



COVID-19: Amategeko mashya murugo nabantu ugirana umubonano wa hafi muri NSW

Niba uri umwe mubagize urugo cyangwa wagize umubonano wa hafi kandi ukaba udafite ibimenyetso bya COVID-19, ntukeneye kwigunga ariko ugomba gukurikiza amabwiriza ya NSW Health:

- Ntugasire ahantu hashobora kwibasirwa nk'ibitaro n'ibigo byita ku bageze mu za bukuru
- Korera cyangwa wigire murugo igihe bishoboka. Ukeneye uruhushya rwumukoresha wawe cyangwa ikigo cyuburezi niba ukeneye kujya kukazi cyangwa kwishuri
- Wambare mask mu nzu niba ufite imyaka 12+. Ntugomba kwambara mask murugo rwawe
- Irinde guterana n'abantu benshi cyangwa imbaga munzu igihe arabantu utabana nabo. Niba ukeneye kwitabira, kora igipimo cya rapid antigen mbere yuko ugenda

Kurikiza amategeko muminsi 7 uherye igihe gisherutse umuntu murugo rwawe yipimishije agasanga arwaye COVID-19.

Niba ufite ibimenyetso cyangwa ugatangira kugira ibimenyetso, ugomba kwigunga no kwipimisha COVID-19. Kurikiza inama za NSW Health niba ibisubizo byawe ari bibi.

Niba ibisubizo byikizamini cyawe ari byiza, guma murugo kugeza igihe udafite ibimenyetso.

Sura kuri www.nsw.gov.au/covid-19/management/household-contacts kugirango umenye amakuru menshi.