Kirundi

GET PROTECTED

AMAKURU YEREKEYE URUCANCO RW'IBICURANE

NI KUKI NOKWICANDAGISHA IBICURANE?

- Ibicurane ni ubwoko bw'ingwara iterwa n'umugera w'ibicurane bita influenza.
- Ingwara y'ibicurane biroroshe kuyandura ivuye ku bandi, kandi twiyumvira ko abantu benshi bazofatwa n'ibicurane uyu mwaka
- Abantu bamwebamwe barashobora kuremba cane bivuye kuri iyo ngwara.
- Urucanco rw'ibicurane rurashobora kugukingira wewe n'abandi ntimuyandure.
- Umuntu wese arengeje amezi 6 arashobora guhabwa urwo rucanco.

NONE NORONKA GUTE URUCANCO RW'IBICURANE?

- Ushobora kuronka urucanco rw'ibicurane ku muganga wawe, aho bagurisha imiti, ku kigo c'ubuvuzi co mu kibano, canke ku kigo c'ubuvuzi c'abasangwabutaka
- Hariho ibigo bishobora kukuzanira urucanco muhira, canke iyo uba mu nzu zifashwa.
- Hari abantu bakunda gusinzikazwa n'ibicurane, abo barashobora kuronswa urucanco rw'ibicurane batarishe.
    - Abana bari munsi y'imyaka 5
    - Abakuze barengeje imyaka 65
    - Abasangwabutaka
    - Abagore bibungenze
    - Abantu basanzwe bafise izindi ngorane z'amagara nk'indwara y'igisukari

NI RYARI NOKWICANDAGISHA IBICURANE?

- Ukwiye gufata urucanco rw'ibicurane buri mwaka
- Ni vyiza gufata urucanco rw'ibicurane imbere y'uko igihe c'ubukanye kiza, ariko urashobora kurufata igihe ico arico cose mu mwaka
- Ntaco bitwaye gufatira urucanco rw'ibicurane igihe kimwe n'urucanco rwa COVID-19

MBEGA HARI INGARUKA MBI Z'URUCANCO?

- Abantu bamwe bamwe barashobora kwumva barwaye nyuma yo guhabwa urucanco urwo ari rwo rwose, ivyo vyitwa ingaruka mbi
- Ingaruka mbi z'incanco kenshi ntiziba zikaze cane, kandi zimara umunsi umwe canke ibiri
- Zimwe mu ngaruka mbi ni:
    - Kumva urushe canke ubabaye
    - Ububabare ku kuboko aho waciwe urucanco
- Ntushobora kwandura ingwara y'ibicurane bivuye ku rucanco rw'ibicurane

Visit the LMPHU website by scanning the QR code

NONE NOSHOBORA KURONKA AMAKURU MENSHI HEHE?

Hamagara Loddon Mallee Public Health Unit: 1800 959 400

Vugana n'umuntu agufasha canke umuganga wawe.

BENDIGO HEALTH
Loddon Mallee
Public Health Unit