

UMUVUZI WISHURI

Umuvuzi wishuri akora bizazwe kwiruri. Ushobora guhamagara cyangwa ukamwandikira muri Wilma.

Inkorora, kuribwa mumuhogo, umuriro, guhumeka nabi, ububabare mumikaya, ububabare bwumutwe nubwo munda. Bishobora kuba aribimenyetso bya Coronavirus.

Niba wowe cyangwa mumwana wawe ibimenyetso bya Coronavirus, mukwiriye kubigenzura kuri: www.omaolo.fi cyangwa mugahamagara kubitaro byanyu cyangwa 116 117. Mushobora gusaba umwanya wogukora ikizamini cya coronavirus kuri address <https://omasote.kainuu.fi> cyangwa mugahamagara 116 117.

Abanyeshuri bose bomumyaka 1-9. bagombye gukora ibizamini cya coronavirus babonye bafite ikimenyetso nakimwe.

umuntu akwiriye gutegereza ibisubizo murugo mukirinda guhura nabantu bohanze.

Niba ibisubizo byerekanyeko ntayo mufite, mumaze koroherwa bihagije, mushobora gusubira kwishuri.

Mwongeye mugatangira kuremba ikindi gihe, nukusuba gukora ibizamini.

Ikisubizo kimwe cya negatifu mumuryango cyirahagije. Umuryango wose ntaho ukeneye gukora ibizamini bya coronavirus.

INDWARA YA ALLERGIE:

Niba ibimenyetso bikizizwe nimiti ya allergie, umwana ashobora gusubira kwishuri.

Niba ibimenyetso bidakizizwe nimiti ya allergie, nugukora ikizamini cya coronavirus. Niba ibisubiso ari negatif, ushobora gusubira kwishuri.

Coronavirus yandura iyo umuntu uyirwa akoroye cyangwa yitsamuye. Nugukurikirana uko umuntu nakorore kubandi nogukaraba intoki bihagije.

ISUKU YINTOKI:

Abakuru nabana bose bagomba gukaraba intoki baje kwishuri nambere yogutaha.

Nukoga intoki BURIGIHE mbere yokurya, burigihe iyo uvuye hanze, naburigihe iyo ukoroye niyo witsamuye. Iyo intoki zanduye, nukuzoza. Intoki bazumutsa nimpapuro zibigenewe.

-Niba udashoboye gukaraba intoki, nugukoresha umuti ubigenewe. Abana bagomba guzikoresha barikumwe Numuntu mukuru.

-Niba ukoroye cyangwa witsamuye, nugushyira igipapuro kumunwa ubundi ukagita umaze kugikoresha.

-niba ntagipapuro ufite, ukoreshe akaboko kumupira wawe, warangiza ugakaraba intoki.

Koukkari Olli-Pekka, Muganga windwara zandura

Pennanen Auli, Chef wubuvuzi bwokumashuri