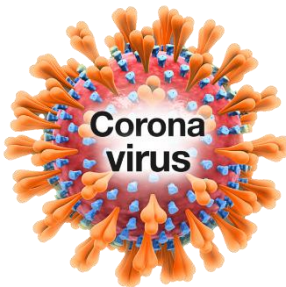


What is coronavirus and COVID-19?

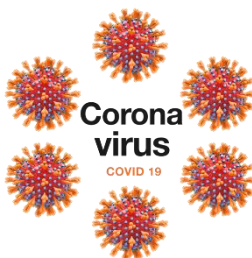
16 March 2020 update:

Icyorezo cya corona na COVID-19 ni iki?



Coronaviruses are a big group of viruses that can make people and animals sick.

: Ibyorezo bya corona biri mu matsinda manini ashobora gutuma abantu barwara ndetse n'inyamaswa.

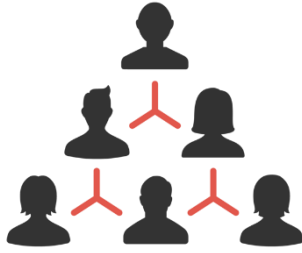


A **virus** is something that can make people sick.

Virusi ni icyorezo gishobora gutuma abantu barwara.

1 type of Coronavirus that can make people to sick is called **COVID-19**.

:Ubwoko bw'icyorezo cya corona gishobora gutuma abantu barwara cyitwa COVID-19



COVID-19 can pass from person to person.
: COVID-19 ishobora kuva kumuntu ijya kuwundi

People with COVID-19 may

: Abantu bafite COVID-19 baba:

- have a cough: **Bafite inkorora**
- have a fever - :**Bafite umuriro**
this is when you get really hot:
aha ni mugihe ushyushye
- find it hard to breathe. **Bikomeye guhumeka (umwuka ari muke)**

It is important to know that people who get a cold or flu may also have these things.

:Ni ngombwa kumenya ko ukonje cyangwa afite ibicurane nawe ashobora kugira ibi bintu.

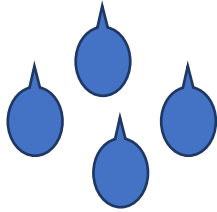
Some people with COVID-19 may not get sick.

: Abantu bamwe na bamwe bafite COVID-19 bashobora kutarwara.

But they can still pass the virus to another person.

: Ariko bakaba bakwanduza abandi iki cyorezo.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



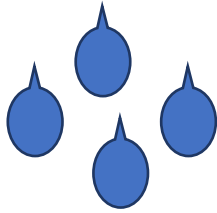
It can take up to 14 days from the time a person has been around someone with COVID-19 to when they get sick.

- Bishobora gufata kugeza ku minsi 14 kugira umuntu wegereye undi ufite COVID-19 abe yarwara.

When a person has COVID-19 they can spread **droplets** onto things or people around them when they:

Iyo umuntu ufite COVID-19, bishobora gukwirakwiza udutonyanga duto cyane kubantu cyangwa kubantu bahegereye iyo :

- cough: akorora
- sneeze: yitsamura
- talk : avuga
- touch other people like shaking hands: Gukora kubandi bantu bahana ibiganza.
- touch **surfaces or objects** that someone else then touches:
 - Gukora ahantu cyangwa kubikoresho undi muntu yakozeho.



Droplets are very small bits of liquid that come out of a person's nose or mouth.

: - Droplets ni udutonyanga duto cyane twutunyunyuzi duturuka mu izuru cyangwa akanwa by'umuntu.

The droplets could have the COVID-19 virus in them.

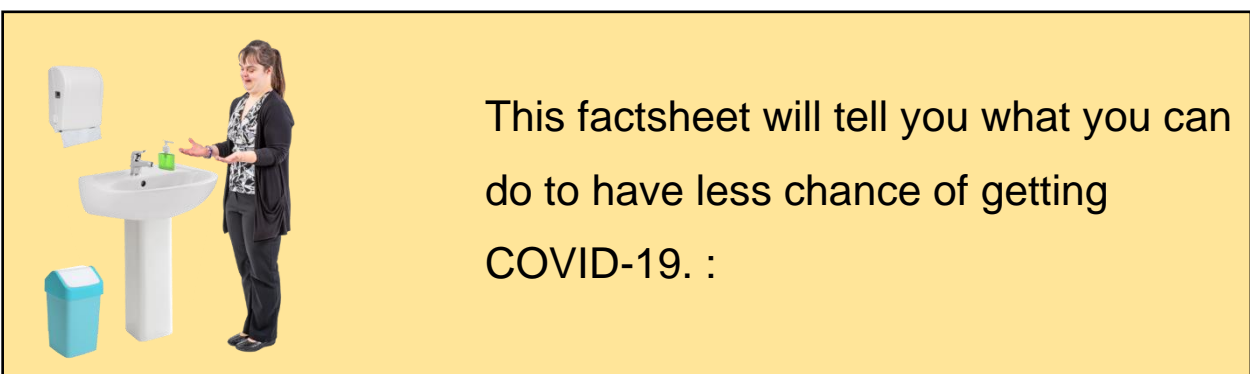
: - Udutonyanga duto dushobora kugira icyorezo cya COVID-19 muritwo.



Surfaces and **objects** are things like:

Ahantu n'ibikoresho ni ibintu nka:

- tables: Ameza
- bathroom sinks: Ubwogerezo bw'icyumba cyo kogeramo
- kitchen benches: Intebe zo mugikoni
- door handles: za serire z'imiryango



This factsheet will tell you what you can do to have less chance of getting COVID-19. :

Ibi bimenyetso byose bizakubwira icyo ushobora gukora kugirango ugabanye amahirwe yo Leandra COVID-19

Things you can do to protect yourself and others from COVID-19

: Ubuntu wakora kugira ngo wirinde urinde n'abandi kwandura COVID-19

There are some important things that everyone can do to stop the spread of COVID-19.

- Hari ibintu byangombwa buri yakora kugira ngo ahagarike ikwirakwizwa rya COVID-19

You should:* Ugomba:



- stay away from people who are unwell with a cold or flu:

* Kutegera abantu batameze neza, bafite ibicurane

- stay home if you feel unwell: -

*Kuguma murugo mugihe utiyumva neza.



- cover your mouth and nose with a tissue when you cough or sneeze
*Kwipfuka umunwa n'amazuru ukoresheje agatambaro mugihe ukorora cyangwa witsamura



- throw away any tissues that you use: * Kujugunya kure agatambaro wakoresheje.

- cough or sneeze into your elbow if you have no tissues.
* Gukororera cyangwa witsamurira munkokora hawe niba nta gatambaro ufite



Make sure you **wash your hands with soap and water** for at least **20 seconds**: * Kumenya neza ko ugomba kugaraba muntoki n'isabune byibura buri masogonda makumyabiri(20.):

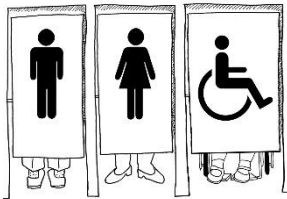


- after coughing or sneezing: * Nyuma yo gukorora cyangwa kwitsamura

- after blowing your nose: *Nyuma yo kwimyira amazuru.



- before eating or touching food
* Mbere yo kurya cyangwa mbere yo gukora kubibwa.



- after using the toilet: *Nyuma yo kuva kumusarani



- after helping children wipe their noses: *Nyuma yo gufasha umwana gusukura amazuru.



- after caring for sick people.
*Nyuma yo kwita kubarwayi.



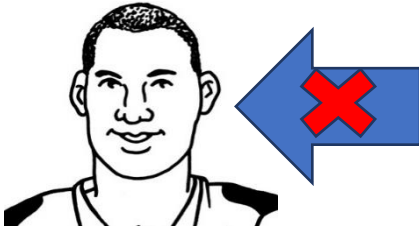
If there is no water or soap you can use **hand sanitiser**.

*Niba ntamazi n'isabune bihari
ushobora gukoresha muntoki umuti
wica microbe

Another important thing you can do is
try not to touch your:

*Ikindi kintu cy'ingenzi wakora ni
ukutikora:

- eyes: kumaso
- nose :kumazuru
- mouth.:kumunwa



It is also a good idea to clean **surfaces**
and **objects** that you use a lot.

*Ikindi ni ugusukura ahantu n'ibikoresho
ukunda gukoresha cyane.



If you have any questions about COVID-19 you can call Healthline on:
Ufite ikibazo cyerekeye COVID-19 wahamagara kumurongo w'ubuzima kuri :

0800 358 5453



It will not cost you any money to call Healthline.: Nta kiguzi cy'amafaranga ariyo yose muguhamagara uyu murongo.



Healthline is open all the time – day and night.

Umurongo w'ubuzima uhamagaraho uba ufunguye igihe cyose - amanywa n'ijoro.