



# Teganya mbere niba ufite ibyago byinshi byukugira indwara ikomeye cyane iva kuri COVID-19 na grippe

## Ufite ibyago byinshi byukugira indwara ikomeye cyane iva kuri COVID-19 na grippe?

### Ibi birimo:

- Abantu bafite imyaka 60 nayirenga
- Abagore batwite
- Abaturage kavukire (Aboriginal), Abaturage Bibirwa bya Torres Straight nabantu Bibirwa bya Pacifique
- Abantu babyibushye bikabije, abafite igisukari, indwara zikomeye zumutima, indwara idakira yibihaha (harimo na asthme ikaze isaba kwinjira mubitaro mu mezi 12 ashize), indwara idakira yumwijima cyangwa yibihaha, kanseri cyangwa abafite ubudahangarwa bumuri budakomeye.
- Abantu bafite ubumuga harimo abafite ubumuga bufite ingaruka ku bihaha byabo, umutima cyangwa ubudangarwa bwumubiri
- Abatuye mubigo byita ku bageze mu za bukuru no kwita ku bumuga
- Abantu bafite imyaka 18 nayirenga batafashe urukingo.

Nurwara, muganga wawe arashobora kuguha imiti igabanya ubukana (antivirusi) kugirango igufashe gukira.

Uzakenera gufata uyu muti byihuse nyuma yo kurwara.

Itegere mbere hanyuma uvugane na muganga wawe noneho niba antivirusi zikubereye.

Niba ufite impungenge zamagara kandi ukeneye imfashanyo yururimi, hamagara TIS **131 450** hanyuma usabe NSW Health Flu na COVID-19 Care kuri Home Support Line kuri **1800 960 933**.

Sura [www.nsw.gov.au](http://www.nsw.gov.au) kubindi bisobanuro.