

Ingingo zibereye zo kwirinda Ikiza COVID ku mashure

Ibimenyeshejwe kumiryango

Turazi neza ko kuba kumwe mw'isomero ari ikintu ciza cane ku banyeshure bacu mu kwiga, gukura, no kumererwa neza. Muri iki gice tuzobandanya gushira mu ngiro ingingo zitandukanye, bidufashe gushira imbere ukumererwa neza kw'abanyeshure bacu, hamwe n'ikibanza kibereye kandi gitanga umwimbu, co kwigiramwo.

Guma i muhira mu gihe utamerewe neza

- Mu gihe umwana wawe atamerewe neza, utegerezwa kumugumiza i muhira. Mu gihe abana bariko bererekana ibimenyetso naho vyoba ari ibibayabaye vya COVID-19, bategerezwa kwipimisha COVID hanyuma bagaca bashirwa aho baguma ari bonyene.
- Umwana wawe ategerezwa gusubira kw'ishure mu gihe ibipimo vyawe vyerekanye ko atarwaye kandi ata kimenyetso na kimwe kindi c'iyoyi ndwara kimubonekako.
- Iyo umwana wawe basanze arwaye COVID-19, ca wandikisha iyo nyishu mu (Service NSW) mushire aho aguma ari wenyene mu gihe c'imisi 7, hanyuma ukurikize amabwirizwa shingiro atangwa na NSW.

Incanco

- Incanco za COVID-19 ni z'ibicurane, ni bwo buryo bwiza cane bwo kwikingira wewe ubwawe, umuryango wawe hamwe n'ikibano. Urucanco ni uburyo bwizewe bwo guha umubiri wawe ubudahangarwa no gufasha mu guhangana n'indwara z'ivyaduka.
- Abakozi bose b'abahinga bajejwe ibijanye n' integuro z'ivyo amashure, mbere n'abanyeshure, turabateye umwete cane ko bakwiye kwama bitwararika ku gihe ibijanye n'incanco, mu ntumbero yo gukingira amagara yabo.
- Abakozi bose bakora ku mashure, canecane, basabwa kwiteza urukingo rwa COVID-19, incuro zibiri, mu ntumbero yo gukingira abanyeshure bacu babangamiwe cane no kuba bokwandura ingwara zikaze, mu gihe bokwandura COVID-19.

Kwegerana

- Ku banyeshure vyamenyekanye ko begeranye n'abarwaye, boja kw'ishure babimenyesheje, kandi bategerezwa gushika berekana inyishu z'ibipimo vya COVID-19 vyerekana ko batanduye, iminsi yose mu gatondo imbere yo kwinjira mw'ishure, mu kiringo c'iminsi 5 y'ivyigwa.
- Abanyeshure bo mu mashure yisumbuye bategerezwa kwambara udupfukamunwa igihe cose bari mu kigo, kiretse gusa mu gihe co gufungura canke gukora imyimenyerezo.
- Abanyeshure bamaze kumenyekana yuko boba baregeranye n'abagwaye, ntibazokwemererwa kuja ahantu vyokworoha cane kwandura nko mu makoraniro y'ijoro canke imyiherezo y'abanyeshure.
- Abanyeshure bikenerwa ko bitabwaho canke gufashwa kubwo imvo zizwi, n'abahinga mu vyo gufasha, ntibashobora kuja mw'ishure mu gihe begeranye n'abarwaye, kandi bazofashwa mu buryo bwo kwigishwa bari kure y'abandi mu kiringo cose bazomara bari aha bonyene.

Uburyo bunyaruka bwo kwipimisha

- Uburyo bunyaruka bwo kwipimisha, bwokoresha mugihe umwana wawe ariko yerekana ibimenyetso vya COVID-19, naho vyoba ari ibibayabaye, canke iminsi yose mu gihe ariko aja kw'ishure kandi yaregeranye n'uwugwaye.
- Mu gihe bibonetse ko umwana wawe yanduye COVID-19, ntategerezwa kuja kw'ishure gushika ikiringo ciwe co kuguma wenyene giheze kandi ata bimenyetso asigaranye. Inyishu z'abatanduye z'ivyo bipimo binyaruka zitegerezwa kwandikishwa mu gisata kibijewe (Service NSW).
- Igihe cose umwana wawe apimwe bagasanga atarwaye mugabo akabandanya yerekana ibimenyetso, ntategerezwa kuja kw'ishure gushika ivyo bimenyetso vyose biheze.
- Abakozi n'abanyeshure bazohabwa agafungo karimwo ibikoresho vy'ibipimo 5 vyo mubwoko bunyarutsa, ku mashure yabo mu ntango y'igice ca 3. Abakozi n'abanyeshure cane cane bari ku mashure, mbere n'abajewe ivyo gufasha, bazohabwa udufungo tubiri turimwo ibipimo bitanu z'ubwoko binyaruka, kw'ishure, mu ntango z'igice ca 3.
- Amashure azogumya ubu bwoko bw'udupimisho tunyaruka mu bubigo bwayo, mu ntumbero yo kubandanya bagenzura ku biciye mu bipimo mu gihe c'ibiza.

Ibijanye n'Isuku no kwirinda umwanda

- Abanyeshure basabwe gukaraba intoke kenshi n'amazi hamwe n'isabuni, no gukoresha ibikoresho vyabo bwite gusa, nkuko bitegekanijwe.
- Umunsi wahariwe isuku ku mashure, ibikorwa bizokwibanda cane ku duce abantu bakunze gukorakorako, no mu bindi bibanza biboneka, inzugi, ibitasha, ivyugazo, aho bakiriza amatara, hamwe na harya abantu bifatizira bariko baraduga ku ngazi n'ahandi hose baca bariko baragendagenda.

Gutanga akayaga

- Akayaga keza ni uburyo bwiza cane kandi buhambaye bwo gutuma ubushobozi bwo kwandukizanya bugabanurwa cane
- Mu gihe c'amezi y'imbeho, ivyuma vyagenewe gutanga akayaga bizokoresha bivanye n'uko vyakozwe ku bijanye no kuringaniza akayaga n'ubushuhe muri uwo mwanya.
- Ibibanza vyose vyagenewe kwigirwamwo mu mashure ya Reta, vyarasuzumwe kugira ngo bimenyekane neza yuko urugezo rwo gutanga no gutunganya akayaga bikwiye neza aho bikenewe.
- Uburyo bwo gukoresha ibibanza bitugaye buzobandanya bushigikirwa, aho bishoboka hose.

Udupfukamunwa

- Kwambara udupfukamunwa birahirijwe cane aho bishoboka hose ku bakozi no ku banyeshure mu bibanza rusangi biri ku mashure, na cane cane mu bibanza vyugaye, no mu bindi bice aho usanga uburyo bwo kuronka akayaga hamwe no gutandukana gato bidakunda.
- Udupfukamunwa ni itegeko ku bakozi bose bakorana n'abanyeshure bakwandikirwa n'indwara cane, mu gihe hobaho uwandura COVID-19.
- Kwambara agapfukamunwa birahirijwe cane gose ku bashitsi, na cane cane mugihe babonana n'abanyeshure hafi na hafi, kandi ni itegeko kukambara mu gihe bavugana begeranye hafi na hafi n'abanyeshure biboneka ko bashobora gufatwa n'indwara zikomeme mu gihe bokwandura COVID-19.
- Udupfukamunwa ni itegeko ku banyeshure bariko bigira ahantu hugaye nko mu bo mu mwaka w'7 kuduga, kandi udupfukamunwa turahirijwe ku banyeshure bakiri bato.
- Kwambara agapfukamunwa birahirijwe cane gose ku banyeshure bose, mu minsi 3 ikurikira inyuma yo gukira COVID-19.

Abashitsi

- Abashitsi barashobora kugendera ibibanza rusangi vy'amashure, bitarinze kurabwa ko bahawe urucanco canke batarufashe.
- Abashitsi bose barahimirijwe cane gose kwambara agapfukamunwa, na cane cane bari ahantu hugaye, canke aho biboneka ko bidakunda guhanahana intambwe, no mu gihe bariko bavugana n'abanyeshure begeranye.
- Abashitsi bagendera amashure, kubwo imvo kanaka canke bivuye ku bajejwe gufasha, bakozi na bo co kimwe n'abakorera bushake bategerezwa kwambara agapfukamunwa mu gihe cose begeranye n'abanyeshure.
- Abashitsi bagendera amashure baregeranye n'abagwaye, basabwa kubimenyeshya abajejwe ishure hanyuma bagakurikiza ibisabwa, birimwo no kwambara agapfukamunwa mu gihe bari ahantu hugaye. Kubwo imvo runaka, Abashitsi babaye hafi y'abarwayi ntibashobora kugendera amashure.

Ibikorwa

- Igenzurwa ry'ivyoshika bijanye n'amagara meza hamwe n'imibereho myiza, bizoshirwa mu nteguro y ibikorwa, harimwo ugusohoka (ugutembera), n'amahuriro ategurwa yo mw'ijoro.
- Abavyeyi co kimwe n'abajejwe gufasha mu bikenewe, bazokwama bamenyeshwa impanuka y'ukwiyongera kw'ikiza, kandi hazobaho ibikorwa bimwe bimwe bizokorwa habanje gutangwa uruhusha.

Uguhanga n'ibishitse mu karere turimwo

- Amashure azokorana n'umugwi w'igisata kijejwe amagara, ubuzima bwiza, hamwe n'ukubaho neza kw'abakozi, mu guhangana uko bikwiye n'ibiza mu karere turimwo, harimwo n'ibiza biva ku ndwara ziterwa n'imigera.
- Mu bihe bimwe bimwe, amashure arashobora gufata izindi ngingo z'imfatakibanza mu kiringo kanaka, mu ntumbero yo guhagarika uruhererekane rwo kwanduzanya, harimwo nk'ukwambara udupfukamunwa, kwigizayo canke guhagarika ibikorwa bidakenewe, hamwe n'ugufasha imigwi imwe-imwe kwigira ku buhinga ngurukanabumenyi.

Kwigira aha wenyene

- Igisata kijejwe ibijanye no kwiga hakoreshejwe ubuhinga bwa none kirabandanya kwongerereza ibikenewe kugira ngo gishobore gufasha abanyeshure bakeneye kwiga bari ukwa bonyene.

Ku yandi makuru, mwosoma kuri: education.nsw.gov.au/covid-19/advice-for-families

Ubufasha bw'Isobanurwa ry'indimi ribera kw'iterefone

Usanga mukeneye ayandi makuru, mwohamagara umurongozi w'ishure. Niba naho ukeneye umusobanuzi yogufasha ku bijanye n'ivyo ukeneye, mwohamagara mu Gisata Kijejwe Ubusobanuzi bwo kuri Terefone kuri 131 450 hanyuma ugasaba umusobanuzi wo mu rurimi rw'iwanyu. Barira uwujejwe ivyerekeye iyo Terefone inomero wipfuzaga guterefonako, hanyuma uyo abijejwe azobaronderera umusobanuzi azogufasha mu gihe uzoba uriko uraterefona. Ntuzorihishwa kubwo iki gikorwa uzoba ukorewe.

Reta ya NSW yariyemeje gufata mu minwe ibijanye nuko ibikorwa vyo ku mashure vyobandanya neza, mu gushira imbere umutekano n'imibereho myiza y'abanyeshure n'abakozi bo ku mashure.