuzima bwo mu mutwe

- NSW Mental Health Line – 1800 011 511
- Beyond Blue helpline – 1800 512 348
- Lifeline – 13 11 14
- Kids Helpline – 1800 55 1800
- Service NSW [mental wellbeing resources \(imibereho myiza yo mumutwe\)](#)

### Imfashanyo yo mu ngo

- Ihohoterwa rishingiye ku gitsina mu gihugu n'ihohoterwa rikorerwa mu ngo kuri 1800 RESPECT (1800 737 732)

Ubuzima bwa NSW bwafatanije na [Sonder](#) butanga serivisi yimibereho hamwe na 24/7 kuronka ibiganiro vyindimi nyinshi no guterefona kuri serivisi zitandukanye zubuzima bwo mumutwe, ubuvuzi n'imibereho myiza.

### Imfashanyo mu rurimi rwawe

Nimba ukeneye umusobanuzi, usabwe kwinjira mu migenderanire na **Translating and Interpreting Service (TIS National)** kuri **131 450**. Iyi seruvisi ntirihishwa kandi ikorera mw'ibanga.