

## Ingingo zibereye zo kwirinda Ikiza COVID ku mashure

### Ibimenyeshejwe kumiryango

Turazi neza ko kuba kumwe mw'isomero ari ikintu ciza cane ku banyeshure bacu mu kwiga, gukura, no kumererwa neza. Muri iki gice tuzobandanya gushira mu ngiro ingingo zitandukanye, bidufashe gushira imbere ukumererwa neza kw'abanyeshure bacu, hamwe n'ikibanza kibereye kandi gitanga umwimbu, co kwigiramwo.

#### Guma i muhira mu gihe utamerewe neza

- Mu gihe umwana wawe atamerewe neza, utegerezwa kumugumiza i muhira. Mu gihe abana bariko bererekana ibimenyetso vya COVID-19, bategerezwa kwipimisha COVID-19 (PCR canke RAT) hanyuma ukurikize inama za leta ya NSW zijanye no gucunga COVID-19 mu rugo neza ([managing COVID-19 safely at home](#)).
- Umwana wawe ategerezwa gusubira kw'ishure mu gihe ata kimenyetso na kimwe kindi c'iyoye ndwara kimubonekako.

#### Incanco

- Incanco za COVID-19 ni z'ibicurane, ni bwo buryo bwiza cane bwo kwikingira wewe ubwawe, umuryango wawe hamwe n'ikibano. Urucanco ni uburyo bwizewe bwo guha umubiri wawe ubudahangarwa no gufasha mu guhangana n'indwara z'ivyaduka.
- Abanyeshuri n'abakozi bose bujwe ibisabwa barashishikarizwa canke kugendana ninkingo zabo kugirango barinde ubuzima bwabo.
- Abakozi bose bakorera mu mashuri kubwintego zihariye (schools for specific purposes (SSPs)) basabwa gukingirwa kabiri kuri COVID-19 canke bafise imiti yemewe yo kwivuza.

#### Uburyo bunyaruka bwo kwipimisha

- Uburyo bunyaruka bwo kwipimisha (Rapid antigen tests (RATs)) bwokoresha mugihe umwana wawe ariko yerekana ibimenyetso vya COVID-19.
- Abanyeshuri bipimisha yuko barwaye COVID-19 barashishikarizwa kumenyesha ishuri ryabo no kwandikisha ibisubizo vyabo yuko barwaye muri [Service NSW](#) kugirango babone inama nimfashanyo itangwa NSW Health (Amagara NSW).
- Amashure azogumya ubu bwoko bw'udupimisho tunyaruka mu kigo, mu ntumbero yo kubandanya bagenzura ku biciye mu bipimo mu gihe c'ibiza.

#### Ibijanye n'Isuku no kwirinda umwanda

- Abanyeshure basabwe gukaraba intoke kenshi n'amazi hamwe n'isabuni, no gukoresha ibikoresho vyabo bwite gusa, nkuko bitegekanijwe.
- Umunsi wahariwe isuku ku mashure, ibikorwa bizokwibanda cane ku duce abantu bakunze gukorakorako, no mu bindi bibanza biboneka, inzugi, ibitasha, ivyugazo, aho bakiriza amatara, hamwe na harya abantu bifatikiza bariko baraduga ku ngazi n'ahandi hose baca bariko baragendagenda.

#### Gutanga akayaga

- Akayaga keza ni uburyo bwiza cane kandi buhambaye bwo gutuma ubushobozi bwo kwandukizanya bugabanurwa cane.
- Mu mezi ashushye, gukonjesha bizakoreshwa hamwe nuburyo bwo guhumeka kugirango uburinganire bw'ubushuhe.
- Ibibanza vyose vyagenewe kwigirwamwo mu mashure ya Reta, vyarasuzumwe kugira ngo bimenyekane neza yuko urugezo rwo gutanga no gutunganya akayaga bikwiye neza aho bikenewe.
- Uburyo bwo gukoresha ibibanza bitugaye buzobandanya bushigikirwa, aho bishoboka hose.

## Udupfukamunwa

- Kwambara udupfukamunwa birahimirijwe cane aho bishoboka hose ku bakozi no ku banyeshure mu bibanza rusangi biri ku mashure, na cane cane mu bibanza vyugaye, no mu bindi bice aho usanga uburyo bwo kuronka akayaga hamwe no gutandukana gato bidakunda, kandi niba barahuye na COVID-19.
- Kwambara agapfukamunwa birahimirijwe cane gose ku bashitsi, na cane cane mugihe babonana n'abanyeshure hafi na hafi, kandi ni itegeko kukambara mu gihe bavugana begeranye hafi na hafi n'abanyeshure biboneka ko bashobora gufatwa n'indwara zikomeye mu gihe bokwandura COVID-19, baba bari mumashuri kubwintego zihariye, ibice byunganira cyangwa ibyumba rusange byibyumba.

## Abashitsi

- Abashitsi barashobora kwitabira ibibuga vy' ishuri batitaye kumiterere y' inkingo zabo.
- Abashitsi bisba babonanen' abanyeshuri ahantu runaka hashobora guteza ivyago vyinshi kubikorwa vy' ishuri no gutanga integanyanyigisho hamwe nabafatanyabikorwa mu buzima bafatanije ubuzima bwiza bwabanyeshuri, barashobora gusabwa kwambara masike.

## Ibikorwa

- Igenzurwa ry'ivyoshika bijanye n'amagara meza hamwe n'imibereho myiza, bizoshirwa mu nteguro y ibikorwa, harimwo ugusohoka (ugutembera), n'amahuriro ategurwa yo mw'ijoro.
- Abavyeyi co kimwe n'abajejwe gufasha mu bikenewe, bazokwama bamenyeshwa impanuka y'ukwiyongera kw'ikiza, kandi hazobaho ibikorwa bimwe bimwe bizokorwa habanje gutangwa uruhusha.

## Uguhanga n'ibishitse mu karere turimwo

- Amashure azokorana n'umugwi w'igisata kijejwe amagara, ubuzima bwiza, hamwe n'ukubaho neza kw'abakozi, mu guhangana uko bikwiye n'ibiza mu karere turimwo, harimwo n'ibiza biva ku ndwara ziterwa n'imigera.
- Mu bihe bimwe bimwe, amashure arashobora gufata izindi ngingo z'imfatakibanza mu kiringo kanaka, mu ntumbero yo guhagarika uruhererekane rwo kwanduzanya, harimwo nk'ukwambara udupfukamunwa, kwigizayo canke guhagarika ibikorwa bidakenewe, hamwe n'ugufasha imigwi imwe-imwe kwigira ku buhinga ngurukanabumenyi.

## Kwigira aha wenyene

- Amashuri akomeje kubona uburyo bwo kwiga bwa none (digitale), buyobowe kandi bwanditse kugirango bufashe abanyeshuri bakeneye kwiga kure.

## Ubufasha bw'Isobanurwa ry'indimi ribera kw'iterefone

Usanga mukeneye ayandi makuru, mwohamagara umurongozi w'ishure. Niba naho ukeneye umusobanuzi yogufasha ku bijanye n'ivyo ukeneye, mwohamagara mu Gisata Kijejwe Ubusobanuzi bwo kuri Terefone kuri 131 450 hanyuma ugasaba umusobanuzi wo mu rurimi rw'iwanyu. Barira uwujewe ivyerekeye iyo Terefone inomero wipfuzza guterefonako, hanyuma uyo abijejwe azobaronderera umusobanuzi azogufasha mu gihe uzoba uriko uraterefone. Ntuzorihishwa kubwo iki gikorwa uzoba ukorewe.

**Reta ya NSW yariyemeje gufata mu minwe ibijanye nuko ibikorwa vyo ku mashure vyobandanya neza, mu gushira imbere umutekano n'imibereho myiza y'abanyeshure n'abakozi bo ku mashure.**