



Ubumenyi kuri Koronavirusi i Jyväskylä

Ibimenyetso no kwandura

Ibimenyetso by'indwara ya Koronavirusi (COVID-19) bishobora kuba irimo umuriro, inkorora, guhumeka bigoranye, umunaniro, isesemi n'impiswi. Abantu benshi barwara iyo ndwara bayibona nk'indwara isanzwe yandura y'ubuhumekero, ni ukuvuga ibicurane. Hafatwa ikizamini cya Koronavirusi ku bantu bafite ibimenyetso bihagije bigaraga ko ari iby'indwara ya Koronavirusi.

Indwara ishobora guteza akaga cyane cyane kubantu bageze mu za bukuru (abasaza), no kubandi bantu bafite izindi ndwara, urugero nk'indwara z'bihaha n'iz'umutima. Ni ikintu k'ingezi ko indwara idakwirakwira ku bandi bantu, abantu bashobora kugira ibimenyetso bishobora kuba bikomeye cyane. Inzira nziza yo kwirinda kwandura, ni ugukaraba intoki no kwitarura abandi bantu.

Rinda abandi kwandura - ibuka isuku nziza y'intoki

Karaba intoki zawe ukoresheje amazi n'isabune byibuze umare amasegonda 20. Wiyumutse intoki ukoresheje impapuro zisukuye.

Wikorakora ku maso, izuru cyangwa ku munwa, keretse umaze gukaraba intoki zawe.

Ushobora kandi no gukoresha umuti usukura, urinda intoki.

Niba witsamuye cyangwa ukoroye, upfukishe mu maso igitambaro kigenewe kwipfunisha gifite hanyuma ujugunye icyo gitambaro kigenewe kwipfunisha ahagenewe kujugunywa imyanda. Niba udafite igitambaro kigenewe kwipfunisha, korora wipfukishije akaboko k'ishati, ntukoreshe intoki.

Niba ukeka ko wanduye, kora utya

Kora ubushakashatsi bw'ibimenyetso aha [Omaolo](#) (ubushakashatsi bw'ibimenyetso mu gifinwa, mu gisuweduha cyangwa mu cyongereza) cyangwa uhamagare ku rwego rushinzwe kwita kubuzima kuri numero ya koronavirusi 014 266 0133 guhera kuwa mbere kugeza kuwa gatanu, hagati ya saa 8-16 no muri wikendi saa 9-15 no mu bindi bihe 116,117. Ruruhuka. Ntukanduze abandi.

Mugihe ari ibicurane bisanzwe, urugero inkorora cyangwa umuriro, ruhuka murugo. Ibimenyetso bishobora korohezwa hakoreshejwe umuti ugabanya ububabare. Wibuke kunywa amazi menshi, kubera ko umubiri ufite umuriro, umubiri ushyushye uvana amazi menshi mu mubiri kurusha ubusanzwe.

Niba ufite ibimenyetso bikomeye – hamagara, urahabwa amabwiriza

Niba utameze neza cyangwa ufite ikibazo cyo guhumeka, hita uhamagara ako kanya kuri numero ya koronavirusi Jyväskylä 014 266 0133. Iyo numero bayitaba guhera kuwambere kugeza kuwagatanu saa 8-16 no muri wikendi saa 9-15.

Mu bindi bihe, hamagara kuri numero ya terefone y'abatanga inama ya serivisizihutirwa y'akarere k'amavuriro ya Keski-Suomi 116 117.



Uzahabwa amabwiriza kuri telefoni y'uko wakora, igihe n'aho ushobora kujya. Ni ngombwa gukurikiza amabwiriza kugira ngo abakozi ku ivuriro cyangwa abandi barwayi bategerana n'awanduye. Ntukajye ku ivuriro, uko byagenda kose, utabanje guhamagara mbere.

Mugihe byihutirwa, hamagara 112.

Ndarwaye ndi murugo kandi sinshobora kujya ku iduka cyangwa ku iduka rigurisha imiti - nkore iki?

Niba urwaye ukaba udashobora kujya ku iduka cyangwa ku iduka rigurisha imiti, saba abavandimwe cyangwa abaturanyi ubufasha. Amaduka y'ibiribwa n'amaduka agurisha imiti afite serivisi zo gutwara ibintu mu ngo. Niba utabonye ubufasha, saba ubufasha umujyi wa Jyväskylä.

Abatuye i Jyväskylä: ku minsi y'imibyizi saa 8-16 ku numero 014 266 0550.

Abatuye Hankasalmi: mu minsi y'imibyizi saa 8-16 ku numero 014 267 1490.

Mu bindi bihe, abatuye i Jyväskylä na Hankasalmi na bo bahabwa ubufasha binyuze kuri serivisi y'abashinzwe gufasha abatishoboye ikora igihe cyose byihutirwa telefoni 014 266 0149.

Ni gute koronavirus igira ingaruka mubuzima bw'abatuye Jyväskylä?

- Ntukajye ku kazi urwaye, ku iduka gucuruza, cyangwa ahandi hantu hari abandi bantu.
- Ntukajyane umwana urwaye ku mureresha cyangwa kwa sogokuru na nyirakuru.
- Ikigo cy'amazu abasaza n'abantu bafite ubumuga babamo (urugero: amazu yita ku bageze mu za bukuru) gishobora gusurwa hakurikijwe amabwiriza y'umutekano.
- Ntugomba kujya kwa muganga w'amenyo niba ufite ibicurane. Mubihe byihutirwa (urugero: ububabare bukomeye bw'amenyo), umurwayi w'ibicurane ahabwa amabwiriza kuri telefoni y'uko ibintu bikorwa ageze ku bwakiro.
- Jya gusa mu rugendo mu bihugu bagira abantu inama kujya bifite umutekano.

Ni iki nshobora gukora banshyize mu kato cyangwa banshyize ahantu ndi njyenyine mu bwigunge?

Saba abakozi ba serivisi zo kwita ku buzima (mu rurimi rwawe) amabwiriza kuberekeye akato. Ni ingirakamaro ko ukurikiza amabwiriza. Ibindi bisobanuro by'inyongera ku rubuga rw'akato:

<https://www.jyvaskyla.fi/terveys/korona/karanteeni>

Ubumenyi bwanditswe tariki 26.6.2020 hakurikijwe amabwiriza n'inama.

Ibindi bisobanuro by'inyongera:

Ku rubuga rwa Koronavirusi y'umujyi wa Jyväskylä: <https://www.jyvaskyla.fi/terveys/korona>

Information on the Coronavirus in Jyväskylä in English <https://www.jyvaskyla.fi/en/health-care-and-social-services/healthcare-services/information-coronavirus-jyvaskyla>

Amakuru agezweho kurubuga rwa Finnish Institute of Health and Welfare (Ishami ry'ubuzima n'imibereho myiza THL) mu cyongereza: <https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates>

Amakuru ku byemezo bya guverinoma ya Finilandi bijyanye na Koronavirus mucyongereza
<https://valtioneuvosto.fi/en/information-on-coronavirus>