

COVID-19

Impunduka yerekeye Ukwigunga



Ntugomba kwigunga niba wipimishije ugasanga ufite COVID-19 ariko birasabwa kuguma murugo kugeza ibimenyetso byawe bikaze (izuru ritemba, uburibwe bwo mu muhogo, inkorora numuriro) byashize.

Niba ugomba kuva mu nzu:

- ambara mask mugihe uri murugo no mwibasi cyangwa itereni
- irinde guteranira hamwe n'ahantu huzuye abantu munzu imbere
- ntugasura abantu bafite ibyago byinshi byindwara zikomeye, umuntu wese uri mubitaro, cyangwa ikigo cyita ku bageze mu za bukuru cyangwa ku bumuga byibuze iminsi 7
- vugana n'umukoresha wawe igihe ugomba gusubira kukazi.

Niba ufite [ibimenyetso](#) byibicurane cyangwa bya giripe, nyamuneka guma murugo hanyuma [wipimishye](#). Niba wemerewe [imiti irwanya virusi ya COVID-19](#), ni ngombwa kwipimisha ukimara kugira [ibimenyetso](#). Nubwo wabona ibisubizo byiza bya COVID-19, guma murugo igihe utameze neza, kugirango utanduza abo ukunda nabaturage.

Nubwo bitagitegekwa kwandikisha ikizamini kibi cya rapid antigen test cya NSW Health isaba abantu kwandikisha ibisubizo byabo muri Service NSW kuko kwiyandikisha bishobora kugufasha kubona ubufasha kubyerekeye amagara nizindi nkunga.

Niba ufite ibibazo byubuzima kandi ukeneye inkunga yururimi, hamagara the Translating and Interpreting Service (Serivisi ishinzwe guhindura no gusobanura (TIS)) kuri 131450 hanyuma usabe Healthdirect kuri 1800 022 222.

