



# Tegura imbere y'igihe nimba uri mu kaga gakomeye ko kwandura izindi ngwara zikomeye zikomoka kuri COVID-19 no ku bicurane

## Woba uri mu kaga gakomeye ko kwandura ingwara ikomeye bikomotse kuri COVID-19 no ku bicurane?

### Muri ivyo harimwo:

- Abantu bafise imyaka 60 n'abayirenta
- Abagore bibungenze
- Abasangwabutaka, n'abantu bo muri Torres Strait Islander na Pacific Islander
- Abantu bavyibushye cane, ingwara y'igisukari, ingwara zikomeye z'umutima, ingwara zidakira z'amahaha (harimwo asthma ikaze yasavye ko yinjizwa ibitaro mu mezi 12 aheze), ingwara ikomeye y'igitigu canke amafyigo, umuntu agwaye cancer canke afise ubushobozi buke bw'umubiri bwo kwigwanirira
- Abantu bamwe bagendana ubumuga harimwo n'abagendana ubumuga bufise ingaruka ku mahaha yabo, umutima canke bafise ingorane zerekeranye n'ubushobozi buke bw'umubiri bwo kwigwanirira
- Abantu baba aharerewe abageze mu za bukuru n'ahaba abagendana ubumuga.
- Abantu bamaze imyaka 18 n'iyirenga batigeze bakingirwa, bacandarwa.

Iyo urwaye, umuganga wawe ashobora kukwandikira imiti yo kurwanya uwo mugera kugira ngo uronke akoyokwe.

Uzokenera gufata uwo muti ningoga umaze kumenya yuko urwaye.

Tegura imbere y'igihe kandi uvugane n'umuganga wawe ku vyerekeranye nimba imiti yo kurwanya imigera ari myiza kuri wewe.

Nimba ufise amakenga ku magara yawe kandi ukaba ukeneye ugushigikirwa mu rurimi hamagara TIS **131 450** maze usabe NSW Health Flu na COVID-19 Care kuri Home Support Line kuri **1800 960 933**.

Raba kuri [www.nsw.gov.au](http://www.nsw.gov.au) kugira uronke izindi nkuru.