



**AMABWIRIZA YO KWIRINDA COVID-19 MU BIKORWA BYO
GUCUKURA AMABUYE Y'AGACIRO NA KARIYERI**

Hashingiwe ku mabwiriza ya Minisiteri y'Ubuzima yo kwirinda icyorezo cya COVID-19 no mu mabwiriza asanzwe yo gucunga umutekano muri Mine, Ikigo gishinzwe Mine, Peteroli na Gaze mu Rwanda kirakangurira abakoresha hamwe n' abakora umwuga w'ubucukuzi bwa mine na kariyeri kubahiriza ayo mabwiriza cyane cyane harebwa ibi bikurikira:

III. Ibyo Abakoresha basabwa

- Gushyiraho ingamba zo kurinda umutekano n'ubuzima by'abakozi aho bakorera;
- Gushyiraho ingamba zifasha kumenya no gucunga ahantu hose hateza ikibazo ku mutekano n'ubuzima mu bikorwa byo gucukura.
- Gutanga ibikoresho by'ubwirinzi n'isuku ku bakozi bose.
- Gushyira imicungire ihamye yafasha abakozi kubahiriza amabwiriza uko bisabwa no kumenyekanisha ahari ikibazo.
- Kumenyesha inzego zibishinzwe igihe hagaragaye ikibazo gikeneye ubundi bufasha burenze.
- Gushyiraho gahunda ihoraho yo kumenyesha no kwibutsa amakuru arebana na COVID-19 atangwa na Minisiteri y'ubuzima n'izindi nzego zibishinzwe.



- Kugerageza gushyira umwuka uhagije mu ndani kugirango hirindwe impanuka zikomoka mu kubura umwuka kandi n'abakozi bagire umwuka uhagije. Igihe cyose hari umwuka mucye byatuma virusi iguma mu ndani igihe kirekire bityo abakozi bakaba bakwanduzanya igihe haba harimo uwanduye. Isuku nkeya ikunze kugaragara ahacukurwa nayo yahembera gukwirakwiza virusi ya COVID-19.
- Kugerageza gukoresha abakozi bake mu ndani , aho bikenewe ubashyire mu byiciro hanubahirizwa intera ya 1.5 m.
- Niba mu bakozi harimo uwagaragaje ibimenyetso bya COVID-19 cyangwa izindi mpamvu z'uburwayi bujya gusa nayo, hamagara muganga mbere y'igihe kugirango bashake uburyo bwo kuhagukura. Mwakoresha inomeru itishyurwa 114.
- Koresha akuma kabugenewe gupima ubushyuhe bwa buri mukazi wese winjiye mu kazi cyangwa atashye.
- Mu gihe usanze umukazi arengeje 38°C wamushyira ahantu hitaruye abandi hanyuma ukamenyesha muganga. Usibye umuriro, ibimenyetso bya COVID-19 birimo inkorora, kudahumeka neza, kubabara mu mihogo.
- Gucunga no kwandika amakuru mu bitabo ajyanye n'ingendo zose z'abakozi muri mine ku buryo hakorwa izikwiye kandi zubahiriza intera ya 2 m hagati y'umukazi n'undi.
- Gushyiraho abantu habugenewe hajugunywa udupfukamunwa twakoreshejwe.
- Gutegura ahantu ho kubika imyambaro y'abakozi nyuma y'akazi kandi mu buryo butandukanye.
- Kunoza cyane isuku y'aho abakozi bakoresha haba mu koga cyangwa isuku y'ubwiherero.
- Gushyiraho ibimenyetso biranga isuku ahabugenewe hose.
- Sosiyete cyangwa koperative mu gihe ifite abakozi benshi, yashaka uburyo bakora basimburana kugirango hirindwe



ubucucike kuko byoroshya gukwirakwiza ubwandu mu gihe hari uyanduye.

- Gukoresha inama n'abakozi ahantu hitaruye hubahirizwa intera hagati y'abantu
- Kugabanya uburyo abakozi cyangwa abashyitsi biyandika mu gitabo kimwe aho mwagena umuntu umwe wo kubandika igihe byaba bikenewe.
- Mu gihe akazi karangiye, umukozi asabwa gusiga imyenda y'akazi aho yakoreraga akambara isanzwe kugirango ntabe yakwanduza abo mu rugo.
- Kubika imyambaro n'ibiranga abakozi mu buryo butandukanye
- Mugihe ahacukurwa hari ivumbi, hasabwa gukoresha amazi kugirango rigabanywe.

IV. Ibyo abacukuzi basabwa

Karaba Intoki

- Witoze kugira isuku y'Intoki ukaraba n'isabune n'amazi cyangwa se ukoreshe alukoru (alcohol) n'imiti yica udukoko dutera indwara.
- Wibuke gukaraba intoki igihe ugeze mu kazi cyangwa utashye.

Koresha agapfukamunwa

- Wambare agapfukamunwa neza uko bikwiye igihe cyose uri mu kazi cyangwa uri mu bantu. Mu gihe uri mu ndani, usabwa gukoresha agapfukamunwa kambarwa mu bucukuzi, naho ukora akazi kandi hanze ashobora gukoresha agapfukamunwa gasanzwe. Agapfukamunwa gakoreshwa neza mu buryo bwagenywe hanitabwa ku isuku yako.
- Abakozi ntibemerewe gusuhuzanya bakoranaho, bashobora gupeperana gusa.



Guma mu rugo mu gihe nta kazi ufite cyangwa urwaye

- Irinde ingendo zitari ngombwa mu gihe nta kazi ufite cyangwa urwaye, keretse niba ugiye kugura imiti, ibiribwa cyangwa se n'ibindi by'ibanze.
- Kumenyeshya umukoresha igihe ubonye mugenzi wawe ugaragaje ibimenyetso bisa n'ibya COVID-19.

Ambara imyambaro y'akazi

- Buri mukazi wese agomba kwambara imyambaro yabugenewe harimo kasike, isurubeti, inkweto.
- Mu gihe akazi karangiye, siga imyenda y'akazi ku kazi ubundi wambare imyenda isanzwe kugirango ntube wakwanduza abo mu rugo.

Shyira intera hagati ya mugenzi wawe

- Niba uri mu kazi, shyira intera nibura metero 1.5 hagati ya mugenzi wawe kugirango mwe kwanduzanya.
- Kwirinda ihererakanya cyangwa isangira ry'ibikoresho byo gucukura, aho bishoboka bikanabikwa bitandukanye kandi biriho ibimenyetso biranga ababikoresha.

Icyitonderwa : Amasosiyete yose acukura amabuye y'agaciro na kariyeri asabwe kubahiriza aya mabwiriza .



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