

# IBY'INGENZI MU

## MWANYA HAGATI Y'ABANTU

### Ariko Ugakomeza Imigenderanire n'Abandi

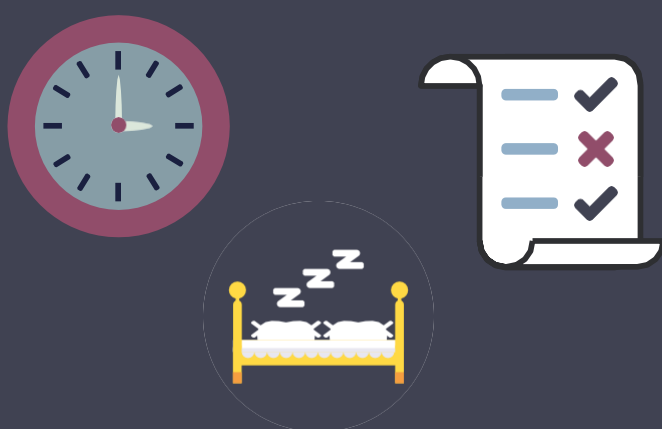
Muri iki gihe cy'icyorezo cya COVID-19, ni ngombwa kubwa ubuzima bwawe ndetse n'ubuzima bw'abandi ko witoza kugumiza umwanya hagati yawe n'abandi, cyakora ibi ntibisobanura ko wahagarika kuvugana n'abandi. Ni ngombwa gukomeza imigenderanire n'abandi!



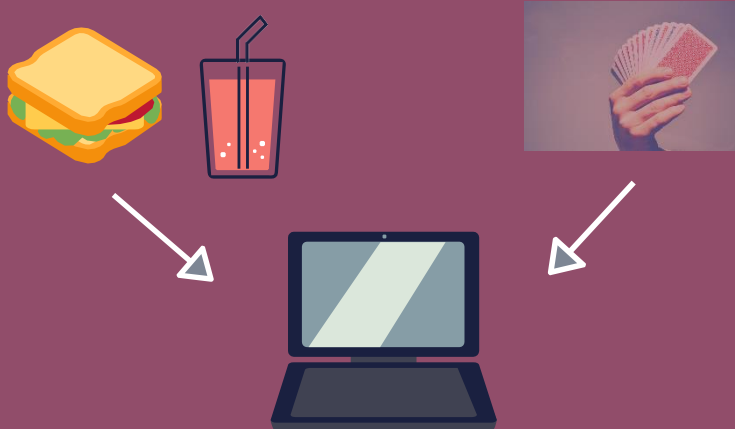
Koresha terefone cyange ubundi buhanga kugira ngo ukomeze imigenderanire! Ni iby'ingenzi kubw'amagara meza yawe mu bitekerezo no ku mubiri ko ukomeza imigenderanire mu gihe ushyira umwanya hagati yawe n'abandi.



Jya muri gahunda za ngombwa zo kwa muganga. Hamagara usabe ko gahunda zitari iza ngombwa zisubizwa inyuma. Gerageza kugira hafi mu rugo imiti ya ngombwa yamara amezi makeya.



Ishyirireho gahunda ugenderaho buri musi. Bizafasha kworoshya ibintu bigaragare nk'aho ari ibisanzwe. Kora icyo ushoboye uryame ibitosi bihagiye, ndetse urye buri gihe kugira ngo ugumane ubuzima bwiza.



Hagarika gukoranira hamwe muri abantu benshi nko mu birabo cyange kujya mu mariro y'abantu benshi. Mu kibanza cyo gukora ibyo, gerageza guhurira kuri terefone cyange ubundi buhanga cyange mube mubyigije mu misi iri imbere.



Shaka imirimo ituma ukomeza kwita ku buzima nko kugendagenda/gutambuka, yoga, gutamba, kuzamuka, guteka, cyange gusoma!



Reba inzira zo kwirinda gusohoka igihe bitari ngombwa. Gerageza gusaba inshuti cyange abavukanyi kugufasha guhaha ibiryo cyange kujya guhaha ibindi. Hashobora ndetse kuba hamaze kuboneka serivisi zitandukanye zo guhaha.



NH DIVISION OF  
Public Health Services

Department of Health and Human Services

