

Ibimenyeshejwe mfatakibanza

**KWITAHO AMAGARA MFATIRA**

**MUTWE, INYIFATO N'IMIBANO**

**MUBIHE VY-IKIZA CA COVID-19**

**ISUBIRWAMWO 1.5**

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**RUHUHUMA 2020**

**(IASC) Umurwi Ntangantumbero kubibazo bijanye n'amagara mfatira mutwe, inyifato n'imibano mubihe vy'ibiza**

## Ibimenyeshejwe mfatakbanza

### **Kwitaho amagara mfatira mutwe inyifato n'imibano mubihe vy-ikiza ca covid-19**

Ibi bimenyeshejwe bica kumayange ingingingo ngenderwako nkurunkuru mubijanye n'amagara mfatira mutwe n imibano bitumwe n'irwirirana ry'ingwara itari imenyerewe y'umugera wa Koronavirisi 2019 (Covid-19). Isubirwamwo rya nyuma ryavyo ryakozwe muri ntwarante 2020.

#### **UKO VYIFASHE**

- Ilya koronavirisi birahindagurika cane mugihe ubushakashatsi kuri iyo ngwara buguma bwiyongera.
- Kuronka amakuru agezweho:
  - <https://www.who.int/emergencies/diseases/novelcoronavirus-2019>
  - [https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9e\\_cf6](https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9e_cf6)
  - Agences locales et/ou nationales de santé publique

#### **AMAGARA MFATIRA MUTWE NO GUSHIGIKIRWA MU NYIFATO N'IMIBANO**

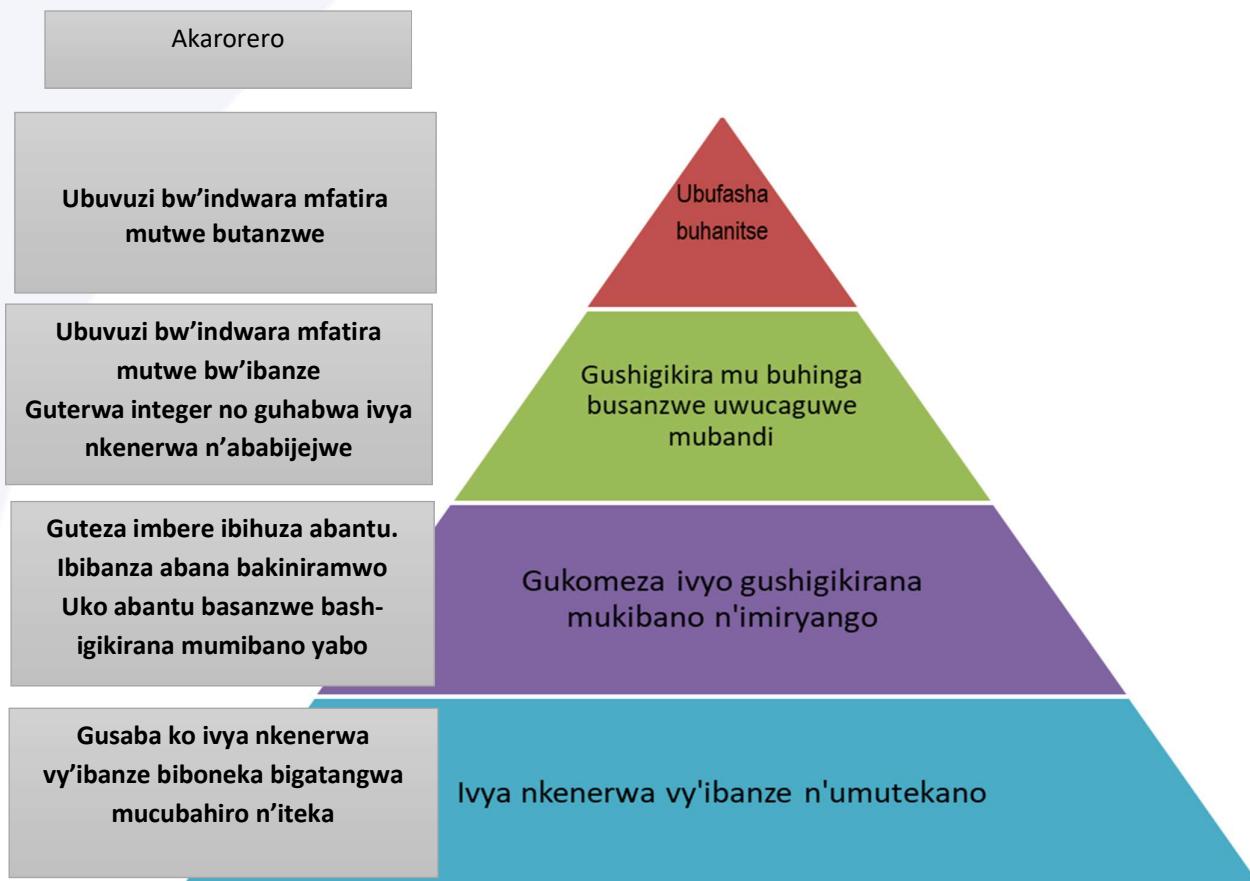
##### **Insobanuro zihurijweko**

Amajambo « Amagara mfatira mutwe no gushigikirwa munyifato kimuntu n imibano » (Santé mentale et soutien psychosociale-SMPSPS) akareshwa mu Mabirizwa ya CPI (Comité permanent Interorganisations) mubijanye na AMGNI mu bihe vy'ibiza agasigura « *ubufasha ubwo aribwo bwose bwaba ubutanzwe n abo tubana canke ubuturutse tuyindi mihingo bugamije gu-kingira canke kubungabunga itekane mfatira vyiyumviro n imibano hamwe/canke gukinga canke kuvura indwara zo mumutwe* ». Uwo murwi AMGNI urimwo abantu batanga ubufasha butandukanye bakorera mubihe vy'ibiza n kiki ca Koronavirisi 19, na cane cane abakorera mubijanye n'imiterere y'umubiri hamwe n'imibano n'imico bavyerekeje muvyo kwitaho amagara y'abantu, imibano, indero no gusangira imireho. Ayo majambo kandi « *ashimikira kukamaro ko gushiraho ubu-ryo bwiza bwo gushigikira ababikeneye hishimikijwe ubuhinga butandukanye ariko magiriranire* »

##### **Amabwirizwa ya komité mpuz'amashirahamwe yamaho (CPI)**

Amabwirizwa ya Comité mpuz'amashirahamwe yamaho (CPI) mubijanye n'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano mu bihe vy'ibiza asaba ko hakorwa ibikorwa bitandukanye mukugarukira kubakozweko n'ikiza. Ivo bikorwa vyotunganywa hisunzwe ibikenerwa vyose mubijanye no gushigikirwa munyifato kimuntu n'amagara mfatira mutwe nk'uko vyerekawa neza muru piramidi y'ibikorwa mukagarukira kubakozweko n'ikiza (raba igicapo 1). Ivo bigahera kubijanye n'imibano n'imico mukoronsa abageramiwe ivya nkenerwa vy'ibanze gushika kukwitaho abakeneye ubufasha budasanzwe Kubera bafashwe n'uburwayi budasanzwe. Zimwe zimwe mungingo ngenderwako ni : kudasongera isibe, kubahiriza agateka ka zina muntu no kungana kuri bose, gukorana n'abo umugambi wagenewe, guha ikibanza abafise ubushoboz b'aha-korewe igikorwa, gukora ibikorwa bitandukanye ariko bishizwe hamwe bishigikira umuntu muvyo akenera vyose. Uburyo bwo kugenzura ko ayo Mabwirizwa ashirwa mungiro bwarashizweho n'umugwi Ntangantumbero wa Comité Mpuzamashirahamwe Yamaho<sup>i</sup>

**Igicapo ca 1. Piramidi y'ibikorwa mu kubungabunga amagara mfatira mutwe no gushigikirwa munyifato n'imibano**



**URUHARA RWO GUSHIGIKIRWA MUNYIFATO KIMUNTU N'IMIBANO HAMWE N'AMAGARA MFATIRA MUTWE MUKURWANYA IKIZA CA KORONAVIRISI**

- Iyo hateye ikiza ni ibisanzwe ko abantu bagira ihungabana n'imyitwarariko : Abantu bakozeke n ikiza (buno na buno canke biciye muzindi nzira) zimwe mu nyifato bashobora kugira ni izi zikurikira :
  - Ubwoba bwo gufatwa n'indwara no kwitaba Imana ;
  - Kvirinda kwitura ibigo vy'amagara y'abantu mugutinya ko bohandurira indwara;
  - Ubwoba bwo gutakaza akazi, kwo kudashobora kuja kurondera icorirenza mugihe hoba kubuza abantu kuva mumihana yabo no kwirukanwa mukazi;
  - Ubwoba bwo gukumirwa mukibabo canke kugaranirwa ahantu mugihe wicketsweko ico kiza ( Ak: abantu bava canke bikekwa ko bava muturere twamaze gusinzikazwa n'ico kiza bagafatwa nabi)
  - Kubabazwa no kwiyumva ko udashobora gukingira abawe n'ubwoba bwo gupfisha abawe kubera uwo mugera;
  - Ubwoba bwo gutandukanywa n'abawe canke abogufasha kubera kugaranirwa ahantu;
  - Kutitaho abakiri bato batagira ikibakurikirana canke batandukanijwe n'ababo, abagendana ubumuga canke abageze muzabukuru bitewe n'ubwoba bwo kwendukirwa, mugihe abavyeyi babo canke abaganga bahora babavura bugaraniwe ahantu kubwo kwikekwako uwo mugera;
  - Kumva ko ataco umaze, kurambirwa, irungu no kumva ko ubuzima ataco bumaze (depression) bivuye kugushirwa ukwa wenyene.
  - Ingoma yagukanze irahuhuma ugahunga
- Ibiza biratera rwaserera muri rusangi. Ariko vy'umwihariko Covid-19 nayo iratuma rwaserera yongerekana mubantu kubera;

- Umwitwarariko wo kutandura no kutanduza abandi, mugihe tuziko uburyo uwo mugera ukwirakwira butamenyekana ijana kw'ijana;
- Abantu bashobora kumva bafise(bihenze) ibimenyetso vy'izindi ndwara (Ubushuhe) bakagira ubwo bibaza ko banduye uwo mugera;
- Umwitwarariko munini kubavuzi kubera abana babo baba basigaye bonyene mumihira (Kubera amashule aba yugawe) atakibitaho. Iyugarwa ry'amashule rishobora kugira kugira ingaruka mbi zihariye kumukenyezi kuko aribo baku-rikirana cane uko abana babaye kumunsi kumunsi mumiryango ivyo bigatuma bataronka akanya ko kugira ico bakoze cosahiriza muburyo bw'amarafaranga;
- Amagara yo kumubiri na mfatira mutwe y'abantu bari basanzwe basinzikaye arashobora kubandanya abangamirwa. Nk'akarorero kubageze muzabukuru (Igikorwa ca 1) n'abagendana ubumuga (Igikorwa ca 2) mugihe abavuzi babo bugaraniwe ahantu akaba atabundi buryo bwo kubitaho bwategekanijwe<sup>ii</sup>
- Ariko rero abitaho abantu imbere y'abandi mubuvuzi ( abaganga, abakorera muri ruseha abaniha, abagira ibipimo,...) hari n'ibindi bishobora kubatera rwaserera gusumba abandi mubihe vy'lkwirakwira ry'umugera wa Korona Virisi:
  - Itungwa agatoke ry'abavuzi bitaho abafashwe n'umugera wa Covid-19 n'imibiri y'abahitanywe n'uwo mugera;
  - Ingingingo zidasanzwe zo gukingira amagara yabo:
    - Kutabangukirwa neza kubera ivyo bambaye ngo bikingire kwandura;
    - Kugaranirwa ahantu bigatuma batashikira abo bofasha;
    - Kwama bagavye kandi barikanuye iminsi yose;
    - Gukurikiza iminsi yose na hose inngingo ntabanduka bigatuma batikora kubukerebutsi bwabo;
  - Guhabwa amategeko ngenderwako menshi mukazi, nk'iyongerekana ry'ama-saha y'akazi, iyongerekana ry'igitigiri c'abarwaye no kwandika kumunsi ibikorwa bitanga inyishu nziza uko amakuru kuri Covid-19 agaenda yiyongera;
  - Kutaronka umwanya wo guteramana no kuganira n'abandi kubera akazi kenshi no gutungwa agatoke kubavuzi aho babaye;
  - Kutaronka ivyobafasha mukubereka ingene bokwibungabunga na cane cane nko kubasanzwe bafise ubundi bumuga;
  - Kutagira amakuru k'ungaruka zo kumarana igihe kirekire n'abanduye umugera wa Covid-19;
  - Ubwoba bw'abavuzi bwo kwanduza uwo mugera abagenzi babo n'miryango yabo bivuze kukazi bakora.
- Ubwo bwoba, imiyitwarariko, kutagira amakuru atamoye na rwaserera mabantu mugihe c'ikwirakwira rya Covid-19 biragira ingaruka mu mibano no mumiryango no kubantu bari basanzwe basinzikajwe n'ibindi:
  - Itituka ry'imibano n'imigenderanire y'abantu n'ubutunzi;
  - Itungwa agatoke ry'abadwaye uwo mugera bakawukira bigizwayo n'ikibano;
  - Kugira ibigumbagumba bihindagurika cane, agaskavu no gusotora cane cane vyerekezwa kuri Leta n'abari imbere mukugwanya uwo mugera;
  - Ishavu no gusotora vyerekezwa kubana, abo bubakanye canke abandi bagendana ndetse n'abo mumuryango muri rusangi; (Iyongerekana ry'amabi hagati y'abubatse no mumiryango)
  - Hashobora kuba kwinuba amakuru atanzwe na Leta canke abandi bategetsi;
  - Indwara mfatira mutwe zikiybura canke hakaziramwo n'indi ngaruka mbi kubantu bari bari basanzwe bagendana ubwo mumuga, bwaba bukivuka canke bumaranywe igihe, bwaba mfatira mutwe canke butewe n'ikoreshwa ry'ibiyayura mutw, kubera kudashaka kwitura ibigo vy'amagara y'abantu canke bitewe n'uko atabavuzi bari hafi.
- Bumwe muri ubwo bwoba n'inyifato bishingiye kubantu bihari, ariko nyinshi muri izo nyifato ziterwa no kubura amakuru, ibihuha n'amakuru y'ibinyoma;

- Gukumirwa no gutungwa agatoke birashika mugihe ca Covid-19, cane cane kubantu badye uwo mugera hama bakawukira, abo mumiryango yabo, abavuzi n'abakorera kwa muganga. Ingingo zo kurwanya iryo kumirwa no gutungwa urutoke zofatwa kungero zose mugikorwa co kurwanya Covid-19. Kugarukira no gufasha abakize uwo mugera vyokorwa mubwitonzi bitabashize ukwabo bonyene kandi atakurenza urugero. (Raba munsi: Ingingo nshingirwako: Gufatira kukibano cose)
- Ivo kwishimira, bamwe ivyo babikuramwo ivyigwa vyiza bikabakomez, nk'akarorero ivyishimo vyo kuba barashoboye kuvyitamwo neza no kubivamwo amarembe. Mu bihe vy'ikiza abantu baritangira abandi no mu gushira inguvu hamwe, uko gufasha abandi navyo bikaba bitanga umunezero. Mu gihe c'igwirirana ry'umugera wa Covid-19, ikibano gishobora kwitunganiriza ibikorwa vy'ubufasha mukubungabunga amagara mfatira mutwe no gushigikirana mu vy'inyifato n'imibano nk'ibi bikurikira:
  - Kuba hafi y'abantu bashobora kwugaranwa mu kubaganiriza biciye ku mate-lefone, ubutumwa buto buto no ku ma radiyo;
  - Gutanga inkuru zishingiye kuvyamaze kwemezwa na cane cane ku bantu bado-koresha imihora ntangamakuru.
  - Kwitaho no gushigikira abatandukanye n'imiryango yabo canke n'abahora ba-bafasha.

#### **INGINGO NGENDERWAKO MU GUHANGANA NA COVID-19 MU VY'AMAGARA MFATIRA MUTWE NO GUSHIGIKIRANA MU NYIFATO N'IMIBANO**

- **Uko vyifashe**
  - Kurwanya ico kiza kuvyerekeye amagara mfatira mutwe no gushigikirana munyifato n'imibano bitegerezwa kwisunga ibihe n'ahantu. Mbega imbere y'umuzo wa Covid-19 ni izihe ngorana zari zisanzwe zibonekeza muri ako kare-rere? Izo ngorane ntizishobora kwirengagizwa mu gutanga ubufasha.
  - Mu gihe uwo mugera ubandanya ukwiragira mu bindi bhugu, ntanyishu imwe ishoboka muvyerekeye gutanga ubufasha mu vyamagara mfatiramutwe no gushigikirana mu nyifato no mu mibano.
  - Ahantu hose ni ngombwa kubanza gutahura neza ivyo abaho bakeneye n'ingorane bahura nazo mukuronka amakuru, ubufasha no gushigikirwa, canke bageramiwe no kwandura gusumvyu abandi. Gushigikirwa mu vyerekeye amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano vyotegerejwe gushikira no kwisunga ibikenerwa n'abana (Ibikorwa nya 3), abageze muza bukur (Ibikorwa nya 1), agagendana ubumuga (Ibikorwa nya 2) n'iyindi migwi y'abantu bosinzikara vyoroshe (abantu bagendana amagara make y'umubiri, imigwi y'inkehwa...). Hategerezwa kandi kwisungwa ivyankenerwa vyihariye kubagore, abagore, abigeme n'abahungu.
  - Kugira ngo urugamba rwo kurwanya indwara z'ibiza nka Covid-19 rugenda neza ntirugarukane canke ngo rusasire indava isumbasumbana rishingiye ku gitsina no mu vy'amagara y'abantu, ni ngombwa ko hisungwa amategeko kama, uko ibikorwa bigabuye n'imigenderanire ishingiye ku gitsina hagati y'abagabo n'abagore ituma bamwe bokwandura gusumba abandi, guhura n'ibitera kwandura gusumba abandi no kutaronka ubuvuzi co kimwe kandi tukibuka ko ivyo vyose biza birahindagurika mu migwi itandukanye y'abagabo n'abagore
  - Uburyo bukoreshwa mu vyerekeye amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano butegerezwa gufatira ku bintu nkenerwa vy'umugwi w'abantu basinzikajwe na Covid-19, mu bihe bitandukanye vy'ikwiragira ry'ico kiza (imbere, mu gihe nyezina n'inyuma y'urugero runini rwo kwandura)
  - Mu gihe ikiza giteye, kwitegura bituma gutanga ubufasha no kukiwanya binya-ruka kandi bikagenda neza.
  - Ibihugu bitarashikirwa n'ico kiza vyo kwitegura mu gutunganya neza integuro yo kukiwanya mu bijanye n'amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano.

Bishobora kwishimikiza integuro zimaze kuboneka mu kugwanya Covid-19 n'ibindi bikorwa vyifashishijwe mu bihe vy'ibindi biza bimaze kuba.

- Akarorero: Ibikorwa vyakozwe mu gihugu c'ubu Shinwa mu kugwanya Covid-19 bishobora kuba bitogira akamaro mu bindibihugu canke bigasaba guhinyanyugwa bivanye n'ivyo abo aho hantu bakeneye n'ingene babayeho (Guhinyanyurwa hisunzwe imico, indimi, uko ivy'amagara n'imibano bi-tunganijwe...)
- **GUKOMEZA IBIJANYE N'AMAGARA MFATIRAMUTWE NO GUSHIGIKIRANA MU NYIFATO N'IMIBANO MU KUGWANYA COVID-19**
  - Ivy'amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano vyategerezwa kwama bishirwa imbere mu bikorwa vyose vyo kugarukira no gu-teza imbere amagara y'abantu.
  - Ni nkenerwa rero gutahura ibijanye n'amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano no kuvyisunga mu guhagarika igwirirana ry'ico kiza no kugabanya ingaruka mbi mu bihe bizoza ku kubaho neza kw'abantu n'ubusho-bozi bwo guhangana n'ibindi biza.
  - Kubw ivyo hoshirwamwo ubuhinga n'ibikorwa mu bijanye n'amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano mu ntunganyo z'imibano, guhanahana amakuru mu mibano, mu gupima abanduye no kurondera abahuye n'abo, mu bikorwa vyo kwamuganga n'ibigo abikekwako ubwandu bashizwemwo (Ibikorwa vya 4) hamwe no mwitbunganywa ryo kubacura no kubakurikirana mu vy'amagara.
  - Ubufasha mu vy'amagara mfatira mutwe bwateregezwa gutangirwa mu bigo vy'amagara y'abantu bihasanzwe (amavuriro) vyoshobora kandi gutunganirizwa mu bindi bigo bihasanzwe nk'amashule, ibigo mpuzakibano (centre communautaire), ibigo bihiramwo urwaruka canke abageze mu za bukur<sup>6</sup>
  - Ivyiyumviro n'ubumenyi vy'abakenyezi bitegerezwa gufatirwako mu bikorwa vyo gukinga, ubona ko basanzwe baganira canen'abo aho babaye.
    - Amagara mfatiramutwe no kumererwa neza ku baza ubwa mbere mukurwanya ico kiza ategerezwa kwitabwaho. Abavuzi, abagira ibipimo, abategura abitavye Imana n'abandi bakozi benshi n'abakorerabushake bategerezwa kwama baronka ubufasha mu bijanye n'amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano haba mu gihe canke inyuma ry'ikwirakwira ry'uwo mugera (Ibikorwa 5). Akarorero: biramaze kugaragara ko abantu naho boba bugaraniwe ukwabo ariko bakaba bafise ijambu ryo kwihitramwo kubiberekeye (guhitamwo imfugurwa), bashobora kwitaba ibikorwa bitunganijwe, bafise uko batunganya iminsi yabo kudahindagurika kandi bamenyeshwa uko ibintu bimeze (Ku vyapa ntangamakuru canke biciye mu butumwa bugufi) bavyifatamwo neza gusumba ababa bugaraniwe ahantu kure ata jambo bafise kw'itunganywa ry'ubuzima bw'abo buri munsi. Mwishigwaho ry'ibanza vyo kwe-geranirizamwo abikekwa ko uwo mugera, gufatira no kubijanye n'nyifato n'imibano vy'abantu vyofasha cane mu kubaho neza kw'abantu bashizwe mw'ivyo bigo n'imiryango yabo.

- **GUSHIMIKIRA KUBUHUZA BIKORWA**

- Ivy'amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano vyategerezwa gufatwa nk'ibazo gihuriwako n'ibisata vyose/inkingi z'ubutabazi bwihuta mukurwanya ico kiza
- Ni nkenerwa ko haba intunganyo mpuzabikorwa itomoye no gufatira ku buhinga mu bijanye n'amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano
- Guhanahana ibikoresho n'amakuru mu bijanye n'amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano hagati y'ibisata vyose/inkingi z'ubutabazi bwihuta ni nyamukuru m bihe vy'igwirirana ry'ikiza kugira inguvu zose zishigwe hamwe.
- Mu gihe hari agahaze, ama Leta n'amashirahamwe bategerezwa kumvikana no gutunganya inyigisho zica kubuhinga ngurukana bumenyi mu vyerekeye amagara mfatiramutwe no gushigikirana mu nyifato no mu mibano mu bihe hakenewe ubutabazi bwihuta.
- Akarorero: Gutanga amakuru ajanye n'ingene abantu bageramiwe ni ikintu nya-mukuru mu gihe c'ikiza<sup>11 12</sup>. Gutanga ubutumwa buhumuriza mu bijanye n'amagara mfatira mutwe (ibikorwa vya 6) mu butumwa bwose buhabwa abantu benshi (Imboneshakure, Imihora ntangamakuru...) bituma abantu bamererwa neza. Ibisata vyose (amagara y'abantu, ivyo gufatana mu nda, gukinga, indero...) harimwo n'ibimenyeshamakuru bihamagariwe gutanga ubwo butumwa. Isekeza ryo guhimiriza abantu ryotunganya kugira hatangwe inyigisho, hagwanywe gutunga urutoke, ikumira n'ubwoba bwo kwandura burenze urugero
- Guhimiriza abantu guha agaciro no gushigikira abariko barafasha mu gutuza ico kiza.
- Guha ikibanza abakenyezi mu nzego z'ibanze canke z'igihugu zifata iningo mu bijanye no kurwanya Covid-19

- ○ **UBUFASHA BUSANZWE BUTANGWA**

- Ni ngombwa kumenya uko ivy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano vyifashe haba mubijanye n'abahinga bavyize canke babikora hamwe n'ibigo bihari, na cane cane mubigo vy'amagara y'abantu vya Leta canke abikorera utwabo, vyo gutanga ubufasha canke indero. Ukwo kumenya uko vyifashe mu karere kanaka bifasha gushira mu mirwi, kugabura akazi no gushira hamwe inguvu.
- Ni ngombwa ko hashigwaho hakongera hagatezwa imbere ubuhinga bw'ingene amashirahamwe ahanahana amakuru y'ivyo abo baba bariko barafasha bakenye kugira nk'abana canke imiryango baba bafise iyindi myitwarariko (Guk-ingirwa, Kuronsa ivyangombwa vya mbere kugira ubuzima bubandanye...) canke bafise izindi ngorane bashobore kuronka ubufasha binyarutse. Abashikiwe n'ihoteterwa rifatiye kugitsina mukurungikwa muyandi mashirahamwe kugira abahe ubufasha bakenye vyokorwa hubahirijwe umutekano wabo n'uwo aho bagiye.
- Abakorera mu gisata c'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano birashika bakaba batarigishwa ingene bokwifata mu bihe vy'ibiza. Kubaronsa inyigisho no kubakarihiza ubwenge mu vyerekeye amagara mfatira mutwe no gushigikirana mu nyifato n'imibano mu bihe vy'ibiza bizobatera intege kugira ico bakoze mu bihe vya Covid-19.
- Hokorwa ibishoboka vyose kugira ngo abasanzwe bagendanda ubugwayi bwo mu mutwe bwatewe n'ukwihereza ibiyayura mutwe babandanye baronswa imiti kandi babandanye bashigikirwa no mu bihe vya Covid-19, haba mu mihana iwabo canke mu bigo boba barimwo. Abagendana ubugwayi bwo mu mutwe n'ubwatewe no gufata ibiyayura mutwe co kimwe n'abandi bagwayi bose

bokwama basigurirwa ivyo bariko bakorerwa mu kuvugwa kandi bagakorerwa ico bemeye.

- Abantu vyoboneka ko bafise ibimenyetso nya Covid-19 mu gihe bariko baronswa ubuvuzi bw'indwara zo mu mutwe mu bigo vyabigenewe botegerezwe kuronswa ubuvuzi n'ubundi bufasha co kimwe n'abandi bose.
- Ibigo (vyo kuvura indwara zo mumutwe, amabohero...) n'ibindi bigo abantu benshi bashobora kumaramwo igithe kirekire bitegerezwa gutunganya neza uburyo bwo kurinda ko ikiza ca korona kigwirirana n'ingene abazoba banduye uwo mugera bakurikiranwa mu kuvurwa.
- Abasanzwe bagendana indwara zidakira canke ubundi bumuga kugira ntibabure imiti basanzwe bafata kubera ikiza ca Covid-19. Ingingo zikwiye zitegerezwa gufatatwa kugira abo bantu babandanye baronswa imiti n'ubundi bufasha bakenera hamwe n'ivyo gufungura.
- Abasanzwe batanga ubufasha kuri mwene abo bantu bokwitunga neza nko mu gugushiraho imigwi y'abantu baguma biteguye gufasha aho bikenewe hose hati-bagiye n'abafise ubugwayi bwo mu mutwe n'ubuturuka ku kwihereza ibiyayura mutwe. Birashobora kuba nkenerwa ko ubufasha mu mibano butunganywa gushasha kugira vyorohereze ababukenera bose harimwo abafise ubumuga bwo kumubiri n'ububwayi bwo mu mutwe (nko mugihe abantu benshi bahrira hamwe kugira bafashwe) mu n'tumbero yo kurinda ko Covid-19 ibandanya ikwirakwira ariko abantu bakabandanya baronswa ubufasha bakeneye.
- Akarorero: Ibikorwa bimwe bimwe bijanye n'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano birashobora guhagarikwa mu bihe nya Covid-19. Muri ico gihe abafise ubumenyi mu vy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano bashobora kugomba kugira ico bakoze ariko badakoreshejwe ubuhinga busanzwe bumenyerewe nk'ama telephone, ama video, n'imbuga za internet zihuza benshi.

#### ○ Kwikora ku basanzwe bakorera aho hantu

- Imigambi ya Leta yerekeye amagara mfatira mutwe, zo gufasha no gukingira abantu, ibigo vy'inigisho n'amashirahamwe ya Leta canke ayategamiye Leta ari mu karere arashobora kandi atagerezwa kugira uruhara mu kurwanya ico kiza mu vyerekeye amagara mfatira mutwe no gushigikirana mu nyifato n'imibano.
- Mu turere ubufasha mu vy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano budasanzwe butangwa icese hokwerekanwa neza ubundi buryo ubufasha nk'ubwo busanzwe butangwamwo (imiryango canke iyindi migwi, abakuru b'amadini canke abavuzi Kama) nabo boshobora gufasha bikagenda neza.
- Abarongozi bo hasi basanzwe bizewe kandi bubawa, kensi basanzwe aribo baseruka ubwa mbere mu gishigikira ababuze ababo, abashikiwe n'ibibazo vy'ubuzima, umubabaro canke kubura biteye na covid-19.
- Ni ngombwa ko abo bantu bashigikirwa nko mu kubaronsa inyigisho zijanye na Covid-19, mu kubakarihiriza ubwenge mu bijanye n'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano (akarorero: Ubut-



atabazi bwihuta bufatiye ku nyifato kimuntu) no mukibasigurira aho borungika abakeneye ubufasha bw'ababinonosoye gusumba. Hategerezwa kurabwa ko benshi bashoboka bakarihirijwe ubwenge mu vy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano kugira bashobore kwitaho abana, abagendana ubumuga, abahohotewe binshingiye ku gitsina n'abandi bakuze ariko bosinzikara vyoroshe

- Akarorero: Bamwe mu bitanga imbere mu kugwanya ico kiza bashobora kwigizwayo n'imiryango yabo canke ikibano kubera ubwoba no gutungwa agatoke. Imiryango ya bamwe mu bafasha kurwanya ico kiza nayo ishobora gutungwa agatoke no kwigizwayo mu kibano. Ukwo gutungwa agatoke bishobora gutosekeza amagara mfatira mutwe y'ababikorewe bikaza bisongera isibe mu gihe bari basanzwe bahanzwe n'ibindi (biragabanya ishaka ryabo). Mu bihe nk'ivyo birahambaye ko abariko bafasha bogumana amagara mfatira mutwe ate-kanye. Uruhara rw'abarongozi bo hasi ni ntangere mu kurwanya inkuri zitari zo. Imigwi y'abashigikira abavuzi kubandanya bamererwa neza mu mutwe nabo brashobora gutanga ubundi bufasha bufatiye ku mibano mukurwanya ico kiza bongera batanga amakuru yofasha kubungabunga abavuzi.

○ **Inguvu zo gukinga ziri aho nyene tubaye**

- Ni ngombwa gushimikira ku nguvu n'ubushobozi bw'abantu aho kubona cane integer nke no gusinzikara vyabo.
- Hokwitabwaho gutunganya uburyo bw'aho nyene bwo gufasha hashiwe imbere inguvu z'aho nyene
- Amashirahamwe afasha n'ikibano bokwihatira gukurikirana ko ingingo zose zifatwa ari izubahiza gutekanirwa kw'abantu
- Ibikorwa vyose vyoba bigamije kugarukana umwizer, umutekano, ituze, imigenderanire myiza mu bantu hamwe n'ubushobozi bw'abantu n'imibano
- Imigwi y'abantu isinzikara vyoroshe nk'abana, abagendana ubumuga, abageze mu zabukuru, abakenyezi bibungeze canke bonsa, ababangamiye nihohoterwa rifatiye kugitsin, abantu ba magara make canke imigwi y'abantu isanzwe iku-mirwa yokwitabwaho gusumba.
- Gushiraho amatelefone atariha vyofasha abantu boba bagoswe n'ubwoba canke bumva ko bageramiwe. Abofasha mu kwitaba ayo matelefone boba barigishijwe ibijanye n'amagara mfatira mutwe no gushigikirana mu nyifato no mibano (Akarorero: Gutanga ubufasha bwihuta mu bijanye n'inyifato kimuntu) kandi bakkaba bazi neza ibijanye na covid-19 mu kwirinda ko hohava hagira ivyo bakora nabi mu matelefone bakira
- Akarorero: Wechat, Whatsapp, imbuga internet zihuza abantu besnhi n'ubundi buhinga bwa none birashobora kwifashishwa mu gushiraho imigwi yo gushigikirana, kugumana imigenderanire na cane cane ku bantu badashobora kuva mu mihana yabo
- Akarorero: Abantu bari mu kigandaro boronswa akaryo ko kugandara. Iyo bidashobotse ko bakora imigirwa imwimwe nk'amaziko hotunganywa ibindi hubahirijwe imico n'imigirwa y'aho hantu.

○ **Ubuhinga bufatira hamwe bose**

- Naho ibikorwa bifise abo bigenewe runaka bikenewe, ivy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano bifatira hamwe abo mu kibano bose.
- Iyyo bisaba ko higwa neza iyyo abantu bose bakozweko n'ikiza baba bakeneye mu vy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano, hatitaweho cane kumenya ko uwo muntu yo abangamiwe buno na buno canke biciye kure no kwandura umugera wa Covid-1, amamuko yiwe, igitsina, imyaka, umwuga canke kuba ari mu mugwi uyu canke uwundi.

- Ibikorwa bijanye n'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano vyerekeye abantu bose ni ibi:
  - Gushiraho uburyo bwo kwibungabunga bushingiye ku myimenyerezo yo guhema ushikana, kugorora ingingo z'umubiri canke iyindi ishingiye ku mico
  - Ubutumwa bwo guhumuriza abantu ku bwoba n'imyitwarariko hamwe n'ingene boshigikira abandi (ibikorwa vya 6)
  - Gutanga amakuru atomoye kuri covid-19 n'ingene uwumva atamerewe neza yoronka ubufasha.
- Akarorero: Hari abashobora kwitaba Imana bidatewe na covid-19, bitewe nk'akarorero na muhure canke umusonga usanzwe. Imiryango yashikiwe n'ico cago nayo irakeneye gushigikirwa mu bijanye n'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano mu gihe c'ikigandaro nk'uko vyokorekwa ababuze bitewe na covid-19
- **Intumbero za kazozza**
  - Mu gihe c'ibiza haraboneka uburyo bw'inshi n'abantu bensi baza gufasha. Gashobora rero kuba akaryo ko gukomeza ibijanye n'amagara mfatira mutwe, gufasha no gukinga mu kibano
  - Akarorero: Gukarihiriza ubwenge abakorera mu vy'amagara y'abantu hamwe no mu bindi bisata birazofasha mu gihe c'ikwirakwira ry'ikiza ca Korona ariko bizofasha no mu kwitegurira ibindi biza muri kazozza

## IVYOKORWA KU RWEGO RW'ISI

### Urutonde rukurikira rurimwo ibikorwa cumin a bine vyorangurwa mukurwanya Covid-19

1. Gusuzuma neza uko ibintu bimeze hamwe n'inxitizi zishingiye ku mico mu vyereke amagara yo mu mutwe no gushigikirana mu nyifato n'imibano, ibikenewe n'ivyo akarere kifitiye na cane cane ibikewe mu gukarihiriza ubwenge abantu n'ibishobora kuboneka mu bijanye n'ubuvuzi
2. Gukomeza ubuhuza bikorwa mu vy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano mu koresha ubukorane hagati y'amashirahamwe araba ivy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano, Leta hamwe n'ayandi mashirahamwe. Ubuuzabikorwa mu vy'amagara mfatira mutwe no gushigikirana mu nyifato no mu mibano yohuza ibisata bitandukanye, hakajamwo abajejwe amagara y'abantu, gukinga n'ibindi bisata bifise ico biterera. Mu gihe hatunganijwe amanama ahuza ibisata bitandukanye akagwi k'ubuhinga ku vy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano koshirwaho kugira gafashe abandi bo mu bindi bisata bitandukanye.
3. Gufatira ku matohoza yakozwe hisunzwe ibijanye n'ibitsina nk'ibikenewe nahakiri agahaze n'nguvu ziri aho hantu kugira hashigweho/hongere hatezwe imbere ubuhinga bwo kumenya abantu basanzwe bagendana ubugwayi bwo mu mutwe n'ubufatira mu kwihereza ibiyayuramutwe no kubakurikirana mu buvuzi n'ibindi bakeneye. Mu ntumbero yo kwama hatezwa hatezwa imbere amagara y'abantu, ikigo cose c'amagara yabantu categerezwa kuba gifise umuntu yaronse inyigisho n'uburyo bwo mu menya no gukukirikirana abantu bafise uburwayi bwo mu mutwe. Ivyo bigasaba ko hoshigwamwo uburyo mu gihe kitari gito no gutunganya inyigisho zo guhimiriza mu bijanye n'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano kugira hashigwemwo uburyo bw'amafaranga, ubuhuzabikorwa butezwe imbere n'iyindi migambi muri kazozza igende neza.
4. Gushiraho integuro yo gufasha mu bijanye n'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano abagwaye umugera wa covid-19, abayigwaye bakayikira, ababonanye n'abafashwe n'yo ndwara (cane cane abamaze kugaranirwa ukwabo), abo mu

miryango yabo, abari imbere mu kurwanya ico kiza hamwe n'ikibano cose muri rusangi, hakitabwaho kurusha imirwi imwe imwe / abasinzikara vyoroshe gusumba abandi (akarorero: Abana, abageze mu zabukuru, abakenyezi bibungenze canke bonsa, abantu bashobora guhura n'ihohotera rifatiye ku gitsina n'abagenda ubumuga). Iyo nteguro yoza itanga inyishu ku bwoba, itungwa agatoke, ku nyifato zitari nziza (akarorero: Kwihereza ibiyayuramutwe) hamwe n'ibindi bikenewe icigwa c'banze co gusuzuma ibinekewe coba cerekanje, yoshimikira kandi ku vyo abantu baho hantu bipfuza igashira kandi imbere gukorana neza hagati y'ikibano n'abajejwe ubuvazi, indero hamwe no gukingira imibano.

5. Kwama hashirwamo ibijanye n'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano mu bikorwa vyose. Kugwanya ico cose cobuza umukenyezi kuronka ubufasha mubijanye no gushigikirana mu nyifato n'imibano na cane cane kuri abo bashobora gukorwako n'ubugizi bwa nabi.
6. Kuraba ko abaza imbere mu kurwanya ico kiza, abarwaye covid-19 hamwe n'ikibano cose baronka amakuru yizewe mu bijanye na Covid-19. Botegerejwe kumenya ivyo bokora kugira birinde gukwiragiza ico, ingene boronswa ubufasha bw'ubuvazi n'ubutumwa bwo guhumuriza no gutekanya imitima (Ibikorwa nya 6)

Kwigisha abaza imbere mu kurwanya ico kiza (abaforoma, abakoresha ruseha abaniha, abakora ibipimo, abigisha n'abandi barongozi bo hasi), harimwo n'abadakora ivyo ubuvazi bakorerera mu bigo birimwo abugaraniwe ukwabo ibantu nyamukuru mu bijanye no kwitaho abantu mu vyo gushigikirana mu nyifato n'imibano, ubutabazi bwihuta mu vy'inyifato hamwe no kurungika abagwayi ahandi bofashwa gusumba. Abantu baronse inyigisho mu vy'amagara.

7. mfatira mutwe no gushigikirana mu nyifato n'imibano botekerejwe kuba bari mu bibanza vyo kuvuriramwo covid-19 n'ibanza vy'ugaraniwemwo abikekwa kwandura uwo mugera. Mu gihe bitagishoboka ko abantu bahrira hamwe kugira ntibanduzanye, hashobora gutunganywa inyigisho kuri intereneti.
8. Kuraba ko, mu bisata vyose, abafashwe n'uburwayi bwo mu mutwe hateguwe ingene bashikanwa aho boronkera ubuvuzib (nko mu vy'amagara y'abantu, gukinga n'ihohoterwa rifatiye kugitsina) kandi ibisata vyose bikaba bizi ubwo buryo kandi bibukoresha.
9. Gufasha ko abakorera bose mu bijanye no kugwanya Covid-19 baronka ubufasha bakenye mu vyo gushigikirana mu nyifato n'imibano (Ibikorwa nya 5). Hokwitabwaho kandi umutekano wabo mu kubaha ubumenyi n'ibikoresho nya nkenerwa. Mu gihe bishoboka hokwama hasuzumwa ingene abari imbere mu kurwanya ico kiza bamereewe mu nyifato n'imibano kugira ingorane bashobora kugira ziboneke kare hama zikorerweko mu kgutunganya ubufasha bubagenewe.
10. Gutera agaseke k'ibikorwa abavyeyi, abigisha n'imiryangoo bashobora gukorana n'abana babo mu gihe badashobora kuva mu mihana yabo, harimwo n'ubutumwa bugamije kurrinda ko iyo ndwara igwirirana nk'udukino n'utugane dutoduto tujanye no gukaraba iminwe. Abana ntibategerezwa gutandukanya n'imiryangoo yabo kiretse gusa ku mvo zo kuvugwa canke gukingirwa ko bandura. Mu gihe atabundi buryo bushoboka Atari gutandukanya umwana n'umuryando vyokorwa mu bwitonzi nta ngere hagashigwaho uburyo umwana aguma agiranira imigenderanire n'umuryango ariko akingiwe kwandura (Raba iningo z'banze mu gukingira abana mu bikorwa vy'ubutabazi)
11. Gufasha ababuze kubandanya ikigandaro ariko bidahungabaniye iningo zafashwe zo kubuza ko covid-19 ibandanya igwirirana ariko hubahirijwe imico n'imigenzo y'aho hantu.
12. Gushira ho iningo zofasha kugwanya ingaruka mbi zoterwa n'uko abantu batandukanijwe mu bigo bugaraniwemwo. Bofasha kuguma bavugana n'ababo bari hanze kandi bakifatira iningo ziberekeye ( akaba aribo bihitiramwo ivyo bashaka gukora buri munsi) ( Ibikorwa nya 4)
13. Mu gihe abantu batanguye gukira iyo ndwara, abajejwe amagara y'abantu bofashwa gushiraho gushiraho ubufasha mu vy'amagara mfatira mutwe no gufashanya mu nyifato n'imibano mu kibano.
14. Gushiraho uburyo bwo gukwurikiranira, gusuzuma, kumenya uwujejwe ibinaka no gukura icirwa mu vyamaze gukorwa kugira hapimwe akamaro k'ibikorwa bijanye n'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano

## IBIKORWA VYA 1

### GUFASHA ABAGEZE MU ZABUKURU KURWANYA IHUNGABANA (RWASERERA) RITERWA NA COVID-19

- Abageze mu zabukuru, iyo bibana canke ubwenge bwabo bwatanguye kuyama, bashobora kugira umwitwarariko urenze, kuduza agashavu, guhungabana, kudatekana, kwugaranwa canke kwinuba cane mu gihe c'ubo mugera/ kugaranirwa aha wenyene. Abo boshigikirwa n'imiryango yabo hamwe n'abajewe amagara mafatira mutwe. Bomenyesha ibiriko biba mu majambo yoroshe bakaronswa amakuru atomoye ku buryo bwo kwikingira kwandura uwo mugera mu majambo abo mu zabukuru batahura. Basubiriremwo ayo majambo igihe cose bikenewe.
- Ibigira bivugwe aha munsi vyerekeye cane cane abageze mu zabukuru baba hamwe mu bigo. Ku bageze mu zabukuru baba mu bigo (amazu y'abageze mu zabukuru) abajejwe ivyo bigo n'babikoramwo boshiraho ingingo kugira ntihagire abandura n'ubwoba burenze canke guta umutwe (nk'ibitaro). Kandi abajejwe amagara y'abantu nabo boshigikirwa nko mugihе bokugaranirwa ahabonyene badashobora kubonana n'imiryango yabo.
- Abageze mu zabukuru barabangamirwa cane na covid-19 bivanye nuko batararonka amakuru akwiye, ko imibiri yabo idafise abasoda bakwiye nuko igitigiri kinini c'abageze muza bukuru bafatwa n'ubo mugera bitaba Imana. Imigwi y'abantu babangamiwe cane nk'abageze muza bukuru bibana bonyene, abakene, abagendana



ubundi bugwayi canke ubundi bumuga mfatira mutwe yokwitabwaho gusumba. Abageze muza bukuru batanguye kuyama mu bwenge bomenyeshwa ibiriko biraba mu buryo bashobora gutahura kandi bagashigikirwa kugira ntibahungabane cane. Nayo abo ubwenge bwabo bwamaze kuyama cane bobandanya baronswa imiti yo kuvugwa no mu gihe badashobora kuva aho bashizwe.

- Imiti abageze muza bukuru baba abanduye covid-19 canke abatarayandura bategerezwa kuguma bayironswa no mu gihe c'ico kiza na cane cane kuguma baronswa imiti bakeneye gusumba iyindi (Iyivura diyabete, canseri, ingwara z'amafyigo, umugera utera sida). Hokwitabwaho ko iyo miti idahera mu bubiko bwayo.
- Hashobora kwifashishwa ubuhinga bw'ubuvuzi bwo kuri internet canke kuvugana na muganga biciye kuri internet kugira ubufasha bw'ubuvuzi bubandanye butangwa

- Amakuru y'ukuri y'ibishobora kubanduza n'amahirwe yo gukira mu gihe bokwadura ataegeerezwa guhabwa abageze mu zabukuru bugaraniwe ukwabo canke bamaze kwandura
- Mu gihe bamaze gushigwa ukwabo hokoreshwa ubuhinga bwa intereneti (Whatsapp, Wechat) kugira ababo barikumwe baronswe amakuru canke impanuro vy'ingene bobafasha na cane cane kubakaririhiriza ubwenge mu vy'ubut-abazi bwihuta mu nyifato.
- Abantu bageze mu zabukuru basanzwe badakoresha cane ubuhinga bwa WeChat.
  - Menyesha abageze muzabukuru amakuru atohojwe neza kandi nyayo amaze kuboneka kuri covid-19, ingene iriko ikwiragira, ingene ivurwa hamwe n'uburyo bwotuma itabandanya ikwirakwira.
  - Amakuru yobashikra vyoroshe (mu majambo asanzwe kandi atomoye n'indome zisomeka neza) kandi akava mu bitangamakuru bitandukanye (ibinyamakuru, imbuga za internet zihurirako benshi, abakorera mu buvuzi basanzwe bizeye kugira ntibagire inyifato zidakenewe nko kubika ivyatsi vy'imti bitavura.
  - Uburyo nabwo bwo kuvugana n'abaeze muza bukur ni ugukoresha telephone yo mu nzu canke ukabashikira aho bari (iyo bishoboka). Hanura imiryango yabo kubafasha gutelefona abagenzi babo bageze muzabukuru bakerekwa n'ingene bahamagara mu buhinga bwa video.
- Abageze mu zabukuru hari ibikoresho vyo kwikingira usanga batamenyereye, canke uburyo bwo kwikingira canke mbere bakanavyiyamiriza
  - Ingene ibikoresho vyo kwikingira bikoreshwa vyomenyeshwa mu mvugo itomoye mu cubahiro n'ubwitonzi
- Abageze mu zabukuru bashobora kuba batazi ingene bokoresha ubufasha bwo kuri internet, mu kugura ikintu canke kubonana na muganga canke gusaba imiti.
  - Bofashwa kumenya ingene boronswa ivyo bakeneye nko guhamagara taxi canke kugura ibifungurwa.
  - Gutanga ubufasha canke ibikoresho vyo kwikingira (masike, n'umuti wica microbes), n'ibirungo bikwiye kandi igehe hari bishoboka ko bashikanwa kwa muganga viyhuse mu gihe bogira ingorane birabaremeha
- Bokwerewka imyimenyerezo ngorora mubiri isanzwe/yoroshe mu gihe bugaraniwe ahantu kugira ntibagume bicaye hamwe kandi barwanye irungu.

## IBIKOWA VYA 2

### KWITAHO BAGENDANA UBUMUGA MU GIHE CA COVID-19

Abagendana ubumuga n'ababafasha barahura n'"ingorane zishobora gutuma bataronka ubuvuzi n'amakuru nkenerwa kugira birinde ko bokwandura covid-19

#### Izo ntambamyi ziri mu mice myinshi:

- **Intambamyi ziterwa n'ibidukikije**
  - Kumenyesha uko kumbangamirwa kuri bo bimeze birafasha kwirinda, kugwanya ikwiragira ry'ikiza no kugabanya ihungabana mu bantu. Kenshi abategura amakuru ntibibuka korohereza abagendana ubumuga bwo gutanga amakuru
  - Ibigo bitari bike vy'amagara y'abantu ntivyorohera abagendana ubumuga kubishikamwo. Kubera intambamyi zijanye n'uko ibisagara bitunganijwe no kubura uburyo bwo kwiyunguruza bworohereza bose, abagendana ubumuga bashobora kutoroherwa gushika kwa muganga.
- **Intambamyi zivuye kwitunganywa ry'inzego**
  - Amafaranga menshi yakwa mu kwivuza n'imiti bishobora gutuma abagendana ubumuga batavugwa

- Nta nteguro ihari y'ingene abagendana ubumuga bokwitabwaho mu gihe bugar-anywe bivuye kuri covid-19

- **Intambamyi ziterwa n'inyifato**

- Kubona abandi ukutariko, gutunga agatoke, gukumira bigirirwa abagendana ubumuga, bafatwa rimwe na rimwe nk'abo ataco boterera ngo barwanye ico kiza canke kwifatira ingingo kubiberekeye

Izo ntambamyi zose zishobora kongerereza ihungabana ku bangendana ubumuga n'ababafasha mu gihe ca covid-19

Ni nkenerwa ko iviyumviro n'ibantu nkenerwa vy'abagendana ubumuga vyokoregwko mu nteguro n'ibikorwa vyihuta vyo kurwanya ico kiza kugira habungabungwe amagara yabo yo ku mubiri na mfatiramutwe bongera bakingirwa ko bokwandura ico kiza ca covid-19:

- Ubutumwa bushikira bose bwotunganywa hatibagiwe abafise ubumuga butandukanye (Kutumva, gukeha ubwenge canke ubumug nyifato-mibano). Uturorero:
  - Imbuga za interenet n'inyandiko zitanga amakuru zirashikira abagendana ubumuga bwo kutabona neza bashobora gusoma amakuru nkenerwa kuri ico kiza.
  - Ibinyamakuru n'amahuriro yo gutanga amakuru vyokorwa hariho abasigurira abafise ubumuga bwo kutumva kandi bakaba babizi neza.
  - Abavuzi barazi gusigura imvugo y'abatabona canke barafise abasigurira neza kandi bemerwa n'abafise ubumuga bwo kutumva.
  - Ubutumwa butangwa mu buryo bwumvikana ku bantu bafise ubumuga bwo gukeha ubwenge canke nyifato-mibano.
  - Hokoreshwua ubundi buhinga bwo gutanga amakuru atari mu nyandiko gusa nka kuvugana murikumwe, imbuga za internet zo kuyaga mubonana kugira hantangwe amakuru.
- Mu gihe vyoba ngombwa ko abafasha mu buvuzi nabo bagumizwa mu kibanza kimwe hofatwa ingingo zotuma abagendana ubumuga babandanya kuronswa ubufasha baken-eye.
- Amashirahamwe masangwa n'abarongozi bo hasi bogira akamaro mugutanga amakuru no gutanga ubufasha mu vy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano kubagendana ubumuga batandukaniwe n'imiryango yabo n'abasanzwe babitaho.
- Abagendana ubumuga n'ababitaho ntibokwibagirwa ku ntambwe zose z'ibikorwa vyo kurwanya covid-19

### IBIKORWA VYA 3

#### UBUTUMWA N'IBIKORWA VYO GUFASHA ABANA KUDAFATWA N'IHUNGABANA MU GIHE C'IKIZA CA COVID-19



- **Kumviriza no gutahura abana.**

Mu bihe vy'inyifato abana bashobora kugira inyifato zitandukanye: Kwanka kuvana n'abasanzwe babitaho, ubwoba, kwikura mu bandi, agashavu, kutaguma hamwe, indoto mbi mw'ijoro, kwiyonona, ibigumbagumba bihindagurika vyoroshe, etc

- **Abana baratekana iyo baronkejwe akaryo ko kuvuga ibibabakiye ku mutima bar-onse aho bavugira hatekanye kandi bagatahurwa.** Umwana wese arafise uburyo bwiwe bwo kwerekana ibigumbagumba vyiwe. Nko gucpa canke udukino birashobora gufasha. Abana bofashwa kuronka ingene basohora akababangamiye nk'agashavu, ub-woba n'akababaro.
- **Hohimirizwa ko abana baba ahantu bakabana n'abantu biyaguye kandi bumva ko bitaweho:** Abana barakeneye igishika bahabwa n'abakuze kandi bakabitaho mu bihe bigoye.
- Twibuke ko abana basoma vyoroshe ku bakuze ibigumbagumba baba bafise; ingene rero abantu bakuze bifata mu bihe bigoye bifise ingaruka nziza canke mbi ku bana. Birahambaye cane ko abakuze bamenya kwifata neza mu bigumbagumba vyabo, bakag-uma batekanye, bumviriza ibihagaritse umutima abana, bakabayagisha batuje hama ba-kabaremesha. Bibaye ngombwa kandi bivanye n'imyaka, himiriza abavyeyi n'abandi bitaho abana kubaterura mu maboko bakababwira ko babakunda kandi babanezererewe. Ivyo bizotuma biyumva neza kandi batekanye.
- **Bishoboka abana boronswa akaryo ko gukina no kuryoherwa**
- Gerageza ko abana baguma hafi y'abavyeyi babo n'imiryango yabo mu gihe ivyo ata ngorane vyotera, kandi hokwirindwa uko bishoboka kwose gutandukanya abana n'abasanzwe babitaho. Bibaye ngombwa ko umwana atandukanya n'uwsanzwe am-witaho, raba neza ko umwana yashikirijwe uwundi muntu azomwitaho neza.
- Mu gihe abana batandukanijwe n'abasanzwe babitaho, gumana imigenderanire nabo (amatelefone, guhamagara kuri videos) kugira abana baremeshwe. Raba neza ko ingingo zose zo gukingira agateka k'umwana ziriko zubahirizwa.
- Hokorwa ibishoka vyose kugira abana bagumane indinganizo y'ibikorwa vyabo ku munsi ku munsi canke bagafashwa gutunganya izindi ndinganizo nshasha muri ubwo buzima bushasha baba bashizwemwo aho bazoshobora kwiga, gukina no kwiryohera. Bishoboka, bafashe kubandanya ibikorwa vyabo vy'ishule canke ibindi bikorwa bahora bakora ariko bitobakwegera kwandura kandi vyubahiriza amabwirizwa y'abajejwe amagara y'abantu. Abana bategerezwa kubandanya baja kwiga mu gihe ivyo bitoba bibangamira amagara yabo.
- Erekana neza ibiriko biba kandi hatangwe amakuru atomoye kandi bashobora gutahura ku buryo bwo kugabanya ubwando no kwikingira mu majambo bashobora gutahura. Erika abana ingene bashobora kwikingira ( mukubereka ingene bakaraba iminwe neza)
- Irinde kuzana inkuru zidatohojwe canke ibihuha mu bana
- **Bamenyeshe ibimaze gushika canke ibishobora gushika m buryo buremeshwa, ata guhuguza kandi bujanye n'imyaka y'abana**
- Fasha abavyeyi canke abandi bitaho abana gutora ibikorwa bokorana n'abana mu bihe badashobora kuva mu mihiira/canke bashizwe ukwabo. Utwo dukorwa twoba udufasha gusigura uwo mugera ariko kandi no guteramisha abana bataja kw'ishule nk'udukurikira:
  - Udukino n'utugani ku vyo gukaraba iminwe;
  - Inkuru zimvamutwe ku mugera ugendaraga mu mubiri w'umuntu;
  - Gukubura no kwica imigera mu nzu biciye mu dukino ;
  - Gucpa imigera, mikorobi no kuyisiga amarangi ;
  - Kubasigurira ico ari co udukoresho two kwikingira tw'umuntu kugira ntitubatere ubwoba.

#### IBIKORWA VYA 4

#### **IBIKORWA VY'AMAGARA MFATIRA MUTWE NO GUSHIGIKIRANA MU NYIFATO N'IMI-BANO KU BAKUZE BAGUMIJWE MU MIHIRA CANKE BASHIZWE UKWABO**

Mu bihe abantu gashizwe ukwabo, mu gihe bishoboka hokoreshwa ubuhinga atazindi ngorane butera kugira abantu ntibumve ko batawe nk'inyakamwe (imbuga za intereneti zihurirako benshi, umurongo wa telefone)

#### **Ibikorwa bifasha abakuze bagumijwe mu mihiira canke bashizwe ukwabo**



- Gukora imyimenyerezo ngo-rora mubiri (yoga, tai chi, kwigorora)
  - Gukora imyimenyerezo nka-bura bwonko
  - Gukora imyimenyerezo yo kwitekanya (Guhema ushi-kana, kuzikirikana,)
  - Gusoma ibitabo
  - Kugabanya umwanya wo kuraba amasanama aca ivutu ya television
  - Kugabanya umwanya wo kum-viriza ibihuha
- Kurondera amakuru atanzwe

n'amasoko yizewe (iradiyo y'igihugu canke ibindi binyamakuru nya leta)

- Kugabanya umwanya wo kurondera amakuru (rimwe canke kabiri ku munsi aho kubigira buri isaha)
- Twokwibuka ko mu mihana abakenyezi bashobora kuhagirira ingorane. Bategerezwa kuronka amakuru yotuma bacunga umutekano wabo imbere y'uko batabagwa.

## IBIKORWA VYA 5

### GUSHIGIKIRA ABARIKO BITANGA MUKURWANYA COVID-19

#### Ubutumwa bugenewe abari imbere muri ico gikorwa

- Birashobokako wewe n'abo mukorana muri mwihungabana ridasanzwe. Ni ibisanzwe cane ko wiyumva uko muri bino bihe. Bashobora kwiyumvira ko batariko bakora akazi kabo neza canke ko baronswa amabwirizwa menshi.
- Ihungabana n'ibinsi bimenyetso bijana ntivyerekana na gato ko ataco ushoboye mukazi kawe naho ubona umenga niko bimeze. Mu vyukuri, iyo hungabana rishobora kuba ngirakamaro. Kuri ino saha, wosanga airyo rigutuma kubandanya ugira ico ukoze rigatuma wumvako ufise ico umariye abandi. Gutsinda iyo hungabana no kwitaho kumererwa neza mu nyifato-mibano muri kino kiringo birahambaye cane co kimwe no kwitaho amagara y'umubiri.
- Itwararike kuronka ibantu vy'ibanze ukeneye kugira ubeho wongere witunganye neza kuba muri ivyo bihe-ihe umwanya w'akaruhuko no guhemu mu bihe vy'akazi canke mu myanya yo kubisanya, fungura neza kandi bikwiye, kora imyimenyerezo ngorora mubiri kandi ugumane imigenderanire n'umuryango wawe. Irinde inyifato ataco zifasha nko kunywa itabi, inzoga canke ibindi biyayura mutwe. Iyyo bishobora kubangamira amagara yawe mubihe biri imbere.
- Hari abashobora gutungwa agatoke, guharirwa ivomo n'imiryango yabo canke ikibano ivyo bikaza vyunyura ibitariko bigenda neza. Bishoboka, ganira n'abagenzi bawe biciye ku buhinga bwa none. Ganira n'abo mukorana, umukuru wawe mu kazi, canke abandi bantu bizigirwa kugira bagufashe. Abo mukorana nabo ushobora gusanga bamerewe nk'uko kwawe.
- Ni ibantu bigoye kwiyumvira kubatari bake na cane cane kubatari bwaje mu biko nka bene ivyo. Ariko kandi ubuhinga mwakoresheje muri kahise kugira mwigobotore mu bihe vy'ihungabana bushobora no kubafasha uyu munsi. Naho ibiringo vyoba atari bimwe, ubuhinga bwo kwigobotora ihungana bwo ni bwabundi nyene.

- Mu gihe ihungabana riguma ryiyongera ukumva bikurengeye, ntimwiteko umwikomo. Umwe wese arashobora kuba mu bihe vy'ihungana kandi akavyifatamwo ukwiwe. Ibihe vy'uruhagarara vyahise canke ubayemwo bishobora kugira ingaruka ku kugene wibona kandi ubona n'abandi bikagira n'ingaruka ku kazi kawe. Ushobora kuba ubona ibihinduka mu kugene ukora no mu bigumbagumba vyawe, nk'akarorero mu gushavuzwa n'ako ariko kose vyiyongereye, kumva inguvu zigabanuka, ubwoba, kumva wama urushe, kudashobora kuruhuka neza mu myanya yabigenewe canke utundi tugorane mu mubiri atansiguro nko kubabara ku mubiri canke mugwagasha

Ihungabana ry'igihe kirekire rishobora kugira ingaruka mbi ku gutekanirwa mu mutwe no mu kazi kawe bigashobora no kugira ingaruka naho ibihe vyabiteye vyoba vyaraheze.

- Uruhagarara wumvise rukubanye ikiengera bibwire umuganga wawe canke uwundi muntu yokuronsa ubufasha nyabwo.

### **Ubutumwa kubarongoye imirwi y'abafasha**

Nimba uri umukuru w'umurwi w'ubutabazi, gukingira abantu bawe uruhagarara rw'igihe kirekire n'inzindi ngorane mfatira mutwe muri kino gihe bizobafasha gukora neza ivyo bajejwe, baba abavura canke abakorana n'abavura.

- Kvirikirana ku munsi ku munsi n'umutimwa mwiza ko abakozi bamerewe neza kandi habe imigenderanire yorosha ko bokwitura mu gihe bokumva batanguye kumererwa nabi mu magara yabo mfatira mutwe.
- Raba ko abakozi bose baronka ingene batanga amakuru kandi bakaronka nabo amakuru yo kandi agezweho. Ivyo bishobora kuremesha abakozi bumva ko ikibazo bagifise mu minwe
- Genzura ko abakozi baronka akaryo ko kuruhuka neza. Kuruhuka bigirira neza amagara y'umubiri na mfatira mutwe, kandi uwo mwanya uzobafasha kwibungabunga.
- Abakozi bokwama bahabwa akaryo kushikiriza amakenga yabo no kubaza ibibazo, himiriza ko abakozi bashigikirana hagati yabo. Mu kugumya akabanga, tega amatwi uwo wese ariko ahura n'ibibazo vyerekeye we gusa, aboba barigeze kugira ibibazo vy'amagara mfatira mutwe, canke aho babaye atabagenzi canke ababanyi babitaho uko bikwiye ( nk'uwarciwe umukenke n'ikibano)
- Gukarhirizwa ubwenge mu vy'ubutabazi bwihuta mu nyifato bishobora guha abarongoye imigwi canke abakozi ubwabo ubushobozi bwo gufasha abo bakorana
- Fasha abakozi gushika mwongere mu barangire aho boronka ubufasha mu vy'amagara mfatira mutwe no gushigikirana mu nyifato n'imibano cane cane nk'abasanzwe batanga ubwo bufasha bari aho nyene, bikenewe hotangwa ubufasha kw'itelefone canke mu bundi buhinga bwa none.
- Abo barongoye abandi mu butabazi nabo barahura n'ibibazo vy'ihungabana mbere bika-renza kubera basanzwe bafise amabanga yo kuzezwu abandi. Ingingo zikurikira zoshirwa mu ngiro kugira zifashe abakozi n'abarongoye abandi nabo babere akarorero keza abandi mu kurwanya ihungabana.

### **Kugira uronke amakuru ku burenganzira bw'abakora barwanya covid-19, raba:**

**OMS. Itera ry'indwara ya koronavirisi (Covid-19): uburenganzira, uruhara, n'ibikorwa n'abajewe amagara y'abantu, harimwo ivy'imutekano mu kazi n'amagara. OMS: Genève, 2020. [https://www.who.int/docs/defaultsource/coronavirus/who-rights-roles-response-hw-covid-19.pdf?sfvrsn=bcabd401\\_0](https://www.who.int/docs/defaultsource/coronavirus/who-rights-roles-response-hw-covid-19.pdf?sfvrsn=bcabd401_0)**

**UBUTUMWA BUGENEWE ABANYAGIHUGU KU BIJANYE N'AMAGARA MFATIRA MUTWE  
NO GUSHIGIKIRANA MU NYIFATO N'IMIBANO MU GIHE CA COVID-19**

Ubustumwa bukurikira ni ubwo gufasha guteza imbere amagara mfatira mutwe no kumererwa neza mu bantu bakozweko n'ikiza ca koronavirisi.

**Ubustumwa bwo gufasha abanyagihugu kurwanya ihungabana riterwa na Covid-19**

- Ni ibisanzwe kumva umubabaro, kutabona ibantu neza, gucanganikirwa, ubwoba, agashavu mu gihe c'ikiza.
- Ganira n'abantu b'abizigirwa. Hamagara abagenzi bawe n'abaryango.
- Bibaye ngombwa ko uguma mu rugo ibungabunge neza (gufungura neza, gusinzira, imyimenyerezo ngorora mubiri n'imigenderanire n'abo muri kumwe aho muhira). Gumana ubucuti n'abagenzi kuri e-mail, telephone n'imbura za intereneti zihuza benshi
- Kwihereza itabi, inzoga zambiye canke ibindi biyayuramutwe ntibituma umererwa neza.
- Wumvise utanguye kurengerwa, iture uwujejwe amagara y'abantu, uwujejwe gutanga ubufasha aho mukibano canke uwundi wese w'umwizigirwa mu kibano ( umukuru mu vy'idini canke umusaza)
- Ni vyiza kumenya aho mwokwitura mukeneye ubufasha mu vy'inyifato n'imibano n'amagara mfatira mutwe n'ayo ku mubiri mu gihe bikenewe.
- Rondera amakuru y'ingene ubangamiwe mukwandura n'ingingo zo kwikingira. Raba amakuru y'amakuru yizewe nk'urubuga internet rwa OMS canke ishami ry'amagara y'abantu rikwegereye.
- Gabanya umwanya umara n'abawe uraba canke wumviriza amakuru aca ivutu.
- Koresha ubuhinga usanzwe ukoresha mu kudatwarwa n'ibigumbagumba mu gihe ca covid-19.

**Uwarongoye umugwi wahinduye mu Kirundi igi-korwa/Psychosocial Support-Umutwenzi**

➤ **Désiré Tuyishemeze**

**Abafashije mu guhindura mu Kirundi**

➤ **Salvator Bitangimana**

➤ **Belissa Gloria Kaneza**

➤ **Josélyne Igirukwishaka**

**Bose iki gikorwa kibanezereze**

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