

## Urupapuro Rw'ukuri

### Ivyerekeranye n'ugukumirirwa I muhira, gushirwa mu gatengo I muhira ku bantu vyemejwe ko banduye COVID-19 (Coronavirus)

**Abantu bamwe batowe ko banduye umugera wa coronavirus (COVID-19) bategerezwa kuzofashirizwa mu bitaro, aho abanda bantu batari bake batamerewe neza bukebuke bashobora kurabirwa i muhira aho bashizwe mu gatengo, aha bonyene. Nimba uri umuntu yatowe ko yanduye COVID-19 kandi ukaba urabirwa i muhira, utegerezwa na wewe ubwawe kwikumira kandi ugakwirikiza izi mpanuro kugeza umuganga wawe canke igisata kijejwe amagara y'abantu kiguhanuye yuko bitagikenewe ko uja mu gatengo, ko ukumirwa.**

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#### Kugumiza ijisho ku bimenyetso

Iyo ibimenyetso vyawe bikomeye (akarorero: kubura impwemu iyo uruhutse canke uhema bigoranye) utegerezwa guca uhamagara kuri 000. Bwira abakozi ba rusehabaniha ko bigaragara ko ufise COVID-19 (Coronavirus). Iyo ivyo bimenyetso vyawe vyunyutse, ariko bitarakomera cane, ukwiye kurondera umuganga wawe canke urondera uwujewe igisata c'uwujewe amagara y'abantu.

#### Ndashobora kuja gukora canke kuja kw'ishuri? Ndashobora gutemebererwa n'abashitsi?

**Oya.** Agatengo k'I muhira bisigura yuko utegerezwa kuguma I muhira canke mw'ihoteri kandi ukagabanya ibikorwa vyawe wahora ukora.

Ntushobora kuja gukora ku kazi, ntushobora kuja kw'ishuri, kwa muganga w'abana, kuri kaminuza, aho baruhikira canke bakinira, canke ahantu hahurirwa n'abantu benshi, canke kuja gusuma.

Ntukwiriye kwemerera abantu badakeneye ikintu ca ngombwa ko bakwiriye kuza kugutemeberera i muhira igihe uba washizwe mu gatengo.

**Raba neza:** urashobora kuva muhira kugira ngo uje kurondera muganga canke kubera ikintu cihutirwa kidashobora kurindira.

#### Ndashobora kuja mu karima kanje canke kuja kugorora intege?

Urashobora kuja mu karima kawe wisangije canke mu kigo I wawe canke ku kazu ko hejuru wisangije nimba aho hose uhafise.

Ntushobora kuva i muhira kiretse ari ukurondera kuvugwa canke kiretse habaye icihuta.

## Witandukanye n'abandi bantu i muhira

Nimba ubana n'abandi bantu muhira, uko bishoboka kwose, utegerezwa:

- Kuguma witandukanije n'abandi
- Kwambara ikintu mu maso igihe uba uri kumwe n'abandi mu cumba
- Gukoresha aho wogera wisangije nimba hariho
- Wirinde kuja aho abandi bantu bari, canke ahasangiwe n'abandi kandi wambare ikintu mu maso igihe uba uriko uragendagenda aho hantu
- Urabe neza ntiwigere usangira icumba n'abandi bantu bafise ingwara zikomeyenk'abantu bashaje, canke abarwaye umutima, amahaha canke amafyigo, canke ingwara z'igisukari. Abantu badakenewe kuba muhira ntibakwiriye kugutemberera igihe uba wakumiriwe.

## Wambare ikintu kigukingira mu maso

Utegerezwa kwambara ikintu kigukingira mu maso igihe cose uba uri mu cumba kimwe n'abandi bantu (nubwo na bo nyene baba bakumiriwe) hamwe n'igihe ugiye ku muntu akuvura.

Raba neza yuko imasiki yawe ifuka mu maso be no n'izuru ryawe igihe cose, kandi wirinde gukora kuri ico kintu wambaye iyo bitari ngombwa.

## Kwipfuka iyo ukorora n'iyi wasamuye

Utegerezwa gupfuka umunwa wawe n'izuru ukoresheje agakaratsi koroshe igihe cose ukoroye canke wasamuye, canke na ho ukororere canke wasamurire mu kwaha kwawe canke ku nkokora. Amatishu wakoresheje ategerezwa gutabwa mu gaseke batamwo umucafuru kandi amaboko agaca akarabwa ako kanya nyene n'isabuni n'amazi n'imiburiburi amasekonde 20.

## Karaba amaboko yawe

Utegerezwa gukaraba amaboko yawe kenshi kandi ukoresheje isabuni n'amazi n'imiburiburi isekonda 20. Urashobora gukoresha twa ducupa turimwo alcohol iyo amaboko yawe adacafuye cane. Raba yuko ukaravye neza amaboko yawe canke ko wakoresheje twa ducupa turimwo alcohol two gukaraba hatarinze kujako amazi:

- Imbere y'ukwinjira ahantu hari abandi bantu
- Imbere y'ugukora ku bintu vyakoreshejwe n'abandi
- Uvuye mu kazu ka surwumwe
- Uhejeje gukorora canke kwasamura
- Imbere yo kwambara n'ugukura ivyambazo vyo mu ntoke n'ivyo wipfuka ku munwa no ku zuru

## Irinde gusangira ibintu bikoreshwa mu nzu

Ntimukwiriye gusangira amasahani, ibiyiko, ifurusheti, ibirahuri vyo kunyweramwo amazi, ibikombe, ibikoresho bikoreshwa mu kurya, isume, ivyo kuryamako, amashuka, canke ibindi bintu n'abantu bari muri urwo rugo. Uhejeje gukoresha ivyo tuvuze, ukwiriye kuvyoza canke kubimesa ukoresheje isabuni n'amazi canke ukoreshe imashini yoza ivyombo.

## Intambuko zokoreshwa n'abarezi n'abo mu muryango ku bantu vyabonetse ko bamaze kwandura

Hategerezwa kuba muhira abantu bonyene bakenewe kugira ngo bitwararike umuntu yashizwe ukwiwe hamwe nabo ata kundi kuntu bashobora kuronka ahandi borara.

Abarezi n'abandi bo mu muryango bategerezwa gukurikiza izi mpanuro tubaha aha hepfo kugira ngo birinde kwandura.

### Kuraba neza ibimenyetso

Nimba uri umurezi canke uwugize umuryango maze ugatangura kwumva afiseubushushe, ukorora, ababara mu muhogo canke ahema bibanje kugorana hamagara umuganga wawe canke igisata kivura abari mu kaga gahambaye mu buryo bwihuta, kiretse ari ibintu bisaba ko urinda kuja kwa muganga (aho ni ho uhamagara kuri 000). Bwira umuganga wawe canke igisata gihamagarwa mu gihe ibintu bikomeye yuko uriko urafasha umuntu bizwi ko yanduye COVID-19.

### Karaba amaboko yawe

Karaba amaboko kenshi gashoboka kandi winyukure ukoresha isabuni n'imiburiburi isekonde 20. Urashobora gukoresha utuntu turimwo alcohol iyo amaboko yawe atagaragara ko acafuye. Wirinde kwikora ku maso, ku zuru no ku munwa utabanje gukaraba. Igihe cose ubanze ukarabe imbere yo kwambara n'inyuma yo gukura amaga canke imasiki.

### Wambara imasiki c'ababaga babaga

Wambara imasiki y'abaganga babaga hamwe n'amaga igihe cose uri mu cumba kimwe kirimwo umuntu bizwi ko yanduye canke igihe cose ukoze ku maraso y'uwo muntu yanduye, ibimuvamwo vy'uruziruzi, canke ibimuvamwo nk'icya, amate, ibikororwa, ibiseru vyo mu zuru, ibidahwe, amasobe canke igihe aciwe mu muntu:

- Urabe neza ko imasiki ifuka mu mazuru be no mu kanwa igihe cose
- Ivyo wari wipfutse ku mazuru no ku munwa uhejeje kubikoresha ubikure
- Uce ukaraba amaboko yawe ako kanya nyene uhejeje gukura imasiki n'amaga.

### Ukoroze usukure ahantu hose mu nzu

Hanagura woze "ahantu hose hakunda gukorwako" nka harya bashira amasahani, hejuru ku ma meza, harya ku bitasha, mu bwogero mu kazu ka sugumwe, amatelephone, ku mashini nyabwonko, canke utu n'imiburiburi rimwe ku musu wambaye amaga. Vyongeye woze, usukure ahantu hose hashobora kuba haviriye amaraso, uruziruzi rwavuye mu muntu co kimwe n'ibiva mu muntu nk'icya canke ikindi kintu cose kiriko amazirantoki:

- Soma ivyanditswe ku dukaratsi turi kubintu kandi ukwirikize impanuro zanditswe kuri ivyo bintu. Ivyo bintu vyanditswe kuri utwo dukaratsi biriko ingene ushobora kubitunganya neza hamwe n'ukugene ushobora kubisukura harimwo n'ukugene ushobora kwiyubara mu kubikoresha nko kwambara amagacanke impuzu zagenewe kwambarwa igihe uriko utekandi ukaraba neza ko aho uriko urakorera hariho umuyaga uhagije igihe uriko urakoresha ivyo bikoresho vyavuye mu mahinguriro.

- Koresha disimfegita canke amazi arimwo ibituma utandukirwa igihe uriko urahanagura aho hose umuntu yanduye ashobora kuba yakozeko. Kugira ngo ukore ayo mazi atuma umuntu atandura i muhira, ongera mwo akayiko nka karya kayiko ko ku meza mu bikombe bine vy'amazi.
- Ambara imasiki hamwe n'ibikingira ku maboko mu ntoki igihe cose uriko urakora ku kintu cakoreshejwe mu kwituma canke kwihanagura. Karaba amaboko yawe ako kanya nyene uhejeje gukura amaga canke imasiki.
- Mesa impuzu neza uzinyukure.
- Ako kanya nyene ukureho kandi umesure impuzu canke ivyo umuntu aryamako bifise amaraso, ibindi bintu vy'uruziruzi canke vyabiriwemwo icuya canke vyagiyeke ibindi bintu bikomoka mu mubiri.
- Soma kandi ukwirikize imiyoboro iri ku bintu bimesura canke ku mpuzu n'isabuni. Muri rusangi, mesa kandi ugorore ukoresheje ubushuhe bwinshi kw'i pasi nk'uko bitegekwa kuri iyo mpuzu.
- Ivyombo bikwiriye kwogerezwa aho vyagenewe nimba bishoboka.

### **Guta ibintu vyanduye**

Shira ivyo bintu vyose amaga, imasiki, hamwe n'ibindi bintu vyose bishobora kuba vyanduye mu kintu bashiramwo imicafu imbere yuko ubitana n'iyindi micafu yo mu rugo. Karaba woge amaboko ako kanya nyene uhejeje gukora kuri ivyo bintu vyanduye.

### **Ivyo twohanura wewe n'umuryango wawe kugira ngo mumenye ingene mwifata igihe muba mwakumiriwe**

Kuba wakumiririwe i muhira birashobora gutera ubwoba, cane cane ku bana bakiri bato. Reka tubereke ibintu bitari bimwe mushobora gukora mu kwisuganya:

- Ganira n'abandi bantu bo mu muryango ivyerekeranye na COVID-19 kugira ngo ugutinye n'ukwihebura bihere. Urashobora kuronka inkuru z'ukuri zigezweho aha hakurikira kuri uru rubuga ngurukanabumenyi [NSW Health - COVID-19 \(Coronavirus\)](https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx) website.
- Gerageza guhumuriza abakiri bato ukoresheje ururimi abana bumva bagatahura.
- Guma ukora nk'ivyo wahora ukora uko bishoboka kwose.
  - Tunganya n'umukoresha wawe akwemerere ukorere i muhira nimba bishoboka
  - Saba ishuri umwana wawe yigako imurungikire ibikorwa akorera muhira, ibibazo hamwe n'ivyo ategerezwa gukorera muhira hakoreshejwe posita canke gutumatumanako amakuru hakoreshejwe ubuhinga ngurukanabumenyi.
- Iyumvire ingene wabigenje, wifashe mu bihe bigoye kanaka ushobora kuba waracyemwo muri kahise kandi wishigikire wiremeshe ko n'ibi bihe bigoye uriko uracamwo na vyo nyene uzobisohokamwo amahoro na vyo nyene. Wibuke yuko uko gukumirwa bitazohoraho kandi bitazomara igihe kirekire.
- Gumana imigenderanire n'ubucuti hamwe n'ukuvugana n'abo mu muryango hakoreshejwe telephone, gutumatumanako amakuru biciye ku buhinga ngurukanabumenyi canke ku mbuga nkoranyambaga.

- Ugume ugirira imyimenyerezo kenshi I muhira. Bimwe muri ivyo wokoresha imikino urabira kuri DVDs, gutamba, umwimenyerezo ukorera kw'isima aho ushobora kuba wicaye, yoga, kugendagenda mu kigo canke ugakoresha ibikoresho bifasha mu kwimenyereza, nk'amakinga aguma aho ari, nimba ufise iryo kinga. Imyimenyerezo ni ikintu cabonetse ko gikuraho ukurengerwa no guta umutwe.
- Saba umuryango wawe, abagenzi canke abandi bantu bo muri iyo nzu bakuzanire ibisumwa n'imiti. Nimba ivyo bidashoboka, urashobora gutumako ibisumwa n'imiti) ukoresheje ubuhinga ngurukanabumenyi canke ukoresheje telephone.
- Fata ukwo gukumirwa no kuvanwa mu bandi nkaho ari akaryo ko gukora bimwe muri ivyo bintu utigera uronkera uwundi mwanyu, nk'akarorero inkino umuntu akina ari aha wenyene, ugucapa, ugusoma, ukujisha.

## **Noba nkeneye gusuzumwa no gupimwa imbere yuko mva aho nari narakumiriwe?**

Hamwe ugumye ufise amagara meza inyuma y'imisi 14, nta kindi gipimo na kimwe uba ukeneye imbere y'uko uva aho wari wakumiriwe.

Hamwe ubonetseko ibimenyetso vyo guhema canke ushushye igihe uba uri aho wakumiriwe, gerageza urondere muganga wawe, canke uwundi muganga ajejwe amagara y'abantu wo mu micungararo kuri 1300 066 055 kugira ngo agusuzume, agupime COVID-19.

Ibikorwa vyo gushigikira abari mu kaga gakomeye bitanga imfashanyo y'akanya gato igihe ico ari co cose ku bantu bafise ingorane z'ukugene bokwifata.

## **Nimba ugifise ibibazo canke ukeneye imfashanyo igihe uzoba uri aho wakumiriwe**

- **[Lifeline Australia: 13 11 14](#)**

Ibikorwa vyo gushigikira abari mu kaga gakomeye bitanga imfashanyo y'akanya gato igihe ico ari co cose ku bantu bafise ingorane z'ukugene bokwifata canke z'ukuguma bari mu mutekano.

- **[Kids Helpline: 1800 551800](#)**

Iterefone yama yuguruye amasaha 24/7 itumvirizwa n'uware we wese itarihwa, hamwe n'ukugirwa inama kuri telephone ku bana bose bari hagati y'imyaka 5 gushika kuri 25.

- **[NSW Mental Health Line: 1800 011 511](#)**

Ibikorwa vyitaho akaga ko mu magara yo mu mutwe muri NSW.

- Hamagara kuri **[National Coronavirus Health Information](#)** (inkuru zerekeranye n'amagara ku gihugu cose bivanye na Coronavirus) umurongo: **1800 020 080**

## **Ku zindi nkuru zirengeye izi tukubariye**

Ronderera ku rubuga nkoranyambaga **[NSW Health - COVID-19 \(Coronavirus\)](#)**.