

Hagarika ikwirakwiza ry'udukoko

Gira uruhare mu kurwanya ikwirakwira ry'indwara z'ubuhumekero nka COVID-19.



Shyira nibura intera ya metro 2 hagati yawe n'abandi bantu.



Mu gihe ukorora cyangwa witsamura, shyira ku munwa cyangwa ku zuru agatambaro, ukajugunye ahabugenewe maze ukarabe intoki.



Mu gihe uri mu bantu, ambara agapfukamunwa.



Irinde kwikora ku maso, ku izuru no ku munwa.



Sukura kandi utere umuti wica udukoko kenshi ku bikoresho n'ahantu hakunda gukorwaho.



Guma mu rugo igihe urwaye, uvemo igihe ugiye gushaka serivisi z'ubuvuzi.



Karaba intoki kenshi ukoresheje amazi meza n'isabune nibura mu gihe kingana n'amasegonda 20.



cdc.gov/coronavirus