

AMABWIRIZA YA COVID-19 YEREKEYE GUTERANA. AKARUHUKO KAGAMIJE KUOKORA UBUZIMA

Guhuza urugwiro n'umuryango cyangwa inshuti bishobora gusa n'aho ntacyo bitwaye, ariko bigira ingaruka - cyane cyane ubwo COVID iri ahantu hose muri Michigan kuri ubu. Ni byiza guteranira hanze gusa. Niba mugomba guteranira mu nzu, mushobora gusurira urundi rugo icyarimwe.

Kugira ngo ugabanye ibyago, kurikiza aya mabwiriza:

Hitamo urundi rugo rwo gusura mu byumweru bitatu bizakurikira. Ibyiza kurusha, mwakora **itsinda ryo gusabana rihoraho**.

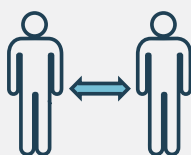
Hitamo urugo narwo rubyitondera. Niba hari uwo mu itsinda urwaye, subika guterana.

Mugabanye igihe mumarana mu nzu. Uko gusura bimara igihe kinini, niko ibyago birushaho kwiyoungera.

Kurikiza aya mategeko uko bishoboka kose:



Ambara agapfukamunwa -
ukambure gusa
Igihe ugiye kurya cyangwa kunywa,
Ubundi wongere ukambare



Siga intera ya metero
ebiyi



Gabanya ijwi kandi
wirinde gusakuza cyangwa
gufana.



Ntimugasangire ibikoresho.

Nyuma yo guterana, wikurikirane ku bijyanye n'ibimenyetso bya COVID-19. Niba hari uwo mwari kumwe wumva arwaye, jya kwipimisha.

Ku yandi makuru yerekeye aya mabwiriza, sura [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus).

Ibibazo cyangwa impungenge bishobora koherezwa kuri imeyili kuri COVID19@michigan.gov.