

**Mu gihe hari ibibazo bikomeye ku rugero rwa 3**

Ku bibazo vyose bikomeye, imfashanyo nyamukuru irimwo ubuvuzi, imfashanyo yihutirwa, iyunguruzwa ry'ibikoresho, bizobandanya bikorwa ukuri kwamye. Abayobozi b'izo nzego bategerezwa kubandanya bakora ivyo amategeko abasaba ku bijanye n'amagara hamwe n'umutekano.

Ku bibazo vyose bikomeye, mu gihe hari icihutirwa kindi, kurikiza amategeko asanzwe yerekeye itabarwa ryihuta. Amategeko y'itabarwa ryihuta mu kwimura abantu azokuraho ingingo zo kuguma i muhira ngo hirindwe COVID-19.

[Icokorwa mu gihe c'itabarwa ryihuta](https://covid19.govt.nz/health-and-wellbeing/in-an-emergency/)

**Mu gihe hari ibibazo bikomeye ku rugero rwa 3**

Ubishoboye guma i muhira kugira ngo wirinde ikwirakwizwa ry'ikiza. Utegerezwa gukorera i muhira kiretse mu gihe utabishobora. Bishoboka abana bokwigira i muhira.

* Mu gihe ugwaye, guma i muhira. Ntuje ku kazi canke kw'ishure. Ntuje kuramukanya.
* Mu gihe ufashwe n'ibicurane canke ugize ibindi bimenyetso vya COVID-19 hamagara umuganga wawe canke umurongo witaho ivy'amagara y'abantu kuri **0800 611 116** banaguhanure ku bijanye n'ukwipimisha.
* Mu gihe bakubwiye kwiherera, amategeko avuga ko ubwirizwa guca ubikora ubwo nyene.
* Mu gihe upimwe COVID-19, amategeko avuga ko ubwirizwa kuguma i muhira wenyene gushika uronse inyishu z'ibipimo.

[Fyonda aha ku makuru ajanye n'ikiza ca COVID-19 n'ibimenyetso vyayo](https://covid19.govt.nz/health-and-wellbeing/covid-19/covid-19-symptoms/)

[Fyonda aha ku makuru ajanye n'ugupimwa](https://covid19.govt.nz/health-and-wellbeing/covid-19/covid-19-testing/)

Ku bibazo bikomeye vy'urugero rwa gatatu utegerezwa:

* Gusiga intambwe ingana n'imetero zibiri hagati yawe n'abandi mu gihe utari i muhira,
ku kazi naho imetero imwe.
* Ambara agapfukamunwa mu gihe wiyunguruza mu miduga itwarira abantu hamwe, mu ndege canke mu gihe kwitandukanya n'abandi bigoye nko mu masoko rusangi canke amaduka
* Karaba wongere wiyumutse intoki igihe cose.
* Mu gihe ufashwe n'ibimenyetso vy'ibicurane, guma i muhira, uhamagare umuganga wawe canke umurongo witaho amagara y'abantu unapimwe. Ntugire ingendo, uja kw'ishure canke ku kazi.
* Ibuka aho waciye n'abo mwahuye. Koresha uburyo bubereye bwo mw'iterefone ngendanwa bukwereka ahari ikiza ca COVID, uburyo bwerekana aho Covid-19 iri, canke ukoreshe ivyo wanditse.

[Fyonda aha ku makuru ajanye n'uburyo bwa Bluetooth](https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others/keep-track-of-where-youve-been/nz-covid-tracer-app/)

Ihwaniro y'abantu bagera kuri 10 rirashobora kubandanya ariko nko mu bugeni gusa, ku maziko na "tangihanga". Gusiga intambwe hagati y'abantu n'ubundi buryo bwo gukingira amagara y'abantu bibwirizwa kubandanya bikurikizwa.

Ni ngombwa kubandanya ugira isuku mu gukaraba intoki, gukororera canke kwasamurira mu nkokora ndetse no kugirira isuku aho uri.

Abantu barahamagariwe kwibuka aho baciye n'abo bahuye. Ibi bifasha mu kumenya ningoga abo bahuye mu gihe bikenewe.

Ku bibazo bikomeye vyo ku rugero rwa 3, amategeko avuga ko ubwirizwa kuguma mu nzu yawe igihe cose utari kw'ishure canke ku kazi. Urashobora kandi:

* gukomeza umubano n’umuryango wawe na "whanau"
* kwakira abafasha bitaho abantu, canke
* gufata mu mugongo abatagira ikibaraba.

Ni ngombwa ko ukingira aho uherereye. Guma aho uba wakire abantu mu gihe conyene wumva muzobandanya kugira amagara meza atakibabangamiye.

Mu gihe mu gace kawe hari uwumva atamerewe neza, amategeko avuga ko abwirizwa guca yiherera vuba na bwangu akitandukanya n'abandi bose bari muri ako gace. Ntiwakire abashyitsi, abagenzi canke umuryango wagutse na "whanau", mu nzu yawe.

Urashobora gutembera mu karere kawe, nk'akarorero kuja ku kazi canke kw'ishure, kuja gusuma canke kuja kwinonora imitsi. Ukwiyunguruza mu miduga rusangi birashobora kubandanya hakoreshejwe amabwirizwa akomeye y'ugukingira amagara y'abantu.

**Ubupfukamunwa**

Ubupfukamunwa burategetswe mu gihe c'ukwiyunguruza mu miduga rusangi muri New Zealand ku kwirinda ikwiragira rya COVID-19. Ikoreshwa ry'ubupfukamunwa rirahimirizwa kandi mu gihe bigoye gusiga intambwe hagati y'abantu n'abandi, nko mu masoko rusangi canke amaduka.

[Fyonda aha ku makuru yerekeye ubupfukamunwa](https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others/wear-a-face-covering/)

**Uburezi mu gihe c'ibibazo bikomeye ku rugero rwa 3**

Amashure yo kwimenyereza, amashure mato mato n'ubundi buryo bwo gufasha uburezi bwo mu mashure yisumbuye, vyuguruye ku bana b'abakozi bakuru bakuru gusa. Ni vyiza ko aba bana baja mw'ishure.

**Ingendo hagati y'uturere**

Ingendo hagati y'uturere mu bibazo bikomeye ku rugero rwa 3 zigenzurwa ku mategeko akomeye.

Ingendo zinjira canke zisohoka mu gace kari mu bibazo bikomeye ku rugero rwa 3 ku mpamvu z'umuntu bwite ziraharuye. Ibi bifasha kwirinda ikwiragizwa ry'ikiza. Ushobora kurondera urundi ruhusha rukwemerera kuva mu karere uja mu kandi mu gihe c'ibibazo bikomeye.

**Ibibanza vy'amahwaniro**

Amategeko avuga ko ibibanza vy'amahwaniro vyose bitegerzwa gufunga. Arivyo vyibi: amasomero, ibibanza vy'iratiro, ibibanza vyo kurabiramwo amareresi, uburiro, ibibanza binonoreramwo imitsi, aho kwogera, ibibanza vyo gukiniramwo, n'amasoko.

Iki si igihe co gutangura ibikorwa bishasha ngo ushire amagara yawe canke agace kawe mu kaga. Urashobora kwinezereza mu buryo butobangamira amagara y'abantu mu gace kawe.

**Ku bibanza vy'akazi no mu bikorera utwabo**

Mu gihe c'ibibazo bikomeye ku rugero rwa gatatu, hari ingingo zafashwe z'ugukingira abakozi, mu kugabanya kuvugana n'abakiriya kugira ngo ikiza ca COVID-19 ntigikwiragire. Duhamagarira abakozi gukorera i muhira mu gihe babishobora.

**Ubufasha mu vyerekeye amafaranga**

Mu gihe ufise ibibazo vy'amafaranga, urashobora kuronka imfashanyo.

[Fyonda aha ku makuru yerekeye imfashanyo ijanye n'imfungurwa, amafaranga, n'imibereho myiza.](https://covid19.govt.nz/business-work-and-money/financial-support/financial-support-for-individuals-and-whanau/)