

# Itegere hakiri kare asangwa uri mu mpanuka y'ukubangamirwa n'ingwara ihambaye kubwa COVID-19



Plan ahead if you are at higher risk of severe illness from COVID-19

## Woba ubangamiwe n'impanuka y'ingwara ihambaye ikábuwe na COVID-19?

Asangwa uri mu mpanuka y'ukugwara ingwara ihambaye ikábuwe na COVID-19, iganira umuganga wawe ubu nyene utaragwara ngo umenyeshwe ico wokora ubonye ibimenyetso vy'ibicurane canke vy'akamangu.

### Abantu bafise ibyago vyinshi byo kurwara bikabije barimo:

- abantu bamaze imyaka 70 n'abayirenta
- abantu bamaze imyaka 50 canke irenga bagendana ibindi bimenyetso vy'ukubangamirwa, harimwo ubunini ndenzarugero, igisúkãri, ingwara z'umutima, ingwara karuhariwe z'amahahá (harimwo izibirampwemu risanzwe canke ry'intakira/ hasima, risaba ukwipoma imiti), ingwara z'imitsi nyurabwonko, ingwara idasanzwe y'igitigu canke y'amafyigo, ingwara iboneka y'uburima, canke abatemererwa gucandagwa
- Abasangwabutaka canke Abantu Banye baba muri rino Zinga bamaze imyaka 30 n'iyirenga hongeweko izo mpanuka zatondetswe aho haruguru
- abantu bose bagendana abasoda ngwaniramubiri bake muri rusangi canke bidasanzwe hatarabwe imyaka yabo
- abantu bimyaka yoyose bagendana ubumuga bubayabaye canke budasanzwe
- abakenyezi bibungenze
- abana bagendana ingwara z'intakira.

Asangwa uba kure kandi ukaba utotabarwa vyoroshe ugwaye, canke uba mu nyubakwa zigenewe abageze muza bukuru canke zigenewe abagendana ubumuga, vugana n'umuganga wawe, kuko ufise n'amahirwe y'ugucagurwa mu bahabwa imiti ivura imigera canke ubundi buvuzi ku buntu.

Baza umuganga wawe igipimo ca COVID-19 wokoresha, ko yokwandikira imiti ivura imigera, hamwe n'ingene woronka imiti ivura imigera mu gihe wosanga waranduye ingwara ya COVID-19.

Imiti ivura imigera yogufasha kurushiriza kandi mu buryo bunyarutse, kandi igira akamaro mu mubiri iyo uyifashe buno nyene ugifatwa n'ingwara.

Asangwa ufise ibibazo vyerekeye amagara yawe canke gufashwa mu vyerekeye ururimi, hamagara TIS 131 450 canke uhamagare kuri National Coronavirus Helpine (Ibiro Bijewe Gufasha mu vya Korona virusi) kuri 1800 020 080.

**Ukeneye ayandi makuru, ronderera kuri [www.nsw.gov.au](http://www.nsw.gov.au).**