

Gufata urukingo rwa COVID-19



COVID-19 ni virusi yatumye abantu benshi barwara. Bamwe barapfuye.



Kuri ubu, hari urukingo. Urukingo ruterwa hakoreshejwe urushinge.



Nterwa urushinge rurimo urukingo kugira ngo sinandure COVID-19.



Mu gihe ngezweho, nshobora guterwa urukingo rwa COVID-19 kugira ngo nkomeze ngire ubuzima buzira umuze.



Nzajya kubonana na muganga cyangwa kuri farumasi kugira ngo nkingirwe.



Nzishaka ku rutonde nimpagera, nicare ntegereze umuforomo ahamagare izina ryanjye.



Nzahina ukuboko k'umwenda nzaba nambaye. Umuforomo azampanaguza agapamba gakonje ku kuboko. Impumuro yabyo ishobora kuba idasanzwe.



Umuforomo azantera urushinge. Bizaba nk'aho andiye akanyunguti cyangwa anjombye akantu. Nzicara neza cyane.



Umuforomo azashyira bande ku kuboko kwanjye.

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Pt. 2



Nyuma yo gukingirwa, nzategereza umwanya muto mbere yo kugenda kugira ngo hizerwe neza ko meze neza mbere yo gutaha.



Umuforomo nambwira ko meze neza, nta kibazo mfite, nzaba ndagije gahunda yanjye. Ubu, nshobora gutaha.



Nkeneye doze ebyiri z'urukingo kugira ngo nkomeze kugira ubuzima buzira umuze.



Nzagaruka hagati y'ibyumweru 3 na 4 gufata doze ya kabiri.



Ningaruka gufata doze ya kabiri, nzakoresha uburyo bumeze nk'ubwo nakoresheje kuri doze ya mbere.



Nyuma yo guterwa inshinge, ukuboko kwanjye gushobora kuzababara. Nshobora kuzamenagurika umutwe cyangwa nkumva mfite umunaniro.



Nzongera kumererwa neza nyuma y'iminsi nk'ibiri.



Nzakomeza kwambara agapfukamunwa.



Natanze umusanzu wange wo kwirinda no kurinda abandi!